



The Monadnock

# SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 65th Year of Community Service / October 25-31, 2023

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## Adams Affordable Furniture – You Simply Never Know What You’ll Find



By Lori Catozzi Cook

Adams Affordable Furniture in Swanzeey is the local go-to destination for a wide range of styles and designs in decorative accents, used furniture, wall art, and so much more. Adams Affordable Furniture at 125 Old Homestead Highway (just past the airport) sells gently used merchandise while promoting a reuse and re-purpose philosophy.

The focus at this locally owned and operated shop is to maintain a fresh, eclectic inventory to keep up with changing tastes for all things unique, aesthetic, and functional. You simply never know what you will find!

“Visit our tastefully decorated showroom to find your next quality, gently-used furniture and home decor accessories at a fraction of the cost of new items that you might find at a big box store,” says owner Dave Gillerlain.

“They do not pressure you at all,” says Clara Stanic, about her experience shopping at Adams Affordable Furniture. “Their prices are so affordable. I will definitely use them for more purchases.”

Another customer, Joe Lucarelli, says: “Excellent furniture at a fair price. Friendly and very knowledgeable. I highly recommend them.”

Dave Gillerlain of Adams Affordable Furniture offers unique and functional furnishings and decorative accents at his store at 125 Old Homestead Highway in Swanzeey.

ADAMS, page 8

## “Country Western Jamboree” Is Benefit For Community House Of Marlborough



The cast of Small Pond Productions fundraiser Country Western Jamboree are: (L-R, back row) John Sansone, Rich Booth, Ray Mahoney, David Chase and Andy Cooke, (middle row) Cindy Choate, PJ Cooke and Lisa Perreault, (front row) Rich Clough, Traci Booth, Sue Wilbur, Ren Doyle and Bryan Hebert. Not shown is Tara Gillard.

Small Pond Productions has announced a fundraiser benefiting the Community House of Marlborough, its performing home since 2005.

A Country Western Jamboree, directed by Traci Booth, will take place November 3rd and 4th with dinner at 5 p.m., and a show at 7:30 p.m. It will

also take place Sunday, November 5th with a matinee at 2 p.m.

Many changes have been made to this historic venue over the decades, so this is a way for Small Pond Productions to give back to the Community House and the Federated Church of Marlborough.

JAMBOREE, page 14

## Local Police Departments Participate In National Prescription Drug Take Back Day This Saturday

The drug overdose epidemic in the US is a public health, public safety, and national security threat. The Drug Enforcement Administration’s National Prescription Drug Take Back Day encourages the public to remove unneeded medications from their homes as a measure to prevent prescription drug abuse, the risk of accidental poisoning, and to decrease environmental hazards such as water contamination due to medications.

The national Take Back Day will be held on Saturday, October 28th from 10 a.m. to 2 p.m. at the Dublin, Hinsdale, Jaffrey, Keene, Peterborough, and Rindge Police Departments. Participants can bring their prescription drugs (no needles or liquids) to one of these participating sites to provide a safe, convenient, and responsible means of disposing of prescription drugs.

For more details about this event, visit [www.dea.gov/takebackday](http://www.dea.gov/takebackday).

## Domestic Violence Awareness Month

By Deb Paul

The month of October is Domestic Violence Awareness Month, so I wanted to talk about domestic violence.

Our town has very little crime to speak of compared to other cities and towns. Nevertheless, offenses such as domestic violence have remained constant over the years and are sometimes heightened in a bad economy.

Domestic violence is defined as, “Violent or aggressive behavior within the home, typically involving the violent abuse of a spouse or partner,” according to the National Domestic Violence Hotline.

Even though the majority of cases seem to be violence against a wife or female partner, there are also

many cases of harm and abuse that come to husbands and male partners.

Thousands of women, children, and men live with domestic violence day-to-day and are afraid to report their situations to the authorities. Unfortunately, it is likely that the prevalence of domestic violence in our own towns is much higher than what is reported for a number of reasons. These reasons can range from fear of not being believed to being brainwashed into believing that the situation is the victim’s fault. It is crucial to bring more awareness to what domestic violence is and how the cycle can be broken. Domestic violence involves willful intimidation, physical assault, battery, sexual assault, and other abusive behavior perpetrated by an intimate partner against another.

AWARENESS, page 13

## Shop Indie Local And Build Connections This Holiday Season



A new Plaid Friday ambassador is joining Roscoe this year, Nugget the Pug from The Simple Nest in Keene. Watch for Nugget in this year’s Plaid Friday poster.

From our Thanksgiving meal to our New Year’s Eve celebration, we’re purchasing more of our holiday gifts and celebration needs from our friends and neighbors: locally owned business owners. Learn more and Shop Indie Local.



Back this year with new attire, Roscoe the Corgi from Howard’s Leather Store in Spofford dons his fall plaid to spread the word about this year’s Plaid Friday on November 24th (the day after Thanksgiving).

Ask a Local: A New Way to Support the Shop Indie Local Movement  
Exciting news: Member Marketplace, Inc. selected our region to help test out their new Member Connection Marketplace for free.

LOCAL, page 10

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Cut Coupons on page 10

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**PET OF THE WEEK**  
from THE MONADNOCK HUMANE SOCIETY

**Sassy**

Well, hello, all you young'uns out there! My name is Sassy, and I am a sweet senior queen waiting for my forever retirement home. Some of you might remember me from my post with my sister Tootsie; however, she has since been adopted and I am still here waiting for my people. Since my sister left, I have really enjoyed the company of other cats and I find comfort being with other feline friends, especially the men. I have been searching for a handsome beau to watch over me while I lounge around and take my cat naps throughout the day. I can be a little shy at first when meeting new people, but after bonding for a few days, I become quite a love bug. I could also go to a home with dogs, as I lived with smaller ones in the past, and I am great with kids of all ages. I am currently an indoor cat at the shelter, but I was indoor and outdoor in my previous home and would love to be able to go outside again. If you would like to give me my retirement home, come down and visit me during our open visiting hours.



Sassy is a domestic short hair, white and brown, 12 year old. The Adoption Center is located at 101 West Swanzy Road just outside of Keene on Route 10 South. Currently, the adoption center is open to the public Thursdays through Sundays 11 a.m. to 3 p.m. They are following current social distancing guidelines. See the website for more details. Learn more about the adoption process, and about other adoptable pets, at [www.monadnockhumane-society.org](http://www.monadnockhumane-society.org).

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**Monadnock Food Co-op Shoppers Raise Over \$4.2K For Northeast Organic Farming Association Of New Hampshire**

Shoppers at the Monadnock Food Co-op in Keene collectively donated \$4,256.22 to the Northeast Organic Farming Association of New Hampshire (NOFA-NH) during September's month-long Round It Up donation drive. Customers rounded up their purchases to donate their change to NOFA-NH's Farm Share Program. "Funds raised by the Monadnock Food Co-op are critical to supporting NOFA-NH's Farm Share Program and New Hampshire's organic farms in

expanding access to nutritious, healthy food across the Granite State," said Nikki Kolb, NOFA-NH operations director. "We're proud to partner with the co-op on this essential community program serving our neighbors in need." The NOFA-NH's Farm Share Program provides New Hampshire community members with limited incomes discounted Community Supported Agriculture (CSA) shares, also known as farm shares.

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**Friendly Meals In Keene Tuesdays, Fridays**

Friendly Meals for seniors will be served in Keene every Tuesday and Friday. Tuesday lunches will be held at the Keene Senior Center at 70 Court Street at 11:30 a.m. Diners do not need to be members of the center to attend. Reservations are needed by 9 a.m. the Friday prior to the meal by calling 603-352-5037. Friday meals will be served at the Garden Café at the HCS Keene office at 312 Marlboro Street at noon. Reservations are needed by 9 a.m. the Wednesday

prior to the meal by calling Gia at 603-352-2253. Menus can be viewed online at [www.hcsservices.org/services/nutrition-for-seniors/friendly-meals](http://www.hcsservices.org/services/nutrition-for-seniors/friendly-meals). All meals will include milk, bread or roll, and dessert. All adults aged 60+ are welcome. There is no charge, but a donation of \$5 is requested. The Friendly Bus will be available for transportation in Keene; call 603-352-8494 for reservations.

**MoCo Arts**

MoCo Arts 12<sup>th</sup> annual fundraising gala  
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## HCS Offers Poinsettias To Support Care

The 28th Annual Poinsettia Sale to benefit Home Healthcare, Hospice and Community Services (HCS) has begun. Pre-ordered plants will be available to pick up at the HCS offices in Keene and Peterborough in November and December. Proceeds from the sale benefit HCS home care and hospice services provided in southwestern New Hampshire communities. The poinsettias are grown in New Hampshire. These beautiful plants arrive in time for the holidays and make great gifts and decorations.

Poinsettias are available in red, pink, and white and in three sizes: a single stem plant in a six-inch pot with six to

eight blooms (\$15); a double stem plant in a seven-inch pot with 12 to 15 blooms (\$25); and a triple stem plant with 20 to 25 blooms (\$40).

Mailed orders must be received by Tuesday, November 14th, and online orders must be placed by Friday, December 1st. To print an order form or place an online order, or for details on pick up options, visit [www.HCSservices.org/shop](http://www.HCSservices.org/shop). Printed forms may be mailed to: HCS Poinsettia Sale, 312 Marlboro Street, Keene, NH 03431. For more information or to request an order form be mailed, call Laurie at 352-2253 Ext. 4205 or email [poinsettias@HCSservices.org](mailto:poinsettias@HCSservices.org).

## Free Concerts Inspired By Beauty Of Region

Two concerts inspired by the beauty of the Monadnock Region will feature music written by Dublin composer Elise Grant.

The concerts will take place on Friday, November 3rd at 5 p.m. at Nubanusit Community (Steele Road, off Union, in Peterborough) and Sunday, November 5th at 3 p.m. at Temple Congregational Church.

The concerts will feature Russian virtuoso Vladimir Odnokikh, piano; Jim Sharrock, oboe and English horn; and Cheryl Sharrock, piano.

Grant attended Mannes College of Music in NYC and pursued her post graduate studies abroad. She spent two years with Nadia Boulanger in Paris;

studied at Le Conservatoire de Lille, earning awards in Solfège, Harmonie and Piano; and spent time in Geneva, Switzerland at the Conservatoire Supérieur, winning the Certificate d'Orchestration Prix de Composition.

Her performances in Europe and the US have ranged from solo, chamber, orchestra to opera (notably *Santé et Prospérité* with four choruses, soloists, and orchestra)

Grant's music is highly evocative, free-spirited yet well constructed, appreciated by the musicians and listeners alike.

Admission is free. Donations are accepted.

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Daria has lived in Keene for the last 40 years and needs to live with a person or family who can watch over her. She does not require physical care.  
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Daria has a loving personality and is grateful for everything she is given. She belongs to the Y and sings in the community chorus. She wants to do as much as she can for herself.

Monadnock Family Services provides regular support. Chesco oversees the home care providers.  
Call Chesco at 603-357-3915, or Daria's cousin, Julia, at 802-262-6110 for more information or to apply for the position.





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NOV 7

## MYSTERY PHOTO

from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY

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

(Prepared by the Historical Society of Cheshire County)



This photo shows the Fire Engine Company from what Cheshire County town?

There was no winner of last week's Mystery Photo contest. The c.1900 street scene was taken in Winchester.



## Women's Club Offers Chance To Win A Handmade Quilt

A colorful 60-inch by 60-inch handmade quilt is being raffled off by the Keene Woman's Club of Cheshire County. The raffle will raise funds to support the club's annual scholarship that is awarded to a deserving young woman graduate of Keene High School.

The quilt has vibrant colors of red, blue, yellow, green, orange, and pink circles within squares. Tickets are \$5 each or \$20 for a book of five. The drawing will take place on Tuesday, December 12th. Anyone interested in purchasing raffle tickets can email to [keeneclub@gmail.com](mailto:keeneclub@gmail.com).

The Keene Woman's Club meets monthly April through June and September through De-

cember at noon on the second Tuesday of the month at the Keene Country Club. New members are always welcome. The club's mission is to promote cultural and social life to its members and to foster charitable giving within the Cheshire County community.



Peggy Fischer shows off the beautiful quilt she and other members of the Keene Woman's Club made for the raffle.

## Adult Potluck Luncheon In Swanzey

On Wednesday, October 25th from 11:45 a.m. to 1:15 p.m. there will be an Adult Community Potluck Luncheon at the First Congregational Church in Swanzey at 679 Old Homestead Highway. Attendees should bring a salad, main course, or dessert to share.

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## Richard Whitney In Historical Society's Pop-Up Exhibit

The Historical Society of Cheshire County at 246 Main Street in Keene is featuring Stoddard artist Richard Whitney in a Pop-Up Art Exhibit at the museum store through November 4th.

Whitney is an internationally-known portrait and landscape artist who grew up in Cheshire County. His work – a variety of framed archival prints on canvas as well as greeting cards and his three books – will be displayed and available for purchase.

"We are excited to include Richard's

work in our pop-up series for 2023," says Andrea Cheeney, museum store manager. "This series also included the work of artists Mary Iselin of Marlborough and Medora Hebert of Westmoreland. The work of Alicia Drakiotes of Marlborough will be on display through November and December."

The exhibit is open Tuesdays through Fridays from 9 a.m. to 4 p.m. (Wednesdays open later until 8 p.m.), and the first and third Saturdays of the month from 9 a.m. to noon.

## Flight Of Remembrance, A World War II Family Odyssey Is Free Talk In Chesterfield

Marina Kirsch, author of *Flight of Remembrance: A World War II Memoir of Love and Survival*, will give a free talk on Wednesday, October 25th at 6 p.m. at Chesterfield Town Hall on Route 63.

Her story is one of resilience and new beginnings when her father – a young Latvian engineering student – was forced to flee his homeland in 1939 before the first Soviet takeover. The only nation at that time offering refuge was Nazi Germany. Hear the story of how he met Kirsch's mother in Berlin, was drafted into the Luftwaffe, and started a new beginning in the US with a key role in the space program.

### St. Jude's Novena

May the Sacred Heart of Jesus be adored, glorified, loved, and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the hopeless, pray for us. Say this 9 times a day for 9 days and your prayer will be answered by the 8th day. It has never been known to fail. Publication must be promised. Thank you, St. Jude. M.B.

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## Trinity Christian School Holds Craft Fair November 4th

On Saturday, November 4th from 9 a.m. to 2 p.m., Trinity Christian School at 100 Maple Avenue in Keene will hold its annual Craft Fair.

This event includes woodworking, giftable treats, Christmas ornaments, jewelry, accessories and clothing for kids and adults, holiday décor, home décor, pet accessories, toys, bags, one-of-a-kind gifts, and a raffle table.

## Nelson Church Invites Applications For Social Justice Grants

The Nelson Congregational Church invites applications for the Garrett-Larsen Social Justice Fund to any individual or non-profit group with a strong tie to the Monadnock Region.

This fund – in honor of the 19-year ministry of Rev. Dawn Garrett-Larsen – is open to those who demonstrate a passion for social and environmental justice, have a plan to advance, and need funding.

For 2023, a total of \$2250 will be awarded. Recipients will be notified within four weeks of the Thursday, November 30th deadline.

To receive an application form and details on the process and criteria for applying, email [nelson.church.clerk@gmail.com](mailto:nelson.church.clerk@gmail.com) or call the church office at 603-847-3280. The guidelines and application are also available at [www.nelsonchurch.org/social-justice-fund](http://www.nelsonchurch.org/social-justice-fund).

## Troy Haunted House With Animatronics And Actors

A Haunted House will be set up at the Troy Town Hall on Saturday and Sunday, October 28th and 29th from 6 to 8 p.m. and Tuesday, October 31st from 5 to 8 p.m.

There will be animatronics and live actors. This event is free, but donations are accepted.

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## STOCK WATCH

Listings At Close of Market October 20, 2023 • Courtesy of RBC Wealth Management  
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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	181.32	-2.24	Danaher Corp. (Kollmorgen)	205.83	-3.60
Becton Dickinson (C.R. Bard)	258.64	-0.06	Merck (Hubbard Farms)	102.67	-1.34
Toronto Dominion Bank (TD Bank)	57.40	-1.42	Deluxe (NEBS)	17.84	-0.13
PC Connection	52.86	-0.82	Teleflex (Jaffrey)	187.56	-2.02
Bank Of America (Fleet)	26.31	-0.45	Timken (MPB Corp.)	69.73	-0.94
Corning Inc.	27.17	-0.76	M&T Bank Corp. (People's United)	113.77	-6.42
Ametek, Inc. (Precitech)	141.57	-7.07	Dover Corp. (Markem)	134.69	-3.43

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change	Close	Week's Change	
Silver (\$ per ounce)	23.56	-2.24	Wheat (cents per bushel)	584.25	1.75
Gold (\$ per ounce)	1,993.60	-0.06	Corn (cents per bushel)	495.50	3.75
Platinum (\$ per ounce)	899.40	-1.42	Soybeans (cents per bushel)	1,302.25	21.50
			Cattle (cents per pound)	185.28	-1.65
			Crude (\$ per barrel)	88.30	0.06

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## Please Don't Help Me Pay For My Next Vacation

By Donald M. Kreis

My wife and I spent a lovely week in Paris back in July and, I regret to admit, you may have helped pay for it.

No, I am not talking about the fact that my salary as New Hampshire's Consumer Advocate is recovered from the state's utility customers. I am, rather, referring to the fact that many Granite Staters now pay their bills with credit cards issued by Visa and Mastercard.

When I got married in 2014, I started sharing with my spouse her "United Airlines Explorer MileagePlus" Visa card. When we use our family Visa card to pay for stuff, we earn frequent flyer miles with United. We redeem the miles and take vacations in places like Paris, Barcelona, and my grandmother's home town of Butte, Montana.

Visa, Mastercard, and the financial institutions that issue credit cards under those logos would like you to think that these frequent flyer miles, and other perks that go along with using many credit cards, are free. They are not.

Every time you use a credit card – including when you pay your bill for electricity or gas – the other party to the transaction must pay an "interchange" fee to the credit card processor. These interchange fees – sometimes called swipe fees – actually vary by credit card; the more lavish the perks associated with the card, the higher the swipe fee.

Some portion of the especially bloated interchange fees associated with cards like mine goes to the airline to pay for the miles or to whatever other company – hotels, retailers, whatever – is providing the "free" benefits. Nice for me, but what about you?

Well, guess what. Those swipe fees are embedded in the prices we all pay for everything we buy. That includes electric and gas service from Eversource, Liberty, the New Hampshire Electric Cooperative or Unifil, all of which are entitled to recover these costs from customers.

Kudos to a bipartisan group of U.S. Senators – Dick Durbin of Illinois, Senator Peter Welch of Vermont, Senator Roger Marshall of Kansas, and Senator J.D. Vance of Ohio – for sponsoring the proposed Credit Card Competition Act of 2023. It's S. 1838, for those who keep score.

The same bill is pending in the House, as H.R. 3881. The lead sponsor there is Rep. Lance Gooden,

a Republican from Texas.

According to a fact sheet from Senator Durbin's office, if the Credit Card Competition Act becomes law "the giant banks that issue the overwhelming majority of Visa and Mastercard credit cards would have to choose a second competitive network to go on each card, and then a merchant would get to choose which of those networks to use to process a transaction."

Translation: There would be competition among credit card processing networks.

Which, in turn, would save consumers money. According to Senator Durbin's fact sheet, "every time a Visa or Mastercard credit card is swiped, around two to three percent is deducted out of the transaction amount the merchant actually receives," almost all of it going to interchange fees.

When I pay my credit card bill every month, which I do in full to avoid the exorbitant interest rates associated with credit cards, I do so out of a checking account at a local credit union. I bank exclusively with credit unions because they are not-for-profit financial institutions that are owned and ostensibly controlled by the people who use them.

You would think that consumer-owned financial institutions – credit unions – would be enthusiastic supporters of the Credit Card Competition Act in order to help their members save money. Wrong!

"This 'big box bill' is just another way for large merchants to squeeze more out of the American consumers' pockets by disrupting payment systems that consumers want in place, leaving them vulnerable," said Jim Nussle, president and CEO of the Credit Union National Association (CUNA) the day the bill was introduced.

"CUNA, state credit union Leagues, and credit unions oppose these changes to the current interchange system, and vow to protect the more than 135 million credit union members across the country who don't deserve to suffer from a government mandate that will shift costs and risks to them," Nussle added.

Okay, but the Credit Card Competition Act would apply only to financial institutions with assets over \$100 billion. New Hampshire's biggest credit union, the Portsmouth-based Service Credit Union, has about \$5.2 billion in assets.

So I don't get why New Hampshire's credit unions are falling in line with CUNA, and the banking monoliths, in opposing reforms in the credit card industry. It is especially sad given that the nation's credit union movement began right here in New Hampshire (the oldest credit union in the U.S. being the Manchester-based St. Mary's Bank).

Meanwhile, as Consumer Advocate I have fought and lost the battle to keep credit card swipe fees out of utility rates. Our utilities argue, credibly, that their customers want to pay their bills with Visa or Mastercard because it is so convenient.

Okay, but as the person tasked by statute with protecting the interests of New Hampshire's residential utility customers I beg you not to use your credit card if you are having trouble paying your utility bill. Paying credit card interest on the cost of your utility bill is unnecessary when the utilities have help available to financially challenged customers.

Winter looms and, with it, utility bills that are unbearable for many. If you need help, ask your utility or your local Community Action Agency to refer you to one of the ratepayer-funded bill assistance programs. Because the last thing you want to do in an energy affordability crisis is to help other people pay for their vacations.

## Historic Preservation Matching Grant Opportunity For Non-Profit Organizations

The New Hampshire Preservation Alliance and The 1772 Foundation have announced that 1:1 matching grants of up to \$10,000 are available for historic preservation projects. December 1, 2023 is The deadline for a letter of inquiry, the first stage of the application process, is Friday, December 1st. To be eligible, organizations must have a 501(c)(3) IRS designation and own, or have a long-term lease, on the building. Check [www.nhpreservation.org](http://www.nhpreservation.org) for more information or email [bt@nhpreservation.org](mailto:bt@nhpreservation.org) and include "The 1772 Foundation" in the subject line.

Eligible projects include exterior painting, finishes,

and surface restoration; upgrades to/installation of fire detection; lightning protection and security systems; repairs to/restoration of porches, roofs, and windows; structural foundation and sill repair/replacement; and chimney and masonry repointing.

For more details, visit [www.nhpreservation.org](http://www.nhpreservation.org).




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# Herbs Are HeavenScent

If you're going to grow just one thing, let it be herbs. Herbs are a fabulous reminder that it doesn't take much to make a pleasant difference in everyday life. You can use them in cooking, teas, aromatherapy, homemade skincare products, and more.

Over the years I have grown herbs indoors and outdoors; some were more successful than others. As life got busier, I haven't thought about starting an herb garden until recently. There's something about the aroma fresh herbs bring into the house that reminds me of family gatherings. Basil, rosemary, and oregano bring back fond memories of my dad's homemade pizza sauce, and my mom's delicious baked chicken or roasts for Sunday dinners. Dill makes me think of my mother-in-law's homemade chicken soup. Bay leaf brings back memories of my dear grandmother's lentil soup. She made it every year when all my aunts, uncles and cousins gathered for Christmas Eve dinners.

It's time to begin an indoor herb garden again, and I need to order seeds.

I have found three websites that have a wide variety of organic seeds to share with you: trueleaf-market.com, mountainroseherbs.com, and mountain-valleygrowers.com. If this interests you, please check these out for a start or see if others appeal to you.

A few basic principles to keep in mind when growing any plant inside.

1. Locate your sunniest window, and determine how much sun your window receives each day. Some plants require a minimum of six to eight hours of sun a day to thrive, while some plants need a minimum of four to six hours of sun a day.

2. Plant in containers with good drainage. You don't want them to get waterlogged.

3. Find the best potting soil you can find. An organic potting mix designed for containers that's high in organic matter and peat-free is ideal.

4. Choose a few herb plants or seeds that you cook with the most. Start with two to five plants.

I have found some herbs that are easy to grow and tolerant of growing in confined spaces.

chicken, soups, casseroles, stews, lamb, pork, steaks, fish, and potato recipes. Rosemary signifies love and remembrance.

### Sage

Take a tip cutting from an indoor plant. Needs strong sun from a south facing window. Tolerates dry, indoor air well. Sage is native to the Mediterranean region and is used fresh or dried in flavorings for many foods particularly in stuffing for poultry, pork and sausages. It is cultivated for its pungent edible leaves. Sage has slightly stimulating properties. Tea brewed from its leaves has been used as a tonic for centuries. In medieval Europe, sage was thought to strengthen the memory and promote wisdom. Burning sage, also known as cleansing, is an ancient spiritual ritual.

### Thyme

You can root from a soft tip of an indoor plant or repot an existing plant. Does well in east or west facing window. Keep soil moist. Thyme is indigenous to the Mediterranean region. Ancient Egyptians used thyme for embalming. The ancient Greeks used it in their baths and burnt it as incense in their temples believing it was a source of courage. The Romans used it to purify their rooms and to give an aromatic flavor to cheese and liqueurs. Add to roasts, sauces, soups and dressings. Infuse in honey or vinegar. Thyme retains its flavor on drying better than many other herbs. Thyme is a common component of the Bouquet Garni and of Herbes de Provence.

Happy indoor gardening!

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.

## Woods and Gardens

with Rose Kowaliw

### Basil

Water regularly – Basil likes to stay moist so keep the soil from drying out, but needs at least three to six hours of sunlight daily. Keep harvesting basil throughout the growing season. Remove 1/3 of the leaves each month to encourage new growth. I prefer to freeze basil by chopping it, placing in an ice cube tray, and covering with olive oil. Once the basil cubes are frozen, store them in an airtight container in your freezer. When you need a bit of basil in a dish, simply add a cube or two. Basil goes well in salads, pasta dishes, pizza and pesto.

### Bay

Bay laurel is a perennial that actually does best using the container gardening method. Place the pot in an east or west window as it prefers full to partial sun. Thin the plant if it starts to get crowded. Bay needs air circulation to remain healthy. Bay leaf is a standard cooking ingredient in many savory dishes such as soups, stews, and sauces. Just remove them prior to serving because they have a bitter taste.

### Chervil

Is a delicate annual and a favorite flavor in French cuisine and its nickname is "French parsley." Chervil prefers part light but needs temperatures between 65 degrees and 70 degrees to thrive. Like basil, chervil will grow fuller if you pinch the tops occasionally. Add the leaves to soups, fish, veggies, and poultry. You can also use it to make your own herb butter.

### Chives

This oniony herb does quite well in a container with full sun. If you have one already in your garden, you can move it inside at the end of the growing season. Leave the pot outside until the leaves die back. In early winter, move the pot to your coolest indoor spot, like your basement, for a few days. Then place it in your brightest window. Mince the leaves and sprinkle them in soups, salads, and on top of eggs or baked potatoes. Even the purple flowers are edible and make great garnishes.

### Oregano

Oregano is described by the Greeks a "joy of the mountain" and originates from the hilly, Greek countryside and is now grown all over the world. Go easy on the watering. It doesn't need as much as other herbs, so wait until the soil feels dry to the touch. Regular trimming will keep your plant looking healthy and full. Oregano is a much-loved herb, pungent, spicy and slightly bitter. Goes well with any vegetable and Mediterranean dishes.

### Rosemary

You can start with a cutting of rosemary and keep it in a moist soilless potting mix until it roots. It grows best in south-facing windows with good drainage. Prune regularly (up to a third of the plant) and dry any extra stems to flavor winter stews and soups. Your kitchen will smell fresh throughout the cooler seasons thanks to the pungent scent of this herb. It acts like a natural air freshener. Good with

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# CELEBRATE

**Plant to Plate**  
 with Skip Smith 

## Adams Affordable Furniture – You Simply Never Know What You’ll Find

ADAMS, Continued from page 1

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*Skip Smith is the owner of The Farm Cafe, located in the Toadstool Bookshop at 12 Emerald Street in Keene. He can be contacted at 603-354-3521. View the Farm Cafe menu online at farmcafe603.com.*

The collection of merchandise at Adams Affordable Furniture includes (but not limited to) sofas, love seats, and chairs; dining room and patio sets; beds, dressers, night stands, and bookshelves; lamps, vases, paintings, collectibles, and other artwork – all to give a home the perfect finishing touches.

“Check back often as our inventory is always changing,” Gillerlain adds. “And our staff will help guide you with their years of knowledge and expertise.”

Besides adding a needed piece of furniture or a unique piece of art to your living space, Adams Affordable Furniture is the perfect stop for those who are just setting up their first-time home, like a dorm or apartment.

And, for those who like to do a bit of do-it-yourself re-purposing, Adams Affordable Furniture is a great place to spot that gem to transform. A beautiful wooden dresser can be used as a bathroom vanity. A china hutch can be transformed into a custom cabinet and a display case by separating the top and bottom sections. Plus, up-cycled furniture is a great way to keep the “reduce, reuse, recycle” mantra alive!

Another reason to seek out used furniture and home decor is if you need some quality pieces to use for home staging (for those selling their homes) without spending a fortune.

That segues right to the sister company to this local business: Adams Affordable Moving. More than likely, when someone is moving they are looking to either replace existing furniture, add more furniture, or downsize and need to get rid of furniture altogether. This means that Gillerlain can help pack up and move items for those relocating or downsizing, while at the same time be an avenue for those who want to rid themselves of unwanted items. He knows where all of the furnishings are coming from and can be selective; that means no furniture with pet or smoke smells at this establishment.

“We get the majority of our furniture from our moving company,” Gillerlain continues. “When people downsize they need a place to take it so we will pick it up before the move.”

Adams Affordable Moving has been in business for over 25 years. This full service moving establishment is fully licensed and insured and provides the highest level of service and professionalism. “We strive to make each move better than our last and to keep your move stress free,” Gillerlain adds.

Adams Affordable Furniture is open Fridays and Saturdays from 10 a.m. to 4 p.m. and Sundays from 11 a.m. to 5 p.m. Follow the store on Facebook or visit [www.affordmoving.com/adams-affordable-furniture](http://www.affordmoving.com/adams-affordable-furniture).

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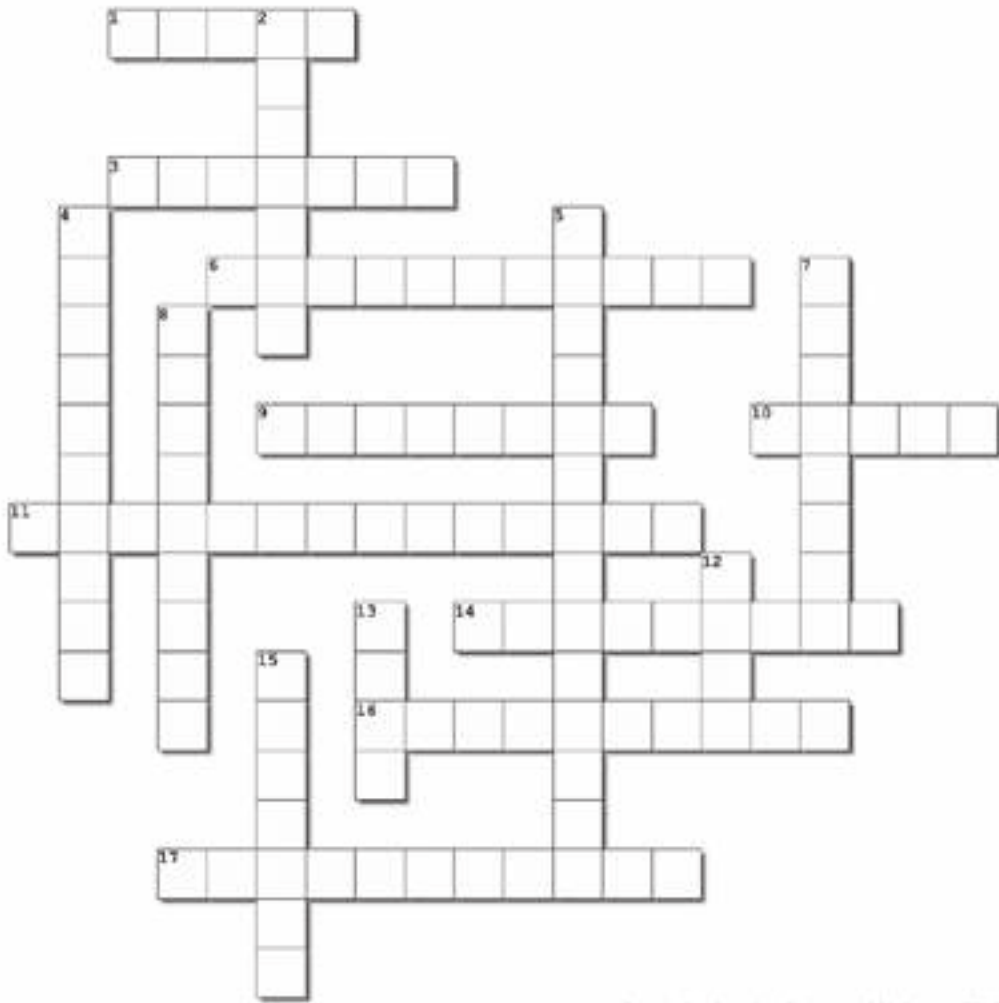
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To enter, solve the crossword puzzle. The clues reference local businesses whose ads appear on these "Celebrate Local" pages.

Mail your completed puzzle to The Monadnock Shopper News, PO Box 487, Keene, NH 03431, snap a photo of it and e-mail it to [shopper@shoppernews.com](mailto:shopper@shoppernews.com), or fax it to 603-357-9351. Don't forget to choose

one of the businesses on the Celebrate Local pages (the pages with the "Celebrate Local" header) as your preferred \$50 gift certificate! Deadline is Friday, November 17th.

Last month's winner was Diana Worcester who chose a \$50 gift certificate to The Vacuum Store.



**Across**

- 1. tree service
- 3. stationer
- 6. painter
- 9. construction company
- 10. container service
- 11. baker
- 14. RV center
- 16. music store
- 17. consignment shop

**Down**

- 2. lingerie shop
- 4. hair salon
- 5. candy
- 7. roofing
- 8. pumpkins
- 12. heating company
- 13. thrift store
- 15. laundry

Name \_\_\_\_\_ Phone \_\_\_\_\_

Preferred Gift Certificate \_\_\_\_\_

## The Monadnock Food Co-op Farm Fund: Meeting The Needs Of Local Farms

The Monadnock Food Co-op Farm Fund program, in partnership with the Cheshire County Conservation District, will be accepting applications from local farmers beginning Sunday, October 1st.

The Farm Fund helps local farms develop their production for wholesale markets, including selling to the Monadnock Food Co-op and Food Connects. Funding supports a range of projects, including the purchase of equipment and infrastructure, farmland conservation, packaging and labeling design needs, and technical assistance.

This year, there will be an additional funding category for emergency disaster relief to address the financial strain of crop and/or livestock loss caused by weather events in 2023. Farmers who have experienced losses are encouraged to apply.

Applications for emergency relief are due Tuesday, October 31st. All other applications are due February 1st. Application materials and more details are available at [www.cheshireconservation.org/farm-fund](http://www.cheshireconservation.org/farm-fund).

## Donation To Project Home Made By 100+ Women

At the recent meeting of 100+ Women Who Care Cheshire County, Project Home was chosen to receive the donations, totally \$18,130, for this quarter.

Project Home is a grassroots organization that helps asylum seekers move from detention centers into communities and homes as they await their asylum hearings. In this community-based model, Project Home collaborates with other organizations to develop a coalition that supports this work. The

funds raised at the August meeting will help to provide asylum seekers with legal support, housing, and food, as well as connecting them with community support services such as medical care, education, and job training.

The next meeting of 100+ Women Who Care Cheshire County will be held on Monday, November 6th from 6 to 7 p.m. at the St. George Hellenic Hall at 70 West Street in Keene.



**keene International market**  
162 Emerald St., Keene  
[KeeneInternationalMarket.com](http://KeeneInternationalMarket.com)

**A Culinary Journey Around the World.**  
Discover your new favorite snack or recipe without leaving your own backyard. Products from over 30 countries. Great holiday gift ideas!

**\$5.00 OFF ALL ORDERS OVER \$50.**  
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Book online or stop in!



**PHIL'S TREE SERVICE**

**VOTED #1 GOLD**

**Best of Monadnock 2023**  
Readers' Choice Awards

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**GOLD**  
Best of Monadnock 2023  
Readers' Choice Awards

# CELEBRATE

## Shop Indie Local And Build Connections This Holiday Season

LOCAL, Continued from page 1

The Local Crowd Monadnock Member Marketplace connects locally owned businesses with other locally owned businesses and businesses with community members like you. Marketplace members can showcase their best products and services to reach more local customers.

What I love most about this software is that it lets you ask a local. Share whatever you're looking for and then locally owned member businesses can respond directly to your request. I posted a request for unique

gift ideas and four locals immediately responded to me with fantastic ideas (see their suggestions below).

"The new platform emphasizes building connections between users through social options that include likes, shares, and direct messaging on posted services, products, promotions, specials, and events offered by member businesses," said Cherie Edilson CEO of Member Marketplace. "Chambers of commerce and other member-based organizations constantly seek innovative ways to enhance the membership experience; in today's dynamic landscape our marketplace is not just relevant, it's essential as these organizations look to thrive in the digital age."

Give our new Member Marketplace a try and let us know what you think: www.localcrowdmonadnock.membermarketplaceinc.com. The more we use it, the better it becomes.

"Much like the old yellow pages, most directories you see online today simply list businesses by category, offering minimal assistance in helping customers address their specific needs," Edilson adds. "In sharp contrast, our connection marketplace empowers users with more useful information to discover, connect, and engage with local businesses at a whole new level to solve their needs."

### Shop Indie Local Online

Also, check out our TLC Monadnock Mercantile, a regional online marketplace featuring diverse products and services from locally owned businesses. Our virtual store compiles gift ideas, gift cards, and restaurant take-out options – all in one place. Best of all, it is free for locally owned businesses to participate.

The site includes 200 businesses offering fabulous gift ideas for your loved ones. Many thanks to Savings Bank of Walpole and Monadnock Food Co-op for sponsoring TLC Monadnock Mercantile. Shop online and Shop Indie Local at https://shop.tlcmMonadnock.com.

### Get Ready for Shop Indie Local Week

The week after Thanksgiving is a super busy one for the Shop Indie Local movement as we celebrate Plaid Friday, Small Business Saturday, Artists Sunday, Cider Monday, and Giving Tuesday. Learn more:

### Plaid Friday

For the 14th year, independent businesses and community members in the Monadnock Region will celebrate Plaid Friday, the day after Thanksgiving. This year's event falls on Friday, November 24th. Wear plaid on Friday to show your support for our

LOCAL, page 11

**PLAID FRIDAY**

November 24, 2023

Wear plaid to show your support for locally owned businesses and community



monadnockfood.coop/plaidfriday

Stay tuned for how we're celebrating!

Local and reliable craftsmanship  
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Best of Monadnock 2023  
Readers' Choice Awards  
JEWELRY

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Where Your Donations Make a Difference  
All net proceeds benefit local non-profits  
Donations accepted Thursday through Sunday

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SHOP LOCAL. CELEBRATE LOCAL.

**LOCATIONS IN KEENE & SWANZEY**

**Hyundai of Keene**

Meet Erik! The new service manager at Hyundai of Keene! Erik has been in the automotive industry specializing in service for 15 years.

"Treating people like family is my goal by developing lasting relationships based on trust and understanding, and by making each interaction as personal as possible."

"I will always advocate for customers to make the best decisions possible regarding whatever service needs they may have. I'm a life long resident of Keene where my parents ran a successful business that gave back to the community. Those community values were one thing that drew me to this position at Hyundai of Keene."

Erik is a proud dad to a wonderful 6-year-old little lady. She's his whole world, and in his free time they go on as many adventures as they can, creating lasting memories. They enjoy swimming at Spofford lake, hiking with their pup Odie, and exploring all New England has to offer.

"Hard work, dedication, and providing the best experience to every customer I encounter is something that I was raised with. I look forward to providing the best experience for our customers here at Hyundai of Keene."

--Erik Lilly

**Hyundai of Keene**  
BUY 4 TIRES GET A FREE OIL CHANGE.  
\*Restrictions apply. See dealer for offer details. Expires 11/30/23

**Hyundai of Keene**  
GET \$5 OFF OIL AND FILTER CHANGE.  
\*Restrictions apply. See dealer for offer details. Expires 11/30/23



# LOCAL

## Shop Indie Local And Build Connections This Holiday Season

LOCAL, Continued from page 10

local economy and commitment to buying local this holiday season: <https://tlcmonadnock.com/plaidfriday>.

A list of locally owned businesses will serve as Plaid Friday Hubs this year. Hubs pledge to photograph you decked out in plaid and answer questions about Plaid Friday. TLC Monadnock will post all Plaid Friday photos throughout the day on our Facebook page at [facebook.com/monadnocklocal](https://facebook.com/monadnocklocal). Stay tuned for a list of hubs at <https://tlcmonadnock.com/plaidfriday>. [tlcmonadnock.com/plaidfriday](https://tlcmonadnock.com/plaidfriday) #hubs.

### Small Business Saturday

While Plaid Friday overshadows Small Business Saturday in our region, we encourage everyone to celebrate this event by continuing to support locally owned businesses on Saturday, November 25th. No matter how you get involved, every little bit makes a big difference.

### Artists Sunday

November 26th is Artists Sunday – an art shopping movement of over 4500 artists and organizations coming together to encourage consumers to shop with their favorite local artists and makers during the holiday season. Think of it as Plaid Friday, but for the arts: [www.artistsunday.com](http://www.artistsunday.com).

### Cider Monday

Instead of Cyber Monday, a day when online merchants offer special deals, we invite you to Cider Monday on November 27th. Stop in for free cider from participating Cider Monday businesses. Also, if you choose to shop online, choose local too! Learn more at <https://tlcmonadnock.com/cidermonday>.

### Giving Tuesday

A global generosity movement, Giving Tuesday on November 28th, encourages you to give any way you can. Organizers share, "Whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts, and everyone has something to give." Learn more at <https://tlcmonadnock.com/givingtuesday>.

### Why Shop Indie Local?

Where you spend your hard-earned dollars matters. Your choices create a ripple effect that starts with you and extends out to our entire region and local economy. Shop Indie Local (shop at independent and locally owned businesses) and the positive ripple effects grow.

When you spend your dollars at locally owned retail businesses in the Monadnock Region, four times more money returns to our local economy than if you spend that same dollar at a chain store. Spend a dollar at an independent business and 62 cents return to our local economy. (Spend it at a chain store and only 13 cents return; spend it at an online giant and only a couple of pennies return.)

Those 62 cents recirculate through our economy, generating ripple effects that increase job growth, charitable contributions, and community prosperity. If everyone shifted just 10 percent of their purchases from national chains to locally owned retailers, we would return \$27 million to our regional economy annually.

### We Asked a Local

What did locally owned businesses share when we asked for unique gift ideas? The Hannah Grimes Marketplace shared their Holiday Season Gift Baskets, "Unique local baskets make your business gift giving easy for you and memorable for your gift receivers. These five baskets are our most popular, but we're happy to create custom-designed baskets for your individual needs." Mash Note Beer offers fun ideas for beer lovers, like their upcycled beer can ornaments while Keene International Market has Scandinavian and European goods and gift baskets. LuvINK&Paper sells crafting kits to inspire more creativity this holiday season. Visit our website for links to these gift ideas and more: <https://tlcmonadnock.com/shopindielocal>.

### Boost the Shop Indie Local Movement

Show off your dedication to the local economy movement and support our Shop Indie Local crowd-funding campaign today. With your support, we will continue to build traction – inspiring more and more community participation. Learn all about our campaign and check out the wonderful rewards you can claim as a thank you for supporting the Shop Indie Local movement in the Monadnock Region at <https://monadnock.thelocalcrowd.coop/campaign/plaid-friday>.

Together, we're generating ripple effects that create new jobs, charitable contributions, and community prosperity; what a gift! Thank you for supporting the Shop Indie Local movement.

*Jen Risley loves cultivating our local economy through her work with TLC Monadnock, Monadnock Food Co-op, American Independent Business Alliance, and The Main Street Journal.*

## Wear It in Style



*Tourmalinated quartz palm pendant set in silver*  
by Little Cat Metals

NEW ENGLAND MADE



Open 'til 7pm  
1st Friday! (Nov. 3rd)

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WED-FRI 11AM-3PM • SAT 10AM-4PM • SUN 10AM-3PM

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## Citrine!

The November Birthstone!



*Citrine set in 14kt white gold with diamond halo*

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## 89TH ANNIVERSARY

# FABRIC SALE



**20% OFF FABRIC**

Oct. 23rd-28th

**All Fabric For Quilting, Fashion & Home Decor Included.**

**More In-Store Specials On Yarn, Leather, Foam Rubber & More!**

**ONCE A YEAR SALE!**



55 Ralston St., Keene, NH  
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MON-SAT 9:30-4  
CLOSED SUNDAY



# CELEBRATE LOCAL



**FREE SMALL FRY**  
with purchase of any burger  
Must present coupon. Exp. 11/15/23.

**LOCAL**

82 Main Street, Keene • 603-355-3993 • localkeene.net

**Trick-or-Treating for Kids**  
2:00-4:00 pm  
Candy from Vermont's  
Lake Champlain Chocolates



**monadnock FOOD CO-OP**  
34 Cypress Street • Keene, NH  
For more information, contact Talee Messenger at  
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*\*Access to Monadnock Food Co-op by road will be available from Eagle Court and Community Way.*

**Fall into Steele's**  
Check out HALLOWEEN CARDS  
and all the new fall and  
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**A Monster Mash of Our 24 Toppings!**

Medium	Large	Ex. Large
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**SUBS, SALADS & APPETIZERS AVAILABLE**

# Halloween Treats



The air is changing, the leaves are changing, it must be fall so that means...

**Pumpkin Fudge is back!**

Stop in and see all of our fall goodies & all your other favorites!  
Shop local small business!

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49 Main St. Keene • 603-352-0326  
www.YGSCandy.com

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COME JOIN US FOR A  
SPOOKY NIGHT OF SKARAOKE!  
OCTOBER 27TH STARTING AT 8PM

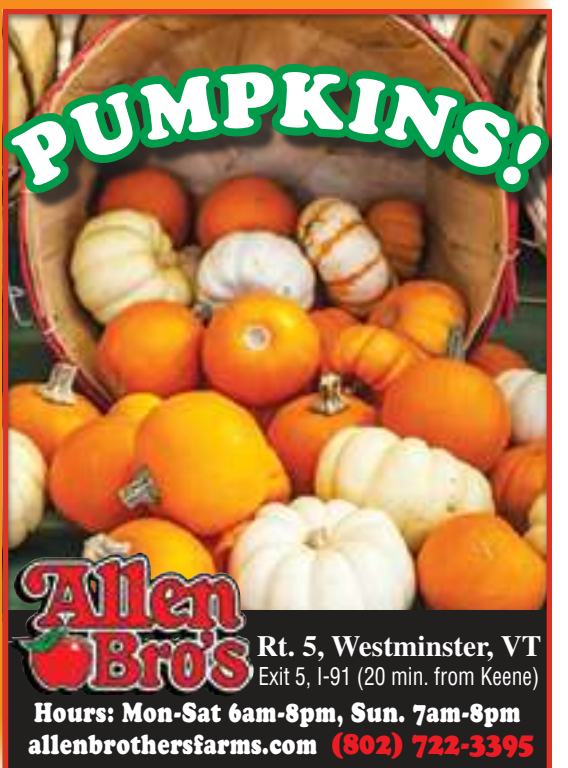
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**Allen Bros'**  
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## Sign, Sign, Everywhere A Sign

Signs surround us in our daily lives and have been doing so for over 5000 years. They sell us products, warn us of impending danger, promote individuals and businesses, instruct us with tasks, and direct us as to which way to go. The Historical Society of Cheshire County at 246 Main Street in Keene invites visitors to reflect on the significance of about 70 signs from the region's past in a show entitled Signs of the Times. This exhibit will run through April 19, 2024. An Opening Reception will be held on Wednesday, November 1st from 4 to 6 p.m.

Signs of the Times explores the ways in which an artifact, like a sign, has the power to disclose secrets about the past. "The Historical Society of Cheshire County is taking a more anthropological approach to the history of signage. For instance, the ornamental painting of signs was an important craft in the eighteenth, nineteenth, and early twentieth centuries," says Alan Rumrill, the society's executive director.

A special catalog will be printed including all of the signs on exhibition and will be made available for sale in the historical society's museum store in time for the holiday season.

For more details, visit [www.hscnh.org](http://www.hscnh.org).



Bon Ton Restaurant sign in Keene, circa 1950s, from the Historical Society of Cheshire County collection and donated by the Booras Family.



Turn of the 20th Century ferry sign from Vermont, for crossing the Connecticut River.

(Courtesy of Jay Blanchard)

## Domestic Violence Awareness Month

AWARENESS, Continued from page 1

This kind of violence often escalates from threats and manipulation to verbal abuse and or physical violence. This kind of violent behavior can directly harm the victims, but it also affects any children living in the home. According to the National Network to End Domestic Violence, approximately 15.5 million children are exposed to domestic violence each and every year. These children will likely grow up experiencing mood disorders such as anxiety, anger, and may even grow to perpetuate the behavior that was impressed upon them from a young age, thus continuing the cycle of domestic abuse in one form or another.

According to the National Domestic Violence Hotline, some signs that you or someone you love may be involved in a domestic violence situation include: feeling trapped, chronic humiliation from a partner, verbal insults, physical violence, controlling behavior from a partner, unpredictable mood swings, alienating friends and family, and manipulation, to name a few.

If you or someone you love is involved in a domestic violence situation, it is important to report your situation as soon as humanly possible. Local authorities and abuse help hotlines are able to assist with removing the abuser from the situation, and in helping victims find resources ranging from places to stay to legal help and advice.

Domestic violence is as brutal as it is unnecessary, but it does not have to be a way of life for those who are currently suffering. If you see something, say something. Together, we as a community can help put a stop to the cycle of abuse.

Bring awareness to domestic violence and other forms of abuse that go on.

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**Now in Progress**

# Store Closing Liquidation Sale

**Now in Progress**

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### 20% off Storewide

regular priced merchandise

### Clearance Merchandise

as marked on yellow tag  
Reduced 25% to 50% from original price.

**Brattleboro Store Only**  
All of the great brands Sam's is known for.

In stock merchandise only. All sales final. No returns. No exchanges.  
Exceptions: Licenses, Gift cards,  
Services: Skate Sharpening, Gun Transfers etc...

**OPEN SEVEN DAYS**  
SUN 10-5  
MON-SAT 9:30-6

**Sam's OUTDOOR OUTFITTERS**

Sale ends April 2024.  
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For gold & silver jewelry, coins, watches, sterling silver items, stamp collections, military medals, objects of value.



**Greg Walsh**  
603-903-3069 call or text  
"MAKING HOUSE CALLS SINCE 1979"

## Trick Or Treat Party In Richmond

A Trick or Treat Party will be held at Richmond Public Library on Tuesday, October 31st from 4 to 7 p.m. This event includes creepy crafts, ghastly goodies, and grim games. Costumes are welcome.

## Celebrate The Season With Autumn Arts And Crafts

As the weather gets cooler, keep kids busy with creating fun crafts featuring the beautiful colors of the season. You don't need to use a lot of elaborate and expensive supplies to get kids into the crafting spirit. Some materials can be found in nature. Bring the kids outside to collect leaves, pinecones, pebbles, twigs, acorns, etc. Look around your home for some other materials like aluminum foil, yarn, tissue paper, fabric scraps, buttons, etc.

Try making your own playdough. In a large pot, stir together two cups flour, 3/4 cup salt, and four teaspoons cream of tartar. Add two cups lukewarm water and two tablespoons vegetable oil. Stir constantly over medium heat until dough thickens and begins to form a ball. Remove from heat and allow the dough to cool on a piece of wax paper. Once cool, divide the dough into balls and add a few drops of food coloring to each one. To keep hands clean, try putting the dough and coloring into zip lock bags and knead the dough inside the sealed bag to distribute color evenly. Add more color as desired to get a more vibrant shade. Store the dough in the sealed bags when not in use to keep it from drying out.

Use your child's handprint to create some fall-themed art projects. Your child can create autumn trees. Trace your child's arm, wrist, and hand with fingers spread onto brown construction paper to make a tree trunk and branches. Cut out the tree trunk and paste it onto another piece of paper. Create colorful leaves by gluing bits of tissue paper onto the finger branches to form fall leaves. Put some additional leaves around the base of the tree for the leaves that have fallen to the ground.

Create a "stained glass" leaf masterpiece. Have your child collect some brightly colored leaves. Cut two pieces of wax paper that are the same size. Arrange the leaves onto one piece of wax paper as desired and then place the other piece on top. Cover with a thin towel and iron so that the wax melts slightly to adhere the two pieces together with the arrangement of leaves between them. Hang the leaves in a window. The sunlight coming through the window will shine through the picture like stained glass.

Create a fall-themed fluffy slime with your kids. This is both a recipe for a fun tactile activity as well as a science experiment. You will need 1/2 cup white

glue, 3 cups foam shaving cream, 1/2 teaspoon baking soda, food coloring, and 1 tablespoon saline solution. Mix together glue, shaving cream, and baking soda in a bowl. Add desired color food coloring. To achieve brighter colors, you will need to use more coloring. Add the saline solution and stir. This is the active ingredient to turn the glue mixture into slime consistency. Knead the slime mixture to get it to a good consistency. It can help to squirt a few drops of the saline solution onto hands before kneading the slime. The extra saline will reduce some of the stickiness, but too much will create a stiffer slime. Store the slime in containers and slime will keep for several weeks.

## Monadnock Family

with Sheri Lapointe



For some outdoor fun, create a fall scavenger hunt to do on a beautiful fall day. Make a list of things that your kids can find outside in the fall like specific colored leaves, a pumpkin, an apple, or specific Halloween decorations. Go on a walk and see if your kids can find everything on the list.

Play a game of fall-themed I Spy. Each person can take turns trying to get the family to guess something they spy that is related to fall. This can be done at home, in stores, or on a walk. Anywhere you want to get the family involved in paying attention to the signs of the season.

Create some fall leaf puppets out of pieces of felt. Fold a piece of fall colored felt in half and cut the felt into a simple small leaf shape so you have two small leaves that match. Using a hot glue gun, glue the edges of the leaves together leaving the bottom open to slide over fingers. Once the glue is dry check to make sure it fits over your child's finger. If it's tight, you can trim a little from the bottom to create a larger opening. Add individual touches like googly eyes and yarn for hair to make each puppet unique. Your kids can put on a puppet show with their creations.

Have some crafty fun all month and let your kids flex their creativity with these ideas or some of your own. Happy autumn!

Sheri Lapointe is a licensed Clinical Mental Health Counselor with a Master's Degree from Antioch New England University. She works as a behavioral health clinician for the Granite State Children's Alliance. She also has many years of experience teaching in local schools. Send comments to her at The Monadnock Shopper News, P.O. Box 487, Keene, NH 03431.

## "Country Western Jamboree" Is Benefit For Community House Of Marlborough

JAMBOREE, Continued from page 1

Dinner will be provided by the cooks associated with the Community House. On the menu will be pulled pork, chicken, coleslaw, baked beans, mac 'n' cheese, cornbread, coffee, tea, punch, and various desserts.

The show will feature favorite Country Western music with the help of some talented performers. DJ is Bryan Hebert and Boot Scootin' Boogie choreographer is Rich Clough. Also performing will be Rich and Traci Booth, David Chase, Cindy Choate, Andy and PJ Cooke, Ren Doyle, Tara Gillard, Ray Mahoney, Lisa Perreault, John Sansone, and Sue Wilbur.

Dinner theater tickets will be \$25. Matinee tickets will be \$15. Attendees may pay by cash or check at the door, no credit cards.

To reserve tickets, call 603-242-2314 or visit [www.smallpondpresents.org](http://www.smallpondpresents.org) to learn more about this production.

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# Leave The Leaves

The maple trees in the back of my house have dropped about half of their leaves so far. The rest are not far behind, and soon each homeowner will be raking or blowing the leaves off their grass.

Homeowners in Keene rake their leaves to the curb, where they are picked up by the city and turned into mulch. Each spring, finished mulch is free to Keene residents at the Transfer Station if you bring your own buckets or tarp to haul it home. Most folks in the Monadnock Region, however, don't have this cified benefit.

So, what is the green way to handle this wind-blown bounty? I consulted the Xerces Society for Invertebrate Preservation on the website [www.xerces.org](http://www.xerces.org). It turns out that many invertebrates, including bees, butterflies, caterpillars, and millipedes use leaf piles for winter survival. Here is what they recommend:

Raking or leaf blowers are better for the insects because it keeps the structure of the leaves intact and allows insulating air spaces within a leaf pile. You can rake the leaves off your lawn, but a layer of leaves on a flower bed or around a tree base provides winter shelter. Leaf blankets should be at least two to three inches thick to provide effective insulation. If you have the space, a small brush or leaf pile provides shelter for both insects and small burrowing animals.



In your flower beds, cut back your tall plant stems for a tidy look but leave six to 12 inches of stalk. Hollow stemmed plants provide shelter for insects. Once this is done, settle down for the winter season.

In the spring, Xerces recommends a couple of practices for the benefit of insects. First, don't clean up the leaves in the flowerbeds and around trees until the apple trees blossom. This suggestion compensates for all the microclimates in our region. Once apple trees blossom, the ground and leaf nesting insects have

become active. Second, consider the No Mow May program. In the early spring there are few abundant sources of nectar. Allowing dandelions and other wildflowers to bloom in the grass helps the emerging insects to get a strong start on the year. This may make the June First mow a little tough, but if you take two passes – one high, one lower – it becomes easier. Think of the time you saved in May as a reward.

For more information on protecting our environment and insects, please visit [www.xerces.org](http://www.xerces.org).

**Beekeeping Tips**  
While the honey harvesting is done and the bees are only flying for a few hours each day, the season is not over. Now is the time to execute every step in the winter check list. First, install mouse guards. Once the colony hard clusters, a mouse can take up residence in the hive and consume much of the stores that the bees will need for winter. I prefer a metal mouse guard because a wooden guard can be gnawed and defeated. Second, check honey reserves and provide a sugar or candy board if the hive is low on stores. Third, insulate the colony, especially above the inner cover. Heat rises and top insulation is very effective. Fourth, provide a wind break at the entrance so that wind gusts will not disturb the colony.

During this winterization process try not to break the propolis seals to the bottom board or between the brood boxes and the supers. The bees have worked hard to seal any crack and breaking these now will not give the colony the time to reseal the hive.

If you are considering taking up beekeeping in 2024, or know someone that is, take a look at the Monadnock Beekeepers' Association website. The club is planning on conducting a new beekeepers training session in February and information on the course will be at [www.monadnockbeekeepers.com](http://www.monadnockbeekeepers.com).

*John Therriault has lived in the region for 10 years. He is a beekeeper with hives in Keene, Surry, and Roxbury; the past president of the Monadnock Beekeepers' Association; and an alternate member of the Keene Conservation Commission. During the summer he collects swarms and relocates honeybee colonies from buildings and fallen trees. He also talks about pollinators in local schools.*

## Cheshire County Conservation District Honors Pete's Stand As 2023 Cooperator Of The Year

This year's Cooperator of the Year award – given by the Cheshire County Conservation District – is Pete's Stand of Walpole, who will be honored at the conservations annual celebration on Wednesday, November 1st from 6 to 8 p.m. at Stonewall Farm in Keene. This event will feature live local music, a delicious dinner, conservation stories, and a silent auction. For more details, visit <https://celebrateCCCD.eventbrite.com>.

Pete's Stand is a mixed vegetable farm with 50 acres in production on fields and in two high tunnels in New Hampshire and Vermont. It is owned and operated by Teresa and John Janiszyn, who are the third generation of the Janiszyn family to be working this land over the past 50 years.

Seeing the positive impact that the farm can have on child development through their own children, the Janiszyns have worked with the Windham Northeast Supervisory Union to create farm-to-school programs for the region's youth. They have incorporated farm fresh food into menus, have had farm field trips, and made classroom visits so youth can develop a relationship with the farm.

Pete's Stand also offers the Granite State Market Match (GSMM) program, which allows low-income shoppers utilizing the Supplemental Nutrition Assistance Program (SNAP) to double their dollars. For every dollar they spend they get another dollar to spend on fruits and vegetables. Pete's Stand does the most GSMM sales of any farm in Cheshire County.

In 2022 alone, well over 40,000 pounds of food was donated to organizations like Community Kitchen of Keene, Fall Mountain Food Shelf, Willing Hands of the Upper Valley, and local

schools. They pay staff to plant and harvest these vegetables, so despite the costs being great to them they are deeply committed to improving the food security of the community.

Stewardship of natural resources is important to this farm. To help them meet conservation goals, they have partnered with the USDA Natural Resources Conservation Service on practices that include the use of cover crops and crop rotation, reduced tillage, irrigation water management, nutrient management, and the installation of seasonal high tunnels. They have also worked with a local landowner on one of the fields they crop to help install a riparian buffer and natural material revetments along the Cold River.

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All collections run 8 am to 1 pm **KEENE RECYCLING CENTER**  
From Route 12/West Street intersection, travel Route 12 North approximately 4.5 miles. Facility entrance is at the top of the hill on left hand side of road.

Collection takes approximately 10 minutes from the time of arrival.  
**QUESTIONS:** Please call (603) 352-5739      Sponsored by The City of Keene  
**Limit: 10 gal. per household per collection.**

**WHAT TO BRING:** Products marked toxic, poison, corrosive, irritant, hazardous, flammable, danger. If you think it's hazardous, bring it up.  
**WHAT NOT TO BRING:** Empty Containers (can be recycled), Latex Paint, Ammunition, Fireworks, Radioactive Materials, Make-Up & Toiletries.  
**OTHER INFORMATION:** Containers must be labeled as to their contents. No containers larger than 10 gallons will be accepted.  
**ALSO:** Check out our new reuse center for items such as good quality paint or various cleaning products. Perfect for a small job and, best of all, it's FREE!

**DO NOT MIX PRODUCTS**

### Fall 2023 Household Hazardous Waste Collection Schedule

## Sat. 10/28/23

**Acworth • Chesterfield • Dublin • Gilsum  
Greenfield • Hancock • Harrisville • Hinsdale  
Keene • Marlborough • Marlow • Nelson  
Peterborough • Stoddard • Sullivan • Surry  
Swanzey • 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



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# ENTERTAINMENT

and DINING

## Keene Chamber Orchestra Windwoods Quintet In Langdon



Front row (L to R) are Cora Dykens (clarinet), Joy Flemming (bassoon), back row standing (L to R) are David Flemming (flute), Gordon Harper (narrator), Jodie Hoyer (oboe), David Miller (French horn).

The Keene Chamber Orchestra Woodwind Quintet will perform a benefit concert at the Langdon Meetinghouse at 5 Walker Hill Road on Saturday, October 28th from 2 to 4 p.m. The quintet includes David Flemming, flute, Jodie Hoyer, oboe, Cora Dykens, clarinet, Joy Flemming, bassoon, and David Miller, horn, and will play music written specifically for this combination of instruments as well as transcriptions from piano works and popular music. Attendees will hear the gentle sounds of Debussy, and enjoy *A Tale of Three Cities*, a medley of tunes from New York, Paris, and London. For Gilbert and Sullivan fans, they will start with the Overture to *The Pirates of Penzance*.

Admission is by donation for the much-needed rehabilitation of the town's only church, the 1842 Langdon Congregational Church. Refreshments will be available. The Meetinghouse is fully ADA accessible.

For more details, contact Dennis McClary at [mcclarydmc@gmail.com](mailto:mcclarydmc@gmail.com) or 603-209-1788.

## Calcite And Comfrey Offers Salves, Tinctures, And Wire-Wrapped Stones



Deb Waldinger and Jim Thompson

Deb Waldinger started her business, Calcite and Comfrey, in 2017 and has been selling at the Farmers' market of Keene since October of that year.

"I have always had a love for mother earth, stones, herbs, and essential oils," she said. "I am passionate about the healing nature of these various natural elements." She grows and wild-harvests most of her herbs to make salves and tinctures. She makes a soothing salve for bug bites and rashes, a comfrey salve for cuts and scratches, and a variety of essential oil blends to provide immune support, relief from aches and pains, and to aid in sinus clearing. Waldinger makes a lip balm and recently added natural soaps scented with a variety of essential oils to her product line.

"I enjoy using plants that are both familiar and local. Most people recognize the ingredients in my salves and tinctures and are comfortable with the

natural rather than chemical nature of the product," reflects Waldinger.

Calcite and Comfrey also offers wire-wrapped stones and crystal pendants. At market, folks are likely to find Jim Thompson, her partner, wrapping various stones. Customers can choose their favorite stone to be made into a pendant while they wait a few minutes. Aroma therapy beads are also available to be made into jewelry.

Waldinger believes it is important to keep everything local and selling at the farmers' market helps to do so. She remarks, "my passion and purpose is to help people start their healing journey."

The Keene Farmers' market is located on Gilbo Avenue. Its hours are Saturdays from 9 a.m. to 1 p.m.

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## Monadnock Food Co-Op Holds Annual Meeting, Celebration

The Monadnock Food Co-op will host its 2023 Annual Meeting and Celebration on Friday, October 27th from 5 to 7:30 p.m. at Stonewall Farm at 242 Chesterfield Road in Keene.

This event is free and open to the public; however, registration is required. The event includes free appetizers and one complimentary glass of beer or wine. This is open to the public, however registration is required by visiting <https://monadnockfood.coop/event/annualmeeting2023>.

# ANTIQUENESS ROADSHOW STYLE EVENT & RAFFLE

All proceeds benefit Shelter From The Storm • Transitional Housing for the Homeless •

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**Sunday, October 29th - 3:00-6:00 pm**  
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**\$35 per ticket - Admits 1** 50/50

Each ticket allows one item to be appraised/chances to win over 15 raffle prizes/\$2023 in cash prizes, complimentary food & wine!

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Tickets: 603-532-8222 - Woodbound - Jaffrey Chamber - Online: [www.shelterfromthestormnh.org](http://www.shelterfromthestormnh.org) at Upcoming Events.

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Crafts vendors, luncheon raffles, bake sale and handmade Belgium chocolates.

**Trinitarian's Hollyberry Fair, 147 Main St.**  
Baked goods, apple pies, gifts and crafts, luncheon, jump rope making machine, free horse-drawn wagon rides starting at 11 a.m.

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**2023 Family Fall Festival**  
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**Wednesday, Oct. 25**  
**DINING PLEASURES**  
**Adult Community Potluck Luncheon** 11:45am-1:15pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy, Swanzey. Bring a dish to share – salad, main course, or dessert. **603-352-6689**. www.office@swanzeyucc.org.

**LECTURES & WORKSHOPS**  
**Meg Mott Presents: Must Free Speech Endure Hate Speech?** 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Free and open to the public.

**MISCELLANEOUS**  
**Kitchen 2.0: With Laura Carbonneau-In Person!** 4:30-5:30pm. Monadnock Food Co-op. Does your child love to cook or do they have a curiosity and desire to help in the kitchen? Space is limited, RSVP Talee Messenger: outreach@monadnockfood.coop. www.monadnockfood.coop/event/kitchen20.  
**Flight of Remembrance: A World War II Family Odyssey** 6pm. Chesterfield NH Town Hall, Rt. 63. Presenter Marina Kirsch, author of Flight of Remembrance: A World War II Memoir of Love and Survival will present a true story of resilience and new beginnings about her father. Chesterfield Library: **603-363-4621**. frontdesk@chesterfieldlibrary.org.  
**Wednesdays With Wade: Trivia** 6-8pm. Hennessy's Bar, Railroad St., Keene. Karaoke 9pm - 1am.

**Thursday, Oct. 26**  
**MISCELLANEOUS**  
**Winchester Flu Vaccine Clinic** 8am-12pm. Winchester family medicine patients can also call their provider's office to schedule a flu shot at an in person clinic. Learn more at www.cheshiremed.org/flu.

**Friday, Oct. 27**  
**ARTS, MUSIC & THEATER**  
**Horror Movie Night: Dream Killer Cosplay Meet & Greet** 6:30pm. Claremont Opera House, 58 Opera House Square, Claremont. Kick off the evening with a meet & greet photo opportunity with Dream Killer Cosplay followed by a showing of "A Nightmare on Elm Street" (Rated R). Movie tickets are \$6 plus a preservation fee. Box Office: **603-542-4433**. www.cohnh.org/events.

**MISCELLANEOUS**  
**Meditation for Everyday Life with Nancy Razza, PhD** 1-2pm. Hancock Town Library, Daniels Room, 25 Main St., Hancock. The event is free but you must register due to limited space. **603-525-4411**.  
**Monadnock Food Co-op Annual Meeting** 5-7:30pm. Stonewall Farm, 242 Chesterfield Rd., Keene. Enjoy local beers, wines, and ciders along with appetizers. Business meeting begins at 5:45. RSVP www.monadnockfood.coop/event/annualmeeting2023.  
**Heart Centered Kirtan** 7-8:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Clear your mind and sooth your heart. Everyone is welcome including beginners and kids of all ages. \$20 is the suggested donation. Register or simply show up at the door with family. www.vagaro.com/alohaKeene.

**Saturday, Oct. 28**  
**ARTS, MUSIC & THEATER**  
**Keene Chamber Orchestra Windwoods Quintet** 2-4pm. Langdon Meeting House, 5 Walker Hill Rd., Langdon. Admission by donation to benefit Langdon Congregational Church restoration. Refreshments will be available. Dennis McClary: **603-209-1788**. mcclarydmc@gmail.com.  
**Student Recital Series: Junior & Senior Voice Recital** 3-4pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. Free to the public. **603-358-2168**.  
**Everybody Burlesque: A Boo-lesque Show** 7:30-10pm. Keene Public Library, Heberton Hall and Cohen Hall, 60 Winter St., Keene. Proceeds from this burlesque performance will benefit MCVF. Tickets \$15-\$100 at www.go.evnt.com/1997399-1?pid=7154.  
**Live Opera Performance** 8pm. Claremont Opera House, 58 Opera House Square, Claremont. Tickets are \$19 plus applicable fees and can be purchased online or by calling Box office: **603-542-4433**. www.cohnh.org/events.

**FAIRS & SALES**  
**Keene Farmers' Market** 9am-1pm. Gilbo Avenue, Keene, across from Lindy's Diner. Local vendors. www.keenefarmersmarket.com/.

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**603-352-8563**

**Monadnock Writers' Group Three-Minute Fiction Slam**  
 Monadnock Writers' Group (MWG) will host its regional Three-Minute Fiction Slam on Saturday, October 28th at 1 p.m. in the downstairs meeting room at Peterborough Town Library. The public is invited to take part in the competition by either participating or observing the fun. The event is free of charge.

This fast-paced competition challenges writers to perform original pieces of fiction in three minutes or less before an audience and panel of judges. For those competing, arrive at the event by 12:45 p.m. Entries will be accepted by the contest coordinator before the event.

The contestant who represents MWG at the statewide finals will receive a one-year membership to New Hampshire Writers' Project. The winner of the state contest – to be held Saturday, November 11th at 5 p.m. at Webster Hall on the SNHU campus – will be awarded \$250. For details, visit www.nhwriterproject.org/three-minute-fiction-slam.

**FAMILY FUN**  
**Family Skate Night & Halloween Costume Contest** 5-8pm. Hillsboro-Deering Middle School. Compete in Halloween costume contest and win a prize. Admission \$10, skate rentals \$5, families are \$20 (plus skate rental). www.hccnh.org/skate.  
**Haunted House** 6-8pm. Troy Town Hall, 16 Central Square, Troy. Free, donations accepted. Animatronics and live actors. Continues Sunday, October 29th and Tuesday, October 31st 5-8pm. Troy Recreation: **603-313-2243**.

**LECTURES & WORKSHOPS**  
**Monadnock Writers' Group: Three-Minute Fiction Slam** 1pm. Peterborough Town Library, 2 Concord St. Fast-paced competition challenges writers to perform original pieces of fiction in three minutes or less before audience and judges. To compete, arrive by 12:45 p.m. Entries accepted before the event. monadnockwriters@gmail.com.  
**Maximizing Social Security Benefits Workshop** 10-11am. Walpole Town Library, 48 Main St., Walpole. Hosted by Joshua Houle, Monadnock Capital Group. For more information contact **603-338-0515**. joshua.houle@stewardpartners.com.

**MISCELLANEOUS**  
**Hazardous Waste Collection** 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. For towns served and details about what to bring, visit https://ci.keene.nh.us/public-works/household-hazardous-waste-schedule or call **603-352-5739**.  
**A Spooky Night of Skaraoke** 9pm. Mama Mc Donough's Irish Pub, 80 Airport Rd., Keene. The Karaoke Queen will be rocking the night away. Giveaways. **603-338-0105**.  
**DEA – Prescription Drug Take-Back Day** 10am-2pm. Properly dispose of unused prescriptions at a participating Police Department: Dublin, Hinsdale, Jaffrey, Keene, Peterborough, and Rindge. No needles or liquids.

**Sunday, Oct. 29**  
**DINING PLEASURES**  
**Keene Pride's Spooktacular Halloween Brunch** Fireworks Restaurant, 22 Main St., Keene. Fundraiser for Keene Pride. Tickets are \$50 which includes brunch and the show. Two seatings are available, 10 am and 1 pm. Purchase tickets at www.keenepride.org/brunch.

**FAMILY FUN**  
**Coin, Comic Books, Stamps, & Postcard Show** 9am-3:30pm. Best Western Plus, 401 Winchester St., Keene. Many dealers and collectors from the area meet up with a series of hobby activities that is packed with fun for the whole family. No admissions charge. **802-379-2353**. pepsi-joseph@yahoo.com.

**MISCELLANEOUS**  
**Antique Roadshow & Raffle** 3-6pm. Woodbound Inn, Rindge. Silent Auction, 50/50, music, cash bar, artwork, raffle, and entertainment. All proceeds benefit Shelter From The Storm. \$35 per ticket. 10 tickets/\$300. Call for tickets at **603-532-8222**. www.shelterfromthestorm.org.

**Tuesday, Oct. 31**  
**FAMILY FUN**  
**Trick or Treat Party** 4-7pm. Richmond Public Library, 19 Winchester Rd., Richmond. Creepy crafts, ghoulish goodies, and grim games. Costumes are welcome. **603-239-6164**.

**Wednesday, Nov. 1**  
**ARTS, MUSIC & THEATER**  
**Ensemble Recital Series: Orchestra** 7:30-10pm. Main Theatre, Redfern Arts Center, Keene State College. Price: \$12 General Public/\$7 Seniors and Youth/Free for KSC Students. **603-358-2168**.

**MISCELLANEOUS**  
**Walk-in Wednesdays** 1-3pm. Family Resource Center at HCS, 312 Marlboro Street, Keene. Confidential, free of charge discussion of services that are available. From Healthy Starts to Hospice care. **603-352-2253**. www.HC-Sservices.org.  
**Richmond Reminisces** 11am-12pm. Richmond Public Library, 19 Winchester Rd., Richmond. Some of the great tales of Richmond and help identify some photographs recently gifted to the Town Archives. New monthly program. Anyone is welcome. Richmond Public Library: **603-239-6164**.



# Cranberries Offer Versatility And Nutrition

Cranberries, probably first called “crane berries,” were so named because cranes living near cranberry bogs fed on the fruit. The nearby marshy waters of Cape Cod are one prime source of this native berry, first utilized by native American Indian tribes. Cranberries, in my opinion, are one of the most unappreciated foods on the market. Few fruits are as versatile, inexpensive, tasty, easy to use, nutritious, and quick to freeze. They are the “what more could you ask for” fruit. Now is the time of year to purchase cranberries for holiday cooking and freezing for use all year. These red jewels are delicious in breads, pies, muffins, granola, and puddings. Try them in stuffing and in poultry, game, or beef dishes, as well as in soups and stews. Cook them with vegetables such as carrots, pearl onions, red cabbage, and beets. And don’t forget, cranberry jelly, marmalade, chutney, relish, and vinegar. Or try some favorites from Cooking Corner.

## Sausage Hors d’oeuvres with Cranberry Sauce

If you’re looking for a satisfying pre-dinner snack or buffet platter, this could become a favorite. Makes about 10 to 12 servings.

- Ingredients:**  
 2 cups fresh or frozen cranberries  
 3/4 cup red currant jelly  
 1/4 cup sugar  
 2 tablespoons fresh lemon juice  
 3 tablespoons port wine  
 1 tablespoon Dijon mustard  
 1 tablespoon finely minced onion or shallot  
 grated zest of 1 lemon  
 grated zest of 1 orange  
 2½ lbs. kielbasa or Italian sausage, cut into bite-sized pieces; cooked until well-browned

Place cranberries, jelly and sugar in small saucepan. Simmer over medium heat until cranberry skins pop and jelly melts, about 15 minutes. Place mixture in blender and add lemon juice, port, mustard, onion and both zests; blend until smooth. Keep mixture warm in a chafing dish or fondue pot. Arrange sausages on a platter and serve with toothpicks for dipping into the sauce.

## Cranberry Vinaigrette

Use this slightly creamy dressing on fall fruit salads with pears, apples and grapes; drizzle over pieces of smoked trout or atop slices of smoked salmon.

- Ingredients:**  
 1/3 cup cranberries, fresh or frozen  
 1 tablespoon parsley leaves  
 1½ teaspoons Dijon mustard  
 1/2 cup sunflower or light olive oil  
 1/4 cup red wine vinegar or rice vinegar  
 1 tablespoon sugar or more, depending on tartness of cranberries  
 salt and freshly ground black pepper

In a food processor, finely chop cranberries and parsley by pulsing on and off about three seconds. Add rest of ingredients; whirl until smooth but with flecks of cranberries still visible. Store in a glass jar in refrigerator up to one week; makes one cup.

## Cranberry Squash

A simple side dish for holiday meals or any occasion. The not-too-sweet flavor of this side dish pairs with most entrees, from game to poultry. Makes four servings.

- Ingredients:**  
 2 cups cooked and mashed winter squash (Hubbard or butternut)  
 2 tablespoons light or dark brown sugar  
 1 egg, beaten  
 2 tablespoons butter, melted  
 3/4 cup cranberries, halved or coarsely chopped  
 salt and pepper  
 1 tablespoon butter

In a medium bowl, mix all ingredients together and spoon into a casserole dish. Dot top with one tablespoon butter and bake at 400 degrees for 35 minutes.

## Cranberry Meat Loaf

I love the tart taste of the cranberry sauce that both enhances the meat loaf itself and adds more flavor as a glaze on top. Makes six servings.

- Ingredients:**  
 2 cups fresh or frozen cranberries  
 1/2 cup sugar  
 1 cup water  
 2 lbs. hamburger (or any combination of hamburger, ground pork or ground turkey)  
 1/2 cup dry bread crumbs  
 1 egg  
 3 tablespoons chopped fresh parsley  
 1/2 small onion, finely chopped  
 1/4 teaspoon salt  
 freshly ground black pepper

Combine cranberries, sugar and water in medium saucepan. Bring to a boil and cook over medium-low heat until berries pop, five to 10 minutes. Remove sauce from heat and set aside to cool. Combine hamburger with remaining ingredients to make meatloaf. Add one half cup of the cranberry sauce and mix well. Shape meat into oval loaf and place in pie plate. Bake at 375 degrees for 40 minutes. Pour remaining sauce over meat loaf and bake 15 to 20 minutes longer.

### Cooking Corner



with Nancy Adams

## Cranberry Raisin Pie

Similar to a mincemeat pie but with the added nutrition of cranberries.

- Ingredients:**  
 2 cups fresh or frozen cranberries  
 2 cups raisins  
 1 cup sugar  
 1/4 cup flour  
 pinch salt  
 2/3 cup water  
 1½ tablespoons lemon juice  
 grated peel of 1 orange  
 1/2 teaspoon orange or almond extract  
 2 nine-inch pie crusts, you own or packaged  
 1/2 cup toasted, slivered almonds, cooled

In medium saucepan, combine cranberries, raisins, sugar, flour, and salt; add water and stir. Cook and stir over medium heat until cranberries pop and mixture is slightly thickened, six to eight minutes. Remove from heat and cool to lukewarm. Add lemon juice, orange peel, and extract. Line nine-inch dish with one crust. Mix almonds into cranberries and pour into pie shell. Top with second pie crust and crimp edges; slit top for steam to escape. Bake in preheated 425 degree oven for 15 minutes; reduce heat to 375 degrees and bake 15 to 20 minutes longer, until filling is bubbly and crust is nicely browned. Cool on wire rack. Serve with ice cream if desired.

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

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## Saxy Chef Pie Tasting Extravaganza At Monadnock Food Co-op

The Monadnock Food Co-op will host its annual Saxy Chef Pie Tasting Extravaganza on Saturday, November 4th from 11 a.m. to 3:00 p.m.

Classically trained chef Aubrey Saxton will have samples of her Saxy Chef pies on hand to help shoppers make their holiday shopping decisions easier.

“Quality and flavor are our number one priorities. To me, there is nothing worse than having your eye on something that looks delicious, only to put it in your mouth and have it not live up to your expectations. If you’re going to eat a brownie or piece of pie, make sure it’s the best one you can get,” she says.

For more details about this event, visit [www.monadnockfood.coop/event/pieextravaganza](http://www.monadnockfood.coop/event/pieextravaganza).

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**Nadine Laughlin,**  
APRN, MSN, CNM  
www.monadnockmindbody.com  
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# Healing Substance Use Disorder

As I write this article, it is National Addiction Treatment Week: October 16th to 22nd.

The American Society of Addiction Medicine created this public outreach to raise awareness that addiction is a chronic, treatable disease; challenge the stigma surrounding addiction; and inspire others in the medical community to learn about and treat addiction.

It's hard to imagine another illness with the impact that substance use disorder has. The numbers are staggering. In 2018, 20.3 million people in the US had a substance use disorder related to drugs or alcohol. It's a rare person who hasn't been affected by addiction – personally, with family, friends, co-workers, or neighbors. And yet, sadly, only one in 10 people suffering from substance use seeks treatment.

But there is good news. Modern medicine and brain research have brought remarkable growth in the understanding of what is happening within a person's body when they develop addiction, and how they recover and heal. This science has greatly informed the growing field of addiction medicine, and helped guide approaches to treatment that are

individualized, holistic, evidence-based, comprehensive, and successful.

The American Society of Addiction Medicine now defines addiction as a treatable chronic illness involving complex interactions among brain circuits, other body systems, genetics, life experiences, social factors, and exposure to certain substances or activities. Medications, targeted nutritional interventions, lifestyle changes, chronic stress and trauma healing, supportive relationships, and social support all can be part of skillful, compassionate, successful treatment.

## Healing Perspectives

with Nadine Laughlin



Lack of understanding and stigma are major barriers to addiction treatment. Though it is absolutely untrue, addiction is still too often seen as a personal moral weakness, or a failure of willpower. Public per-

ception of addiction and lack of education among healthcare providers has created a scenario where people with this illness struggle with shame, lack of hope, fear, isolation, and despair.

People primarily use drugs and alcohol for two reasons. One is to feel good or different – to explore and experience new mental and physical sensations. This is something most people do at various times in life. The other is to feel better – to try to alleviate physical, mental, and emotional pain. Whatever the motivation, ongoing use increases the risk for compulsive use. For vulnerable people, body and brain changes are significant and progressive, and use of the substance or activity continues, despite mounting negative consequences. That is the definition of addiction.

Stigmatizing language is painful and destructive. People with substance use disorder are often labeled “addicts.” We use terms like clean and dirty, abuser, junkie, drunk. With what other illness do we see such language? These words feed into ill-informed attitudes that pervade the atmosphere for people with substance use problems who need or are seeking help.

Much of the pervasive stigma about addiction as a “moral weakness” comes from the fact that patients are not receiving evidence-based care. The breakthroughs and understanding of the illness of addiction and the pathways of treatment and recovery are still not well understood by the public and many professionals. This is why public awareness initiatives like Addiction Treatment Week are so important.

Substance use disorder is similar to many chronic illnesses. Chronic illnesses are often multifaceted, involving interactions of multiple root causes. Recovery and healing can include episodes of flare ups and recurrence. The most successful treatment plans are individualized and robust. Care of the physical aspects, along with the mental, emotional, spiritual, and social aspects of the illness are essential.

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Winchester or Walpole Family Medicine patients can also call their provider's office to schedule a flu shot at an in-person clinic at those locations.

**Walpole**

**Nov. 9, 8 am to noon**

**Winchester**

**Oct. 26, 8 am to noon**

Learn more at [cheshiremed.org/flu](http://cheshiremed.org/flu)



## Kirtan At Aloha In Keene This Friday



Libby Volkening

Heart Centered Kirtan with Libby Volkening, Ezra Landis, Danny Solomon, and Owen Landis will be offering a heart-filled Kirtan at Aloha on Friday, October 27th from 7 to 8:30 p.m.

Attendees will have the chance to clear their minds and soothe their hearts. Heart Centered Kirtan's modern adaptation of the bhakti tradition weaves ancient mantras into a blend of modern musical styles for an accessible and inspirational experience. Everyone is welcome, including beginners and kids of all ages. \$20 is the suggested donation. Ten percent of all donations will be given to Apple Hill Center for Chamber Music. To register go to [vagaro.com/alohakeene](http://vagaro.com/alohakeene) or simply show up at the door.

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## Healing Substance Use Disorder

HEALING, Continued from page 20

We will do ourselves, our family and friends, and our communities a great service by learning more about substance use disorder and healing.

Addiction is a disease, not a moral failing. Treatment is available. Recovery is possible.

*Nadine Laughlin, APRN, MSN, CNM focuses on integrative mind body approaches to chronic illness. Her practice Monadnock Mind Body Medicine is located at Shakti Healing Arts in Peterborough, NH. [www.monadnockmindbody.com](http://www.monadnockmindbody.com)*

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 ADDRESS \_\_\_\_\_

\*Age child will be on this birthday.

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Past Winners



Samuel Fischer, Jaffrey, 1 (left)  
 Lucia Orfelinda Hensley, Keene, 1 (not shown)  
 Holden Howard, Keene, 3 (right)

October 25, 2023

Lucia Orfelinda Hensley, daughter of Maria & Bob Hensley, Keene, 1

October 26, 2023

Christopher Fontaine II, son of Heather & Chris Fontaine, Stoddard, 6  
 Vera Shelton, daughter of Shelbie LaBarre, Keene, 6

October 27, 2023

Stephanie Cormier, daughter of Steph & Ron Cormier, Westmoreland, 1

October 28, 2023

Samuel Fischer, son of Sarah & Andrew Fischer, Jaffrey, 1

October 29, 2023

Aden Southwell, son of Zack & Amanda Southwell, Keene, 2

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## How To Prowl For An Owl November 4th

A talk, How to Prowl for an Owl, will be held at Richmond Public Library on Saturday, November 4th from 7 to 8 p.m.

Susie Spikol from the Harris Conservation Center will lead this talk about a few of the state's most

common owls, explore their unique adaptations, and teach owl calling skills. The group will then head outside to "hoot it up." (If it is raining, there will be plenty of awesome owl experiences to be had inside.)

## Family Karaoke Night In Troy November 10th

On Friday, November 10th, there will be a Family Karaoke Night from 6 to 9 p.m. at the Samuel E. Paul Community Center at 61 South Street in Troy.

There will be a concession stand. This event is \$10 per family. For more details, call Troy Recreation at 603-313-2243.

## Essay Contest For High School Students

The George Duncan Essay Contest, sponsored by the Monadnock Writers' Group, is open for submissions from high school students in the Monadnock Region through March 1st. Students attending public, private, and homeschool programs are invited to write opinion pieces on the issues that matter most to them.

According to Ron McIntire, contest coordinator and Monadnock Writers' Group board member: "Being able to get your point of view across is part art, part science, and like most things, we get better at it by doing it. George Duncan was a master at op-ed writing." He continues: "Today's teenagers excel at social media communications. Yet, businesses and colleges look for good writing skills. The essay con-

test challenges high school students to present and substantiate a firmly held opinion."

The contest is free and students are encouraged to review the submission guidelines before entering: [www.monadnockwriters.org/george-duncan-essay-contest](http://www.monadnockwriters.org/george-duncan-essay-contest). For more details, email McIntire at [rmmcintire@outlook.com](mailto:rmmcintire@outlook.com).

A panel of judges with experience in publishing will select finalists based on creativity, factual accuracy, grammar, and how well opinions are supported.

Cash prizes will be awarded: 1st place \$250, 2nd place \$100, and 3rd place \$75. Winners will be invited to read their essays at the April 20th Monadnock Writers' Group meeting.

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