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SHOPPER NEWS



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AUTUMN**
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The Original Keene Shopper – “The Weekly with a Heart” – 68th Year of Community Service / October 7-13, 2026

Musician Josh Ritter Takes The Stage At The Colonial Theatre In Keene Thursday, October 29th



On Thursday, October 29th, renowned singer/songwriter Josh Ritter will take the stage to perform at The Colonial Theatre on Main Street in Keene at 7 p.m. The Book of Gold Thrown Open tour is meant to encompass the whole of Ritter's career, versus focusing on any one studio album.

One of today's most thoughtful and prolific voices, Ritter has released 11 studio albums including 2019's widely acclaimed *Fever Breaks*, of which NPR Music praised, “He remains a hydrant of ideas while embodying an endless capacity for empathy and indignation, often within a single song.” He recently released his 12th album, *I Believe in You, My Honeydew*.

Ritter has written music that has transcended generations, including luminaries such as Bob Dylan, Joan Baez, and Bob Weir covering his songs.

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

Josh Ritter, left

New History Of Sullivan Is Now Available

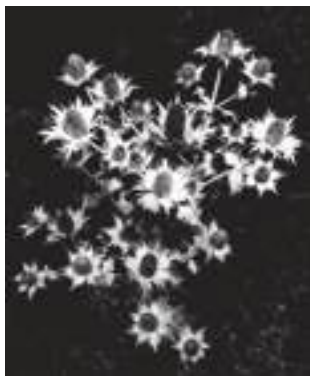
A history of Sullivan in the twentieth century has been published by Peter Randall Publisher. It begins where the previous town history by Rev. Josiah L. Seward left off in 1910 and follows the town's story until 2020. It details the transition of Sullivan from a typical northern New England hill town into a modern community. Using town records, reminiscences, and oral histories the author tells the story of how the community grew and yet maintained its open land and natural beauty.

The title of the book is *Our Modest, Unpretentious*

Little Town, Sullivan, NH, in the Twentieth Century. The author is Chris Pratt, Sullivan's town historian and archivist. He notes, “The title is taken from Rev. Seward's oration at the town's centennial in 1887. I thought the quotation was apt considering our small population. The rest of the quotation goes on to discuss our people's dedication to community and attention to our civic duties in spite of many challenges. That certainly is as true today as it was in Seward's time.”

HISTORY, page 16

Art Reception Friday, October 9th At The Dublin Community Center



David Levene



Miriam Dunn



Carol Krauss

The public is invited to attend the opening reception for October's art show at the DubHub at 1123 Main Street in Dublin, October 9th from 5 to 7 p.m., featuring the photography of Miriam Dunn, Carol Krauss, and David Levene. The exhibit runs October 7th through November 5th, and is available for viewing and purchase during Dubhub open hours and by appointment.

Peterborough-based photographer Dunn, whose work is inspired by her love of travel, culture, and nature, transports viewers to places near and far, in-

viting them to experience different cultures. She finds beauty in the vibrant colors and diverse landscapes she encounters around the world and locally, capturing moments that evoke emotion and connection.

Krauss has been taking photos for 60 years. She started with a Kodak “Brownie” and graduated to a SLR (single lens reflex) camera in college. Her goal has always been to capture moments in time, either with people or in the natural world. Lately, fall in southern New Hampshire has captured her attention.

ART, page 8

Cocoplum Appliances A Legacy Of Service And Value



Executive Assistant Donvan Haddad and Sales Consultant Kristen Weaver at the Brattleboro Cocoplum Appliances store are in one of the upgraded kitchen displays in the showroom that is currently being renovated.

By Lori Catozzi Cook

For over 40 years, Cocoplum Appliances has proudly served communities in New Hampshire and Vermont by going above and beyond to ensure every customer gets the personal attention, knowledgeable assistance,

and after-sales care they deserve. This dedication to excellence has built a legacy of service and value, making Cocoplum Appliances a trusted name in the appliance industry.

COCOPLUM, page 6

National Pierogi Day Celebrated

Our Lady of Czestochowa Church in Turners Falls, MA will celebrate National Pierogi Day on Saturday, October 10th, from 10 a.m. to 2 p.m. The public is invited.

The church's St. Hyacinth Pierogi Makers will sell their popular cheese, sauerkraut, plus potato and cheese jumbo-sized pierogi in frozen packages of six for \$12. The kitchen will be selling a Polish plate for \$15 that includes smoked kielbasa, potato and cheese pierogi, mushroom barley, marinated beets, horseradish coleslaw and rye bread. There also will be a sale featuring freshly baked Polish goods, including paczki, Polish donuts, and chrusciki, Polish angel wings.

Our Lady of Czestochowa Church is located at 84 K Street in Turners Falls, MA, 40 minutes from Keene.

St. Hyacinth Pierogi Makers Terry Dempsey and Kathi Hoszkiewicz get in the spirit with colorful t-shirts for National Pierogi Day at Our Lady of Czestochowa Church.



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Autumn... 7-14

BIRTHDAYS	4	ENTERTAINMENT	12-14	GREEN.....	18	MYSTERY PHOTO.....	13
CLASSIFIEDS	19	FAMILY.....	11	HEALING	15	PETS	2
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Born September 18, 2026 at 1:13am,
6lbs 18 inches at Maine Medical in
Portland, ME. To the parents of Paige
Marie Galloway and Samuel Lockhart
Galloway, and the grandparents Dawn
Marie Martin and Eric Page Martin, and
Abigail Galloway and Glenn Galloway.

Thank you to Emmett's entire family and friends, too
long to list here, for their continued love and support.

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Mickie

Mickie is a sweet, four-year-old, approximately 35-pound mixed-breed girl who loves the company of people. She would also likely do best with a similarly sized, dog-savvy canine companion, and MHS can help determine whether adopters' current dog would be a good match.

Mickie has learned to wear a leash and harness with pride, enjoying many walks with staff and volunteers. She welcomes and even leans into affection, especially chin and neck scratches, and it has been wonderful to watch her confidence grow.

As Mickie continues to settle in, her social personality is really beginning to shine. She definitely prefers the company of people, and will do best in a home that can minimize time she spends alone. She'd likely benefit from dog sitters, doggie daycare, and taking field trips!

If you are looking for a new companion to share your life with, then Mickie is your girl!

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.monadnockhumane.org.



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Free Seminar On Hand Pain Offered



W. Bradley White, MD

Monadnock Community Hospital will host Get a Grip on Hand Pain: Managing Common Age-Related Ailments, a free community Health & Wellness seminar, on Thursday, October 15th, from 5:30 to 7 p.m. at the Bond Wellness Center in Peterborough.

From typing and gardening to golfing and everyday tasks, healthy hands play an important role in daily life. Orthopedic surgeon Dr. W. Bradley White will offer this seminar on common hand conditions, including carpal tunnel syndrome, trigger finger, and Dupuytren's contracture. Attendees will learn to recognize symptoms such as numbness, tingling, stiffness, and finger locking, understand available treatment options, and discover when it may be time to seek medical care.

The seminar is free and open to the public. Space is limited, and registration is required. To sign up, visit hand-health-2026.eventbrite.com or call 603-924-4699 x1110. The seminar will be held in the conference room at Bond Wellness Center, located at Monadnock Community Hospital, 458 Old Street Road in Peterborough.

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The Hub 50+ Senior Singers: Sing Into Fall – A Festival of Songs

The Senior Singers of The Hub 50+ will present Sing into Fall – A Festival of Songs on Wednesday, October 14th at 2 p.m. at 312 Marlboro Street, Suite 100 in Keene. The program will feature folk, show tunes, gospel, and collective favorites. An ensemble of piano, bass, guitar, and drums will accompany the Singers. While there is no charge for the concert, guests are invited to make a donation to the Singers Sound System fund. The public is invited and refreshments will be served.

The program is dedicated to honor the well-lived life of Betty Zinn, who was a member of the Singers for 30-plus years. Zinn's inspiration as a leader, performer, humorist, and her memory of songs will live long in The Hub 50+'s hearts.

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October 4, 2026
Gunner Arthur May, son of Kayla & Bradley May, Sullivan, 4
Bailey Durgin, daughter of Jade & Travis Durgin, Bennington, 8

October 7, 2026
Olivia Aguilar, daughter of Isidro & Christine Aguilar, Keene, 6

October 8, 2026
Chase Plummer, son of Savannah Cavadini & Cory Plummer, Swanzey, 2
Cash Goddard, son of Josh & Dallas Goddard, Fitzwilliam, 1

October 12, 2026
Maple Sunshyne Franklin, daughter of Amber & Eric Franklin Sr., Alstead, 9

**HANNAFORD'S
BIRTHDAY CAKE**

This Week's Winners





Chase Plummer, Swanzey, 2
Olivia Aguilar, Keene, 6

Submit your Birthday Kids' entry online at:
ShopperNews.com/Community

For Linda
*I can confirm, I also do not like the cold.
I do not like mold.
Laundry, I hate to fold.
Not sure if I am a fan of getting old.
But I love writing in bold!
I may never be a centerfold.
But this truth I won't withhold.
When my story is retold.
My appreciation for you will not be undersold.
Because you, Linda, have a heart of gold!*
Yancy Gowell
Keene

**Guided Hikes & Chili Lunch
At Cathedral Of The Pines**
On Monday, October 12th from 10 a.m. to 1 p.m., Cathedral of the Pines will host a family-friendly celebration on Indigenous People's Day. Cathedral staff will lead guided hikes on trails on the Cathedral's grounds and serve a chili lunch. There is no fee to participate, but donations are most welcome. For more details, visit www.cathedralofthepines.org.

Oktoberfest Dinner At Advent Lutheran Church
A free Oktoberfest Dinner will be held at Advent Lutheran Church at 137 US 202 in Rindge on Saturday, October 17th from 4:30 to 6 p.m. This is a dine in or take out event. Free will offerings will be accepted.

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1. Fill out this form indicating the number of cases you wish to buy in the gray boxes for same day orders.

or pre-order online by OCT 10th

PRE-ORDERS MUST BE PICKED UP ON THURSDAY, OCT 15th

monadnock.storebyweb.com



2. Submit your order form to a staff member at the tent in front of our FACILITY (across the parking lot), on the day of the sale. Follow the signs!

3. Pay inside the store while we assemble your order at our facility.

4. Confirmation
We will check your order to the receipt to insure nothing is forgotten and we can help you to your car.

PLEASE NOTE:

- Quantities are limited.
- All items available by designated quantity only.
- While supplies last.
- Pre-orders are not guaranteed.
- No additional discounts.
- No refunds or returns.
- All sales are final.
- No substitutions.
- No rain checks.

CASE SALE ORDER FORM — WHILE SUPPLIES LAST!

	PLU	CASE QTY	CASE DESCRIPTION	% saved	RETAIL UNIT	SALE UNIT	SALE CASE
PRODUCE	001121		ORGANIC ORANGE SWEET POTATOES, Picodilly Farm (20.00) Local	26%	\$2.99	\$2.19	\$43.80
	001133		ORGANIC GOLD POTATOES, Picodilly Farm (20.00) Local	32%	\$2.79	\$1.89	\$37.80
	001134		ORGANIC WHITE POTATOES, Picodilly Farm (10.00) Local	32%	\$2.79	\$1.89	\$18.90
	001125		ORGANIC RED BEETS, Picodilly Farm (10.00) Local	33%	\$2.99	\$1.99	\$19.90
	001194		ORGANIC ORANGE CARROTS, Picodilly Farm (10.00) Local	36%	\$2.49	\$1.59	\$15.90
	001119		CORTLAND APPLES, Alyson's Orchard (20.00) Local	46%	\$2.79	\$1.49	\$29.80
	001116		MCINTOSH APPLES, Alyson's Orchard (20.00) Local	46%	\$2.79	\$1.49	\$29.80
001113		MACOUN APPLES, Alyson's Orchard (20.00) Local	46%	\$2.79	\$1.49	\$29.80	
MEAT & SEAFOOD	009709		CHICKEN BREAST, Fresh, Boneless, Skinless, Smart Chicken 3.00 avg (500000) 100	20%	\$6.29/00	\$4.95/00	\$24.95
	009702		CHICKEN THIGHS, Fresh, Boneless, Skinless, Smart Chicken 3.00 avg (500000) 100	20%	\$6.29/00	\$4.95/00	\$24.95
	009703		GROUND BEEF, Fresh, Grounded, 80/20, Thousand Hills 6 x 16oz	25%	\$9.99	\$7.49	\$44.94
	001190		SHRIMP, Frozen, Wild-Caught, Peeled, Deveined, Woods Fisheries (21/23) 2.00 avg	22%	\$17.99	\$13.99	\$27.98
	009706		BACON, Fruitwood, Fresh, Unsmoked, Nitrate Free, North Country Smokehouse 6 x 12oz Local	18%	\$8.99	\$7.39	\$43.74
	009701		PORK BREAKFAST SAUSAGE LINKS, Humanely Raised, Frozen, Applegate 12 x 7oz	25%	\$5.99	\$4.49	\$53.88
	009708		CHICKEN MAPLE BREAKFAST SAUSAGE, Humanely Raised, Frozen, Applegate 12 x 7oz	25%	\$5.99	\$4.49	\$53.88
009710		CHICKEN TENDERS, Gluten Free, Frozen, Applegate 6 x 10oz	26%	\$12.99	\$9.49	\$56.94	
009704		GROUND TURKEY, Frozen, Stonewood 8 x 16oz Local	20%	\$9.99	\$7.99	\$43.92	
FRIDGE	001107		SYNERGY KOMBUCHA, TRILOGY, GT's Living Food 12 x 16 fl oz	37%	\$3.99	\$2.49	\$29.88
	001108		SYNERGY KOMBUCHA, GINGERADE, GT's Living Food 12 x 16 fl oz	37%	\$3.99	\$2.49	\$29.88
	001143		YOGURT, PLAIN, Non-Fat Skyr, Siggi's 12 x 5.3oz	33%	\$1.79	\$1.19	\$14.28
001145		YOGURT, VANILLA, Non-Fat Skyr, Siggi's 12 x 5.3oz	33%	\$1.79	\$1.19	\$14.28	
FREEZER	001178		ORGANIC ICE CREAM, VANILLA BEAN, Alden's Organics 3 x 1.5 qt	19%	\$10.49	\$8.49	\$25.47
	001136		CHICKEN POT PIE, Blake's All Natural Foods 9 x 8oz	33%	\$4.49	\$2.99	\$26.91
	001107		ORGANIC BLUEBERRIES, Cascodian Farm 12 x 8oz	41%	\$6.29	\$3.69	\$44.28
	001188		ORGANIC RASPBERRIES, Cascodian Farm 12 x 8oz	44%	\$6.69	\$3.69	\$44.28
	001189		ORGANIC STRAWBERRIES, Cascodian Farm 12 x 10oz	41%	\$6.29	\$3.69	\$44.28
	001114		ORGANIC PEAS, PETITE GREEN, Woodstock 12 x 10oz	32%	\$3.69	\$2.49	\$29.88
	001115		ORGANIC CORN, SUPER SWEET, Woodstock 12 x 10oz	32%	\$3.69	\$2.49	\$29.88
001117		ORGANIC BROCCOLI FLORETS, Woodstock 12 x 10oz	32%	\$3.69	\$2.49	\$29.88	
001185		CHICKEN & CHEESE BURRITO, Rev'd 12 x 5oz	33%	\$2.99	\$1.99	\$23.88	
BULK	001159		ORGANIC ROLLED OATS 25 LB BAG	34%	\$2.29/00	\$1.49/00	\$37.25
	001112		ORGANIC THOMPSON SEEDLESS RAISINS 5LB BAG	37%	\$4.49/00	\$2.79/00	\$13.95
	001103		ORGANIC BLACK PEPPERCORNS, Whole, Frontier Coop 1.00 bag	41%	\$27.99	\$16.49	\$16.49
	001138		ORGANIC CEYLON CINNAMON, Ground, Frontier Coop 1.00 bag	32%	\$25.99	\$17.49	\$17.49
	001139		ORGANIC ELDERBERRIES, Whole 1.00 bag	42%	\$33.99	\$19.49	\$19.49
	001155		ORGANIC FRENCH ROAST COFFEE, Whole Bean, Equal Exchange 5.00 bag	24%	\$13.99/00	\$10.59/00	\$52.95
BEVERAGES	001152		ORGANIC LOVE BUZZ COFFEE, Whole Bean, Equal Exchange 5.00 bag	24%	\$13.99/00	\$10.59/00	\$52.95
	001142		ORGANIC DRIED MANGO, Equal Exchange 4.00 bag	37%	\$12.99/00	\$8.19/00	\$36.04
	001186		ENERGY DRINK SELTZER, Grapefruit, Hi Ball 12 x 16 fl oz	40%	\$2.99	\$1.79	\$21.48
	001192		ENERGY DRINK SELTZER, Wild Berry, Hi Ball 12 x 16 fl oz	40%	\$2.99	\$1.79	\$21.48
	001136		SPRING WATER, The Mountain Valley 12 x 33.8 fl oz QUANT	39%	\$3.79	\$2.29	\$27.48
	001120		SPARKLING MINERAL WATER, San Pellegrino 12 x 25.3 fl oz QUANT	33%	\$3.29	\$2.19	\$26.28
001193		ORGANIC THROAT COAT TEA, Traditional Medicinals 6 boxes x 1.13oz	38%	\$4.99	\$4.29	\$25.74	
001174		ORGANIC NETTLE LEAF TEA, Traditional Medicinals 6 boxes x 1.13oz	38%	\$4.99	\$4.29	\$25.74	

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Cocoplum Appliances – A Legacy Of Service And Value

COCOPLUM, Continued from page 1

“From sales to delivery and installation, we received excellent, friendly, and courteous service for our new refrigerator,” says Cocoplum customer Carrie Walker. “The technicians who installed it had to deal with a difficult situation with the replacement, and it was handled above and beyond the call of duty. All of our appliances have been from Cocoplum over the years.” “The appliance arrived in perfect condition and was installed without a hitch. The delivery driver made sure everything was running smoothly before leaving. Honestly, I haven’t been that impressed by someone’s performance in a long time,” says Andrea Howes, about her experience.

This woman-run business is owned by Laura Systo, who took the vision of her late husband, Ray, to move the appliance company forward, which included a few changes over the last couple of years. One such change was the closing of the Keene showroom based on logistics and the company’s long-term growth strategy.

“We love the Keene community and continue to fully serve the Keene area from our original Brattleboro, VT location, just across the river,” says Marketing Coordinator Rachael Killam. “We are a team, and there are many moving parts, people, locations, and departments that make the company what it is today. Whether someone walks into a Cocoplum showroom or works with sales, delivery, installation, service, administration, or another department, the goal is for customers to experience the same team-oriented approach throughout the company.”

Another move forward was the decision to expand into Berlin, VT, and West Lebanon, NH, giving Cocoplum Appliances four locations to choose from, including its Essex Junction, VT site. Note: The Berlin store sits almost directly on the Berlin/Barre town line. The mailing address may display as Barre, but Cocoplum Appliances refers to and operates this location as its Berlin showroom.

“The company has also opened its first true luxury showroom in West Lebanon, featuring luxury appliance displays throughout the store,” Killam continues. “Additional displays and showroom enhancements are

The addition of a Cocoplum Sleep Center is now in two locations: Brattleboro and Berlin, VT. Amari Jordon, a delivery driver in the Brattleboro Cocoplum Appliances store, takes a break on a Beautyrest mattress.

planned as the location continues to grow.”

Currently, the Brattleboro appliance store is being renovated to not only update the showroom, but to add the Cocoplum Sleep Center.

“We saw that there was a need for the Cocoplum Sleep Center in two locations – Brattleboro and Berlin, VT,” Killam adds.

This means that Cocoplum now carries mattresses, bedding, and adjustable bases. Customers can shop Beautyrest mattresses, Cariloha bedding, and adjustable mattress bases.

When it comes to appliances, Cocoplum Appliances offers an array of luxury brands, including Sub-Zero, Wolf, Miele, Viking, Thermador, and others. The stores offer interest-free financing and extended warranty plans. To support its own customers throughout the entire ownership experience, these professionals service what they sell.

“Cocoplum supports customers from the beginning of the purchase through post-purchase service. From selecting the right product through delivery and installation – and even after installation – our team is there to help take care of the customer; there will never be a third-party involved in any stage,” Killam concludes.

Any of the Cocoplum Appliances stores can be reached by calling 800-235-7337. There is a keypad prompt to select the specific store/location.

Presently, Cocoplum Appliances is working actively on its website, www.cocoplumappliances.com, to create a more functional experience for its customers. In the near future, online purchasing capabilities will be available so customers have an additional way to shop.

The hours for the Brattleboro, Berlin, and Essex Junction stores are Mondays through Fridays from 8:30 a.m. to 5 p.m. and Saturdays from 9 a.m. to 3 p.m. The West Lebanon store hours are Mondays through Fridays from 9 a.m. to 5:30 p.m. and Saturdays from 9 a.m. to 3 p.m.

monadnock

FOOD CO-OP

TRUCKLOAD SALE!

OCT 2026

FRIDAY, 16th

8AM – 6PM

PRE-ORDERS MUST BE PICKED UP ON THURSDAY, OCT 15th

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- All sales are final.
- No substitutions.
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34 Cypress St. Keene, NH (603) 355-8008 MONADNOCKFOOD.COOP

PLU	CASE QTY	CASE DESCRIPTION	% save!	RETAIL UNIT	SALE UNIT	SALE CASE
001105		DENTAL FLOSS, Natural Cardamom Flavor, Dr. Teng's 6 x 30 n.	39%	\$5.29	\$3.19	\$19.14
001106		TOOTH PASTE, Natural Peppermint, David's 2 x 5.25oz	43%	\$7.99	\$4.49	\$8.98
001109		MACARONI & CHEESE, Shells & White Cheddar, Non-GMO, Annie's 12 x 6oz	53%	\$2.99	\$1.39	\$16.68
001128		MACARONI & CHEESE, Shells & Real Cheddar, Non-GMO, Annie's 12 x 6oz	53%	\$2.99	\$1.39	\$16.68
001131		ORGANIC TOMATO PASTE, No Salt Added, Bionaturae 12 x 7oz	47%	\$3.79	\$1.99	\$23.88
001110		CAT FOOD, Tuna Tasty, Canned/Wet, Birdie & Louie 12 x 3oz	33%	\$1.49	\$0.99	\$11.88
001169		STRAWBERRY PRESERVES, Bonne Maman 6 x 13oz	33%	\$7.49	\$4.99	\$29.94
001165		RASPBERRY PRESERVES, Bonne Maman 6 x 13oz	33%	\$7.49	\$4.99	\$29.94
001156		OLIVE OIL, Extra Virgin, Global Blend, California Olive Ranch 6 x 750 n.	35%	\$19.99	\$12.99	\$77.94
001176		LAUNDRY DETERGENT, Free & Clear, Ecos 4 x 100 n. oz	35%	\$16.99	\$10.99	\$43.96
001154		ORGANIC PUMPKIN, Canned, Farmer's Market 12 x 15oz	45%	\$3.99	\$2.19	\$26.28
001122		ORGANIC COCONUT MILK, Unsweetened, Field Day 12 x 13.3 n. oz	17%	\$2.79	\$2.29	\$27.48
001134		ORGANIC FUSILLI PASTA, Field Day 12 x 16oz	15%	\$1.99	\$1.69	\$20.28
001140		ORGANIC SPAGHETTI PASTA, Field Day 12 x 16oz	15%	\$1.99	\$1.69	\$20.28
001129		ORGANIC FUSILLI PASTA, Brown Rice, Gluten Free, Field Day 12 x 12oz	15%	\$3.29	\$2.79	\$33.48
001195		ORGANIC CHICKEN BROTH, Fat Free, Field Day 12 x 32 n. oz	17%	\$2.29	\$1.89	\$22.68
001164		ORGANIC CHICKEN BROTH, Fat Free, Low-Sodium, Field Day 12 x 32 n. oz	17%	\$2.29	\$1.89	\$22.68
001168		ORGANIC VEGETABLE BROTH, Low-Sodium, Field Day 12 x 32 n. oz	17%	\$2.29	\$1.89	\$22.68
001167		WILD CAUGHT SKIPJACK TUNA, No Salt, Field Day 12 x 5oz	20%	\$2.49	\$1.99	\$23.88
001166		WILD CAUGHT SKIPJACK TUNA, Salted, Field Day 12 x 5oz	20%	\$2.49	\$1.99	\$23.88
001190		ORGANIC BLACK BEANS, Low-Sodium, Full Circle Market 12 x 15oz	47%	\$1.89	\$0.99	\$11.88
001198		ORGANIC GARBANZO BEANS, Low-Sodium, Full Circle Market 12 x 15oz	47%	\$1.89	\$0.99	\$11.88
001193		ORGANIC KIDNEY BEANS, Low-Sodium, Full Circle Market 12 x 15oz	47%	\$1.89	\$0.99	\$11.88
001118		ORGANIC CHICKEN BONE BROTH, Low-Sodium, Fire & Kettle 6 x 16.9 n. oz	37%	\$7.99	\$4.99	\$29.94
001102		ORGANIC CLASSIC BEEF BONE BROTH, Low-Sodium, Fire & Kettle 6 x 16.9 n. oz	37%	\$7.99	\$4.99	\$29.94
001160		ORGANIC OAT MILK, Barista Style, Shelf Stable, Minor Figures 6 x 32 n. oz	30%	\$5.29	\$3.69	\$22.14
001157		ORGANIC DICED TOMATOES, Muir Glen 12 x 14.5 n. oz	57%	\$3.99	\$1.69	\$20.28
001163		ORGANIC FIRE-ROASTED CRUSHED TOMATOES, Muir Glen 12 x 14.5oz	55%	\$4.29	\$1.89	\$22.68
001137		ORGANIC CLASSIC MARINARA PASTA SAUCE, Muir Glen 12 x 23.5oz	44%	\$5.79	\$3.19	\$38.28
001133		ORGANIC HERITAGE FLAKES CEREAL, Nature's Path 6 x 32oz	28%	\$10.49	\$7.49	\$44.94
001172		RICE PILAF, Original Mix, Near East 12 x 6.09oz	33%	\$3.99	\$1.99	\$23.88
001173		ORGANIC RAMEN NOODLES, Ocean's Halo 5 x 8.4oz	36%	\$4.99	\$3.19	\$15.95
001177		ORGANIC ANCIENT GRAIN ORIGINAL GRANOLA, GE Purely Elisabeth 6 x 12oz	32%	\$7.79	\$5.29	\$31.74
001175		MORNING BLEND JUICE, RW Knudsen 6 x 32 n. oz	36%	\$5.49	\$3.49	\$20.94
001179		ORGANIC JUST CRANBERRY JUICE, RW Knudsen 6 x 32 n. oz	40%	\$12.49	\$7.49	\$44.94
001196		TAMARI SOY SAUCE, Gluten-Free, Reduced Sodium, San-J 6 x 10 n. oz	36%	\$5.49	\$3.49	\$20.94
001135		BATH TISSUE, 2-ply 100% recycled, Seventh Generation 4 x 12 ct	30%	\$13.99	\$9.69	\$18.76
001132		LIQUID DISH DETERGENT, Free & Clear, Seventh Generation 6 x 19 n. oz	36%	\$4.99	\$3.19	\$19.14
001161		PEANUT BUTTER, Smooth, All Natural, Teddie 12 x 16oz	23%	\$4.29	\$3.29	\$39.48
001170		PEANUT BUTTER, Super Chunky, All Natural, Teddie 12 x 16oz	23%	\$4.29	\$3.29	\$39.48
001146		CHEESE PUFFS, Original, Gluten Free, Barbara's 12 x 7oz	37%	\$3.99	\$2.49	\$29.88
001147		CHEESE PUFFS, Jalapeno, Gluten Free, Barbara's 12 x 7oz	37%	\$3.99	\$2.49	\$29.88
001158		DARK CHOCOLATE BAR, Almonds & Sea Salt, Chocover 12 x 3.2oz	37%	\$4.79	\$2.99	\$35.88
001148		DARK CHOCOLATE BAR, Salted Caramel, Chocover 10 x 3.3oz	37%	\$4.79	\$2.99	\$29.90
001153		BISON UNCURED BACON CRANBERRY BAR, Epic 12 x 1.3oz	39%	\$3.29	\$1.99	\$23.88
001150		WAGYU BEEF STEAK STRIPS, Epic 20 x 8oz	43%	\$2.29	\$1.29	\$25.80
001163		ORGANIC SEAWEED SNACKS, Sea Salt, Gimme 12 x 3.5oz	37%	\$2.49	\$1.69	\$20.28
001140		GINGER CANDY, Original Chewy, Ginger People 12 x 3oz	39%	\$3.79	\$2.29	\$27.48
001183		ORGANIC PEANUT BUTTER CUPS, Milk Chocolate, Justin's 12 x 1.4oz	39%	\$2.79	\$1.69	\$20.28
001184		ORGANIC PEANUT BUTTER CUPS, Dark Chocolate, Justin's 12 x 1.4oz	39%	\$2.79	\$1.69	\$20.28
001127		DARK CHOCOLATE BAR, Nuts & Sea Salt, Kind 12 x 1.4oz	30%	\$1.99	\$1.39	\$16.68
001111		DARK CHOCOLATE BAR, Cherry Caramel, Kind 12 x 1.4oz	30%	\$1.99	\$1.39	\$16.68
001191		PRETZEL NUGGETS, Peanut Butter Filled, Gluten Free, Quince 8 x 7oz	34%	\$5.99	\$3.79	\$30.32
001180		ORGANIC WHITE CORN TORTILLA CHIPS, MV Nina 9 x 12 oz	38%	\$5.99	\$3.69	\$33.21

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Marco Polo Garden Celebrates 54 Years Of Serving The Keene Community

For more than five decades, Marco Polo Garden Chinese Restaurant & Lounge has been a familiar part of the Keene community, welcoming families, friends, and generations of local guests.

Located at 601 Main Street in Keene, Marco Polo Garden continues to offer a wide selection of Chinese and Thai favorites, from classic comfort dishes and fried rice to flavorful Thai specialties. Guests can enjoy meals in the dining room or order for takeout, online ordering, and delivery.

54th Anniversary Celebration

This October, Marco Polo Garden is celebrating 54 years with a month-long celebration as a thank you to the Keene community for its continued support.

This will run through October 31st.

Customers can enjoy special anniversary offers when ordering at Marco Polo Garden.

Spending \$38+ gets them free Spring Roll; \$48+, free small Pork Fried Rice; \$68+, free Scallion Pancake; \$88+, free K2 Chicken Fingers with Pork Fried Rice; and \$95+, free General Tso's Chicken.

Orders are based on the pre-tax total. See the Marco Polo advertisement on page 14 for complete terms and conditions.

For more details, call Marco Polo Garden Chinese Restaurant & Lounge at 603-357-3464. They offer dine in, takeout, online ordering, and delivery.

Misty Morning Reflections



This serene photo was captured one morning by Patrick Taylor on his drive through Dublin. The mist hovering over the water coupled with the reflection of the morning sky was too impressive to not pull over.

Fall Sweet Fall At Pete's Stand



Emma Spaulding (L) and Aubrey Maxfield, farmstand associates at Pete's Stand.

Pete's Stand has folks ready for fall with over 18 varieties of pumpkins, along with gourds, squash, mums, cornstalks, sweet corn, and the usual abundance of locally grown vegetables

that has made Pete's a favorite in the Best of Monadnock Readers' Choice Awards.

See everything they have to offer at 517 Main Street in Walpole.

Christmas Card Collection In October For National Guard Soldiers Overseas

There are 130 New Hampshire National Guard Soldiers from the Milford NH Armory who will be serving with CentCom in the Middle East during Christmas. The armory will be collecting Christmas cards through October to forward to the soldiers in time for December. This request is for cards and letters of well wishes – no treats, care packages, or perishables.

Send cards to: Milford Armory, Unit Member, C CO 3/172, 154 Osgood Road, Milford, NH 03055.

Writer/Editor Of Yankee Magazine Gives Talk On Listening To New England

On Saturday, October 10th, Mel Allen, the writer/editor of *Yankee Magazine*, will give a talk, *Listening to New England*, from 11 a.m. to 12:30 p.m. in Heberton Hall at Keene Public Library on Winter Street.

This presentation is about the unique people and places of New England. There will be time for questions and answers. Registration is required at 603-352-0157 or at KeenePublicLibrary.org.

The Splendor Of Autumn At Allen Brothers



John Collins, greenhouse associate at Allen Brothers Farms in Westminster, VT, working with new fall Calibrachoa hanging baskets. The greenhouse is overflowing with a huge assortment of fall favorites such as bushel mums, asters, pumpkins, cornstalks, Indian corn, rubrum grass, and much more.

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Monadnock Art Open Studios Art Tour

October 10-12 ~ 10am-5pm

65 working studios!

A self-guided tour through the breathtaking fall landscape and picturesque towns of the Monadnock Region in Southwestern NH. A vast array of mediums and styles, and an intimate setting to chat with world-class artists in their element.

Information, Tour Map, and Artist Profiles at monadnockart.org

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Richard Shindell To Play At Peterborough UU Church

The Peterborough Folk Music Society (PFMS) presents Richard Shindell returning to the Peterborough UU Church where he first played for PFMS in 1998. The show takes place on Saturday, October 10th at 7 p.m. Doors open at 6:30 p.m. and PFMS's 30th Anniversary video begins at 6:45 p.m. Tickets are \$35 online and \$40 the day of the show. Tickets for children 16 and under are discounted \$10.



Richard Shindell

Originally from New York and now living in Buenos Aires, Argentina, Shindell is a writer whose songs paint pictures, tell stories, juxtapose ideas and images, and inhabit characters, vividly evoking entire worlds along the way and expanding one's sense of just what it is a song may be.

During the pandemic, he stayed in Argentina, out on the wide open Pampas, reading, writing, taking walks, doing a little experimental recording, and tending the garden. Shindell is now on the road for a limited number of performances.

For more details or to purchase tickets, go to <https://pfmsconcerts.org/> or call 603-318-9196.

Author Talk In Peterborough Wednesday, October 14th

On Wednesday, October 14th, the Peterborough Town Library will host author Greta Nettleton from 4 to 5:30 p.m. for a special discussion on her 2014 book, *The Quack's Daughter: A True Story About the Private Life of a Victorian College Girl*.

This tale is based on the intimate diary kept by Nettleton's great-grandmother, a charming and spirited adventurer named Cora Keck, a Vassar student with a scandalous background who burst onto New York City's social scene with high ambitions in 1884.

Art Reception Friday, October 9th At The Dublin Community Center

ART, Continued from page 1

Levene of Dublin can trace his photography back to childhood. His father repaired 35mm Nikkormat film cameras for his family to use, and built a darkroom at home to develop Kodak Tri-X. The real awakening happened at the dentist where he studied the walls covered in black-and-white travel photographs, and promised himself: "I'm going to do that too someday, assuming I survive the drilling." The Nikkormat went everywhere with him: rock concerts in the 1970s, bicycle and camping tours across New England, and family gatherings. He studied black and white darkroom technique and lightroom editing and made the move to digital. But he's still loyal to the Nikon camera that has accompanied him around the world on bird-watching trips and wildlife safaris, and back home, where he finds just as much joy in the details of his homegrown garlic, dahlias, family, and beloved pets.

For more details about these artists, visit <https://www.dubhub-nh.org> or meet them at the reception.

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Five Choices To Be A Hero At Home

Heroes choose to protect their families, and heroes choose to protect their communities. I present to you five choices to do both, right at home. Choose one, choose several. You may find that you feel more authentic telling your children you love them knowing you took actual steps toward their healthier future. You'll likely still feel challenged by our world's stark environmental realities, but no longer paralyzed. You may get frustrated as you experiment with these choices, but also, possibly, invigorated. Finally, you could get hooked. Curious to see? Photograph and share your results.

#1 Be a Hero to Ecological Diversity – Start creating your own eco-amazing, American yarden at home with native perennials, groundcovers, shrubs, and trees. Jodie Cook, a landscape architect at Cultivating Sustainable Landscapes for Future Generations says, "(A) new garden model is giving people permission to play. It seems to me that (we) are yearning for an authentic experience of nature close to home." The easiest of many possibilities? Change your lawn from a "carpet" into a smaller "rug" by planting its outer-most edges with a winding ribbon of native shrubs. The visual change is gradual; a bevy of ecological benefits commence: additional nesting and cover for birds and other small mammals, more spring flowers, summer berries, and beautiful fall leaves along with nutritious pollen and nectar for all of the pollinators.

#2 Be a Hero to Our Communities with Eco-Yard Signs – Any changes you make to your home landscape – reducing your lawn, planting a pollinator patch or a thicket of native shrubs – will be noticed. Choose to post an eco-yard sign to explain your efforts. They quietly offer explanations and inspiration to at least every dog walker that comes by. They communicate your goals of increasing community plant diversity and fostering pollinators, both to your neighbors and to your municipality that decides how our larger public landscapes are managed.

#3 Be a Hero to Our Dogs, Butterflies, Fish, Birds, and Bees – Remember the long-ago road trips in the family station wagon when we were in charge

of cleaning the car's windshield of bugs at gas stations? Yeah, those insects, critical baby bird food and the base of our food web, are dramatically diminished by like 90 percent. In addition to corporate agriculture's use, most Americans inadvertently apply nearly 10 times the recommended amount of herbicides, insecticides, pesticides, fungicides, rodenticides, and synthetic fertilizers without thinking. Choose instead to value holey leaves on native plants as proof of their healthy sustenance, again, through caterpillars, to the birds we

love. Choose instead to safely dispose of their colorful bottles and bags at our communities' Household Hazardous Waste Disposal events.

#4 Be a Hero to Our Families' Health – Choose to compost regenerating our soil for growing fruits and vegetables at home to nourish ourselves, our families, wildlife, and pollinators. Healthy soil is the earth's skin, its plentiful microbes, and important micronutrients are the source for what we need to nourish our bodies as well as those of other life. The result of growing some produce and composting at home: buying less long distance shipped fruits and vegetables contaminated with pesticides, herbicides, and other health-compromising contaminants.

#5 Be a Hero to Our Rivers, Marshes and Wildlife – Choose to stop buying the many types of plastics that fill our landscapes, lives, water, wildlife, and human bodies: plastic bags of landscape materials, plastic plant trays, plastic pots, and plastic landscape fabrics. Alarming, according to *Greenhouse Magazine*, "95-98% of plastic plant containers are thrown into landfills. Plastic takes hundreds of years to break down." There are many strategies, and the easiest possibly most impactful strategy is coming right up. It's at least a four-fer medley of benefits for your efforts. You've heard me say it before, choose to keep and use your fall leaves from paved areas as mulch in your

GARDEN, page 11

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Small Town Halloween

There is something special about Halloween in a small community. Whether you are in the “big city” of Keene or one of the smaller towns, community is important and events like holidays bring out the best. In a small community, Halloween feels more personal. Whether attending a community or school event, trick or treating, or an organized trunk or treat, you may find you know a good majority of the kids behind the costumes.

witches hat and orange reflective tape wound around the black painted broom handle created a spectacular finish to my witch costume that also had that element of safety. Today many kids gravitate to the Spirit of Halloween store to find a costume. The important things is everyone is enjoying the festivities.

And then there are the pumpkins. Every family has a pumpkin story. Someone gets the big pumpkin. Someone gets the small pumpkin. Someone insists on doing all the cutting. Someone else complains about the smell. The youngest child scoops out exactly three seeds before declaring the job disgusting. Eventually, the kitchen looks like a pumpkin. But when the candles are lit and those crooked faces glow from the front porch, everyone agrees it was worth it.

Halloween is also a good reminder that being a good neighbor matters. Maybe that means turning on the porch light for trick-or-treaters, having a few non-candy options available, helping a child who needs a little extra time, or simply offering a friendly smile to every family that comes to the door. Not every child experiences Halloween in exactly the same way. Some may be sensitive to noise or crowds. Some may have allergies or dietary restrictions. Some may not be comfortable saying “trick or treat.” A little patience and kindness can make the evening more enjoyable.

And don’t forget the adults. Halloween gives grown-ups an excuse to have a little fun, too – dressing up, decorating the yard, telling ghost stories, and of course, eating the candy. Somehow, the good chocolate always seems to disappear first.

By the end of the evening, the streets

grow quiet again. Porch lights go out. Costumes come off. Shoes are kicked into corners, and children begin the serious business of sorting their candy. And then comes the negotiation – trading this for that and asking for just one more piece,

Halloween may be about ghosts, goblins, and candy, but in a small town, it’s really about community. It’s about neighbors opening their doors, children laughing in the streets, families walking together and meeting on sidewalks.

Years from now, our children may not remember exactly how many pieces of candy they collected. They may not remember what the weather was like or whether their pumpkin was perfectly carved. But they may remember the neighbor who always handed them an extra treat, the neighbor who dressed in a great costume, and the fun they had.

That’s the real treat of Halloween in a small town. The candy is sweet. But the community is sweeter.

Sheri Lapointe is a licensed Clinical Mental

Be A Hero At Home

GARDEN, Continued from page 10

landscape beds. This saves tremendous amounts of energy, fuel, and labor, and feeds and protects plants’ moisture and soil. Leaving the leaves below keystone trees like oaks, cherries, and willows protects native bumble and other bees, frogs and other invertebrates’ winter nests, as well as the camouflaged cocoons and chrysalis that fall from their branches to emerge, reborn, in spring.

Watch for a book with more guidance this spring: *Five Ways Our Yards & Gardens Can Help Heal Our Communities.*

Michele Chalice, owner of @HealthHomeHabitats, an environmental landscape consulting and education firm in Keene, NH, loves to talk with groups and new clients about how their home landscapes can shift to growing native plants and food; special places for their family, pollinators and wildlife. 603-313-9153 or michele@healthyhomehabitats.com

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

Monadnock Family
with Sheri Lapointe



You may start to notice the holiday décor popping up well before October 31st. Pumpkins start appearing on doorsteps, a scarecrow standing on the corner, a tissue paper ghost hanging from a tree, and lately it seems like giant skeletons are taking center stage. Someone inevitably goes a little overboard with the decorations.

Neighborhoods seem to come alive this time of year. Children aren’t just visiting housing when they trick or treat, they are visiting friends and neighbors. They see their teachers dressed in costume, stop by Grandma’s house, and wave to neighbors as they engage in the festive activities.

Halloween brings generations together. Grandparents recall stories of taking their own kids trick or treating. Parents reminisce over favorite costumes. Today’s kids are creating their own stories which will become favorite family legends in the future.

There was the year my sister used an album cover to make a brim for a

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Wednesday, Oct. 7

FAMILY FUN

Storytime 10am. Richmond Public Library, 19 Winchester Rd. Stories, songs, and an easy craft for toddlers and pre-schoolers. **603-239-6164**. library@richmondnh.us.

MISCELLANEOUS

Book Crush - A Romance Reader Group 6-7pm. Keene Public Library, 60 Winter St. Non-traditional book club for romance readers. Themes related to romance tropes, conventions, and subgenres. October's theme is Witch-ees. 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 chapters from her own life. Free.

MISCELLANEOUS

Tech Talk: Personal Information Leaks 6-7:30pm. Masiello Classroom, Keene Public Library, 60 Winter St. This month's tech talk will explain how data leaks can expose personal information, including email address and phone number. Registration appreciated. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Friday, Oct. 9

ARTS, MUSIC & THEATER

Art Reception, The photography of Miriam Dunn, Carol Kraus, and David Levene 5-7pm. Dublin Community Center, 1123 Main St., Dublin. **603-563-8080**. info@dublin-communitycenter.org. www.dubhub-nh.org.

FAMILY FUN

Homeschool Library Day 11am. Conant Public Library, 111 Main St., Winchester. Homeschool families can meet together, find resources, and have fun. Make a craft, check out a book, and hang with other homeschool families. **603-239-4331**. www.conantlibrary.org/.

Saturday, Oct. 10

ARTS, MUSIC & THEATER

Monadnock Tri-State Dance Club 7-10pm. ELMM Community Center, 21 Durkee St., Winchester. Featuring 'Champagne Jam'. Everyone welcome. \$12. Refreshments available, 50/50 raffle. Barbara: **603-392-0447**.

Peterborough Folk Music: Richard Shindell 7pm. Peterborough Unitarian Universalist Congregation, 25 Main St. Tickets online at **603-318-9196**. www.pfmconcerts.org.
The Evocatives 7:30pm. Mole Hill Theatre, 898 Gilsun Mine Rd, Alstead. The Evocatives are an indie-rock group that writes and performs original music. Inspired by reggae, funk, and alternative rock, their music spans genres and styles. BYOB & snacks. \$15 at the door. Dennis Molesky: **603-352-2585**. info@molehillnh.com.

Monadnock Art Open Studios Art Tour 10am-5pm. Chat with amazing artists in their working studios. Info, tour map, and artist profiles at www.MonadnockArt.org.

Fall Foliage Art Studio Tour 10am-5pm. Over 25 artists open their studios in Keene, Marlborough, Munsonville, Nelson, New Ipswich, Richmond, Rindge, Swanzey and Temple, showcasing work in sculpture, painting, pottery, encaustics, etching, glass, woodturning and more. Brochures with maps are available at many locations throughout the Monadnock region. Danielle Le Bris: **603-209-4078**. www.FallFoliageArtStudioTour.com.

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DINING PLEASURES

Grace Christian Fellowship Church: Bluegrass & BBQ Event 12-5pm. Old Winchester Bank, 1 Michigan St., Winchester. Free family-friendly event with a full southern BBQ menu as well as games and activities for kids. Music provided by Sonrise Mountain Revival, a bluegrass band from northern New Jersey. Rob LaBelle: **978-602-2035**.

FAIRS & SALES

Apple Fest and Crafts Fair 9am-2pm. The Chapel by the Lake, 529 Granite Lake Rd., Munsonville. Fresh home-made apple pies, baked goods, cider doughnuts, and apples will be available. Handmade crafts, plants. Snacks including hot apple brownie sundaes and cider will be available. Food and warm clothing donations are appreciated. **802-430-9544**.

Jaffrey Woman's Club: Craft Fair 9am-2pm. Cutler Memorial Building, 33 Main St., Jaffrey. Artisans selling handcrafted items, jewelry, wood turnings, soaps, decor, apparel, jams & jellies.

Friends of Frost Free Library: Book Sale 9am-1pm. 28 Jaffrey Rd., Marlborough. **603-876-4479**.

Keene Farmers' Market 9am-1pm. Gilbo Avenue. 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/.

National Pierogi Day Celebration 10am-2pm. Our Lady of Czestochowa, 84 K St., Turners Falls, MA. Frozen pierogi to go: cheese, sauerkraut, potato & cheese. \$12 p/package. Luncheon Polish plate-\$15. Bake sale.

Medieval Faire 10am-3pm. The Grammer School, Putney. A brand-new attraction for fairegoers of all sizes: three quests that they can complete at their own pace to receive a prize from the king and queen. Free admission.

FAMILY FUN

Jim Henson's Fraggle Rock Live 2pm. The Colonial Theatre, 95 Main St., Keene. **603-352-2033**. www.thecolonial.org.

Jim Henson's Fraggle Rock Live 6:30pm. The Colonial Theatre, 95 Main St., Keene. **603-352-2033**. www.thecolonial.org.

LECTURES & WORKSHOPS

Mel Allen: Listening to New England 11am-12:30pm. Herberton Hall, Keene Public Library, 60 Winter St. Long-time writer and editor of Yankee magazine. "Listening to New England" is a 45-minute talk with images from Mel's nearly half-century of reporting and writing about the unique people and places of New England for Yankee Magazine. Registration required. **603-352-0157**. www.keenepubliclibrary.org/.

MISCELLANEOUS

Banned Book Read-In 1-2:30pm. Putnam Atrium, Keene Public Library, 60 Winter St. Learn about the rise of book banning and efforts to combat censorship while enjoying an evening of reading together, silently or aloud. Bring a book or choose from the selection. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. Collection takes approximately 10 minutes. For details, visit <https://ci.keene.nh.us/public-works/household-hazardous-waste-schedule> or call **603-352-5739**.

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

All-ages Crafternoon: Apple Stamp Apron & Bags 11am. Conant Public Library, 111 Main St., Winchester. Decorating bags and aprons with stamps made from apples. This event is free and open to the public. **603-239-4331**. www.conantlibrary.org.

Foods for a Healthy Heart 11am-1pm. Jaffrey Civic Center, 40 Main St., Jaffrey. A nutrition and cooking class for prevention and reversal of cardiovascular disease, from Physicians Committee's Food for Life Program. Physician instructor, must preregister with Jaffrey Civic Center online or by telephone. **603-532-6527**. www.jaffreyciviccenter.com/classes-workshops/.

Sunday, Oct. 11

ARTS, MUSIC & THEATER

Monadnock Art Open Studios Art Tour 10am-5pm. Chat with artists in their working studios. Info, tour map, and artist profiles at www.MonadnockArt.org.

Fall Foliage Art Studio Tour 10am-5pm. Over 25 artists open their studios in Keene, Marlborough, Munsonville, Nelson, New Ipswich, Richmond, Rindge, Swanzey and Temple, showcasing work in sculpture, painting, pottery, encaustics, etching, glass, woodturning and more. Brochures with maps are available at many locations throughout the Monadnock region. Danielle Le Bris: **603-209-4078**. www.FallFoliageArtStudioTour.com.

Monday, Oct. 12

ARTS, MUSIC & THEATER

Monadnock Art Open Studios Art Tour 10am-5pm. Chat with artists in their working studios. Info, tour map, and artist profiles at www.MonadnockArt.org.

Fall Foliage Art Studio Tour 10am-5pm. Over 25 artists open their studios in Keene, Marlborough, Munsonville, Nelson, New Ipswich, Richmond, Rindge, Swanzey and Temple. Brochures with maps are available at many locations. Danielle Le Bris: **603-209-4078**. www.FallFoliageArtStudioTour.com.

FAMILY FUN

Guided Hikes of Cathedral Trails-A day of Family Fun 10am-1pm. Cathedral of the Pines, 10 Hale Hill Rd., Rindge. Chili, cornbread lunch. Donations welcomed. info@cathedralofthepines.org.

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 Keene Screen & Ladder Co. building was located on what street?



The winner of last week's Mystery Photo Contest was Ashley St. Hilaire of Keene. The photo shows the dining room of Winding Brook Lodge.



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Tuesday is Senior Discount Day!
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Tuesday, Oct. 13

LECTURES & WORKSHOPS

Orthopaedic Care 5:30-7pm. Cheshire Medical Center, North Conference Rooms 1 & 2. Learn about common orthopaedic conditions and the latest treatment options. Registration recommended. **603-354-5454**. www.go.d-h.org/w9q248.

MISCELLANEOUS

Digital Spotlight: Transparent Language Online 6-7pm. Keene Public Library, 60 Winter St. 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. Can be accessed anytime on almost any device. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Author Talks: Ken Sheldon 6:30-8pm. Peterborough Town Library, 2 Concord St. Join Sheldon for a reading and talk celebrating the launch of his new book, Captain John Manley: Patriot, Privateer, and America's Forgotten First Hero (Harmon House). **603-924-8040**. www.peterboroughtownlibrary.org/.

Wednesday, Oct. 14

ARTS, MUSIC & THEATER

Sing Into Fall: A Festival of Songs 2pm. the hub 50+, formerly Keene Senior Center, 312 Marlboro St., Suite 100, Keene. The Senior Singers. **603-352-5037**. www.thehub-50plus.org.

FAMILY FUN

Storytime 10am. Richmond Public Library, 19 Winchester Rd. Stories, songs, and an easy craft for toddlers and pre-schoolers. **603-239-6164**. library@richmondnh.us.

MISCELLANEOUS

Old Homestead Garden Club & Program 12-2pm. First Congregational Church, 679 Old Homestead Hwy., Swanzey. Demonstration by Mary Ellen Sienkiewicz on floral arrangements. oldhomestead@nhfgc.org.

Friday, Oct. 16

ARTS, MUSIC & THEATER

Teen & Adult Craft Night: Upcycled Book Pumpkins 6pm. Conant Public Library, 111 Main St., Winchester. Turn old books into fun fall decorations. Free and open to the public, reservation strongly recommended, ages 12+. **603-239-4331**. www.conantlibrary.org.

Apple Hill String Quartet 7pm. United Church, Westmoreland. A free community concert in the heart of Westmoreland. Music by Beethoven, Andrea Tarrodi, Cenovia Cummins, and Studio Ghibli film composer Joe Hisaishi. Sam Bergman: **603-847-3371**. applehillcd@gmail.com.

FAIRS & SALES

Acworth Female Charitable Society Rummage Sale 2-5pm. United Church of Acworth, 16 Town Hall Road. Clothes, shoes, knickknacks, toys, and more. All sales are by donation. Cash and checks accepted.

Saturday, Oct. 17

ARTS, MUSIC & THEATER

Electric Earth Concerts Presents Superdoves 1-2:30pm. Peterborough Town Library, 2 Concord St. Violinist and puppeteer Gere will be joined by vocalist Will Green, Sedgwick on piano, and Flappy the Pigeon. The result is part concert, part theater, and part flight of fancy, perfect for elementary and middle school students. Free. **603-924-8040**. www.electricearthconcerts.org/.

Coffee House & Open Mic 6-9pm. Dublin Community Center, 1123 Main St. Union Sound. **603-563-8080**. info@dublincommunitycenter.org. www.dubhub-nh.org.

DINING PLEASURES

Oktoberfest Dinner 4:30-6pm. Advent Lutheran Church, 137 US Route 202, Rindge. Dine in or take out. Free will offerings accepted. **603-899-3095**. nhlutherans@gmail.com. www.adventlutheranchurch.org/.

FAIRS & SALES

Acworth Female Charitable Society Rummage Sale 9am-2pm. United Church of Acworth, 16 Town Hall Road, Acworth. Clothes, shoes, knickknacks, toys. All sales are by donation. Cash and checks accepted.

MISCELLANEOUS

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

Story Time: Fun Fall Story Time Addition 11am. Conant Public Library, 111 Main St., Winchester. "Room on the Broom" by Julia Donaldson, followed by a fun craft. Recommended for ages 3-8, but all ages welcome. **603-239-4331**. www.conantlibrary.org.

Sunday, Oct. 18

FAMILY FUN

Apple Cider Making with Farm Animal Friends from Amazing Grace 2-4pm. Dublin Community Center, 1123 Main St. **603-563-8080**. info@dublincommunitycenter.org. www.dubhub-nh.org.

Tuesday, Oct. 20

FAMILY FUN

Haunted Houses 3:30-4:30pm. Keene Public Library, 60 Winter St. Build graham cracker gingerbread houses with ghostly flair. Registration is required. Ages 6 - 11 and their caregivers. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.



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Wed., Oct. 21

FAMILY FUN

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

Thursday, Oct. 22

MISC.

Infinite Worlds: A Speculative Fiction Book Club 6-7:30pm. Keene Public Library, 60 Winter St. Non-traditional book club for adults focusing on speculative fiction. October's Theme: Ghost Stories. Katelyn McStravick: **603-352-0157**. kmcstravick@keenenh.gov.

Saturday, Oct. 24

FAIRS & SALES

Bake Sale & Yard Sale 9am-1pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy, Swanzey. **603-352-6689**. office@swanzeyucc.org.

The Color Orange

October in our corner of the world is a month of orange(s).
I just returned from walking around Goose Pond, where I spotted for the first time this year several trees whose leaves have transformed from green to orange. Their bright tones stood out amongst the other trees, and were silhouetted against a cerulean-blue sky. The beauty of their color enraptured me for a few moments.

Healing Perspectives

with Skye Stephenson



Depending on the weather, the bright orange foliage will last maybe a few weeks, or less. And then they will turn a drab taupe, wither, and fall to the ground. This heralds the arrival of the cold and snow-clad time of year when the color white predominates. A period that (I confess) can lead me to feelings of lethargy, and even depression – such that I have to find ways to stay positive and upbeat during the winter months. One of my strategies has to do with autumn orange.

Bluegrass And BBQ Event In Winchester

On Saturday, October 10th, Grace Christian Fellowship Church will host an afternoon of bluegrass music and BBQ. This is a free and family-friendly event with a full southern BBQ menu as well as games and activities for kids.

“We do these outreaches simply to share the good news of the Gospel, to bless the community, and to thank them for allowing us to serve them for yet another year,” says Rob LaBelle, an Elder at Grace Christian Fellowship Church. “We do not ask for, or accept donations at these outreaches as everything we do for the community is 100 percent free for them to enjoy.”

Music will be provided by the Sonrise Mountain Revival, a bluegrass band, playing a mix of American musical forms including bluegrass, folk, gospel and jazz, and hymn and secular song arrangements. The event takes place from noon to 5 p.m. on the lawn of the Old Winchester Bank, located at 1 Michigan Street in Winchester. For more details, reach LaBelle at 978-602-2035, or visit <https://www.facebook.com/share/1C9C3FeEs/>.

The Sonrise Mountain Revival will also be performing the following morning at the Grace Christian Fellowship Church. Services are held every Sunday at 10:15 a.m. at 81 Ashuelot Street in Winchester.

with a group of folks, the leader made an interesting comment. They said that the bright orange of fall is orchestrated on purpose by spirit and nature to allow us to fill our bodies full of that color in order to help us make it through winter without falling into illness or depression. And this person suggested that we take full advantage of the oranges of fall by breathing the color into our bodies, and envisioning storing it in our livers, almost like a battery that we can draw upon as needed during the cold and dark winter months.

Ever since hearing this, I try to spend as much time as I can in nature in October, especially in the woods, amongst the trees. I have found this an interesting experiment.

Orange has another connotation in late October, because it is associated with both Halloween and Dia de los Muertos (Day of the Dead).

In Halloween, of course, there are the pumpkins that are orange. We place these orange pumpkins on our door stoops. We cut and carve into them, making faces and inserting candles that we light, to illuminate our creation. And Keene has its own Pumpkin Festival with racks upon racks of carved orange pumpkins festooning downtown for a few hours in a cheerful and family-friendly way.

In Dia de los Muertos in Mexico, bright orange marigolds play a key role. Drawing upon pre-Hispanic beliefs and traditions, marigolds are an essential part of the altars and offerings presented for the departed, at this time of the year when the veil between the living and the dead is believed to be the thinnest.

Why marigolds? It is said that their cheerful orange color (associated with the sun) and their pungent odor helps attract the dead to the offerings. And also, that the beauty of marigolds reminds us that there is beauty present even in death.

So how about a short experiment with the color orange?

Begin by closing your eyes and envisioning the color orange entering and circulating throughout your body. Now let’s bring in your senses beyond sight. What scent does the color orange invoke for you? Sweet like an orange or maybe pungent like marigolds, or, perhaps, with a scent of forest leaves? What sound(s) do you equate with the color orange? And flavor? (For me, the color orange would taste like a square of chocolate with hot pepper flavor and a touch of cinnamon).

Happy October. May you be filled with the beautiful orange vibes of this month.

Skye Stephenson enjoys writing and researching about sacred stones and place. She lives in Keene. <https://skystephenson.com>.

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New History Of Sullivan Is Now Available

HISTORY, Continued from page 1

The history begins in 1900 when the town had an agricultural economy supplemented by forestry and a small mill village. Most of that was swept away by economic changes in the first decades of the century. By 1930, the population stood at 192. The town's demise seemed to be imminent with the coming of the Great Depression. "Of course," says Pratt, "The town did not die. Our social and governmental institutions remained strong and new people began to arrive. The new people mostly worked outside the town, but they also appreciated the land by raising food and livestock to supplement their earnings. This led to what we call a rural-residential community."

In the period between 1970 and 2000, the town expanded rapidly. This soon gave parts of the town a more suburban feel. "In spite of the growth and our struggles with land use ordinances, conservation, and

preservation; we have retained much of our natural beauty and open spaces while accommodating more people," according to Pratt.

Chapters include institutional histories. It also includes chapters on social organizations, businesses, utilities, schools, highways, entertainment, and weather events.

Pratt has lived in Sullivan for over 40 years and has observed its history as a member of the planning board, library trustee, and during his 25 years as town moderator. He has been working on the book for over seven years. He says, "I believe that Sullivan is one of the best kept secrets in Cheshire County and I am honored to be able to tell its story."

Copies of the book may be purchased at the Historical Society of Cheshire County, the Sullivan Country Store, and the Sullivan Public Library. The author may be contacted at sullivanbook2026@gmail.com.

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Many Ways To Enjoy Fall Apples

The healthful and delicious apple is as old as Adam and as new as modern science. An apple is cider, jelly, pie, and crumbles. Eaten raw, it's a cool, crisp sound; cooked, it's the simmering, spicy aroma of a sauce. Apples are a perennial fall favorite, from cozy apple desserts and baked treats to harvest salads and classic one-pot dinners. This week Cooking Corner offers a selection of some different ways to use apples in your kitchen.

Apple-Onion Soup

Danish in origin, this soup is boldly flavored. A small cup makes a nice starter for a dinner, or serve it for lunch with grilled cheese sandwiches.

Recipe is adapted from *The Riversong Lodge Cookbook*, by Kirsten Dixon.

Ingredients:

- 1/4 cup butter
- 1 onion, peeled, thinly sliced and separated into rings
- 4 tart apples, (such as Granny Smith), peeled, cored and coarsely chopped
- 3 cups chicken broth (homemade or canned)
- 1 cup fat-free half-and-half (or heavy cream if you prefer!)
- 2 tablespoons Calvados or applejack brandy
- salt and freshly ground pepper

In four-quart saucepan, melt butter over medium heat; sauté onions until golden and softened, about 10 minutes. Add apples and continue to sauté for 10 minutes longer. Add chicken broth, half-and-half and Calvados. Bring mixture to a boil; reduce heat immediately and simmer 20 minutes. Season with salt and pepper. Makes four servings.

Braised Carrots and Apples

Apples make a tasty addition to the plain carrots that are often a favored side-dish. Makes four servings.

Ingredients:

- 1½ cups grated unpeeled apples
- 2 cups grated carrots
- 3 tablespoons brown sugar
- salt to taste
- 1/2 cup apple cider
- 1 tablespoon butter

Combine apples, carrots, brown sugar, salt, and cider in a small buttered casserole. Dot with butter. Cover and bake at 350 degrees for 30 to 35 minutes, stirring once during cooking.

Stuffed Chicken Breasts

Stuffed chicken breasts are a favorite of mine because they are so versatile, fairly inexpensive and a bit fancy. Try this version with apples and cheese. For an even less costly meal, use boned and skinned chicken thighs, flattened.

Ingredients:

- 4 chicken breast halves, boned and skinned
- salt and pepper to taste
- 2 teaspoons minced sage
- 1 large or 2 small apples, peeled and finely chopped
- 1 rib celery, finely chopped
- 3/4 cup grated cheddar cheese
- 1 egg, beaten with 1 tablespoon water
- 1 cup herbed bread crumbs

Flatten each chicken breast between waxed paper with a meat hammer. Sprinkle each with salt, pepper, and sage. Combine chopped apple, celery, and grated cheese. Stuff each chicken breast with apple mixture, securing with kitchen string or toothpicks. Dip chicken in beaten egg and then bread crumbs. Fry in hot oil 10 to 12 minutes on each side for a total of 20 to 25 minutes; or drizzle with olive oil or butter and bake 20 to 30 minutes at 350 degrees until done. Makes four servings.

Apple-Date Spread

Indescribably good combined with stuffing for pork chops. It's also a favorite on nut bread, crackers or as a filling between some cookies and cakes.

Ingredients:

- 1 (8 oz.) package cream cheese, room temperature
- 1/3 cup milk
- 1/2 cup heavy cream
- 1 cup finely chopped tart apples
- 1½ cups finely chopped walnuts or pecans
- 3/4 cup finely chopped dates

Combine cream cheese in a bowl with milk and cream. Stir in remaining ingredients and use as desired at room temperature. Refrigerate extra spread for up to a week. Makes three to four cups

Linda's Mulled Cider

A delicious punch for a fall harvest party or on a cold winter's eve. I always recall fond memories of a much-loved friend when I pull out her recipe.

Ingredients:

- 1 gallon apple cider
- 3 lemons – grate rind and pulp
- 3 oranges – grate rind and pulp
- 12-15 whole cloves
- 1/2 cup sugar
- 1 pint apple jack
- 1 cup sherry
- 1 oz. Angostura bitters

In a heavy pot, heat cider to a simmer; add orange and lemon rind and pulp, cloves and sugar. Strain cider through a sieve and return liquid to pot. Add apple jack, sherry, and bitters. Heat to slow simmer and serve hot. Garnish with orange and lemon slices studded with cloves, if desired. Yield: one and a half gallons.

Cooking Corner

with Nancy Adams



Apple Graham Dessert

This dish resembles a 'crisp' but instead uses graham cracker crumbs for the topping. Makes eight servings.

Ingredients:

- 1/4 cup butter
- 4 cups diced apples
- 1/3 cup sugar
- 1/4 teaspoon cinnamon
- 1/2 cup walnuts, chopped
- 2½ cups graham cracker crumbs
- 1/4 cup brown sugar
- 1/2 cup cream, more or less

Melt butter in eight-inch square pan; spread apples evenly over bottom. Mix sugar and cinnamon; sprinkle over apples. Sprinkle on walnuts. Mix graham cracker crumbs and brown sugar. Mix in cream with fingers or spoon until it is crumbly, then sprinkle over mixture in pan. Bake at 400 degrees for 30 minutes, until apples are tender. Serve hot or cold with whipped cream or ice cream, if desired.

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.

Apple Fest

The Chapel by the Lake at 529 Granite Lake Road in Munsonville will have an Apple Fest and Crafts Fair on Saturday, October 10th from 9a.m. to 2 p.m.

This event includes homemade apple pies, baked goods, crafts, plants, and more.

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Real "Human Intelligence" Is Needed Now!

Artificial intelligence (AI) is on everyone's mind lately. AI has made important discoveries in everything from medicine and technology to climate science and wildlife ecology. However, the potential downsides are huge: Rogue AI or bad human actors could disrupt, hack, and damage our lives.

AI is already creating environmental problems. The "cloud" systems that run the internet (not just for AI) need data centers, huge physical buildings housing lots of computers; they need a lot of land, energy, and cooling. There are eight million data centers. Data centers consumed 1.5 percent of global electricity and four percent of total electricity in the US in 2023; it is expected to triple by 2030. Data centers are the 11th largest electricity consumer in the world.

AI searches the web for data; "generative" AI (Chat-GPT, Copilot, Gemini, etc.), also creates new data as a product. Training one of these GAI models produces five times the lifetime emissions of the average car. Using these "virtual assistants" consumes four to 10 times the amount of electricity as a simple Google search.



Green Monadnock

with Catherine Owen Koning



The energy used to power data centers comes mostly from natural gas and other fossil fuels: renewables supply about 25 percent, while nuclear supplies 15 percent. Data centers produce 0.5 percent of global carbon dioxide pollution; by 2030, this will add up to 2.5 billion tons of CO2, more warming pollution than all Middle East countries.

Also, by accelerating productivity, AI will increase climate pollution even more. A study out of MIT stated, "... assuming that AI can eventually boost gross world productivity by 25 percent – a figure that's well below other, more optimistic projections – the additional production of goods and services would raise energy demand and emissions significantly, increasing expected warming from 3.3° C (about 5.9° F) by 2100 to 3.6° C (6.5° F)", which would be catastrophic for life on earth. The Paris Climate agreement focused on limiting warming to no more than 2° C (3.6° F).

Water use is another problem. The computers in the data centers need water to run the cooling systems. AI-related technology uses six times more water than the country of Denmark.

The people who suffer the most are those who live near data centers; their wells are running dry, and their electric bills almost tripled in the five years since the data centers were built. Data centers also give off a constant, low frequency humming noise.

And we cannot overlook the social impacts of AI. AI is used to create and spread misleading texts, images, and videos to the point where we don't know what is real and what is fake. And, there's this: "Artificial intelligence could kill the entire human species, according to people in the artificial intelligence industry." (CNN).

Can we have our cake and eat it, too? Experts recommend that data center companies should be legally required to: (1) publish annual environmental reports of energy usage, water consumption, and climate pollution; (2) Rely on green energy as much as possible; (3) Reduce their energy use by making AI algorithms more efficient, and recycle water and other components.

On the social side, AI models must have "guardrails" and human moral reasoning built into them.

My own conclusion? Avoid using generative AI whenever possible (who likes "chatbots" anyway?). Use your own brain to search for information, find answers, and solve problems. Talk to a person! It cracks me up that we have become so lazy that we can't be bothered to go to a website to find – and check – answers. Are we on the path to the end of critical thinking?



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