



Art Show Reception: Paintings And Pastels



Peggy VanValk, Mason Road

On Friday, September 12th from 5 to 7 p.m., the public is invited to attend a reception at the Dublin Community Center for a show featuring the paintings and pastels of Jim Murphy and Peggy Van Valkenburgh.

Murphy, a painter based in Keene, is known for his large-scale works that merge abstraction and realism to capture the ever-changing play of light in the natural world. His last one-man show at the Jaffrey Civic Center featured his signature forest scenes. Over the past five years, he has earned multiple regional arts awards recognizing his technical mastery and his contributions to the Monadnock Region arts community. Working primarily in acrylics, he draws inspiration from the forests of New England, layering color, light, and movement to evoke a sense of immersion, serenity, and vitality. More about Murphy can be found at <https://murphyarts.com>.

Living in Peterborough and summering in northern lower Michigan has provided Van Valkenburgh with many opportunities to observe and interpret things of beauty. She recently retired from teaching science to middle schoolers where she employed all the colored chalk she could get her hands on to create diagrams that might help students understand the content.

ART, page 5

Keene Pride Offers A Full Week Of Celebration Culminating In A Star-Studded Weekend Festival

The Monadnock region’s most vibrant celebration of love, identity, and community returns as Keene Pride Week 2025 kicks off Sunday, September 14th, through Sunday, September 21st, bringing a full week of inclusive, joyful, and empowering events to Downtown Keene and beyond. Now in its fourth year, Keene Pride Week has grown into one of New Hampshire’s most anticipated annual events, and this year promises to be the biggest and boldest yet. Keene Pride Festival is one of the largest Pride Festivals in all of New England.

Organized by Keene Pride, a nonprofit dedicated to uplifting the LGBTQ+ community throughout the region, this weeklong celebration features a diverse schedule of activities, including Pride Happy Hour & Sober Social Hour, coffee club meetup, drag brunch at Yellow Bell Cafe, drag open stage at Madame Sherri’s, family picnic in the park, Friday night dance party at Madame Sherri’s themed Hollywood Red Carpet, and much more throughout the week.

The weekend is when things really get put into high gear with a main stage Pride Show happening on Saturday, September 20 at 7:00 PM at The Colonial Theatre: Crazy In Love: A Beyoncé Tribute Show

This one-night-only spectacular is custom-built for the Keene community and features over a dozen choreographed numbers, dazzling lights and video, and drag excellence. It stars Olivia Lux and Widow Von’Du of RuPaul’s Drag Race, and drag icon Sherry Vine. It is directed by Keene Pride founder and board president Adam Toepfer and co-directed and choreographed by Daniel Gold, working for months in NYC to bring this tribute to life. This show is exclusive to Keene and won’t be performed anywhere else.

PRIDE, page 10

Allen Brothers Farms Celebrates Fall Favorites By the Bushel



Farm Manager Moe Poitras, working with a half-bushel fall basket.

Fall has arrived by the basketful at Allen Brothers Farms. New to the garden center this year are half-bushel fall baskets, designed and assembled by Farm Manager Moe Poitras. Each basket includes a colorful assortment of mums, perennials, Rubrun grass, kale, cabbage, and sedums. “They’re everything you could ask for in one basket,” says Poitras, “and are a perfect addition to fall decorating.”

Allen Brothers Farms is located on Rt. 5 in Westminster, VT. The Garden Center hours are 8 a.m. to 6 p.m. daily. Visit them online at www.allenbrothers-farms.com.

Homestead Covered Bridge Kitchens & Design Recently Opened

Transforming The Heart Of Your Home



Photo credit Marilyn Weir

Buddy Champney (L) and Dan Lang, owner of Homestead Covered Bridge Kitchens & Design in Swanzey, recently opened the kitchen and design facility for those who are renovating, building, or updating their kitchens. The team at this locally owned and operated business are committed to excellence, innovation, and design solutions.

By Lori Catozzi Cook

Designing a kitchen is exciting, but it can also be a complex process. Whether planning a full renovation, a new build, or a minor update, using the expertise of the skilled professionals at Homestead Covered Bridge Kitchens & Design in Swanzey makes transforming the heart of your home into a seamless experience.

“At Homestead Covered Bridge

Kitchens & Design, we envision a world where every space transforms into a sanctuary of function and beauty,” says Buddy Champney, the vice president and “jack of all trades” at this locally owned and operated business. “Our commitment to excellence and innovation empowers you to realize your dream space – making us your go-to destination for all your design aspirations.”

HOMESTEAD, page 18

Civil War Encampment At Colonel Ebenezer Hinsdale House This Saturday

The Hinsdale Historical Society will have its largest event of the year: a Civil War Encampment to be held Saturday, September 13th at the historic Colonel Ebenezer Hinsdale House at 609 Brattleboro Road, Route 119, in Hinsdale from 10 a.m. to 4 p.m.

This immersive living history event will feature reenactors, live music, and an appearance by President Abraham Lincoln portrayed by Steve Wood. This event promises to bring history to life in an engaging and memorable way.

Visitors will step back in time as members of The Vermont Civil War Hemlocks and the Sixth New Hampshire Volunteers, presenting an authentic military camp experience with

drills, demonstrations, and educational displays. Hinsdale Historical Society volunteers will be giving tours of the Ebenezer Hinsdale House.

A highlight is a live performance by the 12 New Hampshire Regiment Serenade Band, a Civil War-era brass ensemble dedicated to recreating the music that accompanied soldiers during the war. Their 90-minute concert will include historical narration and rare musical arrangements.

Admission is free and open to the public. Parking will be \$5 per vehicle. There will not be food on-site for visitors. Donations to support the preservation efforts of the Hinsdale Historical Society are appreciated.

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Keene Pride... 10-11 Bridal Guide... 20

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CLASSIFIEDS	18-19	FAMILY	9	HEALING	12-13	PETS	2
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Ginger is looking for a calm, patient home where she can be the only pet – no other cats or dogs, please – and where any children are over the age of 12 and respectful of her need for space. With time and understanding, Ginger will gain confidence and settle into a routine where she feels secure and loved. If you're someone who appreciates a more independent feline companion with a gentle spirit, Ginger may be the perfect match for you.

The Adoption Center is located at 101 West Swanzey Road just outside of Keene on Route 10 South. Its open hours are Thursday through Sunday 11 a.m. to 3 p.m. Learn more about the adoption process and about other adoptable pets at www.monadnockhumanesociety.org.



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The Child Find requirements of Fall Mountain Regional School District also apply to highly mobile children, homeless children, and those children in grades K-12 who attend approved, non-public private schools within the geographic boundaries of Fall Mountain Regional School District

If you know of a child who may need special education services or would like additional information, please contact the Director of Special Education, Zandra Reagan #603-835-0006 or zreagan@sau60.org.

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Comfort, Companionship, And Care: Hospice At HCS Volunteer Team Training

Home Healthcare, Hospice & Community Services (HCS) will host hospice volunteer training sessions this fall, equipping participants with the tools and guidance needed to serve as part of the Hospice at HCS team.

Hospice volunteers are an essential part of the care team at Hospice at HCS, offering comfort, companionship, and support to individuals and families facing end-of-life journeys. Working alongside hospice-certified nurses, medical social workers, and spiritual counselors, volunteers help provide emotional support, caregiver respite, and a reassuring presence wherever the patient calls home – in their house, nursing facilities, and assisted living communities. The upcoming training series will prepare new volunteers to take on this meaningful role and make a difference in the lives of others when it matters most.

“Being a hospice volunteer has truly enriched my life,” said Joely Fanning, a seasoned Hospice at HCS Volunteer. “I have met so many wonderful people in my six years of volunteering. I enjoy spending time with individuals and their families. Even though they are going through one of the most difficult times in their life, they are compassionate and caring about everyone and everything around them. I cherish the memories that were created sharing stories and laughter during visits.”

The six-week fall training session will be held at Home Healthcare, Hospice & Community Services at 312 Marlboro Street in Keene beginning September 26th. For more details or to register, contact Lorraine Bishop, Hospice Volunteer Coordinator, at 603-352-2253 or at lbishop@hcsservices.org.

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Stephen A. Ladeau Webster
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Stephen A. Ladeau Webster passed away on Aug. 20, 2025 at home in N. Swanzey, NH with his wife, Lynda Webster, by his side. He was born on April 28, 1949 in the old schoolhouse in Fitzwilliam, NH.

**A memorial service will be held
at 2 p.m. on Sept. 20th at:
Kingdom Hall Jehovah’s Witnesses
109 Old Homestead Hwy, Swanzey.**

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- Richmond: September 27, Veteran’s Hall, 1:00PM

October:

- Fitzwilliam: October 18, Fitzwilliam Inn, 1:00PM

New Client Enrollment:
If you are interested in receiving food assistance, please bring proof of residence (license, vehicle registration, piece of mail with street address). All residents of the Monadnock region are welcome! For questions, call (603) 352-3200.



For more information and schedule updates, scan the QR code or visit
Thecommunitykitchen.org

Catalyst Quartet Returns To Electric Earth Concerts



Shown (L to R) are Catalyst Quartet members Paul Laraia, viola, Karlos Rodriguez, cello, Abi Fayette, violin, and Karla Donehew Perez, violin.

Electric Earth Concerts will present the celebrated Catalyst Quartet on Sunday, September 21st at 4 p.m. at the First Church in Jaffrey. The Grammy Award-winning Catalyst Quartet was founded by the internationally acclaimed Sphinx Organization. They believe in the unity that can be achieved through music and imagine their programs and projects with this in mind, redefining and reimagining the classical music experience.

This diverse program includes: Six Concertante Quartets, no. 2 by Joseph Bologne, Chevalier de Saint-Georges; String Quartet in C Major, Op. 58 by Dora Peja evi ; and String Quartet in A minor, Op. 132 by Beethoven.

Admission is \$30, payable online or at the door via cash or check. Students may attend for free.

For more details, visit electricearthconcerts.org.

Fitness Program For Beginners, Seniors

Senior Sneakers will take place Thursday, September 18th from 4 to 4:45 p.m. at Cheshire Medical Center, 580 Court Street, Keene, in North Conference Rooms 1 and 2.

This fitness program is designed for beginners and older adults. It combines half-standing and half-seated workouts using weights and resistance. Participants may bring hand weights, or substitute with water bottles or soup cans. The program offers an opportunity to improve physical well-being while connecting with others.

To register, see the ad on page 13, call 603-762-1340, email Kerry at KKellev@cheshire-med.com, or visit www.cheshiremed.org/health-wellness/classes-and-groups.



Farm Tour Logo Contest Winner

The Monadnock Farm and Community Coalition recently held a logo contest among Cheshire County 4-H clubs to design the official logo for this year's Monadnock Farm Tour. The winning design, created by Penelope Bridges of the Sunbeam 4-H Club, shown, is featured on Farm Tour t-shirts, available for purchase at Bulldog Designs.

Monadnock Food Co-op Holds Donation Drive For NOFA-NH Farm Share Program

The Monadnock Food Co-op at 34 Cypress Street in Keene will host a month-long Round It Up Donation Drive in September to benefit the Northeast Organic Farming Association of New Hampshire (NOFA-NH) Farm Share Program.

Shoppers can round up their purchases to the nearest dollar at the registers, with the difference donated to support local community organizations and initiatives.

The NOFA-NH's Farm Share Program provides New Hampshire residents with limited incomes access to discounted Community Supported Agriculture shares.

"We believe that everyone has a right to nutritious, healthy food," says Nikki Kolb, NOFA-NH operations director. "We're proud to support New Hampshire's farmers by making high-quality local, organic, and sustainably grown food accessible to community members in need. Funds raised by the Monadnock Food Co-op are critical to supporting NOFA-NH's Farm Share Program."

HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

- September 10, 2025**
Zoe Southwell, daughter of Amanda & Zack Southwell, Keene, 8
- Isabelle Barrett, daughter of Kim & Michael Barrett, Keene, 9
- Warren Wright, son of Jake Wright & Ally Wright, Walpole, 7
- September 14, 2025**
Nola Crosby, daughter of Nick & Ashlee Crosby, Swanzey, 9
- September 15, 2025**
Joshua Raymond, son of Allen & Allison Raymond, Keene, 4
- Natalie Ann Clark, daughter of Chelsea & Eric Clark, Westmoreland, 5

HANNAFORD'S BIRTHDAY CAKE

This Week's Winners

Joshua Raymond, Keene, 4
Zoe Southwell, Keene, 8

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Developing Resilience During Challenging Times Is Topic

The Monadnock Mindfulness Practice Center will offer a workshop called Developing Resilience During Challenging Times Saturday, September 13th from 2 to 4 p.m.

This the second in a series of stand-alone workshops on developing and maintaining resilience during challenging times. In this workshop, attendees will explore loving-kindness and compassion meditations and variations on these meditations, introduce attitudes and practices that contribute to resilience, and share additions to or elaborations of what has been working. Suggested donation is \$20.

The Monadnock Mindfulness Practice Center is located at 103 Roxbury Street, Room 301, in Keene. No one is ever turned away for inability to pay. The facility is handicap accessible.

For more details, weekly meditations, and more, visit www.mindfulnesskeene.org

Art Show Reception: Paintings And Pastels

ART, Continued from page 1

A few years before retirement, she began to work with soft pastels and studied in small studio classes and larger workshops and soon became obsessed with the depth of color available with pigment-dense chalks. Van Valkenburgh has exhibited at the Peterborough Town Library and been part of the Monadnock Art Tour for the past four years. Visit her website at <https://www.peggyvanvalkenburgh.com/>

The Dublin Community Center is located at 1123 Main Street in Dublin.

For more details, go to www.dubhub-nh.org/calendar.

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The Monadnock Sustainability Hub's 2025 Clean Energy Fair

The Monadnock Sustainability Hub will host its third annual Monadnock Clean Energy Fair, alongside Peterborough Renewable Energy Project. Each year, it brings together homeowners, businesses, non-profits, students, and families who want to learn more about saving energy, switching to clean power, and protecting the environment. In 2025, the fair promises to be bigger and better than ever.

This year's fair will take place on Saturday, September 27th at Peterborough Elementary School. Doors open at 10 a.m., and the event will run until 2:00 p.m. with speakers, exhibitors, activities, and learning opportunities for people of all ages.

What to Expect

At the fair, visitors will find exhibitors sharing information on everything from solar panels and electric vehicles to weatherization and heat pumps. Local contractors and energy experts will be on hand to answer questions and explain how these technologies work. Attendees can learn about programs like the Hub's Home Energy Coaching which helps guide residents to save money by making the energy transition in their homes and taking advantage of the available incentives.

In addition to exhibitors, the fair will feature presentations from local leaders in the climate and energy movement. These workshops will give visitors a chance to dive deeper into energy tax credits and rebates, and home energy upgrades. These sessions are designed to help families and individuals understand the steps they can take right now to cut costs and reduce their climate pollution.

Fun for the Whole Family

Enjoy live music performed by No Planet B. Food vendors, Salt & Lime and Yalla, will be serving up delicious meals for lunch between workshops. Peterborough Elementary School PTO will also be hosting a bake sale at the fair with desserts including gluten-free and dairy-free options.

The fair will also feature an Electric Vehicle Expo, where people can get an up-close look at electric cars, trucks, and bikes. Some vehicles will be available for test rides and drives, allowing attendees to experience the power and quiet of clean transportation firsthand.

Kids can take part in hands-on activities hosted by the Harris Center for Conservation Education, and face painting by Soul Blossom.

Why it Matters

Events like the Energy Fair are more than just educational – they're about building momentum for change. The Monadnock Region, like much of the country, is facing rising energy costs, extreme weather, and the challenge of transitioning away from fossil fuels. By bringing together community

s members and providing clear, actionable information, the Hub helps people feel empowered instead of overwhelmed.

Switching to clean energy is no longer just about protecting the environment, it's also about saving money and supporting local jobs. Electric vehicles cut down on fuel and maintenance costs. Weatherization makes homes more comfortable year-round. The Energy Fair shows how these solutions, and more, can fit into everyday life.

Green Monadnock

with Rachel Ranelli



A Community Effort

The success of the Monadnock Clean Energy Fair is made possible through our sponsors and volunteers. Their contributions allow for the event to be a great success. Anyone interested in sponsoring or volunteering should reach out; it's a meaningful way to support the region's transition to a sustainable future.

Looking Ahead

The Energy Fair is part of a larger effort to make the Monadnock Region a leader in sustainability. By connecting people with tools, knowledge, and each other, the fair helps spark actions that continue long after the day is over.

Whether you're curious about installing solar panels, considering an electric vehicle, or simply want to learn how to lower your heating bill, the Energy Fair is the place to start. Even small steps – like switching to LED lights or weatherstripping a door – make a difference when adopted by many.

The Monadnock Sustainability Hub believes that when communities come together, big change is possible. The 2025 Monadnock Clean Energy Fair is proof of that spirit. It's a chance to learn and to take action toward a cleaner, healthier, and more resilient future.

Free and open to the public. For more details, visit bit.ly/energyfair25.

Rachel Ranelli is the current Program Manager for the Monadnock Sustainability Hub, a 501c3 nonprofit whose mission is to reduce climate pollution and reach 100 percent clean energy in the region. She is a 2023 graduate of Franklin Pierce University, with a Bachelor of Science in Environmental Science, graduating with honors and a Sustainability Certificate.



FREE HAZARDOUS WASTE COLLECTION

A Great Opportunity to Clean Toxic Wastes from your basement, workbench, garage and cupboards.

All collections run 8 am to 1 pm KEENE RECYCLING CENTER

From Route 12/West Street intersection, travel Route 12 North approximately 4.5 miles. Facility entrance is at the top of the hill on left hand side of road.



Collection takes approximately 10 minutes from the time of arrival.

QUESTIONS: Please call (603) 352-5739 Sponsored by The City of Keene

Limit: 10 gal. per household per collection.

DO NOT MIX PRODUCTS

Summer/Fall 2025 Household Hazardous Waste Collection Schedule

<u>Sat. 9/13/25</u>	<u>Wed. 9/17/25</u>	<u>Sat. 9/27/25</u>	<u>Sat. 10/18/25</u>	<u>Wed. 10/22/25</u>	<u>Sat. 10/25/25</u>
Acworth	Acworth	Acworth	Acworth	Acworth	Acworth
Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield
Dublin	Dublin	Dublin	Dublin	Dublin	Dublin
Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum
Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield
Hancock	Hancock	Hancock	Hancock	Hancock	Hancock
Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville
Jaffrey	Jaffrey	Jaffrey	Jaffrey	Jaffrey	Jaffrey
Keene	Keene	Keene	Keene	Keene	Keene
Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough
Marlow	Marlow	Marlow	Marlow	Marlow	Marlow
Nelson	Nelson	Nelson	Nelson	Nelson	Nelson
Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough
Richmond	Richmond	Richmond	Richmond	Richmond	Richmond
Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard
Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan
Surry	Surry	Surry	Surry	Surry	Surry
Swanzy	Swanzy	Swanzy	Swanzy	Swanzy	Swanzy
Walpole	Walpole	Walpole	Walpole	Walpole	Walpole
Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland

All collections will be held at the Keene Household Hazardous Waste Collection Facility, located adjacent to the Keene Recycling Center, 55 Old Summit Road, Keene from 8 - 1 pm

Mover's Collections for 2025 • Saturday, November 15 & Saturday, December 13 • 8am-1pm

Note - the communities listed above may participate in the mover's collections, however, it is not open to "everyone" from that community, but rather people who are verified to be moving. Individuals from non-participating communities who are moving may also participate, however, they will pay the contractor directly at the rates established by the vendor - **North Ward Environmental Services** at the following rates - *Less than 10 gallons - \$100 • more than 10 gallons, less than 20 gallons - \$200 more than 20 gallons, less than 50 gallons - \$500* (these rates are also the same for an individual from a non-participating community during our regular collection schedule.)

Rindge Tetreault Park Hike For Hug Your Hound Day

Rindge Conservation Commission will hold a Hug Your Hound Day hike on Sunday, September 14th at 1:30 p.m. at Tetreault Park on Rand Road in Rindge. This 1-1/2 hour hike is for people and their four-legged companions, but anyone is welcome.

Dogs participating in the hike must be on leash, under the owner's control, and up-to-date on their rabies vaccination. Be sure to bring bags to remove pet waste from the trails. Participants will need sunscreen, bug spray, and water.

For more details about this event or upcoming events, email rindgeconcom@rindgenh.gov.

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Giveaways
Stories
Local Events

Remembering Fred Martin

A memorial dinner was held recently at Papagallos Restaurant, in remembrance of noted local wildlife photographer Fred Martin. A group of 30 folks from far and near attended; most knew Fred for years, some for many years. His love of photographing wildlife was the catalyst for many of his friendships. He was always eager to chat on the subject, and that was how we met.

After one such meeting, I was duly instructed that I should buy a good camera and start taking pictures of the birds and animals we were watching, he offered to show me how to use the thing, one 'button' at a time. I got the camera, and he commenced to teaching. Just watching and listening as he shot pictures was instructive in itself. He spoke plainly about the weather conditions, the sky, the sun, shadows, reflection, wind, the seasons, when birds and animals will be most active (raising their young), all the elements necessary to the craft.

Fred shared his knowledge with many people. I often think of him in terms of a famous song, *The Leader of The Band*, written and sung by the late Dan Fogelberg. One particular line speaks the sentiment better than any other I've ever heard, "He gave to me a gift I know I never can repay."

Thank you, Fred...when I look out over a marsh or step into the field, I will see you there, and we will have a talk. Rest easy, my friend.

M. Dennis Fiedler

Fred The Photographer

*Symmetry, asymmetry
Movement, spatial order,
Change in color, size, and shape,
Reflection on the water,*

*Shadows in the canopy,
Clouds go sailing by,
The sun, the wind, the hour of day,
The blue that's in the sky,*

*The way you land and pirouette,
The way you crouch and fly,
Leaves that quiver on a twig,
Distractions to the eye.*

*But oh...it's how you misbehave,
You turn and hop and stride,
As my trigger finger moves,
You dart away and hide,*

*Coquettish and impertinent,
You taunt my wandering eye,
I've given all I have to give,
Surrendering a sigh,*

*Personality to spare,
On me you'll place the blame,
Clinging to my sanity,
I play your foolish game,*

*Another day, another time,
Another face and name,
I'll never rest, you scoundrel,
'Til I have you in my frame.*

M. Dennis Fiedler

Adar Cohen, PhD In Conflict Resolution Speaks In Hancock Tuesday, September 16th

On Tuesday, September 16th at 7 p.m., Adar Cohen, who has a PHD in conflict resolution, will give a free talk in the Daniels Room at Hancock Town Library.

Cohen helps people and communities have big conversations. This pre-

sentation will explore this and other tools useful to anyone interested in advancing civil discourse across difference in a time of uncertainty, volatility, and polarization.

For more details, call 603-525-4411.

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	214.25	(5.25)	Danaher Corp. (Kollmorgen)	200.21	(5.61)
Becton Dickinson (C.R. Bard)	192.39	(0.59)	Merck (Hubbard Farms)	84.71	0.59
Toronto Dominion Bank (TD Bank)	74.46	(0.68)	Deluxe (NEBS)	19.52	(0.14)
PC Connection	65.56	1.35	Teleflex (Jaffrey)	130.70	4.29
Bank Of America (Fleet)	49.77	(0.97)	Timken (MPB Corp.)	77.78	0.55
Corning Inc.	79.19	4.16	M&T Bank Corp. (People's United)	199.57	(2.09)
Ametek, Inc. (Precitech)	187.45	2.65	Dover Corp. (Markem)	177.75	(1.11)
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	41.49	0.77	Wheat (cents per bushel)	519.00	(15.25)
Gold (\$ per ounce)	3,646.40	130.30	Corn (cents per bushel)	418.00	(2.25)
Platinum (\$ per ounce)	1,384.96	5.06	Soybeans (cents per bushel)	1,026.75	(26.25)
			Cattle (cents per pound)	235.98	(3.67)
			Crude (\$ per barrel)	61.96	(2.05)

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Calm Before the Storm: Can This Rally Continue In September?

As we transition into September, it's exciting to acknowledge that, despite its reputation as a challenging month for stocks over the past 75 years, historical trends reveal that when the market gains momentum leading into September, this seasonal weakness often takes a backseat.

Economy and You

with Josh Houle



Additionally, last month showcased a significant shift in the S&P 500 – an expansion beyond the tech giants that have dominated the headlines. We witnessed a rotation as capital flowed into various sectors and smaller market-cap stocks, driven by a healthy correction in previously crowded high-momentum names.

The earnings landscape is also looking brighter. The S&P 500 is projected to achieve nearly 12 percent growth in Q2, a remarkable increase compared to what analysts anticipated at the quarter's onset. Plus,

we saw earnings revisions reach their highest point since August 2021, painting an optimistic picture for corporate performance.

On the trade front, tariffs have shown only a modest impact on inflation and corporate profit margins, suggesting a more resilient economic backdrop than many would assume. Moreover, there's a burgeoning sentiment that the Federal Reserve may cut interest rates this month, which would likely enhance market enthusiasm and ease borrowing costs.

However, it's essential to remain mindful of certain challenges. With the market trading at record highs and valuations approaching historically elevated levels, it appears that quite a bit of good news is already baked into these prices.

We also need to be aware of potential volatility. Typically, implied volatility peaks around late September or early October. Given current positioning in CBOE Volatility Index futures, we're observing some intriguing dynamics that might present short-term challenges.

Additionally, while the labor market has shown signs of cooling, upcoming employment reports could further stoke concerns regarding its trajectory. Global economic conditions and geopolitical developments remain ongoing considerations that could influence market performance.

Looking ahead, the outlook for September is mixed, recognizing both the robust recent rally and the month's historical tendencies. It's a great time to maintain a balanced portfolio and strategically position ourselves to capitalize on positive trends while keeping an eye on potential risks.

Let's keep our focus on key economic indicators – such as the payrolls report – to navigate the market's direction. Most importantly, prioritizing a long-term investment strategy is crucial; after all, while short-term fluctuations can be unpredictable, a thoughtful, enduring approach will likely yield greater rewards.

No Strategy assures success or protects against loss. Securities and advisory services offered through LPL Financial, a registered investment advisor, Member FINRA/SIPC

Joshua I. Houle, CFP is Founder and Wealth Manager of Houle Wealth Management at 143 West Street in Keene. He can be reached at 603-352-0222/ josh.houle@lpl.com.

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Keeping Pre-Schoolers Engaged With Educational Play

A parent, grandparent, or other caregiver who is home with a child all day knows how long the day can feel if there isn't structured play. And though unstructured play is great for preschoolers to help with problem-solving, creativity, and independence, throwing in some educational play not only keeps the little ones engaged but also helps to prepare them for school.

Monadnock Family
with Lori Catozzi Cook



Here are a few engaging ideas:
Play-Doh Play
Give the child a plastic placemat and a container or two of Play-Doh. Have the kids make shapes: a square, a circle, a triangle, and a rectangle. Then ask: How are these shapes different? Is there anything that is the same with these shapes?

While you have the Play-Doh out, have them form balls in different sizes. Then have the kids order them by size, from small to large. After, give them toothpicks so they can make a sculpture by connecting the balls with the toothpicks.

Take a large ball of Play-Doh and mix in buttons and tiny plastic toys. Give the children kid-safe tweezers or tongs to get the items out of the ball of dough.

Flatten the Playdough and make impressions with plastic items, like doll or dinosaur feet, little GI Joe figurines, or other small toys. You could take a walk outside and gather up acorn caps or leaves to make impressions.

Get Creative
Give each child a box of SweetTarts and have them separate the colors into piles. Then have them count each color, write the total down on a sticky note, and leave the sticky note next to each pile. What is the color that has the most SweetTarts? What color has the least? Then take these sweet and sour candies and paste them onto a poster board to create a mosaic picture.

Do you have some old socks to get rid of? Using markers, glue, buttons, and yarn, let the children turn a sock into a sock puppet and then put on a puppet show for you. They can take this one step further and put on a puppet show for the entire family once they are all together.

Using a variety of colored markers and pasta – like macaroni, ziti, or wheels – that can be strung on string or yarn, have the kids color each piece of pasta and then string each on whatever they are using for a necklace. Or, you can have them take it one step further and have them make a sequence of colors (i.e., blue, yellow, red, red, blue, yellow, red, red) to put on their necklace.

Outside Play
Outside play is great for a preschooler's physical and mental health. Adding outside play to your preschooler's learning experience can be as simple as using a kickball to pass back and forth or trying to run with the ball by kicking it around cones, chairs, tables, etc.

Chalk drawing on the driveway can bring creativ-

ity and play. Draw 26 boxes and put a letter of the alphabet in each box, not in alphabetical order. For kids who are learning letter identification, call out a letter, and they hop into that box and stay there until the next letter is called out. For kids who are learning to spell words, call out a word – say "cat" – and the child must spell out "cat" by hopping in the right boxes in order. You can also do this with numbers for those learning to identify numbers and for those learning to add small amounts.

Take a nature color hunt. Using a piece of paper without lines, section the paper into four blocks. At the top of each block, write the name of a color using a crayon of that color. The idea is to have the child find something in nature with that color and then draw a picture of that something in the block. Some colors you could probably count on seeing in nature include brown, green, black, and blue. Add red and orange if venturing out in the fall.

Preschoolers can absorb so much. By focusing on learning experiences at this age, they will be prepared for that first day of school.

Lori Catozzi Cook is the assistant editor and a feature writer for The Monadnock Shopper News.

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Monadnock Peer Support Celebrates Pride Week With New LGBTQIA+ Programming

Monadnock Peer Support (MPS) has announced its participation in Keene Pride Week 2025, taking place from Sunday, September 14th through Sunday, September 21st in downtown Keene.

MPS will host a booth during the celebration, offering information about free mental health peer support services, upcoming programs, and ways the community can get involved. In October, MPS will launch new peer support groups specifically designed to support LGBTQIA+ individuals in the Monadnock Region.

“This is an important step toward ensuring everyone in our community feels seen, heard, and supported,” said Stacy Wilbur, program director at Monadnock Peer Support. “We’re excited to celebrate Pride and create spaces where members of the LGBTQIA+ community can connect and thrive, together.”

This year also marks Monadnock Peer Support’s 30th anniversary as a nonprofit organization. MPS has launched its 30 for 30 Campaign, aiming to raise funds to pilot a youth peer support program in the region. The goal is to engage 1,000 donors to each contribute \$30.

For more details about MPS’s free services, visit www.MonadnockPSA.com or call 603-352-5093.

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Keene Pride Offers A Full Week Of Celebration Culminating In A Star-Studded Weekend Festival

PRIDE, Continued from page 1

On Sunday, September 21st, from noon to 7 p.m., the week culminates in the Keene Pride Festival, taking over Main Street, Railroad Square, and Central Square for a day of entertainment, community, and celebration. Downtown Keene will be transformed



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into a pedestrian-friendly Pride village with over 120 vendors, thousands of attendees, live bands, aerialists, drag performers, and circus acts, plus Kid Canyon, a family-focused area featuring magic by Ben Pratt, Doug the Devil Stick Man, Bubbles McGee, Jungle Jim, and more to be announced.

The Festival will be hosted by local drag legend and Keene Pride Vice President Paulee Mekdeci, alongside international drag superstar Kelly Mantle, promising high energy, laughs, and heart all day long.

Downtown streets will be closed for this event; visit the City of Keene’s website for updates and street closure information.

For an event schedule and more details, visit www.keenepride.org.

Crazy In Love: A Beyoncé Tribute Show To Headline Keene Pride Week

Crazy In Love: A Beyoncé Tribute Show, offers a chance to experience the power, the glamour, and the fierce energy of Beyoncé like never before. The MainStage event of Keene Pride Week is set to light up The Colonial Theatre in downtown Keene on Saturday, September 20th at 8 p.m. for one night only.

This original, full-scale drag and dance spectacular features RuPaul’s Drag Race stars Olivia Lux and Widow Von’Du, The Boulet Brothers’ Dragula breakout La Zavaleta, and international drag legend Sherry Vine — all performing in a Beyoncé tribute crafted exclusively for the Keene community.

“This is not your typical drag show – this is a full production with world-class talent, professional choreography, immersive lighting, sound, and video,” said Adam Toepfer, show director and founder and board president of Keene Pride. “It’s a love letter to Beyoncé, to drag, to community, and to unapologetic self-expression.”

Directed by Toepfer and co-directed/choreographed by Daniel Gold, this production has been a year in the making, with months of rehearsal and preparation in New York City.

“This is a level of production rarely – if ever – seen in a community of this size,” said Toepfer. “It’s Broadway meets Beyoncé meets Keene Pride.”

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Hummingbird In My Garden

When people ask me if I have a pet, I usually say “no.” But sometimes, when I sit in my backyard, I feel as if I do. Of late, my (sort of) pet is a hummingbird – a female who I watch every morning as she flies between the two red hummingbird feeders I have placed outside, some 20 feet apart.

The intention was that one feeder would be for Ms. Hummingbird and the other for Mr. Hummingbird. But it seems that Ms. Hummingbird dominates both. When her ruby-chested partner tries to sip a bit of nectar from either one of the feeders, she buzzes around him rapidly, and he soon departs.

Watching Ms. Hummingbird in the garden, I sense her fierceness. Her resoluteness. Her speed. Sometimes she will buzz close to me, not quite touching my body. Often she passes in front of my eyes, or just above my head.

The Aztec and Maya consider hummingbirds to be the consummate warrior. Such that it was believed that dead warriors were reincarnated as hummingbirds. So, too, were women who died in childbirth, who were also deemed to be warriors.

It was hummingbird, Huitzilopochtli in Nahual, who guided the Aztec on their migration from Aztlan, their traditional home, to the Valley of Mexico.

Huitzilopochtli’s nagual, or animal disguise, is the eagle.

I find it interesting that one of the largest birds, an eagle, is said to be the disguise, or mask, of the smallest of birds. Which is, it seems, its true source of power and strength – metaphorically speaking, that is.

In dream planting (Aztec style), one calls upon

hummingbird to conquer one’s own weaknesses, and for willpower.

Over the weeks and months that hummingbird has been so present in my garden, I have sometimes asked her for willpower and strength before I go back inside to work on my book still in creation. A process that sometimes feels not that different from giving birth to a child.

This summer, I finally read one of Martin Prechtel’s books that had been sitting on my bookshelf for a few years. This book is a multi-layered retelling of a Guatemalan Mayan myth about the Beautiful Daughter of the Sun and Moon who falls in love with Short-Boy who speaks the most beautiful words with his silver tongue. But her love for this tiny creature of unknown parentage outrages her parents, who promptly block the doorway of their hut so that the Beautiful Daughter will stay inside ever more.

But a tiny hummingbird (who is in fact Short-Boy himself) manages to fly through a crack in the wall to reunite with his beloved. After some planning, the two escape – heading in the direction of Ocean, which Short-Boy promises he knows well and will be a safe refuge for them.

Just a few steps before they reach the waters, Beautiful Daughter is seared by a lightning bolt and her body parts are cast in all directions. (This was done, of course, at the insistence of her outraged parents.)

Life on earth ceases to be beautiful, or fruitful – for countless time, many generations at least.

Until she is sung back to life by tiny hummingbird/Short-Boy who is none other than the Son of the Ocean. When she is resurrected, she is a bird.

The two birds soon make a home between the Ocean and the Village of the Sun and the Moon. And the World comes back to life.

Martin Prechtel provides five different layers, or ways, to understand this ancient myth.

In the fourth layer, he tells the true story about a veteran he tried to heal, but his grief was so wide and deep it was as if the man had turned to ice. Until this man begins to record hummingbird songs with a tape recorder – which he would re-record at slower speeds.

When he got a job as a crew member on a mammal research ship off the west coast of Canada, he convinced the scientists to broadcast these slowed-down hummingbirds’ song underwater. Immediately pods upon pods of whales convened around the ship, cooing and singing in response.

Healing Perspectives
with Skye Stephenson



HEALING, page 13

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September – The Urgency Of Suicide Prevention

By Deb Paul

September is Suicide Prevention Awareness Month, and it arrives at a critical time. As daylight wanes and the holidays approach, many people begin to feel the weight of depression and anxiety more acutely. For too many young people, these struggles end in tragedy. Suicide is now the second leading cause of death among teenagers and young adults – surpassed only by accidents. Behind every statistic is a grieving family and a community left asking what more could have been done.

This is not just a sad reality; it’s a public health crisis. Rates of depression among teens have surged in recent years. The causes are complex – social pressures, isolation, trauma – but the outcome is heartbreakingly clear: we are losing young lives far too soon.

This year, the National Alliance on Mental Illness (NAMI) launched its “Take the Moment” campaign, urging us to slow down, notice those around us, and break the silence that often surrounds mental health. The message is simple and profound: conversations save lives. When we speak openly about suicide and depression – without shame or judgment – we create space for people in crisis to ask for help.

Knowing the warning signs is another crucial step. The NAMI outlines simple but powerful actions anyone can take. Ask directly if someone is thinking about suicide. Keep them safe by limiting access to dangerous means. Be there – listen without judgment and offer reassurance. Connect them with professional help, whether through hotlines, doctors, or counselors. Stay in touch, because support must continue beyond the immediate crisis.

Many fear that talking about suicide might “plant the idea” in someone’s mind. That is a myth, and a dangerous one. Silence doesn’t protect, it isolates. Honest, compassionate conversations can be the first step toward healing.

As a community, we must do more. Schools should implement universal depression screening, with parental involvement, to identify struggling students early. Parents and educators must learn to recognize signs of distress and respond with empathy and urgency. Local leaders and elected officials must invest in accessible mental health care. Long wait lists and unaffordable treatment are barriers that put lives at risk.

Help is available now. Anyone in distress can call or text 988 to reach the Suicide & Crisis Lifeline. NAMI offers support at 1-lpline@nami.org.

We cannot afford to wait for more studies or better statistics. Every conversation, every resource, every step toward reducing stigma can save lives.



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“I believe that life’s transitions don’t have to be overwhelming journeys we navigate alone,” says Certified Professional Life Coach Kate Sussman. “After years of helping people move through career changes, relationship shifts, and personal growth challenges, I’ve learned that the right support can transform struggle into strength.”

Book a free consult at www.thewarmtheory.com or by calling 603-714-8871.

Hummingbird In My Garden

HEALING, Continued from page 12

When the scientists taped the whales’ sounds and sped them up, they found themselves listening to the likes of hummingbird songs.

I marvel that tiny hummingbirds and gigantic whales recognize each other’s songs – singing similar tunes to the water, the earth, the sun, and the moon.

I have yet to hear Ms. Hummingbird sing.

Maybe I will someday.

Skye Stephenson enjoys writing about life and love and healing from her home in Keene. She is currently working on a book of creative non-fiction. She can be contacted at skyeayona@gmail.com.



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September

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The American Red Cross offers an Adult and Pediatric CPR/First Aid course that teaches participants how to perform chest compressions, provide rescue breaths, use an AED (Automated External Defibrillator), and manage choking emergencies. The course also includes a basic understanding of the respiratory and cardiac systems, how to recognize cardiac arrest, assess unresponsive individuals, and perform pediatric CPR. Upon completion of the course, participants will receive a two-year American Red Cross certification that can be downloaded digitally.



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Perfect Season To Plan

Oh my goodness, this is the season of bliss in many of our gardens. We're harvesting various squashes and chards for cooking/freezing, herbs for drying, and here, the last of our cucumbers, beans, blueberries, and beets. Some of us even have second seedlings growing for harvesting veggies later in the season! But I write today with a suggestion. This is also the time to plan, take steps toward a more satisfying, joyful, gardening season next year with even more pollinators, less weeding, less watering, more satisfying plantings, and better harvests.

Did you notice less pollinators in your gardens this year? Now is a terrific time to increase pollinator nesting opportunities in your yard (yard + garden) for both wild bumble and the other 400 or so tiny, wild bees. Wild bees are our superheroes for pollinating the fruits and vegetables we grow at home. Maybe you're surprised to discover that honeybees, who are European, actually take a definite second place for pollinator effectiveness. Decide now where you'll leave small spots of open soil for female wild bees to dig nests into and overwinter. Cut and stack your daylily stems so that you can see their hollow centers. Tie them into bundles. Then stack these bundles in a corner of your yard, welcoming our tiniest wild bees to burrow into, creating nests for their coming season's broods.

**Woods and
Gardens**

with Michele Chalice



Right now is also when I'm gathering seeds from the broccoli, lettuce, other vegetables I've let flower, as well as some from many perennial plant seed pods for winter seed sowing. Paper shopping bags are great for holding upside-down flowering stalks until you separate seeds from their fluff or seed pods. Find a dry place to store the resulting paper envelopes of seeds when you're done. I like to give small paper coin envelopes of these seeds to friends as holiday gifts. Remember to label each envelope clearly.

Most healthy perennials can be divided soon. But also, notice which groundcover plants have thrived.



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Michele Chalice holding tomatoes grown in a big pot and yellow squash grown along her garden fence.

Now is a good time to strategize where else you can plant divided bits of each groundcover to other places below perennials and shrubs. That said, please don't use English Ivy or the dreaded Periwinkle. Yes, both are evergreen, but they are invasive, choking out entire plant communities in many of our wild areas. Native groundcover plants can also create a carpet, reducing weeding and watering while providing shelter for important insects. These plants make a green mulch – one that you do not need to buy/replace every spring.

Which ones? Consider two native and drought-tolerant options. First, Running Groundsel, a strange name for an also-evergreen groundcover that thrives in sun or part-shade. Its small leaves have a purple hue through the winter. It grows three to six inches tall, spreading into a 24-inch carpet of small, rounded green leaves. Bonus: each plant sends up tiny stems of bright yellow flowers every spring. The easiest native plant I use is Wild Strawberry. Given time and regular watering to establish their roots, this sturdy spreader is both sun and part-shade tolerant. Growing two to five inches tall, the Native Plant Trust describes Wild Strawberry as "... support(ing) 75 different species of butterflies and moths (Lepidopterans) throughout (its) life cycle, supplying food for caterpillars and nectar for adult insects. It also supports numerous [other types of insects], and the fruits attract chipmunks, squirrels, and birds. Its flowers are accessible to short-tongued bees." Wild Strawberry is creating lovely carpets in several spots below and between my shrubs, trees, and perennials.

This is a "quick before we forget" activity. What plants did well where? What plants do I want to remove or transplant to a different location? What plants do I want to divide? Write these observations down for immediate or next spring's actions.

Take advantage of fabulous late summer weather to foster more pollinators for increased fruit and vegetable harvests; save seeds for sharing and less seed-shopping this winter; plant more "green mulch" groundcover for less watering, less weeding; and note what worked well in contrast to what you'd like to change. These actions will reap an even more wonderful gardening season next spring.

Michele Chalice invites everyone to visit the gardens at her "Ask an Eco Gardener" workshop the last Sunday of each month. From 1 to 2 p.m., questions will be answered and attendees will have a chance to experience the different ways that a lawn-free landscape can reward not only the senses, but also feed the pollinators, birds, amphibians, and other wildlife. Find out more @healthyhomehabitats on Facebook and Instagram, or call 603-313-9153 with questions.

Tomato Land!



Teresa Janiszyn is seen sorting tomatoes at Pete's Stand, located at 517 Main Street (Route 12) in Walpole. The summer tomato crop is thriving. This year's bounty includes close to 10 different varieties that will be a tasty addition to a favorite dish. Salsa, anyone?

Tomatoes Are My Best Friend

Tomatoes are best eaten seasonally, although they can be purchased year 'round. Tomatoes, often considered a symbol of power, love, protection, and prosperity, are also a cook's best friend. Serve sliced tomatoes with fresh basil leaves and slices of fresh mozzarella or Italian Fontina cheese; drizzle with extra virgin olive oil. Prepare a garden-fresh tomato sauce or soup. Serve tomatoes as a side dish or in an entree. Whether you use them in salads, main dishes or canning, the red, juicy, vine-ripened tomato is a food beyond compare. Today, tomatoes are cultivated throughout the world, where people continue to enjoy eating and cooking with new varieties as well as rediscovered heirlooms. Celebrate fresh tomatoes and enjoy the friendship.

A Different Hummus

This 'hummus' is made with whole chickpeas, enlivened with tomatoes, feta cheese, and herbs, then heated in a hot oven. Try it as an appetizer or light lunch for four.

Ingredients:
4 oz. block of feta cheese
1/4 cup extra virgin olive oil
1 cup cherry tomatoes, halved
1 clove garlic, finely chopped
pinch of red pepper flakes, to taste
salt and freshly ground black pepper, as desired
1 can chickpeas, drained and rinsed well
2 tablespoons chopped herbs of choice
flatbread for serving

Preheat oven to 400 degrees. Put feta cheese in a baking dish; pour olive oil over the top. Add cherry tomatoes; sprinkle on garlic, pepper flakes, salt and pepper. Heat in oven for 15 minutes; remove from oven, add chickpeas, and turn in oil once. Return to oven and bake for 10 minutes more. Transfer dish to under a broiler and heat five to eight minutes longer, until lightly browned. Stir to mix feta. Sprinkle with herbs and serve with flatbread.

Saut Nicoise

Unlike the popular salad Nicoise, this simple recipe features the same ingredients sautéed in a skillet for a stovetop meal. Makes four to six servings.

Ingredients:
1/2 lb. each green and yellow beans, trimmed (or 1 lb. green beans)
3 tablespoons extra-virgin olive oil
1 medium sweet onion, quartered and thinly sliced
2 cloves garlic, finely minced
6 ripe plum tomatoes, quartered
salt and freshly ground black pepper
1 can (6½ oz.) light tuna, packed in oil, drained and flaked
1/3 cup basil, cut into julienne strips
small black oil-cured olives for garnish

In large pot of boiling water, cook green beans until just tender, about five minutes; run under cold water to stop the cooking. Pat beans dry with paper towels and cut into 1½ inch pieces; set aside. In large skillet, heat oil over medium-low heat. Add onion and garlic; cook until soft but not browned, about eight to 10 minutes. Add tomatoes, season with salt and pepper, and cook until tomato juices have evaporated, stirring frequently. (The tomatoes should still retain their shape.) Add beans and tuna and just heat through; fold in basil. Garnish with black olives and serve hot from the skillet.

Chicken, Tomatoes & Orzo

This is a Greek-inspired dish, full of the flavors of oregano, feta cheese, tomato and orzo pasta. Easily prepared in one pan, it serves four.

Ingredients:
2 cans chicken broth (14½ oz. each)
1 small onion, finely chopped
1 teaspoon dried oregano
2 cups uncooked orzo
3/4 lb. boneless, skinless chicken breast, diced
3 cups washed, torn spinach leaves (large stems removed)
1 large tomato, seeded and chopped
1/2 cup Feta cheese, crumbled

In a large skillet, heat broth, onion and oregano to a boil. Add orzo; reduce heat, cover and simmer for six minutes, stirring occasionally. Add chicken; cook for six minutes longer, or until chicken and orzo are cooked. Stir in spinach and tomato; heat just until spinach wilts. Remove from heat, top with cheese and serve.

A Special Tomato Salad

This attractive tomato salad variation is topped with a crunchy mixture of fried onions and seeds, prosciutto, fresh herbs for flavor and a light vinaigrette – perfect for a light lunch with some homemade bread.

Ingredients:
Topping: 1 tablespoon toasted sesame seeds; 2 tablespoons roasted sunflower or pumpkin seeds; 1 cup store-bought, roughly chopped fried onions: Combine ingredients in a small bowl and set aside.
Vinaigrette: 1/4 small shallot, minced; 1½ tablespoons Sherry vinegar (or rice wine vinegar); 1/4 teaspoon Dijon mustard; 1/4 cup olive oil; salt to taste: Combine ingredients in a jar; shake and set aside.

For Salad: 6 or 8 heirloom tomatoes, quartered; 2 cups cherry tomatoes of different colors, halved; 4 ounces prosciutto or speck, cut in bite-size; 1 or 2 tablespoons fresh tarragon and/or mint leaves, torn.

In a large, shallow bowl, toss tomatoes with prosciutto pieces and enough vinaigrette to lightly coat it all. Scatter seed-onion mixture over the top and garnish with the herbs. Serve immediately at room temperature. Serves four to six.

Cooking
Corner

with Nancy Adams



Tomato-Zucchini Pie

Two plentiful garden vegetables make this off-the-box recipe a quick and easy way to use late summer produce. Serve alone, or with BBQ meat, fish or poultry. Serves six.

Ingredients:
2 cups chopped zucchini
1 cup chopped tomato
1/2 cup chopped onion
1/2 cup grated Parmesan cheese
1½ cups milk
3/4 cup Bisquick mix
3 large eggs
salt and pepper to taste

Preheat oven to 400 degrees. Grease a 10-inch deep- dish pie plate or quiche dish. Sprinkle zucchini, tomato, onion and grated cheese in the bottom of dish/pie plate. In a bowl, beat remaining ingredients until smooth; pour over vegetable/cheese mixture. Bake until a knife inserted in the center comes out clean about 30 minutes. Cool five minutes before serving.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. Nancy welcomes suggestions – send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.

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Cosy Sheridan & Sloan Wainwright Concert

Cosy Sheridan & Sloan Wainwright will appear in concert at the Nelson Town Hall on Friday, September 19th at 7:30 p.m. Admission is \$20 or \$17 in advance.

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ENTERTAINMENT

and DINING

Wednesday, Sep. 10

MISCELLANEOUS

Home Healthcare Hospice & Community Services: **Walk-in Wednesdays-By Appointment** HCS Charlestown, 33 Arborway. Confidential, free discussion of services available. **603-352-2253**. www.HCSservices.org.

Learn to Play American Mahjong 1-3pm. Keene Public Library, 60 Winter St., Keene. Four week class. Class is for beginners but experienced players are welcome to come and play their own game. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Walk-in Wednesdays 1-3pm. Family Resource Center at HCS, 312 Marlboro Street, Keene. Confidential, free discussion of services. From Healthy Starts to Hospice care. **603-352-2253**. www.HCSservices.org.

Home Healthcare Hospice & Community Services: **Walk-in Wednesdays** 1-3pm. HCS Peterborough, 454 Old Street Road Medical Arts Building, Suite 208. Confidential, free discussion of services. **603-352-2253**. www.HCSservices.org.

Summer Farm Tour Series: Dog Days Farm 5:30-7pm. Dog Days Farm, 72 Jaffrey Rd. Fitzwilliam. Dog Days Farm is a diversified vegetable farm and CSA. Register at Nina Halsted: **802-400-3660**. nina@cheshireconservation.org.

Teen Sit & Scribble 5:30-6:30pm. Keene Public Library, 60 Winter St., Keene. Ages 12-19. Share stories and ideas in a creative space. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

Blood Drive 10am-2pm. Teleflex Medical, 50 Plantation Drive, Tall Pines Industrial Park, Jaffrey. To make an appointment call **800-733-2767**.

Thursday, Sep. 11

MISCELLANEOUS

Cheshire Village at Home Social: The Loyalist Stroll on the Wyman Tavern Block 1:30pm. The Wyman Tavern, 339 Main St., Keene. Limited participation. Call for info or to register at **603-903-9680**.

Fiction and Memoir Writers Group 6-7:50pm. Keene Public Library, 60 Winter St. New members welcome. Provides prose fiction writers with a friendly and supportive environment. Meets virtually and in person at the library. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Understanding Hospice Care: Separating Facts from Myths 6pm. Covenant Living of Keene, 100 Wyman Road, Keene. Learn the truth about hospice care with HCS-Home Healthcare, Hospice and Community Services. RSVP at **603-921-0995**. www.covlivingkeene.org.

Zumba Gold Fall Session 10:45-11:45am. Keene Rec. Center, 312 Washington St. Zumba Gold meets Tuesdays and Thursdays for 8 weeks. Register on Rec Center website or call **603-357-9829**. www.keeneparks.recdesk.com.

Friday, Sep. 12

ARTS, MUSIC & THEATER

Art Show: Public Reception 5-7pm. Dublin Community Center, 1123 Main St., Dublin. Paintings & Pastels of Jim Murphy & Peggy Van Valkenburgh. **603-563-8080**. www.dubhub-nh.org/calendar.

Sacred Circle Dance 6:30pm. Peterborough Unitarian Universalist Congregation, 25 Main St. All dances are taught. Beginners are welcome. No partner is necessary. Wear comfortable shoes. The program is free. Donations are appreciated and will benefit "End 68 Hours of Hunger." Lucy@poetryofthedance.com.

Peterborough Folk Music: Rani Arbo & Daisy Mayhem 7pm. Bass Hall, 19 Grove St. \$30 online/\$35 cash/checks only, day of show. www.pfmsconcerts.org.

MISCELLANEOUS

Red Cross Blood Drive 11am-4pm. Student Center, 229 Main Street, Keene. Call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

Saturday, Sep. 13

ARTS, MUSIC & THEATER

Artist Talk: Marty Kelley 1pm. Peterborough Town Library, 2 Concord St. Artwork on display through September 26th. **603-924-8040**. www.PeterboroughTownLibrary.org.

Folksoul 1:45pm. Deb's House, Harrisville. Rain date: Sept. 14th. **603-318-9196**. www.pfmsconcerts.org.

Monadnock Tri-State Dance Club 7-10:30pm. ELMM Community Center, 21 Durkee St., Winchester. Featuring Kevin & The SurfCasters. Everyone welcome. \$12. Refreshments available, 50/50 raffle. Rich: **603-398-8539**.

DINING PLEASURES

\$5 Lasagna Take Out Meal 4-6pm. Samuel E. Paul Community Center, 61 South Street, Troy. Takeout only. Home-made lasagna, salad, garlic toast. Troy Recreation Department: **603-313-2243**. troytownrec@gmail.com.

FAIRS & SALES

Hinsdale Farmers Market 9am-1pm. Downtown Hinsdale, Millstream Riverfront Park.

Keene Farmers' Market 9am-1pm. Gilbo Avenue, Keene. Locally grown and made goods. Fresh veggies, fruits, herbs, specialty products and much more. www.keenefarmersmarket.com/.

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FAIRS & SALES

The Winchester Farmers' Market 9am-1pm. Main St., Winchester. Local produce, fresh prepared foods, artisan meats, and hand-crafted goods. **603-762-0133**. winchesterfarmersmarket@gmail.com.

Harvest Craft Fair 9am-3pm. First Congregational Church of Swanzy, 679 Old Homestead Hwy. Vendors inside and out. Handmade goods from local artisans. Refreshments for sale. **603-352-6689**. office@swanzyucc.org.

Annual Harvest Auction 10am. Third Congregational Church, 14 River St., Alstead. Viewing at 9.

MISCELLANEOUS

The Community Kitchen: Mobile Food Pantry 1pm. The Fitzwilliam Inn, 62 New Hampshire 119W. Locally sourced fresh produce, meat, and dairy products and non-perishable food items free to eligible residents. **603-352-3200**.

The World is Large: Bill Donahue 2pm. Hancock Town Library, 25 Main St., Hancock. Journalist and Hancock resident visits to present his latest book, Unbound: Unforgettable True Stories from the World of Endurance Sports. **603-525-4411**. hancocklibrary@comcast.net.

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. Takes approximately 10 minutes from the time of arrival. **603-352-5739**.

Tour of Bridges: 50-mile Motorcycle Tour 8am-12pm. Golden Rod Grange Hall, 625 Old Homestead Hwy, Swanzy. Visiting six historical bridges, concluding at Tempest's Restaurant in Keene with lunch and door prizes. \$30 cash or check at registration. Registration 8-9:30 am.

Red Cross Blood Drive 9am-2pm. Monadnock Covenant Church, 90 Base Hill Road, Keene. Call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

Hinsdale Historical Society: A Civil War Encampment 10am-4pm. Col. Ebenezer Hinsdale Homestead, 609 Brattleboro Rd., Hinsdale. Features reenactors, live music, and an appearance by President Abraham Lincoln portrayed by Steve Wood. Free, all are welcome. \$5 parking.

Cheshire County Veterans Expo 10am-1pm. Keene Family YMCA, 200 Summit Rd., Keene. Services and representatives from several agencies will be in attendance. Free lunch and free haircut to attending veterans. Lunch served 11-1. Raffle prizes. Rain or shine. www.keeneymca.org/veterans-expo/.

Aerial Yoga 10:30am-12pm. Aloha Keene Yoga Studio, 83 Court St., Keene. josephine@alohakeene.com. www.alohakeene.com.

ATV Poker Run 12-3pm. Firemen's Recreation and Training Grounds, Contoocook Falls Rd, Hillsboro. Visit checkpoints to build poker hands to win prizes. BBQ food items for sale. Buy tickets at www.hccnh.org/atv/.

Sunday, Sep. 14

FAMILY FUN

Rindge Conservation Commission Hike 1:30pm. Teareault Park, Rand Road, Rindge. Celebrate Hug Your Hound Day by taking a hike with your canine and human friends. Dogs must be on leash, under owner's control, and up-to-date on rabies vaccination. Bring bags to remove pet waste. rindgeconcom@rindge.nh.gov.

MISCELLANEOUS

The Starr Memorial Garden Rededication Ceremony 12pm. KUUC, 69 Washington St. Behind the church sanctuary. Name changed to honor Unitarian Minister Deane Starr who died from AIDS in 1996 and his son Paul who died from AIDS in 1992. **603-352-1719**. office@kuuc.org.

RELIGIOUS

Open House 9:30am. Stoddard Congregational Church, NH 123. Welcoming guests interested in what they do. Coffee and refreshments at 9:30, service at 10, fellowship to follow. Tara Bell: **603-770-7316**. t.bell@scstoddard.com.

Monday, Sep. 15

LECTURES & WORKSHOPS

Lecture: Living and Resisting in Nazi Germany, Dr. Paul Vincent 6-8:30pm. Jonathan Daniels, 227 Maple Ave. Vincent is a Keene State College Professor Emeritus. He chaired the Department of Holocaust and Genocide Studies and served as Director of the Cohen Center for Holocaust Studies. Second lecture Sept. 22nd.

MISCELLANEOUS

Decorate the Teen Space Bookends 3-5:30pm. Keene Public Library, 60 Winter St. Each teen/tween will get a bookend to design. Once decorated, the bookend will help keep the teen collection standing. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

Red Cross Blood Drive 9:30am-2pm. Park Theatre, 19 Main St., Jaffrey. Call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

Tuesday, Sep. 16

LECTURES & WORKSHOPS

Birding on the Farm 8-10am. Retreat Farm, 45 Farmhouse Sq., Brattleboro, VT. All levels. Bring binoculars, weather appropriate dress, boots for walking. Registration required. **603-904-3011**. info@cheshireconservation.org.

MISCELLANEOUS

Hear Me Out: How to Talk When Nobody's Listening 7pm. Hancock Town Library, Daniels Room, 25 Main St., Hancock. Adar Cohen helps people and communities have big conversations. Free. **603-525-4411**. hancocklibrary@comcast.net.

Wednesday, Sep. 17

LECTURES & WORKSHOPS

Free Medicare & Social Security Workshop 6-7pm. Keene Public Library, 60 Winter St. Workshop presented by Steven Bergeron of Wealthcare Capital. For details and to make reservations call **603-354-7770**. www.freemedicareworkshopkeene.com.

Chapters Cafe: A Haven Of Culinary Delights



Cindy Giannetto offers coffee, espresso, treats, and satisfying food.

Cindy Giannetto, a Keene resident and former banking professional, is excited to announce the opening of a new café in Keene, bringing a fresh take on simple culinary pleasures to the community. Before banking, Giannetto worked in the food industry from cashier-counter help to management. Having worked in a variety of establishments, from a small “blue collar” deli to a large Italian deli/bakery, Giannetto found herself missing the energy and creativity that comes with food service.

Nestled in the heart of Keene, this new café, founded by Giannetto, offers a welcoming haven where guests can enjoy good coffee, espresso, treats, and satisfying food. Her vision was to create a comfortable spot for catching up with friends, diving into a good book, or simply enjoying a moment of peace.

“My goal is to create a place where everyone feels welcome,” she Giannetto. “I want to offer delicious, fresh-made meals with a menu that offers variety, including daily specials, all-day breakfast sandwiches, and promising new favorites.” For those on the go, a convenient grab-and-go section will be available, perfect for a quick bite. “From wraps to half sandwiches, Stromboli to salad, there will always be something for you.”

Coffee lovers will rejoice with all-day service, featuring offerings from Green Mountain, alongside an express cappuccino and hot chocolate self-serve. A key highlight of the café will be its focus on gluten-free options, reflecting Giannetto’s personal passion for adapting recipes.

“This café isn’t about being fancy or extravagant,” she says. “It’s about keeping it simple, easy, and affordable, ensuring you can meet your daily needs in a comfortable and friendly environment.”

Chapters Cafe is located in the Toadstool Bookshop at 12 Emerald Street. Hours of operation are Tuesday to Friday, 7:30 a.m. to 3 p.m., Saturday and Sunday from 9 a.m. to 3 p.m., closed on Monday. For more details about the menu, or to place an order, 603-352-1558.

LETTERS

Retired Educators Group To Meet

To The Editor:
I am writing as Membership Chair of the Cheshire County Retired Educators Association. We meet five times a year in the months of September, October, December, April and May. We share lunch, conversation, and each other’s company as well as enjoy a variety of presentations. Our initiatives throughout the year include: participation in a read-aloud program for area schools with a donation of books, collection and donation of mittens, hats and scarves for elementary students in Keene and the surrounding towns, collection and donation of non-perishable foods and cash for The Community Kitchen as well as donations to local charities.

We would like to extend a warm invitation to all retired teachers, administrators, and education staff who have served in New Hampshire as well as elsewhere but now live in Cheshire County or its border towns. Dues are \$5 a year.

Please check out our website at www.cheshire-countyretirededucatorsassociation.com.

If you are interested in more information, please contact our President, Alan Gross at agrossinnh@gmail.com or 603-209-7506 or Susan Masiello, Membership Chair, at smasiello1977@gmail.com or 603-667-7539. You may also check out Cheshire County RetiredEducators.org. Thank you.

Susan Masiello
West Chesterfield

MYSTERY PHOTO

from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a certificate for \$25 to The Pub. Call The Monadnock Shopper News at 603-352-5296. You may win only one contest every three months. No walk-ins.

(Prepared by the Historical Society of Cheshire County)



The winner of last week’s Mystery Photo contest was Marilyn Simons of Jaffrey. The Depression era mural was located in Parker Hall (at KSC).



This photo shows an electrical shop on what street in what Cheshire County community?

Holocaust Historian Dr. Paul Vincent Speaks On Living And Resisting In Nazi Germany

Keene Community Education Enrichment Programs will host Holocaust scholar and historian Prof. Paul Vincent as he delivers a two-part lecture series titled Living and Resisting in Nazi Germany, offering an exploration of life under one of the most oppressive regimes in modern history.

On Mondays, September 15th and

22nd, the lectures will be held at the Jonathan Daniels Building at 227 Maple Avenue in Keene. Admission is \$25.

This timely series will examine how Nazi Germany’s totalitarian system rapidly reshaped German society and suppressed individual freedoms. Dr. Vincent illuminates the transformation of daily life under Hitler’s rule.

Program About Connecticut River Planned September 17th

The Connecticut: New England’s Great River will be presented Wednesday, September 17th at 7 p.m. at Chesterfield Town Hall.

The program explores the history and natural beauty of the Connecticut River, along with the issues involved in managing its health. It also highlights the role of citizens in shaping a vision for the river’s future. The free event is offered by the Chesterfield Historical Society.

For details, visit chesterfieldhistoricalsociety-nh.org/page-1



TOUR OF BRIDGES 50-Mile Motorcycle Tour

Saturday, Sept. 13th • 8am - Noon

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A COMPLETE LIST OF GUNS AND RAFFLE INFO CAN BE FOUND AT WWW.CCSSEF.ORG

Homestead Covered Bridge Kitchens & Design Recently Opened – Transforming The Heart Of The Home

HOMESTEAD, Continued from page 1

Homestead Covered Bridge Kitchens & Design was the brainchild of Champney and Dan Lang, the owner of D.A. Brothers Contractors. The two have worked together for years in the building and renovating business, so the expansion of a kitchen and kitchen design-specific business just made sense.

“For years, homeowners and builders in the Monadnock Region have had to travel to multiple suppliers to find the right cabinetry, countertops, and design solutions,” says Lang. “Now, Homestead Covered Bridge Kitchens & Design has brought it all together in one convenient location.”

The new business at 93 Monadnock Highway also houses D.A. Brothers Contractors and utilizes the same management, expertise, professionalism, vision, and dedicated reputation that D.A. Brothers has built over the past 20 years.

The stunning showroom at Homestead Covered Bridge Kitchens & Design provides endless inspiration for a kitchen, including cabinetry, countertops, hardware, and tile. There is also a full showroom on-site of flooring provided by an experienced and professional flooring company.

For homeowners to see their vision come together, two in-house designers go beyond simply putting ideas on paper. A skilled designer has expertise in layout, functionality, and interior

design and can help create a space that not only looks beautiful but also works for your lifestyle.

“With the help of detailed 3-D renderings, you’ll get to step into a vision of your new kitchen and truly imagine it as your own,” says Champney. “It’s more than just seeing a model on a screen; it’s experiencing how the layout, colors, and finishes will come together to create a space that feels like home.”

Integrity Cabinetry, CabTec, and Walpole Cabinetry are cabinetry lines carried here.

“I wanted to create a place where quality, customization, and customer service weren’t optional; they were guaranteed,” says Lang. “It was also about building something local and meaningful. I wanted to support my community by sourcing materials responsibly, creating jobs. I’ve always believed that the spaces we live and work in should reflect quality, functionality, and craftsmanship.”

He goes on to say that cabinetry is more than just wood and hinges; it’s about creating something lasting, personal, and purposeful. “Starting this cabinetry store was a way for me to turn my passion into a purpose: to help customers transform their kitchens, bathrooms, and living spaces into something truly special. Whether it’s a custom build or a ready-to-install design, I wanted to create a place where craftsmanship and customer care are never compromised.”



Buddy Champney (L) and Dan Lang are seen with tile sample displays in the beautiful showroom at Homestead Covered Bridge Kitchens & Design in Swanzy.

Homestead Covered Bridge Kitchens & Design offers a vast selection of countertops in materials such as quartz, concrete, marble, slate, butcher block, granite, travertine, Corian, laminate, bamboo, and many others.

“D.A. Brothers created Homestead Covered Bridge Kitchens so we could offer our customers products in-house. It allows us to control jobs, timelines, and quality. It also offers our customers a one-stop shop with cabinetry, countertops, hardware, tile, and flooring,” Lang says.

Customers will get a complete and personalized design experience working with these trusted professionals. And one of the best benefits of working with a division of D.A. Brothers Contractors is that any custom design services needed can all be done internally.

A workshop, “Kitchen & Bath Do’s & Don’ts,” will be held at Homestead Covered Bridge Kitchens & Design on Saturday, September 27th from 10 a.m. to 1 p.m. This free, informative event is designed to help homeowners learn about current trends, proper installation practices, and how to make smart choices when designing these important spaces. Complimentary coffee and pastries will be served.

“Whether you are planning a full remodel, refreshing your space, or building new, our experienced designers are ready to guide you through every step,” Lang concludes.

Homestead Covered Bridge Kitchens & Design is open 8 a.m. to 4 p.m. Mondays through Fridays. For more details or to set up a consultation with a design expert, stop by the showroom, call 603-207-1200, or visit www.hcbkitchens.com.

Author To Speak On Extreme Sports Stories In Hancock

Journalist and Hancock resident Bill Donahue will visit the Hancock Town Library Saturday, September 13th at 2 p.m. to present his latest book, *Unbound: Unforgettable True Stories from the World of Endurance Sports*, a collection of endurance sports stories that he has reported on five continents over the last 25 years.

In this book, Donahue has pulled together a captivating collection from his years of reporting on everything from cycling the wilds of Dominica to cross-country skiing in Alaska with the U.S. military. The stories feature the fearless Swiss explorer Sarah Marquis breaking up the “boys club” of exploration, four-year-old Budhia Singh running 37 miles without stopping, a visit to Tour de France contender Nairo Quintana’s Colombian village in the High Andes, and more.

The event is free and open to all.

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The Town of Hinsdale, NH (Pop. 4,203) is seeking a current certified law enforcement officer (New Hampshire preferred) to join our team as Patrol Sergeant. The ideal candidate should have a strong background in leadership, conflict management, have an empathetic nature, and an understanding of community policing. Applicants must possess a high school diploma or equivalent with some higher education in the law enforcement/criminal justice field, plus at least six years of full-time certified law enforcement experience, two of which in a supervisory capacity, and a valid motor vehicle license. Certification by New Hampshire Police Standards and Training Council, or the ability to obtain certification within a reasonable period of time based on prior law enforcement certifications, is also required. Must be able to pass a physical fitness test as required by the NH Police Standard and Training Council.

Applications can be requested from the Hinsdale Police Department at: hinsdalepolice@pd.hinsdale.nh.gov. Salary: from \$70,000 annually. Benefits include: New Hampshire Retirement System, medical and dental insurance coverage, annual leave time, holiday pay and professional development assistance.

Please submit application and resume to:
Police Chief, Melissa Evans at: mevans@pd.hinsdale.nh.gov or drop it off
to the Hinsdale Police Department, 10 Main Street, Hinsdale, NH.

The Full Job Description can be found on the town's website at:
<https://www.town.hinsdale.nh.us/> under Employment.

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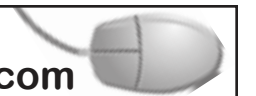
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