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SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 67th Year of Community Service / September 17-23, 2025

S. Fyffe RN Injections And Infusions Offers Wellness Services



Simone Fyffe RN of S. Fyffe RN Injections and Infusions applies Xeomin treatments to Emily Dodge. The injections are being applied to the muscles around her eyes to treat crow's feet.

Simone Fyffe opened S. Fyffe RN Injections and Infusions in Peterborough five months ago to be able to offer a more personal service to clients. She is a registered nurse who has worked in the medical field for 15 years and her background as an emergency nurse makes her unique in the aesthetic and wellness injector field.

Fyffe offers Xeomin facial and neck treatments. Xeomin is a neuromodulator similar to Botox that is used in tiny doses and injections to relax muscles and smooth lines. She also offers a wide variety of wellness intravenous infusions that are a mix of vitamins, minerals, antioxidants, and amino acids to specifically meet personal wellness goals.

She brings not only calmness but a deep understanding of the body, sharp clinical judgment, a steady hand, and most of all compassion and humanity. She has created a judgment-free zone in a calm and relaxed environment that is one-on-one client focused.

Anyone who books an appointment gets a free consultation with treatment typically following immediately afterward. The consultation is free whether treatment is received or not. To make an appointment, call 603-209-5655, or for more details, visit www.sfrnjections.com.

J&B Roofing ~ Committed To Quality Work With Fair Pricing



Braedon Wilson of J&B Roofing is pictured laying a roof. This locally owned and operated roofing contractor provides excellent customer service for both residential and commercial customers.

By Lori Catozzi Cook

The roofing contractor you hire impacts every aspect of the roofing project at hand. J&B Roofing, LLC is a Cheshire County roofing contractor that works very closely with its clients – both residential and commercial – to provide an excellent customer experience and exceptional finished product.

“As a young company with great experience, we are dedicated to delivering exceptional roofing services that exceed our customers’ expectations,” says owner of J&B Roofing, Braedon Wilson. “We take pride in the high-quality work of our dedicated crew. Our team prides itself on quick, clean, honest, and professional roof services.”

J&B Roofing was established in May of 2024. Wilson has been working in the roofing industry – installing asphalt,

slate, PVC, rubber, copper, and metal roofs – since he was 18 years old.

“I started as the ground crew and worked my way up to being the lead roofing installer and management of a crew,” Wilson says. “My experience taught me how important it is to not only provide the best product, but also leave the property clean, complete the project timely, and provide the highest quality of service.”

He continues: “We started this business knowing that it was not going to be easy. We understand that the customer has many choices when it comes to choosing the right company for their roofing needs. It takes integrity, honesty, and hard work to earn trust, and we are committed to providing the best possible service and product for our customers.”

ROOFING, page 8

Exciting Changes At The Redfern Arts Center

Since 1981, the Redfern Arts Center at Keene State College has been dedicated to collaborating with students, faculty, staff, artists, and the community to spark creative exchange that inspires culturally rich engagement with the performing arts. As the center embarks on its 44th year, the fall season calendar is brimming with inspiring offerings and exciting changes are underway.

As an academic center, the Redfern champions artistic practice as a catalyst for learning. The center is the performing arts hub at Keene State College and features a full schedule of Music Department and Theatre and Dance Department events. All are invited to performances by students, faculty, and professional guest artists this fall.

REDFERN, page 17

Marlborough’s Black History Recovered



HSCC Executive Director Jennifer Carroll

On Wednesday, September 24th at 7 p.m., and using Marlborough as a lens, a talk will explore the diverse history of the region and the stories of individuals and families of color in the community. The free event takes place at the handicapped-accessible Community House at 160 Main Street in Marlborough. Light refreshments and conversation follow.

The Historical Society of Cheshire County, partnering with the Monadnock Center for History and Culture, is conducting a multi-year research initiative called Recovering Black History in the Monadnock Region.

HSCC Executive Director Jennifer Carroll will share more about the project and about Marlborough’s residents of color in this 45-minute presentation. For more details, contact Kevin at gordon.kevinh@gmail.com.

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Fall Home & Energy... 9-16

BIRTHDAYS	8	ENTERTAINMENT	18-19	GREEN	4	MYSTERY PHOTO	18
CLASSIFIEDS	22-23	FAMILY	22	HEALING	21	PETS	2
COOKING	20	GARDEN	6	MONEY	17	REAL ESTATE	23

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Saturday September 20th
8-2

All proceeds will help care for the more than 40 adoptable dogs waiting for their forever homes.

We need your donations!
Please drop off your gently used items at the Adoption Center **Friday, September 19th**, between 12 and 5 pm.
Please no clothing, decorations or electronics.

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Karen

PET OF THE WEEK
from THE MONADNOCK HUMANE SOCIETY

Abbott With Castello



Meet this sweet little bonded pair of parakeets, looking for a loving forever home where they can continue to enjoy life side by side! These two have always been together, and their favorite spot is perched right next to each other, taking in the world as a team. With the right environment and a kindhearted adopter, this colorful duo is sure to brighten any household with their companionship and charm.

Abbott is a sweet bird with a benign tumor that isn't bothering her now and doesn't stop her from enjoying life.

She's looking for a loving home where she can thrive, with an adopter who will keep an eye on her health and ensure her comfort as she continues to share her joy and companionship.

The Adoption Center is located at 101 West Swanzev Road just outside of Keene on Route 10 South. Its open hours are Thursday through Sunday 11 a.m. to 3 p.m. Learn more about the adoption process and about other adoptable pets at www.monadnock-humane.org.

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BHC

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September:

- Winchester: September 20, Elmm Center, 1:00PM
- Richmond: September 27, Veteran's Hall, 1:00PM

October:

- Fitzwilliam: October 18, Fitzwilliam Inn, 1:00PM

New Client Enrollment:
If you are interested in receiving food assistance, please bring proof of residence (license, vehicle registration, piece of mail with street address). All residents of the Monadnock region are welcome! For questions, call (603) 352-3200.

For more information and schedule updates, scan the QR code or visit Thecommunitykitchen.org

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Barbershop Harmony And Cheshiremen Chorus

Barbershop is a unique style of arranging vocal music that is sung in close, four-part, a cappella (voices only) harmony. The arranger of a song harmonizes every melody note and then creates more harmonic movement by adding secondary dominant chord progressions. It is characterized by consonant four-part chords for every melody note in a primarily homorhythmic (the same word sounds at the same time) texture. The melody is consistently sung by the lead (second tenor). The (first) tenor harmonizes above the melody, the bass sings the lowest harmonizing notes, and the unique notes of the baritone completes the chord.

A barbershop quartet singles each of the four parts. A barbershop chorus is a gathering of many quartets. This describes what the Keene Cheshiremen Chorus is all about: a gathering of men who love to harmonize and ring chords, and have lots of fun while doing so.

Men of any age, who enjoy singing and would like to know more about vocal harmony, are invited and welcome to try their voice in the barbershop style. No vocal training or musical knowledge is necessary, simply a love of singing (even when in the shower!).

Guests will have the opportunity to find their voice, hear a quartet, and learn how the full chorus rehearses. Members also receive coaching in vocal techniques and performance, weekly.

"We'd like our guests to experience the fun of 'ringing chords' in four-part barbershop harmony that men (and women) all over the world enjoy," said Casper Bemis, president of the Keene chapter of the Barbershop Harmony Society. This year, the chorus is celebrating their 73rd year and they are now preparing for their holiday performances, a great time to try barbershop.

Men are invited to give it a try. The Cheshiremen Chorus meets every Tuesday beginning at 6:30 p.m. at the United Church of Christ in Keene, the big white church at the top of Main Street, at 23 Central Square. Enter in the back of the church, off Vernon Street.

The Cheshiremen Chorus provides the music, learning tools, enthusiasm, and plenty of opportunity to enrich the lives of others through performances. For more details, visit cheshiremen.org, phone 877-31B-SHOP, or e-mail: info@cheshiremen.org.

Solar House Virtual Tour In Peterborough September 23rd

My Solar Setup, Solar House Virtual Tour will be held at Peterborough Public Library from 5:30 to 7:30 p.m. on Tuesday, September 23rd.

Participants will learn about energy saving solutions including a virtual tour of six unique solar homes.

Wanted: MEN WHO SING!

Tenor • Lead • Baritone • Bass

Tuesdays • 6:30 PM • UCC

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You Never Know When Something Might Break Down

We have five sections of hay to cut each summer. The first four went splendidly with our new horses. When we got to the fifth section, our daughter, who was kindly helping us, said, "It's a lot nicer to hay when it cools off in the evening. Let's start at five instead of noon."

I could not agree. "You never know if something's going to break down, and the forecast might change. It could rain tomorrow." It had not rained in weeks, but the laws of haying are firm: if it's not raining, you must hay.

My daughter groaned. My fellow and the horses groaned, as they went from the shade of the barn to the blazingly sunny field.

We figured there were four loads, so we would finish around five, in time to make supper. We got two loads in before the first hayloader broke. My fellow and our daughter spent an hour and a half trying to replace links in the chain. No luck.

"We could run it until the chain on the other side breaks," I suggested. I was unloading the haywagon. The load of hay seemed a lot bigger when I was working by myself.

"But then we'd have two broken chains," said my fellow, "and still might not get the hay off today."

"Why don't we just use the other hayloader? Don't we have two for exactly this reason?"

"Yes," answered my fellow, "but it's going to take a while to grease it up."

"Well, I've still got a lot to unload here," I said grumpily.

Finally we took the second hayloader up to the field. We went 100 feet before we heard the banging. One of the thing-a-ma-jigs that shuffle the hay up was broken.

My fellow balanced precariously on the back edge of the haywagon, while my daughter handed him twine. I stood in front of the horses to keep them from moving ahead in case my fellow fell off. He did not fall off. We went another 100 feet. More banging. The twine had broken.

We repeat the precarious procedure with wire. A hundred more feet. The wire breaks.

"Looks like we're picking the rest of this hay up by hand," says my fellow.

"We don't have enough daylight," I moan.

"I'm calling everyone we know," says our daughter, which translates into the handful of people who might help us in the heat. One is at work, three are in Maine, and the fifth is at work and has evening plans with his spouse. But he comes anyway.

"Are we glad to see you!" we say.

The evening comes on quickly. We have to make smaller loads, working by hand, and that takes even more time. Dusk brings out the giant flies, buzzing, landing, and biting, which means horses bucking, kicking, and wanting to run.

My fellow stands in front of the team, talking firmly and calmly, using a long whip to chase off the flies. But it is a little dicey, and maybe it's good that our friend might not fully realize that, as he hops up on the load to stomp the hay down.

My daughter and I pitch hay for all we're worth. The dog, who's had it with being tied around my waist and having to go with me for every forkful of hay, is excited by the bucking and kicking. He wants to stand in front of the horses and bark. Instead he gets tied to a tree and barks.

Then it is dark. We can't see the hay anymore. We might have it all.

"Good enough," I say wearily, and we all go back down the hill. "I wish we had a nice supper to offer you," we say to our friend. "How about some cold water?"

"That sounds good," he says.

Last load of hay in the barn and no one hurt. That sounds good too.

Kim Peavey farms and writes from southwestern New Hampshire. She and her family, as well as two teams of draft horses, grow vegetables biodynamically for 100 local families through a CSA garden. See www.hillsidespringsfarm.com for more information on the horse- and hand-powered farm, CSA garden, or Kim's writing.



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Limit: 10 gal. per household per collection.

Summer/Fall 2025 Household Hazardous Waste Collection Schedule

Wed. 9/17/25	Sat. 9/27/25	Sat. 10/18/25	Wed. 10/22/25	Sat. 10/25/25
Acworth	Acworth	Acworth	Acworth	Acworth
Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield
Dublin	Dublin	Dublin	Dublin	Dublin
Gilsum	Gilsum	Gilsum	Gilsum	Gilsum
Greenfield	Greenfield	Greenfield	Greenfield	Greenfield
Hancock	Hancock	Hancock	Hancock	Hancock
Harrisville	Harrisville	Harrisville	Harrisville	Harrisville
Jaffrey	Jaffrey	Jaffrey	Jaffrey	Jaffrey
Keene	Keene	Keene	Keene	Keene
Marlborough	Marlborough	Marlborough	Marlborough	Marlborough
Marlow	Marlow	Marlow	Marlow	Marlow
Nelson	Nelson	Nelson	Nelson	Nelson
Peterborough	Peterborough	Peterborough	Peterborough	Peterborough
Richmond	Richmond	Richmond	Richmond	Richmond
Stoddard	Stoddard	Stoddard	Stoddard	Stoddard
Sullivan	Sullivan	Sullivan	Sullivan	Sullivan
Surry	Surry	Surry	Surry	Surry
Swanzy	Swanzy	Swanzy	Swanzy	Swanzy
Walpole	Walpole	Walpole	Walpole	Walpole
Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland

All collections will be held at the Keene Household Hazardous Waste Collection Facility, located adjacent to the Keene Recycling Center, 55 Old Summit Road, Keene from 8 - 1 pm

Mover's Collections for 2025 • Saturday, November 15 & Saturday, December 13 • 8am-1pm

Note - the communities listed above may participate in the mover's collections, however, it is not open to "everyone" from that community, but rather people who are verified to be moving. Individuals from non-participating communities who are moving may also participate, however, they will pay the contractor directly at the rates established by the vendor - **North Ward Environmental Services** at the following rates - *Less than 10 gallons - \$100 • more than 10 gallons, less than 20 gallons - \$200 more than 20 gallons, less than 50 gallons - \$500* (these rates are also the same for an individual from a non-participating community during our regular collection schedule.)

Richmond Library Gives Away Geraniums September 20th

"Adopt a Geranium" will be held Saturday, September 20th from 10 a.m. to 2 p.m. at the Richmond Public Library at 19 Winchester Road in Richmond.

The library will be giving away geraniums from its window boxes before the first frost. Pots will be available, or participants may bring their own.

For details, contact the Richmond Public Library at 603-239-6164 or library@richmond.nh.

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TALES OF HOPE

SuperHero SpotLight



Brandon Baker



Donald Trecartin, V

In this inaugural SuperHero SpotLight, two men are recognized for their superlative example.

The first is a Stark Level Solutions MVP, Brandon Baker. During a recent project, a run-of-the-mill bathroom renovation quickly transformed. Baker discovered severe mold growth and rot underneath the floor. The damage came from an improper wastewater connection, most likely decades old. The unknowing homeowner contracted for a simple makeover with a razor sharp and thin budget, and no additional funds existed to address this dangerous item. Not only did the mold and rot threaten the structural integrity of the home, but it was also a tremendous health hazard. Without much consideration, Baker took it upon himself to offer his time, tools, and skillset to complete the necessary repairs for no additional cost.

The second hero is Donald Trecartin, V. On a recent camping trip, Trecartin noticed three men coming down a hill near their encampment, a father and his two sons. One of the brothers seemed to be in distress and suddenly fell to

the ground due to a severe seizure and nose-bleed. His father and brother fell into an immediate state of shock, dismay, and were unable to provide necessary assistance.

Without a second thought, the army veteran sprang into action. Trecartin cradled the young man in his arms, repositioned his body to clear his airway, and began to yell comments to en-route EMTs as he performed eye tests, gathered vital signs, and provided other important and pertinent information via the cell phone held by the patient's dad. By the time the EMTs arrived, the young man was fully stabilized, talking, and coherent because Trecartin had recognized the symptoms of this dangerous, and possibly lethal attack. Trecartin dispatched the brother and father in search of emergency medications back at their nearby camp. The medications were found and administered directly.

A broad salute to the SuperHeroes, Brandon Baker and Donald Trecartin, V. They are both, true inspirations. May examples of action like theirs become the norm instead of the exception.

Keene Senior Center Seeks Senior Singers

The Senior Center Singers (SCS) are actively recruiting seniors interested in singing songs, both old and new. The Singers meet on Wednesdays from 1:30 to 3:30 p.m. at the Keene Senior Center at 312 Marlboro Street in Keene.

Established more than 50 years ago as a non-audition group, SCS is dedicated to providing fellowship and song on a weekly basis. Each session, members are given the opportunity to sing solos, duets, or participate in a smaller ensemble. The Senior Center Singers create, rehearse and perform programs at the Keene Senior Center and for other audiences upon request. Presently, SCS is planning a "Hoo-

tenanny" style program this fall. In December, they will present songs of the Christmas season for Cheshire Village at Home. The program will include a special recognition of veterans with a military salute for each branch of service. The public is invited. Senior Singers are needed to present more programs next year.

SCS invites all seniors to share musical gifts and make new friends. While the Singers love to sing, the members are also family, caring for one another in times of sickness, accidents, and loss.

For more details, contact Keene Senior Center at 603-352-5037.

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When To Cut Back A Garden

The time of year is upon us when we think of putting gardens to bed. Folks have asked me whether this is the best time and, if so, exactly how to cut back a garden. Understandably, people are worried about pruning plants at a time that could be harmful to them or cutting them in the wrong way. I like to take a step back and remember that gardening is meant to be enjoyable and nourishing and, therefore, not too stressful. It's okay to make a mistake. And while there are no hard and fast rules to gardening, I have some thoughts about cutting back flowers, bushes, and trees. Typically, I prune or cut back three different times in the year.

The first opportunity comes in the spring, when the land begins to thaw. This is when I cut off any remaining dead stalks of perennial plants. Usually, at this point, the entire stem

is dead, so I snip as close to the ground as possible. In previous moments of haste, I've made the mistake of yanking on the dead stem. All too often, the whole plant pops out, roots

Woods and Gardens
with Yedida Landis



and all. In the tender time of spring, this is not a desired outcome; so, it's worth waiting for the snippers. Also, in spring, if I have any arboreal pruning left to do, I take time then to cut vertical, crossing, or dead branches off our fruit trees.

It seems a bit illogical, but the second time of year that I cut back plants is in the middle of summer. I primarily do this for flowering perennials. Monarda or bee balm, for instance, is one of our native flowers that will come out with a few beautiful blooms on a tall stalk. Once those flowers have faded, I'll cut the stem on a diagonal just a quarter inch or so above the highest cluster of leaves. Typically, new flowering shoots will form out of these clusters. I do this for most perennial flowers in our gardens, including coneflower, hyssop, pinks, windflowers, as well as flowering annuals, such as zinnia, cosmos, calendula and marigolds. The resulting plant is bushier, often healthier, and will provide another round of blooms before the season is over.

The last time I cut back a garden in the year is when the weather turns cool, like right now in September. I'm guessing we have the month ahead to preen our gardens before a hard freeze grips the land. If a plant looks dry and withered, I might take the stem right down to the ground; but, I think about each cut before I make it. If a plant can play a positive role in the ecosystem through the winter, I'll leave the stems intact no matter how dilapidated or crusty they look. Native wildflowers provide overwintering habitat for ground bees and wasps. They tuck inside the woody stems and even lay larvae in there. I don't pick up most of the fallen or hanging dried leaves either. I leave them on the ground around the perennials so that butterflies, moths, fireflies, wooly bears, and lady beetles have cozy places to cuddle up for the deep cold ahead. This being

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Coffee House, Open Mic Saturday, September 20th

said, I don't like my garden looking a mess. Instead, I follow the advice of English gardener Monty Don – have sharp edges and whatever happens in the middle is just fine. I weed and cut back selectively on the exterior of garden beds and put down beautiful, dark compost all around. Then, I let the middle be its own beautiful chaos through the winter.

Whether you cut back your garden now or leave some tufts of texture, color, and habitat behind, know that whatever you choose will be just fine. There's another opportunity just around the corner.

Yedida Landis has been teaching organic gardening to children for over 20 years and is lead gardener at MacDowell.



Chris Baron

On the third Saturday of each month, the DubHub hosts a Coffee House and Open Mic from 6 to 9 p.m. at 1123 Main Street in Dublin. Coffee and sweet and savory snacks are available. Attendees are welcome to BYOB and dinner/snacks. A featured performance takes about 60 minutes, with open mic slots available both prior and after.

The featured act is Chris Baron, coming from the West Coast to perform funky folk Americana with flashes of rock blended orchestral textures and an ever-expanding world of song arrangements, genre fusion, vulnerable

dynamics, and whimsical song sections.

Baron got into the 2022 Tucson Folk Festival on the strength of his song *Give* and ended up winning first place. Peter Yarrow came up to him at a gig in 2017, kissed him on the cheek and said "Son, I really appreciate what you are doing."

To reserve a spot on the open mic sign-up, email info@dublincommunity-center.org or show up and hope there will be an available spot. Suggested donation starts at \$5, and a hat will be passed during the performance.

For more details, visit www.dub-hub-nh.org/calendar.





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ROOFING, Continued from page 1

“I highly recommend J&B Roofing,” says Madeline Murphy. “Braedon and his team did an excellent job repairing my roof after a tree fell and damaged the corner of my roof. They got the job done in one day, and they were very pleasant to work with and answered my calls and texts quickly.”

“Great roofing company,” says Richard Thackston, about his experience with J&B Roofing. “Not only are they reliable and professional, they also care about the community and the product they install and the people they serve.”

A roof plays a big role in a home’s overall look and curb appeal. So when the time comes to install a new roof, you’ll want the guidance of J&B Roofing to help choose the roofing materials and shingle colors that



J&B Roofing owner, Braedon Wilson, poses with his daughter, Hadlee, by Wilson’s work truck.

not only work best with the shape and slope of the roof but also complement the home’s exterior design.

“Every roof is unique in shape, as well as character,” Wilson adds. “We use only the best products in the roofing market to maximize the lifespan and value of your roof.”

Steven Bundrick has this to say about his experience using the services of J&B Roofing: “I was having a leak issue with my sunroom glass roof, and after a few days of calling around to roofers, glass companies, etc. nobody was willing to help. J&B Roofing picked up the phone right away and was able to get out to me in less than 24 hours. Braedon took one look and said ‘I can get up there right now and try to fix it.’ He climbed right up on that roof, fixed my issue, and charged me an extremely fair price – approximately \$3700 less than another roofing company in the

area was going to charge me for a 20-minute job!”

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“At J&B Roofing we recognize and admire our military veterans and our senior citizens. This is a way we show our support – to offer all seniors and military customers a 10 percent discount on new roofs,” he adds. “Building strong relationships with our customers is very important to us. We are the ones you can trust.”

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Meet Two Centuries Of Hancock Early And Notable Settlers

On Saturday, September 20th, the Hancock Woman’s Club will host the Two Centuries of Pine Ridge Cemetery Spirit Tour. Join 18th and early 19th century costumed spirits as they share stories about settling Hancock. The tour, which lasts approximately two hours, includes short, informative presentations before and after the tour about Hancock’s history.

Attendees will meet at 9:30 in the Hancock Vestry (Main Street next to the Hancock Meeting House). They will join tour guides who will walk with them through Pine Ridge Cemetery and introduce them to the spirits, then bring them back to the Vestry for some final words by one of the founding mothers of Hancock.

Tickets are \$25, and must be reserved in advance of the tour. The tour is limited to 40 attendees. Families are welcome, but attendees must be 12 years of age or older. Pine Ridge Cemetery cannot accommodate wheelchairs, strollers, or walkers.

For more details, call 603-525-8011 or email hancockwomensclub.nh@gmail.com.

Messy Roots Is Topic At Pride Youth Book Club

The Keene Pride Youth Book Club will feature *Messy Roots* at the Keene Public Library at 60 Winter Street in Keene. Teens and tweens are invited to a discussion of *Messy Roots* by Laura Gao. The book follows Laura, who grows up in Wuhan, China, and later immigrates to Texas, navigating a new culture while discovering who she is. Insightful, funny, and heartfelt, the story explores coming-of-age, identity, and family.

The event will be held Wednesday, September 24th from 5:30 to 6:30 p.m. Snacks, crafts, and conversation about the book will be provided. All LGBTQ+ youth and allied youth are welcome, whether they have read the entire book or just a page. For a copy of the book or details, contact Eleanor Green at egreen@keenenh.gov

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- September 29, 2025
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FALL HOME & ENERGY



Why Looking At Your Trees Now Can Help You Avoid Costly Emergency Services In The Winter



Dustin Wilcox, owner of Wilcox Tree Service.

Inspecting your trees in late summer or early fall is one of the smartest steps you can take to protect your property before winter.

One major advantage of checking your trees now is that leaves are still on the branches, making it much easier to spot signs of stress, disease, or damage. Dead limbs, thinning canopies, and cracked branches are far more visible when a tree is in “full leaf,” giving you a clearer picture of its overall health.

“If these problems go unnoticed, they can worsen over time and lead to serious issues during winter storms,” says Megan Wilcox, of Wilcox Tree Service. “Snow, ice, and high winds can cause weak limbs, or even entire trees, to fall, resulting in emergency tree services that are often costly.”

TREES, page 14

Kitchen And Bath Do’s & Don’ts Workshop September 27th

Homestead Covered Bridge Kitchens & Design will hold a free workshop on how to do a successful kitchen or bath restoration project. It will be offered on Saturday, September 27th, from 10 a.m. to 1 p.m. Complimentary coffee and pastries will be served.

Owners and designers Dan Lang and Buddy Champney will lead the workshop with the assistance of their senior installers. Some of the topics include important planning considerations like budgeting, permits, plumbing, and electrical; cabinet installation basics; tile backsplash tips and trends; kitchen trends for 2025; and what is popular in cabinetry, counter-

tops, lighting, and smart appliances.

Lang and Champney also will talk about case studies with before and after photos. Attendees can share their kitchen challenges and there will be time for questions. There will be free handouts on all aspects of kitchen design and installation and the opportunity to book a design consultation with exclusive discounts offered to attendees.

Homestead Covered Bridge Kitchens & Design is located at 93 Monadnock Highway (Route 12 south) in North Swanzey. For more details, call 603-207-1200 or visit www.hcbkitchens.com.

Free Household Hazardous Waste Collections

The dates for final fall Household Hazardous Waste Collections for local towns have been announced. All collections will be held at the Keene Household Hazardous Waste Collection Facility, located adjacent to the Keene Recycling Center at 55 Old Summit Road in Keene from 8 a.m. to 1 p.m.

People from the following towns may participate: Acworth, Chesterfield, Dublin, Gilsum, Greenfield, Hancock, Harrisville, Jaffrey, Keene, Marlborough, Marlow, Nelson, Peterborough, Richmond, Stoddard, Sullivan, Surry, Swanzey, Walpole, and Westmoreland.

WASTE, page 14

Frank Webb Home Showroom Now Open



Frank Webb Home employee Lacey Peltó demonstrates one of the working bathroom sink displays in the showroom.

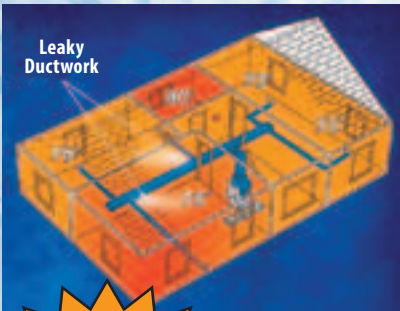
F.W. Webb has opened a showroom in their new Swanzey location. Expanding on their wholesale distribution company, Frank Webb Home is open for the public to come visit their elegant showroom. Arranged in a thoughtfully designed layout, the showroom features an extensive selection of kitchen, bath, and lighting products with working displays throughout.

Guided by a customer-centric philosophy, the Frank Webb Home team brings decades of expertise to this new showroom. Whether the need is to

replace a single fixture, remodel a bathroom or build a new home, Frank Webb Home consultants will help guide and inspire customers throughout their project, regardless of size or budget. Walk-ins are welcome and customers can schedule free consultations with the showroom team at www.frank-webb.com.

The Frank Webb Home showroom is located at 511 Homestead Hwy. in Swanzey. For more details, call 603-903-1575.

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**Screening Of Documentary
Remember Winter In Rindge**

Third Act New Hampshire in cooperation with Franklin Pierce University Institute for Climate Action and New Hampshire's Citizen's Climate Lobby will host a screening of the Gabriel Andrus documentary, *Remember Winter*, in Spagnuolo Hall in the Flint Campus Center on the Franklin Pierce University campus in Rindge on Tuesday, September 23rd at 7 to 8:30 pm.

Andrus – a New England-based independent film-maker – was inspired by his grandfather's old photos and recollections of New England's winters. His film centers on his ski trip across New Hampshire and the many conversations he had with New Englanders about our changing climate and its impacts on lives.


Remember Winter has been selected for broadcast on NHPBS and viewing at the NH Film Festival. The event organizers hope to extend community conversations about climate change and its impacts on our New England traditions and what each of us can do about it. This viewing includes a discussion afterward about the movie. Free pizza will be served.

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**Turtles Alive! Workshop
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The Cheshire County Conservation District will hold a workshop on the development of a regional turtle conservation initiative on Thursday, September 25th from 4 to 5:30 p.m. at the Keene Public Library's Heberton Hall at 60 Winter Street.

A naturalist from Squam Lakes Natural Science Center will bring some of Squam's turtle ambassadors for participants to look at.


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Sun Day: A Day Of Action For Clean Energy, A Livable Planet

Sun Day in Keene on September 21st from 1 to 4 p.m. is a day of action promoting clean energy and a livable planet. The intergenerational event takes place in Fuller Park at Keene Recreation Center and is sponsored by Third Act, a community of people over 60 who work to safeguard the climate and democracy.

Attendees will enjoy speakers, music, art activities for all ages, a family-friendly parade, climate target cornhole, and more. Register for the event and see the full sponsor list at www.sunday.earth.

“The cheapest way to make power today is to point a sheet of glass at the Sun,” said Third Act’s cofounder, Bill McKibben. “Solar energy is plentiful, inexpensive, and it can’t be held in reserve. The sun is available to us all. Solar power is people power!”

Investments in clean energy help protect the people and places that are loved. Solar panels don’t pollute the air, worsening asthma and other health problems. Solar panels don’t create a blanket of pollution around the earth, trapping heat energy, which causes the planet to get hotter, and fires and floods to get worse. Solar panels don’t stop producing power even when power goes out statewide.

At Sun Day in Keene, those attending will notice people wearing a yellow sticker which says, “Clean Energy for All.” These folks will be happy to talk informally about how their solar panels, electric vehicles, heat pumps with minisplits, or other clean energy purchases have made their lives better.

Attendees can learn more about the environmental, health, and financial benefits of clean energy investments.

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Peterborough Library Hosts Community Houseplant Swap



Rebecca Enman, program and outreach librarian at Peterborough Town Library

The Peterborough Town Library at 2 Concord Street will host a Houseplant Swap on Friday, September 19th from 4 to 6 p.m. and Saturday, September 20th from 9 a.m. to 2:30 p.m. Community members are encouraged to bring healthy, pest-free houseplants including full-grown potted plants, baby plants, seedlings, or cuttings as well as any gently-used plant pots or accessories to pass along. Donations will be accepted at the help desk starting Friday, September 19th at 11 a.m. through noon on Saturday. Donors are asked to label each plant clearly with its name and any basic care instructions. For more details, call 603-924-8040 or visit www.PeterboroughTownLibrary.org.

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Whitney Brothers Nature View Play Beach House Earns Product Award

Early learning furniture brand Whitney Brothers has announced its Nature View Play Beach House received a Platinum 2025 Spaces4Learning Product Award, one of the most widely recognized awards for innovation in the educational products market. This is the sixth consecutive win by this local business. Scenes depicted on clear acrylic wall panels in the Nature View Play Beach House recreate the experience of a sunny day at an ocean beach. Curious children can find seagulls, hermit crabs, sea turtles, manta rays, dolphins, coconuts, sailboats, and an iconic lighthouse. The walls are constructed in solid maple and clear, shatter-resistant acrylic panels that dampen noise yet provide important visibility for supervision of children inside. Wide door openings provide accessibility and the open pergola-style roof ensures proper ventilation. "We're honored to receive this award from Spaces4Learning because it recognizes the importance of biophilic design for our youngest learners," says Scott Kroeger, Whitney Brothers president.

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WE APPRECIATE YOU!

Volunteers Needed For The 29th Annual Source To Sea

Volunteers are needed for the 19th Annual Source to Sea in clean-up efforts happening in Keene and Swanzy on Friday and Saturday, September 19th and 20th.

All ages and groups are welcome on foot or bring a boat. The locations include the Ashuelot River Park in Keene on Friday, and on Saturday the Ashuelot River at Cresson Bridge on Sawyer's Crossing Road (boaters only) in Swanzy and Beaver Brook on Water Street in Keene

Register online (preferred) at www.cheshireconservation.org/s2s, or call 603-904-3011 or email info@cheshireconservation.org.

Due to limited space on the rivers, volunteers should only use small boats such as kayaks, canoes, and paddle boats. Volunteers do not require a boat, but those on the water are encouraged to bring life jackets for all passengers. Trash bags and gloves will be provided to all volunteers, and a limited number of T-shirts for volunteers will be available.

Solar System Exploration And Colonization Talk

A free Q&A time and discussion is encouraged. This program is intended for adults as well as ages 12 and older.

A free talk on Solar System Exploration and Colonization will be held on Thursday, September 25th at 6:30 p.m. at Chesterfield Library on Route 63.

Erik Schmitt of the Southern Vermont Astronomy Group will present some of the challenges and possible solutions to living on the Moon, Venus, Mars, outer solar system, and even space itself. There will

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TREES, Continued from page 9

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Free Household Hazardous Waste Collections

WASTE, Continued from page 9

The dates are Saturdays, September 27th and October 18th and 25th, and Wednesdays, September 17th and October 22nd.

Bring products marked toxic, poison, corrosive, irritant, hazardous, flammable, or danger. If you think it's hazardous, bring it. This is an opportunity to clean out toxic wastes from basements, work benches, garages, and cupboards. Used vape products will also be accepted for collection.

The collection takes around 10 minutes, and is sponsored by the City of Keene. Do not mix products, and the limit is 10 gallons per household per collection. Do not bring empty containers (can be recycled), latex paint, ammunition, fireworks, radioactive materials, make-up, and toiletries.

Containers must be labeled as to their contents. No containers larger than 10 gallons will be accepted.

While they are there, folks can check out the reuse center for items such as good quality paint or various cleaning products. These are perfect for small jobs and are free.

Also offered are Mover's Collections for 2025, on Saturday, November 15th and Saturday, December 13th from 8 a.m. to 1 p.m.

The communities listed above may participate in the mover's collections, however, it is not open to everyone from that community, but rather people who are verified to be moving. Individuals from non-participating communities who are moving may also participate, however, they will pay the contractor directly at the rates established by the vendor, North Ward Environmental Services, at the following rates: less than 10 gallons, \$100; more than 10 gallons, less than 20 gallons, \$200; more than 20 gallons, less than 50 gallons, \$500 (these rates are also the same for an individual from a non-participating community during the regular collection schedule).

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Solar Is No Longer Just Alternative – It’s Accelerating Across the Globe, And Here In New Hampshire



Zach Obuchowski (front) and Camron Tracy (back).

As renewable energy enters an era of explosive growth, homeowners stand to benefit more than ever by making the switch to solar. Author Bill McKibben recently highlighted a watershed moment in solar adoption in a recent issue of *The New Yorker* (July 9, 2025): after nearly seven decades, the world reached its first terawatt of solar capacity in 2022, followed by a second only two years later, and is on track for a third shortly. He notes that builders are installing “the rough equivalent of a coal-fired plant worth of solar” every 15 hours.

This isn’t a future trend. It’s reality right now. Solar accounts for 96 percent of new global electricity demand today, and in the US, 93 percent of new generating capacity comes from solar, wind, or battery storage.

In March 2025, for the first time ever, renewables outpaced fossil fuels in U.S. electricity generation. China, too, is scaling fast, installing a gigawatt of solar every eight minutes.

Here’s why the solar revolution matters for homeowners: Solar isn’t niche; it’s the most cost-effective energy source today. It’s also accessible. Rapid adoption means solar technology is proven, mature, and widely available. And it’s resilient. Solar paired with battery storage offers clean backup power when the grid falters.

Local solar providers like Powers Guaranteed Services are bringing the global energy transformation to the region’s roofs, according to Powers’ founder and owner, Al Powers. He says, “When it comes to something as important as powering your home experience and trust matter. Choosing a local solar and energy storage provider means you know who’s standing behind the work, long after the installation is complete.”

Powers also says that there’s an urgency to residential solar installation in the US right now, as the 30 percent federal solar tax credit expires on December 31, 2025. He says, “While the momentum behind solar isn’t stopping, it just makes sense for consumers to maximize their savings while they can, as they upgrade their homes.”

To learn more or request a free solar consultation, visit powersguaranteed.com or call 800-853-7202.



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Presenting.....

SUPERHERO SPOTLIGHT!

In honor of our 1 year anniversary, SLS and our sister company, The Marlborough House are sponsoring a monthly editorial.

1ST INSTALLMENT: IN THIS ISSUE.....

Every month, a Monadnock Shopper News editorial will feature real-life SuperHeroes. Acts of courage, stories of exceptional giving, and actions in service to others are the focus of this effort in the Monadnock region. We warmly request nominations from the community for future superhero editorials. Submissions must be 300 words or less, and once received will be considered for all future spots. For the inaugural superhero spotlight, we feature two SuperHeroes. Check it out!

To nominate a Hero: Submit the following on the Stark Level Solutions webpage/SuperHeroSpotLight:

- Picture of your Hero
- Story of your Hero
- for more information, go to www.starklevelsolutions.com/SuperHeroSpotLight

THE STRUGGLE AND FRUSTRATION ARE REAL, BUT SO ARE THE REWARDS!

Jeremy Shepard, owner and principle of Marlborough House(TM) and Stark Production Group(SPG) recently sought quotes and service for a local construction project. After three contractors, six months, and \$100,000, the projects and updates at the Marlborough House were far from scheduled completion. With the impending busy fall season and a calendar full of events looming large, Shepard decided to call in members from his New York production crew. What wasn't completed in six months, was finished in six weeks. Obtaining quality residential and commercial contractors in the Monadnock region is a formidable task. Enter Stark Level Solutions.

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Winchester Farmers Market Features Artisan Meats, More



Winchester Farmers Market is held Saturdays from 9 a.m. to 1 p.m. on Main Street Winchester and offers everything from local produce, handcrafted goods, fresh prepared foods, and more. Pictured making samples of their beef are Aaron Moody and his son Jake from Moody Farms LLC of Bernardston, MA who sell artisan meats, beef and chicken.

What’s The Most Basic Computer Advice?

Whether it’s a suddenly-black (or blue) screen, a program stops working, your system slows way down, or a big, nasty message pops up in your web browser, the best thing to do is restart your system.

Tech Talk

with Greg Pratt

There’s a reason why “Have you tried turning it off and on again?” is a go-to response for tech workers – restarting your system clears your system’s memory, clears temporary files that might be clogging things up, closes programs running in the background, and

generally allows your system to get a fresh start. If you restart your system and the problems persist, that’s when you should call your tech support people – but restarting clears up many of the basic problems people experience.

Tech tip: If your system is frozen and you can’t use the menu to shut down, hold down your system’s power button for a few seconds and your system will power down; don’t do this on a regular basis, but it’s good in a pinch. Until next time – be well, be kind, and be curious.

Gregory Pratt is the owner and head bench technician of TheStiltskin Computer Services, located at 1 Elm Street in Keene. If you have a question, observation, or something that’s bugging you, email help@thestiltskin.com.

Exciting Changes At The Redfern Arts Center

REDFERN, Continued from page 1

On Friday, October 17th at 7 p.m., Apple Hill String Quartet will perform.

Friday and Saturday, October 24th and 25th at 7:30 p.m. will be Dances on Film by Tori Lawrence.

Saturday, November 1st will feature Faculty Series: Calliope’s Call Presents Emily/Edna: Arts Songs of Dickinson & Millay, Christina Wright-Ivanova, Piano at 7 p.m.

On Wednesday to Saturday, November 19th to 22nd at 7:30 p.m. plus Saturday at 2 p.m. will be The Bridges of Madison County music and lyrics by Jason Robert Brown, book by Marsha Norman, based on the novel by Robert James Waller.

In addition to these spotlight and mainstage productions, the music department also has 14 student concerts, six additional guest and faculty concerts, and a free workshop series every Wednesday at 2 p.m. The Theatre and Dance Department will also present a choreography showcase in the Mabel Brown Room located in the Keene State student center. Ticket prices are always affordable, and discounts are available to seniors, youth, and students. Visit the Redfern websites to view the full performance calendar, keene.edu/redfern

The Redfern is also welcoming Stephanie Bass Abrams as the center’s new artistic director. Abrams brings over 20 years of arts management experience to the Redfern. She served as an artistic director for multiple companies in the San Francisco Bay Area before founding Kinetic Theory Circus Arts in Los Angeles. Under Abrams’s direction, Kinetic Theory became the largest school for circus-theatre in Southern California, launched the careers of many professional artists (including Cirque du Soleil and 7 Fingers performers), served thousands of patrons a year in the only dedicated circus-theatre performance venue in Los Angeles, and collaborated with industry-leading productions such as Cirque du Soleil and America’s Got Talent.

Abrams attributes her strong work ethic to her background in mime, circus, and vaudeville. She is an award-winning performer and director and has

toured the world as a mime and contortionist. She has written and directed more than 30 original productions and has served as director and dramaturg for many others. Her theatrical work has been performed around New England, Los Angeles, San Francisco, Berkeley, New York City, and in 10 countries including a run at the Edinburgh Fringe Festival in 2015.

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LECTURES & WORKSHOPS

Free Medicare & Social Security Workshop 6-7pm. Keene Public Library, 60 Winter St. Workshop presented by Steven Bergeron of Wealthcare Capital. For details and to make reservations call **603-354-7770**. www.freemedicareworkshopkeene.com.

Drinking Liberally 7:30pm. Margarita's, Main Street, Keene. Meet-up for left of center political discussion and other current events. No RSVP needed; just ask for them at the reception desk. **603-352-1707**. keene@drinkingliberally.org. www.livingliberally.org/chapter/nh/keene.

MISCELLANEOUS

Home Healthcare Hospice & Community Services: Walk-in Wednesdays-By Appointment HCS Charles-town, 33 Arborway. Confidential, free of charge discussion of services that are available. **603-352-2253**. www.HCSservices.org.

Walk-in Wednesdays 1-3pm. Family Resource Center at HCS, 312 Marlboro Street, Keene. Confidential, free of charge discussion of services that are available. From Healthy Starts to Hospice care. **603-352-2253**. www.HCSservices.org.

Home Healthcare Hospice & Community Services: Walk-in Wednesdays 1-3pm. HCS Peterborough, 454 Old Street Road Medical Arts Building, Suite 208. Confidential, free of charge discussion of services that are available. **603-352-2253**. www.HCSservices.org.

Storytelling & Spoken Word Circle 6:30-8:30pm. Dublin Community Center, 1123 Main St., Dublin. **603-563-8080**. info@dublincommunitycenter.org. www.dubhub-nh.org/calendar.

The Connecticut: New England's Great River 7pm. Chesterfield Town Hall, 522 NH-63, Chesterfield. This presentation explores the many issues involved in managing the health of this major river, and how citizens from all walks of life have created a vision for its future. Free. www.chesterfieldhistoricalsociety-nh.org/page-1.

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. Collection takes approximately 10 minutes from the time of arrival. **603-352-5739**.

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)



In what Cheshire County town was this one-room schoolhouse located?

The winner of last week's Mystery Photo contest was Bruce Barry of Keene. The electrical shop was located on Washington Street in Keene.



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30/30 LONG GUN RAFFLE



DAILY DRAWING FOR 30 GUNS FOR THE FIRST 30 DAYS OF OCTOBER

Winning tickets are included in each day's drawing, giving all tickets 30 chances to win. A maximum of 1000 tickets will be sold.

TICKETS ARE \$30 EACH

and may be purchased at the range office during business hours, at the range on Saturdays from 10 am to 1pm, from CCSSEF Members, other raffle ticket sellers, at Monadnock Firearms, and Trader Johns Gun Shop.

A COMPLETE LIST OF GUNS AND RAFFLE INFO CAN BE FOUND AT WWW.CCSSEF.ORG

Thurs., Sep. 18

LECTURES & WORKSHOPS

Senior Sneakers 4-4:45pm. Cheshire Medical Center. Fitness program designed for beginners and older adults. Combines half-standing and half-seated workouts with weights and resistance. **603-762-1340**. KKelley@cheshire-med.com.

MISCELLANEOUS

Infinite Worlds Book Club: Magical Realism 6-7:30pm. Keene Public Library, 60 Winter St. A non-traditional book club for adults focusing on speculative fiction. Members are encouraged to pack a dinner, library will provide dessert. Katelyn McStravick: **603-352-0157**. kmcstravick@keenenh.gov.

Zumba Gold Fall Session 10:45-11:45am. Keene Rec. Center, 312 Washington St. Zumba Gold meets Tuesdays and Thursdays for 8 weeks. Register: **603-357-9829** or www.keeneparks.recdesk.com.

Friday, Sep. 19

ARTS, MUSIC, THEATER

Cosy Sheridan & Sloan Wainwright Con-


cert 7:30pm. Nelson Town Hall, 7 Nelson Common Rd #5325, Nelson. Admission is \$20/\$17 (in advance). www.monadnock-folk.org/---cosy-sheridan-and-friends-friday-september-19-2025.

MISCELLANEOUS

Volunteers Needed: 29th Annual Source to Sea River Clean Up Ashuelot River Park, 242 West St., Keene. Help on-foot or bring your own boat. All ages and group sizes are welcome! Online registration is preferred. For assistance in registration, contact **603-904-3011**. info@cheshireconservation.org.

Community Houseplant Swap 4-6pm. Peterborough Town Library, 2 Concord St., Peterborough. Community members are encouraged to bring healthy, pest-free houseplants — including full-grown potted plants, baby plants, seedlings, or cuttings — as well as any gently-used plant pots or accessories. **603-924-8040**. www.PeterboroughTownLibrary.org.

Community Bike Ride: Bike Party 5:15pm. Meet at 79 Emerald St., Keene. Ride begins at 5:30. Contact for more details contact pamelabys@gmail.com.



"Marlborough's Black History Recovered"

with Jennifer Carroll

Wednesday, September 24 • 7pm

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A Weekend Of Nature, Music, And Art In Emerson Brook Forest



Valerie Piedmont

The Sustainability Project (TSP) will host a full weekend of nature-based community events, rain or shine, from Friday September 26th through Sunday September 28th. There will be food, forest workshops, music, art, dance, poetry, and more. This event takes place at 57 Emerson Brook Drive. To kick off the weekend, there will be a Community Potluck and Circle in the Emerson Brook Forest on Friday September 26th from 5 to 8 p.m. Register in advance.

On Saturday, September 27th from 9 a.m. to 4:30 p.m., Brian Bishoff and Diana Damato will lead Immersing “Oneself in the Forest,” a guided retreat that includes forest bathing, a Yoga nidre, a nature-based

writing program, a nutritious lunch, and snacks. During the retreat, a “Peace Pole” donated by Aloha Keene will be erected. Registration is required for this workshop day; space is limited to 14 people. There is a sliding scale suggested donation of \$50-75 but no one is turned away for lack of funds.

Closing out the weekend, TSP’s Annual Music and Art in the Forest event takes place on Sunday, September 28th from 10 a.m. to 2 p.m. this event will feature family fun, spontaneous music, poetry and movement. Attendees can view the Clay Heads by Susan O’Hara and the organization’s local artist’s exhibit, explore the trails, and tour Valerie Piedmont’s nearby homestead. Light refreshments will be served. Bring a picnic lunch. The building and main grounds are wheelchair accessible.

For more details, visit emersonbrookforest.org and click Upcoming Events. To register for the retreat or reserve a space for a piece of art or a performance time slot, text or call Piedmont at 603-209-7272 or email valerie@emersonbrookforest.org

As part of the end of the season burst of creativity, The Sustainability Project’s last indoor exhibit will be a local community artist/crafts group show, with one or two pieces from each participating artist. Local artists are invited to submit their work. Curation of the exhibit begins after Friday, September 19th and will run through October 12th.

In addition to the display of art, musicians and spoken word performers are invited to join in the Music and Art in the Forest event on Sunday, September 28 from 10 a.m. to 2 p.m. Works promoting a love for the planet or social liberation inspired material, appropriate for all ages, are more than welcome.

Supper At Swanzezy Church

On September 20th, the First Congregational Church of Swanzezy at 679 Old Homestead Highway will hold a supper from 5 to 6 p.m.

The menu includes baked ziti with salad, bread, beverage, and assorted cupcakes. The cost is by donation.

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Saturday, Sep. 20 ARTS, MUSIC & THEATER

Jatoba at Mole Hill 8pm. Mole Hill Theatre, 6 Baine Way, Alstead. Bluegrass-tinged covers and originals. All-ages, family-friendly. BYOB and snacks, no hard liquor. \$15, cash or card at the door. Dennis Molesky: **603-352-2585**. info@molehillnh.com.

DINING PLEASURES

Supper-Baked Ziti 5-6pm. First Congregational Church of Swanzezy, Rt 32, Swanzezy. With salad, bread, beverages and cupcakes. By donation. **603-352-6689**. office@swanzezyucc.org.

FAIRS & SALES

“Books and More Sale” 9am-1pm. 9 South Village Common, Westmoreland. Plants, pots, gardening tools, cat/dog items, linens, pot/pans, small appliances, microwave, craft projects, small refrigerator, books, and more.

Keene Farmers’ Market 9am-1pm. Gilbo Avenue, Keene, across from Lindy’s Diner. Locally grown and made goods. Fresh veggies, fruits, herbs, specialty products and much more. www.keenefarmersmarket.com/.

The Winchester Farmers’ Market 9am-1pm. Main St., Winchester. Local produce, fresh prepared foods, artisan meats, and hand-crafted goods. **603-762-0133**. winchesterfarmersmarket@gmail.com.

MISCELLANEOUS

Volunteers Needed: Source to Sea River Clean Up Ashuelot River at Cresson Bridge on Sawyer’s Crossing Rd., Swanzezy. (Boaters only). Online registration preferred. For assistance in registration, contact **603-904-3011**. info@cheshireconservation.org.

Volunteers Needed: Source to Sea River Clean Up Beaver Brook, Water St., Keene. Help on-foot or bring a boat. Online registration preferred. For assistance in registration, contact **603-904-3011**. info@cheshireconservation.org.

Puzzle Race Putney Public Library, 55 Main St., Putney, VT. Register 3-5 puzzlers by September 20th, see who can complete a puzzle the fastest. Competition Saturday, October 4th at 1pm. Register at www.forms.gle/gcalpey-CUPjhJqNS7%20.

The Community Kitchen: Mobile Food Pantry 1pm. ELMM Community Center, 21 Durkee St., Winchester. Locally sourced fresh produce, meat and dairy products and non-perishable food items available at no cost to all eligible residents. **603-352-3200**.

Coffee House & Open Mic 6-9pm. Dublin Community Center, 1123 Main St., Dublin. Featuring Chris Baron. **603-563-8080**. www.dubhub-nh.org/calendar.

Houseplant Swap 9am-2:30pm. Peterborough Town Library, 2 Concord St., Peterborough. Bring healthy, houseplants — full-grown potted plants, baby plants, seedlings, or cuttings — as well as gently-used plant pots or accessories. **603-924-8040**. www.PeterboroughTownLibrary.org.

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

Meet Two Centuries of Hancock Early and Notable Settlers 9:30am. Hancock Vestry, Main St. Walk through Pine Ridge Cemetery, meet the spirits and one of the founding mothers of Hancock. \$25, reserved in advance. **603-525-8011**. hancockwomansclub.nh@gmail.com.

Adopt a Geranium 10am-2pm. Richmond Public Library, 19 Winchester Rd., Richmond. Giving away the Library’s window box geraniums. Pots available or bring your own. **603-239-6164**. library@richmond.nh.

RELIGIOUS

Sunday School Info Day 3pm. Peterborough United Methodist Church 43 Concord Street, Peterborough. Parents and kids are invited to come for an ice cream social and information/registration event. Families will be welcome to register children for the 2025-26 Sunday School sessions and take paperwork for Camp Wanakee. info@peterboroughumc.org.

Sunday, Sep. 21 ARTS, MUSIC & THEATER

Electric Earth Concerts: Catalyst Quartet 4pm. First Church in Jaffrey, 14 Laban Ainsworth Way, Jaffrey. Tickets \$30. Students free. **603-499-6216**. www.electricearthconcerts.org.

Peterborough Folk Music: Garnet Rogers 4pm. Bass Hall, 19 Grove St., Peterborough. \$30. Show date of 9/20 is sold out so don’t hesitate to order tickets for this event early. **603-318-9196**. www.pfmsconcerts.org.

MISCELLANEOUS

Sun Day in Keene 1-4pm. Fuller Park by the Keene Recreation Center, 312 Washington St. Sun Day is a nationwide day of action, promoting clean energy and a livable planet. Speakers, music, art activities, parade, climate target cornhole, and more. Register at www.sunday.earth.

Monday, Sep. 22 LECTURES & WORKSHOPS

Lecture: Living and Resisting in Nazi Germany with Speaker Dr. Paul Vincent 6-8:30pm. Keene School District Professional Development Center, Jonathan Daniels, 227 Maple Ave.

MISCELLANEOUS

Red Cross Blood Drive 12-4:30pm. Spagnuolo Hall, 40 University Drive, Rindge. Donors are asked to call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

Tuesday, Sep. 23 ARTS, MUSIC & THEATER

Cheshiremen Chorus: Weekly Meeting & Singing 6:30pm. United Church of Christ-Keene, 23 Central Square. All men welcome. Use Vernon St. entrance. **877-312-7467**. www.cheshiremen.org.

Screening: “Remember Winter” 7-8:30pm. Franklin Pierce University Campus, Spagnuolo Hall, Emily Flint Campus Center, Rindge. Professor Catherine Owen Koning: **603-899-4322**. koningc@franklinpierce.edu.

LECTURES & WORKSHOPS

Voices of Pride: LGBTQ+ Youth Collage, Zine & Craftivism Workshop 5:30-6:30pm. Keene Public Library, 60 Winter St. A creative and inclusive workshop. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

MISCELLANEOUS

My Solar Setup- Solar House Virtual Tour 5:30-7:30pm. Peterborough Town Library, 2 Concord St., Peterborough. Learn about energy saving solutions including a virtual tour of six unique solar homes.

Journey Into The Interior Spirituality Group 6-7:30pm. Keene Psychotherapy Services, 18 Lucinda Terrace, Keene. **603-400-8840**.

Music & Art in The Emerson Brook Forest
Sunday, Sept. 28th • 10 AM – 2 PM

Come for Family Fun, Spontaneous Music, Poetry and Movement, and much more!
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Silent Auction & Dessert In Swanzey

A Silent Auction & Dessert event will be held at the First Congregational Church of Swanzey on Friday, September 26th from 6:30 to 8 p.m.

Handmade quilts and table runners will be for sale as well as apple desserts with ice cream and hot cocoa. Donations for the auction will be accepted until noon on that day.

For more details, call 603-352-6689 or email office@swanzeyucc.org.

Adult Potluck Luncheon At Swanzey Church

An adult community potluck luncheon will be held Wednesday, September 24th from 11:45 a.m. to 1:15 p.m. at the First Congregational Church of Swanzey at 679 Old Homestead Highway in Swanzey. Participants may bring a salad, main course, or dessert to share.

For details, call 603-352-6689 or email office@swanzeyucc.org

Beekeeping Workshop In Alstead

Charles Andros, former NH/VT apiary inspector, will hold a beekeeping workshop on Saturday, September 20th from 1 to 4 p.m. at 18 MacLean Road (off of Walpole Valley Road) in Alstead. Look for the “BEE” sign.

Topics of discussion will include treatment of nosema and mites (including using oxalic acid), winter preparations, winter protein and carbohydrate supplements, and making beeswax hand creams.

Participants should bring a veil if they have one. Water and sunscreen are also a plus. Registration required by calling 603-756-9056 or emailing lindenap@gmail.com.

Pack Up A Fall Picnic

These last mild days of summer and into early fall are the perfect time for an intimate picnic or casual food shared with friends. While you can't control the weather, nearly everything else for a memorable picnic can be planned. Look through your recipes and select foods that will be both good and varied, suited to both the guests and occasion. Keep it simple, with sandwiches and a few condiments; or plan a more elaborate picnic with some make-at-home meals that can be enjoyed out of doors. Pack a tablecloth and napkins, plates and utensils, glasses and cups. If desired, choose a complementary wine or other refreshing beverage. Give careful consideration to keeping hot foods hot and cold foods cold, using insulated boxes, bags or coolers. Choose a pretty spot and enjoy an early fall picnic – you'll reaffirm the time-worn adage that everything tastes better outdoors!

Prosciutto-Olive Antipasto
A simple snack enhances any picnic fare table. Enjoy this with platters of other snack foods or pair with a selection of sandwiches. Serves six.

Ingredients:
6 oz. thinly sliced prosciutto
1/2 cup unpeeled whole almonds, toasted
12 Nicoise olives or other small black brine-cured olives
12 Picholine olives or other green olives
1 tablespoon olive oil
freshly ground black pepper and salt

Arrange prosciutto on serving platter. Scatter almonds and olives over; drizzle with olive oil. Season with freshly ground black pepper and salt. Serve at room temperature; eat with forks.

Cooking Corner
with Nancy Adams



Meatball Lollipops
A dish of these special meatballs will disappear fast. Make them at home, refrigerate up to a day, and transport in muffin tins to your picnic spot. Makes two dozen.

Ingredients:
1/2 cup store-bought tomato sauce with cheese
2 large eggs
1 cup crushed pretzels
4 tablespoons finely chopped onion
3 lbs. ground beef
24 pickle slices
1½ cups tomato sauce for topping (same as type listed above)

In a large bowl, combine all ingredients except pickle slices and topping. Press mixture firmly into 24 medium muffin pan cups. Place on a baking sheet and bake at 350 degrees for 20 minutes. Pour off any accumulated fat. Spoon topping of one and a half cups tomato sauce over meat, dividing evenly; bake five more minutes. Remove meat from muffin cups and top each with a pickle slice. Insert a wooden skewer through each pickle and firmly into meat, to form lollipops. Refrigerate up to one day; bring to room temperature to serve. Note: you could try these using thick pretzel sticks instead of wooden skewers, if desired.

Stuffed Sandwich Loaf
Sandwiches have been favorite picnic fare for centuries, in various forms, in various cultures and cuisines. In Italy, large stuffed breads, such as in this recipe, are popular; British enjoy baps (soft rolls), while sausage rolls and pasties are popular in the Isles; finely chopped chicken mixed with mayo, soy sauce and finely chopped ginger has an Asian flare; creamed cheese with green onion, caviar and salmon is favored in Scandinavian countries; pita bread filled with lamb or falafels are reminders of Greek cuisine. Pack a variety of favorites in advance for stress-free picnics with your family or friends.

Ingredients:
1 loaf unsliced Italian bread
4 hard-boiled eggs, diced
1 cup ham, diced



Enjoying a picnic are (left front to rear) Dan Mathewson of Hancock; Rod and Ann Falby of Peterborough; (right rear to front) Nancy and Bud Adams of Hancock; Diane and Chris Streeter of Hancock.

(photo by Kathy Mathewson)

1 cup diced celery
2-3 tablespoons chopped dill pickle
2-3 tablespoons chopped pimento-stuffed olives
1 tablespoon minced onion or scallion
1/2 teaspoon garlic salt
1/4 teaspoon dry mustard
1/2 cup mayonnaise
2 tablespoons olive oil

Cut a lengthwise slice off the top of the bread and hollow it out, leaving about one inch of wall. Measure one cup of bread crumbs from the center of the loaf and combine it with remaining ingredients, except the oil. Spoon mixture lightly into loaf and replace top. Brush entire loaf with olive oil and wrap in aluminum foil. Bake in 450 degree oven for 25 to 30 minutes. Cut into six thick slices and serve hot; or refrigerate and serve cold the next day.

Roast Beef Spirals
These roast beef spirals are tasty tidbits to snack on at your picnic. No bread involved, so serve them with a variety of other finger foods and soft rolls, if desired.

Ingredients:
1 package (8 oz.) cream cheese
1 tablespoon horseradish
1 teaspoon Dijon mustard
1/4 teaspoon salt
freshly ground black pepper
16 thin slices cooked roast beef, about 1 lb., your own or deli-purchased

Combine all ingredients except roast beef in medium bowl; blend well. On work surface, overlap two slices of roast beef to form a rectangle about 8x4-inches. Spread two tablespoons of cream cheese mixture over the beef. Beginning at long side, tightly roll up the beef. Wrap the roll in plastic wrap. Repeat with remaining roast beef and horseradish cream. Refrigerate roll-ups at least three hours or overnight. To serve, slice each roll crosswise on the diagonal with a sharp knife, about one-half to three-quarters-inch thick. Arrange on platter and serve with toothpicks. Makes six servings.

Avocado Baps
Baps are a British name for soft rolls. These stuffed rolls bring to mind the avocado toast that appears on many menus now in local restaurants; perhaps they'll be as popular on your next picnic.

Directions are for two; increase as desired:
Heat **two baps** in 375 degree oven until lightly crisped; cut a round out of the top and then pull out all the crumbly insides, leaving a thin wall (save crumbs for another use). Peel and stone **1 ripe avocado** and mash it together in a bowl with **1 tablespoon lemon juice, 1 hard-boiled egg, and 1 slice crisp-fried bacon** that's been roughly torn; season as desired with **salt and pepper**; drizzle in a bit of **olive oil** and combine. Put a layer of **shredded lettuce** at the bottom of each bap and then divide the avocado mixture between the two and replace the 'hats'.

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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Peace Begins With Us

Sunday, September 21, is International Peace Day. It is an easy holiday to celebrate; it only takes a minute. At noon, in every time zone, people are asked to participate in 60 seconds of silence. That's all. So, for one minute every hour for twenty-four hours on September 21st, our earth will experience a digitized wave of silence. This year, organizers are expecting three billion people in over 200 countries to participate.

Healing Perspectives
with Eve Kodiak



What difference can it make to simply be quiet for one of the 525,600 minutes of the year? And living in the midst of so much cruelty and injustice and disease and every flavor of suffering – is silence a cop-out? When I feel this way, I ask myself: Do I have a better alternative?

I grew up in the sixties and seventies; I attended my share of protests. Some devolved into anger. It is hard to stand with a placard in peace. Many can – I particularly admire the Quakers in nearby towns who do this every Saturday morning. But personally, participating in protests makes me anxious.

A teacher once told me, “The earth is an

enormous being. It can't read individual human actions or agendas. The earth can only read your frequency. If you hate recycling, it will reject your frequency, no matter how 'helpful' you think you are being. If you love recycling, the earth will accept that frequency of love.”

When we have the intention to be silent, and take time – even a minute – to share that frequency with the earth and other sentient beings, we are sharing a precious gift. The depth of the silence matters; that's why many practice meditation techniques – to deepen the silence and magnify that frequency of love and compassion. But any moment of silence matters, no matter how noisy the mind feels. Every moment of positive intention leads to authenticity.

The Quakers sit in silence for worship. Perhaps that is how they can stand in an attitude of peace, out in the town centers as the cars drive around them. One of the most famous silences is that of the Buddha, who sat under the Bodhi Tree 2600 years ago. His message? Only by accepting things as they are, can we find peace. And that if one wishes to lead a peaceful life, it's best to hang out with other people who are putting out high frequencies – to place yourself in environments where authenticity is valued.

On September 21 we can choose to be members of a global sangha (community).

It may not seem like much – but for one minute, it is everything.

So, if experiencing that minute at noon sounds like a good idea to you – maybe plan to take 10 minutes of silence before and after it. That way, you can be more present when noon rolls around, and allow it to percolate afterwards.

If you'd like to be in the literal presence of others, one option is to come to Aloha Healthy Living at 83 Court Street in Keene from 11 a.m. to 1 p.m. for a workshop called Peace Begins With Us. We'll be doing some light yoga and chanting, and we'll all be silent together during that minute at noon. The workshop is free, and all donations benefit the Monadnock Meditation Practice Center at 103 Roxbury Street, #301 – another place where you can come to practice peace in silence with others, both in person and online.

Whatever choices you make on September 21, or anytime, remember that your personal peace propagates. Even one minute helps the world.

For information about Peace Begins With Us, go to alohakeene.org or mindfulness-keene.org.

Eve Kodiak is a musician and yoga instructor who facilitates Buddhist meditation workshops in person and online. She lives in Keene.



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Didgeridoo Heart Opening Meditation At Aloha



Aloha, located on Court Street in Keene, is hosting Joseph Carringer and his Didgeridoo Heart Opening Meditation. Carringer is an internationally acclaimed didgeridoo musician and sound therapist. In his practice, he uses concert-class didgeridoos to create a unique and powerful therapeutic experience, blending Traditional Chinese Medicine meridian and organ theory with Ayurvedic chakra philosophies. Carringer regularly presents and performs both nationally and internationally, sharing the transformative effects of didgeridoo sound therapy.

The event will be Sunday, September 28th from 1:30 to 3 p.m.

Register by Friday the 19th to get the early bird price of \$10 off, paying \$35. On September 20th, the price goes up to \$45. For more details, visit alohakeene.com or call 603-762-3129.

Joseph Carringer will offer a Didgeridoo Heart Opening Meditation.

Sign Language Classes Begin In Swanzey

On Monday, October 6th, a Sign Language Class will start at the First Congregational Church of Swanzey from 10:30 to 11:30 a.m.

Classes will be held at the church at 679 Old Homestead Highway. For more details, call 603-352-6689 or email office@swanzeyucc.org.

Journey Into The Interior Spirituality Group

Where you will learn about self awareness, inner development, connection to the divine and meaningful purpose.

Tuesday, September 23, 2025
Time: 6:00-7:30 PM
Where: Keene Psychotherapy Services
18 Lucinda Terrace Keene NH 03431
Call: Richard C. Donovan 603-400-8840
Keene Psychotherapy Services

Richard C. Donovan
Psychotherapist/Traumatologist, MSW, ACSW, LICSW

“The Great Compassionate Light: Causeless Joy Transfer” Program September 28th

A special program titled “The Great Compassionate Light: Causeless Joy Transfer” will take place Sunday, September 28th from 4 to 5 p.m. at the Aloha Healthy Living Center at 83 Court Street in Keene.

The event offers participants an opportunity to experience a one-hour blessing focused on joy, peace, and expanded awareness. Those attending will be guided by Sevaks of Joy, who create a field of intention designed to encourage laughter, healing,

and connection with the Presence. The event offers a safe, non-denominational space open to people of all faiths and beliefs.

Participants are asked to bring an unopened bottle of water, which will be incorporated into the process. The program is free of charge, though advance registration is recommended as space is limited.

For more details or to RSVP, contact Susi at 508-274-7204.

LGBTQ+ Writing And Storytelling Workshop

An LGBTQ+ Writing and Storytelling Workshop will be held at Keene Public Library at 60 Winter Street on Tuesday, September 30th from 6 to 7:30 p.m.

Led by experienced writing teacher and award-winning poet Ian Kaplan, this is a supportive space

for LGBTQ+ writers, allies, and storytellers of all experience levels. All materials will be provided.

For more details, call Amy Kraemer at 603-352-0157 or email akraemer@keenenh.gov.

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