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April Cushman

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Swanzey Musician April Cushman Will Open the Patriots' Game on December 3

By Kara McGrath

As country musician April Cushman sees it, being from “Nowhere, New Hampshire” gives her an advantage in the industry. “There are a lot of really great things about being this outside person when I go to Nashville,” she says. “You’re bringing in an outside perspective that isn’t influenced by the Nashville sound.”

Cushman, 34, grew up in Brookline, NH and currently lives on a farm in Swanzey, but she’s making waves in the national scene. Her 2021 album, *Long Haul*, was number 16 on the iTunes Country Music chart. Earlier this year, her song, “Borrowed Time” won her the title of a top 10 Tractor Supply Emerging Artist Finalist. On December 3, she’ll open the Patriots v. Chargers game with the national anthem.

Cushman’s songs are catchy country tunes that highlight her power vocals with an edge inspired by American rock artists. “I grew up listening to Sheryl Crow, Jewel, Tom Petty and James Taylor and just all the really good, almost rock-based folk acoustic type artists,” she explains. “They wrote about raw, great things that you could understand.” Cushman writes all her own songs, collaborating with a rotating

cast of co-writers including, as she puts it “Grammy winning artists and big names [whose songs] you’d hear on the radio”

As Cushman puts it, music has been a part of her life since practically day one. Her grandparents got Cushman her first guitar for Christmas when she was five, and her dad, also a musician, immediately taught her how to play. When Cushman was 16 or 17, her dad got her into an open mic at a bar by promising the bouncer that she’d just wait in the car until it was her time to play.

After college, music became a side hobby. “I would work from eight to three every day and then be in my car at 3:30 on the road to go play a show in Boston until one o’clock in the morning, getting home at 3 a.m., and then going to work,” she recalls. About six years ago, she decided to pursue music full time. Again, support from her family made chasing that dream possible; she gushes about her husband’s willingness to step up and take care of the farm and their 11-year-old daughter every time she books an out-of-town show.

Outside of bringing the New England perspective to country music, Cushman is different because she’s three years sober. “A lot of [country music] is based around neon signs and bars and drinking and par-

tying.” Cushman instead tries to focus on deeper, universal emotions. “It’s writing the things that not only kind of skim the top of people’s emotions, but truly hit them in the soul,” she shares. “It’s the songs that really hit you in a very vulnerable way that all these drinking songs may not talk about.”

When Cushman sings the National Anthem at Gillette, she’ll have achieved a sort of New England sports Bingo: The Red Sox, Celtics, and Bruins have all already hired her to sing the anthem — or, rather, anthems. Cushman often gets brought in when a team is playing against our neighbors to the north, since she sings the Canadian National Anthem too.

“It’s a very rare thing to get someone who comes in and sings the Canadian and then within three seconds switches and sings the American anthem,” she says. “It’s a lot of pressure.” Cushman has a simple technique for getting rid of those pre-show jitters: “I don’t practice. If I sing the words, I start overthinking them. Then I’m going to be nervous and probably mess it up.” (For anyone wondering, Cushman says the American anthem is way harder to sing. “The Canadian is way more straightforward. You kind of can’t mess it up.”)

Unfortunately, the performance likely

won’t air on the standard cable broadcast, but she says anyone with an NFL Sunday Ticket should be able to catch it. “The Pats aren’t doing too hot yet this year, but I’m hoping to give them a little bit of good luck,” she says, laughing. “I am so excited.”

Cushman says 2024 is going to be “a really cool year” for her and her band. “I can’t say a whole lot right now, but we are working very strenuously with an amazing team.” She does confirm that they’ll be coming back to Keene for a big show in early 2024, the details of which she’ll be announcing soon via her website (aprilcushman.com) and on Instagram (@[aprilcushman](https://www.instagram.com/aprilcushman).) “I’m super excited to bring our show and our songwriting back to the Monadnock Region,” she says. “It’s always nice to come back... and just have a 10-minute drive home [after the show.]”

While there are some professional downsides to not living in one of the flashy music hubs of the U.S., Cushman doesn’t have the stereotypical dreams of leaving the country behind to move to a big city. Instead, she hopes her increased time in the spotlight will help bring awareness to other local musicians. “There’s a lot of talent up here,” she says. “I’m trying to put Swanzey on the map.”



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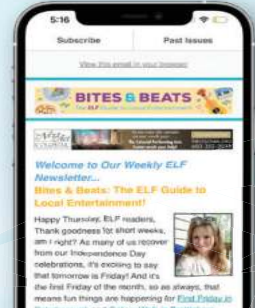
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Lickspittle *noun*

lick·spit·tle

a fawning subordinate; toady

A partisan news program whose host is more of a lickspittle for the White House than a serious journalist.

Definitions taken from Merriam-Webster.com



On the Cover:

April Cushman, a Swanzey country musician, tearing up the stage! Read more about April's journey from a small town to stardom on page 2.



Easy, Engaging Advent Calendars for Kids

By Michael Breshears

I'm pretty sure as a kid, I didn't understand what Advent calendars were. Not a particularly religious family, my sisters and I loved Christmas but perhaps didn't entrench ourselves in the religious symbolism behind the holiday. Sure, we knew Christmas marked the birth of Christ. The Little Drummer Boy and other holiday TV fare taught us that much. I remember my first awareness of the Advent calendar being a slight sense of jealousy over the kids who talked about their calendars and the candy behind those Advent calendar doors in the four weeks leading up to Christmas.

I ran into another dealer, Susan, at Twin Elm Farm the other day who was hanging paper chains in her booth. As well as being an interior designer and antiques dealer at Twin Elm, she's also a retired child developmentalist. About 25 years ago, Susan noticed her daughter struggling with the concept of the Advent calendar. "Before the age of about six or seven (although the age varies widely!), children don't know the difference between numbers like 17 and 23. As ideas, they are too abstract! When they open an Advent calendar door that says "17", they still have NO idea when Christmas is!

To try to explain what the door marked "17" means involves another mystifying idea: subtraction! Christmas is Day 25 minus Day 17, so it will happen in 8 days. For young minds, that's a lot to ask!

Children can count the unopened doors, if they can find them all, but that's a tricky task for a 5-year-old. And what about children who don't yet know their numbers at all? Kind of cruel, don't you think?"

Susan created something much more concrete for young children to grasp the concept of the passage of time... an Advent calendar made up of a colorful paper chain. A "Christmas Chain." The idea is for the child to build it themselves, with

assistance, from either a kit or printed out from an online file. Each link of the chain is very colorful and contains a number from 1 to 24. When first constructed, the chain is very long and is attached to a paper Christmas tree. On December 1, they take off one link; on December 2 another and so on. Taking a link off every day allows the child to see how it's getting closer to Christmas!

Susan's daughter loved the chain. As did her nephews. It was a hit throughout her family. "We had Christmas Chain. I took a link off it every night at dinner. It was really important. I didn't let my little sister and baby brother do it. It was my Christmas job." reported a young man, now a defensive linebacker.'

Just like Puff the Magic Dragon, once the children all grew older, the chain was forgotten. Susan recently found her original copy of the chain on an old hard drive, so she had an idea. She created a bunch of Christmas Chain kits and now offers them for sale in her antiques booth at Twin Elm. I admired the vivid colors and designs of each link creation. Susan also added that another fun thing to do is to write whimsical little fortunes on the chain links after they're cut out and before linking to the chain. It's a fun chance to think about good things that could happen in the future, like "A butterfly will land on your nose" or "You will travel to a foreign land." If the links get mixed up before the fortunes are written, when the chain is made the fortunes are random. Who knows who will get what? The fun gets another layer."

Paper chains were some of the earliest decorations for Christmas trees and I remember creating them in grade school and at home with my sisters. We used multi-colored construction paper and tape. Susan has certainly upped the concept to a fun holiday project a young child can claim ownership of. Even the littlest ones like to have a "job" of their own at Christmas.



Michael Breshears is ELF magazine's Editor Emeritus and is a licensed real estate agent. Reach him at michael@hallidayrealestate.com



Photos Courtesy Susan Olson



Bushwhacking Richmond's Attleboro Mountain

By Joe Adamowicz

On the first Sunday in November, I decided to do a different kind of hike with my long-time hiking buddy, Curtis Carroll—a bushwhack trek up Attleboro Mountain in Richmond.

Afterward, we planned to explore the Quint Preserve and an old mill site.

After meeting up with Curtis (who lives in Southwest Vermont) at a Dunkin' Donuts at the junction of Routes 10, 78, and 119 in Winchester, we drove the short distance to the Quint Preserve; located off Lang Road, it is the trailhead for Attleboro Mountain (1,418-feet).

Before starting out on the (discontinued) Attleboro Mountain Road, we both donned orange caps, an extra precaution due to it being muzzleloader deer hunting season - October 29-November 7.

We walked uphill on the rocky road strewn with oak and beech leaves. In no time we met a hunter, Robert Lapati of Barre, Massachusetts, driving toward us in his Toyota Tacoma truck.

Lapati explained he had hunted this area for 15 years and knew it well. He gave us valuable information about bushwhacking Attleboro Mountain, recommending that we walk just beyond a power line that stretched across the road and then turn right to begin our bushwhack there.

"It would be easier at that point. Attleboro Mountain comes right down to the road and there's a lot of thick ledge before that," he said.

Continuing our walk, we enjoyed the "second foliage season." The woods were a beautiful tapestry of muted earth tones—golds, browns, rusts and yellows.

More beauty of the natural world presented itself: bright red partridgeberries poking out from clusters of small, rounded evergreen leaves, and a variety of trees.

"That's a big, black birch. The wood is

dense which makes it an excellent firewood," said Curtis. Black birch also smells good and is easy to cut.

The road turned right, and it looked like we were getting closer to the mountain. We checked our location on Google Maps and noticed we were practically there.

Although Lapati had recommended turning right at the power lines, we decided to enter the woods and begin our climb up the mountain at this point.

It was a steep scramble through brush and around ledges. Soon we came to a thicket of saplings about chest high. I felt like we were walking through a miniature palisade woodland fort.

Pushing aside branches, Curtis noticed old tire tracks which indicated we were on an overgrown logging trail.

"That's what happens when you leave a logged area for 20 years. The path gets populated by saplings," he said.

After a few minutes of getting whacked by the brush, we saw a stand of tall pine trees in the distance.

"It looks like there might be a view over in that direction. Probably not great but at least it's something," said Curtis.

When we reached the pines, walking became much more pleasant. We noticed some deer scat then explored the top of the mountain looking for a view, but we did not find one and headed back downhill.

I wanted to retrace our route. But Curtis had other ideas, "We should consider finding an alternate route to avoid the thicket of saplings. I think we'll be all right. Anywhere we go downhill leads to the road we came in on," he said.

I was somewhat skeptical but couldn't dispute his logic. And once we started, his advice rang true. We had found a much easier path through a pine forest with wide clearings between the trees. It was almost like walking in a park.

Moving through a quiet, open stretch of

woods I said, "This looks like a good spot for deer." No sooner had I uttered those words than did Curtis spy a metal deer stand with a ladder affixed to the side of a pine tree.

"I would guess the road is not too far from here," he said, "I mean how far do you want to carry a deer?"

Shortly we saw a stream trickling down the mountain side and decided to follow it downhill. Minutes later we found our feet firmly planted on Attleboro Mountain Road. Before heading back to the car, we decided to turn right on an unmarked trail to explore the Quint Preserve.

If you enjoy exploring old cellar holes then this 280-acre preserve, managed by the Society for the Protection of New Hampshire Forests, is the place for you. But since there are no marked trails, you'll need to navigate with a GPS, compass or map.

A short walk brought us to a series of stone walls and old foundations. We also saw a slab of granite with drill marks.

"Perhaps a door entrance," said Curtis.

There were more cellar holes, chimney bricks and square cut nails attached to some sort of hinge.

After our walk back in time, we returned to the car and set out to find the remnants of an old mill that we had heard about. But that's a story for another day.

To get to the Quint Preserve, from the intersection of Routes 12 and 101 in Keene take Route 12 south. After 0.9 mile turn right onto Route 32 south (old Homestead Highway). Continue on Route 32 south for 11 miles. Turn right onto Bullock Road. Continue for 1.5 miles to Lang Road. Turn left and drive 1.3 mile farther to the Quint Preserve.

Bushwhacking is something you should not undertake alone. In case of injury a partner can administer first aid or call for help, and a hiking companion can help plan and



Courtesy of Joe Adamowicz

solve a route when the terrain becomes challenging. Bring a GPS, map and compass.

A nearby place to visit is the Middletown Cemetery which is located on a hill next to the Town Hall off Route 32. The gravestones date back to the 1700s. There is also a well pump and granite watering trough located here. A sign notes: "Before the advent of the automobile, people traveled on horseback or in horse drawn vehicles. Towns throughout New England dug wells and installed iron pumps that fed wooden watering troughs for this essential public use. In 1915, Richmond resident, Leason Martin Jr., proprietor of the Martin Pail Mills, donated the granite trough as a memorial to his deceased sister, Lydia Martin Abbott."



Upcoming 2024 Animal Rights Legislative Requests

By Jean Slepian

2024 promises to be a busy year for both domestic and wild animals in the NH legislature. From reconsidering certain hunting practices to the ownership of kangaroos, NH Legislators have their work cut out for them in the upcoming legislative session.

Below is a list of animal-related Legislative Service Requests that describe the bills that will be considered, along with the name of the NH Representative or NH Senator who is sponsoring the bill.

Shortly after the 2024 legislative session begins in early January, each bill will be referred to a House or Senate standing committee. Bills sponsored by a member of the House of Representatives will start the legislative process in a House Committee; bills sponsored by a Senator will start the legislative process in a Senate Committee. The chair of each committee will schedule a public hearing for each bill, where anyone may testify. After the public hearing, the Committee will review and discuss the bill and make a recommendation that the bill either, "Ought to Pass," or, is "Inexpedient to Legislate" (i.e., "Ought to Fail"). The Committee may also amend the bill.

The bill will then be scheduled for a vote in the full House or Senate. The chamber will first vote on whether to accept the committee's recommendation, and then will vote on the bill itself. If the bill survives the vote, it will cross over to the other chamber where the process will begin again. If the bill passes through the second chamber successfully, it will proceed to the Governor's desk, and they will either sign the bill into law or veto it.

With nearly 900 bills in the Legislature for 2024, things are moving a little more slowly than usual, but bill numbers for the Legislative Service Requests below should



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be available by mid-December. To find the bill number, go to the Legislature's website (www.gencourt.state.nh.us), scroll down to the middle of the page and click on the link for Public Listing of Legislative Service Requests listed under General Court Updates; scroll through the LSRs (listed in numerical order) to find the one you're interested in. When the bill number is assigned, it will appear as a link next to the LSR number. Click on the link to read the full text of the bill and links for other information.

Testimony to support/oppose bills can be presented in person at public hearings, by e-mail to committee members or uploaded onto the General Court website, using the "Meeting Resources" links on the lower right side of the Gencourt home page.

It's easy and rewarding for citizens to participate in the NH legislative process, so please, get involved!

- 2042, Read**, relative to coyote hunting
- 2087, Spillane**, relative to pistols permitted for taking game
- 2090, Spillane**, relative to certain firearms

to be used for taking game

- 2092, Stringham**, relative to creating a committee to study protection of business operators against requests to accommodate customers with fraudulent or untrained service animals
- 2098, Rochefort**, relative to disposition of vicious dogs
- 2126, Read**, adding certain equine practices to the definition of animal cruelty
- 2137, Harvey**, relative to the Fish & Game Commission
- 2145, Greeson**, prohibiting mRNA technology in food and requiring labeling of lab grown meat and food containing insects
- 2175, Kelley**, relative to animal chiropractors
- 2208, Cannon**, prohibiting the sale and use of adhesive-based rodent traps
- 2295, Cole**, relative to agent fees for Fish & Game licenses
- 2296, Cole**, relative to the use of air rifles for hunting game
- 2342, Read**, relative to wild trout management
- 2362, Mackenzie**, relative to the definition of commercial kennels

2431, Ammon, relative to exemptions from rabies vaccine

2432, Mannion, relative to allowing private ownership of small-tailed monkeys, raccoons, foxes, skunks, otters and Kangaroos

2540, Smith (Jonathan), relative to landowner rights and responsibility pertaining to game cameras and tree stands

2545, Hoell, requiring Fish & Game officers to wear body cameras

2552, Aron, relative to establishing a conditional veterinary license for veterinarians educated in other countries

2561, Read, relative to criminal trespass (the "purple paint" bill)

2579, Granger, relative to the sale of kangaroo and caribou meat

2708, Kelley, prohibiting the sale of dogs and cats by retail pet shops

2719, Read, relative to the definition of animal cruelty

2731, Hoell, relative to repealing the requirement to register dogs annually

2741, Burnham, relative to establishing a Fish & Game Guides Committee to determine qualifications for licensure of Fish & Game guides

2756, Prudhomme-O'Brien, establishing an animal abuse offender registry

2864, Watters, relative to appointments to the Fish & Game Commission

2885, Watters, relative to requiring a criminal background check when applying for a Fish & Game guide license

2921, Pearl, relative to animal shelters

2922, Pearl, relative to bear registration

2941, Pearl, relative to the Cost of Care Fund

2991, Watters, relative to defining, "critical habitat"

Jean Slepian has been advocating for animals as a "citizen lobbyist" for over 30 years and can be reached at: slepianj1155@outlook.com.

Shaken Not Stirred: Upgrade Your Bar Cart for the Holiday Season

By Sarah Sherman

Hosting a party or expecting guests for the holidays? Now is the perfect time to take your bar cart game to the next level.

Liquor selection aside, a well-composed home bar or smaller-sized bar cart, whether stationary or transportable, can really wow your cocktail-thirsty friends and family. Here are a few simple tips and additions to keep both the libations and the party vibes flowing all night long.

Tools of the Trade

Stop digging through the utensil drawer for that misplaced bottle opener or seldom-used corkscrew. Every good bar should be equipped with a set of helpful and necessary bar tools.

Sets come in a wide variety of colors and designs for every taste and tools generally include a bottle opener, long bar spoon, strainer, muddler, ice tongs and a jigger for measuring. Pick your price point and personal preference. If your set does not include a shaker, be sure to purchase a complementary one separately.

Ice, Ice, Baby

An attractive ice bucket is absolutely a must for putting together the quintessential bar cart. Again, you can choose from an array of bucket designs and size options, from sleek and modern to glitzy glam.

The shape of the ice itself is also a creative way to bring a touch of

class to your cart. Large globe or square molds are popular options and monogrammed silicon ice molds are also available online. Tres chic.

Go Stir Crazy

A bar cart that boasts a selection of unique swizzle sticks and cocktail straws will be a welcome improvement for the home mixologist. In addition, colorful swizzle sticks afford guests with a means for identifying their drink once it's been placed and left on a surface.

Similarly, wine charms are a whimsical way for the identification of one's goblet. These items may seem small and trivial, but they go a long way toward creating comfort at a group event when the glasses end up everywhere.

Mismatch Magic

When it comes to the glassware, don't be afraid to mismatch styles. By keeping a thread of the same color palette, your bar cart glasses will still appear cohesive even if they aren't all part of a large set.

The thrift store is an ideal spot for finding affordable and unique glassware, from martini to shot glasses and everything in-between. Of course, gorgeous glassware sets are a suitable choice, too, if mismatching gives you more anxiety than enjoyment.

Decanter Display & Pitcher Perfect

Pouring the liquor into a display of gorgeous decanters (again, hit the antique or thrift stores) and mixers like juice or punch into



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pitchers can really amp up the style factor of a bar cart. These items are another easy way to express your personal style while adding to the room décor.

Custom Cleanup

Spills happen. Don't forget about providing cocktail napkins and easy-to-grab

bar linens. Customize these by adding a monogram or matching the glassware color or palette. Preparing for a potential mess of any size will save your guests from scrambling in embarrassment when they drip or drop.

Details & Décor

If space allows, a nice candle holder,

small potted plant, or cheeky cocktail-related signage can be used to pretty up and personalize your cart. Vintage or antique bar items can also add a dash of flair or intrigue. It's all about the details.

Another important tip for bar cart beginners: be sure not to overlook the alcohol-abstaining people in your life. Take

care to accommodate the non-drinkers and designated drivers by providing a tasty selection of alternative beverages and maybe a fun pre-mixed mocktail option.

With your bar cart upgrades complete, the nights of celebration await. Cheers to the holiday season!

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The Caregivers

By Victor Good

One January day my wife and I received a phone call we'd been expecting for years. It was my father asking us to renovate our home's 1850s carriage house into an apartment to help him look after my mother. Dad had been caring for Mom by himself ever since she'd been diagnosed with Alzheimer's disease many years earlier.

So began our journey.

My wife, Julie, and I designed the living space with an Alzheimer's patient in mind by including as much natural lighting as possible, installing radiant floor heat and painting the walls in cool colors. We took photos of every room in my parents' Colorado home to document where each wall hanging hung and replicated their placement in the new, smaller space as familiarity is important for keeping dementia from rapidly progressing.

On move-in day, I walked Mom up the hallway into her new home. She looked at the walls of photos hung just as they had in her home, looked at me and mouthed out the letters "H O M E". It was a shock to hear anything from her, as she was mostly non-verbal at this point, but it seemed we were successful in our goal!

Two months after my parents moved in, Dad was diagnosed with frontotemporal dementia (FTD). Six months later, Julie's 90-year-old mother fell down the stairs and broke her hip, moving her in as well.

Besides Julie and me, our home now had three new residents, each with unique and consuming needs.

November is National Family Caregiver's month, designated to bring awareness to the tsunami rushing toward our country's healthcare system. By 2030, all 73 million baby-boomers will be over the age of 65. Many people who have, or will have, an elderly parent in need of care feel incapable of dealing with the constant needs of an aging parent. These reasons vary from financial, physical or emotional inabilities



Victor and Martha Good

to take on such a task. One fact remains: we do not have the capacity in our nursing homes to deal with our future needs nor do we have the staff to care for patients. Nurses in some of our local nursing homes are expected to care for up to 25 individuals! They are underpaid, overworked and this must change. It took me an hour every morning just to get my two parents cleaned, changed and ready for breakfast. My wife and I were there for our parents 24/7 yet we still needed help.

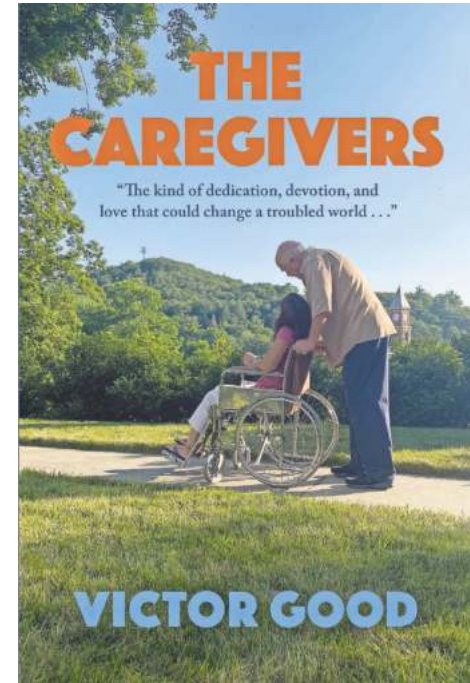
My recently released book, *The Caregivers: An Extraordinary Journey of Love*, chronicles the challenges and rewards Julie and I experienced throughout eight years of caring for our trio. We learned the hard-earned lessons as we stumbled along on our grand expedition in caregiving. In *The Caregivers*, we share our experiences and describe methods that worked for us as well as some that backfired.

Music was one such method that provided a positive, loving environment and became a great influence when it came to "brain therapy". We learned of its benefits



Martha Good, Anna Schwan and Leo Good

early on in our journey when Mom developed a pressure sore, requiring visits to the wound center. At her final visit, the doctor scraped her wound one last time: "As he



The Caregivers Book Cover Courtesy Photo

cleaned the wound. . . , Mom yelled, "You F__er!" Dr. Landes replied in a calm voice, "Well, it looks like we're all good to go. . ." . . . I wasn't sure what Mom was



Body & Soul



Martha and Leo, aka Mom and Dad

Courtesy Photo



Victor and Leo enjoying a walk

Courtesy Photo



The "trio"

Courtesy Photo

going to do next... To my shock, Dr. Landes looked . . . at Mom and began singing, "Singing in the rain, just singing in the rain. What a beautiful feeling..." I was blown away when Mom chimed right in . . ., "I'm happy again..." They continued for a couple of verses, and Mom was harmonizing, really singing!" Dr. Landes explained how music has a special place in the human brain and thus we initiated various daily music therapies. With music, you could see the recognition and pleasure in my parents' eyes; it would bring smiles and at times tears, reactions that can be muted by their diseases.

Despite many happy moments, we also experienced doubt and second-guessing. Nevertheless, looking back, we're grateful we had the opportunity to be with our parents on their final journey. I truly believe the afflicted person is aware until the end, and while they may not be able to commu-

nicate or respond as we normally do, I believe there is a "soul" or "spirit" within all of us that is present until that last breath is taken. Dementia patients need to be treated with dignity and respect until that time comes.

We want others who are on a caregiving journey to know they are not alone. Despite moments or days of despair, drawbacks or disappointment, we found an equal measure of happiness, emotional reward and pride as we cared for our parents. I hope my book will inspire others to become caregivers for their loved ones as well as inspire compassionate individuals to enter the nursing field.

The Caregivers: An Extraordinary Journey of Love by Victor Good is available at the Toadstool Bookstore in Keene and on Amazon. More information and caregiver resources are on their website at www.The-Caregivers.com

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History as Big as a Barn

By Avery Miller

A prominent spotlight of history in New England would be the farmland and barns — which are in abundance. Though, you may have noticed that many of the old barns are left uncared for throughout the years and have fallen or been torn down once they become unsafe.

The New England barn has a rich and interesting history. If you have ever been lucky enough to see inside one, you may have noticed all the years of hard work that have gone on throughout those barns.

The development of the New England barn began in the early 19th century, but their popularity soared between 1830 and 1860. Before the New England barn, the English barn is what you would have found in the Northeastern part of the United States; a three-bay barn with a double wagon door.

The shift to the New England barn was in part because of a boom in commercial farming and livestock becoming an increasing focus as opposed to grain. They were made much taller and wider to accommodate livestock. The New England barn was also easier to add onto when more space was needed.

The New England barn was popular during a time in northern New England when connected farmsteads were popular. Barns and other outbuildings were connected to houses and living quarters to create one continuous structure. This helped keep the farmers out of the elements during the harsh winter months.

What sets the English barn and the New England barn apart is the type and placement of the doors. The English barn—also known as a three-bay barn—has double wagon doors on the lateral walls of the barn. The New England barn, alternatively, has sliding doors on the gable ends of the barn.

Sliding doors made more sense with New England winters. Large doors that open out, not only meant you would have to



Brattleboro Retreat Farm

shovel out all the snow in the winter in order to open the doors, it also meant if they were to become unlatched and catch wind, they could be ripped off of their hinges, and even injure or kill workers or livestock.

Sliding barn doors were on a rolling track and moved from side to side. They are very similar to and have been said to be modeled from railroad car doors. The doors could be mounted on the interior or exterior of the building and move freely.

Another difference between the two types of barns is the manner in which they were built. The New England barn joinery is similar to using dropped tie framing, which joins the jowl posts below the wall

plate rather than the English tying joint, which ties together the jowl post, the wall plate and tie beam.

Many New England barns also featured a full basement. The basements were used primarily to store manure used for the crops and fields. You could even find trap doors in the floors of these barns, which would be used to easily clean up after the cows. Farmers could shovel the manure from the cows, right into the pile below.

The Retreat Farm in Brattleboro has a great example of a New England style barn.

The Brattleboro Retreat, originally known as the Vermont Asylum for the Insane, was opened in 1837 as an innovative,



Photos by Avery Miller

private mental hospital. A large part of its mission was the establishment of the adjacent farm which had patients working on the farm to provide food and fuel to the hospital.

The North Barn was originally built in 1890. It is a large 1 ½-story rectangular, wood-frame barn. It has an asymmetrical, overhanging slate gable-roof. The main gable-front facade has an entryway with an eight-panel sliding barn door. The first part of this cow barn was built in 1890. After being damaged by fire in 1906, it was renovated in 1929, when the cupolas were added. The easternmost cupola's finial is topped by an arrow-motif weathervane.



Is it a *Find!*?

Hello Dan,
I have a Maxfield Parrish print with a calendar from 1940. It was part of my grandmother's estate. Could you tell me if it is worth something and anything else you may know about this print? I really do enjoy it and plan to keep it for a long time.
Thank you,
Marty J.



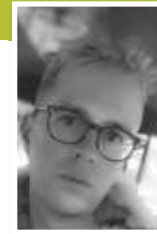
Maxfield
Parrish
Print

Greetings Marty,
Your Parrish print is titled "Twilight" and was made in 1937. It was published by the House of Art company and its image was used for various sized prints and calendars. At one point it was noted that one in every four American households owned a Maxfield Parrish print. The building that was depicted in the print, I believe, to be Hunt Farm in Windsor, Vermont (just across the river from his homestead in Cornish, New Hampshire).

The rich colors of these prints can be easily faded by improper storage, as they are very susceptible to light, moisture and temperature. It would be best to display the image away from any source of direct light. If you care to hang it in a

well-lit room, it would behoove you to replace the glass with one that has special UV blocking. In today's market your print could bring between \$200-300 in a retail setting due to the fact that it is nicely framed and still maintains its rich colors. Thank you for the question and I hope that you enjoy this print as much as I do.

Dan Yelin
Owner of Colony Antiques
603-358-6343
dmyholdings@gmail.com



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Dickens Fest at Park Theatre

By Nicole S. Colson

Even Ebenezer Scrooge himself would reserve his “Bah, Humbug!” in favor of wishing happy holidays to all when the first New England Dickens Fest comes to the Park Theatre.

The five-day celebration of the classic novelist Charles Dickens is Dec. 6 through 10 and includes such events as holiday concerts, stage plays, movie screenings, contests, family activities and a craft and food fair.

A highlight is a visit from Charles Dickens’ great-great-great granddaughter, Lucinda Dickens Hawksley, on Thursday, Dec. 7 for An Evening with Mr. Dickens.

Dickens Hawksley is an author specializing in literature, art and history from the 19th and early 20th centuries.

Park Theatre director, Steve Jackson, said his wife, actor Lisa Bostnar, met Dickens Hawksley at a reading in New York.

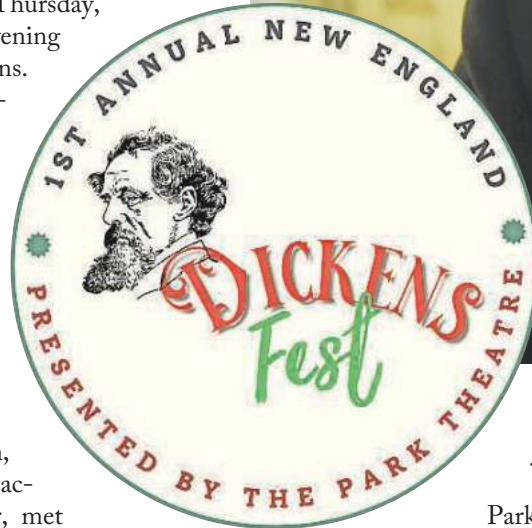
“She’s considered a global expert on Dickens,” said Jackson of Dickens Hawksley, who has written about a dozen books about the author and all aspects of his life in the Victorian era. She’s also on the board of the Dickens Museum in London and travels the world doing Dickens lectures and book signings.

Bostnar and actor Ken Sheldon (“Frost Heaves”) will read Dickens’ “A Christmas Carol” and play multiple characters while Dickens Hawksley will serve as narrator and host.

“Lucinda will enlighten you in ways you never would have imagined,” said



Courtesy Photo



Jackson.

While the Park Theatre is going into its third year of producing Shamrock Fest, a celebration of all things Irish in March, Dickens Fest is the first such holiday celebration at the theater.

The week’s events have either a direct association with Dickens or the holiday season.

Kicking things off Dec. 6 there will be a proclamation read by the “town crier” Obadiah Brimtop and a ribbon cutting by Dickens character Miss Havisham, both in full Victorian-era costume.

Other featured events throughout the week:

The Granite State Ringers GBB

Quartet (handbell choir) “Winter is Coming” Concert (Dec. 6); Ashuelot Concerts—Mendelssohn, Schubert, Beethoven & Schumann solo piano works (Dec. 8); NH Gay Men’s Chorus concert, “Holly, Jolly, Folly!” (Dec. 9); Project Shakespeare performs “A Christmas Carol” on Dec. 10 (the youth theater group’s first time at the theater); and Lindsay & Her Holiday Puppet Pals show (Dec. 9).

Other activities include a screening of the 1968 musical “Oliver!” (Dec. 9) and 2017 film, “The Man Who Invented Christmas” (Dec. 10).

Jackson listed some “really fun things” that are part of New England Dickens Fest which he described as a potpourri on Saturday, Dec. 9 and Sunday, Dec. 10.

First, the Park Theatre is partici-

pating in the Currier and Ives Cookie Tour happening Dec. 9 throughout the Monadnock Region and will have treats available for visitors from 11 a.m. to 4 p.m. Also that day, the Newfoundland Pony Conservancy will have a pony on hand in the theater’s River Street parking lot for children to visit; and local Girl and Boy Scout troops will lead a kazoo caroling choir (free kazoos will be handed out to the first 100 people attending) and there will be an “Ebenezer’s best whiskers contest” for the best period-accurate beard, mustache and sideburns. Local author Eric Stanway will give a presentation about his book, “Dickens in Boston” and lead a Q&A with the audience that evening.

Continued on page 15



**THE 1st ANNUAL
NEW ENGLAND**

DICKENS Fest

PRESENTED BY THE PARK THEATRE

Continued from Page 14

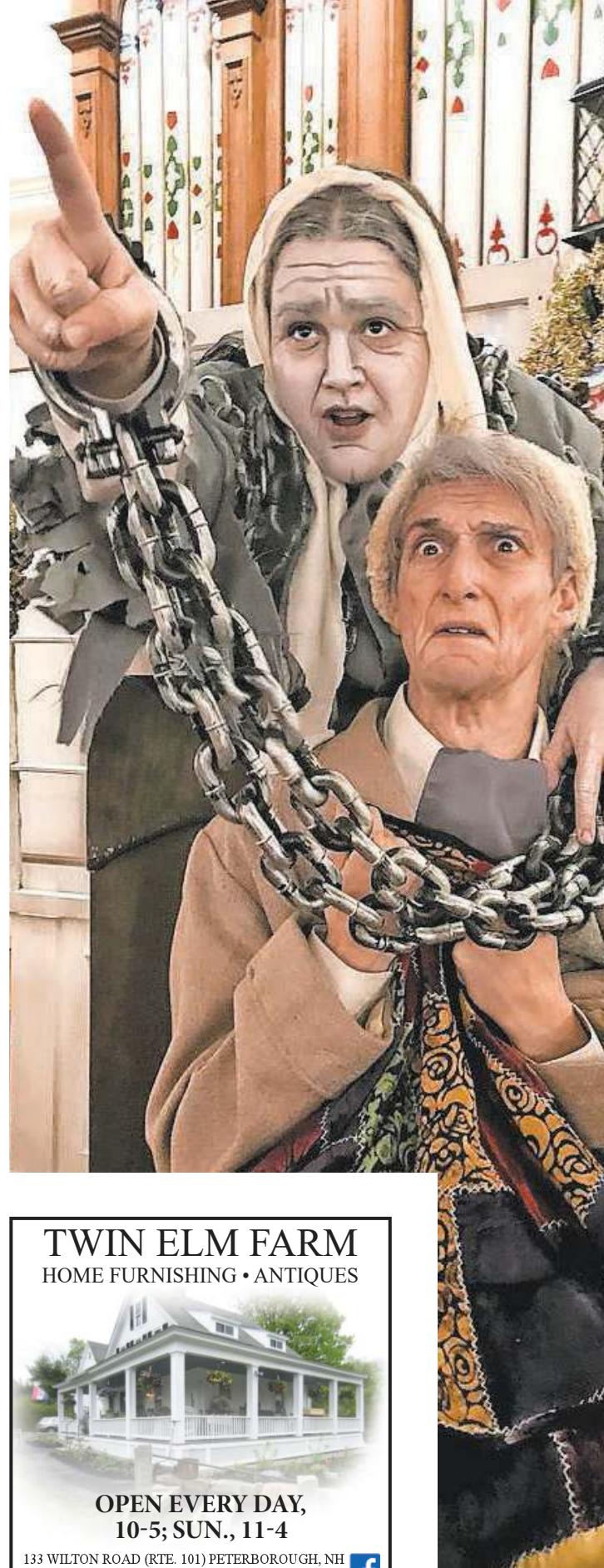
The theater will host a craft and food fair Sunday, Dec. 10, where an official commemorative holiday jam will be available for sale as well as Dickens grog (mulled wine) served in commemorative mugs, and local restaurants will serve Dickens era-themed menu items.

Conant High School drama club students will lead a reading of Dickens' "David Copperfield" in the theater lounge at 11 a.m. and Miss Havisham's Brass Bed Race will be at noon at M&T bank, the

winner of which receives a movie party for 25 at the theater.

"It will bring a broad audience from all over New England to the Monadnock Region," said Jackson of Dickens Fest. "We want to grow it year by year. We're keeping the spirit festive and getting the holiday season off to a big jump."

New England Dickens Fest is Wednesday, Dec. 6, through Sunday, Dec. 10 at the Park Theatre, 19 Main St., Jaffrey. Period costume is encouraged. For a full schedule of events and to purchase tickets, visit www.theparktheatre.org/dickensfest.



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FRIDAY 1

FAIRS AND SALES

10th Annual Holiday Trees Festival, view a delightful assortment of decorated holiday trees both inside and outside the Peterborough Town Library, 10 a.m.-7 p.m., Peterborough Town Library, 2 Concord Street, Peterborough. Tracy Jones, 603-924-5956; tjones@peterboroughnh.gov.

Christmas Fair 2023, wreaths, swags, berry bowls and other decorations, basket raffle, holiday bake table, crafts, supporting local missions Christmas cafe with beverages, corn chowder, turkey/pork pies, 4-6 p.m., First Congregational Church, 679 Old Homestead Highway, Swanzey. Cathy Shanahan, 352-6689; office@swanzeyucc.org.

FOOD

Miracle on Main: A Christmas Pop-Up Dinner, a scrumptious holiday menu surrounded by sparkling decor and live music, this delightful event is happening on Dec 1 and Dec 16, 7-10 P.M., Foray Event Caterers, 174 Main St., Marlborough. Maureen Metivier, 876-5085; forayforever@gmail.com.

MUSIC

Haley Heynderickx, 7-11 p.m., Stone Church, 210 Main St., Brattleboro.

Charlie Chronopoulos, Rachel Sumner and Traveling Light, 7-10 p.m., 48 Emerald St., Keene. Sophia Macrina, 508-431-7646; Srm1124@usnh.edu.

Brett Hughes, singer/songwriters Kat Wright and Brett Hughes with their quartet performing songs of the season, 7-11 p.m., Next Stage, 15 Kimball Hill, Putney. For information, call 802-387-0102 or visit nextstagearts.org.

ETC.

Make Your Own Centerpiece, create your very own seasonal centerpiece from the beauty of nature, using a simple base, build up an artful display using greens, pine cones, ornaments, and ribbon, free bonus craft: Make an adorable little snowman out of a salt shaker, 1-3 p.m., Jaffrey Woman's Club, Inc., 33 Main Street, Jaffrey. Jaffrey Woman's Club, 532-4065; jaffreywomansclub@gmail.com.

A Frost Heaves Christmas, Fred Marple, the Frost Heaves Players, and the Speed Bumps band return with holiday hilarity at the beautiful Park Theatre, featuring new bits, our favorite Christmas sketches, the latest news

from Frost Heaves, and assorted Yankee non-sense for the whole family, tickets are just \$20 available now, all seats reserved, 7-12 p.m., The Park Theatre, 19 Main St., Jaffrey. The Park Theatre, 532-8888; info@theparktheatre.org.

SATURDAY 2

FAIRS AND SALES

10th Annual Holiday Trees Festival, view a delightful assortment of decorated holiday trees both inside and outside the Peterborough Town Library, 9 a.m.-7 p.m., Peterborough Town Library, 2 Concord Street, Peterborough. Tracy Jones, 603-924-5956; tjones@peterboroughnh.gov.

Christmas Fair 2023, wreaths, swags, berry bowls and other decorations, basket raffle, holiday bake, table crafts, supporting local missions Christmas cafe: beverages, corn chowder, turkey and pork pies, 9 a.m.-1 p.m., First Congregational Church, 679 Old Homestead Highway, Swanzey. Cathy Shanahan, 352-6689; office@swanzeyucc.org.

Holiday Craft Fair, over 40 local vendors selling a variety of merchandise, 9 a.m.-2 p.m., Monadnock Regional High School, Swanzey.

The Brattleboro Winter Farmers' Market over two dozen vendors, including many favorites from past seasons and some new faces as well, offering fresh produce, syrup, local meats, eggs, cheese and other farm products, as well as bread, yummy treats, great lunches, preserves, beautiful handmade gifts and live local music, 10 a.m.- 2 p.m., C.F. Church Building, 80 Flat St., Brattleboro. Sherry, 802-275-2835; farmersmarket@posttoilsolutions.org.

Marlborough Arts Day, begin at either end of Main Street and there will be plenty to explore, Big Barn Pottery will be offering the work of several ceramic artist that please everyone, Hot Glass Art Center featuring the work of master glass blower Jordana Korean and her very talented crew, the studios at Art Upstairs will be open (170 Main St) with a large variety of paintings and sculptures that will feature David Bulger, Lornie Rawls Susan Lunt, Michael Reilly and many other guest artist, Emily Russman will open her studio on Church St., Mary Iselin and her grandchildren will also be in their studio just up Rt 124, Foray Catering and events will be open for special holiday treats and snacks to warm you up, 10 a.m.-4 p.m., Main Street, Marlborough. Michael Reilly; portraitofjazz@gmail.com.

Holiday Fair, photography, basketry, all things leather, potty, hand weaving, woolen arts, paintings, hand carved wooden gifts and more, 10 a.m.-4 p.m., 69 Main St., Harrisville. Deirdre Oliver; oliver8898@yahoo.com.

Cotton Mill Open Studios and Holiday

Sale, check out all of the amazing makers, movers and shakers that will be opening their doors for the 2023 Cotton Mill Open Studios and Holiday Sale, a pet shop, artists, photographers, jewelry makers, a chocolate shop, all natural skincare products and services, pottery, microgreens, a granola maker, a healthful coffee-alternative beverage maker, creative games to share with friends and family, artist greeting cards and more, 10 a.m.-4 p.m., 74 Cotton Mill Hill, Brattleboro. John and Dar; cottonmillholidaysale@gmail.com.

2nd Annual Festival of Trees, raffling off gorgeous fully decorated Christmas trees decorated by local sponsors, the winner can choose to keep the tree or donate it to a local family in need, 10 a.m.-2 p.m., Hillsboro-Deering High School, 12 Hillcat Drive, Hillsboro. Becky Johnson, 848-4282; director@hccnh.org.

Holiday Art Auction Opening Reception, the Friends of the Hancock Town Library will host a silent auction of artwork Dec. 2-16 at the library, a variety of artwork donated by local artists will be offered - a perfect venue for holiday gift shopping, the auction will feature paintings, prints, photography, and more, all proceeds will benefit the Friends of Hancock Library, 2-4 p.m., Hancock Town Library, 25 Main St., Hancock. Heidi Mack; mack.heidi@gmail.com

FOOD

Miracle on Main: A Christmas Pop-Up Dinner, a scrumptious holiday menu surrounded by sparkling decor and live music, 7-10 P.M., Foray Event Caterers, 174 Main St., Marlborough. Maureen Metivier, 876-5085; forayforever@gmail.com.

DANCE

Peterborough First Saturday Contra Dance, Hannah Johlas will be calling with music from Sycamore: Cedar Stanistreet - fiddle, Michael Sokolovsky - guitar and feet, contra dance is a fun, relaxed style of folk dance which has flourished in New England since the 1700s, 7-11 p.m., Peterborough Town Hall, 1 Grove Street, Peterborough. Kelly Strauss, 547-5831; Kelly.Strauss@gmail.com.

MUSIC

Grand Monadnock Youth Choirs Presents To The Stars, featuring singers from the Monadnock Region in grades three through twelve, under the direction of GMYC's Artistic Director, Esther Rhoades, with their singing, they will transport the audience to the Portuguese trade route, to the fertile plains of Israel, to Northern France, back in time to our American Roots, and to the STARS, 2-4 p.m., Keene Public Library, 60 Winter St., Keene. Judy Leeds, Administrative Coordinator; admin@grandmonadnockyouthchoirs.org.

Peterborough Messiah Festival, community singers and instrumentalists will again gather at the Peterborough Unitarian Universalist Church to prepare and perform the Christmas section of Handel's Messiah, 4-5 p.m., Unitarian Universalist Church, 25 Main St., Peterborough. Peggy Brown, 924-4226; friendsofmessiahptbo@gmail.com

Modern Fools and Jake Mckelvie, BYOB, \$15, 7-11 p.m., Mole Hill Theatre, 789 Gilsum Mine Rd, East Alstead.

Cesar Lerner, Cesar Lerner and Marcello Moguilevsky's unique musical fusion of klezmer, tango, jazz, and South American folk music, \$20 advance, \$25 at the door, \$10 livestream, 7-11 p.m., Next Stage, 15 Kimball Hill, Putney. For information, call 802-387-0102 or visit nextstagearts.org.

Pink Talking Fish, A Fusion of Pink Floyd, The Talking Heads and Phish, 8 p.m., The Colonial Theatre, 95 Main St., Keene.

ETC.

Winter Native Seed Sowing: Let winter help you grow your own native plants., join Healthy Home Habitats and the Keene Public library to learn how to grow your own native plant seedlings outside over winter in the easiest way you'll have experienced, bring a plain, clean 1-gallon plastic milk or water jug and leave with a container that will contain the proper soil, your choice of native plant seeds and instructions; ready to place in your landscape for germination, 1-2 p.m., Heberton Hall and Cohen Hall, 60 Winter Street, Keene. Marti Fiske and Michele Chalice, 352-0157; mfishke@KeeneNH.gov.

Make Your Own Centerpiece, create your very own seasonal centerpiece from the beauty of nature, using a simple base, build up an artful display using greens, pine cones, ornaments, and ribbon, free bonus craft: Make an adorable little snowman out of a salt shaker, 1-3 p.m., Jaffrey Woman's Club, Inc., 33 Main Street, Jaffrey. Jaffrey Woman's Club, 532-4065; jaffreywomansclub@gmail.com.

Community Christmas Tree Lighting, The Chapel by the Lake in Munsonville will be having their Christmas Tree Lighting on Saturday, Dec 2nd at 7:00 PM. We'll celebrate with the singing of your favorite Christmas Carols and refreshments. 529 Granite Lake Road, Munsonville. Please join us. , 7-9 P.M., Chapel By The Lake, 529 Granite Lake Road, Nelson. Diane Halter, 802-430-9544; jhalter@myfairpoint.net.

SUNDAY 3

FAIRS AND SALES

Holiday Fair, photography, basketry, all



things leather, potty, hand weaving, woolen arts, paintings, hand carved wooden gifts and more, 10 a.m.-4 p.m., 69 Main St., Harrisville. Deirdre Oliver; oliver8898@yahoo.com.

KIDS

Pancakes with Santa and Friends, Santa and Mrs. Claus and some of their friends will be coming to Alyson's Orchard on Sunday, for a pancake breakfast and they would love to have your family come and join them, serving pancakes, bacon, sausage, home fries, fruit salad and beverages, price is \$15 for adults and \$7 for children 10 and under, 8-11 a.m., The Orchard Room at Alyson's Orchard, 57 Alyson's Lane, Walpole.

MUSIC

Tuba Christmas, join us to launch the holiday season by celebrating 50 years of Tuba Christmas featuring collegiate and community performers. Coordinated and directed by Dr. John T. Hart Jr., this event is free to the public and will be held at the L.P. Young Student Center in the Mabel Brown Room, 1-2 p.m., Young Student Center, Blake Street, Keene. Music Department; Music@keene.edu.

Grand Monadnock Youth Choirs Presents To The Stars, featuring singers from the Monadnock Region in grades three through twelve, under the direction of GMYC's Artistic Director, Esther Rhoades, with their singing, they will transport the audience to the Portuguese trade route, to the fertile plains of Israel, to Northern France, back in time to our American Roots, and to the Stars, 2-4 p.m., Unitarian Universalist Church, 25 Main St., Peterborough. Judy Leeds, Administrative Coordinator; admin@grandmonadnockyouthchoirs.org.

Castlebay, blending history, legend, and experience into engaging performance featuring Celtic harp, 12-string guitar, fiddle, tin whistle, strings, and woodwinds, 3-4 p.m., Stage 33 Live, 33 Bridge St., Town of Rockingham. Stage 33 Live, 802-289-0148; stage33@stage-33live.com.

Ensemble Recital Series at Keene State College: Vocal Consort, Keene Vocal Consort is a small, auditioned vocal ensemble dedicated to medieval, renaissance, and baroque repertoire, 3-4 p.m., Redfern Arts Center, 90 Wyman Way, Keene. Music Department; Music@keene.edu.

Al-anon Meeting - Help and Hope for Friends and Families of Alcoholics, for more meeting information visit the New Hampshire Al-anon website at <http://www.nhal-anon.org> and choose "Find a Meeting," 5-6 p.m., Saint James Episcopal Church, 44 West St., Keene. 369-6930; district7@nhal-anon.org.

MONDAY 4

KIDS

Playful Art and Messy Building, messy art and playful building allows children to experience water, paint, sand, and many other sensory activities, the goal is to create an environment that helps develop fine motor skills, eye and hand coordination, and imagination, the program is geared for those 1-5 and their families, 10-11 a.m., Keene Public Library, 60 Winter St., Keene. 352-0157.

Library Build O Rama, build with unit blocks, LEGO bricks, KEVA planks, Tinkertoys, Lincoln Logs, marble runs, Magna-Tiles, K'NEX, Squigz, and more, various materials will be provided for young architects to test their creativity through play and construction, our Build-a-Rama club is open to kids of all ages, 4-5 p.m., Keene Public Library, 60 Winter St., Keene. 352-0157.

ETC.

Monday Night Trivia, eat, drink and play trivia, cash prizes, Bender's Bar and Grill, 166 Emerald St., Keene.

TUESDAY 5

MUSIC

Windborne: Sing Nowell! Songs and Carols of Midwinter & Christmastide, in person and online, 7-11 p.m., Latchis Theatre, 50 Main St., Brattleboro.

Teen Anime Drop In, every Tuesday, teens ages 11-19 can drop by the Teen Space to enjoy anime streaming through Crunchyroll, 3-5 p.m., Keene Public Library, 60 Winter St., Keene. 352-0157.

WEDNESDAY 6

KIDS

Teen After School Movie, teens ages 11-19 are invited to visit the Teen Space every Wednesday to watch a free movie with their friends, all movies will be rated PG-13 or lower, 3-5 p.m., Keene Public Library, 60 Winter St., Keene. 352-0157.

Tree Lighting and Sing-a-Long, all are welcome, a tree lighting celebration for the children and youth at Cedarcrest Center and their friends and families, 5-6 p.m., 91 Maple Ave, Keene. Patricia Farmer, 358-3384; pfarmer@cedarcrest4kids.org.



Getty Photo

FOOD

Celebration Wine Tasting Class, open to those over 21, RSVP is required as space is limited, during the class, you'll have the opportunity to taste a variety of wines sold at Monadnock Food Co-op, learn about their unique characteristics, and discover options for wine pairings, 5-7 p.m., Monadnock Food Co-op, 34 Cypress Street, Keene. Talee Messenger; outreach@monadnockfood.coop.

MUSIC

Keene State College Jazz Ensemble, Jazz Ensemble performs a wide range of genres representing jazz standards to other progressive pieces, KSC students will need to obtain their complimentary tickets in person at the Box Office rather than ordering online, 7-9 p.m., Redfern Arts Center, 90 Wyman Way, Keene. Music Department; Music@keene.edu.

ETC.

2023 Fall Business Lab Pitch Event, Business Lab is a fast-paced, interactive program of seven classes held over seven weeks, designed to help entrepreneurs create, refine, implement, and present their businesses, the program covers the essentials of business strategy, finance and profitability, marketing and sales, business planning, and project implementation, 5-7 p.m., Hannah Grimes Center, 25 Roxbury St., Keene.

KPL Fiction and Memoir Writers Group, always welcoming new members, this group provides prose fiction writers with a friendly and supportive environment to share their

work, participants learn from critiquing others and receive feedback on their submissions, group meets virtually and in person at the library, 6 p.m., Keene Public Library, 60 Winter St., Keene. 352-0157.

Bingo, free bingo, lots of prizes, 6:30 p.m., Bender's Bar and Grill, 166 Emerald St., Keene.

THURSDAY 7

KIDS

StoryTime, read a new story every week and do a craft with Miss Sabrina, 10 a.m., Cheshire Children's Museum, 149 Emerald St., Unit C, Keene. 903-1800.

MUSIC

Windborne at the Mariposa Museum, 6-10 p.m., Mariposa Museum & World Culture Center, 26 Main St, Peterborough.

Ryan Davis and The Roadhouse Band, 7-10 p.m., Brewbakers Cafe, 48 Emerald St., Keene. Sophia Macrina, 508-431-7646; Srm1124@usnh.edu.

ETC.

Al-Anon Meeting - Help and Hope for Friends and Families of Alcoholics, for more meeting information visit the New Hampshire Al-anon website at <http://www.nhal-anon.org> and choose "Find a Meeting," noon-1 p.m., The United Church of Christ of Keene, 23 Central Square, Keene, 603-369-6930; district7@nhal-anon.org.



Exhibits

MONADNOCK REGION

American House: Artwork by Candace Talley, 197 Water St., Keene. www.americanhouse.com; 338-9423.

Jaffrey Civic Center: “For Love of The Land: 7 Artist Exhibit,” through Dec. 16, 40 Main St., Jaffrey. Jeanne Maguire Thieme, 313-5914; jeanne@jmthiemefinearts.com

Thorne Sagendorph Art Gallery: “装い—Yosooi: Fashion and Vernacular Photography in 20th Century Japan,” through Dec. 29, 229 Main St., Keene. 358-2770; <https://dept.keene.edu/tsag/>.

NEW HAMPSHIRE

New Hampshire Antique Co-op: “Celebrating the American Landscape Exhibit,” through Jan. 31, 323 Elm St., Milford. Open from Tuesday through Sunday, 10 a.m. to 5 p.m. www.nhantiquecoop.com; 673-8499.

VERMONT

Brattleboro Museum and Art Center: “Aurora Robson: Human Nature Walk,” through Feb. 11; “Paper Made,” through Feb. 11; “Art Costa: Sounds Deep,” through March 9; “Michael Smoot: And To This World,” through March 9; 2024;

“Fawn Krieger and David B. Smith: Home Bodies,” through March 9; “Hannah Morris: Moveable Objects,” through April 2024, 10 Vernon St., Brattleboro. Open Wednesday through Sunday, 10 a.m.-4 p.m., brattleboromuseum.org.

CX Silver Gallery: The work of Christopher Sproat, through March 11 2024, 814 Western Ave., Brattleboro. Gallery hours are Thursdays through Mondays 11 a.m., to 8 p.m. For more information, 802.257.7898, extension 1 or visit www.cxsilvergallery.com.

The Next Stage Gallery: “Dragon Land,” through Feb. 11, 15 Kimball Hill, Putney. The gallery is open to the public

during scheduled performances in the theater, and by appointment. 802-452-0053; heather@nextstagearts.org.

Putney Public Library: Artwork by Linda Rubinstein, 55 Main St., Putney.

MASSACHUSETTS

Clark Art Institute: “Elizabeth Atterbury: Oracle Bones,” through Jan. 21, 2024; “50 Years and Forward: British Prints and Drawings Acquisitions,” through Feb. 11, 2023; “50 Years and Forward: Works on Paper Acquisitions,” Dec. 16 through March 10, 2024, 225 South St., Williamstown.



Theater

NEW HAMPSHIRE

The Antrim Players: Charles Dickens’ “A Christmas Carol,” Dec. 1, and Dec. 2 at 7 p.m., Antrim Town Hall, 66 Main St., in Antrim. For tickets call 978-728-9849. Tickets are \$12 (seniors \$10) and \$6 for children 15 and under.

MoCo Arts: “Winnie the Pooh Kids,” elementary school musical, Dec. 3 at 2 and 4 p.m.; “The Best Christmas Pageant Ever JV,” middle school musical, Dec. 10, 2 and 4 p.m., The Founder’s Theatre at MoCo Arts, 40 Roxbury St., Keene. Tickets for MoCo Arts black box performances can be purchased by visiting MoCo or calling 357-2100. All online ticket purchasing is for MoCo’s livestream events only.

Sandglass Theater: “Tricycle,” Dec. 1 and 2 at 7:30 p.m., Putney Central School gymnasium, 182 Westminster West Road, Putney. Tickets are \$20 general adult admission, \$18 for students and seniors, \$16 for EBT and Medicaid cardholders and can be purchased at sandglasstheater.org or at the door.

MASSACHUSETTS

Shea Theater Arts Center: “Welcome Yule,” Dec. 8, 9 at 7:30 p.m., and Dec. 10 at 2 p.m., 71 Avenue A, Turners Falls. Tickets are \$15 for adults ages 17 to 64, \$12 for seniors and children ages 5 to 16, and free for children under 5. Tickets can be purchased at World Eye Bookshop in Greenfield, at the door and in advance at sheatheater.org. Tickets can be reserved at reservations@welcomeyule.org.

VERMONT

New England Youth Theatre: “The Lightning Thief: The Percy Jackson Musical!” Dec 1 through 3, and 7 through 9, 100 Flat St., Brattleboro. For more information contact the Box Office, 802-246-6398, extension 103. www.neyt.org.



Getty Photo



KEENE CINEMAS 6
121 Key Road, Keene
499-8532
keenecinemas6.com

Showing Dec. 1 through 7

Call for movies and showtimes.

**PETERBOROUGH COMMUNITY
THEATRE**
6 School St., Peterborough
924-2255
Pctmovies.com

Showing Dec. 1 through 7

Priscilla (R, 113 mins.) When teenage Priscilla Beaulieu meets Elvis Presley at a party, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend. Through Priscilla's eyes, Sofia Coppola tells the unseen side of a great American myth in Elvis and Priscilla's long courtship and turbulent marriage, from a German army base to his dream-world estate at Graceland, in this deeply felt and ravishingly detailed portrait of love, fantasy, and fame. Showing Friday at 3 p.m., Saturday, Sunday and Wednesday at 3 and 7 p.m., Thursday at 7 p.m.

LATCHIS THEATRE
50 Main St., Brattleboro
802-246-1500
Latchis.com

Showing Dec. 1 through 7

Call for movies and showtimes.

BELLOWS FALLS OPERA HOUSE
7 Square, Bellows Falls
802-463-3964, extension 1120
bellowsfallsoperahouse.com

Showing Dec. 1 through 7

Call for movies and showtimes.

THE PARK THEATRE
19 Main St., Jaffrey
603-532-8888
www.theparktheatre.org

Showing Dec. 1 through 7

No movies scheduled.

**COLONIAL THEATER AND THE
SHOWROOM**
20 Commercial St., Keene
603-352-2033
<https://thecolonial.org/showroom/>

Showing Dec. 1 through 7

Priscilla (R, 113 mins.) When teenage Priscilla Beaulieu meets Elvis Presley at a party, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend. Through Priscilla's eyes, Sofia Coppola tells the unseen side of a great American myth in Elvis and Priscilla's long courtship and turbulent marriage, from a German army base to his dream-world estate at Graceland, in this deeply felt and ravishingly detailed portrait of love, fantasy, and fame. Showing Tuesday, Wednesday and Thursday at 7 p.m.

The Big Lebowski (R, 117 mins.) Jeff Bridges plays "the Dude," Jeff Lebowski who is a laid-back, easygoing burnout who happens to have the same name as a millionaire whose wife owes a lot of dangerous people a whole bunch of money — resulting in the Dude having his rug soiled, sending him spiraling into the Los Angeles underworld. Enter the visually unique and entertaining world from the creative minds of the Coen brothers and remember: the Dude abides. Showing Friday at 7 p.m.

PUTNAM THEATER
Keene State College, Main Street, Keene
603-358-2269
<https://www.keene.edu/arts/putnam/>

Showing Dec. 1 through 7

Vortex Movie (NR, 135 mins.) A retired psychiatrist with dementia and a struggling author with a heart condition live their final days together in an apartment. Showing Friday through Monday at 7 p.m. Sunday matinee at 3 p.m.



Getty Photo

HOLIDAY CHEER AND LOCAL NEWS FOR A YEAR



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Say Farewell to Autumn with an Apple Cider Margarita

Photo and Article by Julia Badders

With autumn comes an influx of pumpkin and apple cider flavored everything. Frankly, I can get a little sick of it and I often turn away from giving these flavored products a try, but this apple cider margarita is the ultimate exception. This drink turns a classic summer margarita autumnal with a splash of apple cider and a hint of cinnamon. Grab that last pint of cider from your local orchard or grocery store and sip away these last few glimpses of fall.

Ingredients (1 serving):

2 oz unfiltered apple cider
1 ½ oz tequila blanco
¾ oz Cointreau
¾ oz fresh lime juice
Cinnamon and sugar, for rim
Star anise and/or cinnamon stick (optional)

Ingredients (8 servings):

2 cups unfiltered apple cider
1 ½ cups tequila blanco
¾ cup Cointreau
¾ cup fresh lime juice
Cinnamon and sugar, for rim
Star anise and/or cinnamon stick, for garnish (optional)

Instructions:

To create the sugared rim, mix equal parts cinnamon and sugar on a shallow plate. Cut a notch in a lime wedge and wet the outer rim of a glass. Rotate the glass in the cinnamon and sugar until evenly coated.

Place ingredients into a cocktail shaker (or pitcher if making more servings) then fill with ice. Shake (or stir) until cold. Strain the margarita into rimmed glass. Top with ice and a star anise or cinnamon stick for garnish.





Courtesy Photo

EveryBody Burlesque Winter Wonderland Show

By Nicole S. Colson

EveryBody Burlesque members will dance their way through a winter wonderland this December while promoting a healing art form.

The Keene burlesque dance troupe celebrates the holidays with a holiday show this Saturday, December 2 at Delegation Hall in downtown Keene.

The 18-plus show will celebrate the winter season striptease and more than a dozen burlesque and variety acts with a winter theme set to holiday music.

EveryBody Burlesque, co-founded by Sarita Drew (stage name Ms. Lavender Lovegood) and Katherine Skipper (stage name Cheri Flambé), formed when the two met this April at the Keene Pride Prom event and realized their mutual passion for an art form that at the time had not been found in Keene.

Four months later, EveryBody Burlesque hosted its first show, at Heberton Hall in August.

The burlesque troupe describes itself as “facilitating experiences that encourage all bodies to celebrate their erotic sovereignty, beauty, and radiance through the art of

burlesque.”

The organization produces educational burlesque shows and offers burlesque classes and sensuality workshops. Funds from these productions support local non-profit partners that serve victims of sexual violence and support the LB-GTQ+ community.

Dancers in EveryBody Burlesque are of various professional backgrounds (one has been involved with burlesque more than 10 years), and some are amateur dancers who performed for the first time in August in Keene.

The August show was (appropriately) a benefit for Keene Pride, and the recipient of the Halloween weekend’s fundraiser is the Monadnock Center for Violence Prevention (MCVP).

Skipper said MCVP was decided upon as the recipient because October is Domestic Violence Awareness Month.

The December show, the proceeds of which will support EveryBody Burlesque, was created to spread warmth and cheer during the coldest months.

“It’s a fun and exciting way to bring up your energy and get pumped for the season,” said Skipper.

Unlike a typical variety show, which consists of several unrelated acts, Drew and Skipper create a script that ties a story together into a cohesive performance.

“I’m passionate about show production,” said Skipper.

The group, which hosted a “burlesque” show for Halloween, incorporated themes around domestic violence and healing.

The group’s long-term goal is to build a non-profit that will teach burlesque classes at women’s shelters and similar supportive locales, said Skipper, to offer a path toward embodiment and healing to victims of domestic violence. A show next April will be hosted in honor of Sexual Violence Awareness Month.

Drew spoke about her experience recovering from sexual assault and an abusive relationship.

“(Burlesque) is a chance for me to engage playfully with my own erotic language and speak about those things,” she said. “It offers alternative tools around healing from sexual and domestic violence.”

The somatic body, Drew went on, needs to be included in the healing journey.

“You need to move through it, whether it’s through yoga or dance,” she said.

In addition to regular performances (they hope to host six a year), EveryBody Burlesque hosts regular burlesque and variety shows featuring local talent and teaches beginner burlesque classes on Sunday afternoons at Everglow Wellness. The organization received a mini-grant from Arts Alive! (an arts advocacy organization) to help promote and provide community classes.

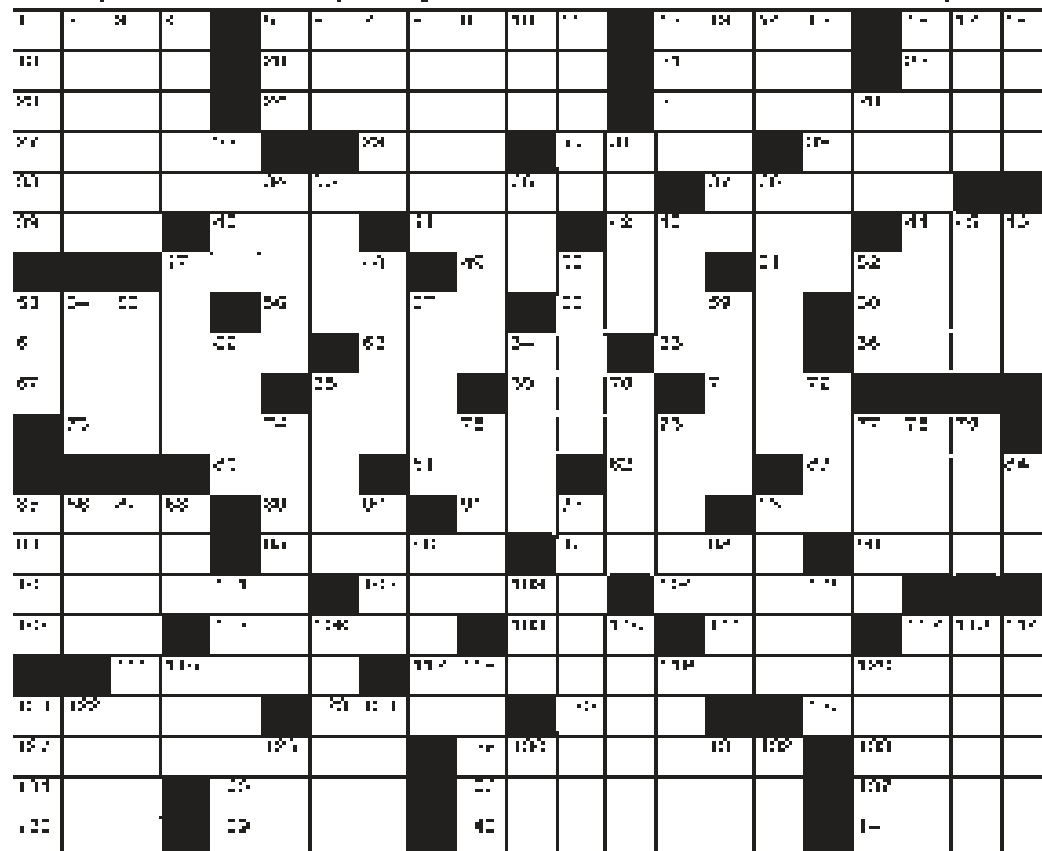
The enrollment in the classes is high, said Skipper—they even offer a class for seniors in which the oldest participant is 83.

“It’s a joy to be able to bring playful pleasure and consent to our community through the art of burlesque,” said Drew.

EveryBody Burlesque’s Winter Wonderland holiday show is this Saturday, Dec. 2 at 8 p.m. at Delegation Hall, 12 Court St., Keene. Doors open at 7:30 p.m. Tickets are \$15-\$50 and are available at www.eventbrite.com. To learn more, visit www.everybodyburlesque.com or follow them on Instagram @everybodyburlesque or Facebook at EveryBody Burlesque.

A to Z Repeatedly
Answers in next week's edition of ELF

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ELF Classifieds & Puzzles

Miscellaneous Miscellaneous Miscellaneous



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Pets

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Pets



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Last Week's Answers

C	E	L	A	N	A	I	B	E	S	A	B	A	B	U	N
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Peripheral Neuropathy Breakthrough

"My feet feel like they're on fire."

"Each step feels like I'm walking through wet paint."

"I live in constant fear that I'll fall."

"I can't sleep, my hands and feet tingle all night."

What do these people have in common? They all suffer from **peripheral neuropathy**. Over 20 million people in the United States have peripheral neuropathy. In fact, the number may be significantly higher due to the fact that the disease is often misdiagnosed because of its wide array of symptoms.

Kate McCarthy of Monadnock Acupuncture Center in Peterborough, New Hampshire agrees the numbers may be under represented. "I've been treating neuropathy in all its various forms for eight years now. Often my patients will come to me because of the symptoms, not because of a diagnosis. They'll see one of our newspaper ads, or read the testimonial of another patient and say to themselves "I feel the same thing!"

Mike S. of Dublin testified to this. "I remember my wife driving me to my consultation and I saw a guy jogging in our neighborhood. I was so envious - I just kept thinking 'I would give anything just to walk again'. My primary care doctor told me my pain and balance were just symptoms of old age and gave me a prescription. I was feeling pretty down after that."

Fortunately, Mike eventually read about Kate in the newspaper discussing peripheral neuropathy and how Monadnock Acupuncture offers a real solution. "I knew I had to see her. She was my last hope."

"Many of our patients come to us with a story similar to Mike's. They've been everywhere. They've been told there's no hope or 'it's just part of getting older'," shares Stacey, Care Coordinator at Monadnock Acupuncture Center. "It's heartbreaking to hear people's stories but I know how much we can help. And I'm always happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a very grim reality. Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer little to no resolve. This is why Kate and the team at Monadnock Acupuncture pride themselves on being 'the last resort with the best results.'

Because neuropathy is a degenerative condition, nerves begin to deteriorate until they are completely nonfunctional. This leaves patients at risk for falling or not feeling the gas pedal when driving. "In these cases, the absence of pain is not necessarily a good thing," shares Kate. "Having no feeling usually indicates that fragile nerves are barely hanging on."

So how exactly is Kate able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when we integrate ATP Resonance BioTherapy™. This method is based upon technology originally developed by NASA to expedite recovery and healing for astronauts in space."

"I just can't say enough about Monadnock Acupuncture Center," Mike said. "My wife and I moved here three years ago and she goes to the lake

almost everyday. I always stayed home because of the the pain. Yesterday, I walked on the trail with her and next week we're starting dancing lessons. I feel like I'm back to living my life!"

According to Mike's test results, he has seen a 74% improvement in pain and functionality "which is on par with the majority of our patients," shares Stacey.

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Kate McCarthy and her team have achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed.

"A consultation not only aids in making a proper diagnosis but it also helps us define just how much nerve damage has occurred" she says. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I do know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves the chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or 'pins and needles' or if you've recently been diagnosed with PN, it's important to know that there are other options.

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