



The Monadnock SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 68th Year of Community Service / September 30-October 6, 2026

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Blind Boys Of Alabama Bring Soul To The Colonial Saturday, October 24th

Six-time Grammy winners with Lifetime Achievement Awards from the National Endowment for the Arts and the Recording Academy, the Blind Boys of Alabama bring more than 70 years of soul to The

Colonial Theatre on Saturday, October 24th at 7 p.m. The Blind Boys of Alabama are recognized worldwide as living legends of gospel music and were inducted into the Gospel Music Hall of Fame.

They are known for crossing musical boundaries, with remarkable interpretations of everything from traditional gospel to contemporary material by songwriters such as Eric Clapton, Prince, and Tom Waits. Their latest album, *Echoes of the South*, brought them home to Muscle Shoals, AL and won the 2024 Grammy for Best Roots Gospel Album.

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



Blind Boys of Alabama

La Pêche Lingerie *You Deserve To Feel Amazing*



Lingerie Specialists Chloe Roy and Colby Madison (L to R) are available at La Pêche Lingerie in Keene to assist customers with expert bra fitting and selection. The merchandise at this boutique includes everything from first bras, petite to plus, and mastectomy bras and forms, to lingerie, sleepwear, and knickers.

By Lori Catozzi Cook

The straps dig in or slip. The shape never looks right. And you're pretty sure you are wearing the wrong size. It's time to visit La Pêche Lingerie at 21 West Street in Keene to get the perfect bra fitting, because you deserve nothing less. You deserve to feel amazing.

What you wear underneath your clothes is both a necessity and a luxury. Whether you've been living in the wrong size for years, navigating a changing body, or have never had someone take the time to really listen, the fitting experience at La Pêche Lingerie is second to none.

"I have been in need of a bra fitting for years," says Angie Fletcher.

"I finally made an appointment and wish I did not wait so long. The fitting was amazing, and the bras are all fabulous. And I created a wish list for later! Ladies, don't wait – you will not regret the service and the feeling of a well-fitting bra."

"Katherine was pulling inventory as we spoke about what I wanted and my needs," says another customer, Kathleen Schools. "First bra she chose, fit perfectly. She may have never taken my measurements, but she has an eye for a woman's body and how it should look and feel."

La Pêche, page 7

Fall Foliage Art Studio Tour Welcomes Eight New Artists

The 18th Annual Fall Foliage Art Studio Tour (FFAST) on October 10th through 12th features 25 of the region's finest artists and artisans, as well as six guest artists, in 20 studios spread across nine towns. Artists are juried by a selection committee.

The tour starts its 2026 season with eight new artists.

Rindge artist Judy Unger-Clark has been a "light writer" for over 50 years. She built her first pinhole camera inspired by Eric Renner and John Wood at Alfred University. Her work has evolved from dark-room to digital. Also in Rindge will be veteran FFAST artists Susan Wadsworth (pastel), Sharon Digennaro (ceramics) and Shana Brautigam (ceramics).

New to Temple, Colleen and Gary Grebus own



Linda Singer, botanicals and origami

New Temple Glassworks. "We manipulate 2000 degree hot glass using traditional glassblowing techniques to create objects of beauty and function." Returning ceramicist Pamela Nowell's studio is also in Temple.

Al Karevy is a long-time commercial and art photographer located in his new, timber-frame studio in Richmond. After many years of photography experimentation, Karevy has discovered photo-polymer etching. He uses photo-polymer etching plates with images from photographs, photograms, and chemigrams.

Fall Foliage, page 20

The Power Of Film: From A Place At The Table To A Fork In The Road

By Jen Risley

This October, let's celebrate all types of Monadnock Region artists: crafters, painters, musicians, actors, writers, and other makers and creatives. We invite you to embrace local art during Choose Indie Art Month hosted by the American Independent Business Alliance. We'll highlight all the positive impacts

artists have on you, our community, and our local economy.

To start, we'll shine the spotlight on Monadnock International Film Festival (MONIFF), an organization that connects us to the power of one specific type of art: film.

LOCAL, page 11

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PET OF THE WEEK
from THE MONADNOCK HUMANE SOCIETY

Tipsy Daisy

Tipsy Daisy, a three-year-old female, black and white domestic medium hair cat, is a truly special girl who is ready to leave her mama days behind and find a home of her own! After raising six kittens, this sweet and loving lady is more than ready to be spoiled. Tipsy Daisy is almost completely blind, but don't let that fool you – she is an incredibly adaptable girl who navigates her world with confidence. She absolutely loves attention, pets, and being doted on by her people.

Tipsy Daisy would thrive in a calm, predictable home where her furniture and belongings stay in familiar places. She may do well with other cats or a cat-savvy dog with slow, thoughtful introductions. She is sure to bring plenty of love and joy to the lucky person who gives her a home.



The Adoption Center is located at 101 West Swanzey Road, outside of Keene on Route 10 South. It's open Thursday through Sunday 11 a.m. to 3 p.m. Learn more at www.monadnockhumanesociety.org.

Columbus Day Tent Sale at Norm's

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World Famous Sitkovetsky Trio Performs In Keene And Dublin, October 1st And 4th



As part of Ashuelot Concerts 2026-2027 International Concert Series, the Sitkovetsky Trio will perform two concerts locally. The Sitkovetsky Trio (L to R): Alexander Sitkovetsky (violin), Wu Qian (pianist), and Isang Enders (cellist). Early booking online is recommended.

The world-famous Sitkovetsky Trio will perform in Keene and Dublin this week: at Stonewall Farm in Keene on Thursday, October 1st at 7:30 p.m. and in the Louise Shonk Kelly Recital Hall at Dublin School on Sunday, October 4th at 3 p.m. as part of Ashuelot Concerts 2026-2027 International Concert Series. Both venues offer local audiences the chance to sit much closer to the performers than would be the case in major metropolitan concert halls. This is their second appearance with Ashuelot Concerts after two sell-out concerts in 2024.

"We are thrilled to bring the Sitkovetsky Trio back to New Hampshire," says Artistic & Executive Director Nicholas Burns. "Our program is designed to bring performances from the world's leading concert halls to intimate venues in our region." Alexander Sitkovetsky will be performing on the Parera violin made by Antonio Stradivarius in 1679. Both concerts are expected to sell out so early booking online is recommended; www.ashuelotconcerts.org.

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Beneficial Bugs For Your Garden

Beneficial bugs serve a purpose in your garden, either pollinating plants or hunting down other hungry pests that destroy garden plants. Of course, we all know that honey bees or mason bees are beneficial, but there are thousands of other bugs that are do-gooders. These insects are your garden's natural pest control squad – helping to eliminate harmful bugs without harsh chemicals. Here are a few of the most common ones you can attract.

Ladybugs (Lady Beetles): Eat soft-bodied pests like aphids, mites, and whiteflies. Both native and non-native lady beetles are generalists, but will eat tons of soft-bodied pests such as scales, mealybugs, and small caterpillars, too. These little dome-shaped beetles may be red, of course, but you'll also find species that are brown, orange, yellow, or pink with spots or not. The larvae, which sometimes look alligator-like, are also predators. This is why it's important to learn about the different life stages of beneficial insects you might find in your garden.

Spiders: Though not everyone loves spiders, they're great generalists, consuming bugs day and night. They consume many garden pests, including aphids, cutworms, four-lined plant bugs, spider mites, and more. Some weave a web and wait while others hunt.

Lacewings: These beautiful bugs may be green or brown with gorgeous netted wings. They range from one-half to one inch long. Both the adults and larvae eat soft-bodied insects such as aphids. Their larvae (called 'aphid lions') voraciously hunt aphids, caterpillars, and insect eggs.

Parasitic Wasps: Tiny and harmless to humans, they lay eggs inside garden pests like hornworms and caterpillars. This is a large group that ranges from gnat-sized to one-and-a-half-inches long, and there's almost one for every species of garden pest. Most often they're solitary and create individual nests in places such as in the ground or in logs. The adults may lay eggs on or inside a host, then the larvae consume the pest until they pupae into adults. Examples of parasitic wasp family groups include Ichneumon wasps, Braconid wasps, and Chalcid wasps.

Hoverflies (Flower Flies, Syrphid Flies, Corn Flies, Sweat Flies): Adults pollinate plants, while their larvae eat hundreds of aphids. These small flies hover in flight, giving them their common name of hoverfly.

Minute Pirate Bugs: With a name this cute, you'll want this tiny bug in your garden. About a quarter-of-an-inch in size, they sit between leaves and wait for unsuspecting prey, feeding on pests such as thrips, aphids, spider mites, and other insects' eggs. Most are generalist predators.

Woods and Gardens
with Rose Kowaliw



Beetles: There are many different types of large-jawed, crawling beetles that like to climb up into the canopy of trees and shrubs looking for caterpillars to eat. There's a lot of range in size, but they are often shiny black or brown. They also enjoy slugs and snails and typically hunt at night. Ground beetles patrol the soil at night to eat slugs, snails, and cutworms.

Assassin bugs: Love diversity in a garden and hiding out in mulch and leaf litter. They have long legs and a long needle-like mouthpart and reach one-half to one inch long. They often stalk and ambush their prey – thus the descriptive name. They love aphids, hornworms, Mexican bean beetles, Colorado potato beetles, cucumber beetles, and more.

How to Attract and Keep Beneficial Bugs in Your Garden

Besides cutting back (or eliminating) the use of pesticides and herbicides – which have an impact on both desirable and undesirable bugs in the garden – here's what else you can do to create a haven for beneficials in your yard. Plant nectar-rich flowers; grow dill, fennel, yarrow, and coneflowers to feed the adult insects. Provide shelter and water. Leave small piles of leaves, branches, or mulch and a shallow dish of fresh water. Don't clear away spider webs in your garden, let them do their work. Leave one area of your yard natural for overwintering bugs. You can place cut perennial stems in a cross-hatch pattern on the ground so it looks intentional and less messy, or leave some tall stems intact for your bugs. If you have heavy infestations early in the season, you can purchase live beneficial bugs from suppliers like Nature's Good Guys. Enjoy gardening, and remember these beneficial bugs that can help your gardens grow!

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

All-You-Can-Eat Buffet Bean Supper In Winchester

The United Church of Winchester at 99 Main Street will hold an All-You-Can-Eat Buffet Bean Supper on Saturday, October 3rd from 5 to 6:30 p.m. in the Fellowship Hall.

The menu includes: hot dogs, two kinds of baked beans, coleslaw, potato salad, dinner rolls, and assorted homemade pies. Tickets are \$12 for adults, \$6 for children under 12. To pre-order take home meals, call 603-239-4465 before 3 p.m. on that day.

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Artist Reception For Recycled Exhibit

The Peterborough Town Library at 2 Concord Street will have an upcoming exhibit in its Community Art Gallery: Recycled Dreams, featuring mixed-media, photography, and graphic design works created by local artists Linda Greenwood and Alison Scott.

An Opening Reception will be held on Friday, October 2nd from 5 to 6:30 p.m. the exhibit will be on view through Saturday, November 21st.

Recycled Dreams explores how discarded objects, landscapes, and everyday images can be transformed into art.

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53rd Cheshire Craftsmen's Fair Held At Keene Recreation Center

Saturday, October 3rd and Sunday, October 4th

The 53rd Cheshire Craftsmen's Fair will be held inside and outside at the Keene Recreation Center on Saturday, October 3rd and Sunday, October 4th from 9 a.m. to 3 p.m. at 312 Washington Street. This event is free with plenty of parking.

There will be 40-plus juried artisans inside and outside the center with wares including painted terra cotta planters; clay ornaments; fiber arts; leather goods; beaded gemstone jewelry; wooden items; soaps and lotions; pottery; miscellaneous home decor; painted scenes on baskets, driftwood, cheeseboxes, and birch bark; metalwork; woven items; framed photos; candles; woodturning; homemade barbecue sauces and dry rubs, and more.

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



D.J. DiSilva and his mother, Annie, of Decorative Jewels have been creating jewelry for 14 years. What began as a fundraiser for D.J. turned into a passion for both of them.

PRAYER TO THE BLESSED VIRGIN
(never known to fail)

O Most beautiful flower of Mount Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the Sea, help me and show me here you are my mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart, to secure me in my necessity (make request). There are none that can withstand your power. O Mary conceived without sin, pray for us who have recourse to thee (three times). Holy Mary, I place this cause in your hands (three times). Say this prayer for three consecutive days and then you must publish and it will be granted to you.

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Thursday, October 15
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Location:
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Dow Jones Closed 51,828.62 145.98 • Prime Rate 7.00% (0.00)					
	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	212.55	6.09	Danaher Corp. (Kollmorgen)	224.49	12.68
Becton Dickinson (C.R. Bard)	183.82	2.88	Merck (Hubbard Farms)	148.78	1.91
Toronto Dominion Bank (TD Bank)	120.65	(1.68)	Deluxe (NEBS)	24.33	1.02
PC Connection	89.32	2.64	Teleflex (Jaffrey)	122.07	(2.45)
Bank Of America (Fleet)	56.70	(1.03)	Timken (MPB Corp.)	117.45	0.31
Corning Inc.	156.74	6.61	M&T Bank Corp. (People's United)	221.19	(6.12)
Ametek, Inc. (Precitech)	250.74	13.10	Dover Corp. (Markem)	191.88	4.46
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			Cattle (cents per pound)	222.10	5.52
			Crude (\$ per barrel)	92.72	(6.60)
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Thrive From Head To Toe: Whole-Body Wellness Physician Seminar Series

The Center for Population Health at Cheshire Medical Center is launching a Whole-Body Wellness Series. This two-part educational initiative features leading physicians and specialists sharing actionable medical insights, lifestyle adjustments, and regional resources designed to help community members achieve and maintain optimal health.

The dynamic series brings together specialized medical expertise to address two critical, often overlooked areas of adult wellness: gastrointestinal health and structural mobility.

Attendees will have the unique opportunity to gather medical information and connect directly with Cheshire Medical Center's knowledgeable clinical team in a relaxed, accessible setting. The sessions will be held in the North Conference Room 1 at Cheshire Medical Center on Court Street in Keene.

These are free to attend and open to the general public, patients, caregivers, and anyone interested in preventative health, but participants must register in advance: www.dartmouth-health.org/events.

Be Good to Your Feet will be held on Thursday, October 8th from 4:30 to 5:30 p.m. This specialized mobility seminar addresses the root causes and treatments for aching feet and ankle arthritis. Expert podiatric surgeon Dr. Serena Shomody, DPM,

FACFAS will outline a comprehensive spectrum of personalized care – ranging from conservative methods like bracing and physical therapy to cutting-edge surgical solutions like ankle arthroscopy and total replacement.

Top 5 Tips for Colon Health will be held on Tuesday, October 20th from 4:30 to 5:30 p.m. This is an essential information session focused on improving gut health and significantly reducing the risk of colorectal cancer. Dr. Suzie Luft MD will share straightforward, science-backed strategies, detail critical screenings, and outline the best foods to promote, or avoid, for a happy digestive system. This session is ideal for anyone experiencing gastrointestinal issues or looking to prevent future complications.

“Our Whole-Body Wellness Series bridges the gap between specialized medical expertise and everyday healthy living,” says Community Health Education Coordinator at Cheshire Medical Center, Lea Kablik. “We are thrilled to give our community a direct line to our clinical team. Whether you want to improve your digestive health or find permanent relief from chronic ankle pain, these sessions deliver the practical tools needed to enhance your everyday quality of life.”

Monadnock Conservancy’s 37th Annual Celebration

The Monadnock Conservancy will hold its 37th Annual Celebration on Saturday, October 3rd from 11 a.m. to 2 p.m. at its new headquarters at 82 Ashuelot Street in Keene.

This open house event will feature music, food, speakers, tours, and presentations from the conser-

vancy’s team about various aspects of the work that is done here.

This event is free to attend, but registration is recommended at www.monadnockconservancy.org/news/event/monadnock-conservancys-37th-annual-celebration.

A Conversation About Orthopaedic Care

On Tuesday, October 13th from 5:30 to 7 p.m., Dartmouth Health’s Cheshire Medical Center will host a conversation with orthopaedic and podiatric experts in the North Conference Rooms 1 & 2 at the center at 580 Court Street in Keene.

The panel of experts will share information and answer questions about common shoulder and knee pain, foot and ankle arthritis, Cheshire’s team approach to care, how to prepare for surgery, and

tips for a smoother recovery after surgery. Speakers include: Charles Qin, MD, orthopaedic surgeon specializing in shoulders and knees; Neal Goldenberg, MD, MA, orthopaedic surgeon and sports medicine specialist; and Serena Shomody, DPM, FACFAS, podiatric surgeon.

This event is free and open to the public. Light refreshments will be served. Registration is recommended at go.d-h.org/w9q248.

Tour Of The Covered Bridges Will Benefit Golden Rod Grange

A motorcycle tour of six covered bridges, sponsored by the Swanzeey Preservation Society and Cornerstone Outreach Ministries, takes place on Saturday, October 3rd from 8 a.m. to noon starting at 625 Old Homestead Highway in Swanzeey.

Registration (\$35/bike) is from 8 to 9 a.m. with riding beginning at 9:30 a.m., and ending with lunch at noon at Jimmy’s Hometown Pizza on Route 10 in Swanzeey. Proceeds will benefit the restoration of the Golden Rod Grange Hall. Participants will be eligible for door prizes and raffles at lunch time.

For more details, visit the Swanzeey Preservation Society’s website at swanzeyps.wixsite.com.

Aloha Keene Offering Noon Classes

Aloha Keene at 83 Court Street is now offering noontime yoga classes that will be convenient for both retirees and working people.

On Tuesdays, Linda Kingsbury offers a Reiki Self Care Healing Circle. Kingsbury taught wellness technique’s on a college level for her career. Now she is sharing these with the public.

On Wednesdays, Tim Wichland offers a class to move the body and have fun.

Michelle Davis, a seasoned yoga teacher, will offer a stretch class on Thursdays to release tensions from the body-mind and feel rejuvenated.

Each class lasts an hour and are included in the Aloha packages or people may pay as they go. Call 603-762-3129 and talk to Josephine or visit vagarog.com/alohakeene.

Digital Spotlight: Transparent Language Online In Keene

The Digital Spotlight program held in the Masiello Classroom at Keene Public Library on Winter Street this month will be on Transparent Language Online.

This event will be held on Tuesday, October 13th from 6 to 7 p.m. and provide an effective and engaging experience for language learners looking to build their vocabulary, practice their listening, speaking, reading, and writing skills, and maintain what they learn. With courses and supplemental resources in 110+ languages, Transparent Language Online can be accessed anytime, anywhere, on almost any device.

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Monadnock Art Presents Annual Open Studio Art Tour And Gallery Exhibition

Monadnock Art/Friends of the Dublin Art Colony has announced its 30th Annual Open Studio Art Tour, running October 10th through 12th, 10 a.m. to 5 p.m. An Art Tour Gallery Exhibition will take place October 3rd through 31st at the Monadnock Center for History and Culture at 19 Grove Street in Peterborough.

In addition, Monadnock Art will once again highlight a special exhibit, this year featuring the work of 20th century women artists of the Monadnock region.



Mary Meyers Pottery

New Hampshire's oldest and largest open-studio art tour takes place

each October at the height of fall foliage season. This year's tour features 84 artists in 65 studios across the towns surrounding Mount Monadnock – Dublin, Hancock, Harrisville, Jaffrey, Marlborough, and Peterborough. A full range of visual arts will be represented, including painting, printmaking, pottery, jewelry, sculpture, fiber arts, photography, woodworking, glass, and more. The tour is self-guided and free, offering visitors the chance to meet artists, explore their creative spaces, and bring home original works of art.

The Gallery Exhibition features work by artists



Peggy Van Valkenburgh

on the tour. Visitors can get a glimpse of the art and plan their studio visits. A special exhibit honors several 19th-century founding artists of the Dublin Art Colony. An opening reception takes place Saturday, October 3rd from 4 to 7 p.m., with live music, art raffle, and complimentary cider and donuts. The event is free and open to all.

Printed brochure/maps are available at local stores, restaurants, and galleries, and at the Monadnock Center for History and Culture. For more details, visit <https://www.MonadnockArt.org>.

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You Deserve To Feel Amazing

La Pêche Lingerie, Continued from page 1

After great success in Manchester, VT, Julie Isaacs and Katherine MacLauchlan opened the Keene site in October of 2022. Since then, La Pêche Lingerie has earned accolades from very happy customers. And the latest – to be honored in New York City with an award for “Best Creative Retail Events.”

"Our team of expert bra fitters serves women from all walks of life with lingerie for every moment," says Isaacs. "No rushing, no judgement. We work with people who can't find the right fit in traditional stores, feel uncomfortable or overlooked in typical lingerie environments, are navigating body changes (life stages, surgery, or beyond), or simply want to feel more confident and supported."

"Colby was amazing," says customer Katelynn Kaimi, about her experience at La Pêche Lingerie. "She was the ultimate hype woman and a bra genie. She handed me and my friend perfectly fitting bras after we told her our perceived sizes. We loved her energy and can't wait to come back and shop with her."

After a mastectomy, a body changes in ways that affect fit, comfort, and support when wearing bras. La Pêche Lingerie offers mastectomy bras that work with whatever the need and help women feel secure and supported during recovery and everyday life.

Over the last couple of years, this women-owned local business has expanded its mastectomy offerings, as well as partnered with Making Strides Against Breast Cancer of New Hampshire. October is Breast Cancer Awareness Month. During the month of October, La Pêche Lingerie customers can show proof of their completed or upcoming mammogram for 10 percent off their purchase.

An addition to La Pêche Lingerie is the expansion of their size range to include Q cups. Also, one of their bestselling wireless bras has expanded its offerings to include L cups.

The professionals at this boutique will help their customers navigate their way through the different shapes and styles, making it easy to find a bra that really fits. Some women have a preference for a full-cup, a balconette, or perhaps they like the fit of a plunge or half-cup style. Non-wired, strapless, front fastening, sports bra, maternity bras... the choices seem endless.

"With all the diversity in the human form, it seems unreasonable to expect us to fit into only a few bra sizes," adds MacLauchlan. "As expert bra fitters, we carry about 180 different sizes and thousands of bras. We have your size, and we're here to help you. First bras, petite to plus, mastectomy bras and forms, wireless, specialty, lingerie, sleepwear, and knickers. We have it all, right here in downtown Keene!"

The selection at La Pêche Lingerie is about comfort, style, and quality. Trips to Europe have filled this Keene boutique with lingerie by Simone Pérèle Collection, Magique & Fusion, Serene, Natori, PrimaDonna, Chantelle, Marie Jo, and others.

"So happy with my purchases," says Carolyn Sweet. "And the expert staff fitting proved extremely helpful (and completely comfortable). I only wish I hadn't waited so long to make my way into their beautiful shop. All my future bra purchases will be happening at this store."

La Pêche Lingerie is open Tuesdays through Fridays from 11 a.m. to 5 p.m., Saturdays from 10 a.m. to 5 p.m., and Sundays from 11 a.m. to 4 p.m. Bra fitting is (preferred) by appointment by calling 603-354-3137, or book online at www.lapechelingerie.com/keene.

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The image shows a business card for Allegiant Plumbing & Heating LLC. On the left is a circular logo with a stylized 'A' inside. To the right of the logo, the text reads: 'HIGH-EFFICIENCY HOME COMFORT', 'COMPLETE SERVICE & INSTALLATION', and 'CUSTOMER CARE YOU CAN COUNT ON'. Below this, the company name 'ALLEGiant' is written in a large, bold, sans-serif font, with 'PLUMBING & HEATING LLC' in a smaller font underneath. A light blue horizontal bar contains the text 'ALL THINGS PLUMBING'. At the bottom, a dark blue bar contains the phone number '603-762-1548' and the website 'allegiantplumbingheating.com'. Below the website, in a smaller font, is the text 'Serving the Monadnock Region'.

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New Hampshire Tourism Officials Forecast Positive Fall Travel Season

The Department of Business and Economic Affairs, Division of Travel and Tourism Development is forecasting a strong fall season, with approximately 3.9 million people expected to visit New Hampshire, and spending by those visitors anticipated to reach \$2 billion. The numbers represent a three percent increase in visitation and a five percent increase in spending compared with last fall season.

New Hampshire's fall foliage remains one of the state's strongest draws, attracting visitors from all over the region and the world. Beyond foliage viewing, visitors also enjoy scenic drives, hiking, outdoor recreation, pick-your-own experiences, local farms, cultural attractions, and a wide variety of seasonal experiences.

The state is also seeing encouraging signs from the Canadian market. US-Canada border crossing data has shown year-over-year increases over the past three months, providing a positive indicator as New Hampshire enters its second busiest travel season.

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Climate Resilience Grant Program Awardees Announced

The Hampshire Conservation Districts announce over \$396,773 in grants to 49 awardees for the 2026 NH Conservation Districts Climate Resilience Grant. Farms receiving awards are located across the state and represent a wide variety of agricultural industries; they include diversified vegetable producers, organic dairy farms, maple syrup producers, pasture-based livestock producers, equine farms, cut flower farms, and berry growers.

The local farms that were awarded the 2026 Climate Resilience Grant include: Britton Farm in Walpole, Steppingstone Commons in Alstead, Brookfield Farm in Walpole, Whittaker's Homestead in Alstead, Nubanusit Neighborhood & Farm in Peterborough, and Hemmingway Farms in Charlestown.

Conservation Districts created this farm viability program to improve the resilience of New Hampshire farms in the face of extreme weather events and a changing climate. Direct grants enable farms to invest in on-farm infrastructure, equipment, and innovative practices that support farm profitability and the long-term viability for New Hampshire's agricultural sector.

40.9 Acres Forever Conserved In Temple

The Monadnock Conservancy has accepted the donation of a conservation easement covering nearly 41 acres in Temple, on the north side of Cutter Road.

This conservation easement – a voluntary legal agreement between a landowner and a conservation organization that limits future activities on the land in order to permanently protect its natural resources – was donated by Julie McAdoo and Tim Winship.

The property has excellent soil for agriculture, including roughly 12 acres of prime agricultural soils defined by the USDA as "land that has the best combination of physical and chemical characteristics for producing food, feed, forage, fiber, and oilseed crops and that is available for these uses." By placing a conservation easement on the land, McAdoo and Winship have ensured that this special soil remains undeveloped.

The property also contains abundant wildlife habitat which was aided by the property's proximity to other conserved land. These 41 acres are located next to 12.9 acres under easement with the conservancy, are less than a mile from the 275-acre Seven Maples Farm property, also under easement with the conservancy, and a little over two miles northeast of the property is a 2000-acre block of conserved land around Temple Mountain.

Tech Talk: Personal Information Leaks

Tech Talk: Personal Information Leaks will take place in the Masiello Classroom at Keene Public Library on Winter Street on Thursday, October 8th from 6 to 7 p.m.

Deb McLaughlin, an IT Systems Specialist for the City of Keene, will explain how data leaks can expose personal information, including email addresses and phone numbers, and how strangers and scammers obtain this information and use it for phishing, spam, and other scams.



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OPAL

The October Birthstone

- Opals symbolize purity and hope.
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LOCAL

Win \$50 Gift Certificate To One Of These Businesses

To enter, find these words (they relate to shopping local) in the word search.

Mail your completed puzzle to The Monadnock Shopper News, PO Box 487, Keene, NH 03431, snap a photo of it and e-mail it to shopper@shoppernews.com, or fax it to 603-357-9351. One entry per person per month, please.

Don't forget to choose one of the businesses on the Celebrate Local pages as your preferred \$50 gift certificate!

Deadline is Friday, October 16th.

Last month's winner was Anna French-Burnham, who chose a \$50 gift certificate to Hamshaw Lumber.

O	Z	M	F	G	R	O	W	T	H	E	S	S	I	N	V	E	S	T	M	E	N	T	X	D
C	I	C	T	T	V	Y	F	J	G	F	B	M	H	N	L	Q	Y	N	O	Z	X	U	L	U
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W	I	L	N	O	S	J	N	O	B	Z	E	T	U	D	T	N	U	X	C	S	T	X	E	U
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V	Q	Z	U	J	P	G	T	K	W	Z	R	Y	I	C	X	W	L	O	R	R	U	M	Q	P

Word Bank:

Community • Support • Neighbors • Jobs • Growth
Connection • Investment • Local • Quality • Service • Prosperity
Trust • Unique • Choice • Sustainability • Friendship • Economic
Independent • Vibrant

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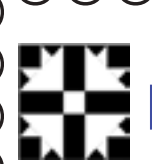
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CELEBRATE LOCAL

The Power Of Film

LOCAL, Continued from page 1

MONIFF, a non-profit organization, celebrates the diversity of our world through independent films that educate, enrich, and engage audiences through its annual film festival, happening October 2nd to 4th in Keene and October 6th to 15th virtually. Throughout the year, MONIFF works with community partners to provide free community screenings showcasing high-quality, independent cinema.



independent films like *Cinema Paradiso* and classics such as Hitchcock's *Rear Window* to blockbusters like *Star Wars*. Movies reflect our very human hopes, dreams, and challenges; they also offer the chance to escape into another world. Being a part of the Monadnock International Film Festival is a dream come true. I get to see films from all genres and countries, then bring them to the community and watch beautiful connections being made between filmmakers and their audience."

The Power of Film

Watching a film as a community can be a powerful shared experience. The stories pull us in, build empathy, connect us, and inspire collective action.

I think back to my time as Monadnock Food Co-op's marketing manager, as we planned to launch our Healthy Food for All program in 2013 to boost access to local and organic food by offering a 10% discount to eligible community members: monadnockfood.coop/healthy-food-for-all.

At first, some staff members expressed strong concerns about the program, fearing people would take advantage of it. To better understand why we wanted to create this program and the impact we hoped to make, we hosted a community viewing of the film, *A Place at the Table*: youtube.com/watch?v=UbfS_AJP-Iw. The film transformed statistics into something palpable.

"50 million Americans – 1 in 4 children – don't know where their next meal is coming from," said film reviewers Frederic and Mary Ann Brussat. "*A Place at the Table* tells the powerful stories of three such Americans, who maintain their dignity even as they struggle just to eat. In a riveting journey that will change forever how you think about the hungry, *A Place at the Table* shows how the issue could be solved forever, once the American public decides – as they have in the past – that ending hunger is in the best interests of us all."

One staff member, who originally pushed back on the program, came up to me right after the film viewing, visibly moved, and shared their wholehearted support for our Healthy Food for All launch. They even added that the program wasn't enough, and that we needed to do even more to address hunger in our community.

"The Monadnock Food Co-op was open for less than a year when they launched their Healthy Food for All needs-based discount program," said Bonnie Hudspeth, a film screening collaborator and former co-op project manager. "As a new co-op, they realized the program would be an effective response to member concerns about affordability. As part of the program's launch, the co-op hosted a screening and community discussion of the documentary *A Place at the Table*, linking their effort to the wider anti-hunger movement and encouraging other food co-ops to do the same. As a result, over a dozen co-ops held joint screenings and community dialogues across New England."

From A Place at the Table to A Fork in the Road

Now here's a new opportunity to get transported by film, build connections, and feel inspired to act collectively, again around food. MONIFF will screen the New Hampshire premiere of the film *A Fork in the Road* on Saturday, October 3rd at 7 p.m. at Showroom in Keene. The evening also includes a filmmaker Q&A.

MONIFF will present the film's co-directors, Jonathan Nastasi and Vivian Sorenson, with the 2026 Jonathan Daniels Award. "The highlight of our festival

is the Jonathan Daniels Awards ceremony," said Deirdre. "Honoring Keene's Civil Rights hero and presented to a filmmaker whose film combines artistic excellence with awareness of a timely social issue."

Over eight years, *A Fork in the Road* follows farmers, chefs, and innovators as they work tirelessly to transition how we grow food and build a regenerative food system. Mary Berry, a central figure of the film and daughter of writer and agricultural activist Wendell Berry, shares her work at The Berry Center, advocating for farmers, land-conserving communities, and healthy regional economies. Actor Nick Offerman, a familiar voice, narrates the film.

"I wanted to tell the story of farmers who are adapting to change and figuring out how to grow our food," said Co-Director and Executive Producer Vivian Sorenson. "And I began to understand that we all have this deep connection to agriculture. You just know it when you put your hands in soil. Something starts to change inside you."

Purchase your ticket or a full MONIFF pass and check out the full film schedule at moniff.org.

Stay tuned for more Choose Indie Arts news, events, and inspiration throughout October at tlc-monadnock.com/art.

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

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



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Roast Pork Supper In Swanzey

A Third Saturday Roast Pork Supper will take place on October 17th at First Congregational Church of Swanzey at 679 Old Homestead Highway from 5 to 6 p.m.

The menu includes: roast pork, baked potato, red cabbage, peas, apple-sauce, rolls, and pumpkin cake. The cost is by donation. This is dine in or take out. Call 603 352 6689.

ENTERTAINMENT and DINING

Wednesday, Sep. 30

FAMILY FUN

Storytime 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft for toddlers and preschoolers. Richmond Public Library: **603-239-6164**.

LECTURES & WORKSHOPS

Peterborough Master Plan Finale Workshops 4-6pm. Peterborough Townhouse, Select Board Meeting Room, 1 Grove St., Peterborough. These workshops will provide an opportunity for participants to share their final thoughts, ideas, and feedback before the next update to the Town's Master Plan is completed.

MISCELLANEOUS

Brinda Charry Author Talk 6:30pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. Join to hear from Charry, award-winning historical fiction author based in Keene. The acclaimed author of *The East Indian* will discuss her new book, *Hocus Pocus*, about a young magician who travels across the world seeking fame and fortune, all the while hiding a secret. Register on line at Henry Barker: hbarker@frostfree.org.

What is Special About Surry? 7pm. Surry Town Hall, 1 Village Rd. The Surry Conservation Commission will present Surry's new Natural Resources Inventory (NRI), with maps and pictures upstairs in the town hall. Conservation@surry.nh.gov.

Veterans Yoga Project: Mindful Resilience 12-1pm. Cathedral of the Pines, 10 Hale Hill Rd., Rindge. Wednesdays & Fridays. All are welcome. By donation. info@cathedral-ofthepines.org.

Thursday, Oct. 1

ARTS, MUSIC & THEATER

Margaret Cho: Choligarchy 7-9pm. The Colonial Theatre, 95 Main St., Keene. Comedian. Actor. Musician. Advocate. Entrepreneur. Five-time Grammy and Emmy nominee. Mature content. May not be suitable for children. \$75/\$65/\$45. **603-352-2033**. www.thecolonial.org.

Ashuelot Concerts: Sitkovetsky Trio Perform Beethoven, Shostakovich & Schumann 7:30pm. Stonewall Farms, 242 Chesterfield Rd., Keene. Book tickets at www.ashuelotconcerts.org/events/.

LECTURES & WORKSHOPS

Medicare Made Easy: Free Monthly "New to Medicare" Workshop 1-3pm. NH Care Collaborative, 105 Castle Street, Keene. The workshop is available both in person and virtually. Registration is required. Call **603-357-1922**. www.servicelink.nh.gov.

NATIONAL PIEROGI DAY CELEBRATION

Saturday, Oct. 10th • 10 a.m.-2 p.m.

FROZEN PIEROGI TO GO:
Cheese, Sauerkraut, Potato & Cheese
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LUNCHEON:
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Thu, Oct 1 - 7:30pm - Stonewall Farm, Keene NH
Sun, Oct 4 - 3:00pm - Dublin School, Dublin NH

Book Tickets online:
ashuelotconcerts.org



MISCELLANEOUS

Age in Motion Classes 9-10am. ELMM Community Center, 21 Durkee St., Winchester. AIM is a senior exercise program designed by Tufts University using light weights(provided) for toning, strength and balance exercises. Tuesdays & Thursdays. ELMM Center Winchester: **603-239-4316**.

Zumba Gold 10:45-11:45am. Keene Rec. Center, 312 Washington St. Zumba Gold meets Tuesdays and Thursdays, Sept. 10th - Oct. 29th. Aerobic dance exercise program for mature adults using Latin and pop music. **603-357-9829**.

Friday, Oct. 2

ARTS, MUSIC & THEATER

Opening reception: "A Sense of Place" 5-7pm. Village Community Center, 23 Church St., Harrisville. Exhibition of William Preston Phelps paintings.

Randy Travis: More Life Tour 7-9pm. The Colonial Theatre, 95 Main St., Keene. The Randy Travis: More Life Tour features the legendary country singer and his co-star in The Price, James Dupré. \$103/\$88/\$75.50. **603-352-2033**. www.thecolonial.org.

MISCELLANEOUS

6th Season "Stories To Share": Peter Pap 5pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Pap, owner of Peter Pap Rugs and an internationally recognized expert in antique rugs, carpets, and tribal weavings. His talk is entitled, "My Life in Rugs: An Extraordinary Adventure." To register for in-person attendance **603-532-6527**. www.jaffreyciviccenter.com/stories/.

Veterans Yoga Project: Mindful Resilience 12-1pm. Cathedral of the Pines, 10 Hale Hill Rd., Rindge. Wednesdays & Fridays. All are welcome. By donation. info@cathedral-ofthepines.org.

Saturday, Oct. 3

ARTS, MUSIC & THEATER

Apple Hill String Quartet Community Performance 2pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. Join in the historic granite wing of the library for an afternoon of world-class classical music, performed by the Apple Hill String Quartet. Free for all registrants Henry Barker: **603-876-4479**. hbarker@frostfree.org.

Monadnock Art Open Studio Art Tour Gallery Exhibit: Opening Celebration 4-7pm. Monadnock Center for History & Culture, 19 Grove St., Peterborough. www.MonadnockArt.org.

A Time for Poetry: An Edge Café Production 7:30pm. The Edge Ensemble Theatre Company, 310 Marlboro St., Suite 112, Keene. There will be two performances only, Saturday, October 3, at 7:30 p.m., and Sunday, October 4, at 2 p.m. Tickets must be purchased at the door. Cash or checks only. www.EdgeEnsemble.org.

Exhibition: "A Sense of Place" 12-6pm. Village Community Center, 23 Church St., Harrisville. Exhibition of William Preston Phelps paintings. Viewing thru October 12th.

DINING PLEASURES

Buffet Bean Supper 5-6:30pm. The United Church of Winchester, 99 Main St., Winchester. Hot dogs, two kinds of baked beans, coleslaw, potato salad, with dinner rolls and assorted homemade pies. \$12/\$6 children under 12. To preorder take home meals call before 3pm. **603-239-4465**.

FAIRS & SALES

Hinsdale Farmers Market 9am-1pm. Downtown Hinsdale, Millstream Riverfront Park.

Keene Farmers' Market 9am-1pm. Gilbo Avenue, Keene, across from Lindy's Diner. Plants & cut flowers, produce, breads & pastries, jewelry, maple syrup, braided rugs, bird feeders & houses, alpaca fiber products, soaps, herbs & herbal body care, and so much more. www.keenefarmersmarket.com/.

53rd Annual Cheshire Craftsmen's Fair 9am-3pm. Keene Recreation Center, 312 Washington St., Keene. Free parking and admission. Inside, Outside Crafters & Food Trucks. Refreshments & lunch available inside. www.cheshirecraftsmen.org.

FAMILY FUN

5th Annual Troy Depot Day 9am-2pm. Troy NH Depot, 24-54 Water St., Troy. Celebrate the history of the Cheshire Branch of the Boston & Main Railroad. Raffles, food, vendors, fun for the whole family. For more information: ccrdepot@gmail.com.

LECTURES & WORKSHOPS

Drinking Liberally 1pm. Margarita's, Main Street, Keene. Meet-up for left of center political discussion and other current events. No RSVP needed; just ask for them at the reception desk. **603-352-1707**. keene@drinkingliberally.org. www.livingliberally.org/chapter/nh/keene.

MISCELLANEOUS

Free Dental Day 7:45am-2pm. Spoonwood Dental, 60 Hancock Road, Peterborough. Choice of one service offered. First come, first serve. **603-924-3350**. www.spoonwooddental.com.

Tour The Bridges Registration 8-9am. 625 Old Homestead Hwy., Swanzey. Benefit renovation of the historic Golden Rod Grange Hall. \$35/cycle. 50 mi. ride w/map. Lunch at Jimmy's Hometown Pizza, Rt 10, Swanzey. Noon. Door prizes, raffles, and fun.

Craft and Art Supplies Swap 9am-3:30pm. Peterborough Town Library, Outdoor Terrace, 2 Concord St., Peterborough. The public is invited to bring their gently used or extra art supplies, like paints, paper, yarn, beads, and exchange them for new treasures during the Swap open hours. In the event of rain the swap will be moved inside. **603-924-8040**.

Let's Beat Breast Cancer 10am-12pm. Jaffrey Civic Center, 40 Main St., Jaffrey. A nutrition and cooking class about prevention of breast cancer and survival, from the Physicians Committee's Food for Life program. Physician instructor, cooking demos and sampling, take-home literature. Preregister **603-532-6527**.
HQ Grand Opening & Annual Celebration 11am-2pm. Monadnock Conservancy, 82 Ashuelot St., Keene. Music, food, speakers, and tours. Free. For more information and registration visit www.mc37annualcelebration.eventbrite.com/.

Sunday, Oct. 4 ARTS, MUSIC & THEATER

Concora 3-5pm. Main Theatre, Redfern Arts Center, Keene State College. Connecticut's acclaimed professional 24-voice choir and 12-piece chamber orchestra under the direction of Chris Shepard, joined by the Keene State's Concert Choir, directed by Sandra Howard with community choir singers from the Monadnock region. \$15/\$10 Seniors & Youth/Free for KSC Students. For more information call **603-358-2168**.
Ashuelot Concerts: Sitkovetsky Trio Perform Beethoven, Shostakovich & Schumann 3pm. Dublin School, Louise Shonk Kelly Recital Hall, 18 Lehmann Way, Dublin. Book tickets online at www.ashuelotconcerts.org.
Peterborough Folk Music Society: Peter Mulvey 6:30pm. Deb's House, Harrisville. Tickets at **603-318-9196**. www.pfmsconcerts.org.
Outback Presents Nurse Blake 7-9pm. The Colonial Theatre, 95 Main St., Keene. But Did You Die? Comedy Tour. \$55/\$45/\$35/\$32.50. **603-352-2033**. www.thecolonial.org.

FAIRS & SALES

53rd Annual Cheshire Craftsmen's Fair 9am-3pm. Keene Recreation Center, 312 Washington St., Keene. Free parking and admission. Inside, Outside Crafters & Food Trucks. Refreshments & lunch available inside. www.cheshirecraftsmen.org.

Monday, Oct. 5 MISCELLANEOUS

Beginner Line Dance 1-2:15pm. Keene Rec. Center, 312 Washington St. Beginner Line Dance Class meets Mondays, Sept. 14th - Oct. 26th. Basic line dance steps and beginner level dances will be taught to country and pop music. **603-357-9829**.

Tuesday, Oct. 6 FAMILY FUN

Kids STEAM: Plushie Portraits 3:30-4:30pm. Kay Fox Room, Keene Public Library, 60 Winter St., Keene. Create a portrait of your favorite toy. Bring in a stuffed animal, action figure, or doll and practice your art skills. Learn about proportion, perspective, and foundational drawing techniques. Registration is required. Ages 6 - 11 and their caregivers. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

COMING EVENTS, page 15

29TH ANNIVERSARY SALE
OCTOBER 9TH - 11TH | FRIDAY-SUNDAY
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Monadnock Art Open Studios Art Tour



Art Tour Exhibit
Gallery Exhibit Opening Celebration
Sat, October 3 • 4pm-7pm
at the Monadnock Center for History & Culture, Peterborough

Meet the artists on the tour and get a preview of the artwork they'll be showing at their studios!
Plus live music, very cool art raffle, and refreshments.

Open Studio Art Tour is **Oct. 10-12**
Tour Map & Artist Profiles: monadnockart.org

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Saturday, Oct. 3rd • 8am - Noon



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MEET & REGISTER AT GOLDEN ROD GRANGE HALL, 625 OLD HOMESTEAD HWY, SWANZEY 8 TO 9:30 A.M. \$35 PER MOTORCYCLE • CASH OR CHECK AT REGISTRATION
To benefit the restoration of Golden Rod Grange Hall.

JAFFREY WOMAN'S CLUB FALL
Craft Fair
Saturday, Oct. 10 • 9 a.m.-2 p.m.
Artisans selling their handcrafted items, including jewelry, wood turnings, soaps, seasonal and year-round decor, apparel, jams and jellies and other yummys.
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City Of Keene Selects Gregory Seymour As Next Fire Chief

Gregory Seymour, Keene's Deputy Fire Chief, will serve as the City's next Fire Chief, effective September 1st.

Seymour has more than two decades of fire and emergency medical services experience and has served the City of Keene since 2014. He joined the Keene Fire Department as a firefighter/paramedic and advanced through positions of increasing responsibility, including lieutenant/training officer, lieutenant/operations, captain/shift commander, acting deputy fire chief, and deputy fire chief of operations.

"Greg has demonstrated a deep commitment to the Keene Fire Department, its members, and the community they serve," says Keene City Manager Elizabeth Ferland. "His operational experience, proven leadership, and extensive knowledge of the department's opportunities and challenges position him well to lead the organization forward."

Judith Black Portrays Orator Lucy Stone In Troy

Storyteller/actress Judith Black will introduce the public to Lucy Stone through a portrayal at the Gay-Kimball Library on Main Street in Troy on Thursday, October 8th at 5 p.m. This is a free program.

There was a time in history when a married woman did not have legal rights to the money she earned, the property she inherited, or the children she bore. Stone spent her life speaking out for the democracy that this nation, upon its inception, had promised its inhabitants.

Gaining Peace

I recently spent 10 days in the woods of Stoddard house sitting. My goal was to regain the rapport I once had with nature. I wanted to soak in the sweetness and stillness, the very essence of tranquility, which has always filled me in the woods. Admittedly, it has been a long time since I have spent that much time alone in the woods.

That sweetness was there in abundance. My nights were blessed with it and the quiet. I slept the forgetful sleep of my youth. I came to this encounter weary from life's stress, trying to crunch time and reinvent myself in the process. How wonderful to slide into timeless forgetfulness and commune with the trees.

I anticipated a rekindling of a deep self, hermit sage consciousness that has become hidden by time spent "doing" in the material reality. I yearned for the innocence and joy felt as a child playing over endless days in woods and fields. These are memories that I relive and were rekindled by the trees. The trees remind me of divine beings in the way they communicate. Everything is soft and subtle, yet powerful.

My awareness is not such that I can dismiss this lifetime lived in the material world. I am not that child and what I seek now from the trees is so much more. I am evolving. I am not free of the material world, but on a path of progress through it. My innocence is manifest with joy and wonder through my healing work.

I have within my personality always a desire to be more and to seek those things I do not have; to look for what is missing. So often, for myself and others, what is missing is peace. It is odd that we tend to grow more in chaos than in peace. The density of our physical reality tends to obscure the

knowing of our divine energy body. When we experience difficulty, stress, and disease, often we are fooled by the illusion of our present situation. We

Healing Perspectives
with Rosie Carey



have become forgetful of our divinity. It is helpful if your perspective on life can be broad enough to encompass many lives and ways of being. We are all evolving. We do this collectively and individually. This energy of change affects us all.

Through being a healer, I have learned to resonate with others, even those I may not know or have affection for. Matching frequencies with others is a way of communicating and healing. In a sense, it is a universal language. In that connection there is an exchange of information or intelligence which allows for wholeness of being. What I have in frequency, knowledge, evolution I can share. In this healing process we exchange and both grow in awareness.

Your energy body is your library of your many lives. As I grow in consciousness, I am aware of divine beings who wait and watch. They offer healing when asked – awareness and frequencies which resonate with our divine energy body, and an exchange of information and intelligence which allows for wholeness of being.

Rose Carey is the founder of LifeLight Healing Center at 206 Washington Street, Keene. Sensitive to energy fields, she clears your aura and home of unwanted darkness. Reach her at 603-852-8300.



Community Health EDUCATION

Offered through The Center for Population Health at Cheshire Medical Center

We invite you to join us for two informative sessions with the physicians at Cheshire Medical Center. You'll gain practical insights into preventive measures to stay healthy and happy, and learn about the resources available to support your journey back to optimal health. This is a great opportunity to gather helpful information and connect with our knowledgeable medical team.

Whole-Body Wellness Series

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Do you suffer from aching feet? Come explore the causes and treatments for ankle arthritis. Our expert podiatric surgeon will discuss both conservative and surgical options, including bracing, physical therapy, and surgical procedures.

Top 5 Tips for Colon Health
Are you looking to improve your colon health and reduce your risk of colorectal cancer? Join our information session to learn straightforward, science-backed strategies. We will discuss essential medical tests and the best foods to promote gut health, as well as those to avoid. This session is perfect for anyone experiencing gastrointestinal issues or wanting to prevent future problems and keep their gut happy and healthy!

These classes are provided at no cost by The Center for Population Health at Cheshire Medical Center as a Community Benefit. For more information, visit dartmouth-health.org/events or contact Lea at L.Kablik@cheshire-med.com or 603-354-5454 ext. 1262331.

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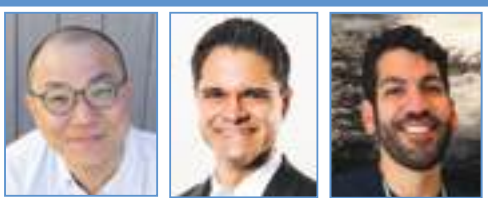


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REQUEST AN APPOINTMENT

Peter Mulvey Concert At Deb’s House In Harrisville

Veteran singer songwriter Peter Mulvey will perform at Deb’s House in Harrisville as part of the series presented by the Peterborough Folk Music Society on Sunday, October 4th. A pot luck begins at 5:45 p.m. with the concert starting at 6:30 p.m. Doors open 15 minutes prior to each event.



Tickets are \$30 online and \$35 the day of the show. Directions to Deb’s House are provided when tickets are purchased.

Mulvey began his career on the streets of Dublin, Ireland as a busker, and from there moved on to performing in the subways and streets of Boston. This led to his first record deal and a leap to full-time national and international touring beginning in the early 90s.

A house concert veteran, he can attest to the value of the small, communal concert experience. For more details or to purchase tickets, call 603-318-9196 or visit www.pfmsconcerts.org.

A Time For Poetry: An Edge Café Production

Poetry has the power to awaken the fire in the soul and to touch those deeper currents of feeling in the heart. Too often people forget, lost in the maelstrom of today’s events. In this, the second Edge Ensemble Theatre Company’s Edge Café presentation of 2026, former English teacher and current Edge actor Peter Eisenstadter offers a selection of heart-wrenching poems.

Catherine Behrens is the director and Kenzie Wood is the producer of this poetry reading. There will be two performances: Saturday, October 3rd at 7:30 p.m., and Sunday, October 4th at 2 p.m. at The Edge Theater at 310 Marlboro Street, Suite 112, in Keene. Admission is \$12 general admission and \$10 for students and seniors. Tickets must be purchased at the door. Cash or checks only. Seating for Edge Café is first come, first serve only. No reservations will be taken.

For more details, visit www.edgeensemble.org.

All-Ages Crafternoon At Conant Library

An All-Ages Crafternoon: Apple Stamp Apron & Bags will be held at Conant Public Library on Main Street in Winchester on Saturday, October 10th at 11 a.m.

This event is free and open to the public.

COMING EVENTS, Continued from page 13

Tuesday, Oct. 6

MISCELLANEOUS

Author Talks: Susan Bischak 3-4pm. Peterborough Town Library, Outdoor Terrace, 2 Concord St., Peterborough. Join author Susan Bischak for a discussion inspired by her 2026 memoir *Healing a Desperate Heart*, drawing on ideas from ancient Eastern healing traditions, shamanism, and her own background in metaphysics. Free. **603-924-8040**.

Veterans Coffee Connection 9am. Keene Senior Center, 312 Marlboro St., Keene. Enjoy coffee & snacks. Visit with other veterans.

Age in Motion Classes 9-10am. ELMM Community Center, 21 Durkee St., Winchester. AIM is a senior exercise program designed by Tufts University using light weights(provided) for toning, strength and balance exercises. Tuesdays & Thursdays. ELMM Center Winchester: **603-239-4316**.

Zumba Gold 10:45-11:45am. Keene Rec. Center, 312 Washington St. Zumba Gold meets Tuesdays and Thursdays, Sept. 10th - Oct. 29th. Aerobic dance exercise program for mature adults using Latin and pop music. **603-357-9829**.

Wednesday, Oct. 7

MISCELLANEOUS

Book Crush - A Romance Reader Group 6-7pm. Keene Public Library, Miller-Vincent Room, 60 Winter St., Keene. Join for Book Crush, a non-traditional book club for romance readers. Every month will have a theme related to romance tropes, conventions, and subgenres. October’s theme is Witches. Registration is appreciated but not required. Parker Goodreau: **603-352-0157**. pgoodreau@keenenh.gov.

Thursday, Oct. 8

LECTURES & WORKSHOPS

Lucy Stone: The Best-Known Female Orator of her Era 5pm. Gay-Kimball Library, 10 South Main St., Troy. Stone will address the issues of women’s rights and abolition, plus share with her audience chapters from her own life. Free.

Fall Plantings

The garden is seriously winding down, but it is definitely not over yet. There is still plenty to do before the snow flies. Leftover vines and plants need to be cleaned up and we need to consider how the soil organisms are going to make it through the winter.

I like to plant some winter rye in the beds where I am going to put large plants next year – things like tomatoes, peppers, squashes, broccoli, cabbages, or okra. I plant it in small circles about a foot apart. This leaves spaces between the rye that will allow me to plant these summer crops. I plant 15 or 20 seeds in a four-inch circle, which I put in a small depression so that the rain will seep in. This not only gives the soil organisms something to eat in the winter, but these plants will help to improve the soil, and the winter rye itself is a great mulch for next summer.

Something else that keeps the soil organisms happy is rice. Those beds where I am going to plant peas, lettuce, beets, carrots, parsnips, onions, and garlic are not places where I want the winter rye to be located when spring comes. So here I am going to plant some cracked rice about two inches under the soil. This rice needs to be raw and just cracked, not turned into flour. You can use a rolling pin or put it in the blender just briefly. Be sure to cover it up so that the birds and rodents don’t steal it.

Garlic is a plant that needs to be sown in the fall. Mid to late October is perfect for this task. Get the beds ready and break apart the garlic cloves. Each segment can be planted separately; they need to be sown with the pointy end up. Garlic hates to be planted upside down. I also like to cover the bed with a couple of inches of chopped leaves and then some winter rye straw mulch. The garlic itself will do some growing over the winter, and when the

snow goes, there is often garlic sticking up already.

I also like to plant my parsnips in the fall. Because I like to let some of my parsnips go to seed in the summer, I have the seed ready. I get the bed prepared in September and take two five-gallon buckets of the soil filled halfway into the house. Then I wait until the soil freezes. After that, I go out and throw the seeds on the ground and



with Celeste Longacre



cover it up with the warm house soil. I have done this for many years and it always comes up great in the spring.

Something else I love to do in the fall is make a cranberry jam. This is excellent to serve with the Thanksgiving turkey. You need 1 large orange, 2 cups water, 1 quart cranberries, ½ cup raisins, 3 cups sugar, and ½ cup walnuts. Chop and seed the orange and place with the water in a large saucepan. Cook until peel is tender. Add cranberries and raisins. Stir in sugar and keep stirring until it comes to a boil. Keep stirring until it comes to a gelling point. Add chopped walnuts. Cook for a few more minutes. Ladle into jars leaving a ½-inch air space at the top. Process for 15 minutes. Yum!

Celeste and Bob Longacre have been living sustainably for almost 50 years. Her book, “Celeste’s Garden Delights,” details exactly how to do this and is available at many local businesses. Celeste will be at craft fairs on October 17th and 18th at the Dome in Milford, and October 24th at the Gilfeather Turnip Fair in Wardsboro, VT.

New Exhibits At Bellows Falls Historical Society

The Bellows Falls Historical Society & Museum at 46 Canal Street in Bellows Falls, VT has a new art exhibit featuring paintings and sketches by Saxtons River artist Lester (Les) Sheehan. There is also a display of photos from glass plate negatives, a magic lantern, and a stethoscopic viewer. These will be on display through October 31st.

The exhibit and displays can be viewed during current hours: Wednesdays and Fridays from 1 p.m. to 3 p.m., and Saturdays and Sunday from 11 a.m. to 3 p.m. One can schedule an appointment for another time by emailing bffhistoricalsociety@gmail.com with advance notice.

Craft And Art Supplies Swap In Peterborough

The Peterborough Town Library at 2 Concord Street will host a Craft and Art Supplies Swap on Saturday, October 3rd from 9 a.m. to 3:30 p.m.

Participants can bring their gently used or extra art supplies – paints, paper, yarn, beads – and exchange them for new treasures. This is not a strict swap; people do not have to donate

craft supplies in order to shop.

Those with craft supplies to donate should bring their items to the library’s Help Desk on Thursday, October 1st from 3 to 7 p.m. or Friday, October 2nd from 10 am. to 5:30 p.m. For details of donation limitations, call 603-924-8040 or visit PeterboroughTownLibrary.org.



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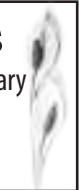
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DAN BULLOCK

Heading Into Fall With A Fresh Perspective

Heading into fall, I can't help but feel that if we take a deep breath and get a fresh perspective, a clearer view, and mental rest, our lives could be so much more fulfilling. Here are a few ways to gain that fulfillment:

Set a New Goal
New season, new goal. What would you like to accomplish this season? Perhaps you've been avoiding cleaning out the basement or organizing the garage. Or you've wanted to take up canning or smoking meats. Set a new goal.

Journaling
You don't have to be a writer to add journaling to your routine. Sometimes our thoughts, feelings, and emotions get the better of us. When you feel a bit mentally "jumbled," pick up a lined pad of paper (or invest in a covered journal) and jot those feelings down. Even five minutes a day might help your overall perspective.

Find New Recipes
Squash, pumpkins, apples, and figs are just a few of the fruits and vegetables highlighted this season. Why not find a new bread, dessert, or soup recipe to put a smile on your face and warm your family's bellies?

Add a Workout
Adding a workout to your day can be so beneficial to how you feel – mind and body. We know that as we get older, the more sedentary we are, the worse we will be able to get around as we age. Start with stretching using an exercise ball or do chair exercises. As you start to feel more comfortable with those, add more movement to the routine.

You've got this!

Adjusting or Adding Self-Care Practices
The nice thing about changes in the season and the weather is that we also tend to adjust our self-care routines. With nicer, more comfortable days outside, you can add a morning walk to your schedule (your dog will love it!). If not already taking supplements, add Vitamin D to your intake for your energy level and Vitamin C for your (and your family's) immune systems. Haven't been moisturizing your skin? You might want to add that to your morning routine.

Find New Podcasts or Audiobooks
A focus on internal growth just might be in the forecast for you this season. Why not try a new uplifting, encouraging, or spiritual-based podcast or audiobook that brings a fresh and powerful outside perspective? Search around and see what you can find.

Embrace Letting Go
Patterns in our lives change as we grow older. Be okay with letting go of things that don't matter as much anymore. Shed old habits or stressors that tend to drain you. You will feel so much better.

Make a Seasonal (and Fun) Bucket List
Make a bucket list of simple things you'd like to do this season with the kids, a friend, grandchildren, or just by yourself. Explore a corn maze, go apple picking, take a hike, attend a fall festival, toast s'mores over a fire, make apple crisp, or carve a pumpkin.

Meditate
Put all distractions aside, find a space – perhaps on a walk, on the porch, or a quiet corner in your house – and take a few quiet

Monadnock Family
with Lori Catozzi Cook



moments every day to meditate, reflect on scripture, count your blessings, or whatever helps totally calm your mind. Just 10 minutes a day will do wonders.

Create a Music Playlist
Make a playlist of all your favorite songs. Then play these songs while you thumb through a stack of paperwork to shred; organize a closet; work on a puzzle; stretch on the floor; or sit with your favorite drink, relax, and just enjoy the music.

Take a Walk
How about taking a walk around your neighborhood without your phone? It's amazing what you will see – changes in the neighborhood, wildlife, beauty – without distractions.

Allow the new season to prepare you for growth. Happy fall!

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

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- September 19, 2026**
Elsie Manjila, daughter of Cody & Kaitlin Mannila, Winchester, 9
- September 30, 2026**
Elena Manjila, daughter of Cody & Kaitlin Mannila, Winchester, 6
- October 1, 2026**
Joshua Thomas, son of Michael & Kassia Thomas, Troy, 12
- October 2, 2026**
Levi Donahue, son of Mackenzie & Jacob Donahue, Keene, 3
- October 6, 2026**
Warren Greenwood, son of Derek & Cassidy Greenwood, Westmoreland, 4

Submit your Birthday Kids' entry online at:
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HANNAFORD'S BIRTHDAY CAKE
This Week's Winners



Elena Manjila, Winchester, 6
Warren Greenwood, Westmoreland, 4

Storytimes In Peterborough For Month Of October

The Peterborough Town Library at 2 Concord Street will offer three weekly storytimes through the month of October.

Rabbit Storytime will be on Thursday, October 1st at 6 p.m. Led by Claudia Dery, Rabbit Storytime features a story, a visit with Snoopy the Rex rabbit, and a craft. Rabbit Storytime is open to kids of all ages; stories and crafts are geared towards preschool through early elementary school aged children.

Baby Storytime will be held on Wednesdays at 10:30 a.m. This storytime for babies and their caregivers includes singing songs, chanting nursery rhymes, and reading board books.

Toddler Time will be held on Thursdays at 10:30 a.m. This program takes elements from Baby Storytime and starts to introduce things from the Preschool Storytime. This is perfect for ages one-and-a half to three with a caregiver; siblings are always welcome.

Preschool Storytime will be held on Tuesdays at 10:30 a.m. This is geared towards ages three to six with their caregivers and includes stories, movement, songs, and a craft.

Saturday Storytimes will be held on the last Saturday, October 31st at 10:30 a.m. Head of Youth Services, Aimee LaRue, will share stories, sing songs, and more; all ages are welcome.

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Vegetable Mèlanges At Harvest Time

A mélange of vegetables is a lovely thing any time of year, but it's a particularly good way to use vegetables that are harvested at the same time in the fall from your garden or purchased locally. Vegetables such as cabbage, Brussels sprouts, broccoli, cauliflower, potatoes, carrots, kale, and end-of-season tomatoes quickly come to mind, but you may discover others as well. The only rule to remember is that some vegetables may take longer to sauté than others; so plan accordingly if you're making your own mélange. Onions and garlic may be cooked in olive oil first to form the base for vegetable mélanges. Parboil potatoes, winter squash, and root vegetables before sautéing. Cabbage family vegetables can be blanched first before adding and sautéing. Tender vegetables such as spinach, eggplant, tomatoes, and zucchini should be added last, along with whatever herbs and aromatics you desire. Or try some of this week's recipes.

Poached Eggs in Vegetables

This is a perfect way to use a variety of vegetables for a healthy, satisfying breakfast or brunch. Enjoy this dish with sausage and toast, if desired.

Instructions: Sauté in 1 or 2 tablespoons olive oil whatever vegetables you choose, cooking them until they are just tender. Spinach, Swiss chard, tomatoes, pepper, eggplant are all good; you can also use leftover vegetables that might be lurking in your refrigerator. You will need about 3/4 cup of assorted vegetables for each egg. Make an indentation in your vegetables and drop in the number of eggs you wish or that the pan will hold. Season with freshly ground pepper and salt. Cover and cook over medium heat until egg whites are cooked.

Roasted Vegetables with Balsamic Vinegar

A classic platter of roasted vegetables is a welcome dish any time of year, and is an easy way to use fall-harvested varieties. Serves 6.

Ingredients:
4 lbs. any combination assorted root-cellar type vegetables (turnips, carrots, leeks, potatoes, beets, or winter squash)
3 tablespoons olive oil
5 cloves garlic, minced
3 tablespoons chopped fresh rosemary, marjoram, oregano or sage, or a combination
2 tablespoons balsamic vinegar
salt and freshly ground black pepper

Preheat oven to 450 degrees. Scrub vegetables and trim tops and root ends. Cut into 1-1/2-inch to 2-inch pieces; toss with oil. Spread on a baking sheet and roast for 15 minutes. Stir vegetables, lower heat to 375 degrees and continue roasting another 10 minutes. Add garlic and herbs and continue cooking until vegetables are soft when pierced with a sharp knife, 15-30 minutes more. Drizzle on vinegar, sprinkle with salt and pepper, and toss gently before serving on a platter.

Sausage with Brussels Sprouts

This dish goes well with boiled or mashed potatoes.

Ingredients:
1-1/2 lbs. Italian-style sausage
1 medium onion, thinly sliced
6 tablespoons wine vinegar
3 cups Brussels sprouts, blanched
1-1/2 cups chopped tomatoes
3 tablespoons chopped fresh basil or 1-1/2 tablespoons dried
salt and freshly ground black pepper to taste

Prick the sausage and slowly brown on all sides in a fry pan on medium heat. Drain and discard any fat, then add onion and cook until it begins to brown. Lower heat, pour in vinegar, and cook, covered, for 5 minutes. Add the Brussels sprouts along with the tomatoes, basil, salt and pepper. Cook, covered, until the sprouts are tender, about 10 minutes. Makes 6 servings.

Cod with Potatoes & Cabbage

This dish is nice served with an arugula salad and fresh bread. Drizzle a few drops of extra virgin olive oil over each serving. Makes 4 servings.

Ingredients:
3 tablespoons olive oil
2 medium onions, thinly sliced
3 cloves garlic, finely chopped
red pepper flakes to taste, optional
2 cups coarsely chopped tomatoes
1 small/medium cabbage, cored and quartered, preferably Savoy
4 medium potatoes, peeled and halved
4 pieces fresh cod, haddock or halibut, about 1-inch thick

Heat oil in pan and sauté onions until translucent, then add garlic and pepper flakes, if using. When garlic begins to color, add tomatoes and cook, covered, 5 minutes. Meanwhile, pre-cook cabbage and potatoes in a pot of boiling, salted water for 5 minutes; drain well and add both to the tomato mixture. Cook, covered, over low heat until potatoes are cooked but still a bit firm. Preheat oven to 400 degrees. Transfer ingredients from saucepan to a shallow ovenproof dish large enough to hold the ingredients. Arrange fish slices in single layer on top, without overlapping. Bake, covered, until fish tests done when tested with a fork, about 10-15 minutes. Serve at once.

Chicken and Fall Potato Salad

An easy meal-in-one, combines potatoes, carrots, scallions and chicken in a simple oil and vinegar dressing. Makes 4 servings.

Ingredients:
Dressing: 5 tablespoons olive oil, 4 tablespoons wine vinegar, and 1 tablespoon prepared mustard.

1-1/2 cups shredded, boiled chicken, prepared ahead or purchased rotisserie chicken
2 medium carrots, halved, boiled and cut into 1/2-inch pieces
2 potatoes, boiled, peeled and slice 1/4-inch thick
3 scallions, thinly sliced
1-1/2 tablespoons coarsely chopped fresh mint
salt and freshly ground black pepper to taste

In a small bowl, whisk together the dressing ingredients; set aside. In a serving bowl, mix together the chicken and remaining salad ingredients. Toss gently with the dressing, then season to taste with salt and pepper. Serve at room temperature.

Cooking Corner

with Nancy Adams



Swiss Chard with Tomatoes & Parsnips

An unusual combination that is both healthy and tender at the same time, with sweet parsnips. Makes 4-6 servings.

Ingredients:
3 tablespoons olive oil
1 medium onion, coarsely chopped
2 cups coarsely chopped tomatoes
10 cups Swiss chard, strings removed, stems cut in 1" pieces and leaves coarsely chopped
4 cups parsnips, scraped, halved lengthwise, cut into 1-1/2" pieces
salt to taste

In a medium saucepan, heat olive oil until hot, then add onion and tomatoes. Sauté, covered, for 5 minutes. Add the Swiss chard and parsnips, with salt to taste. Cook, covered, over moderate heat for 30 minutes.

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.

Annual Conservation Commission Potluck At Monadnock Conservancy

The NH Association of Conservation Commissions and the Cheshire County Conservation District will host the Annual Conservation Commission Potluck on Wednesday, October 7th from 5:30 to 7:30 p.m. at the Monadnock Conservancy at 82 Ashuelot Street in Keene. Attendees are asked to bring a dish to share.

This year's topic, Report Findings from Turtle Assessment Study, will be presented by Jeff Littleton from Moosewood Ecological. Learn how undersized culverts impact flooding and safe passage for turtles and other aquatic and semi-aquatic wildlife. There will be allocated time for group breakout sessions and a roundtable discussion.

This is a free event, but registration is required: www.cheshireconservation.org/event-details/2026-annual-conservation-commission-potluck.

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We Are More Than Just Labels

By Deb Paul

If you lined up a thousand people from across the earth, not one would share the exact same skin tone. Yet we insist on sorting one another into boxes – black, white, rich, poor, smart, slow, Republican, Democrat – as if a human being can be reduced to a single word. Labels make life simpler, but they also make people smaller. They flatten complexity, distort perception, and too often become cages we never meant to build.

Researchers have shown how powerful labels are. A single word can change what we see, how we judge, and even how we treat one another. When a child is labeled “gifted,” expectations rise, and they often rise to meet them. When a child is labeled “slow,” the world quietly lowers its hopes, and the child learns to do the same. Labels don’t just describe reality, they shape it.

But the deepest harm isn’t academic, it’s personal.

Most of us know what it feels like to be mislabeled, shy, lazy, dramatic, difficult, weak. We carry those words long after the people who said them have forgotten. They become stories we tell ourselves, limits we accept, identities we never chose. And sometimes, as research shows, we begin to behave exactly as we’ve been labeled; not because it’s who we are, but because it’s what the world expects.

The truth is simpler: we are human first. Everything else is detail and those details can change.

When we strip away the categories, race, politics, income, religion, job titles, sexuality, what remains is the part of us that laughs, fears, hopes, grieves, and tries. The part that wants to be seen. The part that wants to be understood. The part that wants to belong.

Labels make belonging feel easier, but they also make division inevitable. They create cliques, assumptions, stereotypes, and shortcuts that keep us from knowing one another. They tell us we already understand someone before we’ve heard a single word from their mouth. They convince us that a person’s identity can be guessed from their skin, their accent, their clothes, their job, or their struggle.

But imagine, just for a moment, removing the labels. Imagine meeting people without the categories we’ve been taught to rely on. Imagine listening before assuming. Imagine seeing a person’s story instead of their stereotype.

We would discover what has always been true: people are more than the labels placed on them.

If we want a kinder world, a more honest world, caring world, we must begin with the simplest act: seeing one another as human. Not as categories. Not as boxes. Not as assumptions.

Just human.
As John Lennon once wrote, “I hope someday you’ll join us, and the world will live as one.”

Cheshire Medical Center Opens Sexual Abuse Clinic For Children, Teenagers

Cheshire Medical Center has opened a new clinic to help close the gap in local care for pediatric and adolescent patients who may have been sexually abused.

The Compassionate Care & Advocacy Clinic – which opened at Family & Community Care at the West Campus in May – offers a specialized medical visit for children and teenagers who may have been sexually abused or who may be involved in unsafe sexual situations.

A visit at the clinic includes a forensic exam with a specially trained provider to assess if the child has any injuries and also allows the child and their trusted adult to ask questions or get additional resources, such as mental health referrals.

Prior to this clinic opening, these specialized exams were not available in the Monadnock Region for pre-pubescent children, reflective of a national shortage of child abuse pediatricians. In 2024, 48 children in Cheshire County were referred for forensic exams outside of the region, but many families declined due to lack of transportation, finances or other logistical barriers.

“As the largest healthcare provider in the region, we knew we had to step up and meet this crucial need,” said Lindsey Cushing, MSN, ARPN, Director of Medical Forensic Care and OBGYN nurse practitioner. “By prioritizing the health, safety, and healing of children, our community’s most vulnerable members, Cheshire is strengthening not only their future, but the future of our entire region. This clinic reflects Cheshire’s belief that every child deserves compassionate care, protection and the opportunity to thrive.”

It’s estimated that one in four girls and one in 20 boys nationwide experience sexual abuse. About 90 percent of this sexual abuse is perpetrated by someone known and trusted by the child or their family.

The trauma of abuse causes children to lose their sense of safety and trust and can harm current and future relationships. If unaddressed, this trauma can lead to mental health problems like depression,

anxiety and post-traumatic stress disorder; risky behaviors like substance use and abuse; and increased risk for long-term health problems, such as heart disease and chronic pain disorders.

Cheshire’s clinic works directly with Dartmouth Health’s Child Advocacy and Protection Program (CAPP). All concerns of child abuse are sent to a central team at CAPP, who review each case, determine the urgency of medical evaluation and schedule an appointment at the appropriate location, including the new Cheshire clinic. Referrals for the clinic can be made by pediatricians, family medicine providers, child welfare services and the Child Advocacy Center of Cheshire County.

Cheshire’s new clinic is the latest expansion of its Medical Forensic Care team. Composed of five nurse practitioners and one registered nurse, this team of forensic examiners provides acute care for patients who have experienced sexual assault, domestic violence, human trafficking and other forms of abuse.

While most patients are seen within Cheshire’s Emergency Department, the team also responds to inpatient units and offers consultation to medical providers within the outpatient setting. The team performs between 20 and 30 exams and consults on an additional 20 to 30 cases annually.

For more information on Cheshire’s Compassionate Care & Advocacy Clinic, visit cheshiremed.org/pediatrics/compassionate-care-advocacy-clinic. For information on appointments and referrals, contact CAPP at 603-653-3658.

Homeschool Library Day

A Homeschool Library Day will be held on Friday, October 9th at 11 a.m. at Conant Public Library on Main Street in Winchester.

This is a time for homeschool families to get together, listen to STEM inspired storytime and craft, and make connections. This event will take place every other Friday and is open to all homeschool families.

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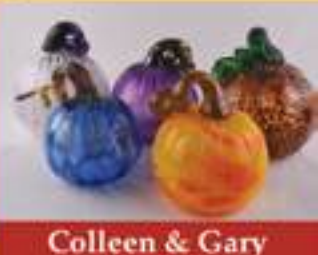
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MYSTERY PHOTO

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a \$20 gift certificate to Marco Polo Garden on Main Street in Keene. Call The Monadnock Shopper News, West Street in Keene, at 603-352-5296. You may win only one contest every three months. Only one call per person per week. No walk-ins, please.

(Prepared by the Historical Society of Cheshire County)



This photo shows the dining room of what well known Keene business?

The winner of last week’s Mystery Photo Contest was Felicia Grayson of Keene. This West Keene gasoline and service station was converted into a restaurant in the late 1930s called Parker’s Pines.



Fall Foliage Art Studio Tour

Fall Foliage, Continued from page 1

Right down the road are veteran FFAST artists Jeanne Maguire Thieme (water media) and Gill Truslow (pastel) in Swanzey. Kenny Greatbatch, also in Swanzey, is back with his creative woodturning pieces. “Mother nature does the hard work. My job is to display the beauty she has hidden in the wood,” he said. Char Russell will be joining painter Marylise Reilly-Fajal in her Keene studio. Russell is a watercolorist who loves color and shapes. “When the color and shapes work in a piece the painting takes over – an exciting stage of the painting for me as an artist,” she said. While in Keene, visitors can also see more work at the studios of Jim Murphy (acrylics) and Sue Doyle (colored pencil). In Nelson, guests will be able to visit with three new artists along with veteran water media artist Frankie Brackley Tolman. New this year, potter Amy Whitney creates functional ware which is low-fired earthenware, majolica. Mixed media artist Linda Singer collects botanical materials and incorporates them into three-dimensional

artwork. And oil and watercolor artist, Lucy Daniels, will share “the limitless beauty, joy, and inspiration that flowers provide to our landscape from early spring right through until late fall,” she said. Wood turner Bob Englund and fiber artist Nancy Ann Belsky will be sharing a studio again in nearby Munsonville. Visitors who travel through the FFAST towns will also be able to see other favorites like Dave Bulger (drawings and paintings) and Jodi Genest (letter press) in Marlborough, and painter Judith Prager, sculptor Gerry Friedman, and Danielle Le Bris (encaustic) in New Ipswich. The self-guided tour runs from Saturday through Monday from 10 a.m. to 5 p.m. Visit www.fallfoliageartstudiotour.com for more details and to download a map and directions. Brochures can be found in businesses throughout the Monadnock Region, but for information on obtaining a FFAST brochure, contact Jeanne M. Thieme at jeanne@jmthiemefinearts.com.

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