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SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 67th Year of Community Service / October 29-November 4, 2025

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Autumn Radiance



Fall's glow – Heidi Bourgeois photographed these dazzling crimson leaves at her house in Jaffrey recently.

“Button Up” For Winter Home Workshop

Wednesday, November 5th

With winter coming, homeowners might want to learn how to weatherize their homes to use less energy. On Wednesday, November 5th at 6 p.m., the Keene Clean Energy Team and the City of Keene Energy and Climate Committee are sponsoring a free “Button Up” workshop for residents. The event will happen at the Keene Recreation Center, Room 22, at 312 Washington Street in Keene. The workshop is presented by NHSaves and the Plymouth Area Renewable Energy Initiative (PAREI).

The NHSaves Button Up Workshop is a 1.5-hour presentation plus Q&A about how to improve the energy efficiency of a home. It is conducted by a certified energy auditor and covers basic building science principles as well as examples of whole house weatherization measures that will button up the home for the heating and cooling seasons. It also covers details about the energy efficiency programs and cost-sharing programs offered by NH utilities as well as rebates on new technologies and products such as electric and gas appliances and high efficiency electric heating/cooling equipment.

The workshop is free, and no registration is necessary. For more details on the Keene NHSaves Button Up or other NHSaves Button Up Workshops visit plymouthenergy.org/button-up.

Frazier & Son Furniture In Swanzey

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The team at Frazier & Son Furniture includes: (L to R seated) Emily Cook, Connie Lester, and Jacquelyn Trombly, and (L to R back) Michael Rice and Martin Sheldon. Missing from this photo is Heather Hintz (sales) and Kristopher Spooner (delivery).

By Lori Catozzi Cook

When choosing where to shop for furniture, quality and style of the merchandise, personalized service, budget-friendly options, warranties, financing availability, online reviews, and shopping locally all come to mind as matters of importance to consider.

Checking off all of this list is Frazier

& Son Furniture at 233 Old Homestead Highway (Route 32) in Swanzey.

“From the moment we walked in, the service was exceptional – friendly, helpful, and attentive through selection, ordering, and delivery. It's the kind of old-fashioned customer care you rarely see anymore,” says Denise Morin.

FURNITURE, page 14

“Succession Planning Strategies: A Roadmap For Your Business”

The Savings Bank of Walpole will host “Succession Planning Strategies: A Roadmap for Your Business” on Thursday, November 13th, from 8 to 10:30 a.m. at 84 Marlboro Street in Keene. Breakfast will be served at 8 a.m., followed by the seminar from 8:30 to 10:30 a.m.

This free seminar will provide a practical roadmap to succession planning, including why early plan-

ning matters for business continuity, how succession planning can strengthen employee engagement, and strategies to protect a company's value and legacy. The presentation will also include a bonus discussion on Employee Stock Ownership Plans.

For more details or to register, contact Lynn Clark at 603-355-1670. Registration is requested by Tuesday, November 4th.

Give A Gift To All This Holiday Season And Shop Indie Local

By Jen Risley

“Plaid Friday and Shop Indie Local events are wonderful reminders of how strong our community can be when we come together to support local businesses,” said Elizabeth Hamshaw, general manager of The Cheshire Horse. “We believe that shopping local is more than finding unique products; it's about investing in the people and places that make the Monadnock Region such a special place to live. These events give us a chance to connect with our customers, celebrate small businesses, and keep our local economy thriving.”

As many of us share gifts and meals with friends, family, and coworkers this holiday season, we can also give a gift to our entire community and keep our local economy thriving. From our Thanksgiving meal to our New Year's Eve celebration, let's Shop Indie Local and purchase more of our holiday gifts and celebration needs from our friends and neighbors – locally owned business owners. Our purchases will keep on giving well into the New Year and beyond!

When we purchase gifts at a locally owned store, the store's owner and employees are more likely to buy products and services from other locally owned businesses, circulating our dollars through our local economy.

LOCAL, page 15

Comfort, Companionship, And Care: Join The Hospice At HCS Volunteer Team

Home Healthcare, Hospice & Community Services (HCS) will host hospice volunteer training sessions this fall, equipping participants with the tools and guidance needed to serve as part of the Hospice at HCS team.

Hospice Volunteers are an essential part of the care team at Hospice at HCS, offering comfort, companionship and support to individuals and families facing end-of-life journeys. Working alongside hospice-certified nurses, medical social workers, and spiritual counselors, volunteers help provide emotional support, caregiver respite, and a reassuring presence wherever the patient calls home – in their house, nursing facilities and assisted living communities. The upcoming training series will prepare new volunteers to take on this meaningful role and make a difference in the lives of others when it matters most.

“Being a Hospice volunteer has truly enriched my life,” said Joely Fanning, a seasoned Hospice at HCS volunteer. “I have met so many wonderful people in my six years of volunteering. I enjoy spending time with individuals and their families. Even though they are going through one of the most difficult times in their life, they are compassionate and caring about everyone and everything around them. I cherish the memories that were created sharing stories and laughter during visits.”

The six-week fall training session will be held at Home Healthcare, Hospice & Community Services at 312 Marlboro Street in Keene beginning November 7th. Registration closes November 4th. For more details or to register, contact Lorraine Bishop, Hospice Volunteer Coordinator, at 603-352-2253 or at lbishop@hcsservices.org.

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Monadnock Community Hospital Marks 15 Years Of Tobacco Treatment Success With Free Seminar



Essy Moverman, RRT, RCP, CTTS; Dawne Beamer, RCP, TTS; and Gabriela Trust, EP, TTS, will be the presenters for a free seminar on tobacco treatment success.

Monadnock Community Hospital will host a free seminar on Thursday, November 6th at 5:30 p.m. in the Bond Wellness Center conference room to celebrate 15 years of its Tobacco Treatment Program. The program, MCH's Tobacco Treatment Program: 15 Years of Growth & Success, highlights the hospi-

tal's evidence-based approach to helping individuals quit tobacco. Attendees will learn about personalized medication planning, behavioral strategies for long-term success, and how MCH's dedicated team supports participants in achieving lasting change. The evening will also feature a panel of former participants sharing their stories and answering questions. Presenters include Dawne Beamer, RCP, TTS; Essy Moverman, RRT, RCP, CTTS; and Gabriela Trust, EP, TTS. "Our program has helped hundreds of community members quit tobacco and reclaim their health," said Beamer. "This seminar is both a celebration of those successes and an invitation for anyone still struggling to see what's possible." Space is limited and registration is required. Reserve a space by visiting Tobacco-2025.EventBrite.com. The Bond Wellness Center at Monadnock Community Hospital is located at 452 Old Street Road, Peterborough. For more details, visit www.monadnockcommunityhospital.com.

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General meeting schedule will be the first Sunday of each month at CCSSEF.
Email AWA.CheshireCountyNH@gmail.com for details! Chapter information can be found at www.facebook.com/ArmedWomenofAmericaCheshireCountyNH or www.armedwomen.org.
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DMSO

I am not a doctor. This information is not medical advice. Please see your own physician before implementing any of the ideas offered here.

However, I wanted to share with you some extraordinary experiences that I have had using DMSO (dimethyl sulfoxide). A friend told me about it several years ago. She said that her husband had slammed his thumb with a hammer, then put his thumb into a 50/50 water/DMSO mix for a few minutes, and afterwards it was like nothing had happened. So I bought some and made up a 50/50 mix to put on my counter.

Over the past few years, I have three times dropped my fingers into the spinning threads of my leaf chopper. I ran into the house, put my fingers in the mix for a few minutes and when I pulled them out, they were fine. Then, several weeks ago, I was at a Weston A. Price Foundation meeting. I was moving really fast from the kitchen into the dining room. I didn't realize that there was a three-inch step up between the two rooms, so I tripped. Because I was

moving so fast, I couldn't keep the left side of my face from slamming really hard onto the floor. I sat up and asked if anybody had some DMSO. Luckily, someone did. I put some on my fingers and rubbed it on my face being careful to avoid my eyes. It tingled a little, but my face never showed a bruise. I should have had a black and blue face but nothing happened.

Apparently, when the body hits something, the cells at the top of the skin get damaged. They then damage the cells below, damaging the cells below that. DMSO has the ability to stop this cascade.

Horse people know about DMSO because it also has the ability to bring medicines deep into the muscles. This is why it is very important to have the skin surface be really clean before using it. It is also imperative to have the water that is mixed with it be exceptionally clean. If you have city water, you may want to use distilled water from the pharmacy.

There is a doctor who has documented many studies concerning DMSO. He/she claims it is helpful for pain relief, arthritis, strokes, heart attacks, cancers, paralysis, saving fingers that have been frostbitten, skin disorders, burns, varicose veins, sunburns, protection from radiation, circulatory issues, and much, much more. You can find the website at: www.midwesterndoctor.com. He/she claims that in the 1960s there was a great deal of interest in DMSO to the point that some gas stations had it available for sale. Although thousands of papers were published about it, he/she has this to

say, "Nonetheless, the FDA was still able to squelch it, and all of the research behind it (along with all the animals that were sacrificed to attain it) have been consigned to the dust bins of history. In the case of DMSO, this is particularly tragic because of how much suffering (and economic cost) many of the disorders discussed here create,



with Celeste Longacre

and the fact that decades of research and billions of research dollars have brought us no closer to solving them. I thus made the decision to present this, but in truth, words cannot begin to express my disdain over how DMSO was treated or the human cost of the callous bureaucratic dictates which have kept it from being adopted within the medical system."

A caution: 1 in 2000 people can have an allergic reaction, so it is best to test it on a small area before using liberally. It is well worth your time to visit the website to find out more.

Also, I now have a small dropper bottle in my purse!

Celeste and Bob Longacre have been living sustainably for almost 50 years. Her book, "Celeste's Garden Delights," details exactly how to do this and is available at many local businesses. Celeste is also looking for venues to do kvass demos.

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Trinity Craft Fair Supports Annual Class Field Trips



(L to R) Front row: Domello Fico, Trajan Macri-Vannini, Jethro Reekstin, Blake Luebke-Nash, Sarah Parsons, Sophia Downing, Cali Brown, Nora Powers; middle row Elias Hilo, Ryland Calhoun, Oskar Benik, Tate Deasy, James Downing, Matthew Lazzaro; back row: Eldie Coplan, Caelen Martinez, Stephen Galla, Ellie Grant, Malcolm Neurock, Amelia Faulkner, Aleah Ber- man, Jasper Ruczko, Evie Druke, Avery Hubbard.

On November 1st, from 9 a.m. to 2 p.m., Trinity Christian School will host its 15th Annual Craft Fair. Over 45 vendors will have creative, handcrafted, and unique gifts for the holiday shopping season. Full lunch concessions prepared by a local chef will be available. Each vendor has also provided one item to be raffled off, an opportunity to win a prize and support the students.

The best part is that shoppers will be supporting the Trinity Middle school students' yearly field trips to Washington D.C., Pennsylvania, and other places.

Trinity Christian School is located at 100 Maple Ave, Keene.

For more details, reach the school at 603-352-9403.



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Inspiration For Food Security

There have been crops and ways of growing food in New England for centuries that have fallen by the wayside in the last several decades. These methods and plants have sustained our ancestors (whether literal or not) through thick and thin. Back before food mechanization – when we depended on our gardens for our daily meals, efficiency, diversity and sheer bulk were of the utmost importance in home gardens. Even when the Industrial Revolution changed some of that and folks were flooding into urban centers, people still knew what a rutabaga looked like and how to grow one. Jump forward a bit and we get into the world wars era. The call to the nation during World War II to plant Victory Gardens revitalized some of that lost knowledge and those practices teetering on disappearance.

Woods and Gardens
with Yedida Landis



Supply chain back-ups, the conglomeration of seeds and farms into the ownership of ever fewer companies, as well as rising transportation costs from tariffs and overseas wars mean that present-day food costs have sky-rocketed. There really isn't a solid prediction on where all this is going in terms of food security. I wrote a few weeks back about growing food for the year and some of the ways we preserve it; but this week, I really want to focus on what other people have done in generations past and are doing now to make good food less scarce.

My first inspiration arrived in the form of a BBC Gardener's World podcast. A young woman, an American, moved to Manchester, England, an industrial neighborhood with high density and crime. One of her neighbors was sick of all the "fly-tipping" or trash dumping that was happening in the alleyway behind their apartment block and decided to just go out there herself and try to clean it up. This young woman saw her out there and went to help. While kneeling on the rough cobblestones, they dreamed up an alleyway garden. Over the next summer, neighbors pitched in, contributing old pots and

containers (since they had no actual soil to work with). Also repurposing some of the "fly-tipped" materials, including an old toilet and a bathtub, they got compost from their local municipality and began filling the vessels with soil and seeds. Now, seven years later, they have a vibrant alleyway that brings neighbors together. They got a grant for a pizza oven and currently hold community events at which they distribute extra produce to all in need.

Another source of inspiration this week comes from a Great Depression and Victory Garden-era documentary. There really were some ingenious methods for working around drought, famine, and severe rationing. Boughten fertilizers and materials of any kind were mostly out of the question, so people relied on the methods of their grandparents. This included cold frames, root cellars, and companion planting, as well as perennial plants, food preservation, and rainwater collection. One of my favorite ideas (that I look forward to trying next spring) is to bury an unglazed and plugged clay pot every few feet along a vegetable bed. If needed, it can be filled once a week or just let it catch rainwater. Put a lid on and over the next few days, it will slowly leech water out into the surrounding area. It also keeps the ground cooler. One creative woman gathered clay from a nearby riverbed, shaped it around old bottles, and fired it in her wood oven. A second technique utilized to keep produce fresh was to dig a root cellar. However, not everyone had space, materials, or time for that. So, instead, they buried large metal trash cans in the ground (with the rim just high enough to fit the lid on) and would fill them with potatoes, turnips, rutabagas, and parsnips to increase their food security through the winter.

In both of these examples, one of the leading themes was a sense of community developed through sharing food and conversation. Other prevalent themes were hard work and enjoyment of that work. As we look toward higher food costs and higher costs of everything really, these stories remind us that we can look to the earth, our ancestors, and to each other.

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

Blueberry Hill Sheds – Delivering Dream Structures

It's not too late to get that shed you've been clamoring for. Whether the need is extra space for storage or a personalized structure for a workshop, a hobby space, a kid's playhouse, pet shelter or garden tool storage, Blueberry Hill Sheds offers a wide range of buildings that range in size from 8' x 8' up to 14' x 40'.

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Orders and deliveries can be processed throughout the winter, weather permitting. Each engineer-certified shed is designed for New England's variable climate and comes with a comprehensive warranty, personalized consultation, site-preparation guidance, and maintenance tips. Free delivery is available to most New England locations.

Blueberry Hill Sheds is located at 387 Monadnock Highway, Swanzey, and 9 Gardner Road in Winchendon, MA. For more details, or to place an order, call Maria at 603-903-2646. Visit them online at blueberryhillsheds.com

Hundred Nights Holds Open House Thursday



Volunteers were part of the fund raiser, **Amazing Race**, last month. Pictured are: Judy Bell, Marcia Barrett, Tricia Sears, Judy Perry, Diane Cuomo, and Nancy Michalov.

(Photo by Lauren Bianchi)

ple to learn more about Hundred Nights. "I enjoy my interaction with the shelter community and am glad that Keene has supported this vital resource," she said. "Anyone can experience homelessness at any time, and I've seen folks move on to independence and a place of their own. It's very rewarding."

Those who are attending the Open House on the 30th should use the link to sign up, <https://tinyurl.com/bdctbc86>, space is limited.

Richmond Reminisces Wednesday At Library

The Richmond Public Library will host Richmond Reminisces on Wednesday, November 5th, at 11 a.m.

The public is invited to the library's monthly storytelling program, where attendees are encouraged to share memories and stories of Richmond. These tales are recorded for future generations to enjoy and preserve the town's local history.

For more details, contact the Richmond Public Library at 603-239-6164.

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Sky Family Celtic Revival Show Comes To Grace Christian Fellowship

On Sunday, November 2nd at 6 p.m., the Sky Family from Prince Edward Island will be performing their “Celtic Revival!” at the Grace Christian Fellowship in Winchester. The production features world-class Irish dance to lively Celtic/pop-rock music and songs rich in harmonies. Woven throughout are humorous stories and inspirational testimonies with each member performing on several instruments and contributing to the rich vocal harmonies and dance.

With their unique blend of fast-paced Celtic music, humor, and inspiration, the Sky Family has engaged audiences from coast to coast with their heart-touching and toe-tapping arrangements. They’ve been featured guests on various national TV shows and their songs have been played across the United States and Canada on more than 250 radio stations. The program is engaging for the whole family and admission is free, with donations accepted.

Grace Christian Fellowship is located at 81 Ashuelot Street in Winchester. For more details, call 603-239-7441.



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DAN BULLOCK

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)



What well-known local shop, established in 1931, was photographed circa 1970?

(Photo courtesy of Historical Society of Cheshire County)

There was no winner of last week’s Mystery Photo contest. The person shown standing at the end of the iron Island Street Bridge in Keene was photographer Bion Whitehouse.



Armed Women Of America Launches New Chapter, Meet And Greet Sunday, November 2nd In Keene

Armed Women of America (AWA) starts a new chapter in Keene with a Meet and Greet on Sunday, November 2nd at 10 a.m. at Cheshire County Shooting Sports Education Foundation (CCSSEF) at 19 Ferry Brook Road in Keene.

AWA’s focus is to enable women to safely, responsibly, and competently handle firearms and learn vital self-protection skills in a welcoming environment.

Gun ownership, safety, secure storage and the complex laws surrounding the use of firearms are significant topics around the nation. Couple that with the fact that women are the fastest-growing demographic in the firearms industry, the need for an organization like AWA becomes even more evident.

This new chapter will create female-friendly opportunities to practice and

learn under the coaching and instruction of other women who have stepped up to serve as volunteer leaders.

Meetings will be held the first Sunday of each month and are open to all women, 18 years or older that may legally possess firearms. Time will be devoted to discussion and classroom education, as well as time on the range, learning and practicing safe gun handling skills. Membership fees are \$75 annually.

RSVP by contacting Kristin D’Ambrisi at 603-803-1312, emailing AWA.CheshireCountyNH@gmail.com, or by visiting www.facebook.com/ArmedWomenOfAmericaCheshireCountyNH. RSVPs are optional, but help plan for events accordingly. For more details about AWA, visit www.armedwomen.org.

Learn To Play American Mahjong November 5th

The Keene Public Library will host Learn to Play American Mahjong on Wednesday, November 5th, from 1 to 3 p.m. at 60 Winter Street in Keene.

This four-week class is designed for beginners interested in learning American Mah Jongg, though experienced players are welcome to attend and play their own games. The class is led by Deborah Leblanc, an experienced player, teacher, and Mah Jongg enthusiast. Participants are encouraged

to explore *A Beginner’s Guide to American Mah Jongg* by Elaine Sandberg to become familiar with the game.

Registration is required. Participants may sign up through the library’s online calendar or by calling 603-352-0157.

This program will continue on Wednesdays at the same time through November 26th.

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

Buffet Bean Supper In Winchester

The United Church of Winchester at 99 Main Street will hold an all-you-can-eat Buffet Bean Supper on Saturday, November 1st from 5 to 6:30 p.m. in the Fellowship Hall.

The menu includes hot dogs, two kinds of baked beans, coleslaw, potato

salad, dinner rolls, and sorted homemade pies.

Tickets are \$12 for adults and \$6 for children under 12. Order take-home meals before 3 p.m. this day by calling 603-239-4465 .

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Granite Valley Prep: A Commitment To Excellence



Sam Gauthier and Vivian Saba, students at Granite Valley Preparatory School in Keene, working on charcoal still-life drawings.

With a “passion for learning through a rigorous curriculum, committed to the development of educators, leaders, and creators,” Granite Valley Prep has launched its inaugural semester. Located on the campus of Keene State College, students will engage in a “balanced approach to a traditional education that prepares them for post-secondary studies.” The school’s commitment to excellence follows a philosophy of rewarding creativity and encouraging collaboration through a balanced and comprehensive education, developing lifelong learners for post-secondary studies.

Granite Valley Prep is located at 311 Main Street in Keene. For more details about the school, call 603-803-4387, or visit them online at granitevalleyprep.org.

Rural Energy For America Program Benefits Farm Grant Opportunities

Applying for Cheshire County Conservation District grants and USDA Rural Energy for America (REAP) Program doesn’t have to be complicated. On Wednesday, November 5th from 5 to 6 p.m., a workshop to learn more about upcoming grant opportunities to meet a farm’s energy efficiency, renewable energy, production, and climate resilience

Education Option Fair Monday, November 3rd In Keene

Explore All Educational Options

An Education Option Fair will be held on Monday, November 3rd from 5 to 7 p.m. at First Baptist Church at 105 Maple Avenue in Keene. This is a community event designed to help parents and students discover the many educational opportunities available in the Keene area.

Participants will get a chance to explore all educational options in the Keene area and beyond, including private, charter, and micro-schools; learning centers; home education groups; and more. Local educators and program representatives will be available to speak with. Bring the whole family. There will be snacks and kid activities.

Admission is free, but attendees are encouraged to RSVP in advance. For more details or to register, call 603-803-3457, email info@edopt.org, or visit <https://edopt.org/events>.

Vintage Christmas In Jaffrey With Over 20 Vendors

Saturday, November 8th

On Saturday, November 8th, The Melamine Cup will host a Vintage Christmas at the American Legion Post 11 at 20 Webster Street in Jaffrey from 9 a.m. to 3 p.m.

This event includes 20 vendors selling vintage Christmas items, Santa showing up from 10 a.m. to 1 p.m., baked goods, a cash bar, and more. Each vendor will accept their own form of payments, so bring cash, checks, and credit cards.

There is a handicap accessible entrance. For more details, call/text Kari at 603-562-5533, email themelaminecup@gmail.com, or follow The Melamine Cup on Facebook.

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Multiple Sclerosis Support Group To Meet

A free peer support group for people living with multiple sclerosis will meet on Saturday, November 1st, from 10 a.m. to noon at the Bond Wellness Center at Monadnock Community Hospital, Old Street

Road, in Peterborough. Family members, friends, and caregivers are also welcome to attend.

For more details, contact Moni at 508-277-0745 or email Monadnock.Friends.With.MS@gmail.com

Let's Beat Diabetes Workshop With Dr. Nora Hanke

On Saturday, November 1st, Dr. Nora Hanke will give an interactive workshop, Let's Beat Diabetes, from 2 to 4 p.m. at Jaffrey Civic Center at 40 Main Street.

This workshop introduces the knowledge, tools, and lifestyle strategies that help individuals reduce their risk of developing diabetes, and to feel better

and reduce the need for medication even after it has been diagnosed.

There will be a discussion, viewing an educational video, a cooking demonstrations, and everyone gets to taste dishes that help prevent and fight diabetes. Participants go home with written materials including the recipes. For more details, call 603-532-6527.

System Updates

**Tech
Talk**
with Greg Pratt

A few readers have written in with the same question: Do I really need to update my computer?

Short answer: yes.

Long answer: All operating systems for computers are constantly being updated; whether you're on a Windows or Apple or Linux system, the people programming those systems are constantly at work, adding new features and removing vulnerabilities. Those additions – the updates – help keep your computer running smoothly and safely, so please update when they become available; you'll save yourself a lot of future headaches. If your updates seem to be taking longer than they should, or if you install an update and something stops working, contact your friendly neighborhood tech service.

Until next time, be well, be kind, and be curious!

Gregory Pratt is the head bench technician of TheStiltskin Computer Services, located at 1 Elm Street in Keene. If you have a question, email help@thestiltskin.com.

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Toronto Dominion Bank (TD Bank)	81.00	1.81	Deluxe (NEBS)	19.33	1.26
PC Connection	62.70	1.68	Teleflex (Jaffrey)	131.91	3.78
Bank Of America (Fleet)	52.57	1.29	Timken (MPB Corp.)	78.12	4.95
Corning Inc.	87.41	2.92	M&T Bank Corp. (People's United)	185.23	4.56
Ametek, Inc. (Precitech)	187.14	1.67	Dover Corp. (Markem)	177.43	10.93
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
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Gold (\$ per ounce)	4,113.90	(128.60)	Corn (cents per bushel)	424.00	1.00
Platinum (\$ per ounce)	1,609.32	(0.34)	Soybeans (cents per bushel)	1,060.50	39.50
			Cattle (cents per pound)	233.93	(8.07)
			Crude (\$ per barrel)	61.46	3.67
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Your Paycheck Buys Less Than It Did A Decade Ago

By Garry Rayno, InDepthNH.org

If your paycheck does not appear to go as far as it once did, you may be on to something.

A study done by the NH Fiscal Policy Institute indicates a typical family of four disposable income over the last decade has dropped by \$17,349 due to earnings not keeping up with the increased costs associated with housing, child care, health care, food, and energy.

Over the last 19 years, the cost of basic living expenses has increased significantly while the cost of many luxury goods like televisions and computers have gone down, the study found.

The typical New Hampshire family has lost major ground over the past decade, said Nicole Heller, Senior Policy Analyst at NHFPI, as the cost of basic necessities has risen substantially faster than household incomes.

“Ten years ago, a typical family could cover the basics, pay for other essentials, and still have a modest cushion for emergencies and savings,” Heller said. “Today, that same family is falling short. Not because they’re earning less, but because the cost of living has grown so much faster than incomes.”

The report uses two decades of federal and state data to model household budgets for median-income families in 2005, 2015, and 2024. The organization used inflation adjustments to compare how the cost of housing, child care, health care, food, transportation and energy have changed in relation to income over time.

By holding household characteristics constant and adjusting for regional costs, the analysis isolates long-term shifts in affordability rather than short-term price changes, Heller said.

A median income household with a family of four in 2024 fell nearly \$1,900 short annually covering only these core household expenses: housing, child care, food, gasoline, and health care.

The typical family of four earning \$99,782 had no money available to pay for student loans, clothing, vehicle payments, recreation, or other everyday family costs, the study found.

Because the analysis uses the median household income, half of New Hampshire families have even less income available to meet essential expenses.

Ten years ago, a New Hampshire family with the median household income would have had an inflation-adjusted surplus of about \$15,400 after covering the same basic needs that could be used for other expenses or emergencies or to invest.

The median income for a four-member family was \$90,434 in 2015 and \$88,749 in 2005 adjusting for inflation.

“The squeeze families are feeling isn’t a matter of personal budgeting – it’s a structural affordability crisis,” said Gene Martin, NHFPI Executive Director. “When families can’t afford to live and work in New Hampshire, it threatens the long-term strength of our communities and our overall economy.”

During the last decade housing costs have soared more than doubling, increasing 164 percent, while home prices surged 275 percent since 1999, the report notes.

A typical family buying a median-priced home in 2024 would need income of \$157,500 to avoid being cost-burdened, about \$57,700 more than the state’s median household income.

Energy and food costs have also increased dramatically over the last decade.

Home energy costs have nearly doubled since 2005, while food prices in the Northeast are up 72 percent, outpacing inflation.

A healthy food plan for a family of four now costs approximately \$12,000 annually, the study notes.

Health care costs are consuming more of family income now than in the past.

Average family health insurance premiums shared by employers and employees rose 121 percent since 2005, reaching \$26,119 in 2024 and deductibles are up 323 percent over the same period.

Child care costs continue to be a burden on young families in New Hampshire despite the influx of federal pandemic relief and rescue money that was used to prop up the system.

Child care for two children under age five costs about \$30,000 per year or about one-third of median household income.

Over a typical childhood, a family can expect to spend \$300,000 for child care for two children.

College costs and student debt have also increased significantly for families.

Tuition at New Hampshire’s public colleges has risen about 60 percent since 2005 and remains among the highest in the nation.

Granite State college graduates have the highest average student-loan debt in the country making it even more difficult for young families to make ends meet.

The more rural areas of the state are also feeling greater pressure with increased living expenses as the earnings of people in those areas are much lower than those living in the golden triangle between the Seacoast, the Nashua area and greater Concord.

The study looks at median salaries by counties over the past 20 years.

The highest median salaries are in Rockingham, Hillsborough, and Merrimack counties and have been for the last 15 years while the lowest are in Sullivan and Coos counties.

Today, the median income in Rockingham County is \$113,927, in Hillsborough \$100,436 and Merrimack \$93,944 while the median income in Strafford, Belknap, Grafton, Carroll, and Cheshire counties is in the \$80,000s.

But the median income in Coos County is \$58,439, and in Sullivan it is \$75,929.

Income has increased the most since 2009 in Carroll and Grafton counties and the least in Coos and Sullivan counties.

“The increases likely reflect both labor market changes that raised wages and, particularly in amenity-rich areas, recent population growth due to the domestic in-migration of individuals and families from other states,” the study notes. “Families migrating to New Hampshire may be bringing higher incomes to regions than many families who were already living in those counties.”

Along with those living in rural areas, young families are particularly impacted by the increasing cost of living essentials and incomes that do not keep pace.

“From an economic perspective, if New Hampshire’s households are experiencing high living costs and find themselves living paycheck-to-paycheck to afford the essentials, they will have less income to spend on other goods and services in the local and state economy, including those that support key tax and revenue streams for the state,” Heller said. “Families may also be limited in their abilities to save for emergencies and retirement, creating a system in which more Granite State families may fall into poverty, including older adults.”

Effectively addressing this combination of new and different challenges, relative to recent decades, will be a critical task for communities, businesses, and policymakers to help ensure New Hampshire will thrive today and in the future, she said.

Garry Rayno may be reached at garry.rayno@yahoo.com.

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Settling Into The Season

November signals dropping temperatures, cleaning up the last of the fallen leaves, watching football on TV, enjoying fall festivals, and finding ways to use the last of the apples you have on hand. I have some additional ideas that you can do with the family as you settle into this season.

Monadnock Family

with Lori Catozzi Cook



Pumpkin Recycling
Do you have pumpkins still sitting on your front stoop that you aren't sure how to use, rather than just tossing them? You could start a compost pile with them by finding a corner of your yard, covering it with dirt and fallen leaves, and just letting them be. Pumpkins (unpainted) are also a source of fiber, vitamins, and carbohydrates that can be healthy treats for some animals, such as pigs, goats, and chickens. Seek out a local farmer or animal sanctuary to see if they would be interested in your pumpkins.

Donations
With wintry weather and the holidays fast approaching, this is the perfect time of year to think about donating. If they haven't already, have your kids try last year's winter coats and boots. What doesn't fit – and is still in perfectly good condition to wear – donate to your local Salvation Army or thrift store that gives back to the community. Other items that can be taken into consideration to pass along is any outgrown or not used anymore skis and ski boots, snow boards, and snowshoes. Pass them along to a family you think would get some use out of them. Besides the closets, don't forget to check the kitchen cupboards and pantry for any food items that you won't use. (Obviously, check for expiration first.)

Daylight Savings
Get ready for the local daylight savings time change that will take place this year on Sunday, November 2nd at 2 a.m. when the clocks fall back one hour. How can we get our family ready for darkness creeping up one hour earlier? Keep their bedtime routine the same by sticking to the usual bath, reading, and wind-down time as usual. At first, you might hear that they aren't tired. If so, try throwing in an extra wind-down activity like coloring or working on a puzzle. Another thing you can do is dim the lights or use candlelight around the house an hour before bedtime. Also, limit screen time before bed. Using tablets or phones or watching television right before bed makes it harder to fall asleep.

Children's Book Week
Established in 1919, Children's Book Week is celebrated each year in the spring and again in the fall. This year's fall celebration will be held from November 3rd to the 9th. For homeschoolers or parents who want to download coloring and activity pages (they also have bookmarks), visit www.everychildareader.net/cbw/book-creators-2025. During this week, your kids could set goals as to how many books they are going to read – separate and/or together. Older kids can read to younger kids. If the kids meet their goals, have a special treat at the end of the week, like a pizza party or go do something active fun that the entire family will enjoy.

Volunteer Plans
Get the family together to make plans for the family to volunteer for a worthy cause this holiday season. Choose projects that fit your family's interest and age ranges and discuss expectations. You could serve Thanksgiving or Christmas dinner at a homeless shelter. As a family, you could shop for grocery items to donate to local food pantries that could be used during the holidays, and beyond. For the youngest of kids, making holiday cards for nursing homes and then delivering them will be well received by our elderly community.

Extend A Thanksgiving Invitation
Think about people you know who are far from their families and invite them to Thanksgiving dinner. This could be a co-worker, an acquaintance, or even a neighbor. If you have an elderly neighbor who can't get out, make up a Thanksgiving plate with all the fixings for them to enjoy. Take it over when you can sit and chat for a few minutes, when you don't feel hurried. And by all means, don't forget the pie!

Snap A Photo
Time for your family photo shoot! Get ahead of the holidays by using this month's beautiful fall background to take a family photo for your Christmas cards. The kids will have fun choosing different outdoor spaces and creating different poses. Then get the photos developed early to beat the holiday rush.

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

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Jhonny Aguilar, son of Christine & Isidro Aguilar, Keene, 1

November 2, 2025
Vanessa Vanderhoof, daughter of Joelle & Carter Vanderhoof, Keene, 2

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G. Albie Mason's New Exhibit At Peterborough Town Library

The Peterborough Town Library will host an exhibit in its Community Art Gallery called "What immortal hand or eye" by local artist G. Albie Mason, on view through Tuesday, November 25th.

This lively and thoughtful collection of paintings celebrates what Mason calls "a universally available level of beauty," blending traditional technique with a contemporary reverence for light and nature.

Peterborough Town Library is located at 2 Concord Street in Peterborough and is open Monday-Saturday. For more details on this program or any services, visit PeterboroughTownLibrary.org or call 603-924-8040.

"Of feathers or sounds of fancy things" by G.Albie Mason, Acrylic on Canvas



Gaslight Tinkers Contra Dance In Peterborough

The Monadnock Folklore Society will present the Gaslight Tinkers Contra Dance in Peterborough on Saturday, November 1st, from 7:30 to 11 p.m. at the Peterborough Town House at 1 Grove Street.

A workshop for dance basics will begin at 7:30 p.m., with dancing starting at 8 p.m. Ben Sachs-Hamilton will call the dances, accompanied by music from the Gaslight Tinkers. The band blends African, Caribbean, funk, reggae, and Latin grooves with traditional fiddle music, creating what they describe as "a joyously danceable sound around a

core of traditional New England old time and Celtic fiddle music."

Admission is on a sliding scale of \$12–20, \$30 for families, or attendees can pay what they can. This event will use the role terms "larks" and "robins." Masks are optional.

For more details, contact Kelly Strauss at Kelly.Strauss@gmail.com, call 603-547-5831, or visit facebook.com/peterboroughcontra or monadnockfolk.org.

"Pure Pigment" Pastel Exhibit By Maryann Mullett

The Hancock Town Library will host pastel artist Maryann Mullett's exhibit titled "Pure Pigment" through November 12th. A reception will be held Friday, November 7th from 4 to 6 p.m. in the Daniels Room.

Pastels are the purest form of pigment as an art medium. The pigments in pastels are the same as oils, acrylics and watercolors, but have the least amount of binder. Light refracts off of the pastel resulting in a "glow" and sparkle. This immediacy, vibrancy, and luminosity of the pastel medium is what inspires Mullett to paint with them.

Felines, bovines, dogs, and birds of all varieties are Mullett's choice subjects to paint along with luscious berries, fruits and vegetables. She often finds her subjects at local farmer's markets, studying their unique shapes, colors and textures.

Mullett's paintings have been shown at museums throughout the country. She is a Signature Member of the Society of Animal Artists, and is a Master Pastellist with the Pastel Society of America and the International Association of Pastel Societies.

For those who would like to learn about the pastel medium, Mullett teaches pastels to both beginners and experienced artists at the Jaffrey Civic Center June through November.

Visit Mullett's studio at The Monadnock Center



Watchful by Maryann Mullett

for History and Culture at 19 Grove Street in Peterborough, located on the second floor. Hours by chance or appointment. For more details, visit www.maryannmullettart.weebly.com.

Exhibits can be viewed in the Daniels Room of the Hancock Library during regular library hours. Call the library at 603-525-4411 before visiting to ensure no special events are scheduled at that time.

No Tricks – Just Appetizer Treats

This week’s Cooking Corner shares some treats for adults who’ve put away the tricks and want to share a few drinks and appetizers with special friends. Invite a few friends or the entire neighborhood to join you for some Halloween snacks; serve with punch or other drinks of choice. Prepare a variety of appetizer foods to suit the occasion and your party style. Enjoy!

**Cooking
Corner**

with Nancy Adams



Peppy Party Pecans

The alcohol in this sauce will evaporate when cooked, leaving only a unique flavor to the nuts.

- Ingredients:**
4 tablespoons butter
1/4 cup whiskey
3 tablespoons sugar
1 to 2 tablespoons bottled hot pepper sauce, or to taste
1/2 teaspoon salt
1/2 teaspoon garlic powder
4 cups pecan halves (about 1 lb.)

In large saucepan, combine all ingredients except pecans. Bring to boiling over medium heat; reduce heat. Boil gently, uncovered, for three minutes, stirring occasionally. Remove from heat. Stir in pecans; toss well to coat. Spread nuts in single layer in shallow baking pan or baking sheet. Bake pecans in 300 degree oven for 25 to 30 minutes or until nuts are crisp, stirring occasionally. Spread on foil; cool. Store in airtight container. Makes four cups nuts.

Sparkling Pomegranate Punch

A pretty, fruity wine punch that goes together easily.

- Ingredients:**
1 tablespoon sugar
1 cup pomegranate juice
2 chilled 750-ml bottles sparkling wine
3/4 cup chilled Riesling (or similar sweet dessert white wine)
2 oranges, thinly sliced crosswise
1 cup diced fresh pineapple (1/2")
1/4 cup pomegranate seeds
ice for serving

In a punch bowl, dissolve the sugar in the pomegranate juice, stirring vigorously. Add the sparkling wine and white wine, then add orange slices, diced pineapple and pomegranate seeds. Serve the punch over ice. Makes 10 to 12 drinks.

Brie with Prosciutto and Ginger Snaps

An interesting way to serve Brie that will have your guests coming back for more of this simple and attractive appetizer.

- Ingredients:**
1 wedge Brie, room temperature
1/2 lb. prosciutto
dried apricots, cut into slivers
ginger snaps, thin variety

Cut prosciutto crosswise into two-inch pieces. Place the Brie and prosciutto slices on a serving plate. Garnish the Brie with dried apricot slivers. Serve with ginger snaps instead of crackers.

Different Pigs in a Blanket

A 1980s appetizer take-off on “Pigs in a Blanket,” from Dudley’s Restaurant in Lexington KY, who suggests you “leave the pig in the barn and try this instead.”

- Ingredients:**
8 (5x5-inch) squares puff pastry (available in the freezer or refrigerator case at most markets)
8 teaspoons Dijon mustard
8 small pieces cooked country ham
8 pieces of thinly sliced apple
8 small pieces brie cheese
2 egg whites, beaten slightly with 1 tablespoon of water

Lay pastry (thawed if frozen) out flat on work surface. Spread mustard off center of each pastry piece. Place ham on top of mustard. Layer apple and brie cheese on each. Fold pastry in half (form a triangle)

over ingredients and crimp edges. Brush each “blanket” with egg white. Place on greased cookie sheet and bake at 350 degrees until golden brown, about 20 minutes.

Apple-y Party Meatballs

Meatballs that are oven-baked and then heated in a flavorful sauce made with apple jelly and whiskey or apple juice. Keep warm in a crockpot or chafing dish.

- Ingredients:**
2 large eggs, beaten
1/2 cup fine dry bread crumbs
1/2 cup finely chopped onion
1/4 cup milk
salt and pepper, as desired
1 lb. bulk pork sausage
1 lb. ground beef
3/4 cup apple jelly
1/3 cup spicy brown mustard
1/3 cup whiskey (or substitute apple juice)
1 1/2 teaspoons Worcestershire sauce
few dashes bottled hot pepper sauce

In large bowl, combine eggs, bread crumbs, onion, milk, salt and pepper. Add sausage and beef; mix well. Shape into about 48 meatballs, about 1 1/4 to 1 1/2-inch in size. Place in a shallow baking pan and bake, uncovered, in 375-degree oven for about 30 minutes, or until cooked through; drain on paper towels. Meanwhile, in a large saucepan, stir together jelly, mustard, whiskey, Worcestershire and hot pepper sauce. Heat and stir until jelly melts and mixture bubbles. Add meatballs, stirring gently to coat. Cook for three to five minutes or until sauce thickens slightly and meatballs are coated. Makes about 48 meatballs; serve with toothpicks.

Tomato Bisque-Pumpkin Shooters

A warming drink for a cool evening. Serve in two to three oz. shot glasses (called shooters) or other small glasses; makes 16 shooters.

- Ingredients:**
1 (16 oz.) can or pkg. purchased tomato bisque
1 cup canned pumpkin
3/4 cup water or less
crumbled feta cheese

In medium saucepan, whisk together tomato bisque and canned pumpkin. Heat through over medium heat, stirring in enough water to thin soup if it starts to get too thick (it should be drinkable consistency). Divide soup among small shooter glasses; sprinkle each with some crumbled feta cheese (about 1 1/2 teaspoon each) and serve warm.

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

Wed., Oct. 29**ARTS, MUSIC, THEATER****Reel Night Out: Witchy Wednesdays** 6-8pm. Keene Public Library, 60 Winter St., Keene. Every Wednesday evening the library screens a film and whips up some popcorn for patrons to enjoy. Film ratings vary from PG to R, so be sure to double check the calendar before bringing the kiddos. There is no cost to attend, snacks are allowed but only inside the theater. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.**Monadnock Art Gallery Exhibit** 10am-4pm. Monadnock Center for History & Culture, 19 Grove St., Peterborough. The Open Studio Tour is over, but you can still view and purchase inspiring and wonderful artwork in the Gallery. Weds - Sat, October 29 - 31st. www.MonadnockArt.org.**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@swaneyucc.org.**FAMILY FUN****Storytime** 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft for toddlers and preschoolers. Richmond Public Library: 603-239-6164. www.richmondnh.us/.**LECTURES & WORKSHOPS****SBW Financial Education Series: Accessory Dwelling Unit (ADU) Construction Financing** 5:30-7pm. Savings Bank of Walpole, 84 Marlboro St., Keene. Deborah Cannon: 603-354-4077. dlcannon@walpolebank.com. www.walpolebank.com.**MISCELLANEOUS****Covered Bridges Near Marlborough: Past & Present** 7pm. Community House, 160 Main St., Marlborough. Hosted by The Marlborough Historical Society. Free.**Music Preschool Storytime: Kim Wal-lach** 10:30-11:15am. Keene Public Library, 60 Winter St., Keene. Preschool storytimes are geared towards pre-kindergartners ages 3 to 5, who can sit and listen to short stories and participate in simple songs and rhymes. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.**Blood Drive** 11am-3:30pm. Community House of Federated Church, 160 Main St., Marlborough. 800-733-2767. www.RedCrossBlood.org.**Red Cross Blood Drive** 12-5:30pm. Mill No. 2, 69 Main St., Harrisville. Donors are asked to call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.**Thurs., Oct. 30****ARTS, MUSIC, THEATER****Special Film: Rocky Horror Picture Show**7-8:45pm. The Colonial Theatre, 95 Main St., Keene. Stars: Barry Bostwick, Susan Sarandon, Tim Curry, Meat Loaf, and Richard O'Brien. \$15. Come in costume. Do not include masks or weapons in the costume. 603-352-2033. www.thecolonial.org.**MISCELLANEOUS****Open House for Volunteers** 4-5pm. Hundred Nights, 122 Water St., Keene. A chance to learn about the mission of Hundred Nights and how one can be part of supporting neighbors who are unhoused and at risk. Limited space. Sign up at www.tinyurl.com/bdctbc86.**Friday, Oct. 31****FAIRS & SALES****46th Anniversary Celebration** 9am-5pm. Surell Accessories, 198 North Main St., Troy. Entire store is on sale. 603-242-7784. www.shopsurell.com.**FAMILY FUN****Library Trick or Treat** 3:30-5pm. Keene Public Library, 60 Winter St., Keene. Decorate your own treat bag and then fill it with treats from around the library. Come in your Halloween best and join for a Monster Bash! Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.**Halloween Party** 4pm. Richmond Public Library, 19 Winchester Rd., Richmond. Family friendly party. Ghastly games, creepy crafts, and spooky snacks. Richmond Public Library: 603-239-6164. www.richmondnh.us/.**MISCELLANEOUS****Celebrate Samhain: The Thinning of the Veil** 7-8:15pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Come dance with the Celtic Cauldrons. \$20. Josephine Russell: 603-762-3129. josephine@alohakeene.com. www.alohakeene.com/workshops-events/.**Sat., Nov. 1****ARTS, MUSIC, THEATER****Rasa String Quartet** 2pm. Showroom, 20 Commercial St., Keene. The Boston-based Rasa String Quartet explores the musical space where classical and folk traditions intersect and influence one another. Co-Presented with Monadnock Music. \$25/\$30. 603-352-2033. boxoffice@thecolonial.org.**Keene Chamber Orchestra Concert: An American Mosaic** 3pm. Monadnock Covenant Church, 90 Base Hill Road, Keene. Celebrating Aaron Copeland's 125th Birthday. Lecture with Maestro Eric Thomas at 2. Free. Donations welcome.**Electric Earth Concerts: Borromeo String Quartet** 7pm. Peterborough Unitarian Universalist Congregation, 25 Main St. \$30. Students free. www.ElectricEarthConcerts.org.**Gaslight Tinkers Contra Dance** 8-11pm. Peterborough Town House, 1 Grove St., Peterborough. This dance features calling

by Ben Sachs-Hamilton with music from the Gaslight Tinkers. Workshop for dance basics at 7:30. 603-547-5831. kelly.trauss@gmail.com.

DINING PLEASURES**Buffet Bean Supper** 5-6:30pm. The United Church of Winchester, 99 Main St., Winchester. Hot dogs, two kinds of baked beans, coleslaw, potato salad, with dinner rolls and assorted homemade pies. \$12/\$6 children under 12. To preorder take home meals call before 3pm 603-239-4465.**Keene Lions Foundation Presents Dinner in the Dark** 5-8pm. Keene Country Club, 755 West Hill Rd., Keene. An educational dining experience like you've never seen before. \$50/plate. Tickets at www.zeffy.com/en-US/ticketing/dinner-in-the-dark-2025.**FAIRS & SALES****Craft Fair** 9am-2pm. Trinity Christian School, 100 Maple Ave., Keene. Support local artists. Woodworking, Christmas ornaments, raffle, jewelry, giftable treats, holiday decor, and more.**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/.**46th Anniversary Celebration** 10am-3pm. Surell Accessories, 198 North Main St., Troy. Entire store is on sale. 603-242-7784. www.shopsurell.com.**LECTURES & WORKSHOPS****Drinking Liberally** 1pm. 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.**Let's Beat Diabetes Workshop with Dr. Nora E. Hanke** 2-4pm. Jaffrey Civic Center, 40 Main St., Jaffrey. This interactive, 2-hour class introduces the knowledge, tools, and lifestyle strategies that help individuals reduce their risk of developing diabetes, and to feel better and reduce the need for medication even after it has been diagnosed. Jaffrey Civic Center: 603-532-6527.**Shamanic Journeying Workshop** 10:30am-12pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Journey to the Spirit of Samhain through rhythmic drumming, visualization, and intention, meet your Power Animal, access ancestral allies, and uncover messages. \$25. Register: Josephine Russell: 603-762-3129. josephine@alohakeene.com.**MISCELLANEOUS****Space Night at the Library: Susan Rolke** 6:30pm. Richmond Public Library, 19 Winchester Rd., Richmond. An evening of astronomy. Richmond Public Library: 603-239-6164. www.richmondnh.us/.**Halloween Dance** 7:30-11pm. VFW, 35 Main Street, Winchester. Halloween Costume Dance. Prizes awarded. DJ Nat will provide music. Food available to purchase. 50/50 Admission \$7 pp. Kathy: 603-499-2392.**Community Acupuncture** 9am-3pm. Better Life Acupuncture, 17, 93rd St., Suite 124, Keene. \$50 for new patients and \$40 repeat patients. Book online or by text 603-239-2475. www.betterlifeacupuncture.com.**MDS Run-Walk-Smile** 9:15am. 97 Railroad St., Keene. Come out and run, walk, and smile at this fun, family-friendly event in the Monadnock Region. All funds raised will benefit the unmet dental needs of adults with developmental disabilities. Valerie Amenta: vamenta@zozimus.com. www.runsignup.com/Race/NH/Keene/11thAnnualMDRunWalkSmile.**MS Support Group** 10am-12pm. Bond Wellness Center, Monadnock Community Hospital, 458 Old Street Rd., Peterborough. Free peer support group for people living with Multiple Sclerosis, and their family, friends, caregivers. Moni: 508-277-0745. Monadnock.Friends.With.MS@gmail.com.**Drop-in Knitting Circle** 10am-12pm. Richmond Public Library, 19 Winchester Rd., Richmond. Drop-in group for hand-crafters of all abilities. Richmond Public Library: 603-239-6164. library@richmondnh.us.**Bulb Planting Party** 12-1pm. Putney Public Library, 55 Main St., Putney, VT. Help plant an array of beautiful bulbs --in the spring, admire them when the front lawn of the library is covered in colorful flowers. All ages are welcome. In case of bad weather check with the library.

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For more details about any of these events, check out the calendar at www.ccssef.org
603-352-8563 • 19 Ferry Brook Rd., Keene

Keene Chamber Orchestra:
An American Mosaic

Saturday, November 1st
Monadnock Covenant Church
90 Base Hill Rd. • Keene, NH

• 2:00pm Lecture with Maestro Eric Thomas
• 3:00pm Concert

Program
Celebrating Aaron Copeland's 125th Birthday

ARTS

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Saturday, November 1st • 7 pm
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Sunday, Nov. 2

ARTS, MUSIC & THEATER

Peterborough Folk Music: Le Vent de Nord 4pm. Park Theatre, 19 Main St., Jaffrey. 603-318-9196. www.pfm-sconcerts.org.

Skys Celtic Revival 6pm. Grace Christian Fellowship, 81 Ashuelot St., Winchester. High energy music, dance, and gospel production. Free. Donations accepted. 603-239-7441.

MISCELLANEOUS

Armed Women of America - Cheshire County NH Chapter 10am. Cheshire County Shooting Sports Education Foundation Clubhouse, Ferrybrook Road, Keene. Women (ages 18 and up or 14 with a guardian) learn to shoot and develop skills in a comfortable and safe environment. New or seasoned shooters. AWA.CheshireCountyNH@gmail.com. www.armedwomen.org.

Monday, Nov. 3

FAIRS & SALES

Education Option Fair 5-7pm. First Baptist Church, 105 Maple Ave, Keene. Explore educational options in the Keene area and beyond, including private, charter, and micro-schools; learning centers; home education groups; and more. Snacks and kid activities.

MISCELLANEOUS

100+ Women Who Care-Cheshire County Meeting 6-7pm. Hellenic Hall, St. George Greek Orthodox Church, 70 West St., Keene. Refreshments and social time starting at 5:30, and the business portion of the meeting will begin at 6 PM. www.100pluswomencheshirecounty.com.

Red Cross Blood Drive 12-5pm. St. Bernard Church, 185 Main St., Keene. Call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.

Tuesday, Nov. 4

ARTS, MUSIC & THEATER

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

MISCELLANEOUS

Red Cross Blood Drive 11am-3:30pm. Ellen L. Murphy Memorial Community Center, 21 Durkee St., Winchester. To make an appointment call or visit 800-733-2767. www.RedCrossBlood.org.

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or email themelaminecup@gmail.com

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Two Northfield
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Saturday, Nov. 8 • 9 a.m. to 2 p.m.

St. Patrick's Elves Fair, 80 Main St.
Crafts vendors, luncheon, raffles, bake sale
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11/16 USAF AIRMEN OF NOTE
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PREMIER JAZZ ENSEMBLE

12/04 AN EVENING WITH KEN BURNS
BURNS DISCUSSES
"THE AMERICAN REVOLUTION"

SHOWROOM

11/01 Rasa String Quartet
BOLD CHAMBER MUSIC
WITH GLOBAL INFLUENCES

11/07 Arun Ramamurthy Trio
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RAGA & JAZZ

11/09 Mel Allen
AN AFTERNOON WITH LOCAL AUTHOR &
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CELEBRATE

Frazier & Son Furniture In Swanzey – Area's Exclusive Dealer Of Stressless Furniture

FURNITURE, Continued from page 1

"Everyone, from the salesperson to the delivery men, was very professional and considerate. I have absolutely no complaints and will certainly be returning," adds another customer, Candy Peters.

And the sentiments continue throughout the region, as ever since "New Furniture" has been a category of the Best of Monadnock Readers' Choice Awards, Frazier & Son Furniture has been awarded the Gold, year after year.

Co-owned by Raette (Frazier) Trombly and daughter Jacquelyn Trombly, Frazier & Son Furniture has been a family-owned and family-run business since 1948.

"We are a little off the beaten path, a mile south of the Keene airport on Old Homestead Highway," says Jacquelyn. "The store used to be our factory, so the outside is deceiving. Customers are often pleasantly surprised when they first visit at how beautiful our showroom is."

The vast 27,000 square feet of showroom space offers a large array of furniture for any room in a home. Whether needing an added piece of furniture for home storage or a complete room makeover, customers will find quality furniture to enhance their home to their liking.

Frazier & Son Furniture carries a wide range of well-known brands – like La-Z-Boy, Flexsteel, Daniel's Amish, Archbold, Tempur-Pedic, and Beautyrest – that exemplify style, comfort, durability, and craftsmanship.

Most recently, this locally owned and operated store became the area's exclusive dealer (within 40 miles) of Stressless Furniture – a distinguished line of Nordic-designed furniture known for its reclining chair and ottoman sets.

Another addition to the furniture line-up at Frazier & Son Furniture is the Infiniti massage chair line that "delivers synchronized, therapeutic massage to both the upper and lower body" and offers "unmatched innovation and unparalleled luxury."

"We loved our experience at Frazier & Son," says Theresa Berna, about her experience. "Everyone was super helpful, and they have a wide selection. We found exactly what we were looking for. The couch was delivered faster than expected. They were very communicative. The delivery personnel were fantastic. They made sure we were comfortable and answered all of our questions. I cannot say enough good things about our purchase. We will be coming back for all of our furniture needs!"

Frazier & Son Furniture offers interest-free financing options for customers with approved credit as well as affordable delivery, setup, and the removal of old furniture for an additional fee.

Frazier & Son Furniture is open Mondays through Fridays from 10 a.m. to 6 p.m. and Saturdays from 10 a.m. to 5 p.m. For more details, stop by the showroom, call 603-352-0337, email sales@frazierandsonfurniture.com, or visit www.frazierandsonfurniture.com.

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LOCAL

Give A Gift To All This Holiday Season And Shop Indie Local

LOCAL, Continued from page 1

As our dollars pass between our neighbors' hands, without leaving our region, the more income, wealth, and jobs grow in our community.

Monadnock Region independent retailers re-circulate, on average, \$62 of every \$100 spent at their businesses back into our local economy. While national chain stores return \$14 of every \$100 spent, Amazon returns nearly zero. If we shifted just 10 percent of our purchases from national chains to locally owned retailers, we would return \$27 million to our regional economy annually. Now, that's all I want for Christmas!

Celebrate Local

with Jennifer Risley



Give a Gift of Job Growth

Local, independent retail businesses help employ many more people than those on the sales floor. They're more likely to bank with local banks and buy from other local businesses than chain stores. They're also more likely to hire local service providers like accountants, graphic designers, and various skilled positions – jobs for aspiring entrepreneurs.

Give a Gift to the Non-profit Community

Local non-profit organizations depend on contributions from local businesses. This support extends to civic institutions like schools, churches, and fraternal leagues that aid economic prosperity, community cohesion, and trust.

"Our local businesses are the backbone of our community," said TEAM Jaffrey executive director Tara Castiglioni. "They are the first ones to contribute to any events. They are families, so when you shop local, you're directly supporting a family who put their children in different activities, eat locally, and shop locally. It's a cycle of reciprocity that keeps our town going."

Give a Gift of Vibrant Main Streets

The rise of online shopping, undercutting Main Street retailers, also changes land use patterns. Amazon doesn't place its warehouses downtown but in remote industrial parks. As demand for Main Street storefronts declines, so will local governments' tax revenue base. The Shop Indie Local movement reverses this trend!

Get Ready for Shop Indie Local Week

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

Plaid Friday

For the sixteenth year, independent businesses and community members in the Monadnock Region will celebrate Plaid Friday, the day after Thanksgiving. This year's event falls on Friday, November 28. Wear plaid on Friday to show your support for our local economy and commitment to buying local this holiday season: tlcmonadnock.com/plaidfriday.

Be sure to visit the locally owned businesses that have volunteered to serve as Plaid Friday Hubs this year. Hubs pledge to photograph you decked out in plaid and answer questions about Plaid Friday. TLC Monadnock will post all Plaid Friday photos throughout the day on our Facebook page at facebook.com/monadnocklocal. Stay tuned for a list of hubs at tlcmonadnock.com/plaidfriday#hubs.

"We love being a community hub for holiday spirit because it is so fun and rewarding watching people share moments and enjoy themselves," shared Deb Johnson, owner of The She Shed in Swanzey. "Shoppers and our friendly team come together as friends. We get to know them and share what brings them joy. Joy, for us, equals Your Happy Place for local shopping this holiday season."

Small Business Saturday

While Plaid Friday overshadows Small Business Saturday in our region, we encourage everyone to celebrate this event on November 29. No matter how you get involved, every little bit makes a big difference. Stay tuned for Small Business Saturday happenings at tlcmonadnock.com/shop-small.

Artists Sunday

November 30 is Artists Sunday, a collaboration of over 4500 artists and organizations that come together to encourage community members to shop with their favorite local artists and makers during the holiday season. Think of it as Plaid Friday but for the arts: tlcmonadnock.com/artists-sunday.

"Art brings a unique and personal touch to gift-giving, and with Artists Sunday, shoppers can truly feel connected to the work they purchase," said Cynthia Freese, co-founder of Artists Sunday. "This event empowers local artists, fosters economic growth, and inspires people to value the beauty that comes from creativity and craftsmanship."

Cider Monday

Instead of Cyber Monday, a day when online merchants offer special deals, we invite you to Cider Monday on December 1. Stop in for free cider from participating Cider Monday businesses. Also, if you choose to shop online, choose local too! Learn more at tlcmonadnock.com/cidermonday.

Giving Tuesday

A global generosity movement, Giving Tuesday on December 2 encourages you to give in any way you can. Organizers share, "Whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts, and everyone has something to give." Learn more at tlcmonadnock.com/givingtuesday.

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

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

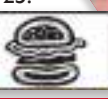


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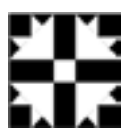
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CELEBRATE

Win \$50 Gift Certificate To One Of These Businesses

To enter, find these words (they relate to Plaid Friday and Shop Indie Local!) in the word search. Mail your completed puzzle to The Monadnock Shopper News, PO Box 487, Keene, NH 03431, snap a photo of it and e-mail it to shopper@shoppernews.com, or fax it to 603-357-9351.

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, November 14th.

Last month's winner was Tina Sesia, who chose a \$50 gift certificate to Stoneman Custom Jewelers.

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LOCAL

Keene Community Power Renewed Until December 2027

The city of Keene has renewed its Keene Community Power program, with new prices for the period December 2025 until December 2027. Keene Community Power is a group purchasing program operated by the city since 2023 which provides electricity supply options to help residents and businesses manage costs and increase renewable energy use. Current participants do not need to take any action to remain in the Keene Community Power program and receive the new pricing.

The new community default option, Keene Standard, will now provide 50 percent additional renewable energy. All new Keene Community Power prices will be fixed for 24 months, December 2025 to December 2027, with Direct Energy as the supplier.

Learn more about the options at KeeneCommunityPower.com.

Participants may switch options at any time by

Katie Voudren From Cheshire Medical Center Named Monadnock Healthcare Hero



Katie Voudren from Cheshire Medical Center

Little things matter so much for those receiving care. Beyond actual treatment, a smile, a helping hand or a casual conversation can be very welcoming and meaningful. It's these and other elements that spawned the Healthcare Heroes community effort over six years ago to recognize dedicated individuals in healthcare who go above and beyond the call of duty.

To shine a light on the work done not only in front-line but behind the scenes so that care can be delivered and maintained, regional 2025 NH Healthcare Heroes were recently selected. In the Monadnock Region, Katie Voudren, Post-Anesthesia Care Unit RN at Cheshire Medical Center in Keene, was named a NH Healthcare Hero at a recent pinning ceremony.

"It takes a full community of professionals to make our healthcare system work, and we're excited to honor these roles and share their stories," said Paula Smith, Southern NH AHEC director and convener of the New Hampshire Sector Partnerships Initiative (SPI).

One healthcare hero from five regions across New Hampshire were recently selected through nominations submitted by colleagues, family, friends and patients. In total, 42 healthcare heroes have been recognized since the program's inception.

About Voudren, her nominator said, "Katie portrays a healthcare hero every day while working in our PACU. She is a valued member of our team and leads by example. (An example) of Katie being a healthcare hero and going above and beyond: While taking care of a postop patients who was supposed to be going home but required an admission, Katie realized that this patient was the caregiver of her bedbound husband at home. Katie was worried about the husband getting the care he needed so she set up a local PD welfare visit check-in and arranged a neighbor to help out overnight. The husband was able to get the care he required, and the patient was relieved he would be taken care of. In the end, Katie not only helped her patient, but her patient's family."

For more information and to follow the stories from our heroes and runners up, follow the effort on social media at Facebook.com/HealthcareHeroesNH.

Aloha Keene Raises \$1000 For Conservation Work

Aloha Keene, a yoga studio located on 83 Court Street in Keene, recently raised \$1000 in support of the Monadnock Conservancy's work protecting land in the Monadnock Region.

Josephine Russell of Aloha led a full-moon yoga class on Pitcher Mountain in Stoddard with all proceeds going to the conservancy.

"For the past three summers, Josephine and JC Russell of Aloha Keene and their students, have raised money for the Monadnock Conservancy through their full moon yoga fundraiser," says Lindsay Taflas, development director of The Monadnock Conservancy. "The money raised will be used to conserve our most precious lands, including forests, fields, and those special places where the view of the full moon is particularly special."

calling Direct Energy at 866-968-8065 or with an on-line request at KeeneCommunityPower.com.

The city's program launched in 2023, providing an additional 10 percent of voluntary renewable energy in the default product, Keene Standard. In the renewed contract beginning December 2025, Keene Standard will now provide 50 percent total renewable energy. The new products in the program will increase annual voluntary renewable energy purchases to an estimated total of 13,670 megawatt-hours (MWh), avoiding 9.7 million pounds of carbon pollution each year.

No action is necessary for current participants to receive the new pricing for the current Keene supply option. Those who use "Keene Standard" or "Keene 50" presently will automatically receive the new price for "Keene Standard." To check what Keene Community Power supply option is currently used, people may view the "supply" section of their current Eversource electricity bill. For those who presently participate in the program, the current supply rate will appear as one of the "old prices."

New prices take effect on the December 2025 meter read. The first bill to show the new Keene Community Power pricing will be the bill showing usage from the December 2025 meter read to January 2026 meter read. Most customers can expect to receive this bill in January 2026.

Keene Community Power prices only apply to the supply portion of an electricity bill and take effect on the meter read date. Eversource will continue to set the charges for Delivery and will repair outages and manage all billing. Customers who receive a discount on their electricity bill through the Electric Assistance Program (EAP) will continue to receive their benefits. Budget billing customers will continue to receive budget billing for the Delivery Services portion of the bill.

Those who are not currently participating in Keene Community Power may join any time by submitting a request at KeeneCommunityPower.com. Keene Community Power participants may leave the Program at any time without penalty and return to Basic Service supply with Eversource. To leave the program, call Eversource at 800-662-7764, or submit a request at KeeneCommunityPower.com.

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