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Viva Bach Peterborough Announces 2025 Festival Program



The Lydian Quartet will present the Art of Fugue and Arias at the Peterborough Town House on Saturday, October 25th, at 4 p.m.

Viva Bach Peterborough, now in its fourth year, will present a weekend of concerts bringing renowned musicians from across the country to play a three-day program of music by Johann Sebastian Bach. Also returning this year is the Viva Bach Peterborough Festival Chorus consisting of professional and community singers from across southern New Hampshire conducted by Colin Mann.

On Friday, October 24th, at 7 p.m. at All Saint's Church, Aaron Tan on organ and Ignacy Gaydamovich on cello will present six works by J.S. Bach, including the Pastorale in F, BWV 590, Cello Suite in G major, BWV 1007, and Prelude and Fugue in E-flat major (St. Anne), BWV 552.

Saturday, October 25th, and Sunday, October 26th, both concerts will be held at 4 p.m. at the Peterborough Town House. The Saturday concert will feature the Art of Fugue and Arias with the Lydian Quartet, Mary Bonhag, soprano, and George Hayes, keyboard, performing 11 works, including Contrapunctus 1-3 through 14.

BACH, page 4

Dinner In The Dark In Keene On November 1st

The Keene Lions Club has announced the return of Dinner in the Dark, a one-of-a-kind educational and community event where guests experience dining blindfolded to raise awareness about vision impairment. The event will take place on Saturday, November 1st, at the Keene Country Club.

“Inspired by Helen Keller's 1925 challenge to be the ‘Knights of the Blind in the crusade against darkness,’ the Keene Lions have served the visually impaired for nearly a century,” said Christine Greenwood-Smart, Dinner in the Dark committee chair. “The Dinner in the Dark carries on this legacy by raising critical awareness and funds to support our vision programs in our community.”

Guests will enjoy a meal while navigating the

unique challenge of dining without their sight. This is an experience designed to foster empathy, understanding, and community connection. Proceeds will support the club's vision and hearing programs, providing resources and assistance to those in need.

“Dinner in the Dark ... promises to be a wonderful evening of food, entertainment and information. Randy Pierce, the Chief Executive Officer of New Hampshire Future in Sight, will be an honored guest,” said Lions Club President Mike Davis. “There will be a sample presentation of the Keene Comes Alive program that is offered by the Keene Lions for all Keene third grade students.”

For more details, visit www.keenelions.com, or see the ad on page 13.

The Borromeo String Quartet Returns To Electric Earth Concerts



(L to R) Kristopher Tong, violin; Yeesun Kim, cello; Melissa Reardon, Viola; Nicholas Kitchen, violin.

Electric Earth Concerts will present the Borromeo String Quartet on Saturday, November 1st at 7 p.m. at the Unitarian Universalist Church in Peterborough. Their program includes works by Stravinsky, Britten, and Dvorák.

With every performance, the Quartet strengthens its standing as one of today's foremost ensembles. Admired for both its fresh interpretations of the classical music canon and its championing of works by 20th and 21st century composers, the ensemble has been hailed for its edge-of-the-seat performances.

Inspiring audiences for more than 25 years, the Borromeo continues to be a pioneer in its use of technology and has the trailblazing distinction of being the first string quartet to use laptop computers on the concert stage. Reading music this way helps push artistic boundaries, allowing the artists to perform solely from four-part scores and composers' manuscripts, a revealing and metamorphic experience which these dedicated musicians now teach to students around the world.

To listen to the Quartet online, go to: <https://www.borromeoquartet.org/media/audio>.

General admission is \$30, payable online (www.electricearthconcerts.org) or via cash or check at the door. Students may attend for free.

For more details, contact joan.electricearth@gmail.com or call 603-499-6216.

Gary's Power Equipment

Outdoor Power Equipment Sales, Parts, And Service



Built tough – like the equipment this team sells and repairs at Gary's Power Equipment – is (L to R): John Copeta, Jason Walker, JR Rokes (seated), Mike Brown, Tanner Harmony, Roy Tarbox, Paul Davis, and Darren Winship.

Community Open House Saturday, October 25th

Gary's Power Equipment invites the community to an open house event on Saturday, October 25th, with a day full of great deals, food, and giveaways. From 10 a.m. to 1 p.m. guests can enjoy free hot dogs and hamburgers, enter to win Gary's Power Equipment gift cards, and take home prizes in power equipment giveaways with no purchase required to win.

“This event is our way of saying thank you to the community that's supported us over the years,” says JR Roke, general manager. “We're excited to welcome everyone for a day of great food, and some unbeatable open-house deals.”

During the event, visitors can browse the latest in Mahindra tractors, lawnmowers, chainsaws, snow blowers, and outdoor power equipment, take advantage of one-day discounts, and talk with the team about the best tools to get any job done right. “Whether you're a longtime customer or just curious to see what Gary's Power Equipment has to offer,” says Rokes, “this is a perfect opportunity to stop by, enjoy a meal, and maybe even win something big.”

Gary's Power Equipment is located at 15 Warwick Road in Winchester. For more details, call 603-239-4953.

By Lori Catozzi Cook

When you need tough, reliable outdoor power equipment for your home, school, business, or municipality, it pays to work with industry experts who understand your unique requirements.

Gary's Power Equipment, 15 Warwick Road (Route 78) in Winchester, has been at the forefront of the outdoor power equipment industry since 1979, when Gary Rokes established the business. In June of this year, Gary passed away, leaving his grandson, JR Rokes, to pick up the torch and carry on.

“We are not moving and we are not closing,” says Rokes, who stepped away from his excavation business to continue with what his grandfather began over four decades ago.

Rokes goes on to say that throughout the ownership transition over the past few months, he has come to rely on his dependable staff, who all have a wealth of knowledge when it comes to outdoor power equipment and the servicing of that equipment.

“I bought my first tractor from Gary's in 2020, and it has been great,” says Paul Landry. “There have been a few minor adjustments that needed to be done over the first few years of owning the tractor. (Normal tractor things like hoses that loosened up from vibration or cables

GARY'S, page 4

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Free Financial Education Seminar On Accessory Dwelling Unit Construction Financing October 29th

During an informative seminar, Savings Bank of Walpole's Construction Lending Team will walk attendees through how to plan, finance and construct an accessory dwelling unit (ADU) including: what qualifies as an ADU, the ADU financing process and initial steps, the process of constructing an ADU, and much more.

The event will take place Wednesday, October 29th from 5:30 to 7 p.m. at Savings Bank of Walpole at 84 Marlboro Street in Keene.

To register, call Deborah Cannon at 603-354-4077, email dlcannon@walpolebank.com, or visit www.walpolebank.com. Register by Wednesday, October 22nd.

Dansko Day At Ted's Shoe & Sport

For folks who have ever wondered what the buzz about Dansko footwear is all about, the answer starts way back in 1990, when the husband-and-wife team of Mandy Cabot and Peter Kjellerup discovered a pair of closed-back clogs in a tiny shop in Denmark. Inspired by the design, they developed their own version for the American shoe market and the Dankso brand was born.

In the years to follow, Dankso shoes would go on to win numerous awards and be recognized by the American Podiatric Medical Association for promoting good foot health. Far from simply a style choice, Dankso's award-winning design features contoured footbeds and superior arch support, slip-resistant outsoles, moisture-wicking linings, and antimicrobial footbeds.

"As a fitting-focused store, we love

Dansko because it blends support, durability, and style," says Ted McGreer, owner of Ted's Shoe & Sport. "Nurses, teachers, and those who stand all day tell us their feet and back feel better in Dansko."

On Saturday, October 25th, Ted's Shoe & Sport in Keene will hold its much-awaited Dankso Day event. From 10 a.m. to 3 p.m., customers can shop the newest Dankso styles, speak with a company rep, enter to win a free pair, and receive a gift with purchase. "Stop in and feel the difference for yourself," says McGreer. "Our team will personally measure and fit you so you leave with the perfect clog, boot, or shoe."

Ted's Shoe & Sport is located at 115 Main Street in Keene. The store can be reached at 603-357-8337. Visit Ted's online at tedsports.com.

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Monadnock Country Club Offers A Spooky Weekend

The Monadnock Country Club has raised the fear meter this year with The Trail of Terrors & The Abandoned Basement planned for Friday, October 24th, and Saturday, October 25th, from 6 to 9:30 p.m. The Trail of Terrors winds through the golf course under the October moon, filled with eerie lights, haunted scenes, plus the spooky basement – just the right mix of fright and fun.

There will be warm, seasonal food, hot cider, and treats to purchase while watching a family-friendly Halloween movie in the hall. From 6 to 7:30 p.m. the show will be “Less Scary,” suitable for younger folk, and from 7:30 to 9:30 p.m., it will be “Very Scary,” for the very brave.

Admission is \$12 for ages 14 and up; and \$6 for kids under 14. The Monadnock Country Club is located at 49 High Street in Peterborough. For more details, call 603-924-7769 or visit www.monadnockcountryclub.com.

Fall Rummage And Bake Sale At Fitzwilliam Community Church

With the onset of fall, the folks at the Fitzwilliam Community Church are planning to have the biggest rummage sale ever. Along with the rummage sale there will be a bake sale with many treats. The event will take place Saturday, October 25th from 9 a.m. to 1 p.m. At noon they have the popular “fill a bag for a donation.”

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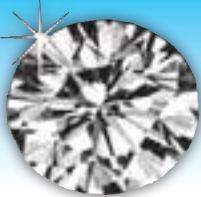
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“Awakening Into The Grace Of Aging” Workshop

A workshop called Awakening into the Grace of Aging will take place Wednesdays, November 5th through December 3rd, from 9:30 to 11:30 a.m. in Keene.

The five weeks are intended to draw on the group's collective wisdom in facing physical changes, loss, as well as altered roles in family and society. The group will share a quiet meditation, followed by sharing readings provided

with both discussion and reflection.

Suggested donation is \$95 (with sliding scale available). For more details, contact Aylene Wozmak at 603-355-7255

No one will be turned away for inability to pay. The space is handicap accessible. For more details, weekly meditations, and more, visit www.mindfulnesskeene.org.

Viva Bach Peterborough Festival Program

BACH, Continued from page 1

The Sunday concert will feature two Bach cantatas performed by the Festival Chorus and Festival Ensemble conducted by Colin Mann and will include Mary Bonhag, soprano, Wee-Kiat Chia, countertenor, Daniel McGrew, tenor, and Andrew Padgett, bass. The cantatas are BWV 65: Sie werden aus Saba alle kommen (They will all come forth out of Sheba); and BWV 78: Jesus, der du meine Seele (Jesus, who has rested my soul).

Individual tickets are \$30, with a three-day pass costing \$75 (the Friday will be via a free-will donation). Children under 12 can attend for free. To purchase tickets or for more information, visit vivabachpeterborough.org.

Viva Bach Peterborough is a non-profit organization dedicated to celebrating the music of J.S. Bach via an annual Bach festival, to inspire young people to listen to, perform and enjoy his music; and to engage in activities that encourage and promote awareness of the music by J.S. Bach.

Gary's Power Equipment Carrying The Best In the Field Deals

GARY'S, Continued from page 1

that came out of adjustment from initial use.) Any time there was an issue, they had one of their service technicians drive to my house and fix the tractor under warranty. If the tractor needed to be taken to the shop, they would pick it up, fix it, and drop it back off. After a few little adjustments have been made, this Mahindra 6075 has been an absolute workhorse and continues to get the job done. Any time I call or go into the store, there is someone there who is happy to help. I can't say enough good things about Gary's."

Whether one is ready to invest in a new lawn mower or agricultural equipment, their friendly and knowledgeable sales, financing, and full service and parts departments are prepared to ensure your experience is outstanding.

Matt Ferrazzi has this to say about his experience: "You're looking for outdoor equipment? They've got a good variety to choose from. Very nice people to deal with." And the kudos don't stop there, as Gary's Power Equipment won the 2024 "Keene's Best" from the Monadnock Media Group.

Gary's Power Equipment has become known as the go-to place for carrying reliable outdoor power equipment that handle the toughest of jobs. And for loggers, the store carries skidder tire chains and cables. "Not many people can get those around here," Rokes adds.

This locally owned and operated business is an authorized Mahindra dealer and carries tractors for whatever the need; handheld Stihl products for mowing, cutting, sawing, and landscaping; Echo blowers, chainsaws, and trimmers; Hustler mowers; Dewalt battery outdoor power equipment; Exmark mowers; Landmaster UTVs; and Pequea trailers, chippers, hay equipment, and manure spreaders.

"We also have new lines being added," says Rokes. One such line coming in the spring is Cub Cadet riding mowers.

Let's not forget the wintry season soon to be heading this way. Gary's Power Equipment is stocked and ready to go with generators and Ariens snowblowers.

An array of gas, electric, and battery-operated power equipment can be found at Gary's Power Equipment; they also carry used equipment. And this local business not only services what they sell, but services all brands. They offer replacement parts, attachments, and special orders aren't an issue. They also carry Interstate batteries.



Tanner Hammond is pictured fixing a chain saw in the repair shop at Gary's Power Equipment in Winchester.

"Gary's power equipment is a large step above any other dealership. A real honest breath of fresh air," says Foster Newton. "After owning our Mahindra for years now and dealing with Gary's since 2016, they have been my go-to for anything tractor-related, regardless of brand and color of the paint. They have fantastic customer service and support – the kind of support you need when you're under a machine on a job site and need to get a job done. And they always seem to have what I need on the shelf when most places have to order it."

Besides extended warranties, Gary's Power Equipment also offers affordable financing to make your needs more than just a dream.

Gary's Power Equipment is open Mondays through Fridays from 8 a.m. to 5:30 p.m. and Saturdays from 8 a.m. to 1 p.m.

For more details, call 603-239-4953, email garyspower@comcast.net, visit Facebook, or go to www.garyspower.com.

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Keene Chamber Orchestra Performs “An American Mosaic” November 1st

On Saturday, November 1st, Keene Chamber Orchestra will perform “An American Mosaic” at Monadnock Covenant Church at 90 Base Hill Road in Keene. This music program is in celebration of Aaron Copeland’s 125th birthday. Maestro Eric Thomas will give a lecture at 2 p.m. with the concert following at 3 p.m.

Marlborough Historical Society: Covered Bridges Of New Hampshire

On Wednesday, October 29th at 7 p.m., the Marlborough Historical Society will host Kim Varney Chandler discussing Covered Bridges of New Hampshire including those in the Marlborough area. The event will take place at the Community House, 160 Main Street in Marlborough. This program is free and open to the public. New Hampshire was once home to over 300 covered bridges. Today, there are over 60 authentic covered bridges in the state, 46 of which are over a century old. Author and photographer Varney Chandler will shares an overview of covered bridges in the Granite State. Attendees will learn more about both existing and lost covered bridges. For more details, email robinsonjoann07@gmail.com.



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Editing Your Landscape For Next Season

Normally, in our Monadnock Region home landscapes, October is the time to:

Divide – the perennials you love. Plant or share the smaller versions.

Remove - Find new homes for the perennials you don't like. Facebook Marketplace or Buy Nothing Keene both work great.

Plant – Take advantage of fall's cooler temperatures to add new sapling trees, shrubs and perennials.

Spread – a two-inch layer of fall leaves on top of your beds. Then lay a two-inch layer of this summer's compost. Be sure to pull the material away from plant crowns and stems. This mulch will replace some of the nutrients stripped from our soil by jumping worms and conserve moisture and protect roots from winter's subzero temperature dips.

Be Like a Squirrel – Plant bulbs. My favorites are garlic, ornamental alliums Purple Sensation and Christophii (their bloom periods follow one another), and I can't resist heirloom or single flowered daffodils, which feed our native bees.

Woods and Gardens

with Michele Chalice

It's Time To Call "Uncle"

I was able to stop watering when I shifted to native plants. Granted, I still had to water frequently for some time while they became established. But afterward, my gardening life changed from weekly watering to watching more bees and butterflies, taking pictures of lovely plant/leaf combinations, and removing a time-consuming gardening task from my list. Except for the first, older areas of non-native plants. They were chosen seven years ago to replace lawn areas. But now, increasingly frequent periods of drought have changed the conditions. So, I will be editing these to prevent dead plants, saving water and time. You may want to do the same. If so, here are considerations we can both use:

Choose Drought Tolerant Plants

Restricting your choices may initially seem like a sacrifice. But I really love the greater sense of ease that these plants offer. Here is a list of the many both native and drought-tolerant plants. Perennials: coreopsis, sundrops, lowbush blueberry, anise hyssop, spotted bee balm, narrow-leaved mountain mint, penstemon, wild blue indigo, pearly everlasting,

Fall glory

butterfly milkweed, and purple coneflower. ground-covers: pussytoes, wild violets, foamflower. Grasses: Pennsylvania sedge, purple love grass, pink muhly grass, little bluestem, big bluestem. Shrubs: choke-cherry, fragrant sumac, bush honeysuckle, ninebark. Learn more at: <https://plantfinder.nativeplanttrust.org/Plant-Search>

Don't Fall For The Hype

You'll be back where you started watering weekly and replacing short-lived plants if you choose the native hybrids that are offered. I've done it. "Bright Something-or-other" Coneflower will shine for one season, but the process that chooses for the crazy-bright color genes loses other genes. Straight species, no additional name in parenthesis, offer the resilience of millennia. Straight native plants also offer the most nutritious pollen and nectar. These are the plants that evolved with our 400 species of native bees.

Go For The Gold

Dedicated ecological gardeners will edit with the native plants that are not only drought tolerant but are also Powerhouse or Keystone species. See the list below. Doug Tallamy, professor of entomology and wildlife ecology, shares research showing that just 14 percent of native plant species create 90 percent of the pollen and nectar sustaining the native moths and butterflies that provide critical food for songbirds and other wildlife. Edit now to enjoy healthier landscape plants, less watering next season, and more wildlife watching.

<https://www.nwf.org/Native-Plant-Habitats/Plant-Native/Why-Native/Keystone-Plants-by-Ecoregion>

Michele Chalice invites everyone to visit the gardens at her "Ask an Eco Gardener" workshop the last Sunday of each month. Find out more @ healthhomehabitats on Facebook and Instagram.



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Levi Douglas LaBounty, son of Timothy D. LaBounty & Chelsea Nadeau, Hinsdale, 1

October 22, 2025

Josephine Larkin, daughter of Jess & Jared Larkin, Walpole, 1

October 24, 2025

Liam Holden, son of Caitlin Evans & Dylan Holden, Keene, 11

October 25, 2025

Sebastien Violette, son of Kyle & Valerie Violette, Roxbury, 12

October 26, 2025

Christopher Fontaine, son of Chris & Heather Fontaine, Stoddard, 8

Carson Aiken, son of Jeffrey Aiken & Tianna Martin, Troy, 12

October 27, 2025

Emily Munson, daughter of Jeremy & Hannah Munson, Swanzey, 1

Lincoln Micheal Maylin, son of Leora & Jared Maylin, Marlboro, 1

October 28, 2025

Lenni Joan Byrnes, daughter of Amy & Brad Byrnes, Keene, 2

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Lenni Joan Byrnes, Keene, 2

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	202.96	2.05	Danaher Corp. (Kollmorgen)	209.06	6.60
Becton Dickinson (C.R. Bard)	189.10	2.54	Merck (Hubbard Farms)	84.79	(1.20)
Toronto Dominion Bank (TD Bank)	79.19	0.87	Deluxe (NEBS)	18.07	(0.02)
PC Connection	61.02	1.79	Teleflex (Jaffrey)	128.13	8.71
Bank Of America (Fleet)	51.28	2.63	Timken (MPB Corp.)	73.17	2.38
Corning Inc.	84.49	1.51	M&T Bank Corp. (People's United)	180.67	(0.17)
Ametek, Inc. (Precitech)	185.47	6.19	Dover Corp. (Markem)	166.50	5.05
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	50.42	2.69	Wheat (cents per bushel)	504.50	5.75
Gold (\$ per ounce)	4,242.50	214.00	Corn (cents per bushel)	423.00	9.50
Platinum (\$ per ounce)	1,609.66	5.85	Soybeans (cents per bushel)	1,021.00	14.00
			Cattle (cents per pound)	242.00	(0.60)
			Crude (\$ per barrel)	57.79	(1.06)

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Government Shutdown

The October 1st deadline has passed, and the US government has shut down. History suggests that shutdowns tend to be short-lived and have minimal sustained impact on the economy or the stock market. There are several essential services that will continue during the shutdown uninterrupted, including Social Security payments, Medicare and Medicaid payments, FAA air traffic control operations, and other vital services to Americans.

Investors have smartly looked past budget disruptions throughout history, rightly focusing on traditional fundamental drivers of the economy and stock market such as corporate earnings, consumer spending, business investment, inflation, and interest rates. That said, sectors heavily reliant on government contracts – such as defense and life sciences – may experience some short-term volatility. An extended shutdown, which could delay key economic data

releases, could detract slightly from economic growth but is unlikely to be material, in our view.

Economy and You

with Josh Houle



Since 1976, the US has experienced 20 shutdowns, averaging just eight days in duration. The longest, in 2018–2019, lasted 34 days. Importantly, the S&P 500 has historically posted average gains of 1.2% and 2.9% in the one- and three-month periods following budget resolutions, underscoring the market's resilience, though past performance does not guarantee future results. Even if investors ignore the government shutdown, a pause may be in order given how far stocks have come since April – even as more tariffs are absorbed.

While we see rising odds of a 5 to 10% pullback, risk to this bull market appears low thanks to a resilient economy, strong earnings, the resumption of the Fed's rate-cutting cycle, and long-term catalysts like AI-driven productivity gains and fiscal stimulus from the One Big Beautiful Bill Act. Against that backdrop, a pullback could offer an attractive buying opportunity.

In short, while near-term volatility is possible, the broader outlook remains constructive. We encourage investors to emphasize stock market fundamentals over negotiations on reopening the government and consider pullbacks as potential buying opportunities.

Contact Josh for a complimentary, confidential portfolio review to see if your strategy aligns with your long-term financial goals.

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Joshua I. Houle, CFP® is Founder and Wealth Manager of Houle Wealth Management at 143 West Street in Keene. He can be reached at 603-352-0222/ josh.houle@lpl.com.

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Ask A Farmer To Write, Or Is It Ask A Writer To Farm?

I’ve been writing my farming column for nine years, and for the first time I have three columns due in one month, as I’m a substitute columnist for this week. Perhaps you are so fond of my regular column that you will be delighted to read the first bit of my yet-to-be-published middle grade novel (about a farm girl)!

Thistle was standing at the top of the world. It was the first day of summer and she was ten years old, and from the top of Apple Hill where she was whistling cheerfully she could see everything all at once: sky, farm, road.



In the sky swallows wheeled and darted and plummeted, catching their supper. In the farm lane, her brothers pushed the cows along to the barn for evening milking. On the road, just coming around the bend, someone was slowly riding a goldy-brown pony.

Thistle started and leaned forward, frowning now, watching. The someone was a stranger, but the pony was not. Thistle saw the pony give a funny half skip before it trotted, just like her pony did. She put her hands on her hips. The pony shook its forelock; there was a white star underneath. Why, it was her pony! Her pony Tug! and some strange boy riding him!

Thistle turned and pelted down the hill.

She was halfway to the road when she remembered that her mother had told her to be gone not one minute longer than it took the boys to bring the cows in; Thistle was supposed to help milk. The path she was following would take her right by the house and her mother, who would surely see her.

Thistle stopped and scrambled backwards and took the long way around instead, hoping her pony would buck the boy off and then stand innocently and happily nearby eating the grass on the side of the dirt road. That would serve the boy right for taking her pony. Besides, she’d never catch up to them otherwise.

Thistle jumped the creek and crashed through the alders to the cow lane, landing just in front of one of the cows. It was Red, with her nervous ears, her quick hooves, skittish and worried. Now she threw up her head violently, and twisted back around in the narrow lane.

Thistle twisted too, out of Red’s way and then by her, by and through the eight cows, who were all in a panic now. Some kept moving forward, some stopped, some turned around with Red, back the way they’d just come, while Thistle’s twin brothers waved and hollered, at the cows, at Thistle.

Thistle was still running, yelling, “Somebody’s got my pony!” back to her brothers, and her brothers yelled too. “He’s not yours! He’s not your pony! Thistle! Thistle! Get back here!”

Thistle rounded the corner, blocking out everything behind her, the sounds of the cows, her older brothers. Her heart

was like a drum in her, enormous and loud, her ears bursting with it. Tug! Tug! Tug! Her pony!

Thistle ran through the pasture, her calloused dirty feet dodging the pats of cow manure, or almost dodging them. The manure was wet and new, but it didn’t matter, it didn’t matter –

There was the one fence to cross, tight, shiny, new barbed wire, and Thistle flung herself on the ground and rolled underneath and then she was almost there, the road, the road – and then she burst out into the middle of it.

The road was empty. It was absolutely quiet. There was no one there, in either direction. No round brown pony streaking away with somebody strange riding him, no round brown pony chewing on the roadside grass, waiting for the somebody to get up warily from the ground and try to catch him again.

Thistle was too late.

She stamped her foot. She blew her hair up off her forehead. Not even a bird squawked. There was no sound except for Thistle’s heart drumming. Thistle stood there in the road, furious, getting her breath back. Then she wheeled around and ran all the way back home. The cows had been in such a tangle in the lane she might beat them all back again, and not be late at all for milking. Her feet beat a rhythm as her heart cried out. Tug! Tug! Tug!

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

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

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Wed. 10/22/25		Sat. 10/25/25	
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Chesterfield	Nelson	Chesterfield	Nelson
Dublin	Peterborough	Dublin	Peterborough
Gilsum	Richmond	Gilsum	Richmond
Greenfield	Stoddard	Greenfield	Stoddard
Hancock	Sullivan	Hancock	Sullivan
Harrisville	Surry	Harrisville	Surry
Jaffrey	Swanzy	Jaffrey	Swanzy
Keene	Walpole	Keene	Walpole
Marlborough	Westmoreland	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 2025 • 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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Recipes To Keep Well During The Cooler Months

We are so fortunate in New England to have four distinct seasons. The shift that comes during the transition seasons, such as fall, often feels welcomed. However, you receive and perceive the new light, the falling leaves, and the migrating birds, it is a perfect time to nourish your body with nutrient dense foods and immune-supporting herbs.

As we turn inward, both physically and emotionally, it's a great time to welcome in slower movement, more observation, and quiet amidst the chaos. Fall and winter are wonderful seasons to allow things to steep and simmer, both literally and figuratively. Here are a few recipes that I turn to frequently in the darker days to hydrate my tissues, support my mood, and help me continue to be well.

Healing Perspectives

with Nicole Langlois



Broth
The foundation for so many fall meals – whether a soup or a stew; braised beans; cooking grains, such as rice, amaranth, bulgur; or just sipping in your favorite ceramic mug. Making a broth once weekly allows you to be sure you always have it on hand to enhance any meal you make.

Ingredients:
Chicken bones/carcass, roasted beef, lamb, or pork bones. Best if bought locally (Archway Farm is a great source, in Keene) and/or organic. A ratio 1 to 2 lbs. of bones to 8 to 12 cups of water. Omit if vegetarian.

1 onion, quartered, skin on. 2 garlic cloves, halved, skin on.

Keep a bag in the freezer of odds and ends of veggies: carrot peels, mushroom ends, celery leaves, onion peels, fennel tops, etc.

1 to 3 teaspoons peppercorns
2 tablespoons apple cider vinegar, which helps break down the minerals from the bones.

Nutritive herbs: handful of nettles, oat straw. Pinch of horsetail or calendula.

1 tablespoon seaweed flakes or 1 large strip, such as kombu, dulse, or bladderwrack (Maine Coast Sea Vegetables is a good source).

Roots: 1 to 2 tablespoons astragalus, dandelion root, burdock root, ashwagandha.

Culinary herbs: thyme, sage, rosemary, oregano, fennel.

Mushrooms: small handful of one or more – reishi, turkey tail, maitake.

Directions: Combine all ingredients in a large pot or slow cooker. Bring to a low simmer and let simmer for at least four hours or overnight (if slow

cooker). Strain and use immediately or refrigerate/freeze for later use.

Elderberry Syrup
A great berry to keep your immune system healthy during the cold and flu season. Making your own syrup at home allows you to tailor the ingredients for a potent, vibrant syrup. Elderberries are bountiful in our region and can be harvested in summer, if confidently and correctly identified. They should always be cooked prior to consumption. Organic dried elderberries can be purchased from a reputable source, such as Sojourn's Apothecary.

Ingredients:
2 cups dried or frozen elderberries
4 cups water
1 to 2 cinnamon sticks
2 tablespoons fresh (chopped) or dried ginger root

Additional immune-supportive herbs include one to two tablespoons of astragalus root, rose hips, echinacea root, a few slices of dried reishi or turkey tail mushroom.

Directions: Combine ingredients in pot, bring to boil, and reduce to low simmer for 45 minutes. Turn off heat and let sit for at least one hour, covered. Strain with fine mesh sieve or cheese cloth. Once strained, add one to two cups local honey, stir to fully incorporate. Bottle and use within one month. Must be stored in the refrigerator.

Herbal Tea
A tasty blend for nourishing the spirit. Colder and darker days can also mean less socialization, more introspection, and bouts of loneliness. Herbs that support the spirit and gladden the heart are welcomed at this time. Sojourn's Apothecary features a large variety of organically grown herbs. Create your own blend to suit your particular needs.

Ingredients:
Small handful each of dried rose petals, oat tops, lemon balm, red raspberry leaf, nettle, and a pinch of ginger.

To brew: Add ingredients to a quart glass mason jar or French press. Cover with hot water. Steep four to six minutes. Strain and enjoy as is, or with a dollop of local raw honey.

Nicole Langlois is an Advanced Practice Registered Nurse who recently graduated from Rivier University in 2024 with a Masters of Science in Nursing. She has worked in healthcare as a Registered Nurse since 2010 in a variety of inpatient hospital settings.

Disclaimer: Consult your doctor before using supplements.

Gentle Aerial Yoga At Aloha In Keene

Aloha is beginning a new class which promises to become a monthly class: Aerial Silks Yin Yoga with a live Sound Bath. The first class is Friday, October 24th from 7 to 8 p.m.

Michelle Davis will facilitate the yin yoga while Jim Butler, a sound bath, will play his magic to complement the yoga of laying in the silks. Space is limited to 6. Pricing is \$50. Register at vagaro.com/alohakeene. Aloha is located on Court Street in Keene.

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Solving The Food Mystery Case

Dear Readers: I haven't a clue what the Cooking Corner will about this week.

While I take a brief break this week, the staff at *The Monadnock Shopper News* can have some fun choosing recipes from the galley board. The galley board is the spot where all extra recipes live until space is found to print them at some later time. What will they pick – a potluck collection; a dinner menu; assorted side-dishes; party fun; or (drum roll) a variety of desserts? The game's been a-foot, and here's the solution revealed by *The Monadnock Shopper News* staff.

Cooking Corner

with Nancy Adams



Chocolate-Chip Cranberry Bread

A wonderful combination of flavors of chocolate, cranberries, orange and nuts. Recipe makes 2 loaves.

- Ingredients:**
2½ cups flour
1 cup sugar
1 teaspoon baking soda
1 teaspoon baking powder
¼ teaspoon salt
¾ cup vegetable oil
1 cup buttermilk
2 eggs, lightly beaten
1 tablespoon grated orange rind
1½ cups chopped cranberries (fresh or frozen)
1 cup chocolate chips
1 cup chopped nuts (walnuts, pecans or hazelnuts)
½ cup powdered sugar for tops
3 tablespoons orange juice for tops

Preheat oven to 350 degrees. In large bowl, mix flour, sugar, baking soda and powder, and salt. Stir in oil, buttermilk, eggs and orange rind until blended. Stir in cranberries, chocolate chips and nuts. Pour into two greased and floured 8x4-inch loaf pans. Bake at 350 degrees for 50 to 60 minutes, or until they test done. Cool in pans 10 minutes before turning out on rack. Turn right side up. Mix powdered sugar and orange juice and immediately brush tops of breads with mixture. Cool completely. Makes two loaves.

Wild Blueberry Crumble

If you have a cast iron skillet, you can bake this on your grill. Otherwise, an indoor oven is fine. For a delicious twist on this crumble, replace half of the blueberries with diced ripe peaches.

- Ingredients:**
1 quart wild blueberries, or any fresh blueberries
½ teaspoon cinnamon (optional)
1 cup flour
1 cup sugar
1 stick butter

Place blueberries in the bottom of a nine-inch cast iron skillet (or try a heavy 9x9" pan). Mix remaining ingredients together in a bowl, using your fingers or a fork to mix until crumbly; sprinkle over the berries. Bake in 350 degree oven for 45 minutes. Or if using a grill, set up the grill for indirect heat and preheat to medium-high. When ready to cook, place the pan with the blueberries in the center of the hot grate, away from the heat, and lower the grill cover. Cook the crumble until the filling is bubbling and the topping is browned, about 40 minutes.

It's Turkey Time – Pete's Stand Now Taking Orders

Pete's Stand in Walpole is now taking orders for fresh (never frozen) turkeys from Stonewood Farm, a family-owned and operated farm in Orwell, VT. Turkeys range in weight from 12 to 35 pounds and the final price will be based on the actual weight. Customers can place their order at the farmstand or by calling or texting 802-289-1852. The deadline for orders is Sunday, November 9th, with turkeys available for pickup from November 20th through the 27th.

Stonewood Farm turkeys contain no hormones, antibiotics, or animal byproducts in their feed and are humanely raised and processed. Pete's Stand is also offering boneless breasts and bone-in breasts.

For more details, Pete's Stand is located at 517 Main Street in Walpole. They're open from 9 a.m. to 6 p.m. and can be reached at 802-376-4737. Visit them online at www.petesstand.com.

Root-Beer Float Pie

A quick and simple pie made with prepared products. This is definitely a recipe that stirs old memories of soda fountains and leisurely afternoons or evenings. Try it for dessert after your next BBQ or picnic. If you're a purist, you can make your own whipped cream, vanilla pudding and graham cracker crust; or use a favorite cookie for crushed cookie pie crust.

- Ingredients:**
1 carton (8 ounces) frozen whipped topping, thawed, divided
¾ cup root beer
½ cup whole milk
1 package (3.4 ounces) instant vanilla pudding mix
1 graham cracker crust (9 inches)
fresh cherry for top, optional

Reserve and refrigerate one-half cup whipped topping for garnish (this is used for topping when pie is served).

In a large bowl, whisk together root beer, milk, and pudding mix for two minutes. Fold in half of the remaining whipped topping. Spread into graham cracker crust. Spread the last of the whipped topping over pie. Freeze at least eight hours or overnight.

Dollop one-half cup of the whipped topping reserved in the refrigerator over each serving. If desired, top each serving with a cherry.

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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Nelson School Fundraiser

A Nelson School Pancake Breakfast Fundraiser will be held on Saturday, October 25th from 8 to 10 a.m. at Nelson Elementary School at 441 Granite Lake Road.

The menu includes plain or blueberry pancakes, coffee, sausage, fruit, and juice. Gluten free pancakes will be available, too.



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MYSTERY PHOTO

from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a certificate for \$25 to The Pub. Call The Monadnock Shopper News, West Street in Keene, at 603-352-5296. You may win only one contest every three months. Only one call per person per week. No walk-ins, please.

(Prepared by the Historical Society of Cheshire County)



Who is shown standing at the end of the iron Island Street Bridge in Keene, circa 1910?



The winner of last week's Mystery Photo contest was Gordon Peery of Nelson. The public event was held in Keene City Hall (auditorium).

FAIRS & SALES

Fall Rummage and Bake Sale 9am-1pm. Fitzwilliam Community Church, 85 NH-119, Fitzwilliam. At noon fill a bag for a donation.

Finnish Market Place 9am-2pm. Emerson Elementary School, 27 Rhododendron Rd., Fitzwilliam. Free, local & regional crafters, ethnic gifts, food & music. Live Nordic music by Bernie Nowak and Carolyn Sanford.

Rummage Sale 9am-12pm. Jaffrey Woman's Club, 33 Main St., Jaffrey. Fall & winter clothing and accessories, linens, and jewelry. Bag sale. www.jaffreywomensclub.org. **Keene Farmers' Market** 9am-1pm. Gilbo Avenue, Keene. www.keenefarmersmarket.com/.

Keene Public Library Fall Book Sale 10am-5pm. The Keene Public Library, Heberton Hall and Cohen Hall, 60 Winter St., Keene. All genres. Lightly used.

Anniversary Celebration 10am-3pm. Surell Accessories, 198 North Main St., Troy. Entire store on sale. **603-242-7784**. www.shopsurell.com.

LECTURES & WORKSHOPS

Needle Felted Tapestry Workshop: Marcy Schepker 10am-1pm. Gathering Waters Upper School Campus, 31 Washington St., Keene. Ages high school-adult. \$50. Includes supplies. 10% off if registering more than one seat. info@gatheringwaterscharter.org.

MISCELLANEOUS

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. **603-352-5739**.

Badger 30th Birthday Open House 9am-12pm. W.S. Badger Company, 768 NH-10, Gilsom. Free, family-friendly event, no products for sale. Sample products, raffle, and refreshments. custserv@badgerbalm.com.

Open House 10am-1pm. Gary's Power Equipment, 15 Warwick Rd., Winchester. Free hot dogs and hamburgers, gift-card raffles, take-home prizes, one-day discounts. **603-239-4953**.

Exercise Workshop for Adults 70 and Up 10am. Dublin Public Library, 1114 Main St.. Learn safe, gentle movements for strength, balance, and flexibility with movements using light ankle and hand weights. Registration required. Space is limited. Laura Tharpe: **603-355-7349**. www.LauraTharpeFitness.com.

Sunday, Oct. 26

FAIRS & SALES

Fall Book Sale: Fill a Bag Day 10am-2pm. The Keene Public Library, Heberton Hall and Cohen Hall, 60 Winter St., Keene. All genres. Lightly used. Fill a bag day for \$5.

Tuesday, Oct. 28

ARTS, MUSIC & THEATER

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

MISCELLANEOUS

Keene Pride Youth Book Club: Court of Undying Seasons 5:30-6:30pm. Keene Public Library, 60 Winter St., Keene. Discussion of Court of Undying Seasons by A.M. Strickland. **603-352-0157**. egreen@keenenh.gov.

Artist Talk: Saad Hindal, Iraqi-American Sufi Painter 6:30pm. Putney Public Library, 55 Main St., Putney, VT. www.saadhindalart.com.

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Fall Family Fun

Days are getting shorter, temperatures have fallen, leaves are turning beautiful colors – fall has arrived. Embrace the new season with some simple and fun family activities for the whole family.

Start some simple and memorable family traditions that can make fall special for your family. Try apple picking, carving pumpkins, or making caramel apples at home. One of the things I love to do in October is to make chocolate cupcakes with marshmallow frosting that looks like ghosts with chocolate chips for the eyes and mouth. It is simple, tasty, and fun.

Or you could start a gratitude jar in preparation for Thanksgiving. Decorate a jar with a fall theme and keep some slips of paper and writing utensils nearby so family members can jot down things they are thankful for and drop them into the jar. On Thanksgiving, you can read all the slips of paper and guess who contributed which ones.

Make Halloween family-friendly for all ages without getting too scary for the little ones in your family. Consider doing a family theme for costumes like super heroes, the Addams Family, The Flintstones, Wizard of Oz, fairy tales, etc. Play some fun Halloween movies that aren't super scary like *Casper* or *Hocus Pocus*. Make some fun Halloween-themed treats for the family to enjoy. If you have older kids who really want to watch some scarier movies, make sure the younger kids are in bed or have an alternative activity.

When the weather is nice, spend some time outside enjoying the fall weather. Take in a football game or toss around a ball in the backyard. Go on a hike to view the foliage

up close. Take a family bike ride or attend a fun fall festival. There is much to see and do this time of year.

When the chilly weather makes you want to stay indoors, plan some fun and cozy activities to stay inside. Get out the craft supplies and make your own fall decorations. Do some baking together and make some fun seasonal treats. Put away all the phones, turn off the TV and have a family reading time. Get out the board games or playing cards and have a game night.

Make an effort to engage in eco-friendly family activities for fall. When you are carving pumpkins, save the pumpkin seeds for roasting and compost the rest of the pumpkin guts. Collect natural materials to create arts and crafts such as autumn leaves and pine cones. Plant some fall flowers such as mums to add a bit of color to your yard. You could also plant some bulbs such as tulips or daffodils that will brighten up your yard in the springtime.

Extend the eco-friendly efforts to a community project. Clean out closets and toy rooms with things that can be donated to a local charity. This will help you clear out clutter while making room for the new things that may be coming into your home over the next couple of months.

As you are doing yard cleanup for the fall, take some time to enjoy the season by raking leaves into a large pile for jumping into. Don't just let the kids have fun, entertain your inner child with a leap into the leaves too.

Use some of the leaves and old clothing to create a scarecrow to decorate your yard.

This is a great way to use clothes that may be a bit too rough for the donation box. It's an easy way to make your yard festive without having to buy any new decorations.

Create a fall themed scavenger hunt and take a walk around your neighborhood to find items from the list. Include items such as autumn leaves in different colors, acorns, a carved jack-o-lantern, Halloween decorations with different images such as a skeleton, a witch, a spider, and a bat.

Monadnock Family

with Sheri Lapointe



Support your local farmers with a trip to a farmer's market or farm stand, apple orchard, or pumpkin patch. Get a selection of unusual apple varieties and have a taste testing to see which ones your family prefers.

There are all sorts of ways for your family to enjoy the season both indoors and outside. Make the most of all the beauty of our region this time of year and have a magnificent fall season!

Sheri Lapointe is a licensed Clinical Mental Health Counselor with a Master's Degree from Antioch New England University. She works as a behavioral health clinician for the Granite State Children's Alliance. She also has many years of experience teaching in local schools. Send comments to her at The Monadnock Shopper News, P.O. Box 487, Keene, NH 03431.

Hyperbaric Fitness Offers Comfort And Care At Its Core

Hyperbaric Fitness, a local wellness studio known for its unique hyperbaric air sessions, has unveiled a series of updates designed to make every session more comfortable and effective.

Owner and operator, Joseph Mabe, shared that the team has refined its signature "dives" – sessions conducted in a pressurized air environment – to now run 75 minutes at 30 to 33 feet of pressure, replacing the previous 40-minute, higher pressure format. "It's a gentler and more natural experience, allowing the body to absorb more oxygen-rich air while promoting better circulation and recovery," says Mabe.

In addition to the enhanced air system, longer sessions, and smoother atmosphere, Hyperbaric Fitness has upgraded its seating for comfort and integrated with the Mindbody app for easier booking and session management. "With these changes, the business remains true to what our clients love

most," says Mabe. "The same caring team, the same results, and the same affordable pricing."

Hyperbaric Fitness serves a growing community of clients seeking natural ways to support energy, recovery, and healthy aging — with many sharing their success stories on the company's YouTube channel (@HyperbaricFitness).

Residents are invited to experience the newly updated sessions firsthand. To celebrate the improvements, Hyperbaric Fitness is offering \$15 off a first or return session when clients mention this article.

Hyperbaric Fitness is located at 766 W. Swanzey Road in Swanzey. Sessions can be booked online at www.HyperbaricFitness.com. A second location is also open in Hooksett, expanding access to the region's most innovative non-medical hyperbaric experience.



Joe Mabe, owner of Hyperbaric Fitness in Swanzey.

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