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SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 66th Year of Community Service / December 27, 2023 - January 2, 2024

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Scott Ainslie To Perform At The Joyful Noise Café



Scott Ainslie

On Saturday, January 6th, The Federated Church of Marlborough welcomes everyone to come into the Joyful Noise Café for an evening of music featuring

Scott Ainslie. The show begins at 6 p.m. and the cover charge is \$10 per person.

Armed with a variety of instruments – vintage guitars, a fretless gourd banjo, a one-string, homemade diddley bow (aka cigar box guitar), and carefully chosen historical personal anecdotes, Ainslie brings the history, roots music, and sounds of America alive.

Also playing that night is the band Kota (meaning “friend” in the Lakota language) – a trio of voices that specializes in tight harmonies and performs acoustic Americana from the 60s, 70s, and 80s.

Lucius Parshall, who has gigged in multiple genres and performed in various choruses including barbershop, folk ensembles, and light opera will also be performing.

In the midst of these challenging times, the whole community is invited to get together around music that is sure to make a joyful noise.

The Federated Church of Marlborough is located at 16 Pleasant Street in Marlborough.

For more details, call 603-876-3863 or email office@federatedchurchmarlborough.org.

Reflections Of Winter



David Olmstead was the winner of our occasional photo contest, for his photo of a male cardinal posing beautifully while eating berries. According to Olmstead, the bird is a year-round resident of his backyard.

With so much beauty to be found in the region, we want our readers to share their most amazing photographs with us. Each photograph that we print will earn the photographer a \$25 gift certificate to a local restaurant.

Chosen photographs will show off the most beautiful aspects of our

region. Photos do not need to be taken this month, though photographs printed will be from the current season. If you have photos from past years, we encourage you to submit those as well.

Photo submissions should include first and last name of photographer, where the photograph was taken, a short description of the photo, and the phone number and address of the photographer.

The accepted photo formats are high resolution jpeg or tiff. Send them to shopper@shoppernews.com.

New Year’s Eve Buffet Features Indian And Albanian Food

Royal Spice Indian Cuisine, located at 199 N. Main Street in Troy, will celebrate New Year’s Eve with a special dinner buffet. The event will take place Sunday, December 31st from 4 to 9 p.m.

Among the dishes available will be veg samosa, mix veg pakora, paneer chilly, chicken 65, veg hakka noodle, dal makhani, paneer tikka masala, veg chetunard, mushroom mutter, aloo gobi, chicken xacuti, goat biryani, butter chicken, seafood korma.

Tawa includes chicken tikka, tandoori chicken,

lamb sheeh kebab, malai tikka, hariyati tikka, gullash, burek with cheese, burek with meat (beef), cevapis and qofte.

For kids there will be chicken nuggets, mac & cheese, and cheese burger.

Dessert will be gulab jamun, caramel custard, carrot halwa, mango kher, and mixed kulfi.

No reservations are needed. For more details, call 603-242-3682.

Monadnock New Horizons Band Meet And Greet Tuesday, January 2nd In Keene

Monadnock New Horizons Band (MNHB) will hold a meet and greet January 2nd at 7 p.m. at Congregation Ahavas Achim Keene on Hastings Avenue in Keene

MNHB is an opportunity for folks to be in a band and play music with other adults, pick up an instrument they haven’t touched in decades, or choose a new instrument to play. Beginners will learn how to read music and play in a group, and in a few months, play in a concert for family and friends.

Even those who have never played an instrument can come by and get started.

This event will be a chance to ask questions, try out some instruments, and meet other band members. Attendees will meet founding director Donna Morse, co-director Phil Crotto, and percussion specialist Mike Trombly. This event includes an overview of the program as well as how to choose an instrument if undecided. Choose from flute, clarinet, oboe, bassoon, saxophone, trumpet, french horn, trombone, euphonium, tuba, electric bass and percussion/bells.

Rehearsals/classes are offered twice a week for a fall semester and a spring semester at the Congregation Ahavas Achim on Hastings Avenue in Keene. There are Tuesday rehearsals from 7 to 9 p.m. and a Thursday’s midday rehearsal is an optional drop-in



Shown (L to R) are Monadnock New Horizons Band members Selena Katz, Jean Griffin, Deb Ford, and Greg Griffin.

class with Morse and Crotto where time is spent taking a closer look at jazz improvisation.

For more details, visit www.mnhband.org or email monadnewhorizonsband@gmail.com.

Top Five Choose Indie Local Highlights Of The Year

By Jen Risley

As we wind down 2023, here’s The Local Crowd Monadnock’s top five Choose Indie Local highlights of the year – events and promotions to inspire you to spend and invest your dollars at locally owned businesses to boost our community’s health and wealth all year long.

Plaid Friday

Number one on our list, hands down, is Plaid Friday. We loved seeing so many of you dressed in plaid the day after Thanksgiving to celebrate Indie Locals (locally owned and independent

businesses) and the Local Economy movement. The nation saw record sales from Thanksgiving to Cider Monday. Indie Locals in the Monadnock Region were busy, too!

“[Plaid Friday] was a crazy busy but awesome day! There was excitement in the air,” shared April Reynolds of Norm’s Ski & Bike Shop. “We served free hot cocoa, mulled cider, and BenjeeS Cookies. Everyone loved the cookies! We had a great day – and our customers were amazing!”

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PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

Blake





Hi friends! My name is Blake, and I am a friendly and playful guinea pig patiently waiting for my forever home. My favorite hobbies at the shelter are eating, sleeping, and, of course, playing. I can be a little skittish when meeting new people, but with some love and patience, I become a social butterfly. I really enjoy being picked up and held by my people.

I did have a cage mate prior to coming here, but we weren't the best of friends. I may be able to have another male companion with slow introductions. I would just love to have a spacious cage that I can run around and play in. I do need to get exercise outside of my cage as well because I need to lose a few pounds. I could be a perfect family pet as I am quite easygoing and would do well with children. If you are interested in meeting with me, come down during open visiting hours.

Blake is a male Guinea pig, beige, one year old. The Adoption Center is located at 101 West Swanzezy 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. Learn more about the adoption process, and about other adoptable pets, at www.monadnockhumaneociety.org.

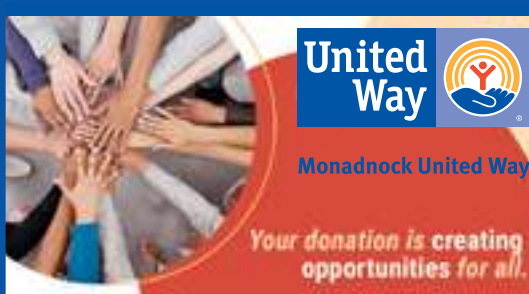
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Happy Holiday To All Our Readers

By **Deb Paul**

As we pass through the long dark days of winter and head into the New Year, we traditionally take time to reflect on the year just ending, and resolve to do things differently in the days ahead. Looking back at a year of meaningless death, abjection, bullying, natural disasters, international turmoil, not to mention the hard economic times many in our communities are enduring, many of us find ourselves going into the new year with heavy hearts. The happiest time of the year can be the saddest and most difficult time for many.

Recently I have gone to many charitable events and have witnessed such goodwill towards our fellow residents. I wish more people could see what I see, these simple gestures leave a great impact on the world.

Most importantly, how about listening to and working with people to find ways to solve the problems that face us all, not just doing the same thing but taking a different approach for the greater good of the town and the residents in it? That means having a willingness to be open to other views; we could very well learn something.

Let's try seeing all sides of an issue, rather than only the one that benefits one group. It's not easy to be opened minded, but it's worth the effort. We don't elect special interest representatives; our officials are supposed to represent all of us.

The start of a new year brings with it a chance to begin again. We suggest getting involved in town government, volunteering for boards, non-profits and so forth. It's your participation that can make a big difference.

The fact that you are holding this newspaper in your hands is a tribute to all of the businesses that have shown their desire for a locally owned hometown newspaper to exist. We hope we have made those businesses feel good about how their advertising dollars are being spent.

Reach out to your loved ones and get together in the true spirit of the holidays – a spirit not centered around gifts and material, but around love and appreciation of those close to us.

Will there ever be peace on earth? More than likely not. We should try to learn from the spirit of the Christmas season. Let's work sincerely toward

peace on earth and good will toward all. Let's hope for the New Year to be filled with peace!

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.T.

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Hooray!!! and Happy Holidays to the Employees at Cheshire Medical Center

This time of year many people look back and reach out to those who have been a game changer in their lives. Disabled for 18 months and hospitalized seven times at 83 I was given the gift of health in November, when a long battle had been won having learned how to walk, breath without the use of oxygen, lose 50 lbs and turn a 60 year pack a day smoking habit into just three cigarettes a day. My gratitude goes to the wonderful employees of CHESHIRE MEDICAL CENTER.

I am grateful for Dr Nabi-Tremblay & APRN Nurse Practitioner Amaris Weller and all the awesome nurses and support staff of Family Medicine. Ms. Weller diagnosed an infection during an unrelated visit on a wound that had healed. She took immediate action and prescribed medication that cured the wound in one week. Amazing!!!

Dr Shomody & Nurse Ellen Slocum are two of the most positive and realistic people in any profession that I have ever met. They are constantly turning what looks like an ugly situation into something positive. In the end, their diagnosis was correct and they, along with rest of the support staff make Podiatry special.

I would also like to recognize Dr Silberstein, who was on duty all week of my final hospital stay and worked with the team to extract thirty pounds of fluid. Nurse Joan Fletcher has been my rock for the past thirteen years. She is a great lady who is retiring this year. She will be missed as part of the wonderful staff of Cardiology.

Dr Stableford, Physician's Assistant Sydney Allen and the doctors at Dartmouth Health are also amazing. I told the doctors over the 4th of July weekend that being a sports fan, I always enjoyed the team concept in lieu of individualism. Wow! What a great team in vascular surgery, including Technologist Jim Glinka and Kristen Reed with a special thanks to Nurse Jared Robbie of CMC who was always there.

A special thanks to the staff of Home Health Care and a special shout out to Nurse Scott Anderson who was with us for 18 months. He not only provided wound care and nutrition guidance, but life changing information as well. On his last visit he said "I hope I don't ever see you again" jokingly. "Except maybe out in the community."

I appreciate Dr Westlake & Medical Assistant Kayla Young and along with all of the support staff in Pulmonary Care, who prescribed medication 5 years ago that greatly improved the quality of life.

I would also like to recognize the men and women of the KFD, who picked me up off the floor six times and offered transport to CMC.

I am grateful for the doctors, nurses and all the great people at the Emergency Room & Hospital. They have a really tough job, yet are always concerned only with the welfare of every patient, each of which had their own special needs. This is truly remarkable considering the lack of space to perform their daily duties 24/7. It has to be seen to be believed, like watching the NFL, NHL and NASCAR play on the same playing surface at the same time. What an amazing group!

I appreciate Dr. Kalpakian, Dr Jaeger and Recovery Nurses Nicole C., Jaime H., Miranda T. and my daughter in law "Gretchen" C. along with all the other employees in the Ophthalmology Department. This week I told Surgical Coordinator Joan Saltis to tell Dr. "K" that he is the greatest man in the world. The sight in my left eye is special and Certified Ophthalmic Medical Tech Mark Robinson has been a steady assistant for a long time.

I am always impressed with the very busy Nurse Clinic and the staff of Stephanie V., Stephanie F., Allison E., Michelle S., Catherine D., Christa B. and receptionist Darlene N. They are always a very professional group.

I am also grateful for the Urgent Care unit open 24/7, helping no matter how wild the situation may be.

Last but not least, my wife Sharon and step daughter Lynne Kingsbury of Windham N.H. have always supported me. It started with Lynne in 2010, when her employer Cisco Systems of San Jose CA told her to take all the time she needed to care for her stepdad, following open heart surgery at Dartmouth. For 12 consecutive days, she made the trip to Lebanon arriving every morning to meet with the doctors to formulate a plan for recovery. On the 12th day, we were told that it was alright to go home. We got in the car and headed down 91. She got on the phone and told the family "I got Farley and we are headed home". In Keene, it was much the same, meeting with doctors and sorting thru my-DH trying to keep up with the massive paper work. As usual, she was on top of her game. It is good to have a UNH grad around.

In the end I found that the employees of CMC are just like the rest of us with families of their own to cherish and love. In addition at the conclusion of each visit, I offered a genuine smile, thank you and best of all a fist bump to show appreciation. Try it after your next visit. Where would we be without such a facility and the wonderful people to help us.

The gift of life is precious.
 -Dick Comerford, Keene

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Looking Back, Looking Ahead

We are fast approaching the beginning of a new year. The end of the year is a time for deliberation. Looking back and reflecting on the past ups and downs before looking ahead will help us to go into 2024 eyes wide open, focused, and happier.

Happy Versus Unhappy
This is also the time to look back at the year to see what made you happy and what made you sad. Perhaps you had more time with friends and family than usual, which made you feel happy and fulfilled. It sounds like you need to keep that in mind for 2024! What made

Celebrate Achievements

It's so easy to look at ourselves and see the things that we need to improve on. But before we pick ourselves apart, let's focus on the positive things – big and small – that made a positive impact, a difference to us this year. Perhaps at the beginning of the year you committed yourself to exercise five times a week, yet you are only exercising three times a week. Well, that is three times more than before you made the commitment! Pat yourself on the back. Maybe you got the promotion at work that you were striving for or found the perfect house to raise your family. These are both big moves. Kudos to you! Recognize and celebrate those important positive changes that you've made.

Learn From Mistakes

We set our minds on something and then life gets in the way. We aren't able to always do what we set out to do. Rather than criticize yourself about all the things you weren't able to achieve this past year, think critically, and interpret why you weren't able to meet some of those goals. Was the goal somewhat unreachable? Perhaps this goal – what we once thought was important to us – wasn't ever that important, so we didn't push ourselves. Going forward, do you want to revamp the goal or just put that goal back into play as it was in 2023? If you want to do the latter, how are you going to make it more attainable? You don't want to set yourself up to fail. You know you. Be honest with yourself to figure out what is truly important.

you not so happy this past year? Did you put too much time into something that wasn't worth it – making you feel exhausted and drained? If this is a commitment you can't get out of, find a way to incorporate a team of people to help rather than do it all yourself. If this is something you can pass along or let go to the wayside in 2024, then make up your mind to do so.

Organize Your Goals

Now that you know what went well in the past and the areas you might need to improve on, it's time to evaluate your goals looking ahead. Just because you weren't able to accomplish something in 2023, doesn't mean that you can't achieve it in 2024. Different years, different circumstances. List the goals you are thinking that you want to strive for this year. Now remove any that might sound good, but that no longer reflects the direction that you are taking in life. Now order those goals by importance and read down the final list. These goals now reflect you.

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



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Monadnock Food Co-op Welcomes New Marketing Manager

Monadnock Food Co-op recently hired Aleta Coursen as the store's new marketing manager. Coursen brings creative marketing experience for conscious businesses and value-based brands in the Natural Products Industry. She is excited to support the local, vibrant community.

"Aleta brings a wealth of experience working with natural companies in our industry, we are thrilled to have her join our co-op and help amplify our work," said general manager Michael Faber.

The Monadnock Food Co-op is a community-owned food store offering a diverse selection of local, organic, and natural foods to the Monadnock Region. The Co-op is located at 34 Cypress Street in Keene, off Main Street via Eagle Court. For more details, visit monadnockfood.coop.



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Books To Help You Cook Up Something Delicious This Winter



unusual ways to use cheese in your kitchen. This is a fun book to read, and you can put its lessons to work tonight.

For the cook who isn't into fancy kitchen frou-frou, *The Secret of Cooking* by Bee Wilson (Norton, \$40) is absolutely a book to have on a shelf near your stove. Part cooking lesson, part tips and hints, and part recipes, it's great for the kitchen newbie as well as for the experienced cook who knows how all the tools work. Wilson writes plainly here, with simple

The smells coming from the kitchen are making your mouth water.

You'll pull things out of the oven soon, and then you'll begin collecting compliments. It's a great time to entertain, so look for these great food books and cookbooks to enhance a splashy party, simple meal, or big feast...

When you're trying to add zing to a recipe in an easy way, you might reach for a staple in your fridge and start chopping. In *The Core of an Onion* by Mark Kurlansky (Bloomsbury, \$28), you'll see how that small vegetable went from garden plot to mandatory ingredient in the kitchen – but the onion isn't just a food, as you'll read. It's a tradition, a science, and a secret that many chefs use to create their favorite dishes. Like many of Kurlansky's other books, this one focuses on one single item on your plate. That, and the accompanying recipes will make you hungry.

If you always start your guests off with appetizers and you want to keep things simple, look for *Madame Fromage's Adventures in Cheese* by Tenaya Darlington (Workman, \$30). Here, you'll become a cheese expert in short order. Learn how cheese is made and why it's important to know. Move on to the verbiage, how to tell your cheeses apart, what to include when building the perfect cheese board, what wine goes best with which cheese, and

directions and recipes that can be challenging but are mostly uncomplicated (although some of the ingredients may need explaining). A nice bonus is the chapter on cooking for one.

This is a pretty book and even if you don't like to cook, you'll enjoy reading it. It might even make some converts.

Finally, if you've got a kiddo in the kitchen, or if someone you know is totally, 100 percent all-thumbs around a stove, *Look and Cook Snacks: A First Book of Recipes in Pictures* by Valorie Fisher (Astra Young Readers, \$19.99) may be a book to find. It's really super-simple with measurement conversions and step-by-step photos of the ingredients as well as the utensils you'd use to make easy dishes like salads, sandwiches, dips, wraps, cookies and other finger foods. Meant for kids ages five to 10, check it out for yourself, too, or for your favorite self-avowed non-cook.

And if these books aren't exactly what you need in the kitchen, head to your favorite bookstore or library and ask the bookseller or librarian about their favorite recipes.

Then, bon appetit!

The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was three years old and never goes anywhere without a book. She lives with two dogs and 11,000 books.

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Musing Joyfully On 2023 In New Hampshire

By Susan Dromey Heeter

As we count down to the end of 2023, I muse joyfully on the last eleven months – looking back on a year that had highs, downs, lows, ups.

How was yours, dear reader? Eventful? Dull? Healthy? Did you clean out that closet? Lose that weight? Make it to work?

Bravo, muser, no matter what the outcome, if you're breathing, if you're reading this – you've done something right. Kudos to you.

Here at my desk, I delight in the year behind, I organized slides from my parents – those old cellophane cardboard things and saw my Mom and Dad at their wedding. I transferred old tapes to digital platforms so the memories of the past will not require finding a VCR. Walgreens makes this pretty simple and while it may not include garnering a Nobel Prize, it did give me a great feeling of satisfaction.

I got my annual sun check from the dermatologist, had my teeth cleaned,

had a growth removed from my tongue that was vile but did serve to gross out my daughter every time I showed it to her. That is satisfaction.

My family is healthy and still eager to come home for the holidays; there is something to be said for that. I still love my pickleball obsessed husband and daughters as they navigate life, heartbreaks, jobs, studies, careers. I've got sisters and brothers and nieces and nephews alive and healthy – though, after our last group photo, my siblings and I laughed at our impending demise with lines like, "And she was just there...so healthy!" We are on the front lines these days, with ages way too close to home featured in obits – Henry Kissinger notwithstanding.

2023 will be gone soon – and a legacy of love continues on – even if it is only the memory of coffee with a friend, matched socks, papers organized, a baby's giggle, a good book read. Each moment is Nobel Prize worthy, enjoy all of yours.

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M.T.

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NHSaves May Yet Go Down the Drain

By Donald M. Kreis

Imagine trying to fill a bathtub with hot water. What's the best way to do it?

You could crank up the hot water and run it into the tub faster than it runs out. Eventually the tub would fill. Or, as Amory Lovins suggested more than four decades ago, you could invest in a plug.

Lovins, who is perhaps the planet's most renowned exponent of getting more work out of every unit of energy consumed, was at Dartmouth College's Irving Institute recently to give a talk entitled "Radical Energy Efficiency, Integrative Design, and Applied Hope." Applied hope, according to Lovins, is the "pragmatic and grounded conviction that starting with hope and acting out of hope can cultivate a different kind of world."

How fortunate that Lovins did not hang around New Hampshire long enough to read the November 30th order of the Public Utilities Commission (PUC) on the subject of ratepayer-funded energy efficiency. There is not a drop of hope to be found there and, indeed, the PUC's order could fairly be characterized as an exercise in applied cynicism.

Yes, the PUC is allowing the three-year, \$254 million energy efficiency plan proposed by the state's electric and gas utilities to go into effect as proposed. Yes, that

means \$30 million more for the NHSaves programs than we are spending in the current triennium, which ends on December 31st.

But if you think this means the PUC has seen the light about energy efficiency, and has abandoned its hostility, as evidenced by its order two years ago that sought to eviscerate NHSaves, you are mistaken.

The latest order, signed by PUC Chairman Daniel Goldner and PUC Commissioner Pradip Chattopadhyay, made clear they consider themselves painted into a corner, legally speaking, by the General Court.

In February 2022, the Legislature passed and the Governor signed House Bill 549, in response to the PUC's previous repudiation of NHSaves. This time, the PUC correctly concluded that it had no choice, in light of the bill, other than to okay the utilities' modest set of proposed changes to the current energy efficiency programs, including a legislatively mandated inflation adjustment.

However, Goldner and Chattopadhyay pointedly refused to approve the Triennial Plan as a whole. To drive their point home, they added: "If the applicable legal standard were interpreted differently to require the Commission's approval of the Plan based on New Hampshire's general statutory standards and policy priorities, we may have reached a different result."

May have? The November 30 order features page after page of analysis from Goldner and Chattopadhyay, setting forth their objections to the Triennial Plan's central tenets, "for the benefit of the joint utilities, interested parties, and policymakers only."

Before dissecting those objections, allow me to put on my law professor hat and sound an alarm about how misguided this is as an approach to utility regulation in general. The PUC is supposed to be an adjudicator – a specialized court, essentially.

Two years ago, the General Court spun off most of the PUC's staff and used it to create the heart of a brand new state Department of Energy. The Department is supposed to be the policy oracle and the PUC is supposed to decide cases.

Courts do not issue advisory opinions. Under the utility regulation rubric adopted in New Hampshire in 2021, neither should the PUC.

The kind of "raised eyebrow" regulation reflected in such an advisory opinion is problematic for two related reasons. Utilities, including the ones that deliver the NHSaves programs, don't want to be at odds with their regulator and are thus likely to follow the agency's advice. But because the advice isn't legally binding, it is beyond scrutiny.

In other words, nobody can pursue an appeal of the November 30 order to the New Hampshire Supreme Court. Unlike our PUC, that tribunal is disciplined and steadfast in refusing to issue advisory opinions about existing law.

As for what Goldner and Chattopadhyay dislike about the Triennial Plan they declined to approve, it's mainly about how the benefits of ratepayer-funded energy efficiency are calculated and then compared to costs.

At the heart of their objection lies the Granite State Test, developed by a stakeholder group in 2019 operating under the aegis of a PUC with different commissioners than we have today. The idea was to tailor the assessment of energy efficiency's benefits to the specific conditions and public policy of New Hampshire.

The PUC ridiculed the Granite State Test two years ago, only to be explicitly overridden by the General Court in 2022. The agency's focus now is on the discount rate at the heart of the test.

Fellow ratepayers: Write off the phrase "discount rate" as arcane economics minutia at your peril. The question is how to value future benefits, such as 30 years of energy savings from a home weatherization project, to compare them fairly to costs – particularly those costs supported by all ratepayers via NHSaves.

The PUC's order dives deep into how – and at what point in time – the utilities apply the prime rate, and the inflation rate, to figure out how much to discount future energy savings. This obscures a fundamental reality: the choice of a discount rate in this context is entirely subjective.

If you like ratepayer-funded energy efficiency, you apply a low discount rate. If you are skeptical, you apply a high one that makes most ratepayer-funded energy efficiency look too expensive to justify.


Were the utilities themselves investing in energy efficiency, recourse to elaborate economic analysis would be appropriate. But this is all ratepayer money;

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Sean

Food Emancipation Proclamation

A short while ago, I had the pleasure of meeting Joel Salatin, author and farmer, at the First Annual Liberty Food Fest in Vermont. He had a lot of interesting things to say. Joel has a beautiful farm, Polyface Farm, in Virginia's Shenandoah Valley. When his father bought the farm, it was rocky, unkempt and unproductive. Now, through decades of tender, loving care, it is a highly successful meat farm selling beef, pork, chicken, and eggs.



Mr. Salatin is not like traditional farmers. He doesn't use pesticides, herbicides, or other additives that conventional farms employ. He's figured out how to reclaim the land using the rotation of animals and following nature's template. He moves his cows to a new pasture or "fresh salad green area" every day. Then he waits four days before he lets the chickens in. The flies lay their eggs in the cow poop and the larvae gets developed in this amount of time. The chickens come in and peck the poop into small bits of fertilizer looking for the insects.

He also maintains that the animals should be left to be what they were intended to be. Cows are herbivores – they eat plants, mostly grasses. It is beyond his belief that the US Department of Agriculture encouraged farmers to feed them dead cow parts (the source of Mad Cow Disease), which they did.

Mr. Salatin believes that the source of this misguided information began in the early 20th century. At that time, there were seven corporations that were mostly responsible for the meat eating in the US. When Sinclair Lewis wrote *The Jungle* describing the horrific and dirty conditions in meat packing plants, the sales of these seven corporations went down 50 percent. The owners of these corporations panicked and flocked to Franklin Delano Roosevelt for assistance. Thus began the Federal Safety and Inspection Service. This service can be bought off by powerful interests in order to make competition from the small, independent farmers extremely difficult.

If a person wants to make doughnuts or cakes to sell to his or her neighbors, it is illegal unless they own a commercial kitchen. If Mr. Salatin wants to process his own cows, not only does he need a special barn, but it has to contain a completely separate bathroom

only for the inspectors. That is the actual law. This isn't a problem for multi-million dollar businesses, but for the small farmer, it is impossible. Any time that a regulation is easier to comply with if you are bigger, that is not a level playing field.

If a young person enjoys watching the animals on a farm and wants to help, he or she can't be paid because that's against the child labor laws. And, he or she can't just do it to help because that is considered slavery. Wouldn't this be a great place for kids to learn timing, responsibility, and a work ethic?

We need to think of a new way of doing things. When we give our power of choice to "regulators," we are opting out of our ability to make good choices based on our own research and knowledge. Most of the large meat processing plants are surrounded by fences with "no admittance" signs. Why do you think that is?

If we purchase our meat and vegetables from local farmers, we can ask to look around the place. Is it clean? Are the animals well cared for? Are the people that work there happy to do so? Also, if a number of people become ill from eating at a particular local restaurant or bakery, that business will be out of business shortly.

It's time for a Food Emancipation Act. We need to take back the responsibility for our own health and well-being.

Celeste and Bob Longacre have been living sustainably for almost 40 years. Her book, "Celeste's Garden Delights," details exactly how to do this and is available at many local businesses. Celeste is also looking for venues to do kvass demos.

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NHSaves May Yet Go Down The Drain

MONEY, Continued from page 6

the utilities do not invest a dime in energy efficiency. So, here we are talking about a so-called social discount rate – basically, how we, collectively as a society, value future benefits.

What is the community's tolerance for delayed gratification? Nobody – certainly not the Public Utilities Commission – can say for sure.

This specific conversation now moves to the State House. Representative Michael Harrington (R-Stratford) is introducing House Bill 1036, which would eliminate the requirement to use the Granite State Test.

To the extent the PUC's order is properly regarded as an elaborate letter to the Legislature, take note that the missive contains the signature of just two of the Commission's three members. The third, Carlton Simpson, dissented.

Dissents by PUC commissioners are rare and this one is emphatically worded. Simpson, the only attorney on the PUC, castigated his colleagues for refusing to approve the three-year energy efficiency plan and declared: "I fear that the majority decision creates uncertainty and sends the wrong message to the parties and the public."

Simpson is right about this being the wrong message. The foes of NHSaves, both on and off the PUC, are determined to pull the plug and let the benefits of energy efficiency go right down the drain.

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Hope

Do you pause when confronted with real beauty, do you see it in ordinary places, find it in life and faces, and in the hearts of each of us? Do you bring beauty into your life and create beauty between you and others? Do you sow seeds?

There is a place in your heart where you hold the sweetness of your soul. Can you, do you, bring your essence into the world to brighten and make beautiful your home, your relationships, your endeavors? Do you know to do this? It is important, it is awareness and choice that makes it happen. Be a little more gentle with yourself and others, be compassionate. Notice what is needed. Step up.

Light, beauty, peace... divine peace. We all could do this; we can all make beauty and hope. We can pull from what is inside our hearts and let that beauty into the world. If we have nothing else, we all have this.

Hope is a more perfect creation of tomorrow. A wish, a dream to manifest, a heart yearning to grow future beauty. A seed to plant.

Hope is love lifted, mixed with a little inspired vision, poised to become reality. Hope connects us all. We yearn together, we dream together, we grow in spirit and then we become the hope we see.

Hope is where we're going. Hope is the guiding light of your spirit and mine. It is your input and mine toward creating a better world. As we hope we become. The seeds go everywhere.

More than ever now we seek a guiding star. We hope that the light and vision of our leaders will bring that lasting peace for all people and all times. We hope that the light, and love, and essence, of each of our hearts will come to unity and encircle this world.



Healing Perspectives
 with Rosie Carey

We ask for blessings for each other, we pray for good health and safety, the protection of our children and the love of our family. We inspire each other to create a better life, a better way to be in the world. With our hope, we generate a circle of energy to protect; a circle of love that embraces all we hold dear and then we step-up and into that circle. We become the vision.

Rosie Carey is the founder of LifeLight Center at 206 Washington Street in Keene. She has 30 years of private practice in energy medicine and holistic body therapies. She can be reached at 603-852-8300.



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New Year's Day Balance Event At Aloha In Keene

Aloha, located on Court Street in Keene, will offer a Balance for New Year's Day event with Eve Kodiak January 1st from 1:30 to 3:30 p.m. A quiet space will be created to allow truest intentions to emerge.

In Balance for New Year's Day, the group will combine personal intention-setting (private or shared – your choice) with Brain Gym, yoga and meditation, tea and conversation. The yoga set is adapted from a Kundalini set for balancing the lymph – out with the old gunk, in with the new fresh air. It happens to be an excellent set for aligning and strengthening people for sitting meditation. Afterwards, the group will share observations, questions, drink non-caffeinated chai, and know that they've begun the New Year together, with integrity.

Register at vagarog.com/alohakeene or call 603-762-3129.

Eve Kodiak, at right, will offer personal intention-setting (private or shared), Brain Gym, yoga and meditation, tea and conversation.



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How To Care For Your Poinsettia After Christmas

GARDEN, Continued from page 11

- Marco Polo has peachy colored bracts.
- Mars Pink displays deep pink bracts with yellow flower in the centers.
- Sonora White Glitter is a unique variety with white-speckled red bracts

Poinsettias have a reputation for being highly toxic, but this is a fallacy. The sap, however, can be irritating or can trigger an allergic reaction to humans and animals that may be sensitive to it. Use gloves when pruning poinsettias for this reason.

Poinsettias are native to Mexico and Central America where they grow in moist, wet, wooded ravines or rocky hillsides. Poinsettias were named

for Joel R. Poinsett who popularized the plant and introduced it to floriculture while he was US Minister to Mexico in the late 1820s.

Some interesting facts about poinsettias:

- Botanical name – *Euphorbia pulcherrima*
- Height – 2 - 12 feet
- Spread – 3 - 8 feet
- Sun exposure – Partial shade
- Soil requirements – Light, well-drained
- Hardiness zones – 9 to 11
- In their native land, they grow as bushes

Rose Kowaliw has enjoyed gardening for over 40 years and also has as a variety of houseplants, including a few she's had for over 20 years.

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Richmond Reminisces January 3rd

On Wednesday, January 3rd at 11 a.m., Richmond Reminisces will be held at the Richmond Public Library.

In December, the group enjoyed memories of the Four Corners Store and identified people in photographs from the Town Archives. These memories will be recorded for future generations to enjoy.

For more details call the Richmond Public Library at 603-239-6164 or e-mail library@richmondnh.us.



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How To Care For Your Poinsettia After Christmas

Many of us either receive a beautiful poinsettia for Christmas or holiday or purchase one. But do we know how to care for them after the holidays? If you have taken care to keep your poinsettia in a nice, warm sunny window, you're halfway there. The plant should receive at least six hours of bright, indirect sunlight each day.

it has adequate moisture. Water again only when the surface of the soil is dry to the touch. After new growth begins, feed your poinsettia every couple of weeks at the recommended rate with an all-purpose houseplant fertilizer.

In early summer, when nighttime temperatures remain above 50 degrees, you can move the plant outdoors, in its pot, in a slightly shady location. Gradually, allow the plant to get more light until finally giving it full sun. Continue watering and fertilizing the plant as usual. Trim again as needed in summer, around the first part of July, pinching about an

inch of terminal growth from each stem. Give it another pruning towards the first part of September. Trim off two to three inches to promote side branching, allowing three or four leaves to remain on each shoot. By this time, it should be getting cool enough outside, 55 to 60 degrees, to warrant bringing the plant indoors near a sunny window. Once again, maintain similar indoor temperatures as before, 65 to 70 and continue watering and fertilizing.

Now comes the fun part, getting it to bloom in time for Christmas. Poinsettias require short days to bloom and form those colorful bracts we love so much. Begin keeping your poinsettia in complete darkness for about 12 to 14

hours from the first part of October until Thanksgiving, or an eight- to ten-week period. Simply stick it in a closet or cover with a large box every evening and then return the plant to its sunny window during the remainder part of the day. By Thanksgiving, you should be able to stop the dark period altogether, placing the plant in a sunny area for at least six hours daily. Reduce water and fertilizer. By Christmas, your poinsettia, will be blooming and ready to begin the cycle anew.

While there's no guarantee that your poinsettia will bloom again even with the best care, it's certainly worth a try. Remember though, the foliage is pretty, too.

Here are some of the many poinsettia varieties:

- Prestige Red is a classic red variety.
- Early Orion Red is a good choice for early Christmas decorating.
- Ice Punch has bright red bracts and a white center.

GARDEN, page 10

Woods and Gardens
with Rose Kowaliw



For continued blooms, the plant also needs day temperatures between 65 and 70 degrees. It may withstand a slightly cooler temperature during the night, but keep it above 60 degrees to avoid leaf drop. Continue your normal watering routine until spring, or first of April, then allow the plant to dry gradually. Around the middle of April or May, or if your plant becomes "leggy," cut the stems back to about four inches above the soil and repot in a larger container with fresh, sterile potting mix. You can remove any faded or dried parts of the plant anytime.

Water thoroughly and then put the plant back in a sunny window. Check the poinsettia periodically to make sure

inch of terminal growth from each stem. Give it another pruning towards the first part of September. Trim off two to three inches to promote side branching, allowing three or four leaves to remain on each shoot. By this time, it should be getting cool enough outside, 55 to 60 degrees, to warrant bringing the plant indoors near a sunny window. Once again, maintain similar indoor temperatures as before, 65 to 70 and continue watering and fertilizing.

Now comes the fun part, getting it to bloom in time for Christmas. Poinsettias require short days to bloom and form those colorful bracts we love so much. Begin keeping your poinsettia in complete darkness for about 12 to 14

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ENTERTAINMENT

and DINING

Wednesday, Dec. 27

DINING PLEASURES
Adult Community Potluck Luncheon 12pm. First Congregational Church of Swanzy, 679 Old Homestead Hwy, Swanzy. Bring a dish to share: salad, main course, or dessert. Bring a gift under \$10 for the Yankee swap. 603-352-6689. www.office@swanzeyucc.org.

MISCELLANEOUS
Home Healthcare Hospice & Community Services: Walk-in Wednesdays 1-3pm. HCS Peterborough, 9 Vose Farm Rd. Confidential, free of charge discussion of services that are available. 603-352-2253. www.HCSservices.org.

Friday, Dec. 29

ARTS, MUSIC & THEATER
Friday Night Classics: The Polar Express 3pm. The Colonial Theatre, 95 Main St., Keene. 603-352-2033. www.thecolonial.org..

Earth Colony Presents: Pachamama 7pm. Nova Arts, Emerald St., Keene. Music video premiere & party. Intimate performances by a variety of local musicians and will conclude with a screening of the video. Free and open to the public. todborn@gmail.com.

Saturday, Dec. 30

MISCELLANEOUS
Blood Drive 9am-1:30pm. Dublin Community Center, 1123 Main St., Dublin. To make an appointment call 800-733-2767. www.redcrossblood.org.

Walk-in Soothing Stones 11am-2pm. Terrapin Glassblowing Studio, 79 Hadley Rd., Jaffrey. 603-593-5073. www.terrapinglass.com.

Sunday, Dec. 31

DINING PLEASURES
New Year's Eve Party 5pm. Yahso Jamaican Grille, 45 Main St., Keene. Live band, DJ & buffet.

FAMILY FUN
Ring in the New Year 11:30am-12:30pm. Richmond Public Library, 19 Winchester Rd., Richmond. New Year's Eve starting at 11:30 a.m. for a fun-filled family party. Will have games, snacks, and will be counting down the minutes until 12:00 noon, when will take turns ringing the Library's school bell to usher in 2024! 603-239-6164.

MISCELLANEOUS
350th Anniversary Celebration Event: Luminaria Along Main Street 5-8pm. Main St., Northfield, MA. Light the way in your own way to a bright New Year in Northfield!

RELIGIOUS
Celebrate the Miracle of Christmas: Morning Worship & Carol Sing 10am. The United Church of Winchester, 99 Main St.
"Standing at the Doorway" 10am. Keene Unitarian Universalist Church, 69 Washington St. For more details visit website. www.kuuc.org.

Monday, Jan. 1

DINING PLEASURES
New Year's Day Brunch 10am-2pm. Yahso Jamaican Grille, 45 Main St., Keene.

MISCELLANEOUS
New Year's Day with Eve Kodiak 1:30-3:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Register at 603-762-3129. www.varago.com/alohakeene.

Tuesday, Jan. 2

ARTS, MUSIC & THEATER
Monadnock New Horizons Band Meet and Greet 7pm. Congregation Ahavas Achim, Hastings Ave., Keene. Calling all musicians and want-to-be musicians. Monadnock New Horizons Band(MNHB) is your opportunity to be in a band and play music with other adults. www.mnhband.org.

Wednesday, Jan. 3

FAMILY FUN
Storytime 10am. Richmond Public Library. Wednesdays in January. Stories, songs, and an easy craft for toddlers and preschoolers. 603-239-6164. library@richmondnh.us.

MISCELLANEOUS
Richmond Reminisces 11am. Richmond Public Library. These memories will be recorded for future generations to enjoy. 603-239-6164. library@richmondnh.us.
Al-anon Zoom Meeting 12-1pm. Keene. Check out Al-Anon's free service to friends and families who suffer from the impact of a loved one's drinking. Meeting ID: 825 6820 3953. Passcode: Antrim. To join by phone use same ID and password 480560 and dial 646-876-9923.

Friday, Jan. 5

ARTS, MUSIC & THEATER
The Power Station Coffeehouse Ministry 6pm. Whitcomb Hall, 17 Main St., West Swanzy. Live music, good coffee set in an intimate setting. The band for this event will be Geshvind. For more info call or visit Tom Travers: 603-381-9077. tom@powerstation-nh.com.

FAMILY FUN
Friday Night Roller Skating 6pm. Troy NH Elementary School, School St., Troy. First session starts at 6 and goes till 7:30 and is for beginners to intermediate, (parents may skate with children) the second session is for intermediate to skilled skaters, starts at 8 and goes till 9:30, admission is \$5.00 includes skate rental. Troy Rec Dept: 603-313-2243.

Saturday, Jan. 6

DINING PLEASURES
Community Breakfast 7-10am. Samuel E. Paul Community Center, 61 South St., Troy. Buffet style breakfast all you can eat. \$8 per adult, \$6 per child 10 and under. Troy Recreation: 603-313-2243. troytownrec@gmail.com.

HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

December 27, 2023
 Waylon Allen Masitis, son of Ashleigh Rivers of Surry & Step-father Louie Kinney of Swanzy, Surry, 7

December 31, 2023
 Dillon Walter Tucker, son of Chad & Ashley Tucker, Harrisville, 8

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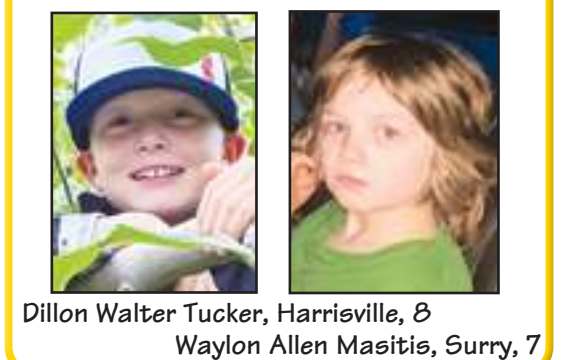
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MYSTERY PHOTO

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. Only one call per person per week. No walk-ins, please.

(Prepared by the Historical Society of Cheshire County)



In what Cheshire County village was this textile mill located?



The winner of last week's mystery photo contest was Felicia Grayson of Keene. The gas station was located on Main Street in Keene.

Top Five Choose Indie Local Highlights Of The Year

LOCAL, Continued from page 1



We loved seeing so many of you dressed in plaid the day after Thanksgiving to celebrate Plaid Friday. Heaven Hair Gallery Salon in Keene on Plaid Friday. From L to R: Victoria McIntosh, Torrie Rice, Brandon Norman, Anjalee Call, Alicia Berntsen, and Ashley Corrow.

Twenty-nine locally owned businesses served as Plaid Friday Hubs this year in Harrisville, Jaffrey, Keene, Peterborough, Spofford, Swanzey, Walpole, and Westmoreland. View this year's Plaid Friday Hub photos on our Facebook page at facebook.com/monadnocklocal.

Independents Month

July's Independents Month is a time to recognize all types of independent businesses and celebrate their spirit of entrepreneurship, individuality, uniqueness, and character.

We invited our community to take the Indie Challenge and pledge to buy only from locally owned businesses for a day, week, or more. Over 240 of you have taken the challenge so far! Our 2023 challenge-taker winner won a staycation to the Inn at East Hill Farm, plus other treats from Monadnock Region independents. Stay tuned for our next Indie Challenge in 2024: tlcmadnock.com/indie-month.

"This was a practice in being present for sure," said Indie Challenger Barbara Davis of Alstead. "I would have to remind myself each time I needed to purchase something. I put a sticker on my car dash to remind myself."

Move Your Money

We highlight Move Your Money Month each April. This campaign urges you to support community banks and credit unions and move more of your money from Wall Street to Main Street. This is number three on our

list! However, this is number one on my personal list since I was hired in July to become editor of *The Main Street Journal*, a hub for local investing published by economist and author Michael Shuman: mainstreetjournal.substack.com. Now I get to promote the Move Your Money message every week!

"After investing in Wall Street for thirty-four years, I am really enjoying the idea of supporting my local community and small businesses," shared Ivy Hess, a subscriber of *The Main Street Journal*. "I have made seven investments in 2023 and am looking to do more. *The Main Street Journal* makes it easy to keep up with what is out there."

Celebrating Diversity

Fourth on our list are two Choose Indie Local campaigns celebrating diversity: Shop Black-Owned Month in February and Choose Indie Pride in June. Both campaigns work to make our spending and investing more inclusive and uplift what makes our community welcoming and unique.

The Keene Family YMCA partnered with us during this year's Shop Black-Owned Month: https://keeneymca.org/shop-black-owned. "We already know that shopping local has tangible benefits and helps to build a strong local economy," the Keene Family YMCA's website states. "By shopping Black-owned, you are voting with your dollar. You are voting for equity."

Giving Tuesday

Last but certainly not least is GivingTuesday (givingtuesday.org), a global generosity movement. 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."

"This was, by far, our most successful GivingTuesday event in our history," said Sarah Harpster, executive director of The Community Kitchen in Keene. "And it's really helping set us up for entering the new year strong."

Entering the New Year Strong

Your support for the Choose Indie Local movement this year sets us all up for a strong 2024. Thank you, and Happy New Year, everyone!

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*.

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Monadnock New Horizons Band

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Website: www.mnhband.org
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An Egg-citing Start To A New Year

To put it simply – there is nothing quite like an egg! Eggs are surrounded by more symbolism, myths, and old wives' tales than any other everyday food. And with the approach of a new year, it seems fitting to think of eggs and new life. Any way you crack them, eggs are delicious and nutritious, considered nature's most perfect foods, packed with protein and amino acids. Eggs last many weeks without spoiling.

The date on an egg carton is simply there for store inventory purposes to be sure products are moved from the shelves. But if you want to be sure your eggs are fresh you can do this old-fashioned, simple but valid test for egg freshness. Gently drop a whole uncooked egg into a salt solution (two tablespoons salt in two cups of water.) If very fresh, the egg will be full and heavy, and it will sink and tip to one side. If moderately fresh, it will remain suspended in the middle of the water in an upright position; if it bobs up to the top, it is stale. Enjoy a little armchair-travel this week with recipes from around the world.

Cooking Corner

with Nancy Adams



Korean-Style Steamed Eggs

When steamed, the eggs set into a lovely silken custard. Enjoy this breakfast or lunch for one whenever you seek a comforting meal.

- Ingredients:**
- 2 large eggs
 - 1/4 teaspoon salt
 - 1/2 cup water, plus more for filling pot
 - 1/2 scallion, chopped
 - 1/4 teaspoon toasted sesame seeds

Combine the eggs, salt, and one half cup water in a heat-safe ceramic bowl, such as a ramekin. Whisk until well combined and foamy. Place the bowl in a pot. Fill the pot with hot (not boiling) water to come halfway up the sides of the bowl. Cover the pot, preferably with a clear glass lid so you can easily watch the water and eggs. Cook over low-medium heat for 12 minutes, making sure the water stays at a gentle simmer. Sprinkle the scallions and sesame seeds on top of the eggs and continue to cook for about three minutes or until the eggs are set. They should be firm but jiggle. Carefully lift the bowl from the pot and serve.

Holiday Breakfast

This French way with eggs is good any time of year, but particularly popular when you're looking for a dish that can be prepared ahead of time. Makes six to eight servings.

- Ingredients:**
- 10 large eggs
 - 1/2 cup light cream
 - salt and pepper to taste
 - butter for cooking
 - 12 thin slices ham
 - 1/2 lb. grated cheese such as Monterey Jack or sharp cheddar
 - 1 cup heavy cream

Beat eggs in a bowl with the light cream, salt and pepper. Heat butter in a small skillet; when butter is hot, fill a large kitchen spoon with egg mixture and pour into skillet – just enough for a thin omelette. Cook on each side then flip onto a plate, cover

with slice of ham, and roll up. Continue until 12 are completed (using more butter as needed). Pack rolls tightly into an oven-proof dish. Cover roll-ups completely with grated cheese. At this point, dish can be refrigerated to serve the next day. One-half hour before serving, pour heavy cream over the roll-ups and bake at 300 degrees until cream starts to bubble. Brown the cheese under the broiler, watching so it doesn't burn. Serve immediately.

Greek Eggs with Feta

A dish for one or two, flavor-filled with eggs, cheese, tomato, and olives.

- Ingredients:**
- 1 scallion, sliced
 - 1 large tomato, diced
 - 2 tablespoon white wine
 - 4 tablespoon-size chunks feta cheese
 - 4 green or black olives, pitted and sliced
 - 1/4 cup tomato sauce
 - 1 or 2 large eggs
 - salt and pepper to taste

Sauté scallion in some butter or oil in a medium skillet. Add diced tomato and white wine. Arrange chunks of feta cheese in the bottom of a small baking dish; sprinkle on olives and tomato sauce. Pour on scallion/tomato/wine mixture. Place dish in preheated 350 degree oven for 12 to 15 minutes. Crack one or two eggs into the bubbling casserole dish, cover with foil; bake until eggs are set as desired, eight to 10 minutes. Serve hot with toast points for dipping.

Bacon & Egg Breakfast Pizza

A popular Italian-style treat with our boys when they were growing up. You can use ham instead of bacon and vary the cheese. Serves four to six.

- Ingredients:**
- pastry for single-crust 9" pie
 - 1/2 lb. bacon, cooked and crumbled
 - 2 cups (8 oz.) shredded Swiss cheese
 - 4 large eggs
 - 1 1/2 cups (12 oz.) sour cream
 - 2 tablespoons chopped fresh parsley

Roll pastry to fit a 12-inch pizza pan. Bake in preheated 425-degree oven for five minutes. Sprinkle bacon and cheese evenly over crust. In a bowl, beat eggs, sour cream and parsley until smooth; pour over pizza. Bake for 20 to 25 minutes, or until pizza is puffy and lightly browned.

Soft And/OR Hard-Cooked Eggs

I recently discovered several approaches to cooking soft and hard boiled eggs for various dishes that worked perfectly for from two to six large eggs each time.

Hard-Cooked Eggs:

Bring number of eggs desired to room temperature. Fill cooking pan with water and bring to a boil. When boiling, gently lower eggs into boiling water and reduce heat to a simmer. Simmer eggs for eight to 12 minutes, depending on whether you like them "jammy" or firm. When cooked, pour off hot water and run cold water over eggs until cool enough to handle. Then peel eggs, pat dry and refrigerate until ready to use as desired.

Soft-Cooked Eggs:

Bring 1/2 inch water to boil in medium saucepan over medium-high heat. Using tongs, place eggs in boiling water (eggs will not be submerged but will steam in water). Cover saucepan and cook eggs for six minutes. Remove cover, transfer pan to sink and place under cold running water for 30 seconds. Remove eggs from pan and serve on toast, or as desired, with salt and pepper.

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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10 SHOWROOMS!

CHECK OUR WEBSITE FOR STORE HOURS!

*Disclaimer - Products and Pricing were confirmed in advance for printing - Due to MFG. changes, pricing/availability may differ than what is shown. Please see sales associates for details.
*Financing for qualified buyers. See store for details. Sale prices valid 12/17/23 - 1/3/24. Not valid on prior sales. See store for mail-in rebates. All brands and models may not be on display, but may be available. Ask for details. Not responsible for typographical errors. The RECO Alliance Visa Prepaid Card is issued by the PrivateBank and Trust Company, pursuant to a license from Visa U.S.A. and may be used wherever Visa Debit Cards are accepted. The PrivateBank and Trust Company, Member FDIC.
*With credit approval for qualifying purchases made on the BrandSource Credit Card at participating stores. As of May 1, 2023, APR Variable: 28.99%. Minimum interest charge: \$2. See card agreement for details, including the APR's and fees applicable to you. Offer valid for consumer accounts in good standing; is subject to change without notice; see store for details. May not be combined with any other credit or promotion offer.



YEAR END SAVINGS

SHOP NOW



ALL TOP NAME BRAND APPLIANCES AND MORE!

SPECIAL FINANCING!

No Interest
If Paid In Full by January 2025*

SPECIAL FINANCING
ALL PRODUCTS/ALL BRANDS.

*Deferred Interest if Paid In Full by January 2025
\$599 Minimum Purchase Required**
See store for details. Offer valid Oct. 1 - Dec. 31, 2023
**With credit approval for qualifying purchases made on the BrandSource Credit Card at participating stores. See associate for details. May not be combined with any other credit or promotion offer. Terms and conditions apply.
Financing valid Oct. 1 - Dec. 31, 2023.
Sale valid 12/17/23 - 1/3/24.



Great Cooking In The New Year! Complete Your Kitchen Suite!

good things, for life. GE APPLIANCES



1.6 Cu. Ft. Over-The-Range Microwave Oven
• 1000 cooking watts
• Auto and time defrost
JVM3160DFWW
\$197 SAVE \$112
REG. \$309



30" Freestanding 5.3 Cu. Ft. Electric Range
• Removable storage drawer
• Self-clean
J9645DKWW
\$699 SAVE \$150
REG. \$849

Whirlpool

1.9 Cu. Ft. Over-The-Range Microwave Oven
• Steam cooking
WMH32519HZ

\$396 SAVE \$110
REG. \$470

30" Smoothtop Electric Range with Frozen Bake™ Technology
WFES05W0JZ

\$649 SAVE \$400
REG. \$1049

FRIGIDAIRE



1.8 Cu. Ft. Over-the-Range Microwave Oven
• 2 Speed 300 CFM exhaust
FMW1852AS
\$299 SAVE \$100
REG. \$399

30" Gas Range with Air Fry and Convection
• Quick boil burner
• Self clean
FCRG3083AS

\$849 SAVE \$350
REG. \$1199

PRICES VALID 12/7/23 - 12/27/23

PRICES VALID 12/21/23 - 1/3/24

PRICES VALID 12/14/23 - 1/3/24

Great Power Pairs Making Cooking Easy!



6.3 Cu. Ft. Smart Wi-Fi Enabled True Convection InstaView® Electric Range with Air Fry
LREL6329F
\$1099 SAVE \$150
REG. \$1249



6.3 Cu. Ft. Smart InstaView™ Slide-In Gas Range with Air Fry and EasyClean®
LSGL6339F
\$1499 SAVE \$80
REG. \$2099

Great Styles to Choose From!



2.1 Cu. Ft. Smart Over-The-Range Microwave with ExtendaVent™ 2.0 and Sensor Cook
MVEL2125F
\$499 SAVE \$80
REG. \$529



1.9 Cu. Ft. Over-The-Range Microwave Oven
• 3 speed 400 CFM fan
• Sensor cook
• LED lights • 1000 watts
GMOS1962AF
\$349 SAVE \$180
REG. \$529



30" Front Control Slide-In Induction Range with Total Convection
• 5 Elements, • Bridge element
• Air Fry • Storage drawer
GCF3060BF
\$1499 SAVE \$800
REG. \$2299

PRICES VALID 12/14/23 - 1/3/24

PRICES VALID 12/14/23 - 1/3/24

PRICES VALID 12/14/23 - 1/3/24

Make Clean Ups Easy with A New Dishwasher for the New Year!

FRIGIDAIRE

good things, for life. GE APPLIANCES



Full Console Dishwasher with Gem K4 Tower Controls
• 12 place settings
FDPC4221AS
\$329 SAVE \$150
REG. \$479

PRICES VALID 12/14/23 - 1/3/24



Top Control Dishwasher with Sanitize Cycle & Dry Boost™
• ENERGY STAR® certified
GD1550PGRWW
\$429 SAVE \$250
REG. \$679

PRICES VALID 12/7/23 - 12/27/23

Stylish and Functional....Sanitize with A New Dishwasher!

FRIGIDAIRE GALLERY



Stainless Steel Tub Dishwasher with CleanBoost™
• ENERGY STAR® certified
• OrbisClean®
GDSP4715AF
\$699 SAVE \$250
REG. \$949

PRICES VALID 12/14/23 - 1/3/24



Top Control Smart Wi-Fi Enabled Dishwasher with QuadWash™ and TrueSteam®
• Adjustable 3rd Rack
LDP610SS
\$799 SAVE \$300
REG. \$1099

PRICES VALID 12/14/23 - 1/3/24

Whirlpool

MAYTAG

WHAT'S INSIDE MATTERS



Fully Integrated Dishwasher with Boost Cycle and Pocket Handle
• 14 Place Settings
WD1730HAMZ
\$529 SAVE \$300
REG. \$829

PRICES VALID 12/21/23 - 1/3/24



Stainless Steel Tub Dishwasher with Dual Power Filtration
• 14 Place Settings • 5 Wash Cycles
• PowerBoost® Cycle
MDB4949SKZ
\$579 SAVE \$300
REG. \$879

PRICES VALID 12/21/23 - 1/3/24

KitchenAid



24" Fully Integrated 44 dBA Dishwasher with PrintShield™ Finish with FreeFlex™ Third Rack
• 5 Wash Cycles • FreeFlex™ Third Rack
KDTM404KPS
\$949 SAVE \$500
REG. \$1449

PRICES VALID 12/21/23 - 1/3/24

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Get The Tough Loads Done with A New Washer and Dryer!

LG



4.1 Cu. Ft. Top Load Washer with 4-Way Agitator® and TurboDrum™ Technology
WT610SCW

7.3 Cu. Ft. Electric Dryer with Sensor Dry and SmartDiagnosis™
DLE6100W

WASHER OR DRYER
\$499 **SAVE \$250**
REG. \$749
PRICES VALID 12/14/23 - 1/3/24

Buy The Pair for \$998 - Reg. \$1498 - Save \$500

MAYTAG

WHAT'S INSIDE MATTERS



Pet Pro Filter Maytag Laundry Pair!

28" Pet Pro Top Load Washer... The Built-In Pet Pro Filter Removes 5X More Pet Hair
MW6500MBK

29" Electric Pet Pro Dryer with X-Large Lint Trap to Trap Loads of Pet Hair
MED6500MBK

SPECIAL FEATURES:
• Built-In Water Faucet • Deep Fill Option

WASHER OR DRYER
\$799 **SAVE \$500**
REG. \$1299
PRICES VALID 12/21/23 - 1/3/24

Buy The Pair for \$1598 - Reg. \$2589 - Save \$100

So Easy To Use!
Wash pet items like dog blankets, collars, stuffed animals or dog beds in the washer.

Whirlpool



5.0 Cu. Ft. Front Load Washer with TumbleFresh™
• Steam Clean • Sanitize • Quick wash
FWW605MC

7.4 Cu. Ft. Electric Dryer with EcoBoost™ and Sanitize Cycle
• Wrinkle Shield™ Plus • 37 dry cycles
WED605MC

WASHER OR DRYER
\$849 **SAVE \$300**
REG. \$1149
PRICES VALID 12/21/23 - 1/3/24

Buy The Pair for \$1697 - Reg. \$2298 - Save \$600

LG



Single Unit Front Load LG WashTower™ with Center Control™ - 4.5 Cu. Ft. Washer and 7.4 Cu. Ft. Electric Dryer
WKE100HWA

WASHER OR DRYER
\$1799 **SAVE \$400**
REG. \$2199
PRICES VALID 12/14/23 - 1/3/24

good things for life. **GE APPLIANCES**



28" 4.8 Cu. Ft. Smart Front Load ENERGY STAR® Steam Washer with SmartDispense™ UltraFresh Vent System with Odor Block™ + Sanitize + Allergen
GFW6555VWV

28" 7.8 Cu. Ft. Smart Front Load ENERGY STAR® Electric Dryer
• Sanitize cycle • 10 dryer programs • Damp alert
GFD5555NWW

WASHER OR DRYER
\$849 **SAVE \$350**
REG. \$1199
PRICES VALID 12/17/23 - 12/27/23

Buy The Pair for \$1697 - Reg. \$2398 - Save \$700

The Smart Way To Do Laundry! **GE Profile**



2-in-1 Washer/Dryer:
4.8 Cu. Ft. Capacity
UltraFast Combo with Ventless Heat Pump Technology Washer/Dryer
• 12 wash cycles and 14 dryer cycles
PF097HSPVDS

WASHER OR DRYER
\$2609 **SAVE \$500**
REG. \$2899

Shop Local and Save Right Here!



Think Outside the Big Box

You too can benefit from buying your appliances local, from us!

- Friendly, personalized sales team to help you find exactly what works best for you
- Fast Delivery on in-stock items • We service everything we sell
- Supports local jobs and puts tax dollars back into your community

ENTER TO WIN!

YEAR END GIVEAWAY

LG

CordZero™ Kompressor Cordless Stick Vacuum with Power Mop
A929KVM

Kompressor™ Technology and Power Mop Nozzle
See store for complete details.

GIVEAWAY ENDS JANUARY 4

Find The Style Refrigerator and Price That Fits You!

FRIGIDAIRE



18.3 Cu. Ft. Top Freezer Refrigerator with EvenTemp™ Cooling System
• Adjustable shelves
• Humidity-controlled crispers
FFTR1835VS

\$689 **SAVE \$260**
REG. \$949
PRICES VALID 12/14/23 - 1/3/24

LG



20.2 Cu. Ft. Top Freezer Refrigerator
• ENERGY STAR® qualified
• Glass shelves
LTCS29029S

\$699 **SAVE \$189**
REG. \$888
PRICES VALID 12/14/23 - 1/3/24

good things for life. **GE APPLIANCES**



19.2 Cu. Ft. Top Freezer Refrigerator
• Edge-to-edge glass shelves
GTS19KGNRW

\$699 **SAVE \$250**
REG. \$949
PRICES VALID 12/7/23 - 12/27/23

KitchenAid



36" Standard Depth 26.8 Cu. Ft. French Door Refrigerator with Exterior Ice and Water Dispenser
• Platinum colored interior with metallic accents
• Max cool
• ENERGY STAR® certified
• LED interior lighting
KRFF577KPS

\$2999 **SAVE \$700**
REG. \$3699
PRICES VALID 12/21/23 - 1/3/24

MAYTAG

WHAT'S INSIDE MATTERS



33" 21.1 Cu. Ft. Top Freezer Refrigerator
• PowerCool® setting • Ice maker
• Fingerprint resistant finish
MRT711SMFZ

\$899 **SAVE \$400**
REG. \$1299
PRICES VALID 12/21/23 - 1/3/24

LG



33" 25.5 Cu. Ft. Bottom Freezer Refrigerator
• Dool Cooling+ • Glass shelves
• ENERGY STAR® qualified
LRCS2603S

\$1499 **SAVE \$300**
REG. \$1799
PRICES VALID 12/14/23 - 1/3/24

LG



36" 31.0 Cu. Ft. Smart Standard-Depth MAX™ French Door Refrigerator with Four Types of Ice
• CoolGuard™
• ENERGY STAR® qualified
LRTXS3106S

\$2599 **SAVE \$600**
REG. \$3199
PRICES VALID 12/14/23 - 1/3/24

KitchenAid



MAKE IT YOUR OWN

CUSTOMIZE YOUR COLLECTION AND UNLOCK REBATES UP TO

\$3000

ON ALL KITCHENAID® MAJOR APPLIANCES VIA A PREPAID MASTERCARD® BY MAIL
July 1-December 31, 2023

KitchenAid

*With credit approval for qualifying purchases made on the Brand/Source Credit Card at participating stores. As of May 1, 2023, APR Variable: 29.99%. Minimum interest charge: \$2. See card agreement for details, including the APR's and fees applicable to you. Offer valid for consumer accounts in good standing; is subject to change without notice; see store for details. May not be combined with any other credit or promotion offer.

YEAR END SAVINGS

SHOP NOW



ALL TOP NAME BRAND APPLIANCES AND MORE!

Small Appliances with Class! Up the Anti On Your Entertainment Game!

11-1 Countertop Oven!



Profile

0.83 Cu. Ft. Smart Oven with No Preheat

- 120 volt • Fits 12" pizza, 6 slices of toast
- 1800 watts

\$349 **SAVE \$100**
REG. \$449

PROJAA56TBB

PRICES VALID 12/14/23 - 12/31/23



Profile

Semi-Automatic Espresso Machine + Frother

- Italian made, 15 bar pump

SAVE \$130

\$449
REG. \$579

P7CESA56BBB

PRICES VALID 12/14/23 - 12/31/23



Profile

Opal™ 2.0 Nugget Ice Maker

XPIOZ3SCSS

\$479 **SAVE \$100**
REG. \$579

24 POUNDS OF ICE PER DAY!

FRIGIDAIRE GARAGE READY

good things, for life. **GE APPLIANCES**



7.0 Cu. Ft. Chest Freezer

- Garage ready
- Power outage promise
- Exterior Power "On" light

FCM7STWW

\$379



FRIGIDAIRE

14.8 Cu. Ft. Chest Freezer with Removable Baskets and External Temp Control

- LED interior light
- 56" wide • Lock with pop out key

FFCL1542AW

\$599 **SAVE \$200**
REG. \$799

PRICE VALID 12/14/23 - 1/3/24

Stock Up For The Winter Months! All Freezers Right Here!



FRIGIDAIRE

13.0 Cu. Ft. Upright Freezer with Power Outage Assurance

- Door alarm
- Adjustable wire shelves

FFFU13F2W

\$599 **SAVE \$250**
REG. \$849

PRICE VALID 12/14/23 - 1/3/24



FRIGIDAIRE

20.0 Cu. Ft. Upright Freezer with Power Outage Assurance and Flexible Interior Organization System

FFUE2024AN

\$929 **SAVE \$270**
REG. \$1199

PRICE VALID 12/14/23 - 1/3/24

GE APPLIANCES... Additional Savings You'll Love with Special Rebates!

Profile

This is **smarter innovation.**

THE INNOVATION REBATE

GET UP TO **\$2,000*** BACK ON SELECT SMARTER INNOVATION APPLIANCE PACKAGES WHEN PURCHASED FROM AN AUTHORIZED GE APPLIANCE RESELLER IN THE 50 U.S. STATES OR D.C. OFFER VALID JULY 1, 2023 TO DECEMBER 31, 2023



ADD UP YOUR APPLIANCES:

- Purchase 4 eligible appliances - get **\$400**
- Purchase 5 eligible appliances - get **\$750**
- Purchase 6 eligible appliances - get **\$1,100**
- Purchase 7 eligible appliances - get **\$1,500**
- Purchase 8 eligible appliances - get **\$2,000**

C A F É
DISTINCT BY DESIGN™

Get the Look!

Rewards curated for you by Café.

Receive up to a **\$3000 rebate*** with the purchase of select Café™ appliance suite combinations.

*Offer valid 12/14/23 to 1/3/24. See restrictions at www.cafe.com/appliance-promotions



*Offer valid 12/14/23 to 1/3/24. See restrictions at www.cafe.com/appliance-promotions

- How to get your \$3000 Café Visa® Prepaid Card:
- Buy 3 Café Appliances - \$200
- Buy 4 Café Appliances - \$400
- Buy 5 Café Appliances - \$600
- Buy 6 Café Appliances - \$800
- Buy 7 Café Appliances - \$1000
- Buy 8 Café Appliances - \$1200
- Buy 9 Café Appliances - \$1400
- Buy 10 Café Appliances - \$1600
- Buy 11 Café Appliances - \$1800
- Buy 12 Café Appliances - \$2000
- Buy 13 Café Appliances - \$2200
- Buy 14 Café Appliances - \$2400
- Buy 15 Café Appliances - \$2600
- Buy 16 Café Appliances - \$2800
- Buy 17 Café Appliances - \$3000

BONUS: Get an additional \$500*

*when you purchase a Commercial-Style Range or Steam Oven as one of your qualifying appliances.

Get your rebate fast! Submit online to www.cafe.com/appliance-promotions

Profile

FINAL COST* AFTER MFG VISA REBATE \$5446

4 PIECE PACKAGE

\$5846*

REG. \$8606

SAVE \$2760 WHEN YOU PURCHASE THIS PACKAGE

30" 5.6 Cu. Ft. Smart Slide-In Gas Range with True Convection Oven

- 5 Sealed Burners • No Preheat Air Fry
- Self Clean™ Steam • Built-in Wi-Fi

\$1099 | REG. \$2749 | SAVE \$1050

P6S930YFP5

1.7 Cu. Ft. Over-The-Microwave Oven with Fast Cook

- 3-Speed • 300 CFM Venting System

\$599 | REG. \$709 | SAVE \$110

PVM9179SRSS

GE Profile™ Fingerprint Resistant Top Control with Stainless Steel Interior Dishwasher with Microban™ Antimicrobial Protection with Sanitize Cycle

- Dry Boost™

\$749 | REG. \$1149 | SAVE \$400

P017155YVFS

PRICES VALID 11/1/23 - 11/29/23



C A F É
DISTINCT BY DESIGN™

Café™ BELLISSIMO Semi-Automatic Espresso Machine + Frother

- 230 volt heating element
- Italian made, 15 bar pump
- 7 cup and 2 cup settings available

CTCESAS4RW3

\$429 **SAVE \$150**
REG. \$579

Sleek Designed Small Appliances add a Professional Look To Your Kitchen!

Café™ Couture™ 0.8 Cu. Ft. Oven with 14 Cooking Modes

- 120 volt • 14 cooking modes
- Can fit a 12" pizza, 6" or 9" slice of toast

G80AAAS4RW3

\$329 **SAVE \$120**
REG. \$449



36" 28.7 Cu. Ft. Freestanding 4-Door Smart French Door Refrigerator

- Dual-Dispense AutoFill Pitcher
- 4 Glass Shelves • Gallon Bins

\$2799 | REG. \$3999 | SAVE \$1200

PGE29B7TFS

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