

ELF

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EVENTS | LIFESTYLE | FUN

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MAY, 30, 2024 • Issue #516

PRESENTED BY



Hitting the Sweet Spot at Uphill Both Ways Farm

By Sarah Sherman

Stephanie Davis of Uphill Both Ways Farm in Greenville makes jam every day.

At least a couple of batches, she said, although it's much more during the height of berry season. With 40-50 varieties of jam and jelly in her recipe box at this point, the possibilities are endless.

She grows much of the fruit she uses right on the farm, or she sources it from other local farms, like Smith's Blueberries in New Ipswich and strawberries from Barrett Hill Farm in Mason.

Her own farm-grown fruits include raspberries, elderberries, rhubarb, apples and peaches. This time of year, she forages for dandelions and lilacs (or gets them from friends), both plentiful in the spring.

Always looking to the future, she hopes to try her hand at growing a hardy variety of fig tree this summer that is purportedly able to withstand New England winters so she can make a fig jam.

Raspberry is the most popular flavor with shoppers, she said, although her favorites are the dandelion and the German jams she learned to make as a child from her grandmother. Hailing from a family tree full of gardeners, she said the amount of canned goods in her grandmother's basement was an impressive store that filled wall-to-wall shelves.

Spicy recipes like Pineapple Habanero and Cranberry Jalapeno are also available and a couple of the more remarkable combos include her Carrot Cake Jam and Pina Colada Jam. Although pineapples and coconut aren't found locally, she says she has really "hit the sweet spot" with the recipe for that one and it's delicious.



Stephanie Davis of Uphill Both Ways Farm

Courtesy Photos

Davis, 60, has been employed as a master trainer at MilliporeSigma in Jaffrey for the past three years and has lived on the Greenville farm for 11 years. While she grew up making jams and jellies as a child with her grandmother, the business side of it has only evolved over the past two years.

"Friends wanted to buy it and I have a registered farm so I can sell products,"

she said. "So, I thought, 'why not?' I did a couple of farmers markets and found a real desire out there."

When asked if her home-based business developed at all out of pandemic restrictions and increased time spent cooped up on the farm, she chuckles.

"No, but during COVID I adopted three horses," she confessed. "They're beautiful. I love them."

In addition to the horses, the farm animals include a big flock of chickens and a couple of cats. Wild birds are plentiful on the farm, too, she said, attracted by the mixed vegetation, fruit trees and berry bushes.

This summer, she'll have a booth set up Saturday mornings at the New Ipswich Farmer's & Crafter's Market and plans to





build a self-serve farmstand by sometime in June right at the farm to sell the jams and jellies, as well as eggs and produce.

"I really love doing the markets and hearing what people grew up eating," Davis shared. "It brings back good memories."

Later in the fall when markets wind down, she'll most likely try to attend a few craft and holiday fairs as well. The Amherst German Christmas Market is a favorite to attend.

She's found that her jam and jelly offerings are intensely popular over the holiday season because of the family memories they tend to evoke. A couple of her holiday recipes include Christmas Jam (cranberry and strawberry with orange zest and warm spices) and her Ugly Sweater Jam, which she playfully describes as a "mish-mosh of berries all smashed together."

She's always on the lookout for new recipes to try as well, writing down any inquiries she receives from folks in the community. When she gets a few requests for the same flavor, she'll try to make it.

And these days, she's pleased to be carrying on the family tradition of

Uphill Both Ways Farm
782 Fitchburg Road
in Greenville, NH

jam-making with her own granddaughter, who helps out and learns the processes during the summer.

"It's a really good creative outlet for me because where I work is very structured," she said. "And people love it, so that's the bonus."

Uphill Both Ways Farm is located at 782 Fitchburg Road in Greenville. Products can be purchased at the New Ipswich Farmer's & Crafter's Market, 661 Turnpike Rd., New Ipswich, on Saturday mornings from 9 a.m. to noon. For more information, contact sadavishhfarm@gmail.com and follow the farm on Facebook at facebook.com/uphill.both.ways.farm for upcoming booth locations and updates on the farmstand opening this summer.



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VOCABULARY PRIMER

gadfly

noun | GAD-flye

In literal use, *gadfly* refers to any of various flies (such as a horsefly, botfly or warble fly) that bite or annoy livestock. *Gadfly* is most popular in figurative use, however, where it refers to someone who provokes or annoys other people especially by persistent criticism.

The journalist was known as a *gadfly* for exposing hypocrisy in politics.

Definitions taken from Merriam-Webster.com

ON THE COVER

The annual Bellows Falls Festival returns for its second year with an enticing lineup, vendors and even medieval knights! See more on page 26.



ENJOY LIFE TO THE FULLEST
IN GREATER KEENE, BRATTLEBORO
& PETERBOROUGH

ELF is a vibrant entertainment and lifestyle magazine presented by The Keene Sentinel, showcasing lively features on community members, businesses and lifestyle topics. Explore our spotlight section for everything you need to plan for a weekend of fun, including local event highlights and a dynamic event calendar. With a reach of over 17,000 eager readers, ELF is your ticket to living life to the fullest!

Please contact elfweekly@keenesentinel.com with any questions or comments, we would love to hear from you!



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 **THE KEENE SENTINEL**
What Local Means

Minutes to Mingle

Keene New Hampshire Speed Dating

By Avery Miller

For some, dating can be stressful and scary. Dating apps can have old profile photos, fake profiles or even married people being untruthful.

Tina Selig, of Pre-Dating Speed Dating, grew up in Keene and landed in the Boston and New York area running speed dating events for singles. She has seen a lot of success for couples with her events and decided to bring the event to Keene while she was visiting family.

"I felt like it was good to bring it to Keene because it was different. I want to be able to help people find their match and I have had three weddings happen with couples that I have paired up," explained Selig.

When it comes to speed dating, the host does most of the work. All you have to do is sign up and show up.

"We will be introducing roughly 12 to 14 singles based on their age group and being local. We facilitate everything. They get a table number when they arrive the day of, and then about five minutes before the event starts, I will go over everything with them," Selig said.

The great thing about a speed dating event is that you know everyone you are meeting and talking to is single and interested in finding a match.

"We will go over the dos and don'ts of having a conversation — such as no politics and don't talk about your exes — we want this to be a positive event."

Every six minutes there will be a buzzer, and the men will rotate to the next table while the women stay sitting. "This will be just like going on 12 first dates, but only within a couple of hours. You will know in 30 seconds if there is a spark."

Keene New Hampshire Speed Dating will be held at Frogg Brewing in Swanzey on Sunday, June 2. Singles ages 40 to 59 will be at 2 p.m. and singles ages 20 to 39 will be at 4 p.m.

Selig encourages people to sign up in advance, but if there is room, she will allow people at the door. Tickets to the event are \$16 per person. "In New York we charge \$32 per person, but for the Keene event we dropped the rate so that everyone can get to experience their first time."

If you have ever wondered what to wear to a



Photo by Tina Selig

“

**I want to be able to help
people find their match and
I have had three weddings
happen with couples that I
have paired up.”**

– TINA SELIG OF PRE-DATING SPEED DATING

speed dating event, Selig suggests dressing up as if you were going to a job interview. "You will be meeting lots of new people and it would give a good impression if you are a little more dressed up and take care of yourself. I have seen people come in casual attire, but I have also seen men come in with nice blazers too."

During the event, singles will be taking notes for every date and putting a checkmark on "yes," or "no thank you." After the event is over, Selig will go through each card, match everybody up and send an email to each individual with their results, within 24 hours. "A lot of the time it's about 70 to

80 percent of double matching."

"Once they get the email, I tell them not to be shy and that either one of them can reach out to the other," Selig explained. "Sometimes people really do feel nervous putting themselves out there. I have some people sit out in the parking lot before the event and they finally come in and say they almost didn't come in and they are so glad they did. It is so casual that even if you don't find your match at that specific event, don't give up. There is absolutely no pressure. It's more about fun and socializing and getting to know people."

Selig also hosts Lock and Key events which are more of a mixer. Women will get a lock and the men get all the keys and they walk around and introduce themselves and see if their keys fit in the locks. "People talk and match and mingle for a good two hours. I think I am probably going to bring that event to Keene for the end of the summer," added Selig.

Pre-Dating Speed Dating is the oldest and largest speed dating company, now in 70-plus cities. For more information about them or other singles events visit pre-dating.com; lockandkeyevents.com.

Frogg Brewing is located at 580 Sawyers Crossing Road, Swanzey. For more information, froggbrewing.com; 547-7639.

Workin' for a Livin'

Hannah Mansson

Karaoke Queen
Entertainment

DESCRIBE YOUR WORK AND WHAT IT ENTAILS.

In 2021, after years of singing, performing and using music as an outlet, I decided to take what I love and make it into a business. Thus, Karaoke Queen Entertainment was born, where I can offer hosting, DJ'ing, singing and of course, karaoke services to not just my community, but all over New England!

WHAT DO YOU ENJOY MOST ABOUT YOUR JOB?

My absolute favorite part of my job is being able to bring music and joy to every client I work with. I love being able to create a fun, fluid and enjoyable entertainment experience for everyone I work with.

WHAT IS THE MOST CHALLENGING ASPECT OF YOUR JOB?

Being a small business owner, a challenge I often face (and try to meet with positivity) is the uphill climb to reach new audiences. I work tirelessly to ensure my name is out there and thought of when people need entertainment. I have to be disciplined in my outreach efforts to continue my success.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO WANTS TO PURSUE A SIMILAR CAREER?

Decide what you love and pursue it, unapologetically, and

don't be too hard on yourself; we're all just doing our best to be happy and successful in this world, and we often deserve more of a break than we give ourselves. Trust the process. Things usually work out the way they're supposed to. It takes guts to start a business or work in a new industry. Remember that.

WHAT IS YOUR FAVORITE THING ABOUT WORKING IN THE MONADNOCK REGION?

The best part about working in the Monadnock community is just that... the community. There are so many resources, supportive people and organizations in this community that want to partner and work together with like-minded business owners. It is a great reminder that this is one of the most collaborative communities there is, and I'm lucky to live here.



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THE KEENE SENTINEL
What Local Means



Dragonflies

Guardians of the Garden

By Eric Poor

I always look forward to the first appearance of dragonflies, typically during the first week of June. The reason I like this event is that it also marks the end of the black fly season! I like to think the dragonflies, apex predators of the insect world, are eating all those biting gnats because—well, that would be justice.

While it's true that dragonflies eat about a fifth of their own weight in other insects each day there are probably other reasons for the disappearance of the black flies. It may be that the warm weather responsible for the hatch of the dragonflies is inhospitable to the black flies. Or perhaps the final hatch of black flies has simply reached its three-week lifespan.

Whatever the reason, it's always cause for personal celebration when I see those early squadrons of dragonflies out patrolling the yard. It means I can put away the insect repellent and take my shirt off to soak up some of that sunshine.

According to the UNH Cooperative Extension, there are more than a hundred species of dragonflies in the state, some with beautiful colors, ranging from metallic to pastel. Both the adults and nymphs are predators of other insects. The immature nymphs, which live in water, have an unusual adaptation for predation where the lower mouth parts can suddenly thrust forward to grab prey that is close by, either by ambush or stalking. Both nymphs and adults like to eat mosquitoes or mosquito larva.

The adults have large eyes and excellent vision. They have four long transparent, horizontal wings that can operate independently and are quick-reacting, fast fliers that catch prey on the fly using arms that slant upward forming a basket-like scoop.

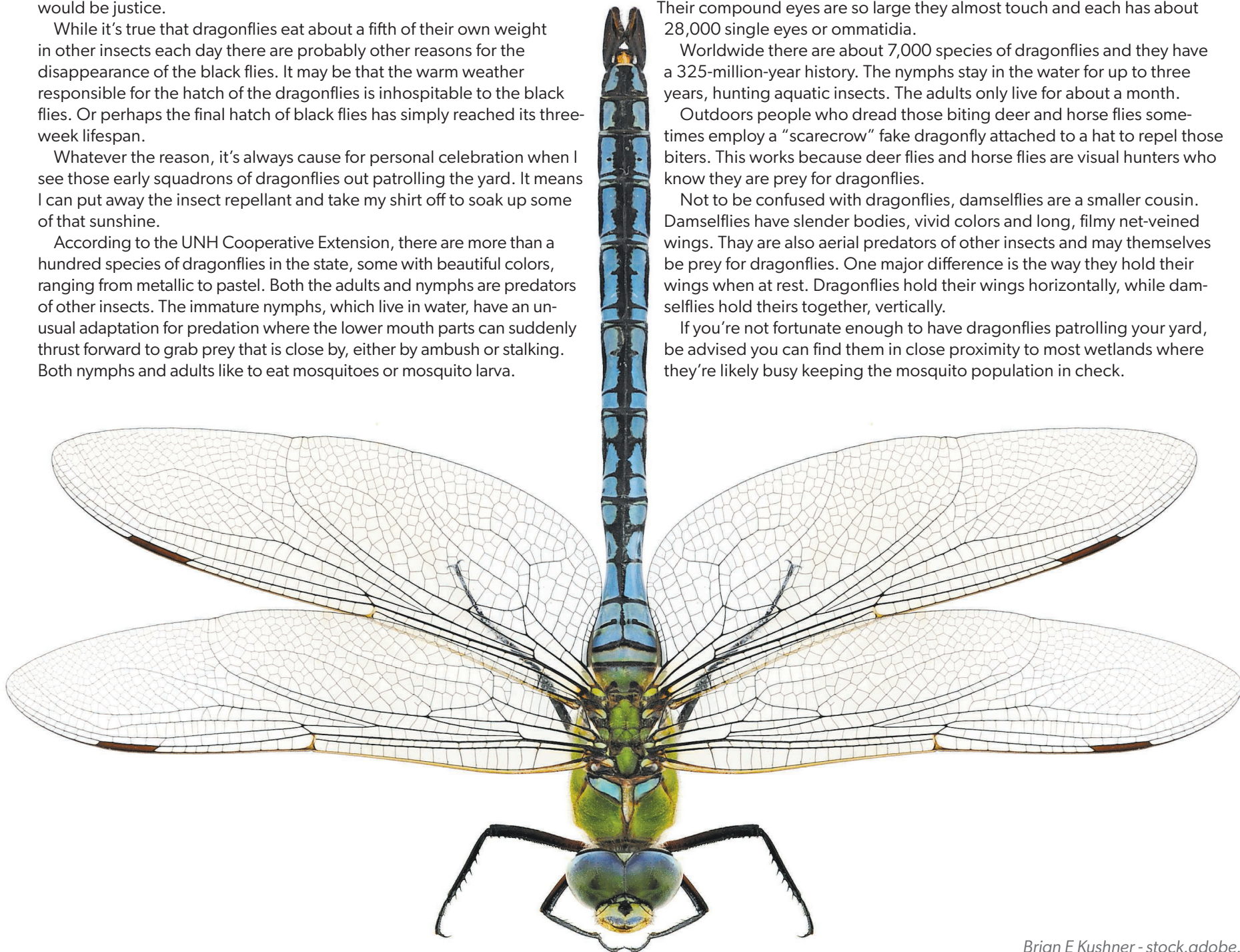
According to National Geographic, they can fly at speeds of 35 MPH. They can also fly backwards and lift off vertically and hover, much like a helicopter. Their compound eyes are so large they almost touch and each has about 28,000 single eyes or ommatidia.

Worldwide there are about 7,000 species of dragonflies and they have a 325-million-year history. The nymphs stay in the water for up to three years, hunting aquatic insects. The adults only live for about a month.

Outdoors people who dread those biting deer and horse flies sometimes employ a "scarecrow" fake dragonfly attached to a hat to repel those biters. This works because deer flies and horse flies are visual hunters who know they are prey for dragonflies.

Not to be confused with dragonflies, damselflies are a smaller cousin. Damselflies have slender bodies, vivid colors and long, filmy net-veined wings. They are also aerial predators of other insects and may themselves be prey for dragonflies. One major difference is the way they hold their wings when at rest. Dragonflies hold their wings horizontally, while damselflies hold theirs together, vertically.

If you're not fortunate enough to have dragonflies patrolling your yard, be advised you can find them in close proximity to most wetlands where they're likely busy keeping the mosquito population in check.



Empowering Brattleboro's Young Artists Through Photography

By Nathan Bagster

For 32 years, the In-Sight Youth Photography Program has been a cornerstone of arts education in Brattleboro, Vermont. Founded in 1992 to provide teenage youths with creative opportunities, what started as a summer program run by Bill Ledger and John Willis, would eventually take off and evolve into a full-fledged series of courses.

Now backed by an ocean of community support, In-sight offers a wide array of classes and events spanning photography, darkroom lessons and even videography. The program has not only fostered artistic expression but has filled a vital gap in the arts education landscape by making this medium accessible and affordable to all.

"Photography is a hard class to get into in high school," explains Emily Wagner, the executive director of In-Sight. "We're opening the door for those who want to learn and explore, but otherwise wouldn't be able to."

And they are doing just that with a comprehensive offering of on-site classes in their facility, to partnerships with local schools and other youth-serving non-profit organizations.

One of the unique aspects of In-Sight is its sliding scale fee structure, which allows students from all economic backgrounds to participate. Thanks to grant funding and donations, many classes are offered at no cost to the students, and all necessary equipment is provided, ensuring that financial barriers do not hinder the creative potential of any aspiring young photographer.

In 2023 alone, In-Sight engaged with 1,557 individuals through its classes, partnerships and events. This impressive reach included 136 students who participated directly at the facility or through one of their partnership classes.

This includes the standout event from the same year — their inaugural Youth Photo Contest & Fair.

This contest provided a platform for young photographers within Vermont to showcase their work and receive recognition from a broader audience. "It went well, and we'll be launching a webpage for the submissions," Wagner said, mentioning that the launch

would be announced in June.

"And because it was so successful, the contest will also be expanding its reach in 2024," Wagner continued, "We'll be allowing submissions from teens within a 1-hour radius of Brattleboro, including areas like Bennington and Keene."

Following the previous year, this contest will feature multiple categories judged by a panel of 10 locally and nationally recognized photographers. The expansion includes a new national submission section, reflecting the program's growing influence and the widespread interest it has garnered. "We received a lot of emails from people asking about the contest from across the country," Wagner notes. "So, we are adding a national submission section as well."

What sets In-Sight's Youth Photo Contest apart from similar programs, such as Scholastic, is the nature of its prizes. Instead of just awards, the winners will receive a cash prize, donated by local businesses. "These funds are intended to help these young photographers purchase their equipment and continue their artistic journey," Wagner explained.

Additionally, the success of the program is bolstered by partnerships with several key organizations, including Sprint Systems of Photography, Cone Editions Press who will be producing large prints of the winning photographs and the Brattleboro Museum and Arts Center which will host an exhibition showcasing that work, providing significant exposure for the young artists.

Wagner also mentioned a timeline for this year's contest, stating that the submission period will run from August 1st to September 8th, with the awards ceremony scheduled for September 28th.

With so many great things in the works, and their rising stars joining the craft, the future looks bright for the In-Sight Youth Photography Program as it continues to evolve and expand its offerings!

For more information about the In-Sight Youth Photography Program, its classes or the upcoming Youth Photo Contest & Fair, visit their website or contact Executive Director Emily Wagner to learn how you can get involved or support their mission.



Solomon A. admiring his negatives from 35mm Darkroom Experiments in Fall 2023. Michael Zuhorski



Maebel W. (left) and Emma P. (right) from Intro to Digital in Spring 2024. Rachel Racco

Too Beautifully Blue to be Bad...

Story and Photos by Michael Breshears

The other day I was preparing to take my dog to the vet and was unloading the backseat of my pickup, placing stuff next to the iron fence that separates the driveway from the lawn, when I noticed a swath of vivid blue. Peeking through the too-tall grass were a dozen or so teeny-tiny, true-blue flowers. I looked closely at them, but they weren't familiar to me. So, with my newly discovered Google Lens app on my phone, I pointed the camera at the blooms and it immediately told me I was looking at Germander speedwell.

I wasn't aware we had native speedwell here in NH. I've always known speedwell as Veronica, a somewhat finicky perennial with spiky clusters of flowers that I struggle to keep alive in my garden. Well, it turns out this little beauty before me is indeed a member of the same speedwell family

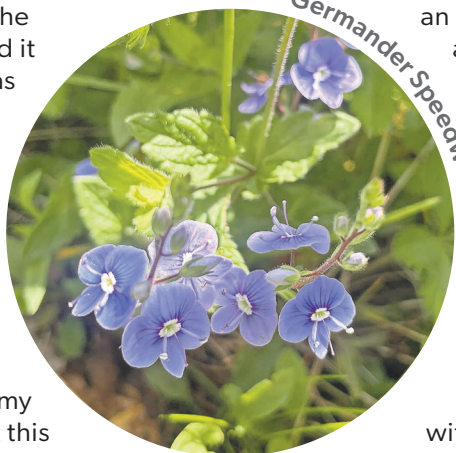
but isn't native after all and is considered invasive. Really?! So tiny and unobtrusive. How could it be invasive?

According to Wiki, *Veronica chamaedrys* is also known as birds-eye speedwell or cat's eyes and is native to Europe. In fact, in Europe the little blue flower is considered a good luck charm for travelers as it "speeds" you along your way. Well, long ago it traveled to the US, probably as an ornamental ground cover and for its medicinal uses and wound up being quite happy here. It's now considered a turf weed and flourishes in grassy meadows and lawns. Here in Dublin, I welcome virtually anything green that grows in my lawns so I'm not concerned about this little wild Veronica. Lovers of pristine lawns feel otherwise I'm sure.

Speaking of weeds in lawns, I'd long wondered what the ivy-like plant with tubular bluish-purple flowers is that seemingly grows everywhere. Its round leaves remind me of a tiny Swedish ivy, and I see it almost

anytime I'm outside in the spring and summer. Back to the Google Lens app and I finally learned what this happy little rascal is. It's called ground ivy and I'm pretty sure everyone's familiar with it. Wiki claims it to be *Glechoma hederacea*, an aromatic perennial also known as creeping Charlie, gill-over-the-ground, alehoof, tunhoof, cat's foot, field balm and run-away-robin. That's a lot of nicknames and I'm guessing it's because of its prevalence in our outdoors life.

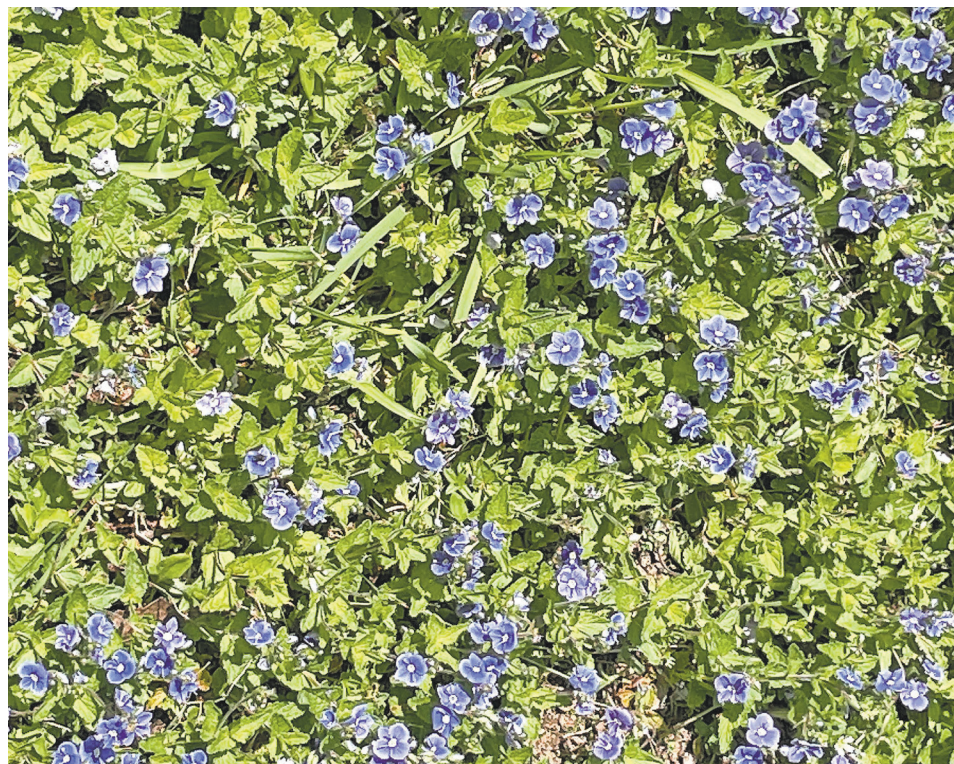
Ground ivy is an evergreen creeper in the mint family, Lamiaceae. Indeed, if you crush the leaves in your hand, you'll smell a minty/oregano scent. And, guess what? You can eat it! It is used in many countries as a salad green. European settlers brought it with them throughout the world and it now grows just about anywhere. Not native to the US but certainly naturalized over time. Similar to that Germander speedwell, it's considered invasive by many. I can understand that since I've



Germander Speedwell



Ground Ivy



Germander Speedwell



Ground Ivy

been familiar with it since I was a child (unlike the speedwell.)

Again, personally, ground ivy doesn't bother me. Others are determined to get rid of creeping Charlie from their landscape which can be exceedingly difficult. Charlie spreads via seed, underground rhizomes and self-cloning. As with many types of plants, cloning occurs when a branch from the main plant reaches the ground and forms roots there, essentially cloning itself. Hand pulling ground ivy is the recommended way to get rid of it but is rarely completely effective.

Treating with borax is considered a somewhat organic remedy, but it is hard to estimate amounts that will kill it without killing other plants and it doesn't break down in soil. Broadleaf herbicides do work but try to avoid them. Despite claims of quick dissipation, I'm wary of most chemicals and treat with a very light hand.

Both ground ivy and Veronica speedwell are happy little naturalized plants in our environment and there are many other non-native residents out in our landscape that should command more attention in my opinion. Japanese knotweed would

be at the top of my list. And, just think... with ground ivy in such abundance, you've got a whole new source of salad greens you didn't even know about for free!

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



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Art in Harmony

By Avery Miller

Beginning back in March, an exhibition with artwork by John Newsom entitled, "Painting the Forest of the Happy Ever After," has been on display at the Brattleboro Museum and Art Center in Brattleboro and will run through June 16.

This is the first time these original oil paintings have been presented to the public. Newsom created these for the album, "Forest of the Happy Ever After," by American rapper and Wu-Tang Clan affiliate Killah Priest.

In an excerpt of Newsom's he states, "The powerful portrait of Killah Priest that appears on the album's cover shows him surrounded by flora and fauna, creating the appearance of a natural deity or shaman mediating between the imaginary realm and the physical world, or that of a sage with the capacity to absorb death and supplement it with rebirth. The MC's voice is one of inspiration and healing; his presence radiates the ability to grow with tireless enthusiasm."

Newsom is an American painter best known for combining multiple techniques of formal painting strategies onto large canvases featuring dynamic spectacles of the natural world. In 1992 he completed his Bachelor of Fine Arts degree at the Rhode Island School of Design. He subsequently moved to New York City, where he earned a Master of Fine Arts degree in studio arts from New York University. His work is included in the permanent collections of the Museum of Modern Art, the Whitney Museum of American Art, Brooklyn Museum, New York Public Library, San Francisco Museum of Modern Art, Hammer Museum, Neuberger Museum, Yale University Art Gallery, R.I.S.D. Museum and the Library of Congress, among others. In 2021, Newsom curated an exhibition titled "Expedition," at the Brattleboro Museum and Art Center.

Not only is this a combination of artwork for an album cover, but Killah Priest will be making a visit to Brattleboro, as well. He will be performing at Stone Church on Tuesday, June 4 starting at 8 p.m. Doors open at 7 p.m. Tickets to the show are \$35-\$40.

Killah Priest's career began with contributions to Wu-Tang Clan side and solo



Killah Priest and John Newsom
Courtesy Killah Priest, Stone Church

projects, including Gravediggaz' "6 Feet Deep," Ol' Dirty Bastard's "Return to the 36 Chambers" and Genius/GZA's seminal "Liquid Swords."

He has released 13 solo albums, including the acclaimed "Rocket to Nebula." He also oversees his own record label, "Proverbs Records," and hosts "The Killah Priest Podcraft," a thought-provoking podcast exploring a range of topics from ancient religion to herbal medicine.

Originally hailing from Brooklyn, N.Y., Killah Priest currently resides in Los Angeles, Calif.

Joining Killah Priest on stage is SoloGem, his son and a rising MC in his own right. SoloGem made his debut on the track "God Nature," from the album "Forest of the Happy Ever After," and co-hosts "The Killah Priest Podcraft."

On the eve of the show, The Brattleboro

Museum and Art Center will be hosting a meet and greet with Killah Priest and John Newsom on Monday, June 3 at 6 p.m. Killah Priest and John Newsom will chat with visitors, shed light on "The Forest of the Happy Ever After" and sign merchandise. Killah Priest is then going to stream his podcast live from the museum starting at 8 p.m. Admission is free and complimentary light bites and a cash bar will be available.

The Brattleboro Museum and Art Center is located at 10 Vernon St., in Brattleboro. For accessibility questions and requests, please email office@brattleboromuseum.org or call 802-257-0124, extension 101.

Stone Church is located at 210 Main St., Brattleboro. For more information and to purchase tickets, stonechurchvt.com.



Not only is this a combination of artwork for an album cover, but Killah Priest will be making a visit to Brattleboro, as well. He will be performing at Stone Church on Tuesday, June 4 starting at 8 p.m. Doors open at 7 p.m. Tickets to the show are \$35-\$40."



Courtesy Killah Priest,
Stone Church

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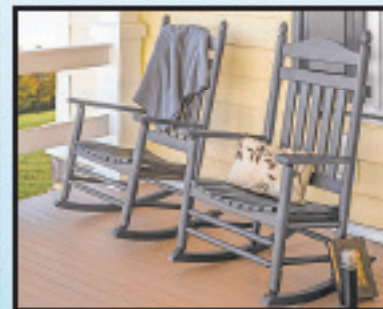
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Nylon Stockings

By Ruth Blais Thompson

It was May 1940 and the very first time nylon stockings went on sale to the general public. Four million pair sold out in just four days! Women went wild about the new fashion and because of the demand, were lucky to be able to find them. After ten years of research, E.I. du Pont de Nemours & Company (Dupont) had discovered polyamides and nylon stockings were born. It was the beginning of World War II and nylon was needed much more for the war efforts in making parachutes, gliders, ropes and tarpaulins. Women were soon asked to turn their old stockings over to the scrap drive so they could be converted into yarn for military use. Stores put out empty tables with signs that read "Uncle Sam needs your discarded silk and nylon stockings for the gun powder boys. Please launder and leave here."

Most 1940s nylon stockings had visible seams up the back of the stocking where they were sewn together. It was not considered lady like to go without hosiery so to get the look without nylons, women began to stain their legs with available things like coffee or brown gravy and then have a friend draw a dark line down the back of their leg to mimic the seam. Many girls said what they missed most during the war were nylons and men.

By 1946, nylon stockings were back on the shelves and creating riots in many major cities. Police were needed to patrol stores that offered them again for the first time. True seamless stockings came about in the late 1940s but never fully took off in fashion until the 1960s. Even though the seams were tricky to keep straight, it was considered a very sexy and fashionable statement. Stockings also came with a Cuban heel which was a square reinforced darker knit on the heel area and could be seen above the shoe heel. This was both a practical and fashionable statement.

Nylon stockings were also manufactured with different gauges and denier. Denier refers to the thickness of the nylon thread. The lower the denier, the more sheer and fragile the stocking. Gauge refers to the number of stitches per 1 1/2 inches. The more stitches, the better the fabric because it produced a denser product. Each pro-

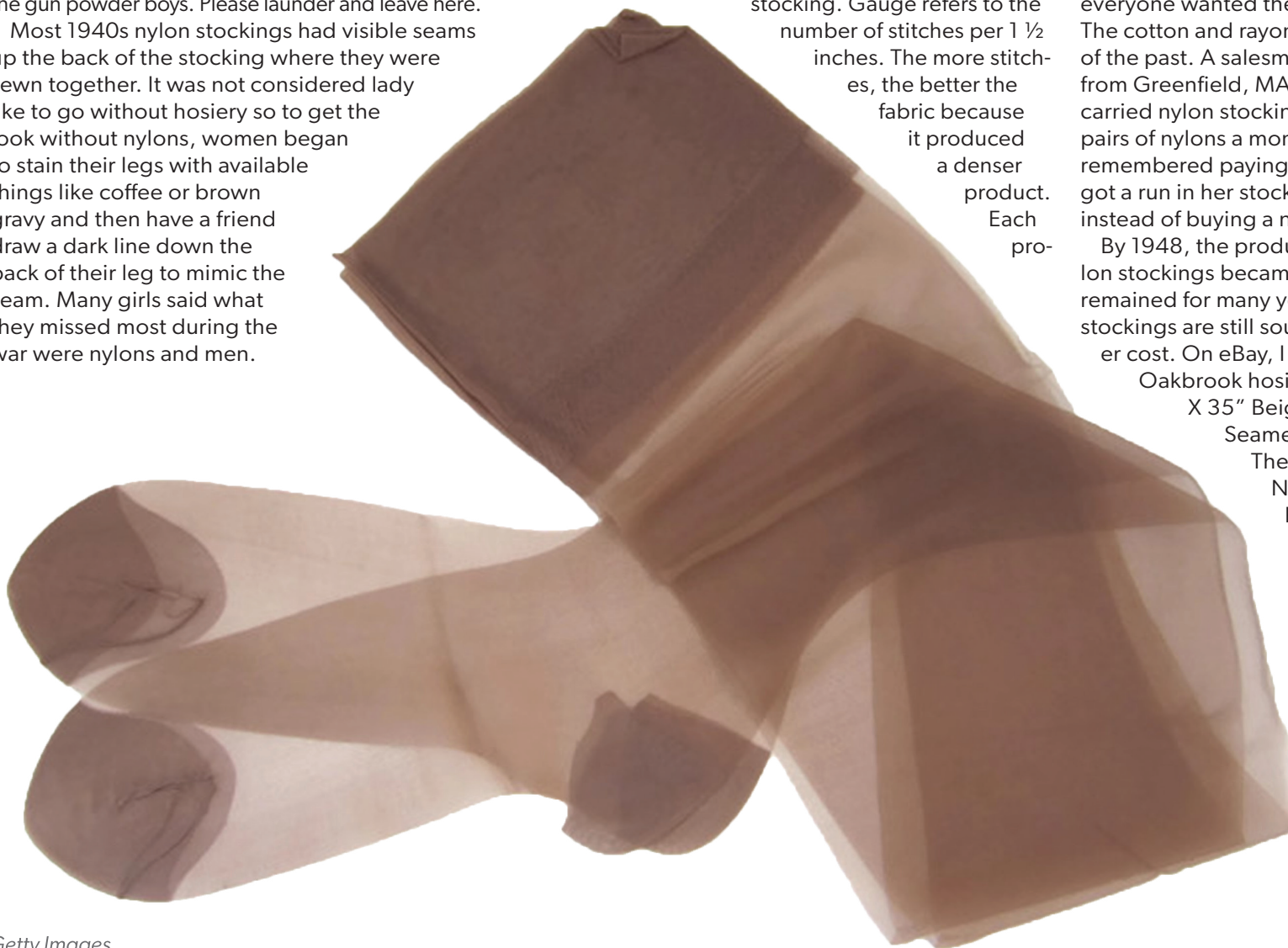
duced a particular weight and type of stocking intended for various uses and women learned gauges. 30 denier, 45 gauge stockings are sheer looking but practical for everyday use. 20 denier, 51 or 54 gauge stockings are slightly more sheer than 30 denier, but still strong enough for everyday wear. The dressy stocking, saved for special occasions was 15 denier, 51 or 54 gauge stockings which were very sheer and because of their fragile nature needed to be worn with care.

I knew an older woman in the late 1990s whose name was Mona Currie. At that time, she shared with me that in 1940 she was a waitress making 35 cents an hour in Winchester, NH at Charlie's Place. Tips were unheard of at that time and coffee was a dime a cup. It was the beginning of a new era, and everyone wanted the newest rage: nylon stockings. The cotton and rayon stockings had become a thing of the past. A salesman would come to see her from Greenfield, MA because no place in Keene carried nylon stockings yet. He would sell her two pairs of nylons a month and that was a luxury. She remembered paying about 98 cents and when she got a run in her stocking, she would get it mended instead of buying a new pair.

By 1948, the production stabilized and nylon stockings became the enduring fashion that remained for many years. Today, vintage nylon stockings are still sought after but at a much higher cost. On eBay, I found an original package of Oakbrook hosiery, 1950s vintage, 3 Pair, 11" X 35" Beige Nylon Cuban Heel Dark Seamed Stockings for \$175.00.

The package reads, "Perfection. NOBLY PLANNED TO PLEASE TO FLATTER AND COMMAND."

Ruth Blais Thompson is a lifelong resident of the Monadnock Region, a Realtor for Blais & Assoc. Realtors in Keene and a volunteer CASA. Her pastimes are writing short stories, ancestry research and playing and writing music. She lives in Dublin with her husband and 2 cats and can be reached at rblaishtompson@gmail.com.



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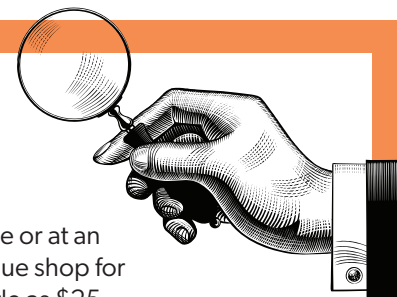
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IS IT A FIND!?



Hello Dan,

I was given this photo or what I think is a photo from my Grandmother when I was in grade school. I was doing a report on the Civil War and my Grandmother stated that this was a photo of a Civil War soldier. She did not know the name of the soldier and said she bought it at an antique shop in the sixties. It looks like it is a photo on glass. Is it a treasure? I have always thought it was unique with the flag in the background.

Thank you,
T.R, Winchester, NH

Greetings T.R,

What a very interesting photo you have presented here. It looks to be an original Civil War ambrotype of a soldier (a photograph on glass) without a case or frame. This photo would have been housed in a foil frame, most likely in a leather case and protected by an outer layer of glass. Seeing as it is out of the frame please handle it carefully as it could easily scratch. A decent period case and frame could be purchased

online or at an antique shop for as little as \$25.

In the background there is an American flag present, which is quite rare to see. This adds great value to your find as there are collectors for photos of both early American flags and/or Civil War soldiers. The size of the photo will greatly affect its value. I could see this image, if a normal average sized photo, selling between \$300-500 to the right collector. What wonderful piece of American history you have. Thank you for taking the time to write in with your question.



Dan Yelin
Owner of Colony Antiques
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Restaurant Bites & Rhubarb Delights

By Sarah Sherman

The month of June arrives on Saturday and is there any better way to kick it off than with a food festival? Luckily, two palate-pleasing events are happening locally to appease appetites and boost community spirit.

Organized by the Keene Young Professionals Network (KYPN), the Taste of Keene Food Festival returns to the city's downtown area Saturday, June 1, from 11:30 a.m. to 3:30 p.m. Now in its fourth year, the festival features booths from more than 40 vendors, including local restaurants and food producers, as well as regional distilleries, wineries and breweries.

Taste of Keene is free to attend, and festivalgoers can purchase tokens that are traded for "tastes" at the booths. Tokens are \$2 each and can be purchased at the event or in advance. Tastes range in cost from one to three tokens.

The list of food vendors includes Fireworks Restaurant, Jenna's Market, Jack's Crackers, Karen's Kosmic Cookies, Luca, Machina Kitchen & ArtBar, Sole's B.A.R., Yahso Jamaican Grille, Granita Enoteca, Guerilla Grill, Eat More Cake and many more.

"This year we are very

excited to share that our breweries, distilleries and wineries will be right in the event footprint on Main Street," said KYPN President Alana Fiero of changes to this year's Taste of Keene Food Festival.

"There is no longer a separate biergarten and patrons can freely walk around the footprint with an (alcoholic) beverage as long as they stay in the event footprint and have a wristband that designates them as 21-plus."

Fiero said that the event footprint has also expanded this year all the way down to Ted's Shoe & Sport on Main Street, while in previous years it ended at Railroad Square. With collaboration from The Colonial Performing Arts Center, two street performers and three live bands will provide entertainment during the event.

From the incredible sponsors and vendors to the hungry crowds of attendees that show up to eat, the popularity of the annual event and the response from the community has been increasing every year, Fiero said.

"We are excited about the growth — it's extremely fulfilling to see the support this event has had over the years and hope that it can continue to mark the beginning of summer in the Monadnock Region," she said. "We also hope it inspires others to get involved and paves



the way for other great events and festivals to emerge."

For more information, to preview vendor menus, and to purchase advance tokens, visit keeneypn.com. Follow the Facebook event for updates at facebook.com/YPNKeene.

Across the region in the small town of Bennington, another annual food festival will mark its thirteenth year on Saturday. A fundraiser for the GEP Dodge Library building committee, the Bennington Rhubarb Festival will be held, rain or shine, Saturday, June 1, from 10 a.m. to 4 p.m., at Sawyer Memorial Park, 148 State Route 202, in Bennington.

The festival began in 2011 as a fundraiser and was the inspiration of a town library employee named Molly Eppig, who was on the hunt for a theme that would be unique to the area. The idea of featuring rhubarb sparked and quickly moved to the top of the list.

Initially held on the front lawn of the library, the event was eventually moved to Sawyer Memorial Park, where it gained visibility and now attracts many more visitors each year, said Circulation Librarian Melissa Searles, who estimated hundreds

of festivalgoers attend annually.

Food and craft vendors, a petting zoo, children's games, a rhubarb story walk and the library's book and bake sale are all popular activities at the festival, she said, in addition to the multiple levels of pie contests, rhubarb wine contest and the humorous "hollering contest" for both kids and adults.

Awards for rhubarb superlatives, like longest stalk and widest leaf, are also handed out, in addition to contests for themed artwork and photography.

Now organized by the library trustees, the event has returned to a one-day festival this year to make it more manageable, Searles said of the festival's prior three-day length. Although Bennington is a small town of only about 1,450 residents, the park's location on Route 202 sees a lot of traffic and passersby who will stop just to check it out.

"It's a very unique festival and there's something for everyone," Searles said of the popularity and great turnout year after year. "There's fierce competition to purchase pie. You have to get there early because they sell out quickly."

To learn more about the Bennington Rhubarb Festival, visit townofbennington.com/rhubarb-festival or find the event on Facebook at facebook.com/NHRhubarbFestival.

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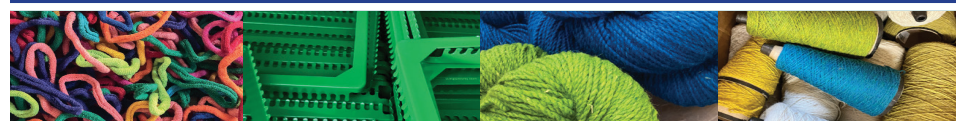
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Apocalyptic Worldbuilding, Thy Name is “Fallout”

By Matthew Bilodeau

As the world catches on fire, literally and figuratively, it's fitting that some of our most popular entertainment at the moment envisions the world as a wasteland ravaged by humanity's remaining stragglers. “Furiosa” takes us even deeper into the depraved steampunk battlefields of “Mad Max,” “Kingdom of the Planet of the Apes” questions whether we even deserve a place in the world we've destroyed, and then you have Prime Video's latest hit series, “Fallout,” which sees an eclectic group of divided strangers scouring the remnants of a broken world — most fueled by self-preservation and a chosen few aspiring to reclaim what's been lost.

What makes “Fallout” stand out among other similar sounding post-apocalyptic futures is how it captures the retrofuture aesthetic of the 1950s yet takes place in an alternate future that has embraced advancements in nuclear technology.

The year the bombs send Earth into an explosive standstill is 2077, with the main crux of the series taking place over 200 years later. In the years leading up to the blast, a conglomerate named Vault-Tec began the mass construction of airtight, underground fallout shelters to keep the beating pulse of American society alive in the event of the worst, and sure enough, we couldn't help ourselves.

Our first glimpse of this world's future arrives in the form of Lucy MacLean (Ella Purnell), a complacent and chipper Vault Dweller who's about to be wedded off to someone from a neighboring Vault. But when the post-marital ceremony proves to be a sneak attack from wasteland ravagers up above, complete with the kidnapping of her father (and Vault leader) Hank (Kyle MacLachlan), she takes it upon herself to take her first steps upon a devastated terrain she's never known — the city formerly known as Los Angeles. But in spite of her righteous mission, Lucy quickly learns that, in a world without structure, everyone has their own agendas and damning secrets.

While subsequent games would offer an alternate perspective to play as, the first “Fallout” revolves around role-playing as a Vault Dweller, not unlike Lucy, tasked with bringing their Vault back up to snuff, in addition to free roaming its imaginatively weird Armageddon.

It takes a bit for the Prime Video series to get going as, almost to the detriment of most video game adaptations, it takes away your ability to move the characters yourself, almost making you feel like you're watching someone else play a video game rather than



Prime Video photos

experiencing it yourself. Thankfully, the people behind “Fallout” really build upon the history of this wasteland the deeper you go, in addition to the wonderful cast of weirdos that inhabit it.

Purnell, who you may be familiar with on “Yellowjackets,” is tremendous as Lucy. She shares all of the traits that make her traditional heroine persona one to invest in, as well as be wary of. The wasteland tests Lucy’s endurance every step of the way, but like most great characters, she manages to sneak a few surprises up her sleeve with every lesson. For as much as that engaging, 75-minute pilot invests you in her story, deep in the comfy trenches of the Vaults, “Fallout” is not entirely devoted to her. This series wouldn’t feel right if it wasn’t an ensemble, consisting of all sorts of factions with alternating viewpoints on who should rule everything.

Enter Walton Goggins as Cooper Howard, otherwise known as The Ghoul, a western film icon turned lone gunslinger wandering throughout the apocalyptic wasteland for the past 200 years as a decomposing spectre of his former self. Ghouls are essentially intelligent zombies, who deteriorate slowly over time. Goggins’ tremendous performance of a jaded merchant of death really shines through even under all of those heavy prosthetics. He starts off as the cold, uncaring bounty hunter you would expect before looking behind the curtain of what brought him to this moment in time; there’s still so much left to explore with him in later seasons.

The apocalyptic setting also allows a character like Maximus (Aaron Moten), an eager squire of the Brotherhood of Steel, the chance to make a meal out of his moral dilemma. The Brotherhood are the apocalyptic equivalent of medieval knights, but instead of steel and chainmail, their armor shares a bulkier resemblance of the “Iron Man” suit and a “Rock Em, Sock Em” robot. When Maximus’ master falls prey to an ill-fated injury, he takes the suit for himself, masquerading as a knight. You really feel for his plight to be recognized, even if his methods of attaining the honor are ethically challenging.

These three make the core of what is undoubtedly an introductory first season laying the groundwork, of which there’s quite a bit. Although in just 8 episodes, “Fallout” introduces us to cannibals, cults, organ harvesters, mutant creatures, conspiracies, zombies and a whole bunch of fun surprises. If you find that the series takes a bit to really find its stride, I believe you should stick with it, as it feels like the puzzle pieces in place for next season look pretty great, and the show just knows how to have fun with its setting.

All 8 episodes of “Fallout” are currently streaming on Prime Video.

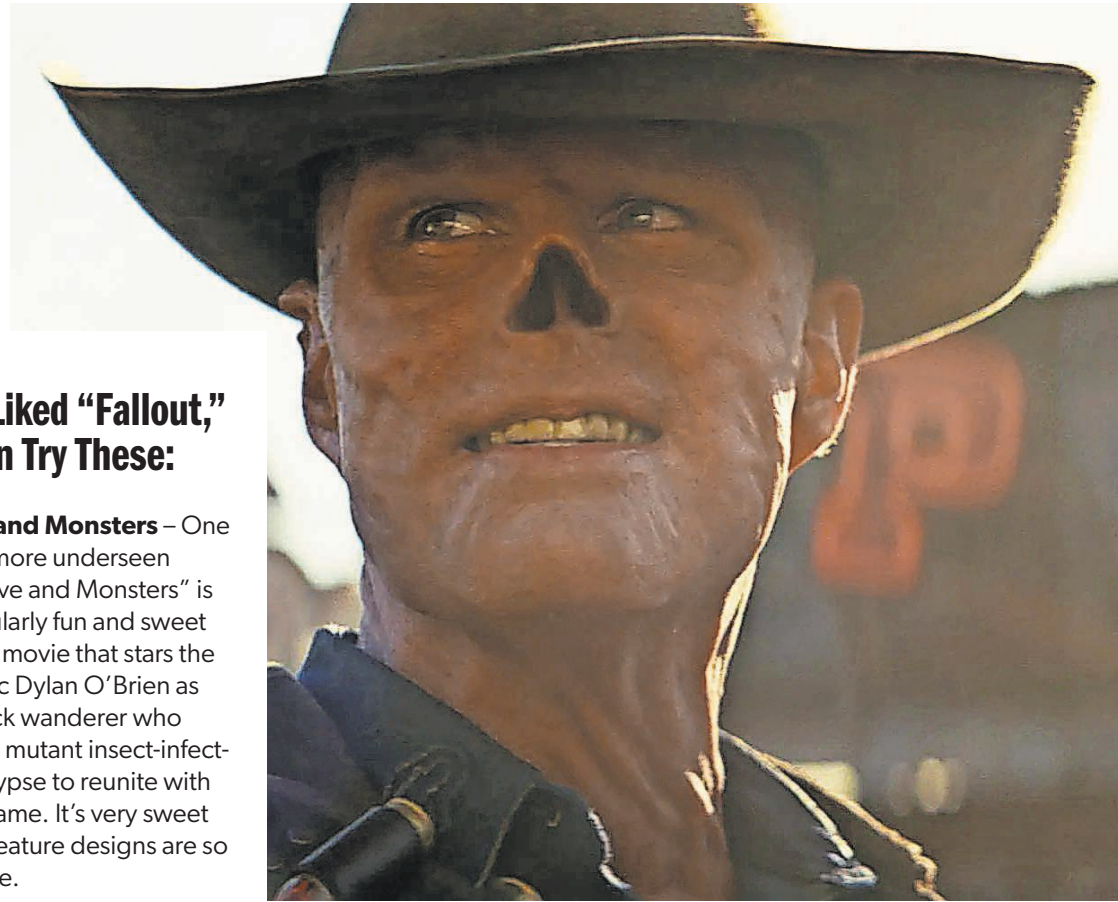
Are there any streaming projects that you would like to see me cover? Shoot me an email at moviemoxie1@gmail.com and be sure to let me know! Be kind. Stay safe.

If You Liked “Fallout,” Then Try These:

- **Love and Monsters** – One of 2020s more underseen gems, “Love and Monsters” is a spectacularly fun and sweet adventure movie that stars the charismatic Dylan O’Brien as a lovestruck wanderer who traverses a mutant insect-infected apocalypse to reunite with a former flame. It’s very sweet and the creature designs are so imaginative.

- **Mad Max: Fury Road** – George Miller’s ferocious thrill ride remains the best of the “Mad Max” movies, but also one of the greatest action movies ever made — period. It remains one of those impossible movies you can’t believe ever got made, born out of copious amounts of blood, sweat, tears and guzzoline. What a mesmerizing slice of opulent visual storytelling.

- **The Last of Us** – HBO’s television adaptation of the revered video game set the world ablaze with a captivating post-apocalyptic road trip story about a grieving father tasked with transporting an immune girl across the fungi-infected wasteland in the hopes of creating a life-altering vaccine.



MONADNOCK REGION

Cheshire County Historical Society: “Mountain as Muse,” through Aug. 30, 246 Main St., Keene. Open Tuesday, Thursday and Friday, 9 a.m.-4 p.m., Wednesday: 9 a.m.-9 p.m.,

1st and 3rd Saturday of the month, 9 a.m.-noon. Closed Sunday and Monday. 352-1895; hscch@hscch.org.

Community Art Gallery: “No Egrets: Artwork by a flock of ConVal High School Students,” through May 31; “Two Artists and Four Hands,” June 7 through July 26; opening reception, June 7 from 5 to 7 p.m., Peterborough Town Library, 2 Concord St., Peterborough. PeterboroughTownLibrary.org; 924-8040.

Dublin Community Center: Featuring the works of Frankie Brackley Tolman and The Prism Painters 2, through the month of June; opening reception, June 14 from 5 to 7 p.m., 1123 Main St., Dublin. dublincommunitycenter.org; 563-8080.

Hancock Library: “Beyond the Ordinary,” an art exhibit by former students of the Pulidos, through June 19, 25 Main St., Hancock. Exhibits can be viewed in the Daniels Room of the Hancock Library during regular library hours: Monday and Wednesday from 2 to 6 p.m.; Tuesday and Thursday from 10 a.m., to 7 p.m.; and Saturday from 10 a.m. to 4 p.m. Call the library 525-4411 before your visit to ensure no special events are scheduled at that time.

Healing Arts Gallery: “Garden Fresh,” through June 25, Monadnock Community Hospital, 452 Old Street Road, Peterborough. 924-4682; katharyn.ernst@mchmail.org; monadnockcommunityhospital.com.

Mariposa Museum and World Culture Center: Mariposa Museum and World Culture Center: “Tradition and Revolution in Indian Shadow Puppetry,” through Oct. 20, 26 Main St., Peterborough. Open Wednesday through Sunday, 11 a.m.-5 p.m. 924-4555; info@mariposamuseum.org.

Monadnock Area Artists Association Art Gallery: Featuring twenty-seven artists and 120-plus, artworks in a range of styles and media, Syd’s Carpet and Snooze Room, 43 Saint James St., Keene. 352-4314, syds@keene.com; monadnockareaartists@gmail.com, monadnockareaartists.org.

NEW HAMPSHIRE

New Hampshire Antique Co-op: “Selections 24: Notable Works,” through June 30; “Along the Shore: Paintings from Cape Ann to Provincetown,” through June 30, 323 Elm St., Milford. For further details about these exhibitions and New Hampshire Antique Co-op, please visit www.nhantiquecoop.com or contact 673-8499.

NEW HAMPSHIRE

Actor Theatre Playhouse: “Ten Minute Play Festival,” June 6 through 22, Thursdays, Fridays and Saturdays, 7:30 p.m., Sunday, June 9, special matinee at 2 p.m.; “Pigmalion,” June 29 and July 6; “The Lifespan of a Fact,” July 11 through 27; “An Inspector Calls,” Aug. 8 through 24; “Spotlight,” Sept. 7 and 14; “Under Milkwood,” Sept. 20, 21, 27 and 27, 7:30 p.m., Sunday Matinee, Sept. 22 at 2 p.m., Corner of Brook and Main Street,

VERMONT

Brattleboro Museum and Art Center: “A Night at the Garden,” through April 2025; “The Wounding,” through Nov. 3; “John Newsom: Painting the Forest of the Happy Ever After,” through June 16; “In Nature’s Grasp,” through June 16; “Edward Holland: Celestial Sea,” through June 16; “Samira Abbassy: Out of Body,” through June 16; “Ilana Manolson: The River Between,” June 22-Oct. 14, 10 Vernon St., Brattleboro. Closed March 10-15. Open Wednesday through Sunday, 10 a.m.-4 p.m., brattleboromuseum.org.

The NXT Gallery: “A World Adjacent,” an exhibition of paintings by artist Jana Zeller, May 31 through Aug. 11; opening reception, May 31, 5:30-8 p.m., The Next Stage Gallery, 15 Kimball Hill, Putney. The gallery is open to the public during scheduled performances in the theater, and by appointment. info@nextstagearts.org; 802-451-0053.

MASSACHUSETTS

Clark Art Institute: “Kathia St. Hilaire: Invisible Empires,” through Sept. 22; “Paper Cities,” through June 23; “Guillaume Lethière,” June 15 through Oct. 14; “David-Jeremiah: I Drive Thee,” through Jan. 25, 2025, 225 South St., Williamstown.

CALL TO ARTISTS

The Peterborough Night Market, organized by MAXT Makerspace is hosting a Sculpture Exhibition in Downtown Peterborough. The group is looking for up to 10 sculptures that will be displayed in prominent locations around Downtown Peterborough, between Aug. 1 and Oct. 1. The sculptures will also be a highlighted feature of the Peterborough Night Market, which occurs on the evening of Friday, Aug. 9. The theme of this year’s market is “The Mixtape,” with thought provoking explorations on a theme, play with genres, demonstrate unexpected juxtapositions, or create something new with what was old. The artist may interpret the theme however they would like and should submit an explanation with their application. Sculptors of all backgrounds, mediums and experience levels are encouraged to participate (18 or older).

The deadline for the application is 11:59 p.m. June 15. MAXT hopes artists from all over the New England area will apply. Applications will be reviewed by a jury of local artisans in the Monadnock Region. Those pieces selected will receive a stipend of at least \$500 to assist with their installation costs. Interested artists should go to www.maxtmakerspace.org/peterborough-public-art to review the full details and to submit their applications. Questions can be directed to MAXT Executive Director Roy Schlieben: roy@maxtmakerspace.org.

West Chesterfield. All Tickets are \$17 for general seating. Performances begin promptly at 7:30 pm. Ticket Reservations www.atplayhouse.org.

MoCo Arts: “Alice in Wonderland,” June 1 at 2 and 7 p.m., June 2 at 2 p.m., Redfern Arts Center, Keene State College; “Footloose with Dr. Seuss,” June 8 at 10 a.m., 11:30 a.m., 2 and 3:30 p.m., June 9 at noon, 1:30, 3:30 and 5 p.m.; “Puss in Boots,” June 15 at 2 and 4 p.m., The Founder’s Theatre at MoCo Arts, 40 Roxbury St., Keene. moco.org; 352-2100.

MOVIES • JUNE 6 – MAY 31 SHOWING

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The Birdcage (R, 117 mins.) Engaged couple Val Goldman and Barbara Keeley shakily introduce their future in-laws. Val’s father, Armand, a gay Miami drag club owner, pretends to be straight and attempts to hide his relationship with Albert, his life partner and the club’s flamboyant star attraction, so as to please Barbara’s father, controversial Republican Sen. Kevin Keeley. Showing Wednesday at 7 p.m.

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603-352-2033
<https://thecolonial.org/showroom/>

Everybody’s Talking About Jamie (PG-13, 115 mins.) This uplifting, true story became a musical sensation that inspires you to show the world who you really are, be more accepting, and step out of the darkness and into the spotlight! Jamie is a teenager who dreams of life on the stage. While his classmates plan their livelihoods after they leave school, Jamie contemplates revealing his secret career ambition to become a fierce and fabulous drag queen. He is supported every step of the way by his loving mom who would do anything for her boy. He also has the love and support of his best friend, Pritti, who reassures Jamie that his difference is what makes him beautiful. But Jamie also has to contend with an unsupportive father, an uninspired careers advisor and bullying by school kids who attempt to rain on his sensational parade. In rousing and colorful musical numbers, Jamie and his community inspire one another to overcome prejudice and find glitter in the gray! Showing Friday at 7 p.m.

KEENE CINEMAS 6
121 Key Road, Keene
499-8532
keene cinemas6.com

Call for movies and showtimes.

LATCHIS THEATRE

50 Main St., Brattleboro
802-246-1500
latchis.com

Call for movies and showtimes.

IF (PG, 104 mins.) After discovering she can see everyone’s imaginary friends, a girl embarks on a magical adventure to reconnect forgotten IFs with their kids.

MILFORD DRIVE-IN THEATER

531 Elm St., Milford
603-673-4090
<https://www.milforddrivein.com/>

Call or visit their website for movie listings. Movies are shown on Fridays and Saturdays.

THE PARK THEATRE

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

The Fall Guy (PG-13, 125 mins.) Fresh off an almost career-ending accident, stuntman Colt Seavers has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. Showing Friday, Tuesday and Thursday at 6:30 p.m., Saturday and Wednesday at 1:30 and 6:30 p.m., and Sunday at 4 p.m.

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

Call or visit the website for the movie title. Showing Friday, Wednesday and Thursday at 7 p.m., Saturday and Sunday at 3 and 7 p.m.

WEEKLY ROUNDUP

• MUST SEE, MUST DO THIS WEEK! •

Compiled by Julia Badders

1. ROCKY HORROR SHADOW CAST

Step back in time and into the 1975 cult classic *The Rocky Horror Picture Show* at the Latchis Theatre in Brattleboro, VT on June 1. The One's From the Vault — Brattleboro's first and Vermont's only ongoing Rocky Horror Shadow cast — will perform the musical live in front of the screen. And what would Rocky Horror be without audience participation? Attendees are encouraged to dress up in costume, shout, sing, dance and throw stuff! Prop kits will be for sale. Tickets are \$20 with a pre-show at 10 p.m. and the film at 11 p.m. continuing monthly on the first Saturday.

2. "I AM WOMAN" TO BENEFIT PLANNED PARENTHOOD

Soulful vocalist, thought-provoking songwriter and monster percussionist Tara Greenblatt headlines "I Am Woman," an event at the Mariposa in Peterborough, NH on June 1. The event will also include women singers from the community and an update from Planned Parenthood on the status of access to women's health services in New England. Tara will be accompanied by Ramsey Thomas on upright bass and Richard Doherty on guitar. A portion of the proceeds will benefit Planned Parenthood. A mixer will refreshments will begin at 6 p.m. followed by the performance at 7 p.m. Tickets are \$15 for Mariposa members and \$20 for nonmembers, purchased online or at the door.

3. SPRING POP-UP

FINE ARTS & ARTISAN'S SALE

An exceptional one-day exhibition and sale on June 8 at the DubHub in

Dublin, NH from 10 a.m. to 4 p.m. This show will feature the works of 15 artists and artisans from across the Monadnock region. Many of these talented creators have been part of the Monadnock Arts Tours and the League of Nh Craftsmen Exhibition over the years, displaying an array of wares from fused and hand-blown glass, naturally dyed scarves, paintings, furniture, leather crafts, ceramics and so much more. Each and every piece is a one-of-a-kind treasure. Admission is free.

4. NAULAKHA ESTATE AND RHODODENDRON TOUR

The Landmark Trust USA invites visitors to Naulakha, the Dummerston, VT house and gardens of Rudyard Kipling (normally open only to overnight guests) on June 2 and 3. Begin with a tour of Naulakha, where Kipling wrote *The Jungle Book* and *Captain Courageous* followed by a self-guided tour of the estate grounds and the blooming rhododendrons.

Bring a picnic and enjoy the incredible views from the front lawn. Tickets are \$25 and availability is limited. Reserve online at <https://landmarktrustusa.org/rhododendron-tour>.

5. SENTINEL PLAYERS OF THE YEAR

On Thursday, June 6 the Keene Sentinel will host the annual Players of the Year event, recognizing the top athletes in the region at the Keene Country Club at 5:30 p.m. As well, the Paul Miller Citizenship Award will be presented to an individual who has advanced the ideals of good sportsmanship and citizenship either regionally, statewide or nationally. This event acknowledges the Keene Sentinel Players of the Week as well as the inaugural All-Sentinel Team and Sentinel Players of the Year. Come celebrate athletes from Conant, ConVal, Fall Mountain, Hinsdale, Keene and Monadnock high schools. Tickets are \$25.

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in the July/August Issue of Monadnock Table:

Exploring the Connecticut River
Pick Your Own Berries Summer Recipes & Kitchen Gardens

SPECIALS ADVERTISING SECTIONS:

Education & Summer Health.

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To advertise: **danderson@monadnocktable.com** | **603-352-1236**

powered by **event**

Calendar

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promote your events
online and in print.

Thu 5/30

Introduction to Ceramics for All - at The Marlboro Studio School

@ 9:30am

Marlboro Studio School at Potash Hill,
2582 South Road, Marlboro. school@
marlborostudioschool.org

Amazing Art

@ 10am

Cheshire Children's Museum, 149
Emerald Street. 903-1800

AI-Anon Meeting - Help and Hope for Friends and Families of Alcoholics

@ 12pm

The United Church of Christ of Keene,
23 Central Square. district7@nhai-
anon.org, 603-369-6930

SheepDip Live Classic Rock and Roll Tribute debut @ Monadnock Bike Nite

@ 5pm

Dublin Tap Room, 53 Dublin Rd, Jaffrey,
Jaffrey

Food Business Lab Pitch Event

@ 5pm / Free

Hannah Grimes Center, 25 Roxbury
Street

IF

@ 6:30pm / \$10

The Park Theatre, 19 Main Street, Jaf-
frey. boxoffice@theparktheatre.org,
603-532-8888

Rachel Bell: Musicians' Workshop: Learn a groovy (easy) scottish (schottische)

@ 7pm

Governor Hunt House and Community
Center, 322 Governor Hunt Rd, Vernon

The Gaslight Tinkers: Glow Dance!

@ 7pm

Stone Church, 210 Main St, Brattleboro

The Heavy Heavy

@ 7pm

Stone Church, 210 Main St, Brattleboro

Fri 5/31

Jesse Lepkoff Bossa Nova Classics and Originals

@ 5pm

THE GOOD SPOT, 580 Canal Street,
Brattleboro. 802-579-5943

Indigo De Souza

@ 5pm

Stone Church, 210 Main St, Brattleboro

Geese

@ 5pm

Stone Church, 210 Main St, Brattleboro

Thus Love

@ 5pm

Stone Church, 210 Main St, Brattleboro

Nation of Language

@ 5pm

Stone Church, 210 Main St, Brattleboro

Sun Parade

@ 5pm

Stone Church, 210 Main St, Brattleboro

Love Crumbs

@ 5pm

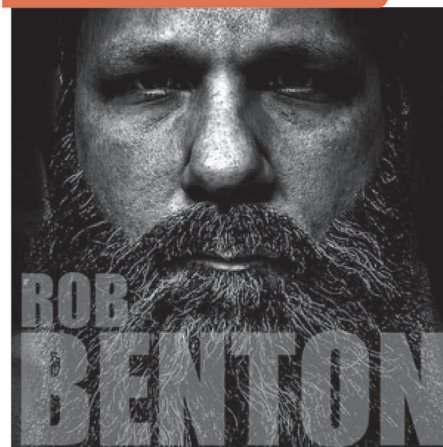
Stone Church, 210 Main St, Brattleboro

SheepDip Live Classic Rock and Roll Tribute

@ 7pm

Toll Booth Tavern, 740 2nd NH Tpke N.,
Francetown

Featured



Rob Benton

@ 8pm

Bender's Bar &
Grill, 166 Emerald
St



Sat 6/01

Featured



Shine On 5K Run & Walk

@ 8:30am

100 Maple Ave, 100 Maple Av-
enue. ptfa@tcskeene.com, 603-
352-9403

Toddlerfest

@ 9am

Rise for baby and family, 147 Washing-
ton Street. info@riseforbabyandfam-
ily.org, 603-357-1395

Contain Yourself! The Art of Container Gardening

@ 10am

Stonewall Farm, 242 Chesterfield Road.
sam@stonewallfarm.org, 603-352-5577

Ghost Mojo Live at Granite Roots Brewing

@ 1pm

Granite Roots Brewing, 244 N Main St,
Troy

Featured



Muusic 4UU Presents! 440 Jazz Quartet

@ 4pm

Jun 1st - Jun 2nd

Unitarian Universalist Church, 25
Main Street, Peterborough. info
@muusic4uu.org



Puzzle Palooza and Bake Sale

@ 4pm / \$40

Greenfield Town Meeting House, 776
Forest Road, Greenfield. ellac@stephen
sonlibrary.org, 603-547-2790

Love Your Neighbor Faith Festival

@ 4pm

Wheelock Park, Park Avenue. tjulius54
@gmail.com, 603-757-2366



powered by *event*

Calendar

The best place to promote your events online and in print.

Something Reckless: Wheeling for Warriors

@ 5pm
Field & Forest Recreation Area, 890 NH-137, Harrisville

Next Stage Bandwagon Summer Series

@ 6pm
Next Stage Arts Project, 15 Kimball Hill, Putney. 802-387-0102

Murder at the Banquet Theatrical Production at Antrim Town Hall

@ 6pm / \$10
66 Main St, 66 Main Street, Antrim. di rector@hccnh.org, 603-848-4282

Peterborough Contra Dance on June 1st. Ben Sachs-Hamilton calling with music by Stove Dragon

@ 7:30pm
Peterborough Town Hall, 1 Grove Street, Peterborough. Kelly.Strauss@gmail.com, 603-547-5831

Al-Anon - Help and Hope for Friends and Families of Alcoholics

@ 5pm
Saint James Episcopal Church, 44 West Street. district7@nhal-anon.org, 603-369-6930

Tue 6/04

Featured

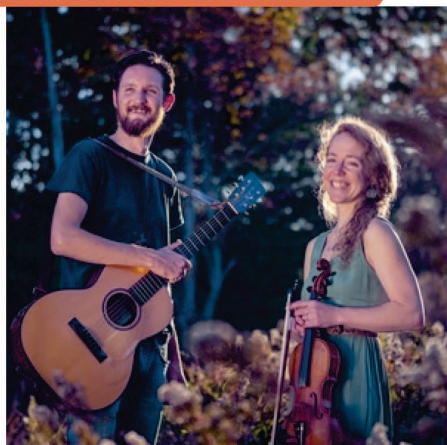


Killah Priest

@ 8pm
Stone Church, 210 Main St, Brattleboro



Featured



Green Heron

@ 7pm
Del Rossi's Trattoria, 73 Brush Brook Rd, Dublin



Featured



Ian Galipeau: @ Muse

@ 12:30pm
Muse Bistro, 44 Main St



Featured



John Gorka

@ 7pm
Next Stage, 15 Kimball Hill, Putney



John Gorka

@ 7pm
Next Stage Arts Project, 15 Kimball Hill, Putney. 802-387-0102

Wed 6/05

Al-anon - Help and Hope for Friends and Families of Alcoholics - Weekly Meeting

@ 6pm
Keene. district7@nhal-anon.org, 603-369-6930

Mon 6/03

Al-Anon for Friends and Families of Alcoholics

@ 12pm
Keene. district7@nhal-anon.org, 603-369-6930

Monadnock Food Co-op Community Book Club

@ 6pm / Free
Monadnock Food Co-op, 34 Cypress Street. community@monadnock food.coop, 603-283-5401

Calendar information is provided by event organizers. All events are subject to change or cancellation. This publication is not responsible for the accuracy of the information contained in this calendar.

Negativland + SUE-C: We Can Really Feel Like We're Here • With Valley Solar & Sunburned Hand Of The Man

@ 7:30pm
Epsilon Spires, 190 Main St, Brattleboro

Murder at the Banquet Theatrical Production at HDMS

@ 1pm / \$10
6 Hillcat Dr, 6 Hillcat Drive, Hillsborough. director@hccnh.org, 603-848-4282

Miss South Carolina

Answers in next week's edition of ELF

ACROSS

- 1 Quartz, e.g.
7 Take —
of faith
12 Imbiber's
hwy. crime
15 Gown
designer
Vera
19 Brood pouch
20 Baseball Hall
of Famer Edd
21 German "a"
22 Smell
23 Sports
contest
between two
disorderly
crowds?
26 Give relief
27 Trapped
28 Negative
battery pole
29 Fitting snugly
30 Telly network
31 Perform a
hip-hop song
about a
military
operation?
34 Periodic table
creator
Mendeleev
38 Singer Cooke
39 Mined matter
40 Kid-lit "pest"
41 Cry from a
toddler who's
dropped a
Dairy Queen
cone?
44 Present
45 Port in Japan

- 46 Leaving
47 Oz creator L.
Frank —
49 Female rat
52 Things docs
prescribe
53 Daybreak
54 Search for
a Marvel
superhero?
58 eBay action
59 Flip (out)
60 Rodent-
catching cat
61 Rubdown
given in a
mountain
chalet?
67 Winged
insect native
to Iraq or
Oman?
69 Setting for
petri dishes
70 List of jurors
72 Lower limb
73 Talked on
and on about
chicken
products?
75 Fan noise
77 Use Lyft, e.g.
81 Dadaist Jean
82 Defeat
83 Pale-looking
85 H. Ross —
86 Genesis
brother
88 Official
account of an
excursion?
90 Bagel seed
93 Towing org.

DOWN

- 95 Entry points
96 2017 film
about skater
Harding
97 Supreme
Court
members'
favorite
beers?
100 Royal Navy
letters
101 Sword parts
102 Some sports
rounds, for
short
103 Lover of
beauty
108 Skating
jump
109 Yelled while
using a
juicer?
112 Pilaf base
113 Singer
Grande, to
her fans
114 The "A"
of A/V
115 Actress Julia
116 The "A"
of A&E
117 Vermont hrs.
118 Tire problems
119 Itty-bitty

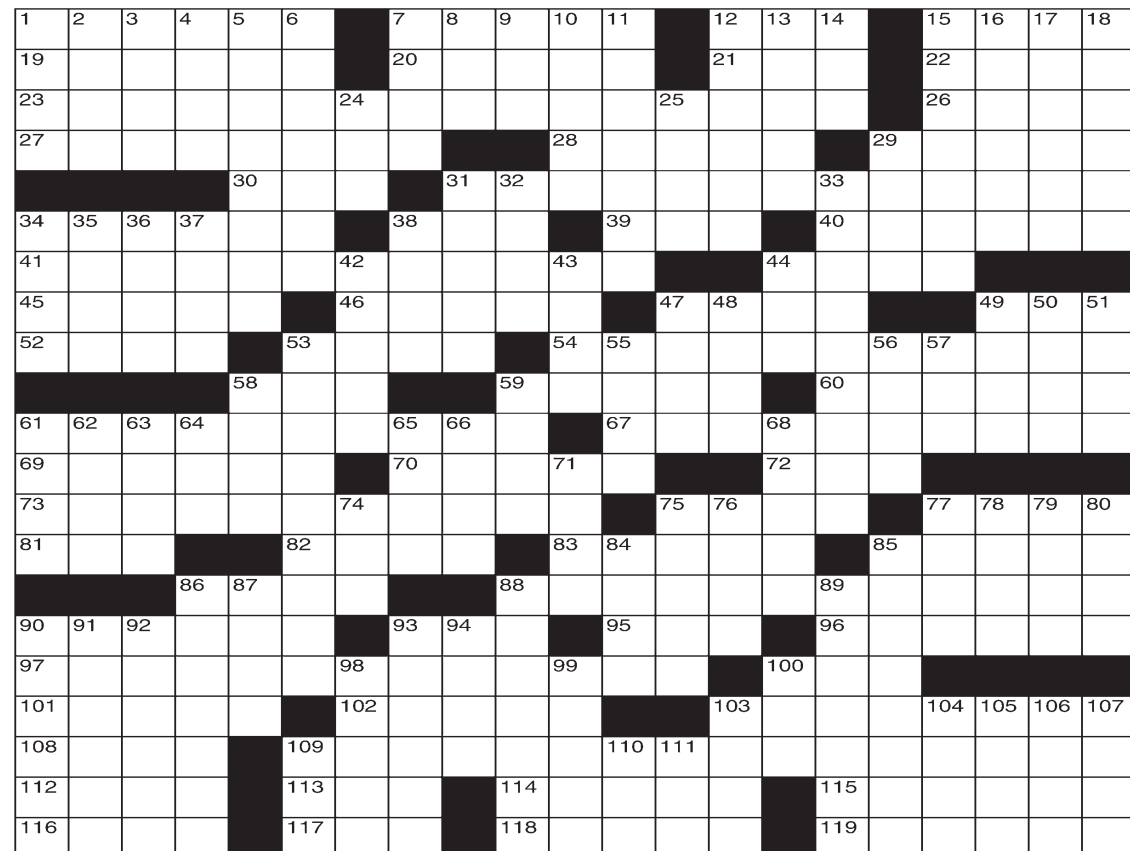
DOWN

- 1 Very annoyed
2 "Terrible"
Russian
3 Ad- —
(wings it)
4 13-digit ID in
publishing

- 5 Region of
Italy's "toe"
6 Sour in taste
7 Longtime
Yankee
nickname
8 Singer Rawls
9 Ger.'s
continent
10 Very simple
11 Ghostly figure
12 Myers once
of CNBC
13 "You can't
— all!"
14 Savings acct.
buildup
15 "Alas!"
16 Slowly, on
music scores
17 Have as a
snack
18 — Green
(old eloping
mecca)
24 Sleuth,
slangily
25 Jay of "Gary
Unmarried"
29 Despot of old
31 — to go
(eager)
32 Church cry
33 "It just came
back to me"
34 Tragic
destiny
35 Allison of jazz
36 Apple debut
of 2010
37 Clucks of
shame
38 Clumsy boat

- 42 "Zounds!"
43 Gelatin in a
petri dish
44 See 47-Down
47 With
44-Down, big
embrace
48 "Diana"
singer Paul
49 Attic buildup
50 Like Ogden
Nash's "lama"
51 To be,
to Gigi
53 More than
mere doubt
55 Osso buco
meat
56 Film director
Nicolas
57 Color shade
58 Jezebel's god
59 — shui
61 "— -Ca-
Dabra"
(1974 hit)
62 Untruth teller
63 Pageantry
64 Mets' gp.
65 Big simians
66 Comics' bits
68 Glittery
jewelry,
informally
71 Brother in
Genesis
74 Put on
75 Cry feebly
76 Mother
chickens
77 Seized
auto, say
78 De-wrinkle

- 79 "Finding —"
(2016 film)
80 "Tell Mama"
singer
James
84 Clic — (Bic
pen brand)
85 Place to buy
a leash
86 Queens'
homes
87 Novelist Oz
88 Hot cereal,
often
89 Punchline
drum hit
90 Big desert
91 Miracle drink
92 Choose
93 With milk, in
French
94 "— sure you
know ..."
98 Heckles
99 Give credit
where
credit —
100 "— So Shy"
103 Uproars
104 Newsmen
Brit
105 Boys' school
in Britain
106 Some till
bills
107 Jacuzzi
effect
109 Actress Issa
110 Org. for
cavity
repairers
111 Suffix with
beat or neat



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ELF

Classifieds & Puzzles

Education**Education****Education****Our Vision**

In the ConVal community, all learners will achieve academically, act thoughtfully, and contribute to the larger society.

Our Mission

To provide opportunities and inspire our learners to explore interests, pursue new knowledge and skills, learn about self and others, and give of oneself to the greater community.

ConVal is hiring for the following positions:

- ConVal School District
 - District/Community Preschool and Elementary Case Manager/Coordinator
 - Special Education Teachers – All Levels
 - Speech/Language Pathologist Assistants
 - School Psychologist – Elementary and High School
 - Occupational Therapist
 - School Nurses
 - Paraprofessionals – All Levels
- ConVal High School
 - General Science Teacher
 - Math Teacher
 - Music Teacher
 - Computer and Information Technology CTE Instructor
 - Pre-Engineering CTE Teacher
 - Business CTE Instructor
 - ELO Work Base Learning Counselor
- ConVal Middle Schools
 - Technology Integrator
- ConVal Elementary School
 - Physical Education/Health Teacher
 - Library/Media Specialist
- ConVal Support Staff
 - Part-Time Administrative Assistant
 - Information Technology Systems Support
 - Custodian
 - Daily and Long-Term Substitute Positions

COME JOIN OUR TEAM!

Beginning Salary Range for new EDUCATORS: BA+00 is \$50,000!

MA+ 00 is \$54,000!

Beginning Salary Range for New SSPs: BA+00 is \$55,000!

MA+00 is \$62,000!

Go to www.conval.edu, click on "Careers" and complete an application.



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8AM-2PM
19 ACREBROOK RD,
KEENE

Many household items including kitchen supplies, microwave, boy's and women's clothing and much more. Priced to sell.

Merchandise

Merchandise

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Happy Ads

Look for something positive about this moment. Even if you have to look a little harder than usual, it still exists.

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Click on classifieds
SentinelSource.com
Local Matters
The Home of The Keene Sentinel

Pets

Pets



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NHBernedoodles.com
802-299-9883

Pets



Shillow
Female - Black Domestic
Shorthair - 2 Years old

Hello there, potential family! I'm Shillow, a two-year-old black domestic shorthair cat. I may be small, but I've got a big personality! Let me tell you a bit about myself. First off, I'm not a big fan of sharing my space with other cats. I tend to be a bit protective of my litter box, so I prefer to have it all to myself. Dogs? Well, they're nice and all, but they tend to make me a bit nervous with all their barking and energy. So, a dog-free home would be purrfect for me. Now, when it comes to kids, I'm okay with the older ones. They understand boundaries better, you know? I'm a bit shy at first, so you might hear a little hiss from me when we first meet. But once I get to know you, I'll warm up and show you my sweet side. Oh, and food? Let's just say I have discerning tastes. I can be a bit of a picky eater, but I'm sure we can find something that we both agree on. I really thrive in a calm and quiet environment. Loud noises and too much commotion can really stress me out. I'm an independent girl who likes her space, but I also love when someone sits with me and gives me pets. Just make sure it's on my terms, okay? Now, I have to admit, I can get a bit carried away during playtime. If I get overstimulated, I might play a little rough and give a nip or two. But I promise, it's all in good fun! So, if you're looking for a furry friend who's a bit shy but full of love once you get to know me, then I think I might be the purrfect match for you. Let's make some memories together in our quiet and calm home.

Transport/Logistics

Transport/Logistics

Transport/Logistics

The Keene Sentinel

ONE STOP DELIVERY DRIVER NEEDED

The Keene Sentinel has a part time opening for a van driver in our Distribution Department. The ideal candidate will have a good driving record, is dependable and likes being on the road 5 hours per evening, five days per week. The right candidate will start in Keene and drive to Pittsfield, Massachusetts each evening starting at 6 or 7 PM, and then returning to Keene, NH. A company van will be provided for these deliveries each evening. A valid driver's license and clean driving record are required. Prior experience operating a forklift is desired, but not required.

Interested candidates can fill out an application online at [SentinelSource.com](https://shorturl.at/dkxzW), go to <https://shorturl.at/dkxzW> or email your interest in the position along with your salary requirement to Kelvin Parker at kparker@keenesentinel.com. Interested candidates can also fill out an employment application at The Keene Sentinel, 60 West St., Keene, NH, 03431. No phone calls please.

The Keene Sentinel is an Equal Opportunity Employer.

Admin/Cust Service

Admin/Cust Service

Admin/Cust Service

THE KEENE SENTINEL

What Local Means

Customer Service Representative/Office Assistant

The Circulation Department of The Keene Sentinel has an immediate full time opening for a detail orientated Customer Service Representative. Our ideal candidate will be outgoing, answer the phone with a smile and enjoy a wide array of responsibilities. Must have strong communication and organization skills, maintain a pleasant phone manner, work well with others, have the ability to multi-task and understand a "sense of urgency". You will assist our readers with account related questions on the phone and via email, in addition to resolving or escalating service issues and dealing with the day-to-day needs of our ever-changing fast paced department. The ability to work independently and demonstrate a strong attention to detail is a must. The position entails significant use of the telephone and computer data entry. General knowledge of office duties, such as emailing, and filing are necessary for this position. Hands on training will be provided to the qualified candidate.

Prior experience with Microsoft Word and Excel is essential. Hours for this position are Monday-Thursday, 8:00 a.m.-5:00 p.m., Friday 8:00 a.m. – noon and Saturday 7:00 a.m.-11:00a.m. with some flexibility as needed.

An equal opportunity employer, we offer competitive salary, and an excellent working environment. Interested candidates should send your resume, including salary requirements and cover letter to Kelvin Parker, Operations Director, at kparker@keenesentinel.com or fill out an application at 60 West Street, Keene, New Hampshire 03431. No phone calls please.

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		4	5	9		8		
	3		7				2	

Last Week's Answers

M	O	C	H	A		S	A	L	A	A	M		A	R	M	S	R	A	C	E
U	S	U	A	L		P	I	U	S	V	I		D	I	O	C	E	S	E	S
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7	8	1	6	3	4	9	5	2
5	2	3	8	4	9	7	6	1
8	1	6	2	7	3	5	4	9
4	7	9	5	6	1	2	3	8
6	4	2	3	8	7	1	9	5
1	9	7	4	5	6	8	2	3
3	5	8	9	1	2	4	7	6

YARD SALE

1 FREE

Yard Sale Sign!

With Your
Prepaid
Keene Sentinel
Yard Sale Ad

SAMPLE

As Advertised In
THE KEENE SENTINEL

2nd Annual Bellows Falls Festival

By Victoria Chertok

Celebrate summer, support the local economy and enjoy live music on Saturday, June 8th at the second annual Bellows Falls Festival.

This all-ages event features live music, scrumptious food, arts and crafts vendors, kids games and special live performances — something for everyone!

"We have a high-energy, bright and positive line up this year. They are all about bringing joy to the people," says Bellows Falls Festival organizer David Stern.

"I like to keep Rockingham and Bellows Falls moving forward and the festival is a wonderful addition to our arts landscape," says Stern in a recent phone call with the Keene Sentinel.

"Last year we had a very successful festival with around 300 people in attendance. I'm hoping to double that number this year," adds Stern.

Food vendors include: Jamaican Jewlz food truck, Smokin' Bowls food truck, The Moose serving hamburgers and hot dog, a food table via the Wild Goose Players, and the Women's Club will provide cookies and desserts.

Other vendors include: a jewelry vendor, stained glass art by Sunset Luna Art and Jouvay Chocolate. The Nature Museum will be running the fish ladder for visitors and local radio station WOOL will be broadcasting live at the event.

Live performances will be presented by Vermont Armored Combat who don medieval armor and fight in the old authentic way.

"It's quite exciting to watch; we're making a ring for them," adds Stern.

Keene Pride will also present drag performances during band changeover times of 15 minutes each.

"We want to make a joyous event where people can celebrate together and find that joy in live local music where we all come together

to dance, visit and eat. An economic engine for the town and the region...it's a huge community-building, shared experience, and a joyous event," notes Stern.

CHAD HOLLISTER BAND – HEADLINER

"Chad Hollister is a no-frills kind of rocker cast from the same mold as such American classics like Bruce Springsteen, John Mellencamp and Tom Petty." – (*Billboard Magazine* 2005).

Chad Hollister grew up in S. Burlington, Vermont, and lives with his family in Worcester, Vermont. He has toured the globe for over 30 years, performing his original music all over the U.S., China, South Africa and Europe.

Hollister has independently released six full-length albums and has opened for Bob Dylan, Paul Simon and the late Tom Petty. He's jammed with Billy Gibbons (ZZ Top), Warren Haynes (Allman Brothers and Gov't Mule) and every PHISH member.

"We had a fan in Florida named Laura who called me up one day and she was the booking agent for a big show at the Florida State fairgrounds back in 2005. She asked me to come and open some shows." When she told him of the luminaries who would be performing at the event Hollister's jaw dropped and he said, "Of course I will play!"

He recalls Paul Simon watching his sound check for about 10 minutes who then said, "hey man, you guys sounded good!" It was definitely a highlight of that time; he tells the Keene Sentinel in a recent phone call.

Hollister started on drums at age 9 but decided to learn the guitar for his first band, CHAD, because he thought it would be easier to front a band on guitar rather than behind a drum kit.

"I broke a lot of strings in the beginning because I was playing the guitar like a drum," says Hollister with a laugh.

Over the years, his lineup has grown and

changed; now 9 musicians are in his current lineup.

The Chad Hollister band includes: Chad Hollister, guitars, lead vocals; Jeff "Primo" Poremski, lead guitars, vocals; Ben Kogan, bass, vocals; Chris Peterman, saxophones; Luke Laplant, baritone sax; Kevin Avery, trumpet; Matt Avery, trombone; Yahuba Garcia, percussion and Caleb Bronz, drums.

"I'm very excited to play this amazing BF festival and even share our good friends ELEVADO with you from D.C. They're amazing and we've done a bunch of shows together," says Hollister.

"Music is such a gift to be able to do. None of us are in this to be rock stars. A lot of us are dads and have kids," adds Hollister.

"We love to play and have an appreciation for music and an appreciation for life. We're trying to take the audience away from all the things that are going on globally right now."

"My music is a reflection of life with a strong emphasis on positivity, family, community and love. Being able to feel good about who you are as a person. We're trying to empower people to take that energy out in their daily lives," notes Hollister.

For more information about Chad Hollister, visit chadmusic.com

Bellows Falls Festival takes place on Saturday, June 8th from 1 - 10 p.m. at Bellows Falls Waypoint Center, 17 Depot Square, in Bellows Falls, Vermont. Doors open at 12:30 p.m. Discounted tickets are available for seniors, students and children 16 and under.

The festival is sponsored by the Bellows Falls Rotary Club, Wild Goose Players, and Edward Jones - office of Bill Stevens.

For tickets and more information, visit www.bellowsfallsfestival.org



Music Lineup Schedule

1 p.m.	Milkhouse Heaters
2 p.m.	Skip Band
3 p.m.	Senie Hunt
4 p.m.	Ben Jennings Quartet
5 p.m.	Elevado
6:15 p.m.	Gaslight Tinkers
8 p.m.	Chad Hollister Band (Headliner)



ON THE PULSE

WEEKLY MUSIC MIX

Go Away Stan
JD Simo

Tears on Sky Mountain
Itasca

Shinin'
The Allman Betts Band

Home Schoolin'
Color Killer

Start Today
Gorilla Buscuits

Scan here to listen now!
Listen to the ELF Playlist for all
previously featured songs
Curated by Julia Badders



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 Bio Therapy". 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.

There is hope!

Call (603) 784-5664 to schedule an initial consultation or visit MonadnockAcu.com to learn more.

Call 603-784-5664 or visit MonadnockAcu.com to learn more and to take advantage of their NEW PATIENT OFFER!