

FREE!



2015-2016
**Your Guide to
Buying Local**

local

lōk(ə)l, *adjective*

1. belonging or relating to a particular area or neighborhood, **typically exclusively so.**

As the only bank headquartered right here in your community, with decisions made locally and profits reinvested locally, we at Savings Bank of Walpole know without a doubt that we are in business because of our community and for our community. For nearly 140 years, it has been the very foundation of our existence.

How local is your “local” bank?



 Equal Housing Lender | Member FDIC | (603) 352-1822 | walpolebank.com

Cover: Holly & Willard Williams, Toadstool Bookshops Co-Owners

Back Cover: Missy Blanchard, MB Massage Studio Owner

Photo Credits: Kimberly Peck Photography

Monadnock Buy Local

We are a network of locally owned businesses, non-profits and citizens working to build a stronger local economy and a more vibrant community.

How do we define locally owned?

A locally owned business is:

- Independently and privately held.
- Located in our community and 50% or more of the business ownership lives within a reasonable proximity to the Monadnock Buy Local footprint or within our state for more than half the year.
- Based locally with no corporate or national headquarters outside the state.
- Makes independent decisions regarding the name and look of their business, as well as all business purchasing practices and distribution.
- Pays all marketing, rent and other business expenses without assistance from corporate headquarters.

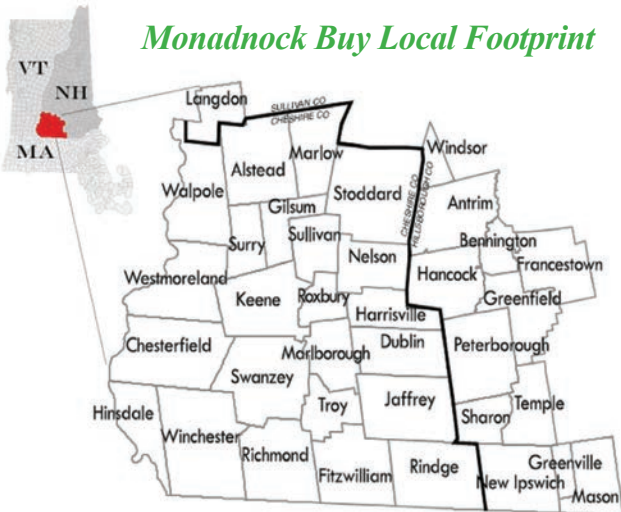
Business Owners: Are you reading this?

Your customers are too!

JOIN US

(See BACK COVER for details)

Monadnock Buy Local Footprint



2015 Sustaining Members: Provide us with extra financial support



Featured Member: The Toadstool Bookshops

By Annie Card, Annie Card Creative Services



Much has happened in the world of books since the early 1970's when Willard Williams, with the support of several family members, opened the Toadstool Bookshop on Main Street in Peterborough. It was 1972, a year after Borders opened its first book store in Ann Arbor, Michigan.

Borders and The Toadstool both sold books. Both were surrounded by communities of book lovers. The similarities end there.

In 2008 Borders was drowning in \$350 million of debt. The bookstore giant began closing stores, and in 2011 Borders closed the last of its 659 stores, dismissing nearly 20,000 workers in total.

By contrast, Willard who was joined in the business by Holly when they married in 1974, never considered growing The Toadstool into a mega chain. He knew the Toadstool's success was based on the quality of the shopping experience: the right selection of books, welcoming atmosphere, great service, and being connected to the community.

Willard opened the second Toadstool in the newly renovated Colony Mill, in Keene in 1983. "I believed in what the mill could be and in the importance of saving it," Willard said. In 1989 he opened another store in Milford, marking the Toad's third and final bookshop. The Toadstool Bookshops have now served their local communities for a combined 101 years, and are still going strong with a team of 30 dedicated employees.

The game changers that marked the end for many other book-sellers—Amazon, the recession, and the e-book revolution were no match for The Toadstool's business philosophy of knowing your customer and taking care of them.

Willard is proud to be a part of MBL, bringing businesses of all kinds together. He sees the positive effect it's had in the region. **"I'm excited for more businesses to join and feel the thrill of this movement. Together we can do so much more."**



KIMBERLY PECK PHOTOGRAPHY

organic free-range
photography

kimberlypeckphotography.com
603.924.6556



Ad Campaigns *Press Releases *Logos *Social Media

annie card creative services



Photography • Web Sites • Brochures • Publicity
924-6605 www.anniecard.com



Local insight makes a real difference.

Local service beats a remote call center.

And buying locally matters more than ever.

Buy local, and be ready for anything.

A community institution since 1877, we're proud to serve our neighbors with local expertise and superior insurance.

Auto • Home • Umbrella • Life • Health • Business Insurance • Group & Employee Benefits • Compliance Support



Be ready for anything.®

clarkmortenson.com



102 Main Street, Keene, NH 03431 | 603-352-2121

Offices in Claremont, Keene & Walpole, NH; Brattleboro & Woodstock, VT

Delightfully Local!

A unique source of specialty foods, crafts and gifts from the region's best artisans and farms. The Marketplace also provides business training to support the economic success of local producers. Visit today!



42 Main Street, Keene, NH 03431
603-352-6862 | HannahGrimesMarketplace.com
Store Hours: Monday-Friday 10-6 p.m.
Saturday 9-7 p.m. Sunday 10-4 p.m.

Daily Yoga Classes
Yoga Workshops
Lifestyle Seminars
Sanskrit Mantra
Retreats



teachings
of peace

FREE class with this ad!
(for new students)

THE YOGA SPACE

82 Washington Street, Keene, NH 03431
603-209-YOGA • www.theyogaspacenh.com

MEMBER LISTING

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Find four bags like this one (but smaller) in the member listings pages, then check out monadnocklocal.org/bag to enter our latest "It's in the Bag" Raffle



**Your local solution
for Wordpress
and Joomla
websites**

4Web@theNEWT
25 Roxbury St, Keene, NH
(603) 903-0793
<http://4webinc.com>



4WEB

Monadnock Buy Local Members

EAT & DRINK

Bakeries

Enchanted Bakery & Café

22 Glebe Road, Spofford
603-363-8914

Breakfast/brunch and bakery menu where everything is homemade quality and made from scratch using natural and local ingredients, whenever possible: enchantedbakery@hotmail.com

Orchard Hill Breadworks

121 Old Settlers Road, Alstead
orchardhillbreadworks.com
603-835-7845

Traditional, slow fermented artisan breads made from 100% organic flour and grains, baked in a wood fired oven; available at farm stands, farmer's markets and small grocery stores throughout the region

Candy

Life is Sweet, LLC

32 Central Square, Keene
lifeissweetcandystore.com
603-352-0900

Old fashioned candy store featuring mix and match candies, imports, handmade chocolates and homemade cupcakes and fudge; Proudly offering locally made ice cream from local cows

Catering

Free Range Chick Catering

32 Baldwin Street, Keene
freerangechickcatering.com
603-209-4248

Small/large catering services; Farm to Table events; From scratch, local ingredients, Individualized menus designed around your event

Find more

independents:

monadnocklocal.org

EAT & DRINK

Shree's Kitchen

Keene
www.shreeskitchen.net
603-313-2974

Catering Indian food - Indian cuisine has a wide range of vegetarian, vegan and meat dishes that vary from region to region; We also customize the menu to your dietary requirement

Coffee

Brewbakers

97 Main Street, Keene
brewbakerskeene.com
603-355-4844

Terra Nova coffee roasters; coffee, tea, baked goods, breakfast and lunch

Prime Roast Coffee

16 Main Street, Keene
primeroastcoffee.com
603-352-7874

Community cafe and coffee roasting company

Farms

Alyson's Orchard

57 Alyson's Lane, Walpole
alysonsorchar.com
603-756-9800

PYO orchard with a seasonal farmstand; Located in historic Walpole; Alyson's also offers destination weddings, special events and charming lodging accommodations

Amazing Flower Farm

202 Poor Farm Road, New Ipswich
AmazingFlowerFarm.com
603-878-9876

Wide selection of healthy annuals, perennials, vegetable starter plants and more grown on site in an environmentally responsible manner using biological controls instead of pesticides

WHY BUY LOCAL?

Build Community!

The casual encounters you enjoy at independent businesses and the public spaces around them nurture relationships, community cohesiveness, and smiles. They're the ultimate social networking sites!

10 more reasons: amiba.net/localhero

© amiba.net

Cheshire Garden

277 Burt Hill Road, Winchester
cheshiregarden.com
603-239-4173

Preserves, mustards and more;
Handmade from the produce of
our organic farm

The Farmers' Market of Keene

Gilbo Ave (behind Margarita's),
Keene
keenefarmersmarket.com
Farm fresh local produce, meat and
dairy; plants, fresh baked goods,
cut flowers & more! Open Tues. &
Sat. 9am-1pm May – Oct behind
Margarita's; Winter market at
Elm City Brewery

**Grand Monadnock
Maple Farm, LLC**

149 Breed Road, Harrisville
monadnockmaple.com
603-547-5497
Pure NH maple products

Holland Homestead Farm

111 Gleason Falls Road,
Hillsborough
hollandhomestead.com
1-424-888-GOAT
Small farm specializing in hand-
crafted goat milk products; Fresh
milk, fudge, soap and free range
eggs; Seasonal pork and poultry

Manning Hill Farm, LLC

79 Old Manning Hill Road,
Winchester
manninghillfarm.com
603-239-4397
Vat pasteurized glass bottled milk,
bottled on the farm from our herd
of grass fed Dutch Belted cows;
Pasture raised beef, pork, chicken
and eggs, maple syrup and hay;
Farm store

Mayfair Farm

31 Clymers Drive, Harrisville
MayfairFarmNH.com
603-827-3925
Catering, farm dinners and events;
Specializing in house made
sausage, pork & lamb, seasonal
fruit; Farm store and wholesale

**Picadilly Farm Community
Supported Agriculture**

264 South Parrish Road, Winchester
picadillyfarm.com
603-239-8718
Certified organic produce,
CSA Farm

Poocham Hill Winery

226 Poocham Road, Westmoreland
poochamwinery.com
603-399-4496
All wines are made from our own
grapes; Our goal from the start has
been to make the best wines from our
own vines; We invite you to come and
taste them; Each is an experience
into itself

Rosalys's Garden & Farmstand

Route 123, Peterborough
RosalysGarden.com
603-924-7772
Vegetables, flowers, herbs,
blueberries and raspberries; Also
bread, pies and other goods from local
bakers; Jams and jellies, cheese, honey,
maple syrup; Hosts wedding or other
party; PYO

Tracie's Community Farm, LLC

72 Jaffrey Road, Fitzwilliam
traciesfarm.com
603-568-6102
Chemical free; Spring, summer & fall
shares picked up at farm or delivered
to your door, Farm stand with
vegetable, herb & flower starts; Farm
store with local goods:
farmers@traciesfarm.com

Walpole Valley Farms

663 Wentworth Road, Walpole
walpolevalleyfarms.com
603-756-2805
On-farm store featuring our own 100%
grass-fed beef, pasture raised chickens,
turkeys and eggs, pasture-raised pork;
Farm tours; On-farm lodging at The
Inn at Valley Farms

Woodard's Sugar House LLC

1200 Route 12A, Surry
woodardssugarhouse.com
603-358-3321
We offer a variety of premium
maple products

Gourmet Foods

Monadnock Oil & Vinegar Co.

43 Grove Street, Peterborough
 monadnockoilandvinegar.com
 603-784-5175

Oils, vinegars, cheese, herbs, salts

Groceries

Blueberry Fields

48 Emerald Street, Keene
 blueberryfields.com
 603-358-3300

Keene's resource for healthy living;
 Offers the widest supplement
 selection in the Monadnock Region,
 as well as a full range of natural and
 organic food, wine and beer

Monadnock Food Co-op

34 Cypress Street, Keene
 monadnockfood.coop
 603-355-8008

Cooperatively owned full service
 grocery store with deli, meat and
 seafood, bulk, cafe and more; Focusing
 on organic & local choices

In-Home Services

Joan's Personal Chef Service

Westmoreland
 chefjoan.com
 603-499-1667

In home food preparation - includes
 planning, shopping, preparing,
 packaging, clean-up; Can
 accommodate all kinds of diets

Restaurants

Country Life Restaurant

15 Roxbury Street, Keene
 countryliferestaurant.com
 603-357-3975

Vegan restaurant & health products

Elm City Restaurant & Brewery

222 West Street, Keene
 elmcitybrewing.com
 603-355-3335

Award winning craft beers and
 beautifully prepared lunch & dinner
 7 days a week, using local farm fresh
 products and craft beer in many dishes

Jaffrey Pizza Barn

6 Blake Street, Jaffrey
 jaffreypizzabarn.com
 603-532-8383

Pizza

Keene Fresh Salad

44 Main Street, Keene
 keenefreshsalad.com
 603-357-6677

Locally grown and produced foods
 on the menu

Papagallos Restaurant

9 Monadnock Highway, Keene
 www.papagallos.com
 603-352-9400
 Italian restaurant

Thai Garden

118 Main St., Keene
 thethaigardengroup.com
 603-355-8198
 Thai Menu

The Works Bakery Café

120 Main Street, Keene
 worksbakerycafe.com
 603-357-7751

Locally owned café serving
 humanely raised naturally cured
 meats, eggs from cage free chickens,
 milk and cream cheese made from
 hormone & antibiotic free milk
 from VT farms; Thoughtfully
 sourced

Supermarkets

Gomarlo's Supermarket

765 West Swanzey Road, Route 10,
 West Swanzey
 facebook.com/Gomarlos
 603-352-3409

Full line grocery store

Animal Supplies

The Cheshire Horse

8 Whittemore Farm Rd, Swanzey
 cheshirehorse.com
 603-358-3001

We are New England's source for
 horse, pet and farm supplies

The Fuzzy Dog

10 NH Route 12S, Fitzwilliam
 thefuzzydognh.com
 603-585-7000

Dog and cat supplies, food, treats,
 toys; Accessories for humans too!
 Training classes focusing on puppy,
 manners and agility; Positive
 reinforcement methods used

SHOP

Horse & Buggy Feeds, Inc.

22 Dunbar Street, Keene
horseandbuggyfeeds.com
603-352-0328

Feed store; pet feeds & supplies; wild bird feed; wood pellets; lawn and garden supplies

One Stop Country Pet Supply Inc

149 Emerald Street, Keene
onestopcountrypetsupply.com
603-352-9200

The local choice for the best in high quality pet food and supplies for dogs, cats, small animals, reptiles and freshwater tropical fish

Appliances

Korvin Appliance Inc.

65 Roxbury Street, Keene
korvinappliance.com
603-352-3547

Major appliance sales and service

Art

Studios at Crescent Pond

Stoddard
crescentpond.com
603-446-7476

Fine art by noted contemporary realists, Richard Whitney and Sandy Sherman

BLM Photography

Peterborough
blmphoto.com
603-562-6564
Weddings, lifestyle portraits and advertising photography:
info@blmphoto.com

**Find more independents:
monadnocklocal.org**

SHOP

Kimberly Peck Photography

Peterborough
kimberlypeckphotography.com
603-924-6556

Focusing on agricultural photography with an earthy & organic style, I offer commercial, editorial and marketing photography, as well as stock images and family portraits

Eight Cattails Imagery

Winchester
eightcattailsimagery.com
New England photography: nature, special places, portraits, local business promotion and design; Artist and owner, Beth Pelton; Images are professionally printed in the Monadnock Region: eightcattails@outlook.com

Walpole Artisans Cooperative

52 Main Street, Walpole
walpoleartisans.org
603-756-3020

Unique locally made gifts, original artwork handcrafted by juried members; Run as a cooperative, by the artisans themselves

Art Supplies

Creative Encounters

18 Main Street, Keene
creative-encounters.com
603-352-3724
Custom framing, art supplies, gifts

Peterborough Art Academy & Supplies

16 Depot Street #30, Peterborough
peterboroughartacademy.com
603-924-4488

Art by local artists; professional and student art supplies, art classes and summer camps



WHY GO LOCAL? *Economic Vitality!*

Each dollar you spend at an independent business returns an average of 3 times more money to your community than spending at a chain -- a benefit we all can bank on.

10 more reasons: amiba.net/localhero

© amiba.net

JOHS Books

Enterprize Comics Etc.

Colony Mill Marketplace, Keene
ecomicsetc.com
844-432-6642
Comics, collectibles, toys, games and
cosplay materials

Toadstool Bookshop

12 Depot Square, Peterborough
Colony Mill Marketplace, Keene
toadbooks.com
603-924-3543
Books, cds, cards

Cameras

Monadnock Imaging

64 Main Street, Keene
monadnockimaging.com
603-352-3456
Prints, new and used equipment,
frames and photo gifts

Peterborough Camera Shop, Inc

19 Wilton Road, Peterborough
peterboroughcamera.com
603-924-7032
Cameras, framing

Clothing

Alice Blue

10 School Street, Peterborough
aliceblueshop.com
603-924-6520
Women's clothing boutique

Dilly's For Kids

West Street Shopping Center
417 West Street, Keene
dillysforkids.com
603-352-4924
Clothing, jewelry, accessories for
kids and women

SHOP Howard's Leather Store

1651 Route 9, Spofford
HowardsLeatherNH.com
603-363-4325
Quality leather goods, apparel,
western wear, motorcycle apparel,
jewelry and gifts

Joseph's Coat

32 Grove Street, Peterborough
jocoat.com
603-924-6683
World crafts, Fair Trade, clothing,
textiles, home decor and gifts;
Open 7 days a week.

Miller Bro. – Newton

105 Main Street, Keene
mbnmenswear.com
603-352-3039
Fine men's clothing

Computers

Brown Computer Solutions

43 Main Street, Keene
nhmacs.com
603-352-3349
Computer store: Macs, iPads, iPods;
Apple sales & services

Furniture

Adams Affordable Furniture and Consignment

125 Old Homestead Hwy, Swanzey
603-357-1926
Visit our tastefully decorated
showroom; 2000 sq ft of clean,
gently used home furnishings,
vintage decor and more; pick-up
and delivery services available;
Open Thurs thru Sun 10 – 4

Find more
independents:
monadnocklocal.org

WHY BUY LOCAL? *Give Back to Your Community!*

Small businesses donate more than twice as much per sales dollar to local non-profits, events, and teams compared to big businesses.

10 more reasons: amiba.net/localhero

SHOP**Cheshire Furniture**

249 Monadnock Highway, Swanzey
 cheshirefurnitureinc.com
 603-357-4250

All weather wicker, teak, cedar and aluminum patio furniture; umbrellas, custom cushions, rugs, dining and bedroom furniture, futons and mattresses; 1000s of gifts

Shaker Style

292 Chesham Road, Harrisville
 shakerstyle.com
 603-827-3340

Shaker style handcrafted furniture represents an era of simple, uncluttered yet sophisticated style; Custom inquiries welcome; Browse our on-line catalog, visit our showroom or call us

Wilderness Creations

1327 Main Street, Dublin
 RusticFurnitureGallery.com
 603-563-7010

Rustic, authentic, lodge-style log furniture and accessories

Gifts**Black Squirrel Studio**

222 West Street, Keene
 blacksquirrelstudio.com
 603-355-1900

Artisan gift shop featuring unique, quality, handmade gifts by local and worldwide artists and crafters

Dragonfly Shop of Keene

67 Emerald Street, Keene
 dragonflyshopofkeene.com
 603-354-3471

A metaphysical gift store offering retail items, fun events, beginner and advanced classes and workshops; Retail items include books, candles, incense, jewelry, smudge

Hannah Grimes Marketplace

42 Main Street, Keene
 hannahgrimesmarketplace.com
 603-352-6862

Your source for creative and distinctive locally made products; Home to over 280 local artisans, farmers and small producers

SHOP**Ingenuity Country Store**

41 Central Square, Keene
 ingenuitycountrystore.com
 603-352-0400

NH and regional products; Gifts, wine, clothing, toys, games

New England Everyday Goods & Farm Market

16 Coll's Farm Road, Jaffrey
 NewEnglandEverydayGoods.com
 603-532-8600

New England made products and a bountiful assortment of locally grown fresh foods

Of Moose & Mountain

PO Box 283, Westmoreland
 ofmooseandmountain.com
 603-942-2486

Unique designs from nature & New England available on t-shirts, hats, posters, decals and much more available on-line and in local retail shops; Wholesale orders welcome

RaisaAntonia

34 Main Street, Hancock
 raisaantonia.com
 603-785-3139

Fine art textiles for bodies and homes; Purses, bags, shawls, pillows, all loomed by hand with the highest quality materials

Steele's Stationers

40 Main Street, Peterborough
 steelesstationers.com
 603-924-7203

Serving the area for over 150 years: office and computer supplies, fine stationery and invitations, greeting cards, gifts, party goods, art supplies, copy services, business forms and premium cigars

**Get excited for Plaid Friday:**

November 27, 2015

monadnocklocal.org/plaidfriday

Yellow Clover General

13 Roxbury Street, Keene
yellow-clover.com
603.762.8873

We believe in the value & beauty of ethically & locally produced designs; Products include everything from woodworking to illustration, clothing to handbags

Hardware

Edmund's Hardware
56 Main Street, Antrim
edmundsstore.com
603-588-6565

Hardware, paint, plumbing, electric, houseware

Jewelry**Good Fortune**

114 Main Street, Keene
goodfortunejewelry.com
603-357-7500

New and pre-owned fine jewelry, furniture, instruments, electronics, tools

Hobbs Jewelers

20-30 Depot Street, Peterborough
nhhobbsjewelers.com
603-924-3086

We are a full service jewelry store; Specialize in engagement rings, custom jewelry design and all kinds of jewelry and watch repairs; Gifts, watches and gemstone jewelry available

Jayelay Jewelers

PO Box 242, Westmoreland
jayelayjewelers.com

Hand forged jewelry made of genuine silver, copper, gold, bronze, real gemstones, crystal, & other natural materials such as pearl, shell, horn, tusk, bone, silk, & wood

Mon Amie Fine Jewelry

39 Central Square Keene
monamiefinejewelry.com
603-355-3222

Beautiful jewelry and gifts for every occasion

Kitchen Supplies**Your Kitchen Store**

20 Main Street, Keene
yourkitchenstore.com
603-352-1626

Kitchen supplies and classes

Rugs**Tribals, Rugs By Hand**

18 School Street, Peterborough
tribalsrugsbyhand.com
603-924-4488

Oriental, tribal and village hand knotted wool rugs, from Afghanistan, Pakistan, Turkey and Persian; Charming small boutique store

Shoes**Peterborough Shoe Store**

28 Grove Street, Peterborough
Find us on Facebook

Family Shoe Store specializing in comfort, style, fit and personal service; We also carry quality socks and handbags

Ted's Shoe & Sport

115 Main Street, Keene
tedsports.com
603-357-8337

We are downtown Keene's only sit and fit shoe store! We measure and fit your feet to understand your foot and ankle biomechanics; We offer running, walking, hiking, and comfort shoes, sandals and more!

Auto & Repair**Gilsum Freedom Motors LLC****Fenton Family Dealerships**

591 Monadnock Hwy Rt 12, Swanzey
fentonfamilydealerships.com
888-278-0447

New and used vehicles as well as parts and service

Gilsum Freedom Motors LLC

351 Route 10, Gilsum
1-603-357-2334

Automotive mechanical and collision repair: Saving you green since 2004

U-Save Car and Truck Rental

455 Winchester Street, Keene
603-352-7900

Offers weekend specials, insurance replacements and leisure time travel solutions

Community Services**Arts Alive!**

15 Eagle Court, Keene
monadnockartsalive.org
603-283-0944

Enhancing quality of life by advancing arts and culture in our region:
office@monadnockartsalive.org

City of Keene

3 Washington Street, Keene
 ci.keene.nh.us
 603-352-0133
 Municipality

Home Healthcare, Hospice and Community Services (HCS)

312 Marlboro Street, Keene
 HCSservices.org
 603-352-2253

Care at home for all ages recovering at home; Hospice care at home, in assisted living & nursing homes; Meals On Wheels, Friendly Bus and City Express; Adult day services, business wellness services

Keene Young**Professionals Network**

48 Central Square, Keene
 keeneypn.org
 603-352-1303

Networking and community involvement opportunities to develop both personally and professionally in a welcoming atmosphere

Monadnock Time Exchange

Keene
 monadnocktimeexchange.com
 603-357-2626

Regional service & skills exchange program based on the currency of time; Connect with your neighbors, earn and spend time dollars; have fun!

Monadnock Conservancy

15 Eagle Court 2nd Floor, Keene
 monadnockconservancy.org
 603-357-0600

An accredited land trust, dedicated exclusively to the 35 towns of the Monadnock region; We work with communities and landowners to conserve natural resources, wild and working lands and rural character

TEAM Jaffrey

28 Main Street, Jaffrey
 teamjaffrey.org
 603-532-7168

Promotes community and economic development through downtown revitalization activities in order to make downtown Jaffrey a great place to work, shop, live and play

Acupuncture**Five Element Acupuncture**

321 Baker Street, Keene
 acupuncture5e.com
 603-369-7965

When I do Acupuncture, I work to balance energy (Chi) in order to restore the body, mind and spirit to its natural state; When your energy is out of balance you can become ill

Animal Care**Walpole Veterinary Hospital**

Route 12 South, Walpole
 603-756-4731

We are on call for companion animal emergencies weekday evenings until 9pm and weekends from 8am-6pm; We share coverage of large animal emergencies around the clock

Chiropractic Care**Cheshire Wellness Center**

222 West Street, Suite 34, Keene
 cheshirewellnesscenter.com
 603-357-5700

Offering integrative chiropractic and wellness care; Life-changing that includes network spinal analysis, nutrition response testing, somato respiratory integration, wellness classes, events, and business wellness programs



WHY BUY LOCAL?

Enhance Health of Residents!

Research shows a strong correlation between the percentage of small locally-owned firms and various indicators of personal and community health and vitality.

TAKE CARE **Coaching**

Redbird Communication, LLC

63 Emerald Street #504, Keene
redbirdcommunication.com
603-499-1204

Through teaching and consulting, Barbara Woods helps people communicate more effectively to manage conflict and bring a greater sense of satisfaction to relationships at home, work, and community

Eye Care

Eyeworks

474 West Street, Keene
eyeworks.com
603-352-7803

Eye exams, glasses, contacts

Herbal Healing

Spirit Light, LLC

272 Main Street, Keene
spiritlightsanctuary.com
207-323-5635

Offering 18 years of experience in alternative healing arts to bring balance to physical, mental, & emotional ailments; Herbal apothecary, consultations, energy healing sessions, workshops & retreats

Massage

Deep Roots Massage

99 Main Street, Keene
DeepRootsMB.com
603-352-0734

Swedish, trigger point and sports massage; Massage gift certificates and on-site employee massage programs; Massage tools, books and training for self care

TAKE CARE **MB Massage Studio**

424 River Road, Westmoreland
mbmassagestudio.com
603-283-8443

Therapeutic massage in peaceful Westmoreland; Reduce muscle pains and melt away the stress of the day with Missy, a NH Licensed, Board Certified massage therapist

New Day Massage & Bodywork

129 West Street, Keene
newdaymb.com
603-762-8466

Jessica Day LMT, provides therapeutic, nurturing touch via myofascial release, Thai yoga, deep tissue, prenatal, Swedish and hot stone massage; Nationally Certified and NH State Licensed since 2008

Personal Care

The Apothecary

35 Main Street, Keene
603-357-0200

Compounding specialized medication for people and pets

Badger

768 Route 10, Gilsum
badgerbalm.com
800-603-6100

Certified organic personal care products: badger balm, sleep balm, insect repellents and mineral sunscreen

Bunny Boogie

PO Box 242, Westmoreland
woodcollection.com/
BunnyBoogieProductsHome.htm
Specialty soaps, creams and polishes for restoring natural beauty

European Esthetics:

Wellness Spa & Tea Room

36 Grove Street, Peterborough
european-esthetics.com
603-924-9123

Relax in our tranquil riverside setting with an herbal tea, enjoy an organic spa treatment for your skin, body and nails. All products and teas are natural, organic and focused to benefit your health

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Jeni Skin Care

69 Emerald Street, Keene
jeniskincare.com
603-801-1446

Offers excellent esthetics services, professional skin care and pure makeup products in a comfortable, contemporary studio in Keene - let us help you find your glow!

Mia Capelli Salon

382 West Street, Suite #104, Keene
facebook.com/MiaCapelliSalon
603-358-0030

All types of hair services and facial waxing

Sunbelievable Golden Tan

149 Emerald Street, Keene
sunbelievablegoldentan.com
603-357-4631

Tanning salon equipped with beds and booths; Full line of lotions, teeth whitening and body care products; All staff "Smart Tan" certified

Yoga

Keene Yoga Center

80 Roxbury Street, Keene
keeneyogacenter.com
603-354-3159

Over 35 yoga classes and workshops a week in this premier 4,400 sq ft yoga center; Gentle, beginner, advanced, Vinyasa, Hot Yoga; Ask about specials, private sessions teacher trainings

The Yoga Space

82 Washington Street, Keene
theyogaspacenh.com
603-209-YOGA

Offers yoga classes for complete beginners to more experienced practitioners, private yoga sessions, lifestyle seminars, workshops on yoga/healthy living/wellness, retreats and more

Yoga With Josephine

893 Old Walpole Road, Surry
yogawithjosephine.com
603-352-1684

Yoga classes at new Keene Yoga Center & in Walpole; gentle, moderate or vigorous yoga; restorative yoga; yoga workshops (backcare, eye care, to build strong bones, etc); private yoga; yoga parties

HAVE FUN

Accommodations

Colony House Bed & Breakfast

104 West Street, Keene
ColonyHouse104.com
603-352-0215

Historic Bed & Breakfast, located in downtown Keene

The Fitzwilliam Inn

62 Route. 119 West, Fitzwilliam
fitzwilliaminn.com
603-585-9000

The Fitzwilliam Inn offers fine lodging, great food and lively entertainment. With a classic dining room, wood-fired pizza oven and cozy pub areas, there is a dining option for everyone

The Inn at East Hill Farm

460 Monadnock Street, Troy
east-hill-farm.com
603-242-6495

Farm family vacation resort hosting family vacations and farm schools; farm raised meat, yarn and wool are available to purchase

Inn at Valley Farms B&B and Cottages

633 Wentworth Road, Walpole
innatvalleyfarms.com
603-756-2855

Elegant historic B&B with 3 course candlelight farm-to-table breakfast or cottages & farmhouse perfect for families & small groups; On-site farm store with our own grass-fed meats & eggs, farm tours, weddings and special events

Jack Daniels Motor Inn

80 Concord Street, Peterborough
JackDanielsInn.com
Reservations: 603-924-7548
Business: 866-284-2921

"Highly Recommended" hotel for business and vacation travelers near shopping, dining and recreation. Spacious rooms, private baths, personal climate control and free high speed WiFi internet

**Find more independents:
monadnocklocal.org**

Art Classes

Terrapin Glassblowing Studio

79 Hadley Road, Jaffrey
 terrapinglass.com
 603-593-5073

We offer hands-on lessons in glassblowing and flameworking for beginners, bucket-listers and beyond; Check out our custom memorials on our website; Visit our beautiful gift shop and watch a free demo

Entertainment

Cheshire Children's Museum

Colony Mill Marketplace, Keene
 cheshirechildrensmuseum.org
 603-903-1800

Hands-on children's museum for families with children to about age 10

Historical Society of Cheshire County

246 Main Street, Keene
 hsccnh.org
 603-352-1895

Exhibits, museum, research library and museum shop

The Colonial Theatre

95 Main Street, Keene
 TheColonial.org
 Box Office: 603-352-2033
 Business: 603-357-1233

A regional performing arts center offering world-class music, theatre, dance, comedy, opera, film and educational programs

Jaffrey is Cool!

Jaffrey
 facebook.com/JaffreyIsCool
 A community Facebook fan page for businesses, organizations and residents to list events and happenings in Jaffrey NH and the nearby area; Home of Mount Monadnock

Keene Music Festival

363 Emerald Street #363, Keene
 keenemusicfestival.org
 603-499-7435

A gem of the New England area; The Keene Music Festival creates opportunities for local, regional and national musicians to perform in our area at free events and shows to support local charities

Monadnotes

Rindge
 monadnotes.com
 Promotes local live music with listings of musicians, venues, performance opportunities, instruction, concert series and events; Monadnotes offers a detailed calendar of events

Northfield Drive In

981 Northfield Road, Winchester
 northfelddrivein.com
 603-239-4054

66 years of double features under the stars in Winchester/Hinsdale NH 66; Now with Digital Projection and Digital Dolby Sound; Open weekends May thru Labor Day

MoCo Arts

76 Railroad St., Keene
 moco.org
 603-357-2100
 Family-centered nonprofit arts education offering classes in dance, theatre & multi-arts camps for children and family friendly entertainment in our Black Box Theatre as well as other stages

The Park Theatre

PO Box 278, Jaffrey
 theparktheatre.org
 Our vision is that The Park Theatre will be a regional center for the arts and entertainment, a meeting place for the community and a dynamic force in the region's vitality and quality of life

Shutter and Boogie, LLC

63 Emerald Street, #419, Keene
 shutterandboogie.com
 603-439-2119
 Full service photography and DJ for every occasion

Walpole Mountain View Winery at Barnett Hill Vineyard LLC

114 Barnett Hill Road, Walpole
 bhvineyard.com
 603-756-3948
 Winery, vineyard, gift shop; Fine estate wines exclusively from our 32 varieties of grapes; View 70-mile mountain vistas; Local cheese & crackers available while tasting; June-Dec., Fri, Sat & Sun

Find more
 independents:
monadnocklocal.org

Recreation

Windblown Cross Country Skiing

1180 Routes 123 & 124, New Ipswich
windblownxc.com
603-878-2869

Full service cross-country ski area with 40 kilometers of groomed trails, rental skis and snowshoes; Lessons; Base lodge with cafe, overnight cabin, shelters & camping; Function Hall

Business Services

4Web Inc.

25 Roxbury Street Suite 208, Keene
4webinc.com
603-903-0793

Creating online business solutions with WordPress & Joomla websites, social media marketing and graphic design

Annie Card Creative Services

6 Bass Road, Peterborough
anniecard.com
603-924-6605

Marketing strategies, branding & story-based publicity services for successful enterprises. Reach your audience: ads, photos, aerial videos, logos, brochures, websites, press releases, social media

Beeze Tees Screen Printing

116 Main Street, Keene
beezetees.com
603-357-1400

Screen printing, embroidery, promotional and graphic design services

Bulldog

10 West Street, Keene
getbulldog.com
603-903-0009

Screen printing, embroidery, graphic design, corporate literature, websites, trophies, awards, engraving, sporting goods, apparel

Curry Copy Center of Keene

7 Emerald Street, Keene
currykeene.com
603-352-9542

Printing, copies, blueprints, laminating, engraving, signs, banners, custom vinyls and so much more

The Economizer Ad Paper

655 Old Walpole Road, Surry
theeconomizer.net
603-499-2980

Advertising for local & small businesses; Published quarterly; Offers graphic design & printing services, web design & Facebook management businesses

Electronic Imaging Materials, Inc

20 Forge Street, Keene
barcode-labels.com
603-357-1459
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Facilitated Change

PO Box 338, Harrisville
lisaieverts.com
603-762-0235
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Gemini Screenprint LLC

The Center at Colony Mill, Keene
geminiscreenprint.com
603-357-3847

Screen printing, embroidery, business stationary, promotional products and custom logo design

Keene Sign Worx

12 Base Hill Road, Swanzey
signworx.com
603-358-1003
Full service sign company

Hannah Grimes Center

25 Roxbury Street, Keene
hannahgrimes.com
603-352-5063
Business incubator, workshops & community projects; Main Street local products: Hannah Grimes Marketplace

HR Compliance 101, LLC

PO Box 713, Fitzwilliam
hrcompliance101.com
603-585-3139
Professional outsourced human resource & safety services for companies with fewer than 100 employees. Customized programs & training; We create workplaces that work for everyone

Paragon Digital Marketing

25 Roxbury Street #208, Keene
 paragondigital.com
 603-399-6400
 SEO, PPC, social media marketing,
 reputation management, web
 analytics and marketing automation

Peter Harris Creative

25 Roxbury Street, Suite 105, Keene
 www.peterharriscreative.com
 603-903-0218
 Branding, brand audits, website
 design, logo development, catalogs

Prospect Communications

2 Spaulding Hill Road,
 W. Chesterfield
 prospect-comm.com
 603-256-6372
 Web and internet marketing; Branding
 and packaging; Print and email

Steadman Media Group

Troy
 steadmanmediagroup.com
 603-903-8168
 Helping local organizations accelerate
 and optimize their go to market
 strategies, particularly within the areas
 of technology and cloud adoption

WiValley

310 Marlborough Street, Keene
 wivalley.net
 603-546-7200
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 ethernet, corporate wireless solutions,
 network infrastructure; Residential,
 business and community solutions

Business Supplies**WG Ellerkamp - Jack Ellerkamp**

49 Vose Farm Road, Peterborough
 wgellerkamp.com
 603-924-4000
 Retail packaging, bags, boxes, tissue
 paper, gift wrap & "buy local" bags

Magazines**Monadnock Table Magazine**

P.O. Box 1504, Keene
 monadnocktable.com
 603-357-8761
 Quarterly magazine featuring local
 farms and food

Small Business Journal

Keene
 www.MonadnockSBJ.com
 603-369-2525
 The latest news from our thriving
 business community ... from new
 start-ups and business success
 stories, to local expert business
 advice and features about emerging
 trends: info@monadnocksbj.com

Newspapers**The Keene Sentinel**

60 West Street, Keene
 sentinelsource.com
 603-352-1234
 Locally owned independent
 newspaper, published continually
 since 1799; SentinelSource is
 Cheshire County's most visited
 site: over 1.6 million page views
 per month; Most popular online
 classifieds

Monadnock Shopper News

445 West Street, Keene
 shoppernews.com 
 603-352-5250
 Free family owned and operated
 weekly community newspaper since
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 their message out to every home in
 the Monadnock Region

Banking**Cheshire County Federal Credit Union**

143 Marlboro Street, Keene
 cheshirecfcu.org
 603-355-2328
 Financial services

Savings Bank of Walpole

84 Marlboro Street, Keene
 walpolebank.com
 603-355-1694
 Financial services

Insurance**Clark-Mortenson Insurance & Financial Services**

102 Main Street, Keene
 clarkmortenson.com
 603-352-2121
 Providing local insurance
 solutions since 1877; Our specialties
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69A Island St. Ste. 1, Keene
masielloinsurance.com
603-352-1810

Commercial insurance, personal insurance, life insurance, health and disability insurance

Lending**The Pawn Shop**

114 Main Street, Keene
603-357-7800

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Archaeology**Monadnock Archaeological Consulting LLC**

116 Fox Hill Road, Stoddard
monadarch.com
603-446-2366

Archaeological consulting services for private and public development

Architecture**SISR Architecture, LLC**

PO Box 597, Marlow
sisr.us
603-446-7024

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125 Old Homestead Highway,
Swanzy
603-357-1926

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Realtors**Tieger Realty Co., Inc.**

25 Turnpike Road, Jaffrey
tiegerrealty.com
603-532-8765

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Solar Source

353 West Street, Keene
solarsourcene.com
603-352-4232

Designs and installs solar energy systems for commercial and residential application

Renovations**Keene Door, LLC**

528 Washington Street, Keene
keenedoor.com
603-352-8553

Residential & commercial service and repair; garage doors & openers by Raynor; 24-hour emergency service available; Storage solutions by StoreWall & Hyloft; Epoxy flooring

Renoir Renovations, LLC

17 Turnpike Rd, Jaffrey
renoirrenovations.com
603-532-7007

Kitchen & bath cabinetry, counter tops, design services; Window shades, blinds, shutters and curtains; Interior renovations

Roofers**Melanson Co., Inc**

353 West Street, Keene
melanson.com
603-352-4232

Commercial and residential roofing and service contractors

Wells**Chris Parker Enterprises**

23 Cobb Meadow Rd, Dublin
chrisparkerenterprises.com
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Please make your checks out to:

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Please complete the following:

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(I was able to say yes to all 5 statements on page 3.)

I enclosed my annual membership fee.

I would like to join at this level:

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