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SHOPPER NEWS

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**HOLIDAY
TRADITIONS**
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The Edge Ensemble Presents *Misery*



Mark DiPietro and Catherine Verow in The Edge Ensemble production of *Misery* by William Goldman, based on a novel by Stephen King.

The Edge Ensemble’s fall show is *Misery* by William Goldman, based on Stephen King’s 1987 novel and subsequent 1990 film. Performances are November 14th and 15th and 20th through 22nd at 7:30 p.m. and November 16th and 23rd at 2 p.m., at The Edge Theater at 310 Marlboro Street, Suite 112, in Keene.

When famed romance novelist Paul Sheldon is badly injured in a car crash that leaves him unconscious, he is rescued by his number one fan Annie Wilkes, who takes him to her secluded house to nurse him back to health. It rapidly becomes evident that Annie is mentally unstable. When a local sheriff comes to the house to investigate, all hell breaks loose.

The play premiered at the Bucks County Playhouse in November 2012 and opened on Broadway in 2015.

Kim Dupuis directs Catherine Verow, Mark DiPietro, and Michael Auerbach in this dark psychological thriller. Tickets are \$20 general admission, \$18 for seniors and students, and must be purchased at the door by cash or check. No credit cards can be accepted at this time. For reservations, call 603-352-5657 or email theedgeensemble@aol.com.

For more details or to learn more about the theatre company, visit www.edgeensemble.org.

Arlington Inn & Tavern Thanksgiving Meals Program

In what has become a popular holiday-giving initiative, The Arlington Inn & Tavern is again offering Thanksgiving takeout meals. These ready-to-warm packages include turkey, gravy, rolls, and cranberry sauce, along with a choice of sides and dessert. “We started doing these takeout meals to help those in need during COVID, when many people weren’t able to see their family,” says Jordan Sharra, owner of The Arlington Inn. “We feel it is still important to make sure members of our community can enjoy a nice holiday meal without the stress of figuring out how to pay for it or prepare it.”

Meal orders are due by November 23rd at 8 p.m., with pick up on November 26th (5 to 7 p.m.) or on November 27th (9 to 11 a.m.). Free delivery is available to residents in Winchester and Ashuelot. Orders can be cancelled only before Monday, November 24th. “If you know of someone or a family that needs a little extra help this holiday season, we will be happy to donate a meal to them,” says Sharra. “Just let us know by Sunday, November 23rd.”

The Arlington Inn is located at 71 Main Street in Winchester. For more details, or to place an order, call 6030239-4728, or email thearlingtoninn@outlook.com.

Comedian Tig Notaro Makes Stop At The Colonial During Her “Out Of Nowhere Tour”

Stand-up comedian Tig Notaro will make a stop during her “Out of Nowhere Tour” at The Colonial Theatre on Main Street in Keene on Thursday, April 23rd at 7:30 p.m.

Named by Rolling Stone as “one of the 50 best stand-up comics of all time,” Notaro deadpan, subtle, and conversational style of comedy relies heavily on personal, anecdotal storytelling, and observational humor.

An Emmy, Grammy, WGA, and SAG Award-nominated comedian, actor, writer, director, producer and podcast host, Notaro has appeared in television series and starred in Netflix and Paramount films. She also wrote, produced, and starred in the semi-autobiographical Amazon Prime series *One Mississippi*.

For more details or tickets, call 603-352-2033, email boxoffice@thecolonial.org, or visit www.thecolonial.org.



(Photo credit by Bryan Berlin)

Monadnock Area Artists’ Association’s Annual Meeting, Exhibit Opening



Colored pencil drawing by Liz Winchester-Larson entitled “With Thanks to Harry and David.”

Monadnock Area Artists’ Association is combining the organization’s annual meeting with its new exhibit opening, “Comfort & Joy” on Saturday, November 15th from 2 to 4 p.m. The public is invited to participate in the brief annual meeting involving the election of new officers followed by a gallery-wide celebration of the new exhibit featuring more than twenty area artists and more than 100 pieces of original art.

Attendees can vote for Best in Show and receive a free postcard of Liz Winchester-Larson’s still-life featured in the “Comfort & Joy” promotions.

The Art in the Park Shop upstairs will be open for note card and gift item purchases.

Refreshments will be provided, free and open to the public. The event will take place at Gallery @ Syd’s at 43 St. James Street in Keene. The gallery is handicap accessible.

The Monadnock Area Artists Association, founded in 1958, presents Art in the Park each Saturday and Sunday of Labor Day Weekend in Keene, and operates a year-round member gallery at Syd’s in Keene. More information is at MonadnockAreaArtists.org

Monadnock Habitat For Humanity “Nailed It!” Ugly Sweater Party With A Purpose

Monadnock Habitat for Humanity is decking the halls for a cause with its first-ever “Nailed It! Fun-Raiser – An Ugly Sweater Party with a Purpose” on Friday, December 5th from 5 to 8 p.m. at Frogg Brewing in Swanzey.

The event will feature live music, raffles, games, and the region’s ugliest holiday sweaters, all in support of Habitat’s ambitious “3 Homes in 2 Years” initiative, which will provide affordable homeownership opportunities for three local families, including the Allard-Croke family of Keene.

“This event is about more than just laughter and holiday spirit,” said Matt Keenan, board chair of Monadnock Habitat for Humanity. “It’s about coming together as a community to build homes, hope, and a future where every family in the Monadnock Region has a

safe place to call home.”

Local businesses are invited to join as event sponsors. Sponsors so far include Frogg Brewing, Savings Bank of Walpole and Monadnock Realty Group.

“This will be our first official fundraiser in several years – and we wanted to make it fun, accessible, and rooted in what makes this community special,” added Gina Burke, fundraising and marketing lead for Monadnock Habitat for Humanity.

Tickets are available online at www.tinyurl.com/26BY7PPZ or by scanning the QR code on the event flyer. All proceeds stay local to support the construction of new Habitat homes in the Monadnock Region.

For more details, visit www.monadnockhabitat.org or follow @MonadnockHabitat for Humanity on Facebook.

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CLASSIFIEDS	18-19	FAMILY	8	HEALING	15	PETS	3
COOKING	10	GARDEN	4	MONEY	6	REAL ESTATE	19

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PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

Hershey Bar



Meet Hershey Bar, a darling bun with a name as sweet as her personality! Hershey Bar arrived as part of a large group of 18 rabbits brought to ARL, and thanks to the teamwork of several shelters, she's now at MHS hoping to find her forever home. While they don't have details about her past, she has shown herself to be a gentle and curious girl who's slowly learning that people can be kind and loving. With a patient hand, a calm home, and lots of love, this lovely rabbit will blossom into a wonderful companion. If you're looking for a little sweetness to brighten your days, Hershey Bar might just be your perfect match. Come meet Hershey Bar and the

other wonderful animals during open hours at Monadnock Humane Society. The Adoption Center is located at 101 West Swanzey Road just outside of Keene on Route 10 South. Its open hours are Thursday through Sunday 11 a.m. to 3 p.m. Learn more about the adoption process and about other adoptable pets at www.monadnockhumanesociety.org.

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Holiday Craft Fair With 35 Tables November 15th

The annual holiday craft fair will be held at the Swanzey Community House on Saturday, November 15th from 9 a.m. to 3 p.m. There will be 35 craft tables of handcrafted gift items, including crafts, jewelry, and a variety of gift ideas. A luncheon will be available for purchase. A raffle will be held with hams and turkeys, and other prizes. Proceeds will support the historic building. The Swanzey Community House is located at 18 Old Richmond Road in East Swanzey.

Exploring Chile's World-Class Observatories

The Chesterfield Public Library will host From the Andes to the Stars: Exploring Chile's Astronomical Observatories on Thursday, November 13th, from 6:30 to 7:30 p.m. Local science educator Susan Rolke will share her experiences as a global ambassador with the Chile Educator Ambassadors Program (ACEAP), offering a rare insider's look at Chile's world-class observatories and their impact on modern astronomy. For more details, contact the Chesterfield Public Library at 603-363-4621 or frontdesk@chesterfieldlibrary.org

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Growing A Food-Full, Urban Oasis

I see the Goldfinches flitting through the gardens here, swaying on the Cutleaf Coneflower, Queen of the Prairie, and Coreopsis stems as they feast on seeds. The weather is changing quickly now. Myriad colors of leaves of different perennials, groundcover plants and shrubs abound. My mind's eye notes the shade and ornamental tree saplings on the outer edges of this "yarden." They don't look like much right now. Many are no taller than four to six feet, still spindly but growing steadily.

For me, designing an edible landscape means fruits, vegetables, and seeds for not only my family but for the broader wildlife community as well. I read a quote recently from a fellow gardener that felt apt. Lindsey Sheehan of @ruralsprout writes as part of her newsletter postscript, that she gardens "One for the mouse, one for the crow, one to rot, and one to grow."

Our tiny, urban parcel went from being grass with raised vegetable beds in 2017, to now holding three, 10' (up to 80'), Red Oaks along our parkway with a 20' tall Red Pine (up to 80') and 15' tall Spruce (up to 50'), providing pinecone seeds to critters and a bit of protection for the house from our northwest winter winds. Moving clockwise at the outside edge of the parcel, a mature, understory, Redbud tree, 20' tall, creates seeds as well as a shady haven at the back gate with a Beach Plum, also now fully grown at 6' tall, just past the raised vegetable beds and grape arbor.

Another Red Oak (gotta love our acorn-planting squirrels) now towers some 25' above anchoring the yarden's northeast corner. This will grow, like those along the Beech Street Parkway, up to 80' tall one day, someday to be much closer to the first of two of the yarden's PawPaws. These understory trees are not yet bearing their vanilla/peach custard-flavored fruits. This one is currently six feet but could grow up to 30 feet tall along our eastern border. Next to it

is the lovely Fringe tree, bearing small black berries and currently 10 feet tall but could grow up to 20 feet which will also, someday, be under the canopy of an adjacent Swamp White Oak, currently a tiny five feet tall up to 80 feet, midway along our eastern border (see the Swamp White Oak sapling photo).

Almost at the southwest corner is a young four feet, Black Tupelo tree that could someday be 60 feet tall with berries. Across the alley in the southwest corner is a Red Mulberry tree, 10 feet someday up to 30 feet tall.

Do you happen to remember these berries from your childhood like me? They are quite nutritious and will soon begin to feed us, birds, and other wildlife while its leaves feed the caterpillars. Ready for my frequent refrain? Caterpillars are needed to feed our baby birds.

Woods and Gardens

with Michele Chalice



Along the alley and around a tiny patio are lovely, now mature, 20 feet tall Juneberry shrubs that bear each season's earliest small fruits. My daughter competes with the birds for these tiny, acrid berries filled with nutrients as well. In fact, these berries exceed blueberries' nutritional content. A Chokecherry tree will soon grow 12 feet tall alongside our interior sidewalk next to a peach tree that I keep trimmed to human height. A fast-growing and stunning, though short-lived, understory, Pagoda Dogwood has achieved its mature 20 feet tall crown of golden leaves. Its blue berries are nearly all eaten now by the birds and squirrels. And lastly, a glorious Hazelnut shrub has quickly grown to its mature nine feet tall height at the house's southwest corner. Its golden leaves and dress-like, fancy nuts are a delight to us all.

Will this landscape change over time from my initial vision? You bet. Unforeseen aspects, as in all of life, will arise. But I welcome how, in particular, our backyard habitat will evolve from its current open and sunny character, to a veritable wonderland of shade, berries, and other fruit and nuts for us all.

Join us at this yarden, weather permitting, for a last workshop of the season on Sunday, November 30th from 1 to 2 p.m. Check @healthyhomehabitats or call 603-313-9153 for more information.

Michele Chalice invites everyone to visit the gardens for yourself at her "Ask an Eco Gardener" workshop for the last Sunday of each month. From 1 to 2 p.m., your questions will be answered and you'll have a chance to experience the different ways that a lawn-free landscape can reward not only your senses, but also feed the pollinators, birds, amphibians, and other wildlife that enrich our lives and balance our ecosystem. Find out more @healthyhomehabitats on Facebook and Instagram, or call 603-313-9153 with questions.

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Clove Of Garlic, Clove Of Hope

Our farmer friends moved away some time ago, to a new farm in Maine. We hated to see them go, but wished them well in a new chapter of their lives. We were also wishing them well because they gave us some good farm stuff before they left.

We were glad for a batch of nearly new wooden stakes, as our originally seven-foot stakes have deteriorated into three or four footers after many seasons of use. We were also glad for some second-hand landscape fabric, which we've been wanting to try for years. We've used all kinds of weeding methods – from straw mulch to hoes to cultivators to compostable plastics. But we still can't keep up.

**Green
Monadnock**
with Kim Peavey



Last spring, we laid the fabric out in one of our greenhouses, with the encouragement of our faithful volunteer, who has valiantly tackled many garden beds overrun by weeds. She is also a good worrier, and emailed us in the middle of the night: "I was doing some research and maybe it'll be too hot and what if it kills all your tomatoes!"

We laughed blithely, and transplanted the tomatoes and peppers. A few weeks later, when our farmer group came to our place, we proudly showed off our landscape fabric. "We've never used it before," we said.

When they got done laughing, as in "Ba ha ha! You've never used it before?" we told them we did something else new: "We usually plant the tomatoes 18 inches apart, but we tried a foot apart for the first time. What do you think?"

"How come?" someone asked, probably thinking we had made some great new discovery about tomato productivity.

"Because that's where the holes were in our new used fabric," we answered, and then we had another round of laughter.

Happily the tomatoes and peppers did not die from overheating. In fact, they thrived. There was nary a weed in sight, except, of course, in the last quarter of one bed, because the fabric wasn't long enough. There the weeds were impressively large and the peppers were impressively spindly.

We were stunned by the difference. Suddenly we had new hope: a possibility for two mid- to late-50s farmers to keep on farming. "Let's cover the whole farm in plastic!" enthused my fellow.

"Yes," I agreed, "Let's cover as many of the garden beds and pathways as we can in woven polymer! It's not perfect, but it's pretty good. It lasts for years, and it means we might be able to handle the work without collapsing!"

We went right out and bought ourselves a 15 foot wide roll of fabric, to get us started on next year's weed-free garden. We rolled it out along our dirt road, a project the farm pooch found pretty exciting. He roared down the 200 feet length of fabric and leapt over the rest of the roll at the far end, over and over again, until he was puffing hard.

Meanwhile I set to marking the spacing. I crawled along with a yardstick and a piece of chalk, while my fellow followed with the propane-powered tool we'd borrowed from our other farmer friends, which makes the holes for the transplants.

Now this looks interesting, said the farm pooch. Well, maybe not that flaming tool, but this farmer crawling along sure is.

Since I wouldn't let the pooch chew on my yardstick, he got nosy with my chalk. Luckily I had an extra piece, which I gave to him. Then he spent the next half hour throwing the chalk in the air, chasing and pouncing on it, which gave us more time to work. We ended up with holey chalk, and holey fabric.

The next day my fellow and I laid the fabric out in the garden, stapled it down, and planted a clove of garlic into each hole. A clove of garlic, and a clove of hope that we can manage to keep on farming.

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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Hearth Magick In Peterborough Opens A Food Pantry

Hearth Magick, a new shop in Peterborough, has started a food pantry that is available to anyone in need. The cabinet contains a variety of nonperishable food items, including allergy-friendly options and spices. There also will be available non-food items such as feminine products, and a “bonus bucket” with gift cards for birthdays, necessities, additional groceries and to local businesses.

Guests can come directly through the shop into the Gathering Space in the back of the shop and take a bag from the table to fill as necessary. Guests are asked to take whatever they need, and leave what they don’t need for those who do. Jeni Archer, owner of Hearth Magick, is requesting donations for the food pantry. Anyone who brings in donations will receive a coupon good for 10 percent off their total purchase in the shop, should they choose to use it. Businesses who donate gift cards or other items will be given a receipt for tax purposes.

The food pantry is open during regular store hours: Tuesday through Saturday, 10 a.m. to 6 p.m. Hearth Magick is located at 43 Grove Street in Peterborough. For more details, call 603-784-5044 or visit www.HearthMagickshop.com.



Jeni Archer of Hearth Magick Shop in Peterborough has started a food pantry for anyone in the community in need. Donations, including gift cards for local businesses, will be gratefully accepted.



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Friends Of Pisgah Annual Meeting Tuesday

The Friends of Pisgah will hold its Annual Meeting on Tuesday, November 18th at 7 p.m. at Chesterfield Town Hall on Route 63. The guest speaker will be Skip Lyle, a beaver deceiver expert.

This event is an opportunity for members to make suggestions on what they would like to see for events or projects in the years to come. The electing of new plus existing officers for council seats will also take place. Snacks will be provided.



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Holiday Traditions

Gathering Waters Charter School Hosts Winter Craft Fair

Rabbit Ridge Artisans
“Sip & Shop” Marketplace



Vendor Forest Bencivenga, of Forest Anne Ceramics

Gathering Waters Charter School will host its fifth annual Winter Craft Fair on Friday and Saturday, November 22nd and 23rd, at 98 South Lincoln Street in Keene.

The event opens Friday from 7 to 9 p.m. with an adults-only shopping night, offering a relaxed atmosphere and unique, locally-made gifts. The fair continues Saturday from 10 a.m. to 3:30 p.m. and is open to all ages.

More than two dozen local artisans and vendors will showcase handcrafted goods, including fiber, wood, leather, pottery, fine art, candles, herbal products, jewelry, local food, and Waldorf-inspired toys and crafts. Friday night’s event will feature live music, a dessert

café, and a raffle with 14 baskets.

On Saturday, the fair expands with a lunch café, children’s store, puppet show, gnome forest walk, and hands-on crafts. Make-and-take crafts include window transparencies, felt bracelets, card designing, and candle decorating (\$3 each or all for \$10) as well as a moss garden and jump rope (\$5 each). All children’s activities are cash only.

The café will serve mac and cheese, gluten-free chili, chicken noodle soup, vegan and gluten-free butternut squash bisque, and locally baked bread, along with cider, coffee, and tea.

All proceeds go toward supporting the school. For more details visit the Facebook event page.



Jaya Lord and Donlin Foreman from Horse Hill Studio

The holiday season is in full swing with the opening of the Rabbit Ridge Artisans’ “Sip & Shop” marketplace. From now until December 28th, customers can peruse locally made crafts and sample award-winning wines at the Summit Winery.

Included will be a wide range of handmade gifts, including jewelry, wood carvings, leather goods, ornaments, home decor and paintings. Artisans will offer workshops throughout the holiday season where shoppers will learn how to create gifts such as leather bracelets, sterling silver and abalone earrings, hook and blade blacksmithing items, hair bling, baskets, cuff bracelets, and more.

The Summit Winery is located at 719 Rt. 12, in Westmoreland. For more details about the “Sip & Shop” marketplace, visit Rabbit Ridge Artisans on Facebook at: www.facebook.com/RabbitRidgeArtisans. A full listing of workshops can be seen online at www.RRA-DIY.com.

Mill Hollow Works Hosts Celebration Of Heritage Craft

On Saturday, November 15th from 10 a.m. to 3 p.m., Mill Hollow Works, New Hampshire’s heritage craft school, will host its annual Celebration of Heritage Craft at 149 Hurricane Road in Keene.

This free, family-friendly day honors the art of making, the spirit of community, and the enduring creativity of New England’s craftspeople. It includes live demonstrations, local food, over 20 artisan vendors, traditional music, and hands-on workshops – inviting guests to step into a living world of heritage craft and skill. From woodworking and fiber arts to herbalism, basketry, and broom making, the day offers a rare chance to experience, and participate in, the timeless work of human hands.

“Our work has always been about reconnection,” says co-founder Heather Holloway. “Through making, we rediscover our capability, our creativity, and our community. This event is a chance to celebrate all three, and to

give back to the place we call home.”

Highlights include live music by JD and the Stonemason, a band of traditional musicians, bringing maritime songs, fiddle tunes, and folk harmonies to life; a lively Morris Dance performance by Jack in the Green; draft horse demonstrations; a plant identification walk led by Jack Lamont and his goat companion; and hands-on workshops in basketry, plant ID, oymel making, broom making, straw plaiting, and more.

Mill Hollow Works will be collecting shelf-stable goods to benefit The Community Kitchen. Visitors are encouraged to bring donations of non-perishable food items – a simple way to support neighbors in need.

“Our Celebration of Heritage Craft is about the work of our hands and hearts,” says Holloway. “This year, that extends beyond the craft tables – it’s about caring for the community that sustains us.”



Wade Smith making a Bentwood Box at last year’s event.



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13 Entertaining Things To Do On Thanksgiving Day, Besides Eat!

Thanksgiving is a day to feast. But when we are done filling our bellies and step away from the table, we still continue connecting with those who joined us for this holiday. Here are 13 entertaining things to do this Thanksgiving Day:

Monadnock Family

with Lori Catozzi Cook



1. Thanksgiving is the perfect time to ask a grandparent about what it was like growing up, their hopes and dreams, or about a family heirloom or collection that you'd like to hear the backstory about. Your elderly family member will appreciate the conversation and reminiscing about their past. You'll walk away with a deeper appreciation for your family.
2. Set up a candle-making space so everyone can create their own candle. You can find candle-making kits at Michaels, Target, Five Below, Walmart, and Hobby Lobby stores. You can also learn how to make a candle using crayons and other easy-to-find supplies by visiting a tutorial at www.youtube.com/watch?v=TcpmRHRmLEA.

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3. Perhaps Thanksgiving finds you back in your hometown to celebrate with your family. Why not pile into the car and cruise past your favorite haunts or venture out onto the back roads to take in the beauty of the natural surroundings?

4. Now that your nearest and dearest are all in one place, why not plan a photo shoot! Share the photos with friends and relatives who couldn't make it or tuck a photo into your Christmas cards.

5. Have a table set up with colored pencils; Thanksgiving-themed coloring pages, word search, and crossword puzzles; and any turkey or Thanksgiving craft. Visit <https://superstarworksheets.com/wordsearch-puzzles/fall-word-search>, or <https://monday-mandala.com/thanksgiving-coloring-pages> for printable downloads.

6. Take out your old photo albums and take a stroll down memory lane with your relatives. Thanksgiving is the perfect time to share stories from the past.

7. Bundle up and head out to the fire pit to gather around a roaring fire with a big mug of hot cider, tea, or cocoa. Arrange chairs or benches around the fire to create a warm and inviting seating area.

You might want to have a stack of blankets on hand and, of course, fixings for s'mores. S'mores on Thanksgiving? Why not!?

8. This Thanksgiving, why not host a pie swap at the same time? Ask each guest/family to bring two pies: one for sampling and one for divvying up for everyone to take home.

9. For a relaxing game while just sitting around, make up conversation cards with questions that'll get the conversation flowing. What is the oddest job you have ever had? What song always puts you in a good mood? What

smell brings back great memories for you? What is your favorite Thanksgiving dessert? Where would you like to go on your next vacation? These are all great conversation starters.

10. Do you have a lot of "pint-size" people showing up for Thanksgiving? Take inspiration from the Macy's Thanksgiving Parade and ask the children who are coming for the holidays to put on a parade. Round up anything with wheels – bikes, scooters, wagons – for a parade down the driveway or a low-traffic street. Let the kids do all the planning. This might start a new tradition!

11. Stomachs are full, and everybody is now in total chill mode. Why not stream a holiday classic?

An Old Fashioned Thanksgiving (set in 1880s New Hampshire and can be streamed on Tubi, Prime Video, Plex); *A Charlie Brown Thanksgiving* (Apple TV+); *Little Women* (Netflix, Prime Video, The Roku Channel); *Free Birds* (Netflix, Prime Video, Pluto); and one of my favorites, *Planes, Trains and Automobiles* (Paramount+, Disney+, FuboTV).

12. After a big holiday meal, some feel like getting out to stretch their legs or work off some of the feast. (For me, it's making room for a big piece of pie!) Take a walk, gather a group for touch football, or bring out the cornhole board.

13. The Thanksgiving feast is put away; the day is winding down, and guests disperse. You have a couple of hours to yourself – grab a cup of tea, a warm blanket, and a book, and settle in for the finality of your day. Happy Thanksgiving!

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

"Unhung Heroes" Art Exhibit

The November art exhibit at the DubHub/Dublin Community Center at 1123 Main Street will feature a new collection of "Unhung Heroes" – art pieces that are looking for new homes. The original paintings and limited-edition prints will be sold "silent auction" style, beginning at the opening reception on Friday, November 14th from 5 to 7 p.m. Clipboards for bidding will remain

in place until a closing event on Friday, November 28th, from 10 a.m. to noon, after which the winning bidders may take home their acquisitions. Proceeds from this fundraiser will support the DubHub.

For more details, contact the DubHub at 603-563-8080 or see <https://www.dubhub-nh.org/calendar>

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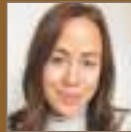
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Christmas Fair At Advent Lutheran Church In Rindge
Saturday, November 15th



Marianne Bates, event coordinator of the Christmas Fair, is pictured with a few of the gift basket raffles.

A Christmas Fair will be held on Saturday, November 15th from 9 a.m. to 2 p.m. at Advent Lutheran Church on Route 202 in Rindge.

This event includes artisan vendors, bake sale, gift basket raffles, and the Advent Take-out Cafe.

For more details, call 603-899-3095, email nhlutherans@gmail.com, or visit www.adventlutheran-church.org.

Craft Fairs, Cornhole, More At The Fieldhouse

The Fieldhouse in West Swanzey, a 32,000 square foot athletic and event facility, is at its busiest from October through April. From indoor soccer leagues to personal training to pickleball to batting cages for baseball and softball, The Fieldhouse's three playing surfaces are in constant use.

This year, The Fieldhouse is expanding its event schedule to include two holiday craft fairs and a bigger and better King of the Hill cornhole series.

In addition to its weekly Thursday night cornhole league that is open to anyone, The Fieldhouse and Games2Go are bringing back the King of the Hill cornhole series with more prize money and an added division. The first KOTH tournament is on Saturday, November 22nd.

For those looking to display their crafts or are seeking unique, locally made crafts for Christmas gifts, The Fieldhouse has two holiday craft fairs coming up. The first is The Feeding Tiny Tummies Winter Craft Fair on Saturday, November 22nd. The second craft fair is the FAC Holiday Craft Fair on Saturday, December 6th.

The Fieldhouse is all about providing athletes with an indoor sports venue that features the region's only indoor turf field, as well as a multi-purpose surface and a 10,000 square foot batting cage area run by the Junior Swamp Bats. All are available to rent.

And when folks are done playing a game or attending one of the events, they can stop by the Front Row Lounge for drinks, snacks, or a slice of pizza.

To learn more about what The Fieldhouse has to offer, go to www.thefieldhousenh.com, or email jim@thefieldhousenh.com.

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Cranberries Deserve Year ‘Round Use

Now is the time of year when freshly-harvested cranberries are in plentiful supply for traditional uses during the upcoming holiday seasons. Store displays are loaded with bags of sparkling cranberries, ready to be made into relishes, breads, cookies, pies and other desserts. It’s also the time when I stock up on these lovely fruits for use all year ‘round. Whenever I shop during the next few months, I’ll buy five or six bags of cranberries to put in my freezer for future use. I’ve discovered many ways to use cranberries in cooking throughout the year, including such dishes as pork roast, meatballs, with assorted vegetables, winter fruit salads, cranberry juice and smoothies, chutneys and salsas, vinaigrettes, appetizers, dips and sauces, etc. So, if you enjoy cooking with cranberries, stock up on some extra bags of cranberries this fall. Extra bags can be frozen easily – just toss each bag, as is, into your freezer and they are good for eight to 12 months.

Cranberry Nut Butter

When ready to use, bring butter to room temperature and serve to spread on muffins or bread; or brush on grilled or baked chicken as it cooks.

Ingredients:

- 2 cups cranberries
- 1/2 cup orange juice
- 1/4 cup sugar
- grated zest of 1 orange
- 1½ sticks butter, room temperature
- 1/2 cup finely chopped pecans or walnuts

Combine cranberries and orange juice, sugar, and orange zest in small saucepan; heat to a boil over medium high heat. Reduce heat, simmer 15 minutes, stirring occasionally. Let cool to room temperature and puree in food processor or blender. Cream butter in a bowl and stir in cranberry puree, mixing until combined. Add nuts and refrigerate until ready to use.



with Nancy Adams



Cranberry Fruit Salad

This colorful salad is quick to make and a welcome addition to any festive holiday table. Makes 12 to 14 servings; halve recipe if desired. Refrigerate until serving.

Ingredients:

- 1 pkg. (12 oz.) fresh or frozen cranberries
- 3/4 cup water
- 1/4 cup sugar
- 5 medium apples, diced
- 2 medium-firm bananas, sliced
- 1½ cups fresh or frozen blueberries, thawed
- 1 can (11 oz.) mandarin oranges, undrained
- 1 cup fresh or frozen raspberries, thawed
- 3/4 cup fresh strawberries, halved

In a large saucepan, combine the cranberries, water, and sugar. Cook and stir over medium heat until berries ‘pop,’ about 10 to 15 minutes. Remove from heat; cool slightly. Meanwhile, combine remaining ingredients in a large bowl. Add cranberry mixture; stir gently to combine all fruits.

Cranberry Meat Loaf

This meatloaf is versatile and can be made with your choice of ground meat. It can also be made into small appetizer meatballs, baked for about half the time until the internal temperature is 165 degrees. Makes six servings.

Ingredients:

- 2 cups fresh or frozen cranberries
- 1/3 cup sugar
- 1 cup water
- 2 lbs. ground beef or any combination of ground beef, pork or turkey
- 1/2 cup dry bread crumbs
- 1 large egg
- 3 tablespoons chopped fresh parsley
- 1/2 small onion, finely chopped
- 1/4 teaspoon salt

freshly ground black pepper

Combine cranberries, sugar and water in medium saucepan. Bring to a boil and cook over medium-low heat until berries pop, 10 to 15 minutes. Remove sauce from heat and cool. Combine hamburger with remaining ingredients to make meatloaf. Add 1/2 cup of the reserved cranberry sauce and mix well. Shape meat into round loaf and place in pie plate. Bake at 375 degrees for 45 minutes. Pour remaining cranberry sauce over meat loaf and bake 15 to 20 minutes longer.

Glazed Small Onions and Cranberries

An attractive holiday or company dish that takes center stage in the side-dish category. Makes eight servings.

Ingredients:

- 1 (16-ounce) bag frozen small whole onions
- 2 tablespoons butter
- 1/4 cup sugar
- 2 cups whole cranberries
- salt and pepper as desired
- 1 tablespoon grated orange zest
- 1/3 cup chicken broth

Cook onions in boiling water for three minutes; drain well. Heat butter in large skillet. Lightly sauté onions in a single layer over medium heat about 10 minutes; shake pan occasionally. Add sugar and toss to coat. Add cranberries; toss again. Add remaining ingredients; scrape up any browned bits from bottom of pan. Preheat oven to 400 degrees. Place onion mixture in a baking dish or gratin dish. Bake 30 minutes, or until onions and cranberries are tender and nicely glazed.

Cranberry Succotash

A nice dish for four to serve with poultry that is as pretty as it is flavorful.

Ingredients:

- 2 tablespoons butter
- 2 scallions and tops, chopped
- 1/4 cup fresh cranberries
- 1½ cups lima beans, cooked
- 2 cups frozen corn, thawed briefly under hot water and drained
- salt and pepper as desired

Melt butter in large skillet; add onions and cranberries and sauté two to three minutes. Add cooked lima beans and corn; season and continue to cook for another three to five minutes to mix flavors and cook the corn.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons.

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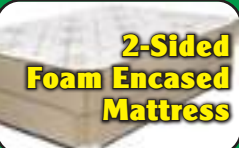
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Stability

When times are chaotic, full of tension and uncertainty, we tend to look outside ourselves for any possible signs of reassuring stability. It sounds counter-intuitive to think of looking inward during tumultuous days where our minds and hearts feel consumed with worry and agitation. Yet with Mindfulness Practice, that is exactly where we begin to look for that longed-for sense of stability.

Healing Perspectives

with Ginnie Gavrin



Feeling swamped by harshness and insecurity, we are often encouraged to shed our vulnerability for a hard outer exterior. That way we project to others and ourselves that we are up to the task of coping without giving into weakness or fear. But as fiction author, Maggie Shipstead, comments: "... it's as though we become like a hermit crab, who has somehow mistakenly shed the inner animal instead of the shell."

In chaotic times, mindfulness offers a practice that honors that inner softness as a source of strength. The key to opening that experience is to take time to sit quietly, to focus attention on the breath. Keep taking several breaths, allowing the mind to accept the task at hand, which is simple; turn inward toward the breath as a focal point for the mind. At first, the mind may continue to careen from scattered thought to thought. As the attention returns to the breath over and over, the mind can begin to recognize an inner quality of stable presence that exists beneath the busyness. A consistent focus may not come easily, but by returning to the breath when the mind wanders, a non-judgmental attitude begins to develop. Even just a taste of that inner experience allows a freshness to arise that replenishes our innate intelligence and problem-solving capacities.

Meditating with others in silence further deepens that inner sense of strength by cultivating a respect for

the vulnerability that each of us carries with us in our daily struggles. As defensiveness gives way to a deeper humility, a sense of community develops into warmth and acceptance of the challenges that are common to every person in the room.

Meditation itself is a form of protection as its basic approach to ourselves and to others is compassion. Any expression of compassion can be an amazingly stabilizing force. In the past few months, I have been undergoing cancer treatment at Cheshire Medical Center, up at Lebanon, and down at Dana Farber in Boston. Every kind of vulnerability shows up

in each of these settings. A cane, an eye patch, a wheelchair, an air cast, a thick white bandage, a pole with bags and tubes – there's a story of pain, and at least momentary helplessness, for each patient walking the hallway or sitting in the waiting room. Each of us will take our turn with these experiences at some point in our lives.

I was deeply touched by the dedication and kindness that I experienced from the caregivers, nurses, doctors, and staff in all three settings, as well as from family and friends. To be treated with compassion and respect at our most vulnerable builds a sense of stability and reassurance that is healing in itself.

I found my mindfulness practice invaluable as I faced diagnosis and treatment. To have a way to calm the worrying mind with compassion helped make it possible to move from day to day. Further, meditation teacher, John Tarrant says, "Ultimately, we learn to be kind about the places the mind goes. When you practice mindfulness, you can't help but notice the beauty and kindness in the world."

Right now in these harsh times, people in our community are donating to food banks, organizing food drives, volunteering rides. When we can take a few moments to soften, a different experience of the world around us can open up. And paradoxically, being nourished by kindness adds strength to

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our lives so when we need to face up to a challenge with toughness, we can feel protected and strong enough to face whatever that challenge asks of us.

Ginnie Goulet Gavrin has been practicing meditation for 30 years. Currently, she teaches meditation and writing workshops at the Monadnock Mindfulness Practice Center where she is a facilitator and member of the board. Ginnie worked as a massage therapist for over 25 years before retiring. She holds a Master's Degree in counseling where she focused on integrating meditation into working through life crises.

Sacred Circle Dance In Peterborough Friday

The Peterborough Unitarian Universalist Congregation will host an hour of participatory Sacred Circle Dance on Friday, November 14th, at 6:30 p.m. at 25 Main Street in Peterborough. The program is free, with donations benefiting End 68 Hours of Hunger. For more details, contact lucy@poetryofthedance.com

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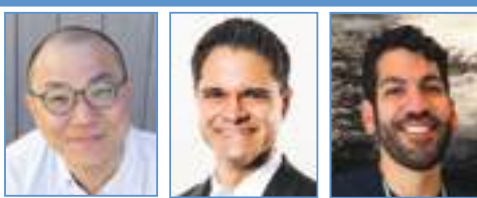


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Teen Sit & Scribble 5:30-6:30pm. Keene Public Library, 60 Winter St. Judgment free writing group. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

Meet and Greet with a Wildlife Rehabilitator Fred Homer 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Meet Homer, his biographer Ryland White, and Stella the owl. All ages.

Preschool Storytime: Stonewall Farm 10:30-11:15am. Keene Public Library, 60 Winter St. Geared towards pre-kindergarteners who can sit and listen to short stories and participate in simple songs and rhymes. All about sheep. Register: **603-352-0157**. akramer@keenenh.gov.

Old Homestead Garden Club Meeting & Program 12pm. First Congregational Church of Swanzey, Friendship Hall, 679 Old Homestead Hwy. Nature Photography by Andy & Beth Greenwood, Wild America Coast to Coast. Business meeting at noon and program from 1 to 2pm. www.oldsomesteadgardenclub.org/.

Thursday, Nov. 13

ARTS, MUSIC & THEATER

Silkroad Ensemble & Wu Man 7-8:45pm. The Colonial Theatre, 95 Main St., Keene. U.S. Railroad history told through global music. \$45-\$60. **603-352-2033**. www.thecolonial.org.

FAIRS & SALES

Rabbit Ridge Artisans Holiday Marketplace & Workshops 4:30-7pm. Summit Winery, 719 Rt. 12, Westmoreland. Marketplace open Thursday, 4:30-7 and Friday-Sunday 12-5 thru Dec. 28th. Enjoy wine tasting & handmade gifts by local artisans. View workshop schedule at www.RRA-DIY.com.

LECTURES & WORKSHOPS

Laser Engraved Coaster Workshop 6:30-7:30pm. Keene Public Library, 60 Winter St. How to make custom designed coasters. Leave with 4 coasters. First complete the online tutorial at <https://my.nicheacademy.com/makerspacetutorials>. **603-352-0157**. akraemer@keenenh.gov.

MISCELLANEOUS

From Stitches to Smiles 6-7pm. Keene Public Library, 60 Winter St., Keene. How everyday experiences can spark unexpected inspiration. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Create & Sip 6:30pm. Jaffrey Woman's Club, 33 Main St., Jaffrey. Make a bird feeder from broken, recycled glass and resin. Refreshments and all supplies provided. \$30. Register at www.jaffreywomensclub.org/events.

From the Andes to the Stars: Exploring Chile's Astronomical Observatories with Susan Rolke 6:30-7:30pm. Chesterfield Public Library, 524 Rte 63. Rolke will offer a rare insider's look at Chile's world-class observatories and their impact on modern astronomy. **603-363-4621**. frontdesk@chesterfieldlibrary.org.

Zumba Gold 10:45-11:45am. Keene Rec. Center, 312 Washington St. Zumba Gold meets Tuesdays and Thursdays, November 13 - Dec. 23. Classes are open to seniors and adults. **603-357-9829**.

Friday, Nov. 14

ARTS, MUSIC & THEATER

Art Show Reception: Silent Art Auction 5-7pm. Dublin Community Center, 1123 Main St., Dublin. **603-563-8080**. www.dubhub-nh.org/calendar.

Misery 7:30pm. The Edge Ensemble Theatre Company, 310 Marlboro St., Suite 112, Keene. Based on the Stephen King novel. \$20/seniors & students \$18. For reservations call **603-352-5657**. www.EdgeEnsemble.org.

FAMILY FUN

Kids Comic Club 4:30-5:30pm. Keene Public Library, 60 Winter St. Ages 8-12. Create together, discuss graphic novels, and watch interviews and tutorials from favorite artists. Registration is appreciated. Parker Goodreau: **603-352-0157**. pgoodreau@keenenh.gov.

MISCELLANEOUS

Opening Reception: Revolution, Reaction, & Reform in Cheshire County 4:30-6pm. Historical Society of Cheshire County, Putnam Exhibit Hall, 246 Main St., Keene. www.hscsnh.org.

Advanced Directives & End of Life Planning 11am-2pm. Keene Senior Center, HCS, 312 Marlboro St., Keene. Lunch provided. This is a free event, but RSVP is required: **603-352-2253**. events@HCSservices.org.

Red Cross Blood Drive 11am-4pm. Student Center, 229 Main Street, Keene. Donors are asked to call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

Saturday, Nov. 15

ARTS, MUSIC & THEATER

Preview Screening/Discussion: The American Revolution by Ken Burns 1-2pm. Historical Society of Cheshire County, Putnam Exhibit Hall, 246 Main St., Keene. www.hscsnh.org.

MAAA Annual Meeting & Exhibit Opening: Comfort & Joy 2-4pm. MAAA Art Gallery at Syd's Carpet & Snooze Room, 43 St. James Street, Keene. Following a brief business meeting to elect officers, attendees can vote for “Best in Show” to receive a free postcard of Liz Winchester-Larson's colored pencil artwork. www.monadnockareaartists.org.

Opening Reception: Michael Cherry 2-4pm. Hancock Town Library, 25 Main St., Hancock. Meditations on the Natural World, The Art of Michael Cherry. Cherry passed away unexpectedly on October 14, 2025. **603-525-4411**.

Peterborough Folk Music: The Nields 7pm. Bass Hall, 19 Grove St., Peterborough. \$30/\$35. **603-318-9196**. www.pfmsconcerts.org.

Misery 7:30pm. The Edge Ensemble Theatre Company, 310 Marlboro St., Suite 112, Keene. Based on the Stephen King novel. \$20/seniors

& students \$18. For reservations call **603-352-5657**. www.EdgeEnsemble.org.

Soggy Po Boys 8pm. Mole Hill Theatre, 898 Gilsum Mine Rd, Alstead. The Soggy Po Boys spread the good news of New Orleans music across the northeast and beyond. Dennis Molesky: **603-352-2585**. info@molehillnh.com.

Juston McKinney 8: pm. The Colonial Theatre, 95 Main St., Keene. Comedian. Tickets \$32.50. **603-352-2033**. www.TheColonial.org.

DINING PLEASURES

\$5 Takeout Turkey Dinner 4-6pm. Samuel E. Paul Community Center, 61 South Street, Troy. Takeout only. Sell out happens fast. Troy Recreation Department: **603-313-2243**.

Jaffrey BSA Troop 33 Spaghetti Supper 4-7pm. Jaffrey American Legion, Webster St., Jaffrey. Bake sale. Jaime Hutchinson: hutchji@hotmail.com.

Turkey Dinner 5-6pm. First Congregational Church of Swanzey, Rt 32, Swanzey. Take out available. Dine in or take out. **603-352-6689**. office@swanzeyucc.org.

FAIRS & SALES

Holiday Craft Fair 9am-3pm. Swanzey Community House, 18 Old Richmond Rd., East Swanzey. 35 tables of handcrafted gift items. Ham & turkey raffles. Luncheon.

Christmas Fair 9am-2pm. Advent Lutheran Church, 137 US Rt. 202, Rindge. Gift basket raffle, handcrafted Christmas wares, bake sale, cafe, and vendors. **603-899-3095**. www.advent-lutheranchurch.org.

FAMILY FUN

A Celebration Of Heritage Craft 10am-3pm. The Craft School Mill Hollow Works, 149 Hurricane Rd., Keene. Live music, gifts, hands-on workshops, demonstrations, crafts, and food. www.millhollowworks.org.

Ladybug Book Festival 11am-1pm. Keene Public Library, 60 Winter St., Keene. Children ages 3-10 and their friends and families. **603-352-0157**. akraemer@keenenh.gov.

MISCELLANEOUS

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

Blood Drive 9am-1:30pm. Dublin Community Center, 1123 Main St., Dublin. To make an appointment call **800-733-2767**. www.redcross-blood.org.

Spa Inspired Yoga Experience: Kelly Gorsuch 11am-12:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. \$45. Limited to 10.

Sunday, Nov. 16

ARTS, MUSIC & THEATER

Misery 2: pm. The Edge Ensemble Theatre Company, 310 Marlboro St., Suite 112, Keene. Based on the Stephen King novel. \$20/seniors & students \$18. For reservations call **603-352-5657**. www.EdgeEnsemble.org.

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For more details about any of these events, check out the calendar at **www.ccssef.org**
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\$50 per ticket admits two!
Single Ticket: \$35
Friday, Nov. 21st
5:30-8:30 pm
Woodbound Inn • Rindge, NH

Each ticket allows one item to be appraised/chances to win over 15 raffle prizes/\$2025 in cash prizes, refreshments!
Tickets: 603-532-8222 - Woodbound - Jaffrey Chamber - Online: www.shelterfromthestormnh.org at Upcoming Events.

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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)



The Keene High School band was prepared to play on Main Street at what event?



The winner of last week's Mystery Photo contest was Janet Grayson of Keene. The photo was of West Street in Keene, early 20th century.

ARTS, MUSIC, THEATER
USAF Airmen of Note 3: pm. The Colonial Theatre, 95 Main St., Keene. The Airmen of Note, stationed at Joint Base Anacostia-Bolling in Washington, D.C., is one of six musical ensembles that form the U.S. Air Force Band. Free. 603-352-2033. www.TheColonial.org.

LECTURES & WORKSHOPS
Charcoal Therapies Workshop 3-5pm. Seventh Day Adventist Church, 42 Forbush Lane, Keene. Explore Activated Charcoal, a low-cost and highly effective anti-toxin. Free. Register at 603-762-2252. peggy@countryliferestaurant.com.

Tues., Nov. 18
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: Elatsoe 5:30-6:30pm. Keene Public Library, 60 Winter St. Snacks, crafts, talk about this month's pick. Eleanor Green: 603-352-0157. egreen@keenenh.gov.
Friends of Pisgah Annual Meeting 7pm. Chesterfield Town Hall, 522 NH-63, Chesterfield. Guest speaker will be Skip Lyle, a beaver deceiver expert.

The Pub

Restaurant and Caterers

Come Join Us for Thanksgiving

Dine-in or Take Out • 12-3:00

Entree Choices Include

Turkey • Prime Rib • Vegetable Lasagna

Individual Plates with all the fixings!

Tossed salad, traditional stuffing, gravy, mashed potatoes, whipped butternut squash, cranberry jelly, dinner rolls • **Plus apple or pumpkin pie for dessert!**

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For reservations call: 603-398-2446 • Order by Friday, Nov. 21st!

Youth Items POP-UP SALE

Items are half-price!

Shop for your family's next favorite read and support programming at your local library!

Circulation Lobby
60 Winter Street, Keene

Nov. 15 2025
11:00 am - 2:00 pm

Infinite Worlds Book Club: Alternate Histories

The Keene Public Library will host the Infinite Worlds Book Club on Thursday, November 20th, from 6 to 7:30 p.m. at 60 Winter Street in Keene.

This non-traditional book club for adults focuses on speculative fiction. Each month features a theme, and participants choose their own book to read within that theme. The November discussion will explore Alternate Histories – stories that reimagine the past and consider how different outcomes might have shaped the world.

Participants are welcome to bring dinner; dessert will be provided by the library. Registration is encouraged to ensure adequate supplies.

For more details, call 603-352-0157 or email kmcstravick@keenenh.gov

Charcoal Therapies Workshop

Sunday, Nov. 16th • 3 - 5 p.m.

Learn how to apply simple and accessible natural remedies to alleviate discomfort, enhance the body's ability to expel toxins, and boost immune function.

Keene Seventh Day Adventist Church
42 Forbush Lane • Swanzey, NH

To sign up call 603-762-2252 or email peggy@countryliferestaurant.com

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GILSUM CHURCH HOLIDAY FAIR

Saturday, Nov. 22nd • 9am-2pm

GILSUM CHURCH

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GILSUM LIBRARY

10am-2pm

Tent sale, book sale, baked goods, take-home soup and sandwiches.

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Based on the novel by Robert James Waller

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\$15 - General Admission

\$10 - Seniors/Youth/Non-KSC Student with ID

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November 19-21 at 7:30pm

November 22 at 2:00pm & 7:30pm

Red Fern Arts Center, Main Theatre

90 Wyman Way - Keene, NH 03435

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Music Direction By Deanna Ziske

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Choreography By Riley Lynch

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- November 12, 2025**
Kennedy Lyn Frost, daughter of Caitlin & Eugene Frost, Swanzey, 3
Oliver Bosely, son of Ian Bosely & Renee Miner, Winchester, 9
- November 13, 2025**
Jay Weaver, son of Jessica & Mike Weaver, Keene, 4
- November 16, 2025**
Axel Harris, son of Alissa & Mason Harris, Keene, 2
Ellianna Thompson, daughter of Brittany Woolsey & Michael Thompson, Keene, 6
- November 17, 2025**
Olivia Brochu, daughter of Michael & Nichole Brochu, Swanzey, 7
- November 18, 2025**
Annette Epps, daughter of Heidi & Dan Epps, Marlborough, 7

HANNAFORD'S BIRTHDAY CAKE
This Week's Winners



Jay Weaver, Keene, 4
Olivia Brochu, Swanzey, 7

Keene Seventh Day Adventist Church Charcoal Therapies Workshop

On Sunday, November 16th from 3 to 5 p.m., Keene Seventh-Day Adventist Church at 42 Forbush Lane in Swanzey is hosting a free informative workshop/seminar on natural remedies with a special focus on charcoal therapies.

The event is part of the church's Healthy Living Series and will explore Activated Charcoal, a low-cost and highly effective anti-toxin. Attendees will have a chance to win a free book on charcoal therapies and learn how to apply simple and accessible natural remedies to alleviate discomfort, enhance the body's ability to expel toxins, and boost immune function.

"Carbon dust has no form and is not considered a thing of beauty or value, but rather something to be rejected and swept away, like the unwanted soot in

a chimney," says Peggy Schauffler, who will lead the discussion. "And yet, lowly carbon is the best known absorber of toxic chemicals, heavy metals, allergens, and pathogenic microbes."

During the workshop, Schauffler will discuss the benefits of natural remedies for using charcoal as a poultice for infections, nature's penicillin, and activated charcoal for overall health. "It's been used for centuries with over 100 applications, including infection removal, toxin elimination, and digestive support. It's even been used in the treatment for drug and alcohol addiction."

Admission is free, but registration is needed by calling 603-762-2252 or emailing peggy@countrylife-restaurant.com.

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Miscellaneous

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LOVE THY NEIGHBOR MINISTRIES..

is a community outreach group, driven by love and compassion, with the primary mission of assisting people in the Keene and Swanzey area who are experiencing homelessness, food insecurity, and other challenges.

The Ministry began in 2018 with a small team of volunteers distributing 12 bagged lunches from a red wagon in downtown Keene to people in need. Now, the number has grown to over 180 lunches each week. Each bag is lovingly decorated with artwork and a positive message, and contains a sandwich, snacks, and a napkin. The Ministry also provides other supplies such as water, personal hygiene items, gloves, hats, coats, blankets, sleeping bags, and more. Just as important as the food and supplies, the volunteers offer a friendly smile, prayers, encouragement, and hope to everyone they serve.

In response to the growing need for food assistance in the area, LTN now operates a Food Pantry located at The Village Church at 121 Cobble Hill Road in West Swanzey. The Pantry is open to the public every Friday from noon – 3 pm. All those in need are welcome.

The Ministry also includes the Room of Hope, a free thrift shop for people in need of household items if they are just starting out or getting back on their feet. This is available by appointment and is also located at the Village Church in West Swanzey. Love Thy Neighbor works with and receives support from local and state organizations such as the New Hampshire Food Bank, The Community Kitchen, Hundred Nights, Monadnock Peer Support, Keene Serenity Center, and area churches.

To learn more or to donate, please follow Love Thy Neighbor on Facebook or visit:
<https://sites.google.com/view/lovetthyneighborministries>
Email: lovetthyneighbor336a@gmail.com

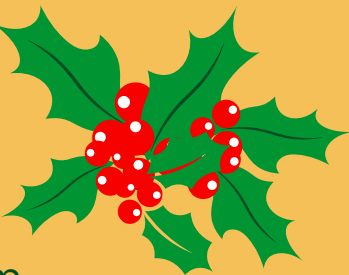
Founding members: **Sandi Boucher, Denise O'Connor, Dori Locks & Amp; Christine Wiseman** (now deceased)



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