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SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 67th Year of Community Service / October 1-7, 2025

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Twilight Serenade



Diane Stolar captured this gorgeous sunset view recently at about 7 p.m., from the parking lot at Carr's Store, intersection of 101 and 137, in Dublin.

Cheshire Quilters' Guild Fall For Quilts Event October 4th And 5th

Dozens of handmade quilts will be on display at Keene Middle School on Saturday and Sunday, October 4th and 5th from 10 a.m. to 4 p.m.

This event includes vendors, raffles, a boutique,

and a food truck.

The school is located at 167 Maple Avenue. For more details about this event, visit www.cheshirequilters.com.

Monadnock New Horizons Fall Meet & Greet October 7th At Congregation Ahavas Achim



Monadnock New Horizons Band with Director Phil Crotto

The Monadnock New Horizons music program features a concert band and a jazz ensemble. On Tuesday, October 7th, a Meet and Greet about both bands will be held at 7 p.m. at Congregation Ahavas Achim Keene on Hastings Avenue. Anyone interested can stop by and ask questions, try some instruments, and meet band members. People will meet the Founding Director Donna

Morse, Co-Director Phil Crotto, and Percussion Specialist Mike Trombly. No obligation; stop by and check the group out.

The concert band is for all levels of musicians that play or want to play flute, clarinet, oboe, bassoon, saxophone, trumpet, French horn, trombone, euphonium, tuba, bass, or percussion/bells.

“Monadnock New Horizons Band is your opportunity to be in a band and play music with

other adults,” says Morse. “You can pick up that instrument you haven’t touched in decades or choose a new instrument. If you’re just beginning, you’ll learn how to read music and play in a group. If you’re just a bit rusty, you’ll be surprised at how quickly those skills will return. In a few months, you and your new found band friends will play a concert...”

The jazz ensemble will be a standard big band arrangement and will play music from the Big Band Era and beyond. The instrumentation will be saxophones, trumpets, trombones, piano, guitar, bass, and drums. Participants will need basic skills and be able to read notes and rhythm.

Rehearsals are once a week ending with a concert for a 12 week semester (starting Tuesday, October 28th) at the Congregation Ahavas Achim. The jazz ensemble rehearses from 6 to 7 p.m., extra help and chamber music from 7 to 7:30 p.m. and the concert band rehearses from 7:30 to 9 p.m. More information can be found at www.mnhband.org.

Monadnock Food Co-op's Truckload Sale Big Savings On Organic And Natural Food

Monadnock Food Co-op will host its Fall Truckload Sale on Friday, October 17th from 9 a.m. to 6 p.m. and Saturday, October 18th from 9 a.m. to 1 p.m. at 34 Cypress Sstreet in Keene.

This bi-annual Truckload Sale offers case quantities of popular products at deep discounts off retail prices. Truckload Sale order forms are available online at www.monadnockfood.coop/sales/truckloadsale, at the co-op, or on pages 5 and 6 of this week's issue of *The Monadnock Shopper News*.

Shoppers can place pre-orders until Monday, October 13th for pick-up on

Thursday, October 16th at the Food Production Facility, located at the opposite end of the store's parking lot. Truckload sale items will be available during the event, while supplies last.

“We’re excited to bring back our Fall Truckload Sale,” says Kenton Battey, Monadnock Food Co-op merchandising manager. “Our Truckload Sale is an opportunity to purchase cases of natural and organic food at incredibly low prices, featuring some of our most popular value-added brands. This is a fantastic opportunity to stock up and save for the winter.”

Building Beloved Community Faith Festival In Keene This Saturday

Monadnock Interfaith Project will host the Building Beloved Community Faith Festival October 4 from noon to 2 p.m. at Horseshoe Pavilion in Wheelock Park in Keene.

This is a family friendly event including Christian, Jewish, Buddhist, Muslim, Hindu, Baha'i and other spiritual perspectives. Together attendees will share songs, dance, games, food,

Monadnock Interfaith Project updates, prayer and fellowship. There will be an opportunity to donate funds if attendees are inspired.

Those who love to sing may come early at 11:30 a.m. to join an interfaith pop up choir. The group will learn a musical piece to perform together at the festival.

National Pierogi Day Celebrated At Our Lady Of Czestochowa Church Saturday, October 4th

Our Lady of Czestochowa Church at 84 K Street in Turners Falls, MA (40 minutes from Keene) will be celebrating National Pierogi Day on Saturday, October 4th from 10 a.m. to 2 p.m.

The church's St. Hyacinth Pierogi Makers made the popular jumbo-sized pierogis in three kinds: cheese, sauerkraut, and potato and cheese. The frozen pierogis are \$10 per package. A Polish Plate luncheon featuring kielbasa, sweet cheese pierogi, honey nugget carrots, beets with horseradish, cole slaw, rye bread, and a Polish pickle will be offered for \$15. There also will be a bake sale featuring Polish baked goods, including a Polish donut called paczki and chrusciki, Polish angel wings.

St. Hyacinth Pierogi Maker Carol Kostecki unveils the new sweet cheese pierogi that will be on the Polish Plate at the National Pierogi Day Celebration.



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Last time Heart Centered Kirtan came to Aloha; Libby Volckening is shown with her band including the Landis Brothers.

Heart Centered Kirtan is playing at Aloha on Friday, October 3rd at 7 p.m. The local Landis brothers – Owen, Ezra, and Walker – will perform. This event is by donation. Suggested is \$20 to \$30. A portion of the donations will go to Apple Hill Center for Chamber Music, Aloha's non profit of the month. Restorative Yoga with Michelle Davis returns on October 5th for a leisurly, relaxing Sunday afternoon. It runs from 3 to 4:30 p.m. and the cost is \$28. The Full Moon Sacred Circle at Aloha has been growing monthly. Paige Johnson will lead it on Monday, October 6th from 6:45 to 8:15 p.m. The cost is \$20. In deference to the Sacred Circle, Josephine Russell will cancel her Candlelight Yoga that evening. It will return the following week, October 13th from 7 to 8 p.m.

Taylor Swift Life Of A Showgirl At Milford Drive-In Theater

On Friday and Saturday, October 3rd and 4th, Milford Drive-In Theater will play *Taylor Swift Life Of A Showgirl* on Screen 1. Tickets are \$12 per person and not by the carload. All must have a ticket. Appearing on Screen 2 is TBD. Audiences will see the exclusive world premiere of the music video, *The Fate of Ophelia*, along with behind-the-scenes footage from the music video shoot, brand new lyric videos, and Swift's never-before-seen personal reflections on songs from her 12th studio album, *The Life of a Showgirl*. The box office opens at 6:15 p.m. The movies will start at dusk – approximately 20 minutes after sunset. For more details or tickets, visit www.milforddrivein.com. Visa, MasterCard, and American Express are accepted at the box office and the concession stand.

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Gallery Exhibition And Reception For Art Tour

Monadnock Art/Friends of the Dublin Art Colony will host a Gallery Exhibition and Reception at the Monadnock Center for History and Culture at 19 Grove Street in Peterborough.

The Gallery Exhibition runs October 4th through 31st, and it features work by artists on the Open Studio Art Tour. Visitors can get a glimpse of the art and plan their studio visits.

A special exhibit honors several 19th-century founding artists of the Dublin Art Colony, connecting the region's rich artistic heritage to today's creative community.

An opening reception is Saturday, October 4th from 4 to 7 p.m. and features live music, art raffle, and complimentary cider and donuts. The event is free, family friendly, and open to all.

Exhibition hours are October 11th through 13th from 10 a.m. to 4 p.m. and October 16th through 31st, Wednesdays through Saturdays from 10 a.m. to 4 p.m.

For more details about the art tour, visit <https://www.MonadnockArt.org>.

Help Is On The Way: Home Energy Coaching Comes To Marlborough

Homeowners may want to add insulation to their house but aren't sure if it's affordable. Maybe they've thought about mini-splits or solar panels but don't know where to start. Help is on the way. The Marlborough Energy Committee has arranged to bring the Monadnock Sustainability Hub's "Home Energy Coaching" program to town, starting in October. The program will match people up with a local coach (Marlborough has four already), a neighbor who has experience with a particular type of project and who can help find available rebates or other financial support.

People may have heard that some federal subsidies are being discontinued. True, but many are still around until the end of the year and a number of generous incentives, tailor-made for households, will remain available. This is a perfect time to take advantage of this support.

Home Energy Coaching will have a kickoff event on Saturday, October 4th from 10 a.m. to noon at the Frost Free Library. Folks can come learn what it's about, meet the coaches, and decide if the time is right to get started.

For more details, contact Ted Mead at fgmead715@gmail.com

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10 MINUTES FROM KEENE

**“Workshop Works”
Reception At Keene Gallery**



Monadnock Area Artists Association will host a “Workshop Works” reception Saturday, October 4th, from 3 to 4 p.m. at the Gallery @ Syd’s. Artists participating in oil painter Mary Iselin’s recent Plein Air Workshop at Alyson’s Orchard will share their “Workshop Works.”

Visitors can see an array of work by artists from beginner to professional and talk with people about their experiences in art workshops.

The “Lasting Beauty” exhibit continues at the gallery and gallery tours will be available. Reproductions and cards are offered at the Art in the Park Shop upstairs. The gallery is located at 43 St. James Street in Keene. For more details, visit monadnock-areaartists.org.

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Downtown Barber Company Opens In Keene



John Brown and Philomena LaPlume, owners of the Downtown Barber Company

Keene has a new haircutting emporium. Philomena LaPlume and John Brown have partnered to open the Downtown Barber Company, offering haircuts for kids and adults as well as hot-towel shaves. "Haircuts are whatever you sit down and ask for," says LaPlume. "It can be anything from traditional to trendy, old-school flat top to a low-taper blowout with textured fringe."

Downtown Barber Company is located at 85 Emerald Street, Suite 105, in Keene. The shop is open Monday, Wednesdays, and Friday from 10 a.m. to 7

Troy Depot Day Takes Place This Saturday

In celebration of the history of the Cheshire Branch of the Boston & Main Railroad, the town of Troy will hold its fourth annual Troy Depot Day on Saturday, October 4th from 9 a.m. to 2 p.m. at the Troy Depot, at 24-54 Water Street in Troy.

The family-friendly event will feature raffles, food, vendors, a blacksmith, Touch a Truck, and more. Everyone from history buffs to railroad lovers will find something to enjoy.

Raffles prizes include, but are not limited to, a first prize of 100 gallons of home heating oil from Swanze Oil, a second prize of a \$100 gift certificate from Hannaford, and a third prize of a \$50 gift certificate from Hannaford. Raffle tickets are five dollars and the drawing will take place at 2 p.m. Tickets are on sale now and can also be purchased at the event. For more details, email CRRDepot@gmail.com or find them on [facebook@Cheshire Railroad Depot - Troy NH](https://www.facebook.com/CheshireRailroadDepot).

A raffle will be held for anyone who brings three non-perishable items with them on Depot Day. For each donation of three items, people will receive a raffle ticket. This is to assist the Helping Hands Center in Troy, and they need basic condiments and seasonings: mayonnaise, ketchup, mustard, salt, pepper, shelf-stable herbs, seasonal spices, and other pantry staples. The organization has been in existence since 2006 and assists residents struggling with food insufficiency and other critical needs.

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	009704		GROUND BEEF, Fresh Local Grassfed 80/20 Baylen Farms 6 x 16 OZ PKGS	31%	\$10.99	\$7.49	\$44.94
	009703		GROUND BEEF, Fresh Grassfed 80/20 Thousand Hills 6 x 16 OZ PKGS	22%	\$8.99	\$6.99	\$41.94
	009708		PORK BREAKFAST SAUSAGE, Maple Sage Colvard & Co 5 x 6 LB PKGS	25%	\$7.99	\$5.99	\$29.95
	009710		PORK SAUSAGE, Spicy Peppercorn Colvard & Co 5 x 6 LB PKGS	30%	\$9.99	\$6.99	\$34.95
PERISHABLES	001107		SYNERGY KOMBUCHA, Trilogy GT's Living Food 12 x 16 fl oz	35%	\$3.99	\$2.59	\$31.08
	001108		SYNERGY KOMBUCHA, Gingerade GT's Living Food 12 x 16 fl oz	35%	\$3.99	\$2.59	\$31.08
	001173		YOGURT, Plain Icelandic Non Fat, Gluten Free Sign's 12 x 5.3 oz	31%	\$1.59	\$1.09	\$13.08
	001184		YOGURT, Vanilla Sips 4% Milk Fat, Gluten Free Sign's 12 x 4.4 oz	31%	\$1.59	\$1.09	\$13.08
	001186		GRAPE SODA, Sparkling Tonic, Non-GMO Olipop 12 x 12 fl oz	27%	\$2.19	\$1.59	\$19.08
	001192		CREAM SODA, Sparkling Tonic, Non-GMO Olipop 12 x 12 fl oz	27%	\$2.19	\$1.59	\$19.08
	001103		ORGANIC DARK CHOC, CHIP PEANUT BUTTER BAR, Perfect Bar 8 x 2.3 oz	36%	\$3.29	\$2.09	\$16.72
FREEZER	001181		MOZZARELLA, Whole Milk Shredded Cheese Villa Frazzini 5 LBS	35%	\$7.99/lb	\$5.19/lb	\$25.95
	001185		BURRITO, Chicken & Cheese Red's 12 x 5 oz	36%	\$2.99	\$1.89	\$22.68
	001117		ORGANIC BROCCOLI FLORETS, Woodstock 12 x 10 oz	40%	\$3.69	\$2.19	\$26.28
	001115		ORGANIC SWEET CORN, Woodstock 12 x 10 oz	40%	\$3.69	\$2.19	\$26.28
	001114		ORGANIC PETITE PEAS				

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A Weekend Of Sound & Renewal For Women At Swanzey Lake

Summer is over, school's back in session, and autumn's foliage is greeting folks, along with fewer hours of daylight. It's time to take a breath, or several of them. A weekend retreat of sound, reflection, and community for women, hosted and facilitated by Colleen Hartman, CEO and owner of Selah Sound and Wellness, and Sharon Branand of Olive Branch Wellness, will take place beginning October 10th at 6 p.m. and ending on October 12th at 2 pm at Pilgrim Pines on Swanzey Lake in Swanzey.

The retreat is designed to help participants rest, reflect, regroup, and return home feeling centered

and connected. Over three days, attendees will experience four immersive Guided Sound Journeys, nourishing meals, time in nature, and creative and reflective mini-sessions.

Whether one is seeking rest, inspiration or connection, the retreat offers space in which to breathe, soften, and rediscover balance – supporting participants to move from a sense of overwhelm to overcoming.

For more details or to purchase tickets for the weekend, go to www.selahsoundandwellness.com or www.olivebranchwellness4u.com.

Tips For The Trail: Choosing The Right Hiking Boots

A proper pair of hiking boots can take you far. They're your connection to the wilderness and, as a result, need to be chosen correctly to ensure that they conform with how and where you hike. Or, as the folks at Timberland say, "The right hiking boots strike the perfect balance between comfort, support and technology."

For the occasional hiker who prefers a gentle for-

est trail, Trail Runners are sufficient. They're light and nimble, cooler for warm-weather hikes, and require little or no break-in period. Similarly, for a paved nature trail, a good pair of sneakers will do the job.

Rugged trails, and cold or wet conditions, require a sturdy, waterproof hiking boot that can withstand the obstacles you may encounter. These "beefier" models offer ultimate foot and ankle support and protection, with thick lugs that bite into the soil, and rubber that's designed to grip well on a variety of surfaces. Their stiff soles can handle rocks and roots, lessening the strain on your feet.

Once someone had chosen the right model for their specific hiking needs, getting the right fit is absolutely essential to help prevent blisters, bunions, and other foot issues. Poorly-fitting boots, on the other hand, are a surefire trip killer. Another important point to consider is the type of socks you will wear. The experts say that Merino wool is the preferred material because it regulates temperature, helps to keep folks warm in cold conditions and comfortable in moderate temperatures, wicks moisture away from the foot and is naturally odor resistant. It's highly recommended to try on new boots with the wool socks you will wear, then take your new hiking shoes/boots on short walks to break them in before you hike.

"The early fall weather in New England is ideal for hiking," says Sebastian Smith, assistant manager at Bootlegger's in Keene, "and the geography of the Monadnock Region offers numerous hiking opportunities for the entire family."

Bootlegger's, located at 425 West Street in the Hannaford's Plaza, stocks over 30 varieties of hiking footwear for men, women, and kids. For more details, the store can be reached at 603-352-5201.



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	001153		CABERNET SAUVIGNON, Fair Trade, made w/Organic Grapes, La Rioja 12 x 750 ml	34%	\$10.99	\$8.29	\$99.48
WELLNESS	001105		DENTAL FLOSS, Natural Cottonswab Flavor, Dr. Tong's 6 x 30 m	37%	\$5.29	\$3.29	\$19.24
	001100		ORGANIC BALM, Working Hands, Local Badger 2 x 2 oz	39%	\$9.99	\$6.00	\$12.00
	001113		ORGANIC NIGHT BALM, Lavender & Chamomile, Local Badger 2 x 2 oz	39%	\$9.99	\$6.00	\$12.00
	001177		ELECTROLYTE PACKETS, Fresh Watermelon, Superior Electrolytes 14 x .11 oz	50%	\$3.99	\$4.99	\$6.99
	001139		ELECTROLYTE PACKETS, Low Blueberry, Superior Electrolytes 14 x .11 oz	50%	\$3.99	\$4.99	\$6.99
	001116		CASTLE SOAP, Peppermint, Fair Trade, Dr. Bronner's 2 x 32 fl. oz	45%	\$6.99	\$9.29	\$18.58
	001150		CASTLE SOAP, Unscented, Fair Trade, Dr. Bronner's 2 x 32 fl. oz	45%	\$6.99	\$9.29	\$18.58
PANTRY STAPLES	001154		MACARONI & CHEESE, Shells & Real Cheddar, Non-GMO Annie's 12 x 6 oz	53%	\$2.99	\$1.39	\$16.68
	001143		MACARONI & CHEESE, Shells & White Cheddar, Non-GMO Annie's 12 x 6 oz	53%	\$2.99	\$1.39	\$16.68
	001169		STRAWBERRY PRESERVES, Bonne Maman 6 x 13 oz	37%	\$7.49	\$4.69	\$28.14
	001165		RASPBERRY PRESERVES, Bonne Maman 6 x 13 oz	37%	\$7.49	\$4.69	\$28.14
	001123		ORGANIC COCONUT MILK, Coco Goods 12 x 13.5 fl. oz	36%	\$2.99	\$1.89	\$22.68
	001174		ORGANIC PUMPKIN, Canned, Farmer's Market 12 x 15 oz	42%	\$3.99	\$2.39	\$27.48
	001120		ORGANIC RUSSETT PASTA, Field Day 12 x 16 oz	15%	\$1.99	\$1.69	\$20.28
	001129		ORGANIC RUSSETT PASTA, Gluten Free (Brown Rice), Field Day 12 x 16 oz	30%	\$3.49	\$2.79	\$33.48
	001124		ORGANIC SPAGHETTI PASTA, Field Day 12 x 16 oz	15%	\$1.99	\$1.69	\$20.28
	001130		ORGANIC CRACKERS, Classic Round, Field Day 12 x 8 oz	17%	\$3.99	\$3.29	\$39.48
	001167		ALBACORE TUNA, No Salt, Field Day 12 x 5 oz	16%	\$2.99	\$2.49	\$29.88
	001166		ALBACORE TUNA, Salted, Field Day 12 x 5 oz	16%	\$2.99	\$2.49	\$29.88
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	001138		ORGANIC CHICKEN BROTH, Low Sodium, Field Day 12 x 32 fl. oz	17%	\$2.29	\$1.89	\$22.68
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	001168		PASTA SAUCE, Traditional, Food Club 12 x 24 oz	43%	\$2.29	\$1.59	\$19.08
	001161		SALSA, Mild Roasted Tomatoes, Non-GMO, Frontiers 6 x 16 oz	36%	\$4.99	\$3.19	\$19.14
	001119		ORGANIC BLACK BEANS, Low-Sodium, Full Circle Market 12 x 15 oz	35%	\$1.99	\$1.29	\$15.48
	001190		ORGANIC GARBANZO BEANS, Low-Sodium, Full Circle Market 12 x 15 oz	35%	\$1.99	\$1.29	\$15.48
	001193		ORGANIC KIDNEY BEANS, Low-Sodium, Full Circle Market 12 x 15 oz	35%	\$1.99	\$1.29	\$15.48
	001118		ORGANIC CHICKEN BONE BROTH, Low-Sodium, Kettle & Fire 6 x 16.9 fl. oz	37%	\$7.99	\$4.99	\$29.94
	001102		ORGANIC BEEF BONE BROTH, Low-Sodium, Kettle & Fire 6 x 16.9 fl. oz	37%	\$7.99	\$4.99	\$29.94
	001157		RAMEN, Asian Vegetable, Non-GMO, Koya 12 x 2.1 oz	40%	\$1.49	\$0.89	\$10.68
	001162		RAMEN, Garlic Pepper, Non-GMO, Koya 12 x 2.1 oz	40%	\$1.49	\$0.89	\$10.68
	001194		ORGANIC RICE, California White Jasmine, Lundberg 6 x 2-lb bags	25%	\$8.99	\$6.69	\$40.14
	001160		ORGANIC OAT MILK, Barista Quality, Minor Figures 8 x 32 fl. oz	30%	\$4.99	\$3.49	\$20.94
	001134		ORGANIC TOMATOES, Diced, Muir Glen 12 x 14.5 oz	54%	\$3.49	\$1.59	\$19.08
	001136		ORGANIC TOMATOES, Fire-Roasted Crushed, Muir Glen 12 x 14.5 oz	51%	\$3.69	\$1.79	\$21.48
001137		ORGANIC MARINARA SAUCE, Muir Glen 12 x 23.5 oz	39%	\$5.29	\$3.19	\$28.28	
001147		ORGANIC PEANUT BUTTER, Crunchy Unsweetened, Once Again 6 x 16 oz glass	41%	\$8.49	\$4.99	\$29.94	
001163		ORGANIC PEANUT BUTTER, Creamy Unsweetened, Once Again 6 x 16 oz glass	41%	\$8.49	\$4.99	\$29.94	
001144		ORGANIC EXTRA VIRGIN OLIVE OIL, Primal Kitchen 6 x 16.9 fl. oz	44%	\$13.49	\$7.49	\$44.94	
001126		ORGANIC JUST TART CHERRY JUICE, RW Knudsen 6 x 32 fl. oz	37%	\$9.99	\$6.29	\$37.74	
001197		ORGANIC JUST CRANBERRY JUICE, RW Knudsen 6 x 32 fl. oz	38%	\$12.99	\$7.99	\$47.94	
001196		TAMARI SOY SAUCE, Gluten Free, Reduced Sodium, San J 6 x 10 fl. oz	36%	\$4.99	\$3.19	\$19.14	
001133		FREE & CLEAR LIQUID DISH DETERGENT, 7th Generation 6 x 19 fl. oz	36%	\$4.99	\$3.19	\$19.14	
SNACKS	001180		ORGANIC WHITE CORN TORTILLA CHIPS, Que Pasa 6 x 11 oz	40%	\$4.49	\$2.69	\$16.14
	001127		PEANUT BUTTER CHOCOLATE CHIP BAR, Gluten Free, Lärabar 12 x 1.4 oz	35%	\$1.99	\$1.29	\$15.48
	001111		CASHEW COOKIE BAR, Gluten Free, Lärabar 12 x 1.4 oz	35%	\$1.99	\$1.29	\$15.48
	001166		DARK CHOCOLATE BAR, Almonds & Sea Salt, Chocolate 12 x 3.2 oz	42%	\$3.99	\$2.29	\$27.48
	001183		DARK CHOCOLATE BAR, Salted Caramel, Chocolate 10 x 3.2 oz	42%	\$3.99	\$2.29	\$22.90

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Generating Peace

I usually write about manifesting peace at Christmas time because we often think of peace as like the snow that falls around us at that time of year, that it gently descends from the heavens and blankets us with its grace. However, it is time now to learn how to generate peace within us and within our communities. That peace is not likely to descend from heaven; our part in this is that we must enlighten ourselves.

Healing Perspectives
with Rosie Carey



We have power within us to generate peace in our personal lives and within our families and communities. It is the power of our will within us. Peace can generate from how we behave and how we react and how we desire our lives to be. We have spent eons developing our egos, and it is my belief that the fully developed ego could also focus the strength of its will to create a peaceful reality.

I think if a peaceful reality was generated through our heart chakras, that it might be more easily attainable. Our hearts are a component, but unfortunately not the main one. For many, our hearts are still in opposition to our egos and the reactive patterns of

our warring human history. In truth we do manifest through our heart chakras, but it is the will of the ego that must first align with the desire of our hearts for peace. That is why I say generate, not manifest, when it comes to creating a peaceful reality with the strength of our will.

Could it really be so simple, that it's not what you think or say, but what you do?

We are at this place in our evolving consciousness where we do still operate from our ego and increasingly now from our heart. It is difficult to stay focused in our heart-mind when there is so much chaos within the world. But this is the task at hand, and it is attainable for us. We do have control over our egos and must harness that strength of will to become more peaceful humans. We can do this for ourselves and while we do that, we can spread it to our families, and hopefully then our communities. But the idea is that we begin this task of creating a peaceful reality with the tools that we've got. We have more control over our ego than our heart. We have learned the discipline behind the ego. We can generate peace through our actions.

Generating peace is not a mystical act but a focused intent. I do believe as well that we are assisted by angels and evolved beings that help us to develop wisdom and consciousness toward global peace. I do feel the way we attain this desire for peace is by being responsible for ourselves. It begins with the potential within each of us.

Rose Carey is the founder of LifeLight Healing Center at 206 Washington Street, Keene. Sensitive to energy fields, she clears auras and homes of unwanted darkness. For more details, call 603-852-8300.

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Lazy Gardening’s Three Fall Strategies For Growing More Produce

Ooh, we’re at a strategic point in the produce-growing, gardening season. I welcome you to my wonderful realm of lazy gardening’s most important three fall strategies for a joyful, abundant, produce harvest next season. Right now is the moment when the “neat” gardeners make next year much more difficult. Whereas, lazy, smarter gardeners choose to capitalize on the progress made this season for even better, richer, more nutrient dense soil and growing conditions for the season to come.

Woods and Gardens
with Michele Chalice



Build Your Soil
You probably know that soil is a community of billions of microorganisms like bacteria and fungi, as well as minerals and organic materials, all working together to grow healthy, nutritious plants. Don’t destroy the intricate network and community of microorganisms that was created this season. Keeping this web intact is crucial for the most efficient release of essential nutrients from decomposing organic material. Instead, cut, don’t yank your old vegetable plants. Leave your plants’ roots in place as long as possible to preserve the network of microorganisms that have been established through the growing season we’re completing. The old roots keep nutrients in place, adding organic material as they decompose and retain the former roots’ pathways for soaking in rainwater. Cut each plant stem to two inches tall now. In the spring you’ll be able to simply snap off each of these stems with minimal soil disruption.

Lay a thick layer of compost on top of your garden soil. The compost’s nutrients will be released during the winter, in place, and ready for new plants in the spring.

Welcome/Foster/Support/Attract The Pollinators You Will Need
Maybe you noticed that there were fewer pollinators in our gardens this year. Every flower needs to be pollinated for a fruit or vegetable to form. Pollinators need our help.

Leave areas of open soil for tiny, ground-nesting native bees. The Xerces Society for Invertebrate

Conservation says: “70% of native bees (our most effective pollinators) are ground-nesting, laying their eggs in burrows just beneath the (soil’s) surface. Some ground-nesting bees are amongst the earliest to emerge in the spring, making them vital pollinators of cherries, plums, and other tree fruits. Another example are the squash bees (Peponapis and Xenoglossa) which nest in the soil where pumpkins and other cucurbit crops are grown. They are specialist pollinators of those vegetables.”

Save the stems. In fact, leave some stems’ seeds to feed birds and other wildlife through the winter. Then cut, do not remove the rest of your perennials’ thick stems. The remaining 30 percent of tiny, native bees need these open stems for winter nesting. Go to <https://tinyurl.com/3wph474w> for details.

Bring any and all pesticides and herbicides to a household hazardous waste disposal event. Not only will you and your family ingest less poisons, but you’ll protect your pollinators and share your non-poisoned leaves with important insects like the caterpillars that will feed baby birds. Internalize a new mantra: “The caterpillar who creates my holey leaf, feeds baby songbirds.”

Bury Soaker Hoses
I think both you and your landscape plants noticed the long periods of drought this year after a crazy-wet spring. I will finally be taking the time to bury connected soaker hoses under the soil in my raised beds. You can attach a hose, a \$15 mechanical water timer, and outdoor spigot. Mine will be the low-flow type that I can use with shut-off valves and my rain barrel water. A Rutgers study results found that “...rain barrel water can be safely utilized to irrigate a vegetable/herb garden.” For the most cautious of us, limit rain barrel watering of food crops to the beginning of the season. This strategy creates the safest approach, giving any bacteria, such as that from bird poop, time, at least three weeks, to dry out and die before harvesting the rain barrel-watered fruits and vegetables.

Try a messier garden now for more glorious produce next season.

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Winter Rye And Gladioli

When I first began gardening, I used to think that a blank canvas of earth was the way to get ready for winter. Get all the old stocks, leaves, and vines and put them in the compost pile. Leave the earth bare so there was nowhere for the insects to hide. Later, I learned that the earth does not like to be bare. Anybody can witness this as weeds and brambles come up out of even the scraggiest ground.

Now I know that there are multiflorous soil organisms that live underground and are necessary for all of our plants to grow and thrive. Taking everything out of the soil before winter leaves them nothing to eat and most of them will die (rototilling or plowing in the spring kills them as well). So, it is best to either leave them some roots to chew on or provide them with some.

Winter Rye
The nicest way to do this, I think, is to plant some winter rye. Once I have finished harvesting a bed, I make some circles in the soil about eight inches apart. I create little bowl-like depressions into which I plant 12 or 15 winter rye seeds. I cover them up but leave the depressions as they will act as rain catchers. The winter rye comes up quickly providing food for the soil organisms. It also makes the garden look pretty as we head towards winter. When the cold weather does come, it will kill the winter rye but it will come back up when it warms up in the spring.

An added benefit of planting winter rye is that it makes excellent straw to cover the beds in the summer. Pick it before the seeds mature and set it out to dry. I like to give most of my beds – the ones with the larger plants like tomatoes, peppers, cucumbers, broccoli, cabbage, summer and winter squashes – chopped up leaves covered with straw to help keep down the weeds. It also helps the beds to maintain moisture

as the summer heats up and gets dry. One thing about the insects: Dan Kittredge of the Bionutrient Food Association says that if you give your plants everything that they need, the insects can't eat them – the sugars are too high. He says that the insects' job is to eat the plants that aren't good enough for us to eat. My garden has less and less insects each year as I learn how to take care of the plants better.

Green Monadnock
with Celeste Longacre



Gladioli
I love my gladioli. They are such beautiful flowers. In the northeast, however, they will freeze and die if left in the ground. So I dig mine up each fall. I put them with their leaves on newspapers on the porch. You want to put these somewhere they can dry out so the dew doesn't get them. You need to protect them from the frost as well. After about two weeks, the greens can gently be separated from the corns. These I place in a bucket of wood chips similar to my beets and carrots. Put down a layer of chips, place the corns not touching each other, and cover with more chips. When the bucket is full, you can cover it and place it in the root cellar or just a cool cellar. In the spring, I plant 10, then wait 10 days to two weeks and plant 10 more. I do this until they are all back in the ground. I enjoy picking bouquets for weeks in the summer.

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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Plentiful Pumpkins And Winter Squashes

Fall is here, and with it come pumpkins in plentiful supply and winter squashes of various sizes and shapes. There are dozens of varieties of winter squash, including such favorites as acorn, butternut and the large Blue Hubbard, as well as newer varieties like sweet dumpling, delicata, and kabocha. Used interchangeably, most pumpkins and winter squash can be baked, boiled, or steamed and used in desserts, casseroles, and soups. While most varieties of pumpkin can be used in baking and cooking, "sugar" or pie pumpkins are the best kind to use if you're making a pie. Canned pumpkin is a good substitute for fresh pumpkin in pies and other baked goods.

Cooking Corner

with Nancy Adams



Quick Oven-Baked Pumpkin & Winter Squash

No peeling required! Remove the stem from any pumpkin or winter squash. Cut it in half and remove seeds (save and toast seeds for other uses, if desired). Lightly oil a pan large enough to hold pumpkin or winter squash, cut sides down. Place in pan and bake at 375 degrees for 30 to 45 minutes, or until tender (the larger it is, the longer it will take). Allow to cool to the touch, then scrape flesh away from skin. Use in recipes calling for cooked pumpkin or winter squash. Pack any leftovers into containers and freeze.

Squash Pancakes

Not just for breakfast, but also good for lunch or supper. Enjoy them with fresh maple syrup, applesauce, honey or your favorite jams. Makes six to eight small pancakes for two.

- Ingredients:
- 1 large egg
 - 1 cup mashed cooked winter squash or pumpkin
 - 1/2 cup flour
 - 1 tablespoon sugar
 - 1/4 teaspoon salt
 - 1/2 teaspoon baking powder
 - 1/2 teaspoon cinnamon
 - 1/4 teaspoon nutmeg

- 1 tablespoon melted butter
 - 1 tablespoon milk
- Beat egg and mix with squash in a large bowl. Add all dry ingredients to squash and egg; stir in butter and milk. Mix to combine and ladle onto oiled, heated griddle or fry pan. Cook one side until bubbles appear; turn and cook other side in the same manner. Serve hot.

Vegetarian Pumpkin Chili

A very tasty no-meat option; serve with artisan bread.

- Ingredients:
- 2 tablespoons vegetable oil
 - 2 cups chopped onion
 - 1 tablespoon minced garlic
 - 2 tablespoons chili powder, to taste
 - 1 teaspoon ground allspice
 - 2 cups frozen baby lima beans
 - 2 cups chopped peeled fresh or canned tomatoes

- 3 cups vegetable stock or water
- 2 cups pumpkin or winter squash, cut into 1 1/2 inch chunks
- 2 cups eggplant, unpeeled, cut into 1 1/2 inch cubes
- 1 cup frozen corn kernels, or cut fresh off-the-cob
- freshly ground black pepper and salt

Combine oil, onions, and garlic in a heavy saucepan over medium-high heat. Cook, stirring occasionally, until onions wilt and begin to brown, about six to eight minutes. Add chili powder, allspice, lima beans, tomatoes and stock; bring to a boil. Lower heat and simmer, covered, until spices begin to develop flavor, about 15 minutes. Add pumpkin and eggplant. Continue to cook, covered, until vegetables are very tender, about 25 to 30 minutes. The pumpkin will fall apart and give body to the sauce. Add corn, season with salt and pepper and cook until heated through. Chili can be served immediately or refrigerated up to five days and reheated. Serve chili topped with chopped avocado and/or a dollop of sour cream, if desired. Makes six to eight servings.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. Nancy welcomes suggestions – send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.

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Wed., Oct. 1
ARTS, MUSIC & THEATER
"Just As I Am" Hymns Tour 7pm. Grace Christian Fellowship, 81 Ashuelot St., Winchester. Free. **603-239-7441.**
Ashuelot Concerts: Violin Sonatas by Mozart, Fauré, & Franck. 7:30pm. Stonewall Farms, 242 Chesterfield Rd., Keene. Tickets at www.ashuelotconcerts.org.

RELIGIOUS
Erev Yom Kippur 6pm. Congregation Ahavas Achim, 84 Hastings Ave., Keene. Kol Nidre. **603-352-6747.** www.keenesynagogue.org.

Thurs., Oct. 2
MUSIC
Ashuelot Concerts: Violin Sonatas by Mozart, Fauré, & Franck. 7:30pm. Bellows Falls Opera House, VT. www.ashuelotconcerts.org.

MISC.
Invasive Species with Paul Steblein 6-7pm. Keene Public Library, 60 Winter St., Keene. Amy Kraemer: **603-352-0157.**

RELIGIOUS
Yom Kippur: Yizkor 1pm. Congregation Ahavas Achim, 84 Hastings Ave., Keene. **603-352-6747.** www.keenesynagogue.org.
Yom Kippur: Guided Meditation 4pm. Congregation Ahavas Achim, 84 Hastings Ave., Keene. **603-352-6747.** www.keenesynagogue.org.
Yom Kippur: Afternoon Service/Jonah 4:45pm. Congregation Ahavas Achim, 84 Hastings Ave., Keene. Followed by N'eilah Closing Service at 6pm. **603-352-6747.** www.keenesynagogue.org.
Yom Kippur: Morning Service 9am. Congregation Ahavas Achim, 84 Hastings Ave., Keene. **603-352-6747.** www.keenesynagogue.org.

Friday, Oct. 3
ARTS, MUSIC & THEATER
Moniff Film Fest Begins Downtown Keene. 80+ films. In-person: Oct. 3 - 5. Online: Oct. 7 - 16. www.MONIFF.ORG.
Branch River Theatre Presents The Moors: A Dark Comedy by Jen Silverman 7:30pm. Community House, 160 Main St., Marlborough. 16+ themes. \$18/\$15 senior. Tickets available at **603-263-7060.** tickets@branchrivertheatre.org. www.zeffy.com/en-US/ticketing/the-moors.

MISCELLANEOUS
Heart Centered Kirtan 7pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Suggested donation: \$20-\$30. **603-762-3129.** www.alohakeene.com.

Saturday, Oct. 4
ARTS, MUSIC & THEATER
Monadnock Art Studio Tour Gallery Exhibition: Opening Reception 4-7pm. Monadnock Center for History & Culture, 19 Grove St., Peterborough. Free family-friendly, with live music, art raffle, cider, donuts. www.MonadnockArt.org.
Branch River Theatre Presents The Moors: A Dark Comedy by Jen Silverman 7:30pm. Community House, 160 Main St., Marlborough. 16+ themes. \$18/\$15 senior. Tickets available at **603-263-7060.** tickets@branchrivertheatre.org. www.zeffy.com/en-US/ticketing/the-moors.

FAIRS & SALES
The Winchester Farmers' Market 9am-1pm. Main St., Winchester. **603-762-0133.** winchesterfarmersmarket@gmail.com.
Keene Farmers' Market 9am-1pm. Gilbo Avenue, Keene. www.keenefarmersmarket.com/.
Cheshire Craftsmen's Fair 9am-3pm. Keene Recreation Center, 312 Washington St., Keene. Free admission, food will be available. Proceeds benefit non-profit. Also being held on Sunday, October 5th. www.cheshirecraftsmen.org.
Jaffrey Woman's Club Fall Craft Fair 9am-2pm. Cutler Memorial Building, 33 Main St., Jaffrey. Fair will coincide with Scarecrows on the Common.
Fall for Quilts: Featured Quilter Linda Ramrath 10am-4pm. Keene Middle School, 167 Maple Ave. Quilts by members of Cheshire Quilters Guild. Raffles, sales, silent auction, Greek Food Truck. www.cheshirequilters.com.

National Pierogi Day Celebration 10am-2pm. Our Lady of Czestochowa, 84 K St., Turners Falls, MA. Frozen pierogi to go: cheese, sauerkraut, potato & cheese. \$10 p/package. Luncheon Polish plate-\$15. Bake sale.

MISCELLANEOUS
Troy Depot Day 9am-2pm. Troy Depot, 24-54 Water St. Celebrate the history of the Cheshire Branch of the Boston & Main Railroad. Raffles, food, vendors, blacksmith, Touch a Truck, and more.
Home Energy Coaching 10am-12pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. Decide if the time is right to get started. Ted Mead: fgmead715@gmail.com.

RELIGIOUS
Faith Festival: Building Beloved Community 10-11:30am. Horseshoe Pavilion at Wheelock Park. Music, poetry, art, games, dance, and prayers. RSVPs encouraged at www.mipnh.org.

Sunday, Oct. 5
ARTS, MUSIC & THEATER
Branch River Theatre Presents The Moors: A Dark Comedy by Jen Silverman 2pm. Community House, 160 Main St., Marlborough. 16+ themes. \$18/\$15 senior. Tickets at **603-263-7060.** tickets@branchrivertheatre.org. www.zeffy.com/en-US/ticketing/the-moors.
Ocean Breezes Concert with Trio Mundo 4pm. Cheshire County Courthouse, Delegation Hall, 2nd Fl., 33 Winter St., Keene. Free, suggested donation, \$15. **603-313-3027.**

FAIRS & SALES
Fall for Quilts: Featured Quilter Linda Ramrath 10am-4pm. Keene Middle School, 167 Maple Ave. Quilts by members of Cheshire Quilters Guild. Raffles, sales, silent auction, and Greek Food Truck. www.cheshirequilters.com.

MISCELLANEOUS
Monadnock Mushroom Club Foray 10am-12:30pm. Meeting House Pond, Underwood Rd., Marlborough. Bring basket or paper bag to collect mushrooms. www.monadnockmushroomclub.com.

Monday, Oct. 6
MISCELLANEOUS
Full Moon Sacred Circle: Paige Johnson 6:45-8:15pm. Aloha Keene Yoga Studio, 83 Court St., Keene. \$20. **603-762-3129.** www.alohakeene.com.

Tuesday, Oct. 7
ARTS, MUSIC & THEATER
Monadnock New Horizons Band: Meet & Greet 7pm. Congregation Ahavas Achim, Hastings Ave., Keene. monadnewhorizonsband@gmail.com. www.mnhband.org.

RELIGIOUS
Sukkot Day 1 9:30am. Congregation Ahavas Achim, 84 Hastings Ave., Keene. Sukkot Festival Service, lunch in sukkah to follow. **603-352-6747.** www.keenesynagogue.org.

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September 29, 2025
Bjorn Willis, son of Trevor Willis & Jennifer Whitcomb, Winchester, 4

October 1, 2025
Joshua Thomas, son of Michael & Kassia Thomas, Troy, 11



October 2, 2025
Levi Donahue, son of Mackenzie Donahue & Jake Donahue, Keene, 2

October 4, 2025
Bailey Durgin, daughter of Jade & Travis Durgin, Bennington, 7

October 5, 2025
Malachite Barrett, son of Amber Donlon & Cody Barrett, Dublin, 3

October 6, 2025
Warren Greenwood, son of Derek & Cassidy Greenwood, Westmoreland, 3
Josie Duffy, daughter of Martha Duffy, Peterborough, 6

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Bailey Durgin, Bennington, 7
Levi Donahue, Keene, 2

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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. 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 man worked for the Keene Post Office for more than 40 years in the mid-1900s. What was his name?



The winner of last week's Mystery Photo contest was Steve Lindsey of Keene. The facility was the Vernon Dam.

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Celebrating My Father's 100 Years

When I realized my first column this month was in the October 1st issue, I couldn't help reflecting on that date, because exactly 100 years earlier, my father was born. He isn't here to celebrate this monumental birthday, but I can't help feeling close to him as I prepare this column knowing it will be published exactly 100 years from the day of his birth.

Monadnock Family

with Sheri Lapointe 

My father was one of 13 children born to a farming family in Maine. It was common to have large families where the children could help with the farm chores. He used to tell me that when he was a boy, he was sent to school in Canada because he misbehaved too much, and his brother was sent along with him to keep him out of trouble. I don't know how true that story was, but he liked to tell it.

My father saw a lot of major historic events. He was born in the 1920s, a few years after his father returned from fighting in World War I. The year he was born, F. Scott Fitzgerald published *The Great Gatsby*, the Scopes Monkey Trial was held, and the Tri-State Tornado hit Missouri, Illinois, and Indiana. That year saw the ongoing development of Mount Rushmore and the first successful transmission of television pictures.

He grew up in the time of the Great Depression, although the impact of the economic hardships were less severe in Maine than some other parts of the country. He saw World War II, and as soon as he was old enough, he followed older brothers in enlisting. The story he liked to tell was that he chose to join the Navy because he had a brother in the army and another in the Airforce already. He also decided to let the army medical team remove his tonsils since he had never had an operation and wanted to try it. He joined at the tail end of the war and did not en-

gage in much combat, but he like to share about the places he got to see in his travels and how he served on a submarine.

The war ended in 1945 and in 1946, he married my mother. My father was a short fellow, just five feet tall, and he carried the nickname Shorty. My mother was two inches taller. For their wedding photos, he stood on a box that was hidden by the train of her gown so he would appear taller than she was.

All my life, my father wore eye glasses. My mother always said that he had only needed the glasses for reading, but he insisted on wearing them constantly and ruined his eyesight in the process, causing him to need glasses all the time. As a kid, I would sometimes try on his glasses. They always made me feel a bit dizzy and gave me a headache if I kept them on too long.

I am the youngest of the seven children my parents had, and I always had a special bond with my dad. Not only did we have a large family, the age span between oldest and youngest is over 20 years, so he was parenting much of his adult life. My two oldest brothers were fighting in the Vietnam War when my mother was pregnant with me.

My experience of my father as a parent was a softer version, and my mother was the primary disciplinarian. He turned 44 the year I was born and had mellowed. I've been told he was much stricter and harsher as younger parent, but I did not see that side of him.

As I grew up, I learned that I was more likely to get a positive response when I asked my dad versus my mom, so I sometimes used that to my advantage. If I had a poor progress report in school and I knew I could get my grade up before the final report, I would get up early before he left for work to get a parent signature, with my mother being none the wiser.

I also helped him out on occasion. I remember a time when his family's lumber company from Maine had a baseball team and they happened to be playing a few games locally. He was proud and wanted to cheer them on. My mother didn't think he needed to attend multiple games, so when the second one was starting he said he had to go to the store and told me he was actually going to see the game. Of course I kept his secret, as he had mine.

I remember the day he retired from his job at Kingsbury. My parents had a plan for him to retire at the end of the year, but something happened at work. He came home midday and announced he had retired. I was still in high school at the time. My mom was not happy, but I was secretly proud that he stood up for himself.

He outlived my mom by 10 years. After her passing, he started attending reunions for the Navy, reconnecting with the men with whom he served. I think it helped him with the loneliness. Now I imagine they are reunited and hopefully celebrating his 100th together.

Happy 100th birthday, Dad!

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.



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