



The Monadnock SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 67th Year of Community Service / September 24-30, 2025

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McClure's Tree Service Removing, Replacing, Saving



Jacob Parrot, Tree Specialist for McClure's Tree Service

By Lori Catozzi Cook

Hiring a tree service with the professional expertise needed when it comes to removing, replacing, or saving your trees is paramount. McClure's Tree Service has the specialized knowledge and proper equipment for safe, effective tree maintenance, pruning, and removal.

Leading the McClure's team is owner Joey Parrott, who has more than 20 years of experience in the industry. Parrott meets with customers personally to evaluate each project. He determines if the tree needs saving

with a bit of TLC – cabling, pruning, thinning, deadwooding, and/or cavity work. Or perhaps the tree needs to be removed altogether for safety reasons, to improve sunlight to a property, or to clear the way for a scenic view. Whatever the need, this fully insured tree company can handle whatever the project may be – big or small.

“Removing a tree is difficult,” says Parrott. “Our approach gives tighter control over the tree, allows more precise adjustments, causes less property damage, saves you money, and works in close situations.”

TREE, page 8

Choose Indie Art: This Fall, Choose Local And Handmade

By Jen Risley

This October, embrace local art during Choose Indie Art Month hosted by the American Independent Business Alliance. Let's celebrate all types of Monadnock Region artists: crafters, painters, musicians, actors, writers, and other makers and creatives. Also, let's boast about artists' positive impacts on you, our community, and our local economy. Celebrate all month long!

Five Ways to Celebrate
Commission Indie Art

Purchasing local and handmade gifts for loved ones is a fantastic way to celebrate. Have a favorite artist? Ask if they accept commissions. If so, commission them to create a one-of-a-kind piece of work using local materials.

“In this way, you can enjoy being a benefactor twice over: to the local economy – helping to strengthen it – and to the environment,” wrote the Artisans Cooperative, a co-op marketplace featuring handmade goods.

LOCAL, page 10

Branch River Theatre Presents The Moors, A Dark Comedy

Branch River Theatre has announced its upcoming production of *The Moors* by acclaimed playwright Jen Silverman, directed by Wendy Almeida.

Set against the backdrop of the bleak and desolate English moors, this darkly comic tale follows two sisters and their dog as they navigate lives steeped in longing, ambition, and isolation. When a hapless governess and a curious moor-hen arrive, their presence ignites a chain of events that leads each character down a strange and dangerous path.

With biting wit and haunting beauty, *The Moors* explores themes of love, desperation, and the need to be seen. Part Gothic drama, part absurdist comedy, this play challenges expectations while delivering both laughter and unease.

“I love the way Jen Silverman takes a plot straight out of a Gothic novel, turns it on its head and plays with the audience's expectations in quirky, wildly entertaining ways,” says director Wendy Almeida. “The play has a little of everything: humor, emotional resonance, fatal attraction, suspense! Most of all, it's full of surprises as Jen Silverman uses old literary devices to explore our human need to be seen.”

COMEDY, page 7

Rindge Woman's Club Harvest Fair Saturday

On Saturday, September 27th from 9 a.m. to 2 p.m., the Rindge Recreation Center, located at 283 Wellington Road, will be abuzz with activities for the whole family when the Rindge Woman's Club annual Harvest Fair returns.

Besides several outside vendors, the Chamber of Commerce will have hundreds of pumpkins for



Pictured in the front on the floor is Charlotte Traas; on the sofa (L-R) Bridget McBride and Rebecca Cross; behind sofa, Janis Costa Deedy, and sticking out from rock wall, Mackenzie Yelin. Ian Hefe is missing from photo.

(Photo by Lori Goldring)

children to decorate with no charge. The local Girl Scout troop will offer face painting and games.

Returning again this year will be Dan Yelin, a local antiques and jewelry expert. He will be there mid morning to close to analyze attendees' treasures. He will also be prepared to purchase items of value for those who wish to sell.

FAIR, page 6

Cheshire Craftsmen's Fair At Keene Recreation Center Saturday, October 4th, Sunday, October 5th

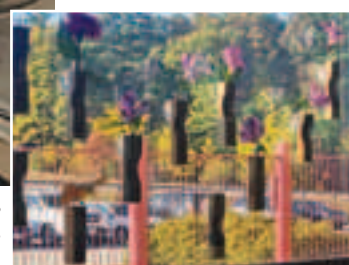


Rob Nordman of Rob's Window Vases is seen in his workshop. Nordman and his creative vases will be set up at the Cheshire Craftsmen's Fair.

The 52nd Cheshire Craftsmen's Fair will be held at the Keene Recreation Center on Saturday, October 4th and Sunday, October 5th from 9 a.m. to 3 p.m. at 312 Washington Street. This event is free with plenty of parking.

There will be 40-plus juried artisans inside and outside the center with wares including painted terracotta planters, clay ornaments, beaded gemstone jewelry, leather bags, wood toys, suncatchers, soaps and lotions, pottery, miscellaneous home decor, custom laser-engraved quilted items, metalwork, woven items, framed photos, candles, woodturning, homemade barbecue sauces and dry rubs, and more.

Food will be available at this event. For more details, visit www.cheshirecraftsmen.org.



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Ahh, Autumn... 8

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PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

Bella

Meet Bella, a one-year-old, 45-pound mixed breed with a big personality and an even bigger heart. She had a rough start adjusting to shelter life, but she's come a long way and is showing her sweet, affectionate side more every day. Bella is a total foodie and can be a bit jumpy and mouthy when excited, so she'll do best with someone who's ready to keep her mind and body busy with exercise and enrichment. She's lived with another dog before and enjoys their company, though she can get barking when overstimulated – especially around new friends. MHS is happy to help with a proper intro if you have a dog at home. While they don't know how she is with kids or cats, Bella's eager to find her people and settle into a loving, active home.

The Adoption Center is located at 101 West Swanzey 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.monadnockhumanesociety.org.



Mid-Week Concerts Feature Mozart, Fauré, And Franck

Ashuelot Concerts' season continues with concerts at Stonewall Farm in Keene on Wednesday, October 1st at 7:30 p.m. and the Bellows Falls Opera House in Vermont on Thursday, October 2nd at 7:30 p.m. British chamber musicians Louisa Stonehill (violin) and Nicholas Burns (piano) will perform three beautiful violin sonatas by Mozart, Fauré, and Franck.

Ashuelot Concerts brings live chamber music from the world's leading concert halls to rural venues and schools. The concert series features a carefully curated program of masterworks and powerful lesser-known pieces, all chosen with the aim of moving and delighting the audience. For many, the concert series is the first opportunity to experience the profound power of live chamber music up-close.

Stonehill and Burns have been performing for nearly two decades. Together they have released four critically acclaimed albums for Nimbus and Lyrita and broadcast on BBC radio 3. In 2016 they moved to Keene from London and shortly after created Ashuelot Concerts. This season they will be joined on stage by some of the world's leading chamber musicians.

Ahead of the concerts the duo will be performing to hundreds of children at Wells Memorial School



Louisa Stonehill (violin) and Nicholas Burns (piano) will perform three beautiful violin sonatas by Mozart, Fauré, and Franck.

in Harrisville, the Dublin School, and St. Michael's School in Brattleboro. They will be sharing some of the practice skills that make their work possible, explaining what is so special about each piece of music and why they love their chosen profession.

Online booking for both concerts is encouraged in advance as concerts often sell out, visit ashuelotconcerts.org.

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An Evening Of Ukulele Fun: A Free Concert At The DubHub



Front row: Mary Ferguson, Jeanne Pratt, Suellen Davidson; back row: Kate McClure, Susan Smith, Amy Conley (director), Kelli Bukofser, Denise Dayton, Joyce Welby, Lisa Ramey, and Lisa Pesenti.

On Friday, September 26 from 7 to 8:30 p.m., the DubHub/Dublin Community Center presents The Kukuleles, directed by Amy Conley, performing favorite oldies – unifying rock, folk, and jazzy standards from the 30s to now. The audience is invited to sing along to various hits by Carole King, Billy Joel, the Doobie Brothers, and more. Accompanied by a few other instruments, the Kukulele’s smooth harmonies and rhythmic renditions

will enliven listeners’ spirits and raise their endorphins. The group has played all around New Hampshire, raising money for various causes and entertaining people of all ages. Attendees’ donations will go toward the DubHub. To see more information about The Kukuleles, visit www.AmyConleyMusic.com/kukuleles.html. The DubHub is located at 1123 Main Street in Dublin.

Awakening Into The Grace Of Aging

The Monadnock Mindfulness Practice Center will offer a series called Awakening into the Grace of Aging Wednesdays, October 8th through November 5th from 9:30 to 11:30 a.m. The five weeks are intended to draw on attendees collective wisdom in facing physical changes, loss, as well as altered roles in family and society. The group will share a quiet meditation followed by sharing readings provided with both discussion and reflection. Suggested donation is \$95 with a sliding scale available. For more details, contact Aylene Wozmak at 603-355-7255. The Monadnock Mindfulness Practice Center is located at 103 Roxbury Street, Room 301, in Keene. No one is ever turned away for inability to pay. The facility is handicap accessible. For more details, weekly meditations, and more, visit www.mindfulnesskeene.org

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Suggested donation: \$95, sliding scale available.
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Matthew and Sarah Pikus, owners of New England Outdoor Furnaces (NEOF), a heating equipment provider in Newport, want to help their customers stay warm and cozy through the New England winters. The Pikuses took over the business last year from its long-time original owner, Wes Smith, and are now a family-owned, small brick and mortar company. NEOF sells Central Boiler Outdoor Furnaces and



Matthew Pikus

parts, Kuma wood burning stoves, Pacific Energy wood burning stoves, ICC Chimney systems, and Green Mountain grills.

"People are always looking to lower their heating expenses and be environmentally conscientious by not using up limited fossil fuels," explains Sarah. She goes on to say, "Heating with wood is a very practical heating solution for many New England homeowners, and that by changing to NEOF's products, they've become more energy efficient over time."

The products NEOF sells are high quality and primarily made in the U.S., and the owners work hard to deliver the highest level of customer satisfaction. Customers have commented on how helpful and knowledgeable the Pikuses are, and that they provide above and beyond customer service.

The Pikuses want to remind people that currently there are sales rebates on Central Boiler Classic Edge models, as well as Federal tax credits of \$2,000 until December 31, 2025. Sarah and Matthew are excited about being in the process of building a showroom for indoor wood burning stoves and Green Mountain grills.

New England Outdoor Furnaces is located at 877 John Stark Highway in Newport.

For more details, reach them at 603-863-8818 or visit www.newenglandoutdoorfurnaces.com.

Dublin Community Church will hold their fall rummage sale called "Gift of Thrift Sale" on Friday, September 26th, and Saturday, September 27th. There will be an abundance of clothing, jackets, shoes, linens, housewares, jewelry, handbags and accessories, toys, children's books, crafts, some antiques, and other surprises. There are no fees or prices, but donations to the church's Outreach Program are encouraged.

Hours Friday are 9 a.m. to 6 p.m. and Saturday 8 a.m. to 1 p.m., no early birds. The Dublin Community Church is located at 1125 Main Street in Dublin, at the oval in the town center.

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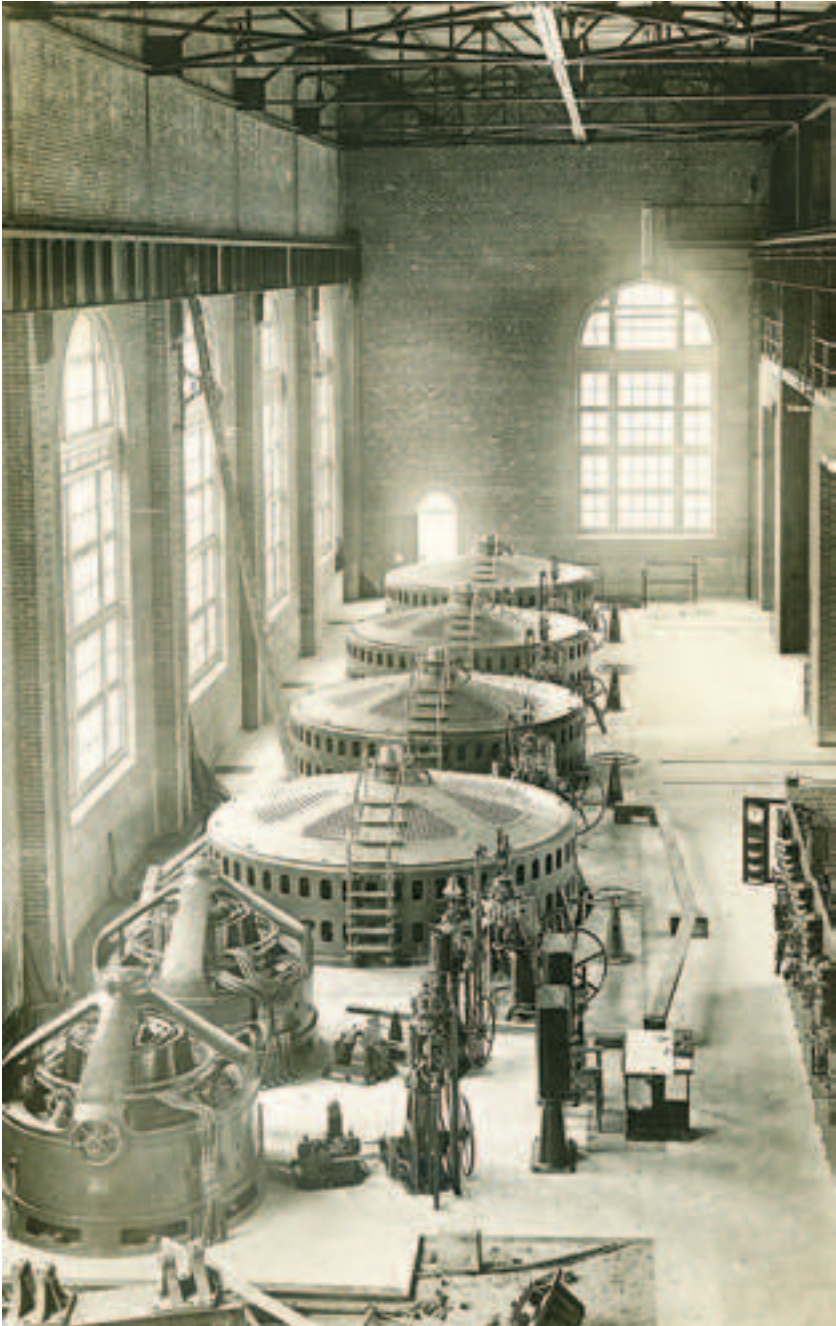


MYSTERY PHOTO

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 photo shows the powerhouse at what local facility?



The winner of last week’s Mystery Photo contest was Donald Kibbee of Keene. The one-room schoolhouse was located in Swanzey.

Peace Pole Dedications In The Forest



Josephine Russell on the peace patio at Aloha

In yoga there are five social ethics. The first one is non violence, or living peacefully. Gandhi lived his life around this yama. He helped to free India to gain their independence through peaceful means. Aloha is dedicated to Ahimsa, or peace.

Aloha has a Peace Patio where folks sit and chat before and after class. A Peace Pole anchors the northwest corner of the patio. In honor of the UN International Day of Peace, Josephine Russell, visionary of Aloha, is gifting two local non-profits a Peace Pole.

Saturday, September 27th will be the installation day for both these Peace Poles, in Gemmo Forest in Keene and Emerson Brook Forest in Gilsum.

All are invited to “Yoga for Peace” in the Gemmo Forest from 9 to 11 a.m. – Gentle Yoga in Tea Garden, complemented by Tulsi Mint Tea. Suggested offering is \$40, with all proceeds supporting Gemmo Forest.

From 3:30 to 4:30 p.m., Russell will be by the newly installed Peace Pole in the Emerson Brook Forest in Gilsum. This will be a shorter dedication but an opportunity to visit the Emerson Brook Forest.

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

2025 | 5786
High Holy Days

2025/5786 HIGH HOLY DAYS SCHEDULE

| | | |
|--|--|---|
| Monday, September 22 Erev Rosh Hashanah 7:00 pm - Evening Service | Friday, October 1 Erev Yom Kippur 6:00 pm - Kol Nidre | Tuesday, October 7 Sukkot Day 1 9:30 am - Sukkot Festival Service, lunch in sukkah to follow |
| Tuesday, September 23 Rosh Hashanah Day 1 9:00 am - Morning Service 4:00 pm - Tashlich Service at Ashuelot River Park | Saturday, October 2 Yom Kippur 9:00 am - Morning Service 1:00 pm - Yizkor 4:00 pm - Guided Meditation 4:45 pm - Afternoon service/ Jonah 6:00 pm - N'eilah Closing Service | Tuesday, October 14 Simchat Torah 5:00 pm - Children's Torah Discovery and Dance Party 6:30 pm - Simchat Torah Service and Celebration |
| Wednesday, September 24 Rosh Hashanah Day 2 9:00 am - Morning Service | | |

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How We Wish That It Would Rain, Rain, Rain!

The lilacs in my yard have already lost their leaves, the hostas are wilting, and even some of the wetland plants look parched. The bean plants in my garden have dried out and stopped producing. The ground is dry as dust! The Monadnock region finds itself in a moderate drought, while other parts of New Hampshire are in severe or extreme drought conditions.

After a crazy wet spring, where May ranked as one of the wettest on record, it felt like someone turned off the sky sprinkler! New Hampshire and Vermont received only 33 percent of their normal August precipitation, and only 1.85 inches of rain fell in Keene in August, compared to an average of 4.5 inches. Some parts of the Monadnock region, such as Jaffrey and Rindge, got inundated with heavy rain a few weeks ago, but that band of storms bypassed Swanzey, Keene and other areas. When a lot of rain comes down suddenly, the ground is not able to absorb it, and it just runs off and contributed to flooding! In addition, when soil gets really dry, it becomes "hydrophobic," meaning it actually repels water.

Why can't we just have a good, steady, soaking rain? What is with these crazy flood/drought cycles? Sadly, it is all consistent with the predictions of climate change.

Air temperatures in New Hampshire have increased by an average of three degrees from 1901-2024, according to the NOAA National Climate Report. As the air temperature increases, warm air can hold more moisture, and it holds it for a longer time. When finally the air becomes oversaturated, then all that moisture comes down as heavy rainfall. Also, the dry, hot ground tends to give off heat which helps maintain the persistent high-pressure system that is responsible for the sunny, warm, dry and rainless weeks we have seen. So, dry conditions promote more dry conditions.

Consequences of this wet-dry-flood cycle are enormous. Dry streams and warm water in larger rivers threaten cold-water fish species such as brook trout. Wildfire becomes more common, as the soils and forests dry out (those Canadian wildfires happened in forests much like ours in New Hampshire!). Even our fall foliage is less vibrant.

In moderate drought, shallow wells may go dry, in severe drought, even deep bedrock wells can fail. Some towns, such as Lebanon, have put water use restrictions in place.

Most New England farmers do not have the luxury of irrigation, and so vegetable and hay crops are reduced, and some farmers having to haul water for livestock. Livestock farmers have to buy expensive feed or buy hay from others. This is creating real financial worries for many of our local food producers.

Most of us can just turn on the tap and get the water we need, but we need to be mindful that all of our wells are just straws sipping from the same pot of water underground. We can start conserv-

ing water, by not washing cars or filling pools, not leaving the tap running when dishwashing, etc. We can also reduce the amount of asphalt and concrete on our property, so when it does rain, it can soak in. Keeping shade on the edges of our streams and lakes helps the aquatic life stay cool, too.

**Green
Monadnock**
with Catherine Owen Koning



The most important step we can take to reduce the risk of future droughts and floods is to slow down climate change. Use less gas, oil, and burn less wood. Make your home energy-efficient. Convert your home to clean energy, by signing up for Community Power in your town and opting up to 100 percent renewable energy. Or, join the solar revolution – solar panel installations increased by 64 percent this year. Electrify your heating and cooling system with "mini-splits" or heat pumps – we just got one this year, and we would not have survived the heat wave without it! To learn about all this and more, come to the Monadnock Clean Energy Fair on September 27 from 10 a.m. to 2 p.m. at the Peterborough Elementary School, for kid's activities, music, food, and clean energy workshops and vendors. Learn what you can do!

Catherine Owen Koning is a Professor of Environmental Science at Franklin Pierce University, where she co-coordinates the Institute for Climate Action. She is also a member of the Monadnock Sustainability Hub's Board of Directors and co-chairs the Keene Clean Energy Team.

Rindge Woman's Club Harvest Fair Saturday

FAIR, Continued from page 1

The members have been busy all summer preparing jams, jellies, pickles and relishes. There will also be local produce donated by Bruce White's Farm Stand. All of the items are locally sourced with no additives or preservatives.

The bakery table will offer a large array of of pies, breads, donuts, cookies and other treats. The popular basket raffle offers a chance to win numerous items donated by local merchants and club members, including several cash prizes.

Lightly used jewelry can be purchased for low prices, and RADA cutlery will be available.

The cafe will offer chowder, chili, and hot dogs with seating indoors or outside, weather permitting.

The event is a major fundraiser for the club, whose mission is to work for the betterment and welfare of the community. All proceeds are returned to support local civic, educational, and charitable endeavors. The club offers several scholarships, not only for high school students pursuing higher education, but also scholarships to help adult women further their educational goals or begin new careers.



**FREE HAZARDOUS WASTE
COLLECTION**

**A Great Opportunity to Clean Toxic Wastes from
your basement, workbench, garage and cupboards.**

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

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

Sponsored by The City of Keene

WHAT TO BRING: Products marked toxic, poison, corrosive, irritant, hazardous, flammable (Smoke Detectors, Vapes & E-Cigarettes), danger. If you think it's hazardous, bring it up.

WHAT NOT TO BRING: Empty Containers (can be recycled), Latex Paint, Ammunition, Fireworks, Radioactive Materials, Make-Up & Toiletries.

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

ALSO: Check out our new reuse center for items such as good quality paint or various cleaning products. Perfect for a small job and, best of all, it's FREE!

DO NOT MIX PRODUCTS

Summer/Fall 2025 Household Hazardous Waste Collection Schedule

| Sat. 9/27/25 |
|--------------|
| Acworth |
| Chesterfield |
| Dublin |
| Gilsum |
| Greenfield |
| Hancock |
| Harrisville |
| Jaffrey |
| Keene |
| Marlborough |
| Marlow |
| Nelson |
| Peterborough |
| Richmond |
| Stoddard |
| Sullivan |
| Surry |
| Swanzey |
| Walpole |
| Westmoreland |

| Sat. 10/18/25 |
|---------------|
| Acworth |
| Chesterfield |
| Dublin |
| Gilsum |
| Greenfield |
| Hancock |
| Harrisville |
| Jaffrey |
| Keene |
| Marlborough |
| Marlow |
| Nelson |
| Peterborough |
| Richmond |
| Stoddard |
| Sullivan |
| Surry |
| Swanzey |
| Walpole |
| Westmoreland |

| Wed. 10/22/25 |
|---------------|
| Acworth |
| Chesterfield |
| Dublin |
| Gilsum |
| Greenfield |
| Hancock |
| Harrisville |
| Jaffrey |
| Keene |
| Marlborough |
| Marlow |
| Nelson |
| Peterborough |
| Richmond |
| Stoddard |
| Sullivan |
| Surry |
| Swanzey |
| Walpole |
| Westmoreland |

| Sat. 10/25/25 |
|---------------|
| Acworth |
| Chesterfield |
| Dublin |
| Gilsum |
| Greenfield |
| Hancock |
| Harrisville |
| Jaffrey |
| Keene |
| Marlborough |
| Marlow |
| Nelson |
| Peterborough |
| Richmond |
| Stoddard |
| Sullivan |
| Surry |
| Swanzey |
| Walpole |
| Westmoreland |

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

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.)

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Key Life Lessons Children Should Learn

Just like a home needs a firm foundation to settle on, our children need a firm foundation to deal with the realities of life. Key life lessons help our children develop their self-worth; teaches them respect, honesty, and empathy; and helps them take responsibility for their actions, discover boundaries, and learn how to cope with failure.



You Are Responsible For Your Actions
From a young age, teach your children to take responsibility for their actions. If they don't do their chores, they don't get to (fill in the blank). You might find them quickly making excuses, but don't let excuses mean that they can shirk their responsibilities. If you let them do that, this will be the beginning of their bad decisions. And parents, no matter how much it pains you, don't fix their mistakes or solve their problems. They will learn that making mistakes is not the end of the world and that they can figure it out on their own.

Accept Failure
Teach your children that failure is necessary in order to succeed. Failures help young brains to grow and develop. Play games with your kids at a young age to teach them about losing. Candy Land and Chutes and Ladders for preschoolers comes to mind, as any card or flick of the spinner can send a player way back in the game. When failure confronts you, accept it, learn from it, and move on from it.

Life Isn't Fair
"It's not what happens to you, but how you react to it that matters," from the Greek philosopher Epictetus. Life isn't fair, period. Someone got a prize at school for something, and little Jimmy didn't get a prize, so he thinks it's unfair. Have him talk about why he didn't get the prize and why the other person did. This process should bring on the realization that it's okay that life isn't fair.

Grace Christian Fellowship Hosts "Just As I Am" Hymns Tour

At 7 p.m. on Wednesday, October 1st, Grace Christian Fellowship in Winchester will host The African Children's Choir as part of their "Just As I Am" Hymns Tour.
The choir, founded in 1984, is made up of children ranging in ages from seven to 12 years old, hailing from several African nations. The 80-minute show blends traditional hymns and African cultural sounds while sharing stories of God's faithfulness through joyful worship. Their many performances, including concerts at the Pentagon, Capitol Hill, and the Queen's Diamond Jubilee, have helped thousands of Africa's most vulnerable children by empowering them to make a positive change in their communities. Admission for this event is free and good-will offerings will be accepted.
Grace Christian Fellowship is located at 81 Ashule-lot Street in Winchester. For more details about the performance, call 603-239-7441. To learn more about the African Children's Choir, visit www.africanchildrenschoir.com.

Dance Features "Champagne Jam" This Saturday

Monadnock Tri-State Dance Club will hold a dance on Saturday, September 27th from 7 to 10 p.m. at ELMM Memorial Community Center at 21 Durkee Street in Winchester.
The dance will feature live music by "Champagne Jams." There will be free refreshments, a 50/50 raffle, and all are welcome.
For more details, call Rich at 603-398-8539

Branch River Theatre Presents The Moors, A Dark Comedy

COMEDY, Continued from page 1

The cast includes Bridget McBride, Charlotte Traas, Rebecca Cross, Janis Costa Deedy, Ian Hefe-le, and Kenzie Wood as the Moor Hen.
The play is recommended for audiences 16 and up. This production contains mature themes.
Performances will be at the Marlborough Com-munity House at 160 Main Street in Marlborough.
They are set for October 3rd, 4th, 5th, 10th, 11th, and 12th. Evening performances are at 7:30 p.m., doors at 7 p.m. Matinee performances are at 2 p.m., doors open at 1:30 p.m.
Tickets are general admission, \$18; senior (62+)/students are \$15
For ticket reservations, call 603-263-7060, email tickets@branchrivertheatre.org, or pay online at <https://www.zeffy.com/en-us/ticketing/the-moors>

Not Everyone Will Like You
Everyone wants to be liked, so this can be a hard pill for most to swallow. Your child is kind, thought-ful, and caring, but then he finds that he's been re-jected – that somebody doesn't like him. Instead of them falling into feeling anxious or hurt, help them to cope with those feelings and focus on the kids that lift them up instead. After all, that rejection is not your child's problem.

The World Doesn't Revolve Around You
It's not too hard for little ones to believe that the world revolves around them. They have all the atten-tion of their parents when they want, maybe Gramma and Grampa wrapped around their little fingers, and perhaps they get special treats at a moment's notice. Unfortunately, when kids continuously get this type of treatment through their entire childhood, they can grow up to be self-centered, entitled young adults who will find it rather difficult getting along with others in a work situation or even in their personal lives. This is the time to teach them how to be grateful for what they have.

You Can't Control Everything
You can't control everything is a hard fact. How un-fortunate to not learn this lesson as a child. If you could control everything, there would be no per-sonal growth, and you'd always have this burden of perfection and a false sense of security. You might even feel almighty and powerful. But what does that do for your personal relationships as a child or teen and then your work relationships as an adult? When a situation arises, do this drill with your child: Ask him to draw a circle and inside the circle write what he can control in that situation. What he can't control gets written outside of the circle. Help your child recognize that even though there are things out of his control, that he can control how he responds to it. We can choose our attitude.

Life Will Challenge You
Life is full of challenges that often can feel like a roadblock. Teach your children to meet challenges head on. When up against something we feel we can't deal with, that's when we need to push our-selves forward. Challenges help us build resilience and give us a mental toughness to be ready to fight during difficult times.

Hard Work Is Everything
It's important to teach your children the impor-tance of hard work. If you put in the hard work train-ing for a sport, perhaps you'll achieve that trophy or the college scholarship you wanted. If you work hard practicing that instrument, perhaps you'll be chosen for a special concert performance or can start your own band.
Like everything else when raising children, they learn by watching their parents. So, show them how you work hard, how you handle challenges, how you don't control everything, how you accept failure, and how you are responsible for your actions. Key life lessons.
Lori Catozzi Cook is the assistant editor and a feature writer for The Monadnock Shopper News.

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The Community Kitchen Inc.

Mobile Food Pantry

September:

- **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

Ahh, Autumn

We now refer to sunny spells in September as Second Summer. It may be the end of the season, blurring into autumn, but our climate has changed and with it, our seasons. I love this time of year, with the lower sun and its warm, spectacular sunsets of orange, scarlet, and pink. As the leaves begin turning on some trees toward the middle of this month, the color palette around us is more varied and blended than any other time of year. Some gardens are over at this time of the year, but it's easy to stretch the growing season out with the right choice of plants. Now is the time to visit other gardens for inspiration, take a good look at what's in bloom now and make a note. September has ideal warm and wet conditions for planting new plants.

Some late season plants are:

- Ornamental grasses – most will be in their prime from September to October like Miscanthus, Pennisetum, Colamagrostis, Stipa, Jarava and more.
- Asters – daisy-like, star-shaped perennial flowers that bloom in late summer and fall providing a vital nectar source for pollinators like bees and butterflies as other plants fade.
- Clematis viticella – a vigorous, hardy, and easy-to-grow deciduous vine known for its long bloom season of deep purple flowers from summer to fall.

- Cosmos (annual) – are easy to grow and known for their vibrant colors and ability to attract butterflies.

- Dahlia – herbaceous perennials known for their vibrant, showy flowers and tuberous roots.

- Helianthus annuus (sunflowers) – a species of large annual flowers with yellow-ray petals and seeds rich in oil and protein.

- Hydrangea – a popular deciduous shrub known for its large, showy flower heads that can be pink or blue depending on soil pH.

- Hylotelephium – a genus of succulent herbaceous perennials, commonly known as stonecrops or live-forevers. They are known for their heat and drought tolerance, attracting pollinators like bees and butterflies.

- Coneflowers (genus Echinacea) – are hardy, drought-tolerant perennial flowers known for their daisy-like blooms with prominent, spiky central cones, and ability to attract pollinators like butterflies and bees.

Now is the time to dig out and store potatoes, somewhere dry and

dark to prevent them going green. Do this before the frost arrives, which can be anytime from the end of September through October. You can store apples in the same conditions, dark, cool and dry. Onions are best stored somewhere lighter, but also cool and dry. Keep picking autumn raspberries and eat them fresh, or use in jams or freeze them. Our backyard is full of red raspberries and blackberries which we pick and enjoy.

It's a good time to pick squash and pumpkins when they are ripe then cut them off with some stem and place in a sunny spot indoors for a week or so. This allows the skin and stem to dry and toughen for winter storage. Since bird season is over, it's now a good time to cut back hedges and bushes to keep them in shape.

You can get a head start on winter by forcing amaryllis or paperwhites in containers to enjoy their cheerful colors and floral scents during the colder months. And, embrace fall decorating by adding pumpkins, gourds, and cornstalks to your yard for a classic autumn look.

Have fun by creating colorful autumn container arrangements with plants like flowering kale, pansies, and lobelia to create festive fall planters; and, also add late-season blooms such as asters and dahlias. Perhaps add interest with colorful foliage plants like coral bells, coleus, and ornamental peppers, which come in seasonal shades of red, orange, and purple.

Propagate herbs like rosemary, basil, and thyme, or ornamental plants such as coleus, by taking their cuttings and placing them in water to encourage root growth for new plants.

Start a fall or winter garden by sowing seeds for cool-season salad crops, including lettuce, spinach, arugula, and peas. It's time to order garlic for planting later in the fall, too!

When all is done, we enjoy visiting an apple orchard to pick apples for pies and enjoy mulled apple cider and warm apple cider donuts. Yum!

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

McClure's Tree Service – Serving Cheshire And Hillsborough Counties

TREE, Continued from page 1

“McClure's did an amazing job,” says Rob Sakal, about his experience using this locally owned and operated tree business. “They were extremely professional. The team cut four trees and trimmed at least 10 others, including a very tall willow. Cleanup was excellent. Everyone was very pleasant to deal with.”

“Joey and his team are the absolute best, kind, professional, and hard-working men,” Erin Adams comments. “I could not have had a better experience working with them. We had huge pines removed from over our home, and they did an incredible job from beginning to end. They were so polite, efficient, and helpful. I'm so thankful for all their time and energy and knowledge.”

“At McClure's Tree Service, our mission is simple: We want each customer to be happy when we leave their job, and recommend us to friends, family, and business associates,” says Parrott.

“McClure's Tree Service will do everything and anything tree-related,” he continues. “From removing old and damaged or hazardous trees, to storm damage, thinning, saving, and replanting trees. No tree is too big or small. We will work efficiently and safely on your property, and when we leave, we clean up our mess.”

Property owners have the choice to keep the wood or have McClure's cart it away – and all at a reasonable price. “We are committed to getting your job done safely, on time, and on budget,” Parrott concludes.

McClure's Tree Service is a “Keene's Best 2024 Winner” of the Monadnock Media Group. They offer senior discounts and have 24-hour emergency service.

For more details, visit www.mcclurestreeservice.com. To set up tree service or an estimate, call 603-203-0613 or 603-903-0022.



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Reaching Into My Medicine Bag

In these complicated times, when the problems and challenges we face can make us want to climb back into bed in exhaustion and pull the blanket over our head, I like to remember the simple wisdom of the concept of a “medicine bag.” In some indigenous cultures, a medicine bag is a small pouch or bundle that a person keeps close to their body. Inside are objects that represent healing principles or practices that are inspirations and supports for navigating the twists and turns of life. Perhaps there are some plants, or stones, or feathers, or other tokens that reflect what helps that person find guidance, protection, and healing.

Healing Perspectives

with Nadine Laughlin



I like the image of the medicine bag because it reminds us that medicine is not just something that we see on the pharmacy shelves. It is something that we hold close to our own hearts and minds. I like to imagine that we can learn to know and use our own medicine. In fact, I think that to be well, we need to discover what our own true medicines are.

What do we know helps us when we are down, or ill, or afraid, or in grief? Are we remembering to use them when we need them? It’s easy to reach for things or rely on habits that don’t ultimately help us. But how can we reach for true, personal medicine? What can we keep close to our own body, mind, and heart that we can turn to when we’re feeling unwell physically or psychologically?

What’s inside my medicine bag? I don’t wear an actual bundle around my neck. But I envision and keep close to me the inspirations and reminders that I know are good medicine for me. What I find most helpful isn’t always the same from situation to situation and season to season. But there are some things that are pretty tried and true so I keep them close at

hand through thick and thin. One is a simple practice called Soft Belly Breathing. This is a foundational tool of mind body medicine that I use many times a day, and teach to most of my patients. It’s remarkable how often I hear people tell me how they love it and how helpful it has become. It’s a simple meditation technique that gets right to the heart of the good medicine that meditation can be.

I simply let my body relax a bit, and begin to notice my breath, just naturally, not forcing anything. As I breathe in through my nose, I say inwardly to myself the word “soft.” As I breathe out gently through my mouth, I say inwardly the word “belly.” My mind and body naturally take the cues to relax and soften. When we let our breath be soft and deep, it relaxes the belly. When the belly relaxes, it helps the rest of the body relax. Restorative energy can flow. Soft belly breathing brings the natural physiological shift that is opposite of the stress, anxiety, and fight/flight response.

It can take a little practice, but it’s not hard. The mind likes to wander. That’s ok. Just bring attention back to the in-breath (soft), and the out-breath (belly). When we breathe this way, even if only for a minute or two each time, multiple times during the day, default patterns of stress in the body and mind will begin to shift. Healing happens.

Soft belly breathing is always in my medicine bag. I also keep close to me certain herbs I love and use as medicine, like rose tincture and lavender oil. I keep good music in my medicine bag. I put on a tune I love and let myself stretch or dance a bit. I’m careful to try not to run out of fun in my medicine bag, too. I’ll go see my grandkids or do something playful with some friends. Another important medicine for me is creativity; some journal writing or piano playing always helps me connect with and express feelings that need to be touched. Solitude and quiet are essential medicines, too.

Very often our most important medicines are not ones that need a pharmacy prescription. They come from self-awareness, self-care, and self-healing. We carry them in our own medicine bags.

Nadine Laughlin, APRN can be found at Monadnock Mind Body Medicine. www.monadnockmindbody.com

Living With Grief: Seven-Week

Zoom Series Starts September 30th

Living with Grief, a seven-week online support circle, will be held on Tuesdays from 7 to 8:30 p.m., beginning September 30th and going through November 11th. Sessions will be on Zoom video call.

“In a respectful, gentle, and mutually supportive group, the focus will be on six needs of a grieving person: To have our pain witnessed. To express our feelings. To release the burden of guilt. To be free of old wounds. To integrate pain with love. To find meaning in life after loss,” says Nadine Laughlin, APRN (Advance Practice Registered Nurse), the facilitator of the group.

Laughlin started Monadnock Mind Body Medicine, focusing on integrative mind body medicine. The business, which started in Peterborough, is now in Keene.

She is also a bereaved mother and Certified Grief Educator who completed a certificate program designed by world-renowned grief expert, David Kessler. Laughlin brings this unique methodology, tools, and decades of experience in health care to help people navigate the challenges of grief.

The full fee for the seven session series is \$120. However, this is a flexible payment option that welcomes whatever amount participants are able to pay to ensure accessibility for anyone interested.

For more details or to register, email Laughlin at nadine@monadnockmindbody.com or call 603-957-2801.

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CELEBRATE

Choose Indie Art: This Fall, Choose Local And Handmade

LOCAL, Continued from page 1

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Choose Indie Art Events
Attend fall events that feature art and creative works from Monadnock Region artists. Here's one upcoming option: The 52nd Annual Cheshire Craftsmen Fair, taking place on October 4th and 5th from 9 a.m. to 3 p.m. at the Keene Recreation Center (cheshirecraftsmen.org).

Love films? Be sure to attend the 13th annual Monadnock International Film Festival, October 3rd to 5th in-person in Keene and online October 7th to 16th. See the full schedule at moniff.org.

Support young artists. Attend MoCo Arts' annual signature fundraising event, Lights. Camera. Keene! All proceeds benefit tuition assistance and arts programming at MoCo Arts. Also, be sure to check out their online auction starting October 13th at moco.org/lights-camera-keene.

Go On Tour
Here are two fantastic chances to meet local artists and see where they work. The Monadnock Art Tour (monadnockart.org) and Fall Foliage Art Studio Tour (fallfoliageartstudiotour.com). Both tours happen the weekend of October 11th to 13th.

Take a walk around downtown Keene's public LOCAL, page 11

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LOCAL

This Fall, Choose Local And Handmade

LOCAL, Continued from page 10

art murals painted in 2019 by The Walldogs, a group of over 200 sign and mural artists from around the world: walldogsinkeene.com. If you prefer a guided tour, purchase a ticket with the Historical Society of Cheshire County at hscnh.org/magical-history-walking-tours. Whether film, theatre, music, or visual arts events, discover them all at discovermonadnock.com/events.

Take a Class
Get your creative juices flowing by signing up for an art class or two. On October 3rd, from 6 to 8 p.m., stop by MAXT Makerspace in Peterborough for their Fall Open Day with tours, demonstrations, and more. Check out all their offerings at maxtmakerspace.org/classes.

“MAXT Makerspace is here for everyone,” shared Program Manager David Broughton in *Monadnock Table Magazine*. “From free and low-cost open studios to accessibly priced classes and memberships for makers.”

Jaffrey Civic Center will offer a “Pet Portraiture with Kris Stewart” series starting October 10th. Learn more at jaffreyciviccenter.com/classes.

From dance classes to theatre coaching, find more educational opportunities at bit.ly/artsalive-classes.

Show Off Your (and Others) Art
Share your creative spirit with your friends, family, and coworkers. Ask others to show you their art. Give a social media shout out to other local artists who inspire you. Tag your posts with #chooseindieart so we can share them with others.

Stay tuned for more Choose Indie Arts news, events, and inspiration at tlcmonadnock.com/art.

Choose Indie Art is part of a larger Choose Indie Local movement that we celebrate year-round. Together, we inspire our communities to take positive action and boost the ripple effects our neighborhoods, towns, and cities receive when we spend and invest more of our dollars at locally owned, independent businesses: amiba.net/ripples.

Finally, from November 1st to December 31st each year, TLC Monadnock works extra hard to ensure that our spending aligns with the community values we support. This national movement encourages community members to support job creation and economic growth by purchasing holiday items at locally owned and independent businesses and sharing their time, talents, and treasures with local nonprofits. We invite all to participate in events such as Plaid Friday, Small Business Saturday, Artists Sunday, Cider Monday, and Giving Tuesday. Learn more at contact/46cStoK.

Thank you for your participation and support!

Jen Risley loves cultivating our local economy through her work with The Local Crowd Monadnock, American Independent Business Alliance, and The Main Street Journal.

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One entry per person per month, please. Don't forget to choose one of the businesses on the Celebrate Local pages as your preferred \$50 gift certificate! Deadline is Friday, October 17th.

Last month's winner was Phyllis Peterson, who chose a \$50 gift certificate to Mia Capelli Salon.

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Survey of 3021 polled people on the most coveted active vacation destinations in the US named Mount Monadnock in Jaffrey as #91.

Mount Monadnock is one of the most hiked mountains in the world, and for good reason. Its bare summit offers panoramic views that feel earned, no matter how many others are making the climb. Trails like White Dot and White Cross challenge hikers legs and balance, especially near the top where boulders replace dirt. Jaffrey and Peterborough offer places to stay that feel like part of the local rhythm: quiet, wooded, and just close enough to start the hike before the crowds arrive.



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| Dow Jones Closed 46,315.27 481.05 • Prime Rate 7.25% (0.25) | | | | | |
| | Close | Week's Change | | Close | Week's Change |
| Honeywell (Allied Signal) | 209.37 | (2.09) | Danaher Corp. (Kollmorgen) | 193.29 | 3.24 |
| Becton Dickinson (C.R. Bard) | 187.04 | 0.20 | Merck (Hubbard Farms) | 81.51 | (1.30) |
| Toronto Dominion Bank (TD Bank) | 78.63 | 1.84 | Deluxe (NEBS) | 19.42 | (0.20) |
| PC Connection | 62.75 | (0.45) | Teleflex (Jaffrey) | 122.63 | (7.68) |
| Bank Of America (Fleet) | 52.25 | 1.67 | Timken (MPB Corp.) | 77.50 | (0.01) |
| Corning Inc. | 79.56 | 2.52 | M&T Bank Corp. (People's United) | 202.02 | 3.22 |
| Ametek, Inc. (Precitech) | 187.87 | (2.06) | Dover Corp. (Markem) | 171.34 | (1.64) |
| PRECIOUS METALS | | | COMMODITIES | | |
| | Close | Week's Change | | Close | Week's Change |
| Silver (\$ per ounce) | 42.95 | 0.23 | Wheat (cents per bushel) | 522.0 | 0.75 |
| Gold (\$ per ounce) | 3,705.80 | 22.90 | Corn (cents per bushel) | 424.00 | (4.00) |
| Platinum (\$ per ounce) | 1,408.36 | 7.94 | Soybeans (cents per bushel) | 1,026.00 | (19.25) |
| | | | Cattle (cents per pound) | 235.73 | 3.80 |
| | | | Crude (\$ per barrel) | 62.68 | 0.11 |

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When Is The Right Time To Take Social Security Benefits?

With Americans living longer, and often times working longer, the question of when to take Social Security benefits is a major consideration.

Americans can apply for monthly Social Security benefits when they reach their full retirement age of 66 or 67, depending on the year they were born. People can also choose to take reduced Social Security benefits before they reach full retirement age, starting at age 62.

Factors such as job loss and health concerns have led many Americans to file for Social Security payments earlier than they planned. But if you have the option to delay that filing, how do you determine whether it's the right move?

Depending on your individual situation, taking Social Security early may enable you to delay withdrawing from retirement accounts, allowing your investment return to compound on a higher dollar amount. From a mathematical point of view, taking the money early could make sense. Don't forget that the money you already have in retirement accounts has the potential to keep growing tax deferred if you're living on Social Security benefits.

On the other hand, with increased life expectancies, outliving one's assets is a distinct possibility for some retirees. Some people believe delaying Social Security benefits helps to offset that risk.

One of the advantages of waiting is that every year you delay past your full retirement age, your benefit rises six to eight percent, maxing out at age 70. This can be very tax efficient for a lot of people, and it also helps protect against post-retirement risks due to Social Security's annual inflation adjustment. While delaying won't work for everyone, if you're healthy and have longevity in your family history, it may be one solution worth looking at.

In addition, if you have a spouse, it's important

to consider their income needs. These could be a big factor if they are much younger and likely to collect survivor's benefits for many years. Especially if your spouse was not in the paid labor force, your Social Security benefits could represent the lion's share of their retirement income.

**Economy
and You**

with Joe Durell



Another consideration is how long you want to keep working. Employers often provide healthcare coverage and other benefits that can otherwise cost significantly more.

Regardless of the age you choose to retire, it is a good idea to contact Social Security in advance to see which month is best to claim benefits. In some cases, your choice of a retirement month could mean higher benefit payments for you and your family.

In deciding when to take Social Security benefits, it's important to remember the rule of thumb that you will likely need about 80 percent of your pre-retirement income to have a comfortable retirement. Since Social Security replaces only about 40 percent of pre-retirement income for the average worker, it is important to have other income sources, such as savings and investments.

This article is provided by RBC Wealth Management on behalf of Joseph D. Durell a financial advisor at RBC Wealth Management, and may not be exclusive to this publication. The information included in this article is not intended to be used as the primary basis for making investment decisions. RBC Wealth Management does not endorse this organization or publication. Consult your investment professional for additional information and guidance.

Two Direct Support Professionals From MDS Honored With Sean Tease Memorial Award



Linda Rabel of Gilsum and Brian Pelczarski of Spofford have been selected from among a dozen nominees to receive the Sean Tease Memorial Award.

Monadnock Developmental Services (MDS) has announced that Linda Rabel of Gilsum and Brian Pelczarski of Spofford have been selected from among a dozen nominees to receive the 2025 Sean Tease Memorial Award, which honors excellence in caregiving for people with developmental disabilities and acquired brain disorders.

Rabel was recognized for her enthusiasm, compassion, creativity, and dedication. She has excelled in connecting the people she supports with meaningful volunteer opportunities and community activities that enrich their lives. Her infectious energy inspires both colleagues and those she serves.

Pelczarski was honored for his unwavering commitment to going above and beyond for the individual he supports as well as his coworkers. He has provided stability and care during challenging times, making a profound difference in quality of life. His strong communication and teamwork skills, paired with a genuine approach, set him apart as an outstanding caregiver.

The awards were presented by Cameron Tease, Sean's father, who praised the recipients' exceptional service.

The award is named in memory of Sean Tease, who sustained a severe brain injury at age 17 in a car accident. Sean was able to return home to Keene thanks to a specialized residence and the dedicated support of MDS caregivers. With their help, Sean lived for 12 years with dignity, comfort, and quality of life that would not have been possible in an institutional setting.

For more details about the Sean Tease Memorial Award and the work of Direct Support Professionals, contact Sheila Mahon, sheila@mds-nh.org, 603-352-1304.

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Cooking Corner

with Nancy Adams



Bagel Snack

Enjoy this as a quick breakfast, a mid-meal snack or backpack treat:
Toast **one split bagel**. Spread bagel with **2 tablespoons creamy peanut butter** on each cut side; top peanut butter on each side with **thin slices of 1/2 of a crisp apple**; top each side with **2 tablespoons granola** and sprinkling of **chia seeds**. Makes one serving.

Chicken Normandy

I always loved this dish, partly because it’s simple to prepare yet rather special. But mostly because it’s the first meal ever made for me on Mother’s Day many years ago by a then-teenage son. Recipe will serve two.
Ingredients:
2 boned, skinned and split chicken breasts
1 cup apple juice or cider
3 apples, peeled and cut into wedges
1 tablespoon butter
1/2 cup heavy cream
salt and pepper to taste
In a skillet with lid, poach chicken breasts in apple juice until done. Meanwhile, sauté apple wedges in butter in a separate pan; set aside. Stir cream in with cooked chicken and juice when done; season with salt and pepper. Serve with sautéed apple wedges.

Apple Patties

These patties are lovely served with pork chops, ham or various roasts. They are also nice with a ‘full breakfast’ of meat, eggs and home fries. Serves 4.
Ingredients:
1 (10 oz.) package frozen chopped spinach
2 large apples, grated
8 oz. package cream cheese, softened
2 large eggs, beaten
salt and pepper
1/3-1/2 cup flour
1/8 teaspoon finely chopped fresh rosemary
Cook spinach in two tablespoons water until tender; drain well, saving spinach water. Cook apples in spinach water until tender and water is evaporated. Mix in spinach, chopped fine, then add cheese, beaten eggs, salt and pepper. Mix well and add flour (use 1/3 cup and add a little more if patties aren’t stiff enough); and rosemary. Using a deep skillet with about 1/4-inch peanut oil, drop mixture 1 tablespoon at a time into hot oil. Brown lightly on each side; drain and serve.

Tuna, Apple, And Cashew Salad

A nice variation on an old favorite. This may be served in pita bread pockets; or spoon mixture into cantaloupe quarters for a luncheon meal.
Ingredients:
2 (5 oz.) cans albacore tuna, drained and flaked
2 small apples, chopped, or 1 large
1/4 cup mayonnaise
1/4 cup chopped toasted cashews
1 teaspoon curry powder, or to taste
freshly ground black pepper
In medium bowl, combine tuna, apples and mayonnaise; mix well. Toast cashews in a small skillet over medium heat for two to three minutes. Add

curry powder to nuts; stir well for 30 seconds, until cashews are well coated. Add to tuna; season with pepper. Serves four.

Pork -Apple Harvest Stew

A tasty stew that’s table-ready in less than an hour.
Ingredients:
1½ lbs. boneless pork (chops or loin), cut into 1-inch cubes
1 medium onion, chopped
2 cloves garlic, minced
2 tablespoons vegetable oil
3 cups chicken broth
salt to taste
1/2 teaspoon each dried rosemary and rubbed sage, crushed
1 bay leaf
1 butternut squash, peeled and chunked (about 3 cups)
2 medium, firm apples, peeled and chunked
In large Dutch oven or pot, cook pork, onion and garlic in oil until meat is no longer pink; drain. Add broth, salt and herbs. Cover and simmer for 20 minutes. Add squash and apples; simmer, uncovered, for 20 minutes or until squash and apples are tender. Discard bay leaf and serve hot with mashed or boiled potatoes. Six servings.

Apple Graham Dessert

A favorite dessert, made with graham cracker crumbs instead of flour. Lovely with whipped cream or served hot with ice cream. Makes eight servings.
Ingredients:
1/4 cup butter
4 cups diced or sliced apples
1/4 cup sugar
1/4 teaspoon salt
1/2 teaspoon cinnamon
3/4 cup walnuts, chopped
2½ cups graham cracker crumbs
1/4 cup brown sugar
1/2 cup whipping cream
Melt butter in eight-inch square pan; spread apples evenly over bottom. Mix sugar, salt, and cinnamon; sprinkle over apples. Sprinkle with nuts. Mix graham cracker crumbs and brown sugar; moisten with cream and spread over mixture in pan. Bake in 400-degree oven for 30 minutes, or until apples are tender.

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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ENTERTAINMENT

and DINING

Wednesday, Sep. 24

DINING PLEASURES

Adult Community Potluck Luncheon 11:45am-1:15pm.
First Congregational Church of Swanzey, 679 Old Homestead Hwy, Swanzey. Bring a dish to share: salad, main course, or dessert. **603-352-6689**. office@swanzeyucc.org.

MISCELLANEOUS

Home Healthcare Hospice & Community Services:
Walk-in Wednesdays-By Appointment HCS Charlestown, 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 discussion of services 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 discussion of services that are available. **603-352-2253**. www.HCSServices.org.

Keene Pride Youth Book Club: Messy Roots 5:30-6:30pm. Keene Public Library, 60 Winter St., Keene. Discussion of Messy Roots by Laura Gao. Snacks, crafts, and the chance to talk all about this month's pick. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

RELIGIOUS

Rosh Hashanah 9am. Congregation Ahavas Achim, 84 Hastings Ave., Keene. **603-352-6747**. www.keenesynagogue.org.

Thursday, Sep. 25

DINING PLEASURES

Becoming Vegetarian, Pot Luck Dinner with Lisa Murray 5:30-7pm. Peterborough Unitarian Universalist Church, 25 Main St., Peterborough. Bring a dish or not, all welcome. RSVP at newhamphshire@thirdact.org.

LECTURES & WORKSHOPS

Turtle Workshop Series, Turtles Alive! A Shell-abration 4-5:30pm. Keene Public Library, Heberton Hall, 60 Winter St., Keene. Development of a regional turtle conservation initiative. Nina Halsted: **802-400-3660**.

Health & Wellness Seminars: Strong Steps-A Seminar on Fracture and Fall Prevention 5:30-6:30pm. Bond Wellness Center, Monadnock Community Hospital, 458 Old Street Rd., Peterborough. Presenter: Daniel Salvatore, PA-C. Limited space. Register at **603-924-4699 ext. 1110**. www.Seminars.MonadnockHospital.org.

MISCELLANEOUS

Solar System Exploration and Colonization 6:30pm. Chesterfield Public Library, 524 Rte 63, Chesterfield. Some of the challenges and possible solutions to living on the moon, Venus, Mars, outer solar system, and even space itself. For adults as well as ages 12+. **603-363-4621**. frontdesk@chesterfieldlibrary.org. www.chesterfieldlibrary.org.

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- ❖ 2 Raffle Quilts
- ❖ Raffle Baskets

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Can I Get You A Drink? True Stories of Female Poisoners 7pm. Hancock Town Library, Daniels Room, 25 Main St., Hancock. Join writer and researcher, Erin E. Moulton, as we explore five female poisoners from American history, the drinks that did them in, and the trials that followed their deadly deeds. **603-525-4411**. hancocklibrary@comcast.net.

RELIGIOUS

Bible Study of Matthew 10:30-11:30am. First Congregational Church of Swanzey, 679 Old Homestead Hwy. The class will begin a sixteen-week study of Matthew, with an extensive look at Jesus' Sermon on the Mount in chapters 5, 6, and 7. Seekers are welcome. **603-352-6689**. office@swanzeyucc.org. www.swanzeyucc.org.

Friday, Sep. 26

ARTS, MUSIC & THEATER

Ukulele Concert 7-8:30pm. Dublin Community Center, 1123 Main St., Dublin. Featuring The Kukuleles. **603-563-8080**. www.dubhub-nh.org/calendar.

FAIRS & SALES

Rummage: Gift of Thrift Sale 9am-6pm. Dublin Community Church, 1125 Main St., Dublin. Donations accepted. Sale continues Saturday, September 27th, 8 - 1pm. Rain date following weekend.

MISCELLANEOUS

Restore Nature Now Rally and NH Environmental Legislation Update 4-7pm. Peterborough Unitarian Universalist Church, 25 Main St., Peterborough. Front lawn. Learn about NH environmental legislation from elected officials. Music by No Planet B

Storytime and Author Talk: Jeanette LeClaire 4:30-5:30pm. Keene Public Library, 60 Winter St., Keene. LeClaire will be reading her adorable picture book The Tales of Fern and Arno and also share her thoughts and inspiration that lead to her becoming an author. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Class Pet 6:15pm. Petco, Keene. Students from Winchester will be at Petco to pick out two hermit crabs to become class pets. The crabs will be named by winning votes.

Silent Auction & Dessert 6:30-8pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy. Apple deserts available for \$5 along with ice cream & Hot cocoa; handmade quilts & table runners for sale. Donations accepted for the auction until noon on 9/26. **603-352-6689**. office@swanzeyucc.org. www.swanzeyucc.org.

Red Cross Blood Drive 12-5pm. Millstream Community Center, 19 Main St., Hinsdale. **800-733-2767**. www.RedCrossBlood.org.

Saturday, Sep. 27

ARTS, MUSIC & THEATER

Rindge Music at the Museum: Open Mic Features Rik Ekstrom 1pm. Rindge Historical Society, 24 School St., Rindge. Music at the Museum open mic moves outdoors for the summer season. A \$5.00 donation benefits the Historical Society's museum. Bring a lawn chair and enjoy the show.

Monadnock Tri-State Dance Club 7-10pm. ELMM Community Center, 21 Durkee St., Winchester. Live music by "Champagne Jam." Everyone welcome. \$12. Refreshments available, 50/50 raffle. Rich: **603-398-8539**.

FAIRS & SALES

Annual VFW Auxiliary Yard Sale 8am-2pm. Keene Post 799, 459 Winchester St. Benefits families in need at Christmas. Table space available. Table rental \$20. Clean saleable donations accepted until Friday, Sept. 26th. No electronics. Gloria: **603-352-4046**.

Rummage: Gift of Thrift Sale 8am-1pm. Dublin Community Church, 1125 Main St., Dublin. Donations accepted. Rain date following weekend.

Rummage Sale and Flea Market 8am-2pm. United Church of Christ, 23 Central Square, Keene. One day only. \$3/\$5 per bag sale from 12:30-2pm.

Keene Farmers' Market 9am-1pm. Gilbo Avenue, Keene, across from Lindy's Diner. Local vendors will be selling their 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. Community market featuring local produce, fresh prepared foods, artisan meats, and hand-crafted goods. **603-762-0133**. winchesterfarmersmarket@gmail.com.

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Email: **monadnewhorizonsband@gmail.com**

FAIRS & SALES

Rindge Woman's Club's Harvest Fair 9am-2pm. Rindge Recreation Center, 283 Wellington Road, Rindge. Homemade jams, pickles, fresh vegetables, baked goods, outside vendors, jewelry table, and antique & fine jewelry appraisal and/or purchase 11am - 1pm. Basket raffle.

LECTURES/WORKSHOPS

Kitchen & Bath Do's & Don'ts Workshop 10am-1pm. Homestead Covered Bridge Kitchens & Design, 93 Monadnock Highway, Swanzey. This informative workshop includes budgeting realistically, permits, setting a realistic time line, cabinet designs and installation basics, avoiding DIY mistakes, tile backsplash tips and trends, countertop materials, popular trends, and more.

MISCELLANEOUS

The Community Kitchen Inc.: Mobile Food Pantry 1pm. Veteran's Hall, 105 Old Homestead Hwy, Richmond. Each Mobile Pantry features locally sourced fresh produce, meat and dairy products and non-perishable food items available at no cost to all eligible residents. **603-352-3200**.

Peace Pole Dedication 3:30-4:30pm. Emerson Brook Forest, 57 Emerson Brook Dr., Gilsum. Josephine Russell, Visionary of Aloha, will be by the newly installed Peace Pole.

Planet Earth: It's All We Got! 6-9:30pm. Peterborough Unitarian Universalist Church, 25 Main St., Peterborough. The Harbor Coffee House, music by No Planet B, poetry, storytelling and conversation. All welcome. Free.

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**.

California Brook Headwaters Tour: Alex Metzger 9am. Prouty Road Trailhead, Chesterfield. Some of the most important wildlands are protected through private ownership. Learn how the land trust partners with private owners to conserve lands with extraordinary conservation value. chesterfield.conservation@gmail.com. www.chesterfield-conservation-commission.com/.

"Yoga for Peace" & Peace Pole Dedication 9-11am. Gemmo Forest, 136 Hurricane Rd., Keene. Experience a rejuvenating morning of Gentle Yoga in the serene Gemmo Forest Tea Garden, complemented by a refreshing cup of on-site grown Tulsi Mint Tea. Suggested offering \$40. www.gemmoforest.com.

Sunday, Sep. 28

ARTS, MUSIC, THEATER

Music & Art Celebration 10am-2pm. Emerson Brook Forest, 57 Emerson Brook Dr., Gilsum. Wheelchair accessible. Bring a picnic lunch. Family fun, spontaneous music, poetry, and movement. **603-209-7272**. info@emersonbrookforest.org.

FAIRS & SALES

Annual VFW Auxiliary Yard Sale 9am-12pm. Keene Post 799, 459 Winchester St. Benefits families in need at Christmas. Table space available. Gloria: **603-352-4046**.

MISCELLANEOUS

Didgerido Heart Opening Meditation 1:30-3pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Didgeridoo master, Joseph Carringer is hosting. \$45. **603-762-3129**. www.alohakeene.com.

Free Celtic Music Concert by Gypsy Reel 4pm. Park Hill Meeting House, Westmoreland. Enjoy an early evening of musical entertainment. Sharon: **802-558-8182**.

Joint Mushroom Foray 10:30am-1pm. Harvard Forest, 324 N Main St., Petersham, MA. Monadnock Mushroom Club, Boston Mycology Club, and Pioneer Valley Club. Free event. Bring paper bag. www.monadnockmushroomclub.com.

Mon., Sep. 29

MISCELLANEOUS

Red Cross Blood Drive 11am-3:30pm. The Church of Jesus Christ of Latter Day Saints, 130 Summit Rd., Keene. Donors are asked to call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

Tues., Sep. 30

ARTS, MUSIC, THEATER

Cheshiremen Chorus: Weekly Meeting & Singing 6:30pm. United Church of Christ-Keene, 23 Central Square. For over 72 years, enriching lives through barbershop harmony! All men welcome. Use Vernon St. entrance. **877-312-7467**. www.cheshiremen.org.

LECTURES/WORKSHOPS

Family Archiving Essentials Edition 5:30pm. Peterborough Town Library, 2 Concord St., Peterborough. An Introductory Workshop for Organizing and Preserving Your Family's History. **603-924-8040**. www.peterboroughtownlibrary.org/.

Voices of Pride: LGBTQ+ Writing and Storytelling Workshop 6-7:30pm. Keene Public Library, 60 Winter St., Keene. Led by experienced writing teacher and award-winning poet Ian Kaplan, come share in a supportive space for LGBTQ+ writers, allies, and storytellers of all experience levels. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

MISCELLANEOUS

Red Cross Blood Drive 12-4:30pm. Rindge Meeting House, 6 Payson Hill Road, Rindge. To make appointment call **800-733-2767**. www.redcrossblood.org.

Wed., Oct. 1

ARTS, MUSIC, THEATER

"Just As I Am" Hymns Tour 7pm. Grace Christian Fellowship, 81 Ashuelot St., Winchester. Free. **603-239-7441**.

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Miscellaneous



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