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The Monadnock SHOPPER NEWS

The Original Keene Shopper – "The Weekly with a Heart" – 68th Year of Community Service / November 4-10, 2026

Moon Over Monadnock



Sean Burke of Marlborough was the winner of our occasional photo contest, for this picture of the recent full moon over Mount Monadnock.

With so much beauty to be found in the region, we want our readers to share their most amazing photographs with us. Each photograph that we print will earn the photographer a gift certificate to a local business.

Chosen photographs will show off the most beautiful aspects of our region. Photos do not need to be taken this month, though photographs printed will be from the current season. If you have photos from past years, we encourage you to submit those as well.

Photo submissions should include first and last name of photographer, where the photograph was taken, a short description of the photo, and the phone number and address of the photographer.

The accepted photo formats are high resolution jpeg or tiff. Send them to shopper@shoppernews.com.

Peterborough Folk Music Society Presents Le Vent Du Nord

The Peterborough Folk Music Society (PFMS) presents Le Vent du Nord at the stage of the Park Theatre on Sunday, November 8th at 4 p.m. Doors open at 3:15 p.m. and PFMS's 30th Anniversary video begins at 3:45 p.m. Tickets are $40 online and $45 the day of the show for adults. Tickets for children 12 and under are $20 online and $22 the day of the show.

Le Vent du Nord is a driving force behind the Quebec progressive folk movement, and a leading group in the revival of traditional Quebec music. Le Vent de Nord has performed over 2,000 concerts on four continents, released 12 albums, and has received numerous prestigious awards.

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



Le Vent du Nord, at right

Veterans Day Service And Film At Cathedral Of The Pines

Cathedral of the Pines will again be hosting a service with the Rindge Veterans Association, honoring all American service men and women on November 11th at 10:45 a.m. The service will include two minutes of silence at 11 a.m. Everyone is welcome to attend to pay respects to all Americans who have served and are serving in all branches of our military. Attendance at the Veterans Day Service and the film is free; however, donations are always appreciated.

VETERANS, page 6

HCS Poinsettia Sale To Support Care

For 31 years, the Home Healthcare, Hospice & Community Services (HCS) Poinsettia Sale has brightened homes and lives. The annual sale is now live, offering beautiful blooms that help fund essential home care, hospice and community programs that serve neighbors throughout the region.

The New Hampshire-grown poinsettias come in three colors: red, white, and pink. Each color comes in three sizes: small is six to eight blooms and costs $16 each; medium is 12 to 15 blooms and costs $28 each; and large is 20 to 25 blooms and costs $45 each.

Orders must be received by Friday, November 13th.

Orders can be placed online at www.HCSservices.org/shop. Pick up will be available at HCS Keene at 312 Marlboro Street, in Keene, and HCS Peterborough at 454 Old Street Road, Suite 208, in Peterborough. For more details or to request a printed order form, email poinsettias@HCSservices.org or call 603-352-2253.

Keene Chamber Orchestra Presents Against The Current Saturday, November 7th

Keene Chamber Orchestra, along with Music Director and Conductor Eric Thomas, will present Against the Current on Saturday, November 7th at Trinity Lutheran Church at 100 Maple Avenue in Keene. A pre-concert lecture will be held at 2 p.m. followed by the concert at 3 p.m.

Against the Current is a powerful exploration of resistance, transformation, and independent voices and features guest conductor Olivia Munson, trombone soloist Killian Bailey, and a world premiere by Buster Kramlich.

This is a free concert, though donations are welcome.

Congregation Ahavas Achim Hosts Kristallnacht Commemoration



Holocaust survivor Kurt Messerschmidt

Keene synagogue Congregation Ahavas Achim invites everyone to join them on Monday, November 9th at 7 p.m., at Heberton Hall at the Keene Public Library to mark the anniversary of Kristallnacht and remember those who were affected by this pogrom (widespread antisemitic attacks) on November 9th, 1938. The event is free and open to the public.

Kristallnacht ("Night of Broken Glass") was a state-sponsored, coordinated anti-Jewish pogrom across Nazi Germany, Austria, and the Sudetenland.

Those attending will view oral testimony from an eyewitness and hear haunting music composed in response to the violence. Portland, Maine cantor and Holocaust survivor Kurt Messerschmidt, who passed away at 102 years old in 2017, is featured in the video. Messerschmidt had an option to leave Germany for China, but chose to stay and teach Jewish children. He and the woman who would become his wife, Sonja, were both sent to Theresienstadt ghetto in Czechoslovakia. They married there but were separated when Kurt Messerschmidt was taken to the notorious Auschwitz concentration camp in Poland. Near war's end, Messerschmidt walked away one night from a group of 66 prisoners, sensing that the SS guards would not follow. He was right. The guards abandoned all the prisoners the next day.

Those gathered will stand together with local leaders and recommit themselves to being a community that stands against hatred and violence.

For more details, email office@keenesynagogue.org, call 603-352-6747, or visit the website, www.keenesynagogue.org.

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Trinity Christian School Craft Fair This Saturday

Trinity Christian School will host its 16th Annual Craft Fair on Saturday, November 7th, from 9 a.m. to 2 p.m. at the school, located at 100 Maple Avenue in Keene. The event brings together local artists, crafters, and community members for a day of shopping and supporting local talent.

The fair will feature a variety of handmade items and gifts created by local artisans. Shoppers can browse woodworking projects, Christmas ornaments, jewelry, holiday decorations, and other one-of-a-kind creations. Giftable treats will also be available, offering additional options for holiday shopping. The fair provides an opportunity to find handcrafted gifts while supporting the artists and small businesses.

In addition, the event will include a raffle and a food truck. The craft fair has become a tradition at Trinity Christian School. The fair also serves as a fundraiser for Trinity Christian School, with proceeds directly supporting the school and its educational programs.

For more details, email tcs@tcskeene.org, call 603-352-9403, or visit tcskeene.com.

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

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MYSTERY PHOTO

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

(Prepared by the Historical Society of Cheshire County)



This c.1900 street scene photo was taken in what Cheshire County town?



The winner of last week's Mystery Photo Contest was Seamus Batdorf of Keene. The c. 1870s village scene was taken in Jaffrey.

Leading American Cellist Edward Arron Joins Ashuelot Concerts For Romantic Piano Trios In Keene And Bellows Falls, VT



Louisa Stonehill, violin, and Nicholas Burns, piano, of Ashuelot Concerts will perform with Cellist Edward Arron on November 5th and 8th.

Cellist Edward Arron of the Ehnes String Quartet will join Ashuelot Concerts founders Louisa Stonehill, violin, and Nicholas Burns, piano, for "Passion & Elegy: Romantic Piano Trios" at Stonewall Farm in Keene on Thursday, November 5th at 7:30 p.m. and at the Bellows Falls Opera House in Bellows Falls, VT on Sunday, November 8th at 3 p.m.

The trio will perform Rachmaninoff's *Trio élégiaque No. 1 in G minor*, Niels Gade's *Novelletten for Piano Trio, Op. 29*, and Ravel's *Piano Trio in A minor*. Both venues offer local audiences the chance to sit much closer to the performers than would be the case in a major metropolitan concert hall.

"This is one of the most emotional programs of our season," says Burns. "Each of these trios is lyrical, passionate, and most importantly, incredibly moving."

Arron is a regular on the world's most prestigious stages, appearing with the Chamber Music Society of Lincoln Center and the Boston and Seattle Chamber Music Societies. He tours and records as a member of the Ehnes String Quartet. He made his New York recital debut at the Metropolitan Museum of Art in 2000 and went on to direct the museum's Artists in Concert series for 10 years. With his wife, pianist Jeewon Park, he co-directs the Performing Artists in Residence series at the Clark Art Institute in Williamstown, MA. Their recording of Beethoven's complete works for cello and piano received the Classical Recording Foundation's Samuel Sanders Collaborative Artists Award.

Tickets are $50 for premium seating in the front rows, $35 for general admission, $10 for young adults ages 18 to 30, and free for students K through 12. Call 603-336-3631 or visit ashuelotconcerts.org/events. Early booking is recommended as Ashuelot Concerts' events often reach capacity.

Railroad Club Train Show

The annual Monadnock Railroad Club Train Show will be held from 10 a.m. to 3 p.m. at the Peterborough Community Center at 25 Elm Street on Saturday, November 7th.

Over 50 tables of RR displays and model trains will be for sale. Adults, $5 (suggested donation), children under 12, free.

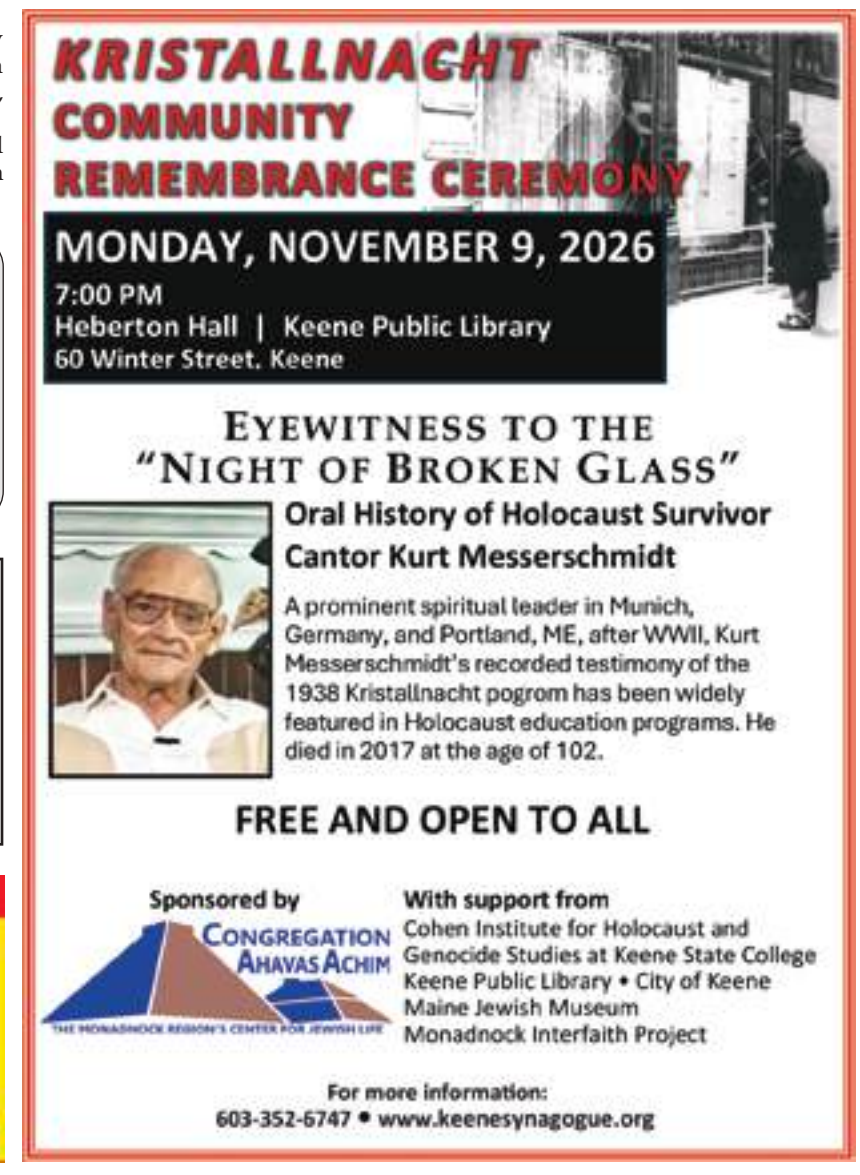
Aloha Sound Healing Planned For This Friday

This coming Friday, November 6th, from 7 to 8:30 p.m., Aloha is hosting a Healing Sound Event with Heather Hill of Quantum Radiance. This will be about an hour of Crystal and Tibetan singing bowls, bells, chimes, rattles, and drumming. There will be time at the end to share about the experience or to ask questions. This is a live in person experience,and the cost is $35.

Aloha is located on Court Street in Keene. For more details, visit https://www.vagaro.com/alohakeene.







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Slow Down And Enjoy November

November has arrived, and I have to say, I'm never quite sure what to make of it. October knows who it is. It's pumpkins, colorful leaves, apple cider, hayrides, and the unmistakable feeling that fall has arrived in all its glory. December, of course, has Christmas lights, holiday music, shopping lists, and so much activity.

But November? November seems to have a bit of an identity crisis. One day, you're enjoying a beautiful autumn afternoon, admiring the last stubborn patches of color on the trees. The next morning, you're standing at the door looking at the flurries in the air and wondering whether a light jacket will do or if we need the full winter coat, hat, and mittens.

In the Monadnock Region, November is also when we begin the annual search for things we put away somewhere safe last spring. Winter coats, gloves, hats, and scarves all seem to disappear over the summer. I'm fairly certain there's a special storage dimension where single gloves go to live with missing socks.

As for my house, November is also when we have to make room in the garage for the cars before the snow falls. This year is especially challenging since we had to move out all the miscellaneous stuff that was previously housed in the shed for some much needed repairs. At least the repairs will include the addition of shelves to make it easier to restock the shed and make room for the cars in the currently overflowing garage bays.

And then there's the question of the thermostat. Someone is always too hot, someone else is too cold, and someone inevitably asks why the heat is running when the windows are open, something that is even more concerning with the cost of heating oil this year.

November also brings the aftermath of Halloween. The costumes have been put away, the decorations are slowly disappearing, and there's a bowl of leftover candy sitting somewhere in the house. At least, there was a bowl of leftover candy. These things have a way of diminishing without anyone taking responsibility.

You may have intended to save some for visitors or hide it away for a special treat, but somehow, you realize that a piece of chocolate would go perfectly with that afternoon cup of coffee. You open one piece and then a second. Before you know it, the only evidence of Halloween is a few stray wrappers and the realization that you may have enjoyed the holiday a little more heartily than intended.

Meanwhile, Thanksgiving is waiting patiently in the wings. Soon, you'll be talking about menus, grocery lists, family gatherings, and who is bringing what. Some begin planning well in advance, while others will suddenly remember that Thanksgiving is approaching when upon glancing at the calendar to realize it is, in fact, next week.

And somewhere in the middle of all this, Christmas begins making its presence known. The decorations appear in stores and neighborhood windows, the holiday advertisements multiply, and the music starts playing before we've finished the last of the Halloween candy. While I love the Christmas atmosphere, it seems to steal something from November, leaving the Thanksgiving holiday feeling like an afterthought.

Maybe that's what I like most about this in-between month. It reminds us that not every season has to arrive with a grand entrance. Sometimes there's beauty in the transition itself.

Monadnock Family
with Sheri Lapointe



The trees may be nearly bare, but there is something lovely about the way the late-afternoon light turns the sky colors. The air turns crisp, the evenings grow quieter, and staying home with a warm drink begins to sound like a great plan. We find ourselves reaching for familiar recipes, bringing out favorite blankets, and looking forward to gathering around the table with the people we love.

As the holidays approach, it's worth remembering that the best parts of the season rarely depend on getting everything right. The turkey doesn't have to be perfect. The house doesn't have to look like a feature in a magazine. Nobody will remember whether the napkins matched, but they'll remember the laughter, the stories told for the hundredth time, and the person who made everyone feel welcome.

Families change, children grow, traditions evolve, and the holidays we once celebrated one way gradually become something different. Sometimes those changes are exciting; sometimes they leave us feeling a little nostalgic. But there's room for both feelings at the same time.

Perhaps November isn't so confused after all. Maybe it's simply reminding us to slow down before the rush begins, to enjoy the last leaves on the trees, enjoy the last pieces of Halloween candy, and appreciate the ordinary moments that make a house feel like home.

There's no need to rush from pumpkins to presents. Let November have its own time. Slow down and enjoy this in-between month and celebrate its own holiday.

Besides, winter will be here soon enough. And when it arrives, you'll probably be wondering where you put the snow shovel.

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

HAPPY BIRTHDAY!

from **HANNAFORD'S SUPERMARKETS**

November 4, 2026
Alma B. Seaver, daughter of Ryan & Meryden Seaver, Walpole, 6

November 6, 2026
Kennadi Rayne Martin, granddaughter of Sherri Martin, the late Jeff Aiken (Dad) & Tianna Martin (Mom), Surry, 6

Jane Beauregard, daughter of Tatiana & Brandon Beauregard, Troy, 2

George Campbell, son of Amber Goodell, Langdon, 6

November 7, 2026
Jasper Russo, son of Michael and Nerissa Russo, Keene, 7

November 8, 2026
Lillian Thomas, daughter of Michael & Kassia Thomas, Troy, 10

November 10, 2026
Mariah Berkey, daughter of Stephany LaBounty & James Berkey, Keene, 11

HANNAFORD'S BIRTHDAY CAKE
This Week's Winners





Jane Beauregard, Troy, 2
Not shown, George Campbell, Langdon, 6

At right is last week's winner, Kyren Fletcher, Marlborough, 3

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

Veterans Day Service And Film At Cathedral Of The Pines

VETERANS, Continued from page 1

In the afternoon, the Cathedral will be holding a screening of the documentary *Bravo! Common Men, Uncommon Valor*. This 2011 film by Ken Rodgers and Betty Rodgers documents the story of 14 Marines and one Navy Corpsman during the 77-day siege at Khe Sanh in 1968 during the Vietnam War, using archival footage, photographs, and audio, as well as interviews of the survivors. The opening sequence of the film states "This is a film about what happened," neither pro-war nor anti-war. It received the National Society Daughters of the American Revolution Founders Medal for Patriotism in 2016.

Caution in viewing is advised, as the images and sounds may be disturbing or triggering for some persons. Attendees are asked to arrive by 2:10 p.m.; at 2:11 p.m. there will be two minutes of silence and the film will start at 2:13 p.m.

Cathedral of the Pines is a non-denominational open-air sanctuary dedicated to honoring veterans of all branches of the military. It offers hiking trails and walking paths in a peaceful and beautiful setting with views of Mount Monadnock and nearby ponds, open to the public, year-round, dawn to dusk.

For more details, reach Cathedral of the Pines at 603-899-3300 or visit www.cathedralofthepines.org.

The Black Swan Returns For Holiday Pop-Up At Aaron's Specialty

The Black Swan, a former gift shop in Peterborough, is returning for a holiday pop-up at Aaron's Specialty in Marlow.

The pop-up will run through Sunday, November 22nd, and will be open daily from 10 a.m. to 6 p.m.

Aaron's Specialty will be serving sandwiches, soups, chowders, coffee, tea and desserts. Gifts will also be available.

For more details, visit Aaron's Specialty at 604 NH Route 10 in Marlow.

19-Year-Old Local Author Celebrates Debut Fantasy Novel At The Toadstool Bookshop



A. Shelby is celebrating the publication of her debut fantasy adventure novel, *Legend of the Triad: The Smoky Mountain Quest*.

At 19 years old, local author A. Shelby is celebrating the publication of her debut fantasy adventure novel, *Legend of the Triad: The Smoky Mountain Quest*, with a book signing at The Toadstool Bookshop in Keene.

A. Shelby is the pen name of Alyssa Lothrop of Hinsdale.

Inspired by friendship and a love of storytelling, Shelby wanted to create a clean, entertaining adventure that readers of all ages could enjoy. "I wrote this story for two of my closest friends," she explains. "It's a story of friendship, adventure, and overcoming trials together."

The novel follows three unlikely heroes – a blunt knight, a battle-hungry Viking, and a sarcastic spy – on a dangerous quest to defeat a merciless dragon. Filled with humor, action, and unexpected challenges, the story celebrates friendship, courage, and teamwork.

Early readers across generations have responded enthusiastically, calling the book engaging and looking forward to the second book in the series.

The meet the author and book signing event will take place Saturday, November 14th from 11 a.m. to Noon at The Toadstool Bookshop in Keene. Community members, fantasy enthusiasts, aspiring young writers, and readers of all ages are invited.

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Remembrance Gardens

When thinking about gardens, I often get engrossed in planting design and the actual doing of it – the installation of pathways, compost, plants, and mulch. Most often, these gardens are built to increase beauty or to create a place for pollinators. Occasionally, however, I find that the reason behind a garden is completely different. Since childhood, I've come across a few distinct gardens built in memory of others. These were mostly small, family-made memorials. There are, of course, gardens made to commemorate loss on a much larger scale. What they all have in common is that they serve as a touchstone – a place where people can go when they feel grief or need comfort, a place where they can connect with someone or something beyond what is seen.

Woods and Gardens
with Yedida Landis


To begin with the more lavish examples of gardens in memoriam to others, the first one I think of was built at the Taj Mahal in the mid 17th century. The entire place – from the domed tomb to the mosque, from the guest house to the formal gardens – was designed by the Mughal Emperor, Shah Jahan, to honor his late wife, Mumtaz Mahal. The cost was the modern equivalent of over 800 million dollars. As she had died giving birth to their 14th child, I personally feel the opulence was more than justified. Today, it is a UNESCO World Heritage Site, and more than five million people travel there every year. Another, albeit more recent, garden to commemorate a beloved woman was one made in Hyde Park in London. This garden was designed to honor the late Princess Diana, using a gently curving water feature that ends in a still, clear pool. The Royal Parks charity said the design was made in order to reflect Princess Diana's life and symbolizes her quality and openness. Beyond these two women, gardens have also been created to commemorate calamities on a larger scale, such as the ones all over the US to honor those who died on 9/11. From California to Pennsylvania, New York to Texas, each garden is as unique as the place it's in, but all with a formality that indicates the seriousness of the tragedy. There are also uncountable small gardens that surround war memorials all over the world and, perhaps, each brings a little beauty to our remembering and supports those in grief.

While these aforementioned gardens all serve larger communities, I also want to write about the ones that are more personal – the ones that people build at home to honor someone they love.

They can be as simple as adding a grandmother's Saint Francis statue next to a beautiful bush or putting a collection of children's toys in a stone alcove surrounded by flowers. They can also be more elaborate; but the point is, that someone can make a garden like this with little to no help and put their heart into the work, which is in itself a balm. My own example comes from a little woodland garden where we laid my mother-in-law's body to rest. Every year, when our family gathers to celebrate her life and her passing, we often each bring a plant to put over and around her grave. Heart bells, ferns, moss, and columbines are now making their own weaving in the forest there, and I believe she would be happy about that. She loved all growing things and the area has become a very peaceful place to sit and contemplate the world for a while.

Whether we spend $10 or $10 million (not likely I know), I think it doesn't really matter. What matters is that in creating a garden to honor someone, we've made space for connection and healing and a little wonder.

Yedida Landis has been teaching organic gardening to children for over 20 years and is Lead Gardener at MacDowell.

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Plug-In Solar ~ Ready For NH In 2027

One of the most important tools to fight climate change is clean energy – using solar, wind, hydroelectric, or other non-carbon sources to produce electricity. You can then use that electricity to heat or cool your home, cook, drive your car, etc. Solar panels are the most accessible clean energy source for the average person, but not everyone has the roof, the yard, or the situation for a large solar array. In many places around the world, plug-in photovoltaic panels, also called "balcony solar," are becoming an option, and will be available for use in New Hampshire in 2027. Recently, Clean Energy NH sponsored a webinar called *Plug-In to Power Up: What NH Needs to Know About Balcony Solar*, which you can view at https://www.youtube.com/watch?v=oVEhloLS2ZY. Much of the information for this article came from that video.

Green Monadnock
with Catherine Owen Koning



What is plug-in solar? These are small photovoltaic panels, a maximum of 1200 watts in New Hampshire, that plug into a standard outdoor wall outlet; they can be set up on a deck, balcony, or in your backyard. These systems are cheaper, smaller, and simpler than a typical solar installation, and they are available to renters as well as homeowners. They are also portable! They are new to the US, but there are five million of these systems installed in Germany, as well as other countries.

When the sun is shining, the photovoltaic panel produces a flow of direct current, which the microinverter in the system converts to alternating current needed to run our appliances. Unfortunately, plug-in solar cannot be used as a backup during power outages. Because the plug-in panels are generating electricity and putting it into the whole grid, they are required to shut off when the power goes off, to protect the line workers who are trying to fix the outage.

In New Hampshire, if you put up your plug-in panel in a good sunny spot, it will generate enough electricity to save an average of about $281 a year; for a system that costs $1500, this would pay for itself in about five years, according to Stephan Sherer of Craftstrom and Clean Energy NH. As the costs of these systems decrease, and efficiency of the panels increase, the payback will be much faster.

To maximize the benefits of a plug-in system, you will want to plug it into the same circuit as your major appliances, such as your AC or refrigerator. This brings up safety considerations, because if the consumer plugs the panels in the wrong location, it can overload the circuit. Normally, when this happens, the circuit breaker will trip, but if the panel is plugged in on the same side of the circuit that the utility is pushing in electricity, the breaker won't detect it, and the circuit could be overloaded, resulting in potentially dangerous overheating.

To avoid this, be sure to buy a system that includes a power meter, which throttles the production to match the demand in the circuit, avoiding the overload. Some people use the solar panels to charge a plug-in battery during the day and then run appliances off it at night to avoid excess production getting out onto the grid or overloading a circuit. An updated safety plug may also be needed.

So, what seemed like an easy solution at the start will need some clarification before most people will want to give it a try. The state is currently working on safety rules and guidance. To help alleviate the confusion, Franklin Pierce University's Institute for Climate Action is working with the Plymouth Area Renewable Energy Initiative to create a demonstration DIY workshop and video to help consumers set up a system. This will help people navigate the confusion around safety issues.

According to their proposed project, if 10 percent of the population of the Monadnock Region installed a plug-in PV panel, it would create "a distributed 3.6 MW array, which can deliver ~four gigawatt-hours of electricity annually, offsetting 1500 to 1800 metric tons of CO_2 every year." Given how common these systems are in other countries, plug-in solar panels will soon be an excellent choice to reduce our climate pollution and save money!

Catherine Owen Koning,Ph.D., serves on the Board of the Monadnock Sustainability Hub, which is the catalyst for climate solutions in the Monadnock Region. She also works with the Keene Clean Energy Team and the City of Keene Energy and Climate Committee.

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	218.33	(2.82)	**Danaher Corp.** (Kollmorgen)	232.23	1.73
Becton Dickinson (C.R. Bard)	197.88	(1.03)	**Merck** (Hubbard Farms)	149.52	4.25
Toronto Dominion Bank (TD Bank)	124.50	(0.11)	**Deluxe (NEBS)**	22.59	(0.73)
PC Connection	86.83	(1.86)	**Teleflex** (Jaffrey)	139.77	3.48
Bank Of America (Fleet)	50.01	(0.55)	**Timken** (MPB Corp.)	110.90	1.57
Corning Inc.	123.31	(0.38)	**M&T Bank Corp.** (People's United)	220.72	(0.94)
Ametek, Inc. (Precitech)	241.12	1.09	**Dover Corp. (Markem)**	207.74	8.54

PRECIOUS METALS	Close	Week's Change	COMMODITIES	Close	Week's Change
Silver ($ per ounce)	49.35	(4.60)	**Wheat (cents per bushel)**	603.25	(21.75)
Gold ($ per ounce)	3,895.00	(112.90)	**Corn (cents per bushel)**	447.50	(8.50)
Platinum ($ per ounce)	1,439.03	(114.22)	**Soybeans (cents per bushel)**	1,221.50	(20.27)
			Cattle (cents per pound)	220.78	(10.35)
			Crude ($ per barrel)	103.01	(0.26)

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Richmond Community Church Hosts Union Sound As Part Of Its Second Sunday Hour Of Music November 8th

For nearly two centuries, Richmond Community United Methodist Church, known to many as "The Ole' Brick Church," has been part of Richmond's history, welcoming generations who gathered within its walls. A recently discovered guest register dating to 1957 documents visitors from throughout the Monadnock Region. Now, a new opportunity invites the community to gather once again through the shared enjoyment of music.

On Sunday, November 8th from 10 to 11 a.m., the church, at 11 Fitzwilliam Road, will host its "Second Sunday" Hour of Music featuring Union Sound. Admission is free, but donations are welcome.

Union Sound, featuring Ruth Blais Thompson, Margot Sprague, and Greg Butko, will perform a lively mix of folk, 1960 favorites, Burt Bacharach, Neil Young, John Prine, gospel, and country music. With beautiful harmonies, an upbeat sound, and a shared love of performing, the trio brings a spirit of connection to its music. Guests will be encouraged to sing along to familiar favorites.

Following the concert, refreshments will provide an opportunity to visit with friends, meet new people, and enjoy fellowship that makes a community special. Whether drawn by the music, an appreciation for local history, or simply the chance to spend a Sunday morning with others, everyone is welcome.

The "Second Sunday" music series offers a chance to celebrate this treasured local landmark while supporting its continued place in the life of the community.



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Sleep

The importance of adequate sleep was a point made very clear to me recently in a conversation with a Traditional Chinese Medicine (TCM) doctor who also happens to be trained as a Western medical doctor. This man, who is Chinese, spent many years as a family doctor until he decided to dedicate himself fully to TCM. He has written several books about TCM that he refers to as quantum healing, in contrast to the primarily physical/molecular perspective of the conventional Western modes of medical treatment.

Healing Perspectives
with Skye Stephenson



Picture this. I have driven two hours to his office on the outskirts of Boston, upon the recommendation of several fellow students in a Tai Chi course. The office is sandwiched between several restaurants on a main street in Belmont. The walls are paste-white and mostly unadorned. A friendly woman greets me who speaks in halting English. Behind her are containers of many types of herbs.

I have journeyed to meet with him because of a recent diagnosis of osteoporosis. Except for a few creaks in my hip now and then, I have no symptoms yet, and I am told to be aware of the increased risk of a fracture; that could be serious, even deadly.

I have begun taking high quality calcium vitamins as well as vitamin D. I have also begun to eat more calcium-rich foods. However, I do not want to take the prescribed medication if I can avoid it. Two friends who did ended up in the emergency room in the hospital with gastric issues, and my dental hygienist warned me against it. My primary care nurse is not happy with my choice. Which explains why I am now sitting in the office of this TCM doctor, who is checking my pulse, then looks at my tongue.

I tell him my father was a homeopathic doctor, which is another kind of quantum medicine. He nods, and says there have been many types of quantum medicines practiced by many people in the world. I then say that I understand he is a TCM, which is a 2000 year old wisdom practice and philosophy.

He nods. Then he asks me how many hours a night I sleep. I tell him that I usually go to bed past 11 p.m., sometimes even midnight, and wake up around 7 a.m. He suggests I sleep more and tells me that I should aim to sleep nine to 10 hours a night – that sleep is very important for our health, and more sleep will do me good.

Then I ask him about lifting heavy weights, which is often recommended to build bone density. He says that maybe the tests would show more bone density, just as taking the medication I don't want to take might, but that does not mean that our body is actually healthier, or even our bones.

Then he gives me an analogy. He says our health is like a family. In a family, you have expenditures you need to make for housing, utilities, food, etc. And you have deposits from work, interest, investments, etc. That for a healthy family, you do not want to have more expenditures than deposits.

In a similar way, he adds, you do not want to exert more energy expenditure than you have coming in. So, he says, walking is very good, even running a short distance. But not a marathon.

From the little Chinese medicine I know, I understand that the kidneys are considered to store the Chi we are born with, and only have a limited supply of. And that by the time one reaches my age, this supply of Chi has dwindled and must be tended carefully for our health and longevity. Which circles round to sleep. Sleep being a key way to restore our Chi and nourish the body. Sleep also being the realm in which we dream big and deep – dreaming being so important to our being in many ways.

I watch him write out in Chinese characters an herbal formula, and am instructed to make a tea and drink it twice a day for two weeks.

I am now on week one of this tea, and feeling more relaxed in a deep way than I have for years. Such that, this morning at 9 a.m., my husband found me still nestled under the down quilt, cuddly warm and half-sleeping. I told him I was taking my medicine.

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

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ENTERTAINMENT and DINING

Wed., Nov. 4

LECTURES & WORKSHOPS

"Button Up" Workshop 6pm. Keene Recreation Center, 312 Washington St. 1.5-hour presentation plus Q&A about how to improve the energy efficiency of a home. Free. Dee Robbins: ms.deerobbins@gmail.com. www.cleanenergykeene.com/.

MISCELLANEOUS

The PageTurners Book Club 6pm. Conant Public Library, 111 Main St., Winchester. Treats and conversation, discuss "Slammerkin" by Emma Donoghue. Books available for check-out at Richmond Public Library and Conant Public Library. **603-239-4331**. www.conantlibrary.org/.

Romance Reader Group 6-7pm. Keene Public Library, Miller-Vincent Room, 60 Winter St. November's theme is Best Friend's X (sibling, parent, ex, etc.). Registration appreciated. Parker Goodreau: **603-352-0157**. pgoodreau@keenenh.gov.

Know Your Benefits & Hospice: It's Not What You Think 11:30am. Peterborough Town Library, 2 Concord St. Information, conversation about home health and hospice benefits with HCS Care Transition Specialists. Lunch. Registration required. Visit website or call to register, **603-924-8040**. www.peterboroughtownlibrary.org/.

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

Thurs., Nov. 5

ARTS, MUSIC, THEATER

For Love of the Land: A Tribute to the Agricultural Way of Life: Opening Reception 5-7pm. Jaffrey Civic Center, 40 Main St. Artists show work depicting the farms and agricultural lands of the Monadnock region. Refreshments and lively conversations with these 7 artists.

LECTURES & WORKSHOPS

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

MISCELLANEOUS

Chair Yoga Class: 5 Week Series 1pm. Keene Parks & Recreation Center, 312 Washington St. Gentle, practiced sitting in a chair or standing, using a chair for support. No experience required. Thursdays to December 10 (no class on November 26). $30 for session or $6 to drop in. Registration: www.keeneparks.com.

HCS Annual Meeting: Speaker J. Peter Cobb 5-7pm. HCS Keene Office, 312 Marlboro Street, Keene. "When Home Becomes the Care Center: Complexity, Compassion, and Hope." Info: **603-352-2253**. events@hcsservices.org. www.hcsservices.org/event/annualmeeting2026/.

Friday, Nov. 6

ARTS, MUSIC & THEATER

The Naghash Ensemble 7-9pm. The Colonial Theatre, 95 Main St., Keene. 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. $45. **603-352-2033**. www.thecolonial.org..

Assassins 7:30pm. Next Stage Arts, 15 Kimball Hill, Putney, VT. Stephen Sondheim's darkly comic musical that brings together the men and women who attempted or succeeded in assassinating U.S. presidents. www.nextstagearts.org.

FAMILY FUN

Homeschool Library Day 11am. Conant Public Library, 111 Main St., Winchester. Meet, listen to a STEM inspired story, make a craft, and grow community. **603-239-4331**. www.conantlibrary.org/.

LECTURES & WORKSHOPS

Stories to Share: Rich Scheinblum, CEO 5pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Scheinblum has over 31 years of experience in healthcare and has served Monadnock Community Hospital for over 25 years in key executive and operational positions. jccedassistant@gmail.com.

MISCELLANEOUS

Healing Sound Event: Heather Hill of Quantum Radiance 7-8:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Crystal and Tibetan singing bowls, bells, chimes, rattles, and drumming. Time to share about experience or to ask questions. $35

Invisible Monuments with Howard Mansfield 7pm. Harris Center for Conservation Education, 83 Kings Hwy, Hancock. Laura Knoy interviews Hancock author Howard Mansfield about his latest book, Invisible Monuments: Tribute, Memory, and the Summoning of the Past. Free and open to all. **603-525-3394**. www.harriscenter.org.

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, Nov. 7

ARTS, MUSIC & THEATER

Keene Chamber Orchestra: Against the Current 3pm. Trinity Lutheran Church, 100 Maple Ave, Keene. A pre-concert lecture will be held at 2 p.m. followed by the concert at 3 p.m This is a free concert, though donations are welcome.

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

Neighbor 7-9pm. The Colonial Theatre, 95 Main St., Keene. Dynamic quartet. $25/$35. **603-352-2033**. www.thecolonial.org.

Assassins 7:30pm. Next Stage Arts, 15 Kimball Hill, Putney, VT. Assassins is Stephen Sondheim's daring, darkly comic musical that brings together the men and women who attempted or succeeded in assassinating U.S. presidents. www.nextstagearts.org.







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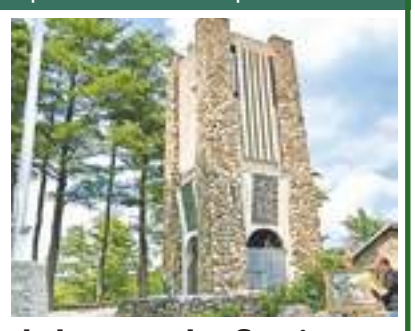
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DINING PLEASURES

Westmoreland United Church Roast Pork Supper 5-6:30pm. Town Hall, 780 Rte. 63. Pork, potatoes, squash, peas, applesauce, rolls, dessert,& beverage. Take-out available. Adults $15, Children (10 & under) $5. Jo Ann LaBarre: **603-399-9028**.

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

Roast Pork Supper 5-6:30pm. 9 South Village Common, Westmoreland. Eat in or take out. Adults $15/ children $5.

Fall Harvest Dinner 5:30-8:30pm. Aloha Yoga Studio, 83 Court St., Keene. Sarah Harpster will be the chef. Ayurvedicly inspired to be healthy. Registration limited. $108. Proceeds go to Stonewall Farms. Register: **603-762-3129**. www.vagaro.com/alohakeene.

FAIRS & SALES

Craft Fair 9am-2pm. Trinity Christian School, 100 Maple Ave., Keene.

Holiday Bazaar 9am-2pm. VFW Hall, 12 Hathorn Rd., Jaffrey. Over 20 vendors selling antique & Christmas items, nothing newer than 1996. Kari: **603-562-5533**. themelamincup@gmail.com.

FAMILY FUN

A Celebration Of Heritage Craft 10am-3pm. The Craft School Mill Hollow Works, 149 Hurricane Rd., Keene. Family-friendly day dedicated to traditional skills, handmade goods, and the people keeping these crafts alive. Free. Live craft demonstrations, makers and vendors, farm animals, food, and music by JD and the Stonemasons, performing sea shanties and traditional work songs. www.millhollowworks.org.

Monadnock Railroad Club Train Show 10am-3pm Peterborough Community Center, 25 Elm St. Over 50 tables of RR displays and model trains for sale. Adults, $5 (suggested donation), children under 12 free.

MISCELLANEOUS

Woven Through The Sweetgrass: Community Read Finale 1-2:30pm. Heberton Hall, Keene Public Library, 60 Winter Street. Native American Heritage Month event with Joyce Heywood, great-granddaughter of Israel and Mary. Registration appreciated. **603-352-0157** mfiske@keenenh.gov.

Keene Repair Cafe 10am-2pm. MC2, 310 Marlboro St. Repairing broken items together, professional advice, encounters and inspiration. Voluntary contribution. Sang: **603-986-6613**.

Knitting Circle 10am-12pm. Richmond Public Library, 19 Winchester Rd. Drop-in group for hand-crafters of all abilities. **603-239-6164**. library@richmondnh.us.

Sunday, Nov. 8

ARTS, MUSIC, THEATER

Assassins 2pm. Next Stage Arts, 15 Kimball Hill, Putney, VT. Stephen Sondheim's daring, darkly comic musical that brings together the men and women who attempted or succeeded in assassinating U.S. presidents. www.nextstagearts.org.

Peterborough Folk Music Society: Le Vent du Nord 4pm. Park Theatre, 19 Main St., Jaffrey. Tickets at **603-318-9196**. www.pfmsconcerts.org.

FAMILY FUN

Registration Closes: 4-H Discovery Day – Hands-On Learning And College Exploration Registration required, closes at the end of the day. Joining 4-H is free through 4-H ZSuite and is required to receive the 4-H rate. www.extension.unh.edu.

MISCELLANEOUS

Abigail Adams - Liberty Legacy 2-4pm. Chesterfield Town Hall, 522 NH-63, Chesterfield. Sheryl Faye will present Abigail Adams, who was a sharp-witted, self-educated intellectual, an influential political advisor, as well as a resilient manager of her family and farm. Free.

Open House: New Massage Practice 10am-1pm. Dublin Village Massage, 1283 Main St., Dublin. Make an essential oil sachet to take home, refreshments, sign up to win a luxury self-care basket or 60 minute massage. **603-496-2659**. dublinvillagemassage@gmail.com.

RELIGIOUS

Music: Featuring Union Sound 10-11am. Richmond Community United Methodist Church, 11 Fitzwilliam Rd., Richmond. Each second Sunday of the month worship will be mostly through music. **603-799-8404**.

Tues., Nov. 10

MISCELLANEOUS

Adult Craft: Holiday Pumpkin Placecards 6-7pm. Keene Public Library, 60 Winter St. Make cute pumpkin place cards for holiday table. All materials included, and each participant will leave with pumpkin place cards. Adults and teens ages 12-18. Amy Kraemer: **603-352-0157**. www.akraemer@keenenh.gov.

Wed., Nov. 11

DINING PLEASURES

Corning CVets Veteran's Day Breakfast 7-9am. Community Church of West Swanzey, 5 Holbrook Ave. Corning CVets are hosting a breakfast to show appreciation to the Veteran's and their families in local community. All are welcome. No Charge. Daryl Schillemat: **603-400-0054**.

MISCELLANEOUS

Old Homestead Garden Club & Program 12-2pm. First Congregational Church, 679 Old Homestead Hwy., Swanzey. Mike Kowalczyk, Chairman of the Rail Trail Committee, will speak to the group about the Rail Trail between Swanzey & Keene. oldhomestead@nhfgc.org.

Dance Features "Nashville Blue" Saturday, November 7th

Monadnock Tri-State Dance Club will hold a dance on Saturday, November 7th from 7 to 10 p.m. at ELMM Memorial Community Center at 21 Durkee Street in Winchester.

The dance will feature live music by Nashville Blue. There will be free refreshments, a 50/50 raffle, and all are welcome. Admission is $12.

For more details, call Barbara at 603-392-0447.

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Join Me For A Slice Of Pie

It's the time of year when pies of various kinds come out of hiding and make a prominent appearance at supermarkets, farm stands, local fairs, and organizational fundraisers. Set a pie out on your table and it will generally bring a nice smile – because pie makes us happy. Pie brings back fond memories of family, especially much-loved grandmothers. This holiday season, and any time of year, gather your family and friends to join you with a slice of pie.



Maple Apple Cream Pie

We all have our go-to apple pie recipe. But if you are looking for one that's a bit different, this creamy variation might be one you'd like to make.

Ingredients:
1 unbaked 9-inch pie shell
2 tablespoons butter
6-8 firm apples, about 2 lbs., peeled and cut into eighths
1/2 cup packed light brown sugar
1/3 cup real maple syrup
2 tablespoons cornstarch
1 can (12 oz.) skim evaporated milk
1 egg yolk
1 teaspoon vanilla extract

Blind bake (means baking a shell without any filling) pastry shell by lining with a double thickness of heavy duty foil (don't prick bottom of pie shell). Bake at 450 degrees for eight minutes; remove foil and bake five minutes longer. Cool pie shell on wire rack. In a skillet, melt butter. Add apples and brown sugar; cook and stir until apples are tender and coated, 15 to 20 minutes. Cool to room temperature and spread evenly in pie shell. In a saucepan, combine maple syrup and cornstarch until smooth. Gradually add milk. Cook and stir over medium-high heat for two to three minutes, or until thickened and bubbly; remove from heat. Gradually stir one quarter cup of milk mixture into egg yolk; return all to pan. Cook for two minutes; remove from heat and add vanilla. Cool to room temperature; pour over apples and chill until set, about two hours, before serving.

Best Pecan Pie

This holiday favorite comes from a long-time friend from New Jersey. "Don't make any substitutions in the ingredients," she warned me years ago – and that has been good advice.

Ingredients:
4 large eggs
1/2 to 3/4 cup sugar (depending on your sweetness preference)
3/4 stick butter
1¼ cup white Karo syrup
2 cups pecan pieces
unbaked 9-inch pie crust shell

Melt butter in an iron skillet until light brown in color. Add sugar, stir quickly and remove from heat; whisk one egg at a time into mixture. Add Karo syrup and stir. Add pecans and stir. Pour into unbaked pie shell and bake in preheated 375 degree oven for 30 to 35 minutes, until brown and slightly firm. Remove from oven to cooling rack – it solidifies as it cools. Serve plain or with a dollop of whipped cream.

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Mince-Pear Pie

A pie with a variation that's sure to delight both pear and mincemeat lovers.

Ingredients:
1 recipe for double-crust pie (or store-purchased)
1 27-ounce jar (2 cups) mincemeat
3 tablespoons orange juice
2 cups thinly sliced, peeled pears (about 1 lb.)
milk and sugar (optional)

Prepare and roll out pastry. Line a nine-inch pie dish with half the pastry crust; set aside. In large mixing bowl, combine mincemeat and orange juice; gently stir in pears. Pile mincemeat mixture into pastry-lined dish. Place remaining pastry on top and cut slits in top for steam to escape. Trim edges and crimp as desired. Brush pie top with milk and sprinkle with a little sugar, if desired. Bake in preheated 375 degree oven, covering edges with foil for the first 25 minutes if necessary. Remove foil and bake 20 to 25 minutes more, or until pastry is golden. Cool on wire rack. If desired, serve with vanilla ice cream.

Coconut Rum Sweet Potato Pie

Use your usual unbaked pie crust recipe. Or if you like, look up the recipe for a coconut or gingersnap pie crust recipe – either would work well with this pie.

Ingredients:
single unbaked 9-inch pie crust
2 cups cooked, mashed sweet potato (about 1-1/4 lbs.)
1/2 cup packed dark brown sugar
1/4 cup milk
2 tablespoons dark rum
1-1/2 teaspoons vanilla
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
3 large eggs
1/2 cup flaked coconut

Preheat oven to 350 degrees. Combine sweet potato and remaining ingredients, except coconut, in a food processor; process until smooth. Spoon mixture into prepared pie crust; sprinkle with coconut. Bake at 350 degrees for one hour or until set; shield edges with foil after 20 minutes if it's browning too quickly. Cool completely on wire rack before cutting; refrigerate leftovers.

S'mores Tart

A tart is really a pie, dressed up in a fancy pan with a fluted edge and removable bottom. Enjoy this tart along with memories of toasted marshmallows, chocolate bars and graham crackers – shared with good friends over a campfire. My mother used to call this billowy topping "7 Minute Frosting"; it takes a bit of time, but the result is well worth the effort.

Ingredients:
1½ cups graham cracker crumbs
1/4 cup sugar
1/3 cup butter, melted
Filling: 10 oz. bittersweet chocolate, chopped; 1/4 cup butter, cubed; 1½ cups whipping cream
Topping: 5 large egg whites; 1 cup sugar; 1/4 teaspoon cream of tartar

In small bowl, mix graham crackers and sugar; stir in butter. Press into bottom and one-half inch up sides of an ungreased nine-inch tart pan with removable bottom. Refrigerate 30 minutes. Meanwhile, place chocolate and butter in a large bowl. In small saucepan, bring cream just to a boil. Pour cream over chocolate and butter; let stand five minutes, then stir with whisk 'til smooth. Pour mixture into prepared tart shell. Refrigerate for one hour or until set. Place egg whites in a large bowl; let stand at room temperature for 30 minutes. In top of double boiler (or in a metal bowl placed over gently simmering water) combine egg whites, sugar, and cream of tartar. Beat with an electric hand mixer on low speed for one minute. Continue beating on low until 160 degrees is reached on a thermometer, about five minutes. Transfer mixture to a large bowl; beat on high until stiff glossy peaks form and mixture is slightly cooled, about five minutes. Spread meringue over tart. Serve at room temperature; refrigerate any leftovers.

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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