



Autumn Glow



Vibrant fall colors on the slopes of Monadnock as the glowing full harvest moon begins its rise just after sunset this past week at Perkins Pond in Jaffery.

(MSN photo by Gabe Shakour)

SuperHero SpotLight Recognizes Marlborough Food Pantry’s Joyce Puleo

Stark Level Solutions and *The Monadnock Shopper News* congratulate Joyce Puleo and The Marlborough Food Pantry. On the back page of this issue, Stark Level Solutions’ SuperHero SpotLight recognizes the work of this local organization.

The Marlborough Food Pantry and its volunteers make sure no one in this quiet corner of New Hampshire goes hungry. The pantry is open to all, no questions asked. Folks just show up and fill their bags with groceries.

Puleo is the coordinator of the pantry, located at the Federated Church at 16 Pleasant Street. It’s open on Mondays from 1 to 5 p.m. and Thursdays from 10 a.m. to 1 p.m., but Puleo and her team put in many more hours working with state, federal, and local resources to keep the shelves stocked.

Given recent cuts to USDA funding for food assistance, it is more urgent than ever to

support local pantries. To this end, The Marlborough Food Pantry will hold an Empty Bowls Fundraiser on Saturday, October 25th at the Marlborough Community House at 160 Main Street where a meal will be served from 4 to 6 p.m., with a raffle to follow. Potters donate bowls to the event and when people arrive, they choose a bowl (to keep) and their meal is served in that bowl.

Tickets are \$25. Guests over 80 and under 16 pay \$15. Advance tickets may be purchased by emailing andreademorest@gmail.com. All proceeds will go directly to the Marlborough Food Pantry.

The Stark Level Solutions’ SuperHero will receive a gift certificate to a local restaurant donated by The Monadnock Shopper News.

To nominate a SuperHero, complete the form submission at www.starklevelsolutions.com/about-5. See the back page of this issue.

City Express Celebrates NH Community Transportation Month

The City Express, Keene’s public transportation bus service, is celebrating NH Community Transportation Month in October with Free Ride Week – Monday, October 20th through Friday, October 24th – to encourage residents to try public transportation.

Free rides will be available throughout the week for all City Express buses and the Friendly Bus. The City Express operates Mondays through Fridays from 8 a.m. to 4:30 p.m. and stops at 24 locations in Keene.

Rides are available for people of all ages; no reservation is required. Fares outside of free transportation week are a dollar a ride, and children under 12 ride free. For a bus map and schedule, visit www.cityexpress.org.

Free Ride Week also extends to the Friendly Bus, a door-to-door transportation service for seniors and those with disabilities. This bus operates through reservations, Mondays through Fridays. To make a reservation on the Friendly Bus, call 603-352-8494.

Late In Arriving: How Electricity Changed Rural New Hampshire Life

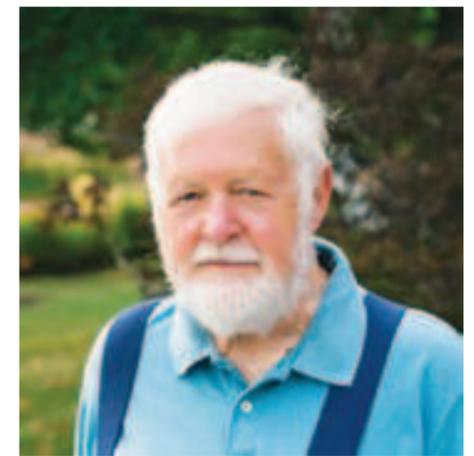
On Sunday, October 19th at 3 p.m., Congregation Ahavas Achim at 84 Hastings Avenue in Keene, presents Stephen Taylor discussing how electricity changed rural New Hampshire life as part of the Nathan E. Cohen Memorial Lecture Series.

Taylor will lead the audience to imagine a New Hampshire town where some people enjoyed the benefits of electricity – lighting at the flick of a switch and reliable heating controlled by a thermostat – while others lived with smelly kerosene lamps and smoky box stoves. In New Hampshire, during the first half of the 20th century, residents of developed communities enjoyed the transformative benefits of electric power while those in the sparsely populated regions lived and worked in conditions little changed from the 19th century.

The New Deal’s Rural Electrification Administration, a determined band of farmers who helped create the New Hampshire Electric Cooperative in 1939, material shortages during WWII and reliable electricity sources all became significant to New Hampshire history.

This program will explore how developments such as those, changed civic and social life in New Hampshire’s countryside, and touch the ways the disparity of broadband access in the state today echoes these earlier struggles.

Taylor is a lifelong scholar of New Hamp-



Stephen Taylor

shire agriculture and rural life. He has been a daily newspaper reporter and editor, freelance writer, dairy farmer, and for 25 years served as the state’s commissioner of agriculture. He was the founding executive director of the Hampshire Humanities Council.

The event is free and open to the public. Donations are gratefully accepted.

For more details, call 603-352-6747 or visit www.keenesynagogue.com.

Fall Books Sale Set At Keene Library

The Friends of the Keene Public Library will hold their Fall Books Sale at the Keene Public Library in the Heberton and Cohen Halls from October 24th through October 26th. The hours are Friday from 10 a.m. to 6 p.m.; Saturday from 10 a.m. to 5 p.m.; and Sunday 10 a.m. to 2 p.m.

Sunday is Fill a Bag Day for \$5.

The money raised from the sale funds programs that otherwise would not be offered which makes the Keene Library more interesting and diverse. All genres of lightly used books are available.

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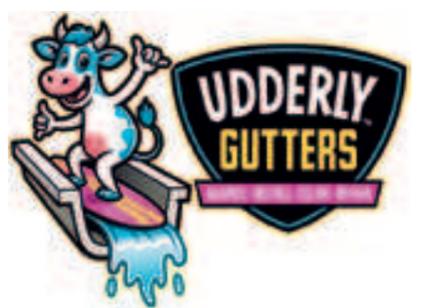
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CLASSIFIEDS/RE	19	GARDEN.....	9	HEALING	10	MYSTERY PHOTO.....	18
COOKING	11			PETS	2		

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Foley absolutely adores his favorite people and is happiest when he's right by your side. He's a loyal, affectionate companion who's always ready for snuggles and quality time.

When it comes to meeting other dogs, Foley is full of enthusiasm. He tends to rush in with excited sniffs, licks, and plenty of vocal greetings-which can be a bit much for some dogs. His intentions are friendly, just a little... extra!

Due to his strong prey drive, Foley will need a home without cats or small animals. But with people, he's all-in, loving, playful, and full of personality. If you're looking for a devoted, larger-than-life best friend, come meet Foley. He's waiting to steal your heart!

Foley is a six-year-old large mixed breed.

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.monadnockhumane.org.



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The Nathan E. Cohen Lecture Series presents:
Late in Arriving, How Electricity Changed Rural New Hampshire Life with Stephen Taylor
 Sunday, October 19th, 2025 at 3:00 pm

Imagine a New Hampshire town where some people enjoyed the benefits of electricity – lighting at the flick of a switch and reliable heating controlled by a thermostat – while others lived with smelly kerosene lamps and smoky box stoves. In New Hampshire, during the first half of the 20th century, residents of developed communities enjoyed the transformative benefits of electric power while those in the sparsely populated regions lived and worked in conditions little changed from the 19th century.

This program will explore how developments such as those, changed civic and social life in New Hampshire's countryside, and touch the ways the disparity of broadband access in the state today echoes these earlier struggles.

(See article elsewhere in this issue)

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CPR Certification Offered At Cheshire Medical Center

Cheshire Medical Center Community Education will offer an American Red Cross Adult and Pediatric CPR/First Aid certification course on Saturday, November 8th from 10 a.m. to 2 p.m. The class will be held in North Conference Room 1 at Cheshire Medical Center, 580 Court Street, Keene, NH 03431.

The course covers chest compressions, rescue breaths, AED use, and response to choking emergencies. It includes a basic understanding of the

cardiac and respiratory systems, how to recognize cardiac arrest, assess unresponsive individuals, and perform pediatric CPR. The class is available to the community as a subsidized benefit at \$20 per participant. Participants who complete the course will receive a two-year American Red Cross certification, which can be digitally downloaded.

For more details, contact Cheshire Medical Center at 603-354-5400 or visit www.cheshiremed.org



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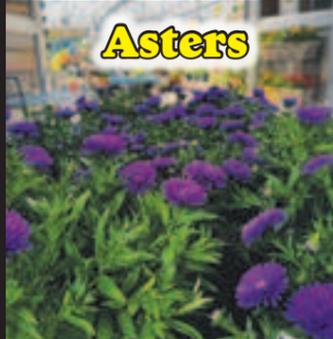
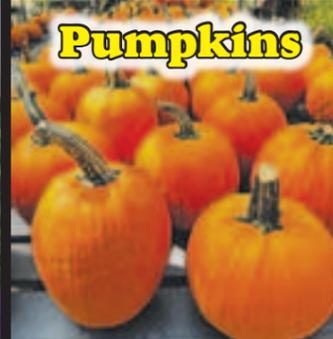
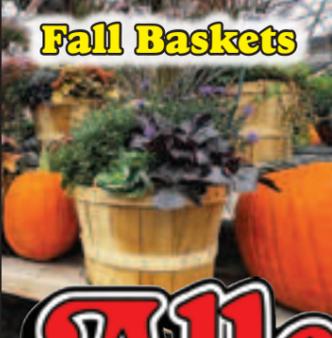
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Carole Harrington: A beloved mother, grandmother, great-grandmother, sister, aunt, and friend.

Carole Marie (Merriam) Harrington, 84, of Marion, VA, passed away on September 21, 2025, after a courageous battle with a multitude of health issues. Embodying the sentiment, “To know even one life has breathed easier because you have lived. This is to have succeeded.” Carole lived an extraordinarily successful life. Those who knew her well knew her simply as “Gram”, and among grandmothers, she was truly one of the best. Not a day went by without her trying to help her family, her neighbors, or even the squirrels that visited her back door in search of peanuts.

An avid yard saler, Carole had a knack for haggling down even the most seasoned sellers. She frequently bragged about her finds, whether it was a used blender or a wall clock that only needed new batteries, she would often say, “Can you believe I got this for only a quarter!” Always eager to share her good fortune, Carole often bestowed her family with these second-hand treasures. Little did they know then just how much they would miss these gifts now.

Carole had a variety of interests, particularly enjoying outdoor activities such as hiking, long drives through the countryside, and walks in the desert while she lived in Southern California. It is no surprise that in the 1970s, when her sons were in scouting, she became the first female scoutmaster for the Boy Scouts of America in Vermont. Throughout her life, Carole especially loved berry picking, often spending hours indulging in this pastime. She frequently shared this activity with her grandchildren, who, as adults, would tease her about the many hours of “forced labor” they endured in bramble patches as children. Additionally, she was a dedicated blood donor, donating a total of nine and a half gallons of blood to the American Red Cross during her lifetime.

While her three sons were in school, Carole worked for several years as a lunch-room staff member in the school system. Later, she held various positions at multiple companies in Vermont, including Walpole Wire, Mary Meyers, Georgia-Pacific, and C&S Wholesale Grocers. She ultimately retired from Plumb Pak in Winchester, NH, in 2005. Throughout her life, Carole made it a priority to stay close to her family, living in Hinsdale and Swanzey, NH, as well as briefly in Alpine, CA, where she fell in love with the desert.

Carole was born on December 8, 1940, in Eureka, VT (now North Springfield), to Harold and Marion Merriam. She graduated from Bellows Falls High School in 1959 and married Ramon Harrington shortly thereafter, on July 3 of the same year (though they divorced in 1987). Together, they built a life in Grafton, Cambridgeport, and Saxtons River, VT, where they raised their sons: Garry Harrington (Leonie Dodd) of Grand Junction, CO; Byron Harrington (Lynn) of Alpine, CA; and Scott Harrington (Sam) of Westminster, VT.

In addition to raising her three sons, Carole cherished her role as a mother to Garry’s first wife, Sherri Leining of Marion, VA, and to their three children, whom Carole regarded as her own: Melissa Ann of Kittery, ME; Megan (Jack Welnak) of Surry, NH; and Evan Lars, her “Little Pumpkin,” along with his son Cameron, also a “Little Pumpkin” of Keene, NH.

Carole is survived by all of her children, seven grandchildren, and eight great-grandchildren, all of whom she loved dearly. Carole was predeceased by three of her four siblings: Louis Shippa of Brattleboro, VT; Pat Astle of Claremont, NH; and Betty Tyler of Springfield, VT. Jacqueline Oliver survives and lives in Phippsburg, ME.

In accordance with Carole’s wishes, there will be no calling hours or funeral service. Although her family did not fulfill her request to “stick a bone in my hand and let the dogs bury me”, a graveside burial will be held at 11:00 a.m. on Sunday, November 9 at the family plot in Mount Pleasant Cemetery, Putney, VT. Donations in her name can be made to the American Cancer Society.

Rummage Sale In Jaffrey Friday And Saturday, October 24th, 25th

Jaffrey Woman’s Club will host a Rummage Sale on Friday, October 24th from 9 a.m. to 5 p.m. and Saturday, October 25th from 9 a.m. to noon (bag sale) at the Cutler Memorial Building at 33 Main Street.

This event will feature fall and winter clothing and accessories for men, women, and children, plus a selection of linens and jewelry.

Donations of laundered clothing in very good shape will be accepted on Thursday, October 23rd from 10 a.m. to 5 p.m.

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

Becoming Wolf: Eastern Coyote In New England

On Thursday, October 16th, the Keene Public Library will host Becoming Wolf: The Eastern Coyote in New England from 6 to 7 p.m. Researcher and coyote advocate Chris Schadler will explore the population dynamics of coyotes, tracing their past and present range across New England.

The talk will also highlight the animal’s behavior, habits, and group dynamics, weaving in personal stories and observations. With humor and insight, Schadler offers a closer look at one of the region’s most adaptable wildlife species.

The talk will also highlight the

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

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

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Badger 30th Birthday Open House October 25th

Badger will celebrate its 30th anniversary with a community open house on Saturday, October 25th, from 9 a.m. to noon at 768 Route 10 in Gilsum.

The event is free and open to the public. Visitors will be invited to tour the Badger building, take part in a hands-on essential oil activity, and sample products. The morning will also include a raffle, refreshments, and the chance to connect with friends and neighbors.

The celebration is a way for Badger to thank the community for its ongoing support over the past three decades. Founded in Gilsum in 1995, the company has grown from a small family business into a nationally recognized producer of natural and organic body care products.

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The Lesson Of Porcupine

The first porcupine we ever saw was in October of 2008, according to the nature logbook we keep here on the farm. We were taking an autumn walk in the hayfield, and we were astonished by the porcupine. Such a majestic bristly silvery self! It seemed less impressed by us, as it slowly wandered away.

Years later, we found the second porcupine in the woodchuck trap in our garden. The closer we got, the bigger the porcupine looked, all puffed up in its black and white glory. We opened the trap, and this porcupine waddled away as fast as a porcupine can. Then we picked up the pretty little quills from under the trap and put them on our mantle.

The third porcupine we didn't actually see. We only saw its quills in the muzzle and fetlock of our overly curious draft horse Moon. For some reason that event didn't make it into the logbook, and we can't remember if we got the quills out, or had to call the vet. That time we did not put the pretty little quills on our mantle.

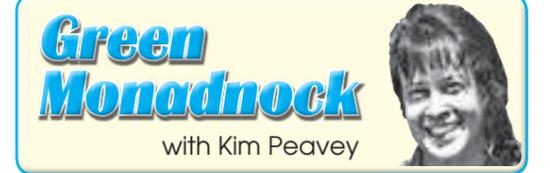
The fourth porcupine appeared this fall, when I was taking an evening walk with our farm pooch through the fields. My, I thought, that is a strange dark pile of horse manure. Then the pile moved and I realized it was a cute little porcupine, nearly all black, and wondering what I was doing in its field.

Happily, the pooch did not spy the porcupine, and we took the long way around. The next evening we took a walk about the same time in about the same place. Apparently porcupines are creatures of habit, just as people and pooches are. There was my prickly little friend again. This time my dog was right nearby, and there was no stopping him.

The pooch bounced and barked in a gleeful ring around the porcupine, who was revolving in slow

and ever more bristly circles to keep the dog at bay. Meanwhile, I was issuing every command this dog has ever learned in daily training sessions and eight (yes, eight!) training classes. I used my commands in a friendly fashion, a stern fashion, a desperate fashion. The pooch merrily bounced and barked.

It happened to be a Sunday evening, and my fellow was away, and the next day was a holiday, and I did not want a dog full of quills, no indeed. I was carrying a 15 foot dog lead, which has a small snap on the end, and I swung that snap in the dog's direction. The bonk distracted him for the seconds I needed to get hold of him. Then I marched him away.



The next day I avoided the hayfield altogether, and we did not see the little porcupine. Instead my pooch and I went for a nice walk down the shady lane, where we came upon an enormous porcupine. Bounce, bounce, bark, bark, said my pooch.

Cut it out, right now, said the porcupine. Am I glad I have the lead attached to you today, said I, to the dog. I stepped on the end of the lead, the dog stopped, and the porcupine skedaddled away over the stone wall.

But soon enough, on another walk, another evening – a Sunday evening, when we have company – my pooch decides to go up the hill by himself, which is unusual. Hmm, I think, I wonder what that's about.

Bark, bark, bark! I hear. I sigh, and trudge up the hill. The barking stops. Good, I think, the porcupine went under the busted hayloader, and the dog is trying to get under the hayloader too.

Alas, the porcupine is slowly walking away, and my pooch is on the ground, rubbing his muzzle with his paws. Oh, he is a very sad pooch, with a mouthful of quills. Oh, we hope he has learned the lesson of Porcupine.

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

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Summer/Fall 2024 Household Hazardous Waste Collection Schedule

Sat. 10/18/25

Acworth	Marlow
Chesterfield	Nelson
Dublin	Peterborough
Gilsum	Richmond
Greenfield	Stoddard
Hancock	Sullivan
Harrisville	Surry
Jaffrey	Swanzey
Keene	Walpole
Marlborough	Westmoreland

Wed. 10/22/25

Acworth	Marlow
Chesterfield	Nelson
Dublin	Peterborough
Gilsum	Richmond
Greenfield	Stoddard
Hancock	Sullivan
Harrisville	Surry
Jaffrey	Swanzey
Keene	Walpole
Marlborough	Westmoreland

Sat. 10/25/25

Acworth	Marlow
Chesterfield	Nelson
Dublin	Peterborough
Gilsum	Richmond
Greenfield	Stoddard
Hancock	Sullivan
Harrisville	Surry
Jaffrey	Swanzey
Keene	Walpole
Marlborough	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 2024 • Saturday, November 16 & Saturday, December 14 • 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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“Ernest Harold Baynes: New Hampshire’s Own Doctor Dolittle” Talk In Peterborough



Ernest Harold Baynes: New Hampshire’s Own Doctor Dolittle

The Peterborough Town Library and Friends of the Library will host the program “Ernest Harold Baynes: New Hampshire’s Own Doctor Dolittle” with Mary Kronenwetter on Thursday, October 16th at 6:30 p.m.

Baynes is fondly remembered in New Hampshire as “Doctor Dolittle.” To the rest of the nation, he is known as an important early 20th century wildlife conservationist. A self-taught naturalist, Baynes wrote and lectured extensively on animal behavior, bird and bison restoration, the role of animals

in WWI, and vivisection. Baynes shared his New Hampshire home with tame bear, fox, boar, bison, and wolf. He fought to end the trade in bird feathers for fashion and established one of the first bird sanctuaries in America. He convinced President Theodore Roosevelt to support the preserving of the American bison from extinction.

This illustrated lecture includes archival Baynes photographs.

Kronenwetter holds a doctorate in educational research, policy, and administration and has held academic administration and teaching positions at colleges in the United States, China, and Japan.

The program is free and open to the public. Registration is not required. Library parking is not guaranteed. Patrons who are able are encouraged to take advantage of Peterborough’s walkable downtown by parking in the Depot Square or Riverwalk lots.

Peterborough Town Library is located at 2 Concord Street. For more details, visit PeterboroughTownLibrary.org or call 603-924-8040.

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Bat Watch Hike Set

The Rindge Conservation Commission will host a family-friendly Bat Watch Hike on Sunday, October 19th at 3:30 p.m. at Miriam Hunt Memorial Forest on Route 119 in Rindge.

In recognition of Bat Appreciation Month, this hike will highlight habitats and activities of bats in the fall season. The event is free, open to the public, and offers a chance to observe this often misunderstood and largely beneficial mammal. For more details, email rindgeconcom@rindgenh.gov.

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Grace Li Presents Traditions Of Chinese Tea

Keene Public Library will host Grace Li Presents Traditions of Chinese Tea on Tuesday, October 21st, from 10:30 to 11:30 a.m. at 60 Winter Street in Keene.

Guests are invited to experience a serene tea tasting that explores the flavors, stories, and traditions of Chinese tea. The program offers a mindful journey into the art of tea appreciation.

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

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	200.91	(8.14)	Danaher Corp. (Kollmorgen)	202.46	(12.53)
Becton Dickinson (C.R. Bard)	186.56	(7.05)	Merck (Hubbard Farms)	85.99	(3.20)
Toronto Dominion Bank (TD Bank)	78.32	(2.91)	Deluxe (NEBS)	18.09	(1.55)
PC Connection	59.23	(1.90)	Teleflex (Jaffrey)	119.42	(11.48)
Bank Of America (Fleet)	48.65	(1.99)	Timken (MPB Corp.)	70.79	(5.75)
Corning Inc.	82.98	(0.58)	M&T Bank Corp. (People's United)	180.84	(13.72)
Ametek, Inc. (Precitech)	179.28	(4.47)	Dover Corp. (Markem)	161.45	(5.16)

PRECIOUS METALS		COMMODITIES		
	Close	Week's Change		
Silver (\$ per ounce)	47.73	(0.16)	Wheat (cents per bushel)	498.75 (16.00)
Gold (\$ per ounce)	4,028.50	143.96	Corn (cents per bushel)	413.50 (6.00)
Platinum (\$ per ounce)	1,603.81	(2.84)	Soybeans (cents per bushel)	1,007.00 (10.00)
			Cattle (cents per pound)	242.60 8.00
			Crude (\$ per barrel)	58.85 (1.79)

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Monadnock Habitat For Humanity Selected As Recipient Of Quarterly Donation From 100+ Women Who Care Cheshire County

At the August meeting of 100+ Women Who Care Cheshire County, Monadnock Habitat for Humanity was selected as the recipient of the women's quarterly donation totaling \$20,000.

Monadnock Habitat for Humanity builds houses in the Monadnock Region to provide decent, safe, and affordable homes for neighbors living in inadequate housing. The donation will be applied to the costs associated with building a new home on the Old Walpole Road in Keene.

The next meeting of 100+ Women Who Care Cheshire County will be on Monday, November 3rd from 6 to 7 p.m. at the Hellenic Hall at St. George Greek Orthodox Church at 70 West Street in Keene. There will be refreshments with social time starting at 5:30 p.m. New members and guests are welcome. Visit www.100pluswomencheshirecounty.com for more details.

Cheshire County Conservation District Honors Wendy Ward As 2025 Educator Of The Year

The Cheshire County Conservation District announced its "Educator of the Year" for 2025, Wendy Ward. This is done to celebrate the efforts the recipient has undertaken to steward a conservation ethic and awareness through their personal and professional work.

Ward is a lifelong resident of Cheshire County who has dedicated her life to the local community

and natural world through her work in conservation. Wendy shares her passions for nature with those around her through numerous workshops, one-on-one work with landowners, and volunteering for several organizations. She is a lifelong learner and believes that education starts with connection and that there is always an opportunity to learn and listen.

Ward encourages everyone to engage with nature in small ways and, as she says, "There are so many more opportunities for people to go out into nature than 20,30, or even 40 years ago. There are many apps, such as Merlin, that allow people to explore and learn." She also notes that attending the many events at the Cheshire Conservation District, the Harris Center, and Distant Hill Gardens provides additional ways for people to connect with nature in Cheshire County.



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Make An Autumn Wreath With Natural Materials From The Garden

Autumn is a beautiful season, and a perfect time to make a wreath. It's a glorious day while I write this: the temperature is reaching 80 and the orange, red, and yellow leaves are absolutely gorgeous under the sunny, blue sky. So, I decided to walk around the garden and the backyard and look into our woods to see what I could find to create an autumn wreath. There is a gentle, warm breeze, the squirrels are playing tag, and the mourning doves are feeding beneath the bird feeder. It's quiet back here in our yard surrounded by tall pine, oak, and maple trees. The maple in the center of our yard is still a brilliant red. The white birch trees have begun to drop their yellow leaves making a nest of rustling leaves. It is so peaceful with the pine branches gently swaying in the breeze. They provide the privacy in our yard that I relish. This is my favorite time of year.

some goldenrod, purple asters, and black-eyes susans. A couple of interesting small branches catch my eye and some of the birch bark that has fallen.

Holly bushes grow alongside our house, and their berries will add a nice color to the wreath as well as a few sprigs of our yellow, orange, and white mums. We have some stalks from the wildflowers that I will also add. I think I have collected plenty to choose from for my wreath. Now, I just need to get the grape wreath I've been saving to use and put everything I've found on the kitchen table, and begin to make my wreath. I just tuck everything into the grape wreath; but I may need to glue the acorns and pinecones in, otherwise, it's quite a simple process.

Some items you may like to add to a wreath are: sunflowers, pinecones, acorns, berries, dried flowers, twigs, bark, fall leaves, and anything else you find. The biggest benefit for me was that I got to enjoy a beautiful autumn day with all the foliage around me. A perfect way to spend a lovely afternoon!

I hope this encourages you to head outside and forage for natural materi-

als to make your own autumn wreath. It's fun to make something that is one of a kind, that you created!

As I mentioned, we have a lot of pine trees on our property, and that means a lot of pinecones fall onto the ground. So, I found a way to clean them before baking to use in crafting or decorating

the home for the holidays. First, wash the pinecones with water to remove dirt and debris. A solution of water and vinegar can also help clean them and kill any potential bugs. Dry them after washing and allow the pinecones to dry completely before baking.

For the baking process, preheat the oven to a temperature between 200 to 250F (93 to 121C). Line a baking sheet with aluminum foil to prevent the melted sap from sticking, then arrange the pinecones in a single layer on the lined baking sheet. Bake for 30 to 60 minutes, or until the cones are fully open. Check often, and monitor the pinecones every 15 to 20 minutes to make sure they are not getting too brown or burning. Once baked, remove the pinecones from the oven and let them cool. Then you can use them for crafts, decorating, or making wreaths. I usually make a wreath for each season, using a variety of items I find around the house and garden. For Christmas, I use small ornaments, holly berries, pinecones, and lots of bows.

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.

Woods and Gardens

with Rose Kowaliw



I brought a basket with me to carry whatever I find to make the wreath. As I walk around the yard, hundreds of acorns crunch beneath my feet. I add them to my basket along with the many pinecones that have fallen in the yard. We have a border of ferns along the edge of the woods, which I add with

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For more details about any of these events, check out the calendar at www.ccsef.org
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Exercise Workshop For Adults 70 And Up

On Saturday, October 25th, Laura Tharpe of Laura Tharpe Fitness will host an Exercise Workshop for Adults 70 and Up at 10 a.m. at the Dublin Library at 1114 Main Street (Route 101) in Dublin.

Participants will learn safe, gentle exercises for strength, balance, and flexibility with movements using light ankle and hand weights. Everyone will receive their own set of weights to take home. No experience needed – just willingness to move.

Registration is required as space is limited. Call 603-355-7349 or visit www.LauraTharpeFitness.com.

Master Yoga Teacher Todd Norian Coming To Aloha Keene

Todd Norian, internationally acclaimed yoga teacher, founder of Ashaya Yoga, author of *Tantra Yoga: Journey to Unbreakable Wholeness, A Memoir*, musician, acharya in Blue Throat Yoga, and a Kripalu Legacy Faculty, teaches classes, workshops, retreats, and teacher trainings both live in-person and online, for students and teachers all over the world. A student of yoga since 1980, Norian brings a depth of inner strength, devotion, vulnerability, and an unapologetic sense of humor to everything he does. Norian seeks to awaken others to their inherent potential for healing and joy by integrating the body, mind, and heart through Ashaya Yoga and meditation.

Norian will be at Aloha Keene at 83 Court Street the last Sunday of October. Yoga teachers and serious practitioners are welcome. CEUs available

"Let your Chakras Shine: Yoga for Body, Mind, Heart, Soul" will take place from 9:30 a.m. to 5 p.m. \$169 includes lunch. Register at ashayayoga.com.

The Positive Side Of Vulnerability

Vulnerability seems to be the sign of the times. Along with uncertainty, we do not know what direction to go. It is difficult to share our pains, our fears, our shames, and disappointments. Brene Brown, a research professor and author states, "After doing this work for the past 12 years and watching scarcity ride roughshod over families, organizations, and communities, I would say the one thing we have in common is that we are sick of feeling afraid. Every day we experience the uncertainty and emotional exposure that defines what it means to be vulnerable. But vulnerability can foster connection and compassion." Let us talk about the positive side of vulnerability.

have loved and lost. "You can take the rawness and vulnerability and turn it into something that communicates to other people," fostering strength versus weakness, capable of fostering compassion and fearlessness.

Mindfulness is a powerful tool for awakening the compassion that Pema Chodron talks about. Sitting with one's breath, without judgment, paying attention to the 'in breath,' the 'out breath' and not engaging in the thoughts that are running in our minds is possible. They will remain, but with the focus on the breath, we can recognize the thought, then return to the breath, the anchor of our practice. When we drop the judgment, we can be

in the moment. It is in the present moment where compassion is found in us and others

When we are in the moment, we are more conscious, which allows us to become more aware of our vulnerabilities. Being

Healing Perspectives
with Aylene Wozmak



Almost all of us have narratives of shame and guilt. For example, the other day I went to my yoga class and it was full except for one spot up front. Our yoga instructor summoned me up front and I immediately felt vulnerable and said, "Oh no, that's not for me." Then afterwards, I sat there in meditation and it came to me, "Why not? What are you afraid of?" I mean, I am 73 years old. When do I drop this vulnerability of shame? Now I wished I had sat in front after all!

Vulnerability embraces the ability to be open and honest about our emotions, thoughts, and fears even when it is difficult or carries the risk of judgment or rejection. I was neither judged or rejected in yoga class. I carried those emotions myself.

Pema Chodron, an American Buddhist nun and author, approaches vulnerability as opening the capacity to bring about compassion and humility, rather than leading to fear and unkindness. While we may build defenses to avoid hurt, the "soft spot" of vulnerability represents our capacity for love and compassion, which can soften those barriers. A broken heart connects us to a shared timeless sadness, creating a sense of kinship with others who also

ing conscious means, we really must feel what we feel – it is frequently very vulnerable and raw, which in the larger picture, means being human. As Pema points out, becoming more conscious of our vulnerabilities widens our perspective and has a positive effect on our society. "If enough of us can really feel what we feel, if enough of us can stay upright with our vulnerability instead of spiraling down, then that will naturally lead to more people being there for each other."

I love how Pema summarizes what can change if we lean into our vulnerabilities. Her perspective acknowledges how each one of us needs to recognize how everything we do matters. If we remain unconscious and defensive, we add these elements to a planet that is already suffering. But if we can stay upright as she mentioned earlier, we have a more positive effect on the larger world. We bring our understanding and our compassion versus our negative vulnerability that judges harshly.

Aylene Wozmak has been practicing mindfulness for over 20 years. She is currently retired and worked as a hospice nurse for 30 years in Cheshire County.

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In Praise Of The Cast Iron Skillet

“Everything old is new again” — old adage

You don't need a cast iron skillet to try these recipes – any good oven-proof skillet will work. However, if you are fortunate enough to own a cast iron skillet or two, you'll understand why they are often the subject of special praise and attention. If you're really lucky, you'll have inherited a cast iron skillet from a grandmother or auntie, or perhaps you found one at a yard sale or consignment shop. A cast iron skillet is like a Swiss Army knife – it does nearly everything well. It goes from stove top to oven to table with ease, and keeps the food warm as well. A cast iron skillet cooks a 'proper' breakfast, fries up grilled cheese sandwiches to perfection, cooks everything from steak to one-pan meals for dinner, and finishes up with blueberry buckle for dessert. From start to finish, the skillet hasn't changed much in well over a century, although the foods we cook have, varying from fried chicken nuggets to flaming cheese and Asian stir-fries.

- 8 oz. pork tenderloin (or pork from boneless loin chops)
- 2 cups Bisquick mix, divided
- 1 cup ginger ale or soda water
- hot pepper sauce to taste
- 1 cup canola oil

Cut pork into half-inch strips and set aside. Combine one cup Bisquick with ginger ale and hot sauce; mix well to form a tempura mixture (don't worry about a few lumps). Dip pork strips into the remaining one cup Bisquick and then into the tempura batter to coat well. Place oil in a heavy cast iron skillet over medium-high heat. When oil is bubbling, add the pork strips to the hot oil and cook for two to three minutes until golden brown. Drain pork on paper towels and serve with dipping sauces.

Mustard Dipping Sauce: Whisk together one tablespoon spicy brown mustard, one tablespoon soy sauce and one tablespoon mayonnaise.

Honey Maple Dipping Sauce: Whisk together one tablespoon honey mustard, one teaspoon cider vinegar, one tablespoon real maple syrup, and one tablespoon mayonnaise.

Sriracha Dipping Sauce: Whisk together two tablespoons mayonnaise, one tablespoon Sriracha hot sauce, and two teaspoons fresh lemon juice.

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.

Cooking Corner

with Nancy Adams



Flaming Cheese

An 'awesome' appetizer, with or without the flaming! Four to six servings.

Ingredients:

- 2 oz. bulk chorizo uncooked sausage (or substitute 3 sweet and/or hot Italian sausage, removed from casings)
- 1 onion, thinly sliced
- 1 red or green pepper, thinly sliced
- 1/2 cup diced tomato (fresh or canned, drained)
- 3 1/2 cups shredded Pepper Jack or Monterey Jack cheese
- 4 to 6 flour tortillas
- 1 tablespoon high proof rum or similar spirits, for optional flaming

Preheat oven to 400 degrees. Fry chorizo sausage in a cast iron skillet over medium heat for six to eight minutes, breaking it up until crumbly. Add onion, red or green pepper slices, and diced tomato. Cook until onion and pepper are soft, eight to 10 minutes; set aside. Wipe out skillet and put shredded cheese into skillet. Pop into oven and bake until it melts, eight to 10 minutes. Spoon the sausage mixture over the cheese and serve it all together, hot, wrapped up in warm flour tortillas. Note: If you like, pour the tablespoon of spirits over the cheese and *carefully* ignite with a long match or long-handled grill lighter. Let flames subside and serve immediately on warm tortillas.

Home-Style Squash Casserole

Enjoy this casserole featuring yellow and zucchini squash as a side at a late-fall BBQ. Or double amounts for a potluck crowd-pleaser.

Ingredients:

- 2 tablespoons butter
- 1 sweet onion, cut vertically into thin slices
- 1 lb. yellow squash and 3/4 lb. zucchini, each cut in 1/2-inch slices
- 1 cup heavy cream
- salt and freshly ground black pepper, as desired
- 1 cup shredded sharp cheddar cheese
- 3 tablespoons grated Parmesan cheese
- 1/2 cup Panko bread crumbs

Melt butter in large cast iron or other deep skillet over medium-high heat; add onions and sauté four to five minutes until just tender. Add yellow and zucchini squash, lower heat to medium, and cook, uncovered, about 10 minutes, or until squashes are just tender. Add heavy cream, salt and pepper and bring to a boil. Cook, uncovered, for eight to 10 minutes, stirring occasionally. Put the mixture in a colander and allow it to drain. Transfer squash mixture to a serving bowl, add the cheeses and bread crumbs and toss well. Serves four to six.

Pork Tempura with Three Sauces

Tender pork strips are dipped in Bisquick for this popular dish that is served with three simple dipping sauces. Serves four – maybe.

Ingredients:

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WAG Animal Rescue

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CHARLIE

Charlie is a 6 year old male Walker Hound. Loves playing ball, taking walks, playing with his toys. Good with other dogs.

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JOJO

Jojo is a 3 year old American Bulldog. she is good with people, dogs and cats. Loves kids, Great family dog! Loves to ride in the car and take walks.

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 148 Key Road, Keene
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SOPHIE

Sophie is a 2-3 year old gray/black tiger. She is very, very sweet and loves cuddles once she gets comfortable and settles into your home.

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River Valley Animal Protection

60 Cummings Ave, Charlestown, NH
 603-826-3061 • rivervalleyapl.wordpress.com



BRANCH & BROOKE

Branch is a 6 month old male, who loves the exercise wheel with his sister Brooke. We would love to have them adopted together.

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 75 Webster St., Jaffrey
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ROSIE

Rosie is approximately a four-year-old tortie who is super friendly and sweet. She is a little on the heavy side and would need some exercise.

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RILEY

Riley is an, approximately, 2 year old female tabby with white paws. She is full of energy and loves to play. She gets along with other cats with the proper introduction.

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 670 Park Ave., Suite A, Keene
603-357-0123



FUNNY FACE

Funny Face is approximately 3 years old female calico. She is very friendly, food anxious, and needs a place to feel safe and secure.

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Our next ADOPT-A-PET PAGES

Published **January 2026**

Save Your Ass Long Ear Rescue

23 Saw Mill Road, S. Acworth, NH
 835-2971 • saveyourassrescue.org



CLARA, BONNIE & GUS

From left to right, Clara, Bonnie and Gus are a bonded trio and will go to a lucky home together. Clara and Bonnie are SYA Alumni and were originally adopted to be a companion to Gus who desperately needed donkey companionship after the loss of his buddy 9 short years ago.

These three are very friendly, and are good with kids to boot. All three are up to date on their hoof trims, and vaccines and are ready to find their new home with a lucky family.

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JOE AND CALVIN

Calvin is a 15 year old standard gelding donkey who arrived with his companion, Belle in January 2025. Calvin is a sweet fellow and has progressed beautifully in his training with us. He can now be haltered and lead, and also lets you pick up his feet, he's great for the vet and farrier also.

Joe is a 16 year old standard gelding donkey who is certain to win anyone over with his charm, and beautiful striped markings on his legs. He and Calvin have decided to become inseparable at SYA, even though they came separately. Both Joe and Calvin eat together, sleep together, groom one another and play together.

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BELLE

Belle is a single standard sized donkey who would really enjoy a peaceful home with another Jenny. Belle is in her late 20's but has many more years ahead of her. She is very strong, and hearty through the winter. She still enjoys kicking up her heels in the pasture every once in a while too. She is easy to catch but can be a little spooky on her left side due to cataracts. Belle LOVES to be groomed or even just to stand around for some ear rubs and wither scratches

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TRUDY

****This is a courtesy post, and this mule is not located at SYA ****
 Trudy is a Standard mare mule who came to us from a place where she was able to hide among the herd. Once separated, she's been learning how to trust and be handled.

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 21 Main ST., Jaffrey



SPICE

****This is a courtesy post, and this mule is not located at SYA ****
 Spice is an approximately 14 h 15 year old mule with training to ride and some riding experience. She is definitely mulish but can be very affectionate and cooperative once she learns to trust you. This takes some time and patience. She is smart as a whip and has the most wonderful spirit!

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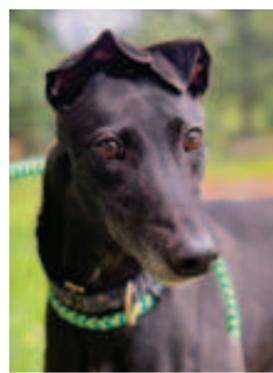


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Fast Friends Greyhound Adoption

14 W. Swanzey Rd. (Rt. 10), Swanzey, NH
355-1556 • helpinggreyhounds.org



BERRI

Berri is a little greyhound full of excitement with so much love to give. She enjoys meeting new people and experiencing new things. Berri loves to go on walks to look for chipmunks! Berri would do best in an energetic home environment that can give her all the adventures and fun she needs.

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CATAN

This friendly giant loves nothing more than getting attention! Catan is a very well-rounded dog who loves going on walks just as much as he loves a good nap. Very curious by nature, Catan loves to check out new things and explore. He is fantastic with other large dogs and enjoys making new friends.

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CHIEF

Chief is a happy-go-lucky greyhound with a playful, affectionate, goofy personality sure to win over everyone he meets. Chief loves going on his walks, playing with toys (especially soccer balls), and getting affection from anyone willing to give it. He is one of the happiest dogs around.

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INDIANA

Indiana has a very personable, playful, and friendly personality. She absolutely loves going on her daily walks to look for squirrels. Overall, she is an outgoing and friendly dog, but she can be a bit shy in unfamiliar environments or around large groups of people. Given a little time, she adjusts nicely.

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MALIBU

Malibu has a friendly, confident, and outgoing demeanor. She is a sociable young girl who loves to meet new people and get attention from everyone. She has great leash manners and enjoys exploring the world around her. With Malibu's outgoing and friendly nature, she is sure to blossom into a wonderful, loving companion.

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MONKEY

Monkey is a very tall dog, handsome boy with a boisterous, happy-go-lucky personality. He loves nothing more than meeting new people and soaking up all the attention he can get. He loves to prance around carrying his favorite toys and will make a lively and loyal companion.

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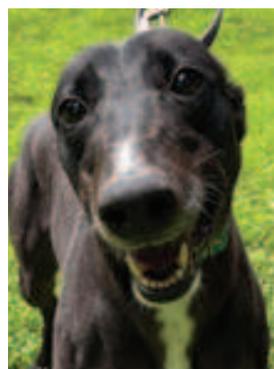
MOSES

Moses has a very friendly, outgoing, and calm disposition as well as an adorably goofy overbite. He knows how to have fun and loves playing with toys and doing plenty of zoomies. Moses has good leash manners and looks forward to his walks every day. Moses would do fantastic in a moderately active home.

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QUINOA

Quinoa is a friendly, sweet girl with a secret spunky side. When meeting and interacting with people she is very calm and gentle and loves getting affection. Though she is normally a very calm and independent girl, Quinoa also loves to play with toys and get zoomies when she's particularly excited.

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TINA

Whether you are taking her on a nice stroll or settling down for some one-on-one attention, Tina is simply a joy to be around. She has a very personable, puppy-like, and happy demeanor. This happy girl would do best in a quiet home environment as she can be quite nervous in loud or busy environments.

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Sato Heart Rescue

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FLINT

Flint is a one-year-old terrier mix who's as sweet as he is smart. This handsome boy has quickly proven himself to be a wonderful companion—loving with people, gentle in the home, and always up for a walk or a game with his favorite stuffed toy. Flint is house-trained, sleeps soundly through the night, and walks beautifully on leash. He relaxes quietly when left alone, doesn't whine or bark.

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JESSIE

2 ½ year old female Chihuahua mix, 12 lbs. Sweet and outgoing Jessie was rescued from a horrific hoarding situation and is now ready to find her forever family and live a full life of love. Deserving of a home where she can go on adventures and see how big the world truly is! She is playful and funny. Loves other dogs. Very smart and loving.

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KIMMY

2 ½ year old female Shepherd mix. KIMMY is a loving and loyal pup who is just looking for a family to call her own. She is a friendly and playful girl who enjoys the company of other dogs and going on walks. Kimmy is good with cats. She would do best in a quiet home without young children where she feels safe to continue to blossom and become comfortable with her new environment.

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LUCIE

7 years old and very friendly. I love meeting new people, dogs, and even cats! I love to cuddle, especially with my best feline friend Pippa. I am in great health, other than when I was living in Puerto Rico. I was hit by a vehicle and unfortunately suffered brain damage. Because of this, I have trouble with house training, but I have recovered well from my accident and am a happy dog. I am a little bit blind but I am very smart and adjust quickly to my surroundings.

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brattlebororetreat.org



TITAN

7 month old Male Lab mix. Titan is a happy and playful puppy. He loves other dogs. He is looking for an active family and he is always ready for an adventure. This adorable boy is friendly and funny. He loves to play and then settle down for a snuggle.

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CLARISSE

1 year old Female Terrier mix 27 lbs. Sweet Clarisse is all about having fun and acting like a puppy. She gets along with any size, any age, any breed! Curious with cats, but could definitely co-exist. Working on leash training. Crate trained and appears to be house trained. Loves humans and four legged friends. She's her happiest when being scratched and loves to give kisses in return.

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STARR

10 month old Female Terrier mix, 18 lbs. This tiny pup was found alone along the coastline in Puerto Rico. Rescued with a congenital birth defect that left her with only part of her hind leg. After several months of rehabilitation, we proceeded with the rear leg amputation to provide her a more balanced life along with improved agility. Starr is a beautifully smart girl who loves love and is happiest when she's doing her Zoomies.

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JOLIE

1 year old Female Terrier mix. This little girl is smart, funny and friendly. She is a spunky girl but also enjoys snuggle time on the couch. She is doing very well on the leash, she loves kids and other dogs, going for walks, and playtime. If you looking for a tail wagging cutie who loves to give kisses then Jolie is your girl.

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BILLY

2 year old Male lab mix. This handsome guy is great with other dogs. He is funny and playful. He loves being outside and going on walks. He is very smart and friendly. And so adorable!

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528 Washington St., Keene
603-207-2881



ADOPT-A-PET

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Monadnock Humane Society

Rt. 10 at 101 W. Swanzey Rd., Swanzey, NH
352-9011 • monadnockhumanesociety.org



MITTENS
8 yr old, spayed female, a beautiful, sensitive girl looking for a second chance at love after losing her beloved person. Her owner passed away, and she's still grieving that loss. She was very much a one-person cat, so she will need a calm home with one or two adults. She may hiss or run away at first, but with routine, and patience, she will trust again.

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Little Stitches
21 Main St., Jaffrey



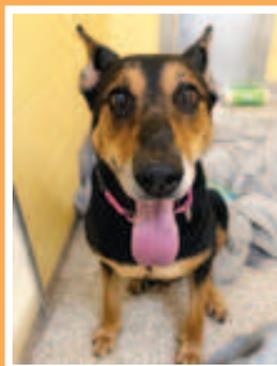
POPTART
1.5 yr old, spayed female. Started her journey as a barn kitty, but she decided the great outdoors was not her cup of tea. Looking for a cozy indoor home. This quirky girl absolutely loves other cats and would thrive in a kitty-friendly household with companions who understand her unique mannerisms. Not big on being touched, but does well sharing her space with people and appreciates a calm, respectful presence.

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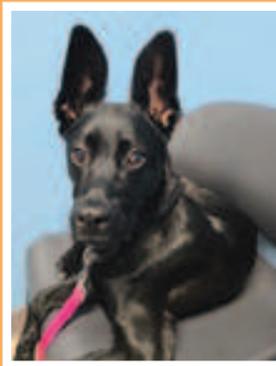
GAIA
Gaia is a 4-year-old beauty with a truly luxurious coat that turns heads wherever she goes. She's a loving, sweet girl who has a lot to give, but only on her terms. An adult only home would be best and she would prefer no other animals. Her stunning coat will require regular maintenance. Affectionate, devoted.

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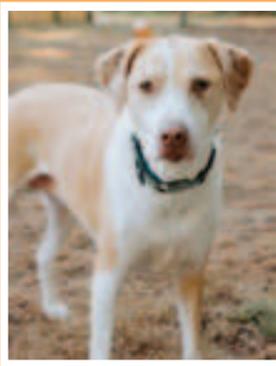
FOLEY
6 yr old, neutered male, mix breed, absolutely adores his favorite people and is happiest when he's right by your side. He's a loyal, affectionate companion who's always ready for snuggles. When it comes to meeting other dogs, Foley is full of enthusiasm. His intentions are friendly, just a little... extra! Due to his strong prey drive, Foley will need a home without cats or small animals.

Sponsored by
Korvin Appliance
65 Roxbury St. • Keene
603-352-3547



SAM
10 month old, spayed female sweetheart who has quickly won hearts with her gentle, affectionate nature and her love of people. Her cardiologist believes she most likely has a condition called reverse patent ductus arteriosus (rPDA). rPDA is incurable and inoperable, and causes Sam's muscles, particularly her hind legs, to fatigue very quickly. With daily medication—which is both accessible and affordable—Sam is expected to live a happy life into middle age. Will need occasional checkups with a cardiologist, and she'll probably be a frequent flyer at the vet. Sam isn't going to be a hiking or adventure buddy—but she still needs mental stimulation and enrichment to keep her bright mind engaged.

Sponsored by
Devine Flooring
438 Gibbons Highway, Wilton
654-5400



MAIZE
Meet Maize, a sweet 5-year-old Lab mix with a heart full of love. She came with Aspen, and while they'd be happy to stay together, they can also thrive on their own. Maize doesn't get along with other dogs (besides Aspen), so she'll need to be the only pet in the home. Comfortable in a calm, predictable environment. A smart, active girl who will need plenty of enrichment and exercise. She's feeling a bit stressed and anxious in the shelter.

Sponsored by
Jim Bialowski
The Masiello Group
209-7220 • 800-892-0991



ELSA AND ROSIE
2 yr old ferrets. The two females make a great pair (they came in with their 2 brothers) and all can happily coexist as a playful little crew. Each one is very handleable, and true to ferret nature, they're smart, curious, and always on the go.

Sponsored by
Keene Eye Care
338 Main St., Keene
357-4090



TEDDY, PUMPKIN AND MUFFIN
Roughly 1 year old, female, guinea pigs, a sweet bonded trio who have been together since they were just a few months old. Skittish, but with the right patient and understanding adopter, they have the chance to blossom. Their home should be calm, consistent, and filled with plenty of cozy hidey spots.

Sponsored by
Robin Smith, Realtor
69A Island St., Suite 3, Keene
Masiello Group • 352-5433



LYDIA DEETZ
Roughly 1 yr old, female, guinea pig. A sweet group of five guinea pigs were found abandoned at a rest stop. They're each now looking for a patient and loving family to give them the fresh start they deserve. Nervous and undersocialized, their young age gives them a wonderful chance to blossom with the right care.

Sponsored by
ReMax
117 West St., Keene
357-4100

Kitty Rescue & Adoption

11 Plantation Drive, Jaffrey, NH
532-9444 • KittyRescueNH.org



SQUAWKERS
Squawkers is only a year old. He came to us after he got attacked by an unknown animal. He is currently under rabies watch, but will soon be available for adoption. He's the friendliest little guy ever and really earns his name!

Sponsored by
Red's
12 River Street, Jaffrey
532-6642



EBONY
Ebony came to us after her owner passed. She's 10 years old and has a very easy-going nature. I'm sure she'd love to be back in a home but is doing well loving on all the volunteers!

Sponsored by
Bellows-Nichols Insurance
10 Main St. • Peterborough
924-7155 • bellownichols.com



MAX
Max and his brother Marco are trying really hard to be social. They came in as strays and extremely scared. We've been petting them and they are doing better, but still a bit apprehensive. They would need a patient home and lots of love and time!

Sponsored by
North End Subaru
Lunenburg, MA
978-582-4911



MARCO
This is Marco Max's brother! They were recently let out in the kitten room to see if they can adapt to being in a social environment. They are able to be pet, just extremely scared. They also have two sisters that we are currently working with named Mandy & Magnolia!

Sponsored by
Franki & Dieti's
Bed & Biscuit
Greenville, NH • 291-0543



SAMMY
Sammy recently came in after his owner developed an allergy. They were devastated to surrender him. He's about 10 years old and part siamese and loves to talk. He's quite the looker also!

Sponsored by
Sophia & Simon



GLENNBY
Glennby came in with his housemates, Oscar and Bob after their owner passed away. He's an 8 year old Silver bengal and very lovable. He would love to go home with one or two of his housemates!

Sponsored by
Anne Booth



LUNA
Luna is a wonderful friendly old girl who has some digestive issues. We've done lots of testing but haven't gotten to the bottom of it. She is very clean and uses her box at all times. She would need a very special home.

Sponsored by
Madigan Family
Jaffrey



CARMELINA
Carmelina was returned because the other animals in her home were bullying her. She's only 2 years old and very sweet, but would need to go to a very quiet home. She seems to do okay with kids.

Sponsored by
In Memory of Shirley Earley



AUTUMN
Autumn came in as a stray. She has no chip and is extremely friendly. If you are missing this cat please let us know... if nobody claims her she will be available for adoption.

Sponsored by
Katie Beam
Walpole
603 313 2785



ADOPT-A-PET

Please call these shelters if you're interested in the pets below.

For the Love of Dog

P.O. Box 107, Hillsboro, NH • 978-302-8171 • 4theloveofdog.org • fortheloveofdog@tds.net
 Come and meet the dogs at our Doggy Easter Egg Hunt on April 12th from 11am - 1pm @ Blue Seal in Brattleboro, VT (formerly Agway)



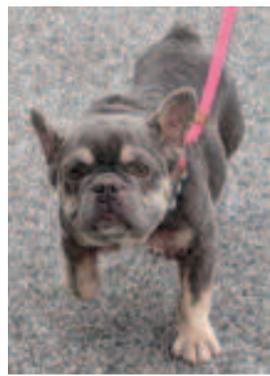
ZADA

Zada is an adorable little mixed breed lady who's always happy and smiling. She's incredibly friendly and affectionate. Zada is a great smaller size, and is very calm, making her an easy companion for just about any home.

Sponsored by

Mon. Shutter & Shade

123 Main St., Jaffrey
532-8720



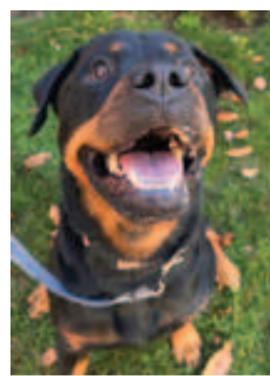
RICO

2-3 yr old, 22 lb Frenchie. He is looking for the right home - adults without other dogs. He is in a foster home with cats and livestock and seems to do well with them.

Sponsored by

Ganio Land Mgt.

PO Box 565, Spofford, NH
357-4561 • www.ganioland.com



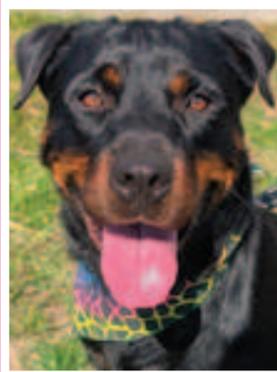
POPPY

Poppy is a very sweet rottie girl! She is three years old and knows commands such as sit and down. She takes treats extremely gently and accepts pets on her head and her body. She is a dominant female so she would prefer submissive doggy companions.

Sponsored by

Mukota Kennels, LLC

119 Matthews Rd., W. Swanzey
352-8809 • www.mukotakennel.com



PETUNIA

At around 18-24 months old, Our rottie girl is full of playful puppy energy and thrives on attention. This sweet girl is very intelligent and eager to please, making her a joy to train and bond with. Petunia is crate trained and does wonderfully in a structured routine.

Sponsored by

Mia Capelli Salon

382 West St. #104, Keene
358-0030



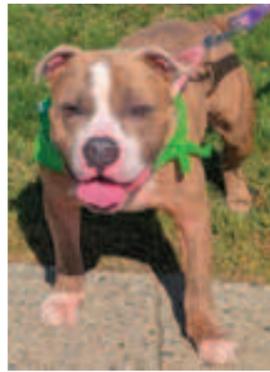
PANCHO

3 years old. Very playful, fun energy. Kid friendly. Good body awareness. Loves toys! Good boy! Pancho is a handsome boy with a rich chocolate coat and striking green eyes. He has a lively spirit and would thrive in a home that includes playtime and daily activity.

Sponsored by

Cheshire Animal Hospital

505 Winchester St., Keene
352-8585



BINKY

This handsome 2 yr old bully pup is an absolute lovebug! He's settling into home life beautifully and is quickly learning the ropes. Binky is great with other dogs & cats, smart & eager to learn and a devoted cuddler.

Sponsored by

Deschenes Auto & RV

Rt. 202, Jaffrey
532-4451



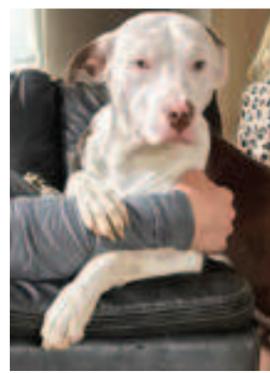
COOPER

Cooper is a year old shepherd mix weighing in at about 60 lbs of puppy love. He is currently in foster care with other dogs, cats and children, and can be clumsy around toddlers. Crate trained, house trained and super all-around social.

Sponsored by

Monadnock Appliance

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603-899-9999



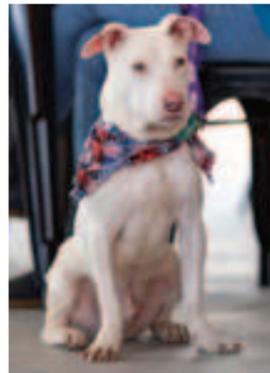
TODD

This two year old hound mix boy is an all-around family member. Great with kids, cats and other dogs, Todd has excellent house manners and loves to snuggle. Todd is 75 lbs and would love a new BFF.

Sponsored by

Bootlegger's

425 West St., Keene
603-352-5201



EVEREST

Everest is a charming one-year-old pitbull whose big heart matches his bright smile. Although he's deaf, that never holds him back—he greets life with enthusiasm and curiosity every day. His joyful spirit is contagious as he embraces each morning ready for new experiences, plenty of affection, and cozy snuggles.

Sponsored by

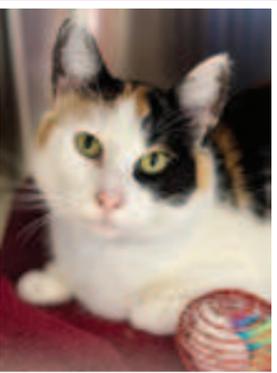
Andy's of Keene

93 Park Ave., Keene
352-4334

Ahimsa Haven Animal Rescue

by appointment only

202 Central Street, Winchendon, MA
978-939-8464 • ahimsahaven.org



LILY

(female) Age 7. Independent, Friendly and Shy- owner passed away. Needs a quiet home.

Sponsored by

Verizon Wireless

459 West St, Keene, NH
357-7700



NUGGET

(female) age- 7 years old- Friendly and shy, needs a quiet home - no other cats, aggressive with other cats.

Sponsored by

Monadnock Dental

123 Main St., Jaffrey
532-8720



THOR

6 years old male Bengal. Needs a home with lots of attention. No other cats- likes to climb- sweet and loving.

Sponsored by

Monadnock Ford

119 Monadnock Hwy, Swanzey
283-5900



PRINCESS

(female) 7 years old- independent, friendly, lap cat on her terms, likes to sleep with person. Quiet home.

Sponsored by

Frazier & Sons Furniture

Swanzey, NH
603-352-0337



APRIL

(female) 1 years old - grumpy and needs socialization. Playful, independent.

Sponsored by

Connie Joyce

cjoyce@ne.rr.com



MYMY

(female) 12 years old, very sweet and friendly. Shy at first but quickly warms up.

Sponsored by

Cheshire Jewelers

149 Emerald St., Keene
358-6543



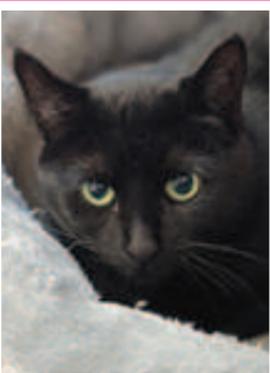
WILLOW

(female) 1 years old, friendly, playful, talkative, independent, has a touch of sass.

Sponsored by

Cheshire Garden

277 Burt Hill Rd., Winchester
800-597-7822



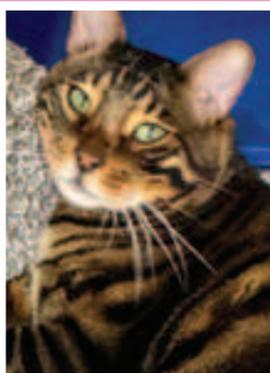
WHISKERS

female - 2 years old - shy, loves other cats - would need to go home to another cat. Independent, former Mom, needs time to adjust.

Sponsored by

MJD & Company

149 Emerald St., Keene
358-3100



ZEUS

6 year old Male Bengal. Very sweet, outgoing, needs a lot of attention.

Sponsored by

The Chimney Specialists, Inc.

Keene
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ENTERTAINMENT

and DINING

Wed., Oct. 15
ARTS, MUSIC, THEATER
Reel Night Out: Witchy Wednesdays
 6-8pm. Keene Public Library, 60 Winter St. film and popcorn. Film ratings vary from PG to R, so check the calendar before bringing the kids. Free, snacks are allowed but only inside the theater. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

LECTURES/WORKSHOPS
Estate Planning 101: Building a Legacy with Purpose 5:30pm. Peterborough Town Library, 2 Concord St. Workshop led by financial planner Bryce Schuler, CFP. **603-924-8040**. www.PeterboroughTownLibrary.org.
Drinking Liberally 7:30pm. Margarita's, Main Street, Keene. Left of center political discussion and other current events. No RSVP needed. **603-352-1707**. keene@drinkingliberally.org. www.livingliberally.org/chapter/nh

MISCELLANEOUS
Storytelling & Spoken Word Circle 6:30-8:30pm. Dublin Community Center, 1123 Main St. **603-563-8080**. info@dublincommunitycenter.org. www.dubhub-nh.org/calendar.
Migratory Raptors of the Pack Monadnock Raptor Observatory: Phil Brown 7pm. Gilsun Steam Academy, 640 NH-10. Overview of hawk migration season and soaring spectacle visible from Pack Monadnock Raptor Observatory.

RUMMAGE SALE AT JAFFREY WOMAN'S CLUB
83 MAIN STREET, JAFFREY
 Friday, Oct. 24 • 9 a.m.-5 p.m.
 Saturday, Oct. 25 • 9 a.m.-noon (bag sale hours)
 Fall & winter clothing and accessories for men, women, & children plus a selection of linens and jewelry.

MONADNOCK MUSHROOM CLUB
FORAY • Sun., Oct. 19 • 10am-12:30 pm
Goose Pond • Keene, NH
 See website for details:
monadnockmushroomclub.com

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 Immensely satisfying & lots of fun!
 We have everything you'll need to sing WELL!
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 TUESDAY EVENINGS @ 6:30 PM / We meet at the UNITED CHURCH OF CHRIST IN KEENE • 23 CENTRAL SQ. • TOP OF MAIN ST. • USE VERNON ST. ENTRY •

Thursday, Oct. 16
MISCELLANEOUS

Red Cross Blood Drive 1:30-6pm. Vilas Middle School, 82 Mechanic St., Alstead. www.RedCrossBlood.org.
Know Your Benefits: Cynthia Patnaude 1:30pm. Keene Senior Center, HCS, 312 Marlboro St. Importance of having hard conversations about end-of-life care, Medicare & VA benefits, post hospitalization entitlements and an overview of the hospice benefit. Registration encouraged. **603-903-9680**.
Becoming Wolf: The Eastern Coyote in New England with Chris Schadler 6-7pm. Keene Public Library, 60 Winter St. Interspersed with personal stories and a good dose of humor. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.
Conservation Commission Potluck 6pm. Whitcomb Hall, 17 Main St., West Swanzey. Drop off dishes at 6, presentation and roundtable discussion from 6:15-8pm. Will include a panel discussion on "Building Resilient Stream Crossings." Free, registration required. **603-904-3011**. info@cheshireconservation.org.
Ernest Harold Baynes: New Hampshire's Own Doctor Dolittle 6:30pm. Peterborough Town Library, 2 Concord St. Inspires people to consider how to intervene to help wildlife recover from the harms inflicted on them by humans. Free. **603-924-8040**. www.PeterboroughTownLibrary.org.

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 WHERE YOUR PRESENCE AND DONATIONS MAKE AN ASTRONOMICAL DIFFERENCE FOR KIDS IN OUR COMMUNITY!
 40 ROXBURY STREET
 KEENE, NH 03431



Friday, Oct. 17
ARTS, MUSIC & THEATER

Apple Hill String Quartet 7-8:30pm. Redfern Arts Center, Alumni Recital Hall, Keene State College. The Apple Hill String Quartet are the Artistic Directors and resident musicians at the Apple Hill Center for Chamber Music, winner of the CMAAclaim award from Chamber Music America. \$15/\$10 seniors & youth/free for KSC students. **603-358-2168**.

FAIRS & SALES

Federated Church of Marlborough: Fall Rummage Sale & Flea Market 3-6pm. Community House, 160 Main St., Marlborough. Pumpkin Whoopie Pies. Clothing, books, toys, small furniture, household items. Joann: **603-876-4068**.
Fall Truckload Sale 9am-6pm. Monadnock Food Co-op, 34 Cypress St., Keene. Case discounts on some of the most popular products. www.monadnockfood.coop.

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This Week's Specials:
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 Tuesday – Sunday 7:00 AM 'til 2:00 PM
 131 Winchester St. Keene 352-3135
www.ThePubRestaurant.com

Stop in for Daily Specials!




MISCELLANEOUS

Community Bike Ride/Party 5:15pm. 79 Emerald St., Keene. Ride begins at 5:30. Details:pamelabys@gmail.com.

Sat, Oct. 18

DINING PLEASURES

Ham and Bean Supper 5-6:30pm. Westmoreland Town Hall, 780 Rte. 63. Ham, beans, applesauce, salad, rolls, ice cream/cookies, and beverages. Adults/\$13, children 10 and under/\$5. Take out available. Jo Ann LaBarre: 603-399-9028.

Third Saturday Supper: Roast Pork 5-6pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy. Roast pork, sweet & sour cabbage, pierogi, green beans, harvest apple crisp. By donation. Dine in or take out. 603-352-6689. office@swanzeyucc.org.

FAIRS & SALES

Federated Church of Marlborough: Fall Rummage Sale & Flea Market 9am-1pm. Community House, 160 Main St., Marlborough. Pumpkin Whoopie Pies. Clothing, books, toys, small furniture, and household items. Everything half price with a bag sale at noon. Joann: 603-876-4068.

Keene Farmers' Market 9am-1pm. Gilbo Avenue. Locally grown and made goods. Veggies, fruits, herbs, specialty products and more. www.keenefarmersmarket.com/. **Rummage, Food, White Elephant Sale** 9am-1pm. First Congregational Church, Walpole. Bag sale at noon.

Fall Truckload Sale 9am-1pm. Monadnock Food Co-op, 34 Cypress St., Keene. Case discounts on some of the most popular products. www.monadnockfood.coop.

MISCELLANEOUS

Shock of Colonialism in New England: Dr. Meghan C. L. Howey 1-2:30pm. Keene Public Library, 60 Winter St. Marti Fiske: 603-352-0157. mfiske@keeneh.gov.

Mobile Food Pantry & Resource Fair 1-3pm. The Fitzwilliam Inn, 62 New Hampshire 119W. Various food items will be available at no cost to all eligible residents. Rain or shine. 603-352-3200.

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

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.

Sunday, Oct. 19

ARTS, MUSIC, THEATER

Keene-Einbeck Choral Exchange Concert 5-6:30pm. Redfern Arts Center, Main Theatre, Keene State College. The Einbeck musicians will present an international choral collaboration performance. Other featured choirs will include the Greater Keene Pops Choir directed by Walt Sayre, and The Chamber Singers of Keene and Keene State College Concert Choir directed by Morgan Bothwell. Reserve free tickets 603-358-2168. www.keene.edu/arts/redfern/.

FAMILY FUN

Rindge Conservation: Bat Watch Hike 3:30pm. Miriam Hunt Memorial Forest, Rindge. The hike continues the Commission's recognition of Bat Appreciation Month and will highlight habitats and activities of bats in the fall season. Free. www.rindgeconcom@rindgenh.gov..

MISCELLANEOUS

Late in Arriving, How Electricity Changed Rural New Hampshire Life: Stephen Taylor 3pm. Congregation Ahavas Achim, 84 Hastings Ave., Keene. Free and open to the public. Donations gratefully accepted. 603-352-6747. www.keenesynagogue.org.

Mudita Day: A 7th Birthday Open House Celebration 10am-12:30pm. Mudita, 69 Emerald St., Keene. Offering massage & hot yoga. \$30. 603-903-4221. www.mudita.live.

Monadnock Mushroom Club Foray 10am-12:30pm. Goose Pond, 163 E. Surry Rd., Keene. Bring basket or paper bag to collect mushrooms. www.monadnock-mushroomclub.com.

Elks Cribbage Tournament 10am. Elks Lodge #927, 81 Roxbury St., Keene. Top prizes. \$30 entry fee, includes lunch. 617-803-5329.

14" Cheese Pizza \$8

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Viva Bach Peterborough Festival
 Oct 24-26, 2025
 3 concerts • world-class musicians

Friday, October 24th at 7:00PM - "Organ and Cello"
 All Saints Episcopal Church

Saturday, October 25th at 4:00 PM - "Art of the Fugue" and Arias
 Peterborough Townhouse

Sunday, October 26th at 4PM - "Cantatas"
 Peterborough Townhouse

www.vivabachpeterborough.org

The Keene State College Redfern Arts Center presents

FALL 2025 SEASON

MUSIC DEPARTMENT

- 14 Student Performances
- 6 Faculty & Guest Performances
- Free Workshop Series Wednesdays at 2 p.m.

SPOTLIGHT PERFORMANCE
 Friday, October 17 | 7 p.m.
 Apple Hill String Quartet
 Full performance schedule: keene.edu/redfern

THEATRE & DANCE DEPARTMENT

October 24-25
Dances on Film by Tori Lawrence

November 19-22
The Bridges of Madison County
 Music & Lyrics by Jason Robert Brown
 Book by Marsha Norman
 Based on the novel by Robert James Waller

December 4-5
 2025 Choreography Showcase

Season Sponsors: Keene Endowment Association, Kingsbury Fund, C & S Wholesale Grocers, Ewing Foundation, and Courtyard Marriott

TICKETS: keene.edu/redfern or 603-352-2166
 Redfern Arts Center | 90 Wyman Way, Keene, NH

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 public event was held in what Cheshire County facility?



The winner of last week's Mystery Photo contest was Andrea Sheldon of Keene. The ferry connected Hinsdale, NH and Putney, VT.

HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

October 16, 2025

Baylor Douglas Pratt, son of Kate & Douglas Pratt, Swanzey, 4

October 17, 2025

Harper Bobbin, daughter of Jared & Jennifer Bobbin, Surry, 7

October 19, 2025

Scarlett Rowland, daughter of Samantha Rowland, Swanzey, 5

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HANNAFORD'S BIRTHDAY CAKE

This Week's Winners

Scarlett Rowland, Swanzey, 5
Baylor Douglas Pratt, Swanzey, 4

Talk At Keene Public Library About The Shock Of Colonialism In New England

On October 18th, Keene Public Library will host a talk by archaeologist Dr. Meghan C. L. Howey, who will share her research on the 17th-century colonial frontier of New England's Great Bay Estuary/P8bagok. Her lecture shares stories from her research with the Great Bay Archaeological Survey (GBAS) that led to her recent book, *The Shock of Colonialism in New England: Fragments from a Frontier*.

The work of GBAS combines archaeological excavations, forensic archival research, collaboration with contemporary Indigenous knowledge keepers, and community engagement. They found unexpected diversity and dynamism among English colonists, multifaceted encounters with Indigenous peoples, and lasting environmental damage from labor-intensive extractive industries. There is a race against time to find more of these hidden stories as the rise of the sea level is, quite literally, washing the material evidence of them away.

Howey is a community-engaged archaeologist interested in past cultural landscapes and early colonialism. She has conducted research in North America, Europe, and East Africa. Her first book explored the ceremonial landscapes of ancestral Anishinaabeg peoples in the northern Great Lakes in the period just before colonial encounter (ca. AD 1200-1600). Her research is enhanced with Geographic Information Systems (GIS) analysis, ethnohistoric research, collaboration with Indigenous knowledge keepers, and interdisciplinary work with earth scientists. Her most recent project, the Great Bay Archaeological Survey (GBAS), began during her time as the James H. Hayes and Claire Short Hayes Professor of the Humanities and continues today.

Copies of her book will be available for purchase at the event, in Keene Public Library's Heberton Hall on Saturday, October 18th at 1pm. Registration is not required and there is no cost to attend.

Menopause Workshop With Lior Sadeh

Keene Public Library will host a workshop on menopause with Lior Sadeh on Tuesday, October 21st from 5:30 to 7 p.m. at 60 Winter Street in Keene. The session will cover the role of hormones, the reproductive cycle, signs of pre-menopause with tips for navigating the transition, and maintaining health beyond menopause.

Sadeh is a functional clinical herbalist with decades of experience growing herbs and creating remedies. Her work integrates traditional Western herbalism, clinical nutrition, lifestyle modifications, and science-based lab testing.

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

Upcoming Events: Things To Do In The Region

EVENTS, Continued from page 17

Monday, Oct. 20

MISCELLANEOUS

Brattleboro Stamp Club: Celebrating 90 Years of Stamp Collecting 6-8pm. Brooks Memorial Library, Conference Room 3rd Floor, 224 Main St., Brattleboro, VT. Commemorating Club's history, presentation on West Brattleboro canceled stamps, special anniversary cancel cachet cover, logo tee shirts for sale. Meetings held every third Monday of the month.

Paul Cook: 802-738-3173. paulcook1958@icloud.com.
Red Cross Blood Drive 10am-2:30pm. Park Theatre, 19 Main St., Jaffrey. Donors are asked to call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.

Age in Motion Classes

9-10am. ELMM Community Center, 21 Durkee St., Winchester. AIM is a senior exercise program designed by Tufts University using light weights(provided) for toning, strength and balance exercises. Tuesdays & Thursdays. ELMM Center: 603-239-4316.
Grace Li Presents Traditions of Chinese Tea 10:30-11:30am. Keene Public Library, 60 Winter St., Keene. Join for a serene tea tasting, where you'll explore the flavors, stories, and traditions of Chinese tea—a mindful journey to savor the present and embrace the essence of Zen. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

Red Cross Blood Drive 12-4:30pm. Courtyard Marriott, 75 Railroad St., Keene. To make an appointment to give by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 800-733-2767.

Tuesday, Oct. 21

MISCELLANEOUS

Menopause with Lior Sadeh 5:30-7pm. Keene Public Library, 60 Winter St., Keene. Topics covered are What are hormones, the reproductive cycle and the roles of estrogen and progesterone, signs of pre-menopause and keeping health beyond menopause. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

Shadows of the Seen: Reading by Author Timothy Gager 6pm. Toadstool Bookshop, 12 Emerald St., Keene. Gager from Boston brings *Shadows of the Seen*, a novel which deals with the gun issue in the United States through three distinct narratives.

Wednesday, Oct. 22

FAMILY FUN

Keene Public Library Stonewall Farm Preschool Story Time 10:30-11:15am. Stonewall Farms, 242 Chesterfield Rd., Keene. For preschool age children and families. Stories about sheep and then visit the sheep on the farm. Ages 3-5. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

MISCELLANEOUS

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.

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TOWN OF SWANZEY POLICE DEPARTMENT

The Town of Swanzeay Police Department is currently accepting applications for our full-time and part-time Police Officer positions. Applications may be picked up at the Swanzeay Town Hall or for an electronic copy contact Human Resources at mkerris@swanzeynh.gov

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Joyce Puleo is the coordinator of the Pantry, located at the Federated Church at 16 Pleasant Street. It's open on Monday from 1-5pm and Thursdays, 10am – 1 pm, but Joyce and her team put in many more hours working with state, federal and local resources to keep the shelves stocked.

The Pantry is open to all, no questions asked. Folks just show up, fill their bags with groceries and leave feeling human again.

Joyce and the team at the Marlborough Food Pantry inspire true joy and a spirit of giving throughout the Monadnock region.

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