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Wild Goose Players Presents Sondheim’s Musical Assassins



Shown (L to R) are Noah Carmel, Katharine Doescher, Sam Mathewes Clark, Isaiah LaPierre-Palmer, Gavy Kessler, Shayna Bredbeck, Dennis Scott, Mike Batusic.

(Photo by Tricia Suriani)

The Wild Goose Players will bring one of musical theatre’s most provocative and darkly humorous masterpieces to the stage with a new production of Stephen Sondheim and John Weidman’s *Assassins*.

The production will be hosted at Next Stage Arts at 15 Kimball Hill in Putney, VT, at 7:30 p.m. on Friday and Saturday, November 6th and 7th, and Thursday, Friday, and Saturday, November 12th, 13th, and 14th.

Matinee shows take place Sunday, November 8th and Saturday, November 14th. Tickets are \$30, with \$25 for seniors and students (tickets at the door at \$5 more) and can be purchased in advance online or at the box office prior to showtime. Booking in advance is recommended. This production contains mature themes.

Assassins bends time and space to bring a rogue’s gallery of history’s most notorious figures together. The musical explores the motives, delusions, and twisted American Dreams of nine individuals who attempted – or succeeded – in assassinating a president of the United States.

“We are excited to bring *Assassins* to the Putney community at Next Stage Arts,” said David Stern. “Sondheim’s work is fiercely smart, challenging, and profoundly theatrical.”

The production, directed by Morganna Ekkens, features local favorites including Isaiah LaPierre-Palmer of Keene as John Wilkes Booth, Shayna Bredbeck of Bellows Falls as Sara Jane Moore, and Liam Johnson of Brattleboro as the Balladeer. Musical direction is led by Carol Cronce, with scenic and lighting design by David Stern.

For more details or to purchase tickets, visit <https://wildgooseplayers.com> or call 603-209-6825.

Marco Polo Garden In Keene 54 Years Providing Exceptional Chinese Fare



The team at Marco Polo Garden – (L to R) Peidong Lin, Jimmy Liang, owner Jenny Lin, and Anna Zhang – prepared many favorite dishes for this photo, including General Tso’s Chicken, Happy Family, Drunken Noodles, Pineapple Shrimp, and sides of crab rangoon and chicken fingers. A flaming Scorpion Bowl for two rounds out this feast.

By Lori Catozzi Cook

Marco Polo Garden in Keene offers popular Mongolian Beef, flavorful Moo Goo Gai Pan, classic Chinese stir-fry Jade Scallops, spicy Drunken Noodles, and savory dishes like Sesame Chicken and Tung Ting Shrimp, among many other sumptuous offerings.

This family-run restaurant, located at 601 Main Street, has been part of Keene’s dining scene for 54 years. Owner Jenny Lin purchased the business five years ago to keep the tradition of serving exceptional Chinese and Asian food to the region.

MARCO POLO, page 14

A Declaration For Independent Businesses

By Jen Risley

2026 marks the American Independent Business Alliance’s 25th year of growing the local economy movement. It’s a year of reflection for AMIBA’s board of directors and staff, and we invite you all to join us.

There’s much we’re proud of. We have nurtured dozens of independent business alliances, hundreds of linked non-profit organizations, and thousands of local changemakers who work every day to strengthen their local economies and communities. AMIBA remains a powerful convener of local business networks, enabling them to connect, share best

practices, and improve their effectiveness.

To set a course for the next 25 years, we’re reaching out to independent business owners, organizations, and changemakers who align with our mission. We invite you to stand with us and embrace our Declaration for Independent Businesses. By bringing together millions of independent businesses and their supporters, we will leverage this declaration to catalyze the growth of local economies everywhere.

After you read the Declaration below, add your signature here: amiba.net/declaration.

LOCAL, page 15

For Love Of The Land: A Tribute To The Agricultural Way Of Life



By Peter Granucci

A Triennial exhibit called “For Love Of The Land: A Tribute To The Agricultural Way Of Life” will be held for the seventh time this year. Every three years, this group of artists have gathered to show work depicting the farms and agricultural lands of the region.

These artists “live” their art. Water media artist Ann Sawyer is the seventh generation on her Jaffrey family farm where she paints whimsical farm animals and landscapes. Oil painter Mary Iselin farms and paints on Marlborough’s fourth generation “Earth Haven Farm” and is well known for her depictions of sheep and her late husband’s draft horses. Francelia Mason Clark, author of *Circle around Monadnock* in which she relates her ride on horseback to historic landmarks and farms, paints her farm buildings and Monadnock landscapes. David Bulger and Maryann Mullett are known for their animal paintings. As a Signature Member of the Society of Animal Artists, Mullett relays that all animals inspire her but cows have a special place in her heart. Bulger’s oil paintings and drawings of animals illustrate his belief that animals “have a soulful existence that should be acknowledged.” Watermedia artist Jeanne Maguire Thieme of Pipe Dream Farm creates paintings that capture farms that presently dot the Monadnock landscape but also the forgotten historical barns and working lands of long ago.

LAND, page 14

The Naghash Ensemble Performs At The Colonial

Captivating New Music Based On Sacred Texts

On Friday, November 6th, The Naghash Ensemble will perform at The Colonial Theatre on Main Street in Keene at 7 p.m.

The Naghash Ensemble combines the earthy spirituality of Armenian folk song, new classical music, and contemporary post-minimalism with the energy of rock and jazz. Three brilliant female vocalists and some of Armenia’s finest instrumentalists on duduk, oud, dhol, and piano play captivating new music based on sacred texts by the medieval Armenian mystic poet and priest Mkrtych Naghash.

Written by Armenian-American composer John Hodian, The Naghash Ensemble’s *Songs of Exile* is a meditation on man’s relationship to God from the perspective of a monk forced to live in exile for many years.

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



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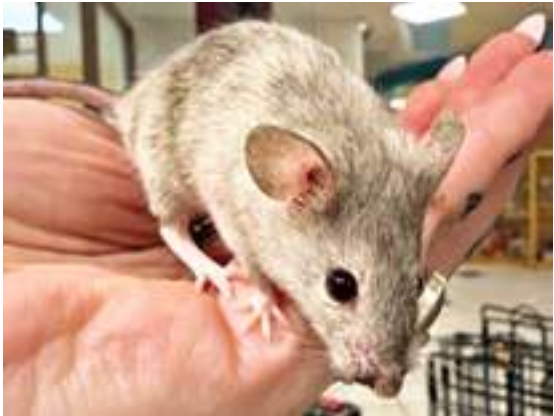
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Chair Yoga Class
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Gentle yoga, practiced sitting in a chair or standing, using a chair for support.
No previous experience required.
Thursdays, November 5 to December 10 @ 1 pm
(No class Thanksgiving 11/26) - \$30, or \$6 to drop in
Taught by Certified Yoga Instructor, Betty Christiansen.
Registration at <https://keeneparks.com>.

PET OF THE WEEK
from THE MONADNOCK HUMANE SOCIETY

Cider



Say hello to little Cider! Cider and his brothers, October and Harvest, are lovely little mice looking for a new family to bond with. Cider is hand-friendly and enjoys exploring his space. When he isn't running on his wheel or climbing his toys, this little guy likes to socialize with his people. Cider would make a great friend for children of all ages. With the right set-up, he could also go to a home with other resident pets. Cider is ready to find his new family that can shower him with the love and attention this sweet boy deserves.

The Adoption Center is located at 101 West Swanze 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.monadnockhumane.org.

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“Button Up” Workshop – Reduce Energy Costs

With the costs of heating oil and electricity going through the roof (literally!), many homeowners will benefit from learning how to save energy. The annual “Button Up” workshop shows people what they can do to reduce energy costs, and how they can get help paying for it.

The workshop is happening Wednesday, November 4th at 6 p.m. in the Keene Recreation Center at 312 Washington Street.

This free event is hosted by the Keene Energy and Climate Committee and Clean Energy Team. It is sponsored by NHSaves and coordinated statewide by the Plymouth Area Renewable Energy Initiative (PAREI). Find the link at plymouthenergy.org/button-up/ and look for Keene, or visit <https://cleanenergykeene.com/>.

The NHSaves Button Up Workshop is a one-and-a-half hour presentation plus Q&A about how to improve the energy efficiency of a home. It is conducted by a certified energy auditor and covers basic building science principles and weatherization measures that will button up the home for the heating and cooling seasons. It also covers details about the energy efficiency programs that provide cost-sharing energy audits, weatherization measures such as air sealing and insulating, and rebates on new technologies and products such as electric and gas appliances and high efficiency electric heating/cooling equipment.

For questions about Keene NHSaves Button Up, email Dee Robbins at ms.deerobbins@gmail.com

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OBITUARIES

Michael Robert “Mike” Luebke

Michale Robert Luebke, age 68, was born in Minnesota and went to heaven from Swanzey, NH, on August 29th, 2026. Mike was married to the love of his life, Donna Schauer, for 29 years. Mike was truly a great man: kind, caring, and a man of strong faith. His love for God and the people around him was evident in the way he lived his life. Mike honored the precepts this country was founded on and was frequently helping out at the polling stations wearing his flag shirt. Mike's favorite place was the lake in Maine where he was the skipper of his pontoon boat, “The Lucky Us,” with his first mate, Donna. Lunch on the boat was a favorite thing while photographing the beautiful birds on the lake. A resident of New Hampshire, Mike still cheered for his Minnesota teams, the Vikings and the Twins. Mike fought a long hard battle with kidney cancer, never losing his faith in Jesus. We thank the medical staff at Dartmouth Hitchcock Lebanon for their care and support for Mike and Donna.



Donations can be made in Mike's name to the American Cancer Society, P.O. Box 6704, Hagerstown, MD, 21741. There will be a Celebration of Life on November 14th at 11:00 a.m. at Cornerstone Baptist Church, 125 Goodell Ave, Swanzey, NH.

Maggie Rose Macri
April 9, 1985 - October 2, 2026

Some people spend their lives following the rules and societal norms. Maggie Rose Macri was never particularly interested in being one of them. Maggie, 41, of Alstead, New Hampshire, passed away on October 2, 2026. Born April 9, 1985, Maggie grew up in Alstead, surrounded by the land, animals, and people that shaped her life. Fiercely independent, wonderfully stubborn, adventurous, and entirely herself, Maggie lived life on her own terms.



She had an extraordinary gift with animals, particularly Morgan horses. Whether working in the barn, caring for a horse, or helping one heal, Maggie was exactly where she belonged. Among the horses who shaped her life, none held a more special place in her heart than Pentium, affectionately known as Calvin.

Maggie also loved the woods, her dogs, and exploring with her three boys. She loved her boys fiercely, navigating the joys and challenges of motherhood in her own way, and encouraged them to get dirty, seek adventure, think for themselves, and always be true to who they are. Maggie is survived by her life partner, Marcus Stuart Vannini; her sons, Trajan, Jupiter, and Zorian; her father, Fran Macri, and his wife, Debbie; her mother, Heidi Bridgewater, and her husband, John; her sisters, Jami and Johanna; and many friends and members of the horse community whose lives she touched. She was predeceased by her beloved infant son, Phoenix.

A service celebrating Maggie's life will be held November 7 at 1:00 p.m. at Grace Community Evangelical Free Church, 49 Old Swanzey Road, Spofford, NH 03462.

In lieu of flowers, memorial contributions for Maggie's sons are greatly appreciated. Donations may be made online at <https://gofund.me/e66e71681>. Checks may be made payable to Macri-Vannini and mailed to 197 West Swanzey Road, Swanzey, NH 03406.

Celebrate their lives

Honor your loved ones with a photo in the Shopper.
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Chair Yoga Class At Keene Recreation Center

The Keene Recreation Center will offer a Chair Yoga class series beginning Thursday, November 5th. Chair Yoga is a gentle form of yoga, practiced sitting in a chair or standing, using a chair for support. No previous yoga experience is required. The five-week series will be held on Thursdays, November 5th to December 10th (no class Thanksgiving, November 26th) at 1 p.m. The cost is \$30 for the session, or \$6 to drop in. The class will be taught by Certified Yoga Instructor Betty Christiansen. Registration is available at the Parks and Rec website at <https://keeneparks.com>.

Advance Funeral Planning

An Advance Funeral Planning talk will be held on Tuesday, November 3rd at Keene Public Library at 60 Winter Street from 6 to 7 p.m. This presentation is on the benefits of funeral pre-planning. Attendees will gain insight into reducing emotional stress and financial burdens and honoring personal wishes.

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An Illinois Everbearing Mulberry Tree For Fresh Fruit From Home

“Here we go round the mulberry bush, the mulberry bush. Here we go round the mulberry bush...” Do you remember this English nursery rhyme? Its rumored origin as a song that 19th century women sang as they walked round and round a prison exercise yard might excuse the incorrect notion of a mulberry bush. Mulberries are, in fact, trees with delicious fruit. The association, however, is representative of the Mulberry’s unfortunate reputation as undesirable. But you know I am fond of a four-fer. This fruit tree fits the bill.

Woods and Gardens

with Michele Chalice



Benefit #1 Low Maintenance and Incredibly Easy to Grow – The Illinois Everbearing Mulberry is a disease and insect resistant tree – a big plus for those of us who struggle with various peach or other stone fruit tree problems. The fact that it creates berries on a plant without thorns is pretty wonderful as well.

Benefit #2 Growing and Harvesting Fresh Fruit at Home – Growing this tree can reduce the fruit that we buy now from corporate growers who use pesticides, herbicides, and other chemicals. Walking out our back door to bring home fruit reduces our part in the air pollution and fossil fuel consumption.

Benefit #3 Superfood Nutritional Values – It turns out that both fresh and dried mulberries are one of nature’s underrated superfoods. Behind their sweet-tart flavor lies a treasure trove of nutrients, antioxidants, and health-promoting properties. All mulberries contain fiber for digestive health. A 2022 study concluded that indeed, “incorporating mulberries into a diet may favorably affect several cardio metabolic risk factors.” The Illinois Everbearing variety has black mulberries, which contain high amounts of immune boosting antioxidants like anthocyanins and resveratrol, more than grapes.

Benefit #4 Flexible Harvests – Illinois Everbearing Mulberry tree’s abundant fruit ripens from July into September! This long harvest makes creating preserves, freezing, and dehydration more reasonable. This assumes that you can control yourself and everyone else from eating all of the berries. Extra credit benefits: The plethora of mulberries on this tree is used by gardeners to draw birds away from their more prized fruit trees. The leaves have a similar shape to oak leaves and their dense foliage makes a great privacy screen.

Culture: The Illinois Everbearing Mulberry will grow in moist, average, and even dry soils. It can grow three to five feet a year in Zones 5 to 7, and its 20 to 30-foot tall height provides abundant shade. It

begins producing fruit two to three years after planting. Make sure to choose a planting location with full sun as well as abundant space and air circulation.

Cautions: You knew these were coming, right? White Mulberry trees from East Asia are invasive here, colonizing wild areas and hybridizing freely. The tops of their leaves are shiny with tiny hairs on the bottom. The hardiness of the Illinois Everbearing Mulberry, which is a hybrid of a white and red mulberry, means that removing their many seedlings is an important, ongoing task. Like every fast-growing tree, make sure to plant it away from old water or sewer pipes. The prolific fruiting aspect of all mulberry trees can also be a challenge when they’re planted next to a sidewalk, driveway, or building. Don’t do that!

Plant them where we and wildlife all will benefit from their bounty.

Additional Information: <https://infolia.org/morus-alba/Illinois-Everbearing.htm>.

Michele Chalice, owner of @HealthHomeHabitats, an environmental landscape consulting and education firm in Keene, loves to talk with groups and new clients. 603-313-9153 or michele@healthhomehabitats.com

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Pumpkin Mania Family Fun At Keene YMCA

On Friday, October 30th, the Keene Family YMCA will have its annual Pumpkin Mania Family Fun Night from 6 to 7:30 p.m. at 200 Summit Road. This event includes pumpkin-themed activities in the gym and a pumpkin toss in the pool. Participants should bring a pumpkin to toss, then stick around to carve it afterward. For costs and to register, visit <https://keeneymca.org/events>. For more details, call 603-352-6002.

Halloween Trick Or Treat At Keene Library

A Halloween Trick or Treat event will be held on Friday, October 30th from 4 to 5:30 p.m. in Heberton Hall at Keene Public Library on Winter Street. Participants should come in costume and be sure to bring some riddles to see if the librarians can be tricked. Start by decorating a treat bag and then visit all the service desks for spooky surprises. This event is designed for young children and their families, but all are welcome.

Halloween Party At Richmond Library

On Saturday, October 31st there will be a Halloween Party at Richmond Public Library at 19 Winchester Road at 4 p.m. This family friendly party includes games, creepy crafts, and spooky snacks.



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October 31, 2026
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November 2, 2026
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Seven Autumn Activities For Preschoolers

Spending all day with a preschooler can be draining. Little humans need active play, hands-on learning, and quiet time. This article focuses on the active time of day when you can get the child outside to play, make discoveries, and burn off some of that endless energy.

Monadnock Family
with Lori Catozzi Cook



Create an Outdoor Nature Table
You'll need a small table or box for the kids to display what they find. Take a walk and look for autumn treasures like colorful leaves, feathers, acorns with and without caps, and dried mosses, and have the kids put these treasures on the table. Your conversation about the treasures can be around textures, colors, the purpose of the item, etc.

Color Match
Collect a few paint chip cards (browns, greens, yellows, reds) from your local paint store to use for this outdoor adventure. Then set the kids on a mission to match the paint chips to the season's color palette of nature. Can they spot all the different shades on the cards? How many things in nature did they find in all?

Scavenger Hunt
Scavenger hunts can be super exciting – especially for preschoolers. Create an illustrated list of items to find by drawing the items in nature for them to find, or if you have access to a printer, print them out. Either way, write the name of each item under the illustration, so the child can also see the word. Show them how to check off each item as they find it.

Match the Leaf
Matching the leaf to the tree is like a treasure hunt where the only clue is leaves! Collect a variety of leaves before starting. Then have the child find the tree that each leaf belongs to. Encourage them to observe the leaves on the ground and then scan up to look at the branches on the tree.

Spot the Birds
Autumn is a great time for bird watching. You'll find birds that are getting ready for the colder season and flocks that are just passing through on their way

south. You and your preschooler can research birds in your area along with the migrant flocks. Grab binoculars, a logbook and pencil, and a camera (or use your cell phone) and head out birdwatching. You can make notes in the logbook when you find a bird that can be identified. If not, take a picture of the bird so you can research it when you get back home.

Pumpkin Seed Tree Art
Though this isn't an outside, running around activity, I thought this creative fall project would keep the little ones busy and engaged. Start with dry pumpkin seeds. (If using pumpkin seeds fresh from a pumpkin, clean all the pulp off and lay them in a single layer on a baking sheet and place them in an oven at 200 degrees for two hours.) Using sandwich bags, separate the dry pumpkin seeds into as many bags as colors that you will be using – green, red, yellow, orange, etc. Add a couple of squirts of each color into a designated bag for that color. Seal the bag and massage the seeds so the color spreads throughout the bag. Lay the seeds onto aluminum foil to dry overnight. (If you want to speed up the process, you can put them in a 200-degree oven for about 10 minutes, though the color may alter slightly.) These seeds will represent leaves on a tree.

For the art side of this activity, draw a large tree with branches onto an 11x17 white poster board. Kids can glue their colorful "leaves" onto the branches, on the ground, and even mid-air, floating to the ground.

Build a Fort
Talk to your preschooler about the animals that are looking for safe places to hibernate. They can then pretend to be an animal to build their own hibernation burrow, or a little fort. Help the kids string a rope between two trees and hang a sheet across it – pinning the corners down into the ground. Now the little "animal" can move in and out of their hibernation fort.

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	Close	Week's Change		Close	Week's Change
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Becton Dickinson (C.R. Bard)	198.91	7.16	Merck (Hubbard Farms)	145.27	(0.68)
Toronto Dominion Bank (TD Bank)	124.61	4.22	Deluxe (NEBS)	23.32	0.14
PC Connection	88.69	(0.63)	Teleflex (Jaffrey)	136.29	6.15
Bank Of America (Fleet)	50.56	(0.67)	Timken (MPB Corp.)	109.33	(3.06)
Corning Inc.	123.69	(8.31)	M&T Bank Corp. (People's United)	221.66	6.38
Ametek, Inc. (Precitech)	240.03	(8.14)	Dover Corp. (Markem)	199.20	3.40
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	53.95	(3.36)	Wheat (cents per bushel)	625.00	(35.50)
Gold (\$ per ounce)	4,007.90	(173.20)	Corn (cents per bushel)	456.00	(18.25)
Platinum (\$ per ounce)	1,553.25	(81.87)	Soybeans (cents per bushel)	1,241.77	(18.73)
			Cattle (cents per pound)	231.13	2.78
			Crude (\$ per barrel)	103.27	1.86

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Woodfield Press Holds Holiday Open House



Cindy Hendrick shown working in her studio.



“Feast,” a timely example of Cindy Hendrick’s notecards.

Woodfield Press will hold its annual Holiday Open House Friday, November 6th from 2 to 5 p.m., and Saturday, November 7th from noon to 3 p.m., at 6 Baine Way in Alstead. The two-day event will feature artwork, paper goods, and gifts by New Hampshire artist and Woodfield founder Cindy Hendrick. Visitors should use the Mole Hill entrance on Gilsun Mine Road. The event is free and open to the public.

For more than two decades, Hendrick has created Tales from Woodfield, an illustrated world inspired by New England landscapes, changing seasons, and

woodland animals. Her pen-and-ink and watercolor paintings depict animals with names, friendships, and stories against a backdrop of gardens, farms, villages, and forests.

Woodfield Press began as a home operation after Hendrick placed some of her early animal illustrations at the Hannah Grimes Marketplace in Keene. As the cards began selling, Hendrick and her husband, Peter Hendrick, printed, dried, folded, and cut them by hand. The collection has since expanded to include notecards, prints, calendars, Advent calendars, paper doll kits, and other illustrated goods. Woodfield products are now carried by more than 450 shops throughout the United States and Canada.

Open house visitors can meet Cindy and Peter Hendrick and shop directly from Woodfield’s warehouse stacks. Notecards, matted prints, calendars, and Advent calendars will be available, along with larger giclée prints and unmatted, unsigned giclée print proofs. Prints and cards by Walpole photographer Beck Paffrath will also be offered. Cider, donuts and door prizes will be available.

For more details, visit woodfieldcards.com, email office@woodfieldcards.com, or call 603-835-9000.

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Rock Dust

When I was writing my book, *Celeste's Garden Delights*, I interviewed a very interesting man, Dan Kittredge. He had founded an organization called The Bionutrient Food Association. He believes that "organic" is wrong. That defines what a farmer puts into the soil. He thinks that it is more important what farmers get out of the soil. How good are the vegetables? Is there a way to tell?

I joined the organization and I received a portable refractometer as well as a tool that crushes parts of veggies to put into the refractometer to measure their sugars. It is referred to as a Brix method. They came along with a chart differentiating poor, good, or excellent quality. I tested my vegetables and, while decent, none were excellent. So I stopped testing.

This year, the carrots, beets, and peppers seemed different. They were large, beautiful, and strong. So I decided to test them again. All excellent! All at the very top of the scale.

While I did put together some foliar sprays this spring, I only used them for several weeks. It didn't seem like that was the answer as to why my crops exceeded my expectations. So I thought back to a talk that Dan had given at last year's Liberty Food Festival conference in Bellows Falls, VT. He said, "If you want to remineralize your soil, rock dust, rock dust, rock dust."

Rock dust is made from grinding down rocks into small particles. The smallness of the particles makes it easier for plants to absorb the trace minerals that they can provide. The actual mineral content depends upon what kind of rocks are used, but many dusts contain silicon, iron, magnesium, calcium, potassium, manganese, cobalt, zinc, copper, and boron. It is not a fertilizer, but many plants have a hard time producing fruit from a lack of minerals. This is especially true in this country because farmers often failed to return minerals to the soil.

So I called my local quarry (Cold River in Walpole) and asked about rock dust. I was told that I could bring a few five-gallon buckets and help myself to some rock dust free of charge. This made me quite happy. I gathered a few buckets as well as my husband's hard hat and headed for the quarry. I also brought along a few home-grown garlics for the attendant as it is nice to give something when you are receiving a valuable resource at no charge. I parked my car at the gate and went inside to ask the location of the rock dust. He told me where it was and I drove up and collected a healthy amount.

I brought it back to my house and asked my friend, farmer Dave, if I should use it carefully or liberally. He said to pile it on. So I put it on fairly heavy, and I suspect that the plants loved it.

The Haunting

The

Mental Health

Minute

with Adele Michaelides Thomas



October, this magical month like no other, offers us crisp colors, wondrous textures and mysterious shadows. The brisk air invites us to breathe deeply, to study the ever-changing angles of light. And October hosts the marvelous, mythical Old Hallows Eve. We love to enter the haunted house or hayride, to holler back at horror movies, "Is she going in the basement with the chain saws again?"

But what of internal haunting? What haunts you? Does it creep in slowly and tap your shoulder with a bony finger? Does it sweep in with furious frigid air, and leave you numb? The things that haunt us like to live in the hidden zip codes of our brains.

Upon release, we panic: "Oh no! Return to sender, post haste!" Ugly but fascinating, the haunting holds the core of fear, shame, unspeakable grief. Haunting contains ancient mantras no longer helpful, but replayed in code, again and again.

You may choose not to explore your haunting alone. Someone may hold the lantern while you peek into the fog, poke the swirling muck. Shall we illuminate the caves, crevices, and corners? Ready when you are...

Adele Michaelides Thomas is a licensed clinician and owner of Finding Sky Counseling. For more information about her services, or to schedule an appointment, she can be reached at 603-354-3604. Visit her online at www.findingskycounselingcenter.com.

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Rock dust also apparently increases the soil's ability to retain and exchange nutrients with plant roots. Because of this, the soil holds onto vital elements longer, reducing the need for frequent fertilization.

Green

Monadnock

with Celeste Longacre



If you search for bionutrient food association videos, you will see many videos that you can watch whenever you want. Dan is dedicated to revitalizing planet Earth's soils and he gives many hints about regenerative agriculture. If you just search for bionutrient food association, you can view a photo of the refractometer.

Get some rock dust and see what happens.

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

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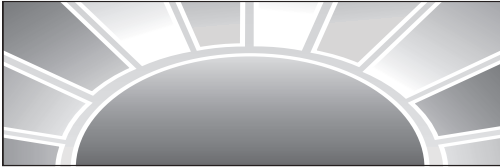
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Return Of The Light Seeker

We are beings of light having a human experience. We seek light. We are sensitive to light. The light and color of our environment delights and heals us. Here in New England, fall marks the seasonal transition into diminished light and the seeking of inner light. As we attune to the absence of light, we also attune to our spiritual nature. We strengthen connections with family and friends and the divine.

I have broadened my awareness of celestial light seeking to include searching for angels and divine interdimensional beings. I find they are often with us yet routinely overlooked. If noticed though, they respond with a resonance of light, communion, and love.

Just as my energy field can affect your energy field as a healer, so can angels and divine interdimensional beings affect yours. Photons of light and frequency pattern in waves harmonize, share information, and sync. It is more than a meditative experience; it is a communion with divine consciousness. As your consciousness expands, the more you open and receive the more you understand. We are geared as light beings to communicate this way. You may even reawaken a greater understanding of your whole being.

Expanded awareness and healing happens in the sharing of this information, light and energy. It happens through or with our chakras. Those vortices of light and energy, wisdom and information, comprise our light body. Communication happens as well; orchestrated waves of energy begin to sync and harmonize. Your whole field, which is your aura and the energy field of the divine presence, talks to each other.

It is more than just a resonance of one field to another, or even repattern-

ing. It is a call to life. A recognition of essence. A remembering of self, soul, and the divine. Just as it is possible to connect with angelic beings, it is also true to our nature. We are in essence light, and light seeks light. I have been an energy light healer for 35 years. Communication of my energy field with yours is the essence of the work. I see it as the universal language of the soul.

Healing Perspectives
with Rosie Carey



At the core of energy work, healing happens for the physical body through a process of recognition and remembering essence. Your physical body and light body are intertwined. Your light body permeates into cells and organs; meridians and chakras function together and affect each other. I am able to adjust patterns of disfunction through the resonance of my energy field to yours and the divine. I remove areas of darkness or disease and mend the light mesh surrounding the disturbance so you once again become light-filled. Photons of light and frequency pattern in waves to harmonize, share information, and sync.

As we remember we are universally one and talk the same language, we share our hearts and love, and we are each expanded in consciousness through the exchange of essence.

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. 603-852-8300.

Dublin Village Massage Accepting New Clients

Dublin Village Massage is open and accepting new clients. Licensed massage therapist Meagan Knight believes massage is for everyone. Massage can help relieve stress and muscle tension, soothe sore and tired bodies, improve mobility, support restful sleep, and help manage certain types of chronic pain.

Knight specializes in therapeutic massage and prenatal massage. The therapeutic option is a completely customizable service that could be a relaxation oriented massage to help release stress and let the mind unwind or deep tissue oriented massage to target sore muscles or assist in easing chronic discomfort and pain. Knight incorporates different modalities depending on what the client prefers. Prenatal is a great option for expecting mothers looking to relax and to help ease any physical discomfort for mothers that are 12-plus weeks along in the pregnancy.

"I believe taking care of yourself isn't a luxury; it's an important part of living well. It's an honor to be part of that process, one person and one session at a time," said Knight.

Knight is offering an open house on Sunday, November 8th, from 10 a.m. to 1 p.m. Visitors can make an essential oil sachet to take home or sign up to win a luxury self-care basket or a 60-minute



Meagan Knight, a licensed massage therapist, will be holding an open house at Dublin Village Massage on Sunday, November 8th.

massage. New clients will receive \$20 off their first 60- or 90-minute massage.

Dublin Village Massage is located at 1283 Main St. in Dublin. For more details, call 603-496-2659 or email to dublinvillage massage@gmail.com.

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Win \$50 Gift Certificate To One Of These Businesses

To enter, find these words (taken from Jen Risley's column) in the word search.

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

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

Deadline is Friday, November 13th.

Last month's winner was Karen Galloway, who chose a \$50 gift certificate to Norm's.



Word Bank: independent • unite • organize • local • economy
innovate • connecting • ecological • roots • vision • prosperity

Name _____ Phone _____

Preferred Gift Certificate _____



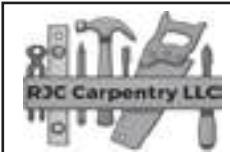
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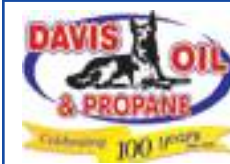
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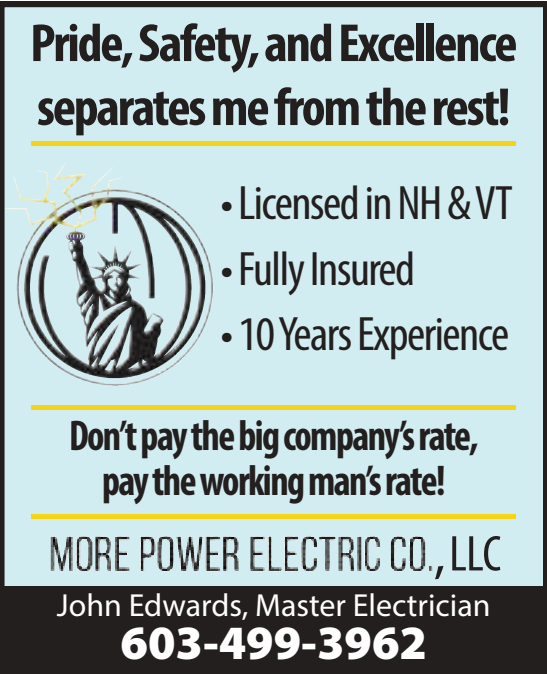
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CELEBRATE

Marco Polo Garden In Keene – Dine In, Take Out, Delivery, Function Room

MARCO POLO, Continued from page 1

"This is a traditional Chinese restaurant that reminded me – service, food, and ambiance-wise – of one from my 1950s childhood," says Bob Harris. "Service was quick. We got two dinner orders of General Tso's Chicken for a very reasonable price, and had leftovers for dinner."

"My husband and I always order takeout, and it is excellent every time," says Amber Hubert. "The people are really nice, and the delivery is usually faster than they say!"

Lin has made a few changes to the restaurant since ownership, including adding a selection of Thai food, like Drunken Noodles, Pad Thai, and the rich and creamy Massaman Curry to the menu.

She is also "updating as we go" the interior – the furnishings and decor – of the restaurant. Flooring has been replaced and a mini-split system has been added to make this family-oriented space more comfortable. The front exterior of the building has undergone a refresh this past summer as well.

The goal of the team at Marco Polo is to prepare quality food with attention to detail, and to provide their patrons with the best service and experience. "Our customers are so friendly; they are like family here," Lin adds.

"My family loves this place," says Coco Louis. "They have really great food; it's always delicious, and the service is quick."

Another happy patron, Timothy Hein, has this to say about his experience at Marco Polo: "Favorite Chinese food spot in Keene for takeout or dine-in. Food is always cooked perfectly and

good-sized portions. The staff is very friendly. I highly recommend them."

Marco Polo offers not only a spacious room for diners, but a private function room for small events – birthdays, anniversaries, bridal and baby showers, retirement parties, and more. There is also a bonus space off of the private function room for a DJ or band to set up.

"We are adaptable to our customers' needs," says Lin. "And they can bring their own decorations to decorate for the event." Interested parties should call and reserve the space.

Marco Polo has a full-service bar (Scorpion Bowl or Mai Tai anyone?) and all of the classics that people have come to love over the years, like crab rangoon, boneless ribs, sweet & sour chicken, dumplings, egg rolls, Pu Pu Platter, wonton soup, and so much more. They also have a kids' menu.

"Just tried this place out for the first time tonight," says Thor Brayshaw. "The food is actually the best in Keene as far as Chinese cuisine goes. Everything is very well done with zero compromise."

Marco Polo has dine-in, take out, and delivery services, and they have revamped their website for more coherence with the ordering process. Hours are Mondays through Thursdays from 11 a.m. to 9 p.m., Fridays and Saturdays from 11 a.m. to 10 p.m., and Sundays from noon until 9 p.m.

For more details, to place an order, or to reserve the function room, call 603- 357-3464 or visit marcopolonh.uorder.io.

For Love Of The Land: A Tribute To The Agricultural Way Of Life

LAND, Continued from page 1

This year renowned artist Peter Granucci will be joining the group with his exquisite drawings and paintings. "My love and respect for our animals is a constant theme in my work," he says. Granucci paints from his studio at his farm in Gilsum.

The exhibit will be at the Cunningham Gallery at the Jaffrey Civic Center

at 40 Main Street in Jaffrey and the opening reception will be on November 5th from 5 to 7 p.m. Refreshments and lively conversations with these seven artists will be enjoyed.

The gallery is open Wednesday, Thursday, and Friday noon to 5 p.m., and Saturday 10 a.m. to 2 p.m.



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LOCAL

A Declaration For Independent Businesses

LOCAL, Continued from page 1

The Declaration

On this, the 250th anniversary of the United States of America, we, the undersigned, remember that our country was founded by brave independent farmers, shopkeepers, and craftsmen. Independent businesses, core to the Spirit of 1776, fought a revolution to break away from a king, despotic rule, and monarchical monopolies. Today, we face different kinds of despots, ranging from a runaway central government to untethered global corporations. Independent businesses must unite and organize again.

Celebrate Local

with Jennifer Risley



Why Independent Businesses

We believe in the power of local economies, anchored by strong independent businesses, to serve as the essential building blocks of a better country and a better world. We know that local economies become stronger as they become more self-reliant in basics like food, energy, and water. When more of the economy is owned locally, there are better jobs, higher wages, stronger tax bases, and more entrepreneurship. An economic foundation built on independent businesses can, and has been proven to, achieve more economic justice, greater environmental stewardship, broader equity and inclusion, and stronger democracies.

Innovate Locally, Share Globally

We also have confidence that a world of stronger local economies is one in which more problems can be solved in more places more quickly. Our motto is to innovate locally, share globally. By connecting communities worldwide with one another, we can share solutions, technologies, and successful policies more quickly. A world of more self-reliant communities is one in which we are more likely to meet basic human needs, to live within planetary ecological boundaries, and to coexist with one another without war or violence.

Our Roots

Many leaders, businesses, and organizations have propelled this movement over the past 30 years. In 2001, two dynamic non-profit business associations were established: American Independent Business Alliance and Business Alliance for Local Living Economies. Both undertook breakthrough work in educating consumers about the value of buying from and supporting locally owned and independent businesses. Hundreds of cities and tens of thousands of businesses participated. Today, only AMIBA continues to operate. The number of local business networks has declined significantly, and the work of local economies has splintered into hundreds of competing organizations.

Our Vision

We will unite with one million independent businesses all across the United States of America to build strong alliances among each other and simpatico organizations. Together, we will exchange knowledge, institute programs, support local policies, share funding resources, and promote the benefits of shopping locally.

Our signature represents a commitment to the Local Economy Movement, our fellow independent business owners, and the communities we serve with pride.

Monadnock Region signers include: Martin Castriotta, Earthcraft Design/Village Roots Permaculture; Noah Elbers, Orchard Hill Breadworks; Sarah Gilliatt, Main Street Cheese, LLC; William Littles, Steele's Stationers; Katy Locke, Monadnock Food Co-op Member-Owner; Carla Mansfield, Howard's Leather; Patti Powers, Cheshire Garden; Jennifer Risley, TLC Monadnock; Mitchell Shakour, The Monadnock Shopper News; Roger Weinreich, Good Fortune Jewelry & Pawn; and you?

Add your name at amiba.net/declaration. In addition to signing our Declaration, we also invite you to Shop Indie Local this holiday season.

Get Ready for Shop Indie Local Week

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

Plaid Friday

For the 17th year, independent businesses and community members in the Monadnock Region will celebrate Plaid Friday, the day after Thanksgiving. This year's event falls on Friday, November 27. Wear plaid on Friday to show your support for our local economy and commitment to buying local this holiday season: tlcmonadnock.com/plaidfriday.

Be sure to visit the locally owned businesses that have volunteered to serve as Plaid Friday Hubs this year. Hubs pledge to photograph you decked out in

plaid and answer questions about Plaid Friday. TLC Monadnock will post all Plaid Friday photos throughout the day at facebook.com/monadnocklocal. Stay tuned for a list of hubs at tlcmonadnock.com/plaidfriday#hubs.

Small Business Saturday

While Plaid Friday overshadows Small Business Saturday in our region, we encourage everyone to celebrate this event on November 28. No matter how you get involved, every little bit makes a big difference. Stay tuned for Small Business Saturday happenings at tlcmonadnock.com/shop-small.

Artists Sunday

November 29 is Artists Sunday, a collaboration of over 4500 artists and organizations that come together to encourage community members to shop with their favorite local artists and makers during the holiday season. Think of it as Plaid Friday but for the arts: tlcmonadnock.com/artists-sunday.

Cider Monday

Instead of Cyber Monday, a day when online merchants offer special deals, we invite folks to Cider Monday on November 30. Stop in for free cider from participating Cider Monday businesses. Also, if you choose to shop online, choose local too! Learn more at tlcmonadnock.com/cidermonday.

Giving Tuesday

A global generosity movement, Giving Tuesday on December 1, encourages you to give in any way you can. Organizers share, "Whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts, and everyone has something to give." Learn more at tlcmonadnock.com/givingtuesday.

Together, we're creating new jobs, charitable contributions, and community prosperity – what a gift! Thank you for supporting our movement.

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

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ENTERTAINMENT

and DINING

Wednesday, Oct. 28

ARTS, MUSIC & THEATER

Monadnock Art Open Studio Art Tour Gallery Exhibit 10am-4pm. Monadnock Center for History & Culture, 19 Grove St., Peterborough. Thru Oct. 31st. www.MonadnockArt.org.

DINING PLEASURES

Adult Community Potluck Luncheon 11:45am-1:15pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy. Bring a dish to share, salad, main course, or dessert. **603-352-6689**. office@swanzeyucc.org. www.swanzeyucc.org.

FAMILY FUN

Registration Opens: 4-H Discovery Day – Hands-On Learning And College Exploration Registration is required and closes at the end of the day on Sunday, November 8th. Youth workshop sign-ups open in October, first to pre-registrants and then to the public. Joining 4-H is free through 4-H ZSuite and is required to receive the 4-H rate. www.extension.unh.edu.

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Thursday, Oct. 29

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Josh Ritter: A Book Of Gold Thrown Open 7-9pm. The Colonial Theatre, 95 Main St., Keene. Singer, songwriter, musician, artist, and best-selling author. \$59/\$49/\$39. **603-352-2033**. www.thecolonial.org.

LECTURES & WORKSHOPS

Early Foundation Clinics: Behavior 9-10am. Cheshire Medical Center. Support for children from birth to age 6, along with parents or caregivers. Common challenges like sleeping, feeding, toileting, and behavior. Lea Kablik: **603-354-5454**. lkablik@cheshire-med.com.

MISCELLANEOUS

"Everyone's Trash: One Man Against 1.6 Billion Pounds" 6:30-8pm. Peterborough Town Library, 2 Concord St. Author Duncan Watson. Conversation about his book Everyone's Trash: One Man Against 1.6 Billion Pounds. **603-924-8040**. www.peterboroughtownlibrary.org/.

Trivia Thursdays: Wade The Great Entertainment 6:30-8pm. Mama McDonough's Irish Pub, 80 Airport Rd., Keene. Top 3 teams win gift cards.

Friday, Oct. 30

ARTS, MUSIC & THEATER

The Jesus is Lord Tour 6pm. Whitcomb Hall, 17 Main St., W Swanzey. Coffee with Jesus and music. Thomas Travers: **603-381-9077**. tom@jesusislordtour.com. www.jesusislordtour.com/.

'forsyth' concert 7:30pm. Nelson Town Hall. Boston-based musicians utilize their unique voices and a wide array of instrumentation. Suggested admission \$25. Children under 16 free with paying adult. www.monadnockfolk.org/-forsyth-nelson-town-hall-october-30-2026/.

Frank Santos Jr. Comedy Hypnosis Show 7:30pm. Park Theatre, 19 Main St., Jaffrey. Tickets at **603-532-9300**. www.theparktheatre.org/.

FAMILY FUN

Trick or Treat 4-5:30pm. Keene Public Library, 60 Winter St. Come in costume. Decorating treat bag and then visit the service desks for surprises. Crafts and snacks. Designed for young children and their families but all are welcome. **603-352-0157**. www.akraemer@keenenh.gov.

Family Fun Night, Pumpkin Mania 6-7:30pm. Keene Family YMCA, 200 Summit Rd. Pumpkin-themed activities, pumpkin toss in the pool. Bring a pumpkin to toss, then stick around to carve it afterward. All ages welcome. **603-352-6002**. memberservices@keene-ymca.org.

LECTURES & WORKSHOPS

Celebrate Samhain: The Thinning of the Veil 7-8:15pm. Aloha Keene Yoga Studio, 83 Court St. Anam Dance, a free form movement practice that harmonizes the soul and body. \$20. www.alohakeene.com/workshops-events/.

MISCELLANEOUS

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

Saturday, Oct. 31

FAMILY FUN

Halloween Party 4pm. Richmond Public Library, 19 Winchester Rd. Family friendly, ghastly games, creepy crafts, and spooky snacks. **603-239-6164**. www.richmondnh.us/.

Halloween Mystery at Mill Hollow Works at 149 Hurricane Road in Keene. Old-fashioned Halloween games, a children's investigator passport, mask painting, treats, and an optional \$10 Mischief Broom Workshop. Free, but advance registration is required; www.milhollowworks.org

FAIRS & SALES

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

LECTURES & WORKSHOPS

Shamanic Journeying Workshop 10:30am-12pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Transformative journey through rhythmic drumming, visualization, and focused intention. \$25. www.alohakeene.com/workshops-events/.

MISC.

Knitting Circle 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Drop-in group for hand-crafters of all abilities. Richmond Public Library: **603-239-6164**. library@richmondnh.us.

MARCO POLO GARDEN

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 c. 1870s village scene was taken in what Cheshire County town?



The winner of last week's Mystery Photo Contest was Gene Cuomo of Fitzwilliam. The town meeting took place in Fitzwilliam c.1960.

Mill Hollow Works Hosts A Celebration Of Heritage Craft Saturday, November 7th



JD and the Stonemasons play a variety of Irish American music. They will perform at the Celebration of Heritage Craft on November 7th.

Jack in the Green Morris Men (below) dance for the turning of the seasons and the rejuvenation of nature. They will perform at the Heritage Craft event at Mill Hollow Works.



Mill Hollow Works will host a Celebration of Heritage Craft on Saturday, November 7th from 10 a.m. to 3 p.m. at 149 Hurricane Road in Keene.

This family-friendly day is dedicated to traditional skills, handmade goods, and the people keeping these crafts alive. The free event features live craft demonstrations, local makers and vendors, farm animals, food, and live music by JD and the Stonemasons, performing sea shanties and traditional work songs.

Visitors can also try their hand at traditional skills through a selection of short, hands-on workshops, including woodcarving, knife sharpening, corn husk angels, holiday arrangements, sourdough bread, and more. These bite-sized classes offer an opportunity to experience a new craft without committing to a full-length course. Workshop fees and registration requirements vary.

For more details and workshop registration, visit www.millhollow-works.org.

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Monday, Nov. 2 MISCELLANEOUS

100+Women Who Care-Cheshire County 6-7:15pm. Colonial Theatre, Main St., Keene. Refreshments, socializing 5:15-6. To join, go to www.100pluswomencheshirecounty.com.
Red Cross Blood Drive 10:30am-3:30pm. St. Bernard Church, 185 Main St., Keene. Schedule appointment at 800-733-2767. www.RedCrossBlood.org.
Red Cross Blood Drive 12-4:30pm. Ellen L. Murphy Memorial Community Center, 21 Durkee St., Winchester. To make an appointment call or visit 800-733-2767. www.RedCrossBlood.org.

Tuesday, Nov. 3

LECTURES & WORKSHOPS

Advance Funeral Planning 6-7pm. Keene Public Library, Miller-Vincent Room, 60 Winter St., Keene. Gain valuable insight into planning ahead to reduce emotional stress, financial burdens and to honor personal wishes. This seminar is presented by Arden Wallace. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.



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Fall Harvest Dinner At Aloha November 7th

Aloha, located on Court Street in Keene, will host a Fall Harvest Dinner Saturday, November 7th. Sarah Harpster will be the chef, and the emphasis will be on fall harvest foods, Ayurvedically inspired to be healthy. Jason Latham will provide musical ambiance.

The event will take place from 5:30 to 8:30 p.m. Registration is limited, and the cost is \$108. All proceeds go to Stonewall Farms. Register at vagaro.com/alohakeene or call 603-762-3129.

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Cranberries All Year Round

Fresh cranberries are now available at local markets for fall and holiday cooking. One of my favorite fruits, I buy extra cranberries and freeze them for use year 'round (just pop the bags into the freezer right from the market). For now, I will enjoy some simple cooking with cranberries in numerous ways. For savory dishes, add berries to roasted vegetables, to meatloaf, chicken, beef or pork roasts or braises, or simmer them for chutney and sauces. In baked goods, the uses for cranberries are legion and can brighten many of your favorite goodies, from muffins, to cakes to cookies. Or one of the best kept secrets is to make your own cranberry juice or party punches and cocktail drinks.

Cranberry Juice

It's so easy to make your own cranberry juice that tastes better, is healthier, and saves money as well. (I first discovered this recipe on a box of Ocean Spray cranberries – a box – that tells you how old this recipe is!)

To Make: one bag (12 oz) cranberries (fresh or frozen); six cups water; one-quarter to one-half cup sugar. Combine cranberries and water in a pot large enough to hold both easily. Bring to boil and simmer eight to 10 minutes until berries "pop." Put a large bowl in the sink; add the sugar to bottom of bowl and set a fine mesh strainer on the bowl. Pour the berries and water into the strainer; press down with a spoon to extract the liquid. Once juice is extracted, stir to combine the sugar well. Discard berries in strainer and transfer juice to two quart jars or bottles. Cool and refrigerate; use as needed up to 10 day to two weeks.

Cranberry Vinaigrette

This is a nice recipe to have on hand for fall fruit salads with pears, apples and/or grapes with nuts and mixed greens. It's also a good 'drizzle' on chicken, pork and fish during the last five to 10 minutes of cooking.

Ingredients:
1/3 cup cranberries
1 tablespoon parsley leaves
1½ teaspoons Dijon mustard
1/4 cup red wine vinegar or rice vinegar
2 tablespoons sugar, depending on tartness of cranberries
salt and freshly ground pepper

In a food processor, finely chop cranberries and parsley by pulsing on and off for about 30 seconds. Add rest of ingredients and process until smooth and creamy, but with flecks of cranberries still visible; don't over-puree ingredients. Store in glass jar in refrigerator until ready to use, up to one week. Makes about one cup.

Quick Cranberry Sauce

Serve this with holiday turkey, ham or brisket. Or enjoy it as a topping on desserts. Experiment and you'll discover new and delicious ways to use this



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easy recipe.

Ingredients:
12-oz bag fresh or frozen cranberries
3 tablespoons white sugar
2 tablespoons brown sugar
1/4 cup orange juice
3/4 cup water

Pinch cinnamon (optional)

Combine all the ingredients in a medium saucepan over medium heat; stir to combine. Bring mixture to a boil, then cook, stirring, until cranberries are mostly popped (six to eight minutes). Remove from heat and transfer to a bowl. Let cool a few minutes, then cover and refrigerate. Mixture will thicken as it cools in the refrigerator.

Cooking Corner

with Nancy Adams



Cranberry Balsamic Pork Tenderloin

This cranberry balsamic pork tenderloin is quick, easy and delicious. You can make your own cranberry sauce from the recipe above. Serves six to eight.

Ingredients:
2 tablespoons butter, divided
1½ lbs. pork tenderloin (1 large or 2 small pork tenderloins)
1/2 cup onion, finely diced
1 teaspoon fresh thyme leaves, or 1/4 tsp. dried thyme leaves
3/4 cup chicken broth
2/3 cup canned whole berry cranberry sauce, or homemade cranberry sauce
3-4 tablespoons balsamic vinegar, to taste

Salt and pepper, to taste

Preheat oven to 450. Melt one tablespoon butter in an ovenproof skillet (such as cast-iron) over medium-high heat. Sear pork in hot skillet, cooking on all sides, until golden brown, about five minutes. Place skillet with pork into the preheated oven. Roast pork until thermometer inserted into center registers 145 degrees F, about 15 to 20 minutes, depending on the size of your pork. Remove skillet from oven and remove pork to plate. Loosely place a sheet of aluminum foil over pork. Melt remaining one tablespoon butter in the same skillet on the stove-top over medium-high heat. Add the onion and thyme and sauté, stirring until the onion softens, about three minutes. Add the chicken broth, cranberry sauce,

and balsamic vinegar and whisk until cranberry sauce melts, about two minutes. Boil until sauce is syrupy and reduced, about eight to 10 minutes. Taste sauce and season as needed with salt and pepper. If sauce get too thick, thin with a splash more chicken broth. Remove foil from pork and add any juice on the plate to the sauce in the skillet. Add whole pork tenderloin into the warm sauce and allow the pork to re-warm in the sauce. To serve, remove pork to a serving plate and spoon sauce over and around the pork. Serve pork sliced with a spoonful of sauce; pass any extra sauce.

Eggnog Cheesecake

A simple cranberry glaze makes this the star of any show! Precook and cool your favorite pastry or graham cracker crust in a nine-inch springform pan for the base.

Ingredients:

1 crust, baked in an ungreased 9-inch springform pan, cooked 10-12 minutes and cooled

Filling:

20 ozs. cream cheese, room temperature

1/3 cup half and half

1/4 cup whipping cream

3/4 cup sugar

1½ teaspoons vanilla

3 large eggs

2 egg yolks

2½ tablespoons dark rum

2 tablespoons Cognac

1 teaspoon nutmeg

Glaze: 1/2 cup sugar, 1 tablespoon cornstarch, 3/4 cup fresh cranberries, 2/3 cup cranberry juice or water

Preheat oven to 350 degrees. Make filling by putting the cream cheese in a food processor bowl; process until cheese is smooth. Add rest of filling ingredients and process until well blended. Pour into prepared crust and bake 50 to 60 minutes. Cool on wire rack when done. Shortly before serving, make glaze by combining ingredients in a saucepan. Cook until berries "pop." Cool glaze to room temperature and spread over cheesecake just before serving.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine's great New England cooks. Nancy welcomes suggestions – send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.



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<i>ELECT</i> Matt McLaughlin	<i>ELECT</i> Donovan Fenton	<i>ELECT</i> Carryl Roy	<i>ELECT</i> Karen Liot-Hill	<i>ELECT</i> Melanie Levesque

US Senate	US House of Representatives
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