



# The Monadnock

# SHOPPER NEWS

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## Celebrating The Red, White, And Blue At Allen Brothers Farms



Allen Brothers Farms, on Route 5 in Westminster, VT, is showing their Independence Day colors with festive hanging baskets filled with red, white, and blue Calibrachoa plants. These annuals are known for their small, petunia-like flowers that bloom all season with little maintenance.

Moe Poitras, farm manager at Allen Brothers, is shown gathering festive red, white, and blue hanging baskets.

## Tent Sale At Harrisville Designs Retail Store July 11th

The Harrisville Designs Retail Store will be holding their third annual tent sale outside the store on Saturday, July 11th. This one-day-only sale will feature seconds and discontinued items: everything from potholder looms and loops to yarn cones, fleece, peg looms, and more.

This is a great time for anyone who is either a longtime maker or just getting started to stock up on tools and materials at deeply discounted prices. Supplies are limited, so early arrival is encouraged. Shoppers are encouraged to bring their own bags to help reduce waste.

The sale hours are from 9 a.m. to 2 p.m. The Harrisville Designs Retail Store is located at 4 Mill Alley Road in Harrisville. Harrisville Designs has been producing 100 percent wool yarns and floor looms for generations. Its Friendly Loom kits help carry the same tradition forward by making fiber arts accessible, approachable, and enjoyable for all ages and skill levels. For more details, visit [harrisville.com](http://harrisville.com).

At left, Marcy Schepker and Danielle Joffe stocked up at last year's tent sale.



## Monadnock Summer Lyceum Begins July 5th

The 57th season of the Monadnock Summer Lyceum will open on Sunday, July 5th, with a series of Sunday lectures about subjects ranging from history to contemporary social and political issues. The Lyceum will be held at the Peterborough Unitarian Universalist Church.

All sessions begin with music at 10:30 a.m., fol-

lowed by the lecture at 11 a.m., and a reception at noon.

The July 5th lecture will be “Why Foreign Policy Matters,” with Bob Beck, retiree with 30 years’ experience in the U.S. foreign policy establishment. Music will be contemporary folk music by the Tara Greenblatt Band.

LYCEUM, page 17

## A Reason To Celebrate – 250 Years Of One Nation

By Deb Paul

On July 4, 1776, a group of ordinary people made an extraordinary choice. They declared that a nation could be built on freedom, equality, and the belief that people, all people, deserve a voice in their own future. They weren't perfect, and they didn't agree on everything, but they agreed on something bigger, liberty, and that idea still holds us together.

That's why this year's Fourth of July carries more weight than usual. Those imperfect but determined individuals signed their names to an idea bold enough to change the world: that ordinary citizens, not kings, not rulers, not distant powers, should decide their own future.

It's easy these days to focus on what divides us. We hear it on the news, we

see it online, and we feel it every election season. But the truth is simpler than the noise: most people in this country are good people trying to live decent lives. They love their families, care about their communities, and want a future that's safe and fair. That's true whether they grew up here or arrived later, whether they vote red or blue, whether they worship, don't worship, or fall somewhere in between.

The Founders didn't imagine a nation where everyone agreed. They imagined a nation where disagreement didn't break us, where the government's power came from the people, not the other way around, and where freedom belonged to all of us.

NATION, page 11

## Chase's Mill: Plenty Of Ways To Get Hands Dirty This Summer



Bob Brown demonstrating water power using a model at Chase's Mill

Chase's Mill, one of the few remaining operational waterpower mills in New Hampshire, is opening its doors this summer to history buffs, creators, and anyone looking to disconnect from the digital world and connect with their hands.

While the mill serves as a living museum, offering weekend tours on Saturdays and Sundays from 10 a.m. to noon, it is also a fully active woodworking shop hosting hands-on classes. Visitors looking to stay clean can learn about the history of New Hampshire's industrial past in a tour or lecture, while those ready to get their hands dirty can choose from a variety of creative workshops. Summer offerings include woodworking classes and community open shop time, composting, clay tile crafting, and an indigo dyeing workshop.

For Bob Brown, Chase's Mill has been a cornerstone of life since childhood. Now, he is on a mission to share the profound satisfaction of working with wood with a new generation.

“Give it a try. Woodworking can be really fun,” says Brown, whose enthusiasm for the craft is nothing short of evangelical. “Working with wood is really pretty easy. Good sharp tools and basic instructions are all that is needed.”

Brown believes that making tangible objects does more than just yield a physical product— it builds fundamental life skills.

MILL, page 11

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**A Steinway Finds Its Home Under The Marquee**

The Colonial Theatre and Showroom acquired a Steinway B grand piano through a \$100,000 gift from an anonymous donor, the organization announced recently. The gift funds the instrument's purchase, any associated acquisition costs, and establishes a fund for its long-term care.

The Steinway B is now a permanent fixture of The Colonial's main stage. The instrument's inaugural showing was when Ben Folds performed at The Colonial this past month.

Before the acquisition, instrument rentals represented a recurring cost that directly affected programmatic financial decisions. When a touring artist or ensemble requests a concert-quality piano, the expenses related to sourcing, transporting, and returning a rental instrument add significant expenses to an already complex production budget. In some cases, that cost is enough to make a booking financially unviable.

The 26/27 season reflects the immediate impact of the acquisition. Emmett Cahill's Candlelight Christmas, a piano-centered production joining the season this winter, was made possible, in part, because a rental is no longer required. Additional 26/27 programming that will make use of the instrument includes the Armenian Chamber group, the Naghsh Ensemble, violinist and songwriter Jenny Scheinman, and the New England Philharmonic's performance of a live-scored film of Buster Keaton's Sherlock Junior.

"This gift changes what we're able to say yes to," said Keith Marks, executive director of The Colonial Theatre and Showroom. "When Ben Folds sat down at that piano, it was more than a great night – it was a signal of what this place is becoming. We have a Steinway B in this building now. That means artists who might have looked past a venue our size will look at us differently. It means programming decisions we used to have to talk ourselves out of are now possible. This kind of investment doesn't make the headlines it deserves because the community doesn't see it. But, this will absolutely impact the caliber of talent and types of shows we're able to present in the future."

Funds from the gift exceeding the piano's purchase price will be held in a fund designated for the instrument's maintenance and, eventually, its replacement, providing long-term support for the organization's musical programming infrastructure.

Tickets and membership information are available at thecolonial.org.

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# PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

## Pretty Boy

Pretty Boy is a two-year-old large mixed breed with a big heart. While he may take some time to warm up, he's a sweet, affectionate dog who loves to snuggle once he feels comfortable. He can be vocal when he sees other dogs on leash and is currently working on calmly disengaging, so he will likely do best as the only dog in the home.



Pretty Boy has spent time in a foster home with young children and has learned that kids aren't so scary, though his size and enthusiasm can make his play a bit rough. As a big dog with big feelings, he will benefit from continued training to build his confidence and navigate the world more comfortably. MHS strongly recommends connecting with the MHS Training Center for ongoing support. With patience, consistency, and understanding, Pretty Boy has all the makings of a deeply loyal and loving companion.

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

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## Tall Ships Are Coming; Bus Trip Planned

The tall ships are returning to Boston. As part of Sail250, a celebration of America's 250th birthday, over 60 ships from more than 20 countries will partake in an unforgettable event that will include public ship boardings and a crew and cadet street parade.

Ships will be docked at the Boston Fish Pier, Commonwealth Pier, Courthouse Dock, Fan Pier, Rowes Wharf and the Charlestown Navy Yard. In honor of this historic event, Alpha & Omega Transportation is booking seats on a bus that will depart Keene on Monday, July 13th at 7:30 a.m. and leave Boston at 6 p.m. The cost is \$45 per person with 20 percent off for groups of five or more. Passengers can take in the tall-ship festivities (costs not included in the bus fee) or explore the city on their own.

For schedules, maps, and event details, visit [sailboston.com](http://sailboston.com) or [meetboston.com](http://meetboston.com). To reserve a seat on the bus, Alpha & Omega can be reached at 603-352-8340.

## Ashuelot Park Storytime With Virgil The Dog At Ashuelot River Park

The Keene Public Library will host an outdoor Storytime at Ashuelot River Park, at 273 West Street, on Wednesday, July 8th, from 10:30 to 11:30 a.m.

The session will feature stories, songs, and activities for children up to age six and their caregivers, with special guest Virgil the therapy dog. Attendees will have the chance to meet Virgil and learn about his work as a therapy dog. Families are encouraged to bring blankets or chairs.

Registration is appreciated and encouraged so that attendees can receive notifications about any weather-related changes. For more details, contact Amy Kraemer at [akraemer@keenehnh.gov](mailto:akraemer@keenehnh.gov) or 603-352-0157.

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# The Keystone Solution – Carbon Fee And Dividend

Warming our planet is more than weird weather; it gets more dangerous and expensive until we stop pumping heat trapping gasses into the air. The dangers include increasing deaths from more intense disasters, heatwaves, and the pollution we breathe. The economic costs aren't just the disasters destroying crops and properties, there is a race to build the next generation of cleaner energy sources (solar, wind, batteries, and EVs) and we are falling behind. There are also national security risks as the wars in Ukraine and the Middle East have shown. Battery powered drones are changing warfare; battery storage is making solar and wind into 24/7 energy sources. Producing batteries at scale has become a national security imperative.

First, place a fee on fossil fuels at the source (well, mine, or port of entry). This fee starts at \$15 per ton of CO2 equivalent emissions and increases steadily each year by \$10. This is effective, efficient and fair.

Second, all the money collected, minus administration costs, is returned to American households on an equal basis. Under this plan about two-thirds of all households will break even or receive more in their monthly dividend than they will pay in higher prices due to the fee, protecting middle-income and low-income households. This is fair, efficient and effective.

This summer is widely predicted to be more dangerous and expensive due to a strong El Nino, a Pacific Ocean temperature event that global warming is expected to make much worse. This is not surprising, since the oceans have been absorbing more heat than the air for decades.

The longer we delay dealing with this the more dangerous and costly it gets. Numbers don't lie, the warning line of 350 PPM of carbon dioxide in the atmosphere was crossed a long time ago and is now rising above 430 PPM.

We are pumping massive amounts of greenhouse gasses for free. The fossil fuels we burn provide huge profits for some while they cost society more each year. Since CO2 lasts for decades, these pollutants ensure a much hotter world for future generations.

If you want to change a bad behavior, putting a price on the source is an effective tool. We succeeded in reducing the tobacco scourge by putting a higher price on tobacco.

To tame the climate monster, there is a keystone policy that will meaningfully bend the greenhouse gas (GHG) curve and reduce the warming. Carbon pricing is inevitable; it's already spreading around the world. How and when we do it matters to all of us.

Carbon fee and dividend (CF&D) is simple, fair and market based, it will stabilize the climate and boost the economy.

Third, a border carbon adjustment is placed on goods imported from and exported to countries that don't have an equivalent price on carbon. This will keep US businesses competitive in trade with countries where emissions are free and strongly encourage more nations to adopt an equivalent price on carbon. This is effective, fair and efficient.

Letting firms rake in massive profits by pumping toxic gasses into the atmosphere for free that cost thousands of lives and billions of dollars is madness.

A predictably increasing federal carbon price will send a clear market signal which will unleash entrepreneurs and investors in the new clean-energy economy.

This will cut greenhouse gasses by 50 percent in 20 years while creating millions of jobs, boost GDP and avoid 230,000 premature deaths due to the reduction in air pollutants. Learn more at <https://citizensclimatelobby.org/remi-report/>.

Putting a price on the pollution and rebating the money to each of us to cover inflation and make our choices is essential.

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# Roots And Roses: What Colonists Carried To New England

Four hundred years ago, European settlers coming to what is now New England carried many surprising items with them across the waters. Carefully wrapped and packaged, they brought grandfather clocks and classical harps, china and crystal, as well as other family heirlooms – from salt cellars to warming pans. These painstakingly kept articles were also accompanied by others more sentient – animal companions and even plant life.

I am, of course, quite interested in the latter. Aside from root vegetables (including potatoes, turnips, and carrots), the vast majority of plants initially brought over the Atlantic were cooking herbs, medicinal plants, as well as flowering shrubs. Although I'll present them in these main categories, plants often crossed these lines. Many herbs, for instance, served both the cook and the apothecary (who was, by the way, usually the same person).

England. Those old stands of purple flowering lilacs we see all over southern New Hampshire are quite possibly direct descendants of the ones planted at the Wentworth Estate.

These roses and lilacs both served as a connection between the land where people once lived and the land they came to call home. I imagine they also reminded people of someone they loved. Just a couple of weekends ago, I heard one gardener ask another a hypothetical question, "If you could only take three plants with you to an island, what would you bring?" Without hesitation, he replied, "My mother's roses." Centuries ago, when people seeking a new life packed their bags, they made the same decision. They also seem to have been a practical lot and brought their root veggies, and their herbal and medicinal plants, as well.

If you want to dig into this further, a good read is John Josselyn's 17th century publication, *New England's Rarities*, as well as the more modern *Flowers and Herbs of Early America*.

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



**Woods and Gardens**  
with Yedida Landis

Within the four-square gardens typical to that era, we would have found some of the herbs we know well – parsley, sage, thyme, rosemary, lavender, chives and mint. These were most often used to flavor meats and root vegetables. Within that garden, we also would have found some herbs that seem less ordinary and had other purposes, as well. These include tansy, salad burnet, rue, comfrey, bayberry, pennyroyal, lemon balm, and bee balm. The latter was used as a tea substitute after the Boston Tea Party. Rue, pennyroyal, and tansy are all toxic when taken internally in high quantities and were used mostly either in small doses to heal specific ailments or in large doses as insect repellents. Pennyroyal, for instance, would be crushed and placed on windowsills to prevent flies from coming in. Tansy was strewn on floors to deter fleas.

Now that we've blurred the line a bit between kitchen herbs and herbal medicinals in the colonial era, let's get into the medicine plants settlers brought with them. These include mallow, all-heal (although a different variety already thrived in these lands), stinging nettle, wormwood, dock, henbane, plantain and mullein. Looking more in-depth at the uses of just one of these plants, we get a better picture of how much the colonists relied on them for healing support. All-heal or *Prunella vulgaris*, a low-growing ground cover (similar to bugleweed or *Ajuga reptans*) was – as the name suggests – used for healing all types of maladies. A decoction of the plant was made to clean and seal wounds, as well as heal bruises and sores. All-heal teas (made using the leaves and flowers) were used to clear up eye infections or taken internally to heal coughing of blood (I'm glad that's not such a common illness of today). Rubbing the juice of the plant, mixed with rose water and vinegar, on the temples was said to soothe headaches. The list goes on. Beyond the medicinal qualities of All-heal, the plant's sweet purple flowers and ability to come back after a long winter meant that people loved to plant them for their beauty, as well.

Beauty was one of the leading reasons that settlers brought flowering shrubs over the Atlantic. From the journals and stories I've read, people also brought them over for their connection to family and place, as well as for their medicinal or culinary value. All in all, we can assuredly say that colonists were particularly keen on roses. European rose varieties introduced here included Damask, Gallica, Alba, Sweetbriars and Centifolia (Cabbage Rose). The latter were highly prized for their double petals and intense fragrance. Although we know generally what types of roses were brought over, it has taken some digging to find any specific varieties that remain in gardens from the 1600s. Thanks to the diligence of gardeners in places like The Old Rose Garden at Whipple House in Ipswich, Massachusetts, we know a few. These include the Celeste Alba, the Burnet Double White Scots and two Gallicas – the 'Miniature de Meaux' and a 'Cardinal Richeleaux.' After roses had settled in this land along with the British, one voyager, Benning Wentworth, packed some rootstock of a fragrant, blooming bush in his luggage. He settled in Portsmouth, New Hampshire and would become our first governor, as well as the reason that lilacs have spread across New



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# Summer Magic

Summer always seems to have a kind of magical quality. It feels like time slows, there are a host of fresh scents and sights, and there's a simplicity that we don't experience during the other seasons of the year. Colors seem brighter, sounds and scents conjure childhood memories, and every day feels like an adventure. Summer has a way of reminding us that the best moments in life rarely come with a price tag.

As a child, summer felt endless, with long days spent outdoors, dips in the pool or lake to cool off, eating outside, and staying up late to catch fireflies,

play with sparklers, or simply enjoy the warmer evenings. Once school let out for the year, the summer took off with bike rides, tree forts, and chasing butterflies with nets.

We didn't require fancy vacations or the top-of-the-line gadgets to be entertained. A garden hose created a host of water play activities. Boxes could become a train car or a spaceship with a little imagination. A tree in the backyard was a jungle gym. Lightning bugs in a jar with holes punched into the lid was an exciting lantern until the bugs were set free.

One of the most magical parts of the

summer experience was how time seemed to stretch longer; it may have been the longer days or simply having nothing specific to do once school was out for the season.

The memories of those summer days seemed to stick in our minds longer – the late nights playing in the back yard, the trips to the lake for a swim, the barbecues with food cooked over the charcoal grill, running when we heard the music of the ice cream truck coming down the street. There is just a magic that comes with those memories.

Summer seems to invite gatherings with kids playing outside and adults gathered around chatting and enjoying food.

Today, families may have busier schedules with sports, camp, work commitments, etc. The devices we carry everywhere chirp notifications and make us more available all of the time. It can feel like we have forgotten how to just be. Summer offers a chance to reclaim that magic.

Summer invites us to put down the phone for an hour and take a walk. It encourages us to focus on the sunset rather than the phone screen. It reminds us to hop on that bicycle and take a spin around the neighborhood. Summer magic isn't meant just for children. Adults need that magic, too.

Spending evenings sitting around a picnic table conversing with friends and family long after the meal is over, noticing the scent of flowers on the breeze, and sharing old family stories can be magic for everyone. In doing so, you also create new stories that can be passed along for future generations to enjoy. Happiness often lives in these small moments.

A child offering a bouquet of dandelions, a family dog refusing to come out of the lake, the taste of the first tomato from the garden, and the flavor of

a burger just off the grill are all moments of magic.

These moments aren't extraordinary, but they become the memory snapshots that stick with us long after the activity has faded. Summer reminds us that life doesn't need to be a race. Take a moment to notice the birds making a nest in your yard, watch for the constellations in the night sky, or enjoy a movie at the local drive-in theater.



**Monadnock Family**  
with Sheri Lapointe

Summer has a special quality that is unique to the season. We know that the long days eventually get shorter, the warm days grow cooler, and school will start again. Don't wait for the perfect day to come along to plan that picnic, roast those marshmallows, and have a family water fight. Summer may sometimes seem endless, but the days go quicker than we anticipate. Make the most of the season and create lasting memories that your family will cherish.

Years from now, someone in the family will remember the moments of laughter, the splashing in the water, the camping trips, and these memories will be the magic. Summer gives permission to slow down and focus on the things in life that truly matter.

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

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## Living And Working On Ukraine's Front Lines

The Hancock Town Library will host a free public presentation on Wednesday, July 8th, at 7 p.m. Brian Nolen, founder of the Bedford-based nonprofit NH4Ukraine and a full-time resident of Kharkiv, Ukraine, will share firsthand accounts of providing humanitarian aid in some of the hardest-hit areas of eastern Ukraine. Drawing on more than four years of experience working in and near front-line

communities, Nolen will present personal stories, photographs, and videos from his humanitarian missions, along with an update on the current state of the war and the challenges facing the Ukrainian people. The presentation is open to all. Time for questions and discussion will follow. For more details, contact the Hancock Town Library at 603-525-4411.

## Chase's Mill: Plenty Of Ways To Get Hands Dirty This Summer

MILL, Continued from page 1

"The enjoyment of something that you created yourself can be really satisfying, and perhaps even inspiring," Brown explains. "The process of working with your hands can be almost meditative. It slows you down from the often hectic pace of life. Making tangible things builds confidence, and with confidence, one can get better and better in their skills and problem-solving."

Those who want to try a new skill or practice an old one, who have a repair job to do or who want to make something for a home, who have a task but not the tools, or who would just like to explore their creativity are invited to attend a free open shop time. Attendees can work on their own projects this summer at Chase's Mill on Thursdays and Sundays. See [chasesmill.org](http://chasesmill.org) for details and for other events, lectures and classes this summer, including two being taught by Bob Brown.

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## A Reason To Celebrate – 250 Years Of One Nation

NATION, Continued from page 1

The Declaration of Independence is worth reading again this year, especially as we mark its 250th anniversary. Not because it's perfect, but because it reminds us of the promise we inherited:

"All men are created equal... endowed with certain unalienable Rights... among these are Life, Liberty and the pursuit of Happiness."

Those words weren't written for one party or one group. They weren't meant for only the loudest voices or the people who think exactly alike. They were written for everyone, for the whole messy, diverse, opinionated, stubborn, hopeful country we've become. And they still matter.

This anniversary reminds us that our strength has never come from being the same. It comes from choosing, again and again, to remain one country even when we disagree. It comes from believing that freedom is worth protecting, that democracy is worth participating in, and that our shared future matters more than our temporary divisions.

So yes, light the grill, wave a flag, and watch the fireworks. But take a moment to remember the promise that started all of this. We are part of a country that

has spent 250 years trying, not always perfectly, but always persistently, to live up to its founding ideals. We are still one nation. We are still responsible for one another. And we are still worth believing in. Have a safe and meaningful Fourth of July. Our ancestors would want it that way.

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## STOCK WATCH

Listings At Close of Market June 26, 2026 • Courtesy of RBC Wealth Management  
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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	232.21	3.20	Danaher Corp. (Kollmorgen)	196.19	19.02
Becton Dickinson (C.R. Bard)	155.92	11.94	Merck (Hubbard Farms)	128.66	14.79
Toronto Dominion Bank (TD Bank)	119.62	0.33	Deluxe (NEBS)	23.93	0.99
PC Connection	71.42	0.85	Teleflex (Jaffrey)	129.86	2.86
Bank Of America (Fleet)	57.88	1.68	Timken (MPB Corp.)	141.22	(1.14)
Corning Inc.	221.05	26.13	M&T Bank Corp. (People's United)	237.26	12.14
Ametek, Inc. (Precitech)	237.52	0.10	Dover Corp. (Markem)	225.96	2.39

PRECIOUS METALS	Close	Week's Change	COMMODITIES	Close	Week's Change
Silver (\$ per ounce)	59.41	(6.95)	Wheat (cents per bushel)	588.75	(24.50)
Gold (\$ per ounce)	4,087.20	(148.00)	Corn (cents per bushel)	440.00	(4.25)
Platinum (\$ per ounce)	1,627.65	(73.75)	Soybeans (cents per bushel)	1,155.00	13.00
			Cattle (cents per pound)	246.08	(0.67)
			Crude (\$ per barrel)	69.52	(7.47)

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## AARP Awards Grant To Keene As Part Of Program To Strengthen Communities

AARP has announced that the City of Keene has received a \$2,500 2026 Community Challenge grant. Marking the program's 10th anniversary, the grant is part of an \$8.3 million commitment by AARP to fund 750 quick-action projects nationwide aimed at making communities more livable for people of all ages, especially older adults.

"Communities across New Hampshire want solutions that boost mobility, connection, and quality of life," said Christina FitzPatrick, AARP New Hampshire State Director. "Thanks to Community Challenge grants, we're empowering residents to bring these ideas to life."

This grant will help the city conduct walk and bike audits that will be performed to assess the needs of older residents and people with mobility challenges. "The City of Keene, NH is very excited for the opportunity to pursue a Capacity-Building Microgrant as part of the 2026 AARP Community Challenge! Funds received from this grant will be used to perform a series of bike and walk audits in our community to better understand the diverse needs

of our population, especially members of the elderly community and those facing mobility difficulties," said Megan Fortson, planner, City of Keene. "Findings from this grant will help inform the results and action items included as part of our larger Bicycle & Pedestrian Plan Update Project."

View the full list of grantees and their projects at [aarp.org/communitychallenge](http://aarp.org/communitychallenge).

## New Online Survey For WSWMD Sticker Holders

The Windham Solid Waste Management District (WSWMD) has launched a new online survey to solicit feedback from the approximately 3000 access sticker holders who use the transfer station that WSWMD operates on Old Ferry Road in Brattleboro, VT.

Michelle Cherrier, WSWMD chair, encourages users to take five minutes to respond to the survey questions regarding operating hours, ease of use, and customer service.

"Our staff and the Board of Supervisors will review the responses in order to provide critical insight into upcoming operational planning and facility improvements," she says. "We consistently get compliments about the wide range of services we provide at cost-effective rates, but we know there may be things we could do to improve traffic flow, the type of containers we use, and hours of operation."

Transfer station customers, be it for trash disposal, recycling, food waste composting, hazardous waste disposal, or other services, are strongly encouraged to participate. The survey can be found at [www.windhamsolidwaste.org](http://www.windhamsolidwaste.org), or a paper copy can be picked up at the scale house. The survey will remain active until Friday, July 17th.

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## Summer Dental Cleanings At Children’s Dental Care



Shana Harmon, RDH, with Bingo the Dog, and Barbara Tourigny, RDH, with Pete the Dragon.

Summer is a perfect time to schedule a child’s “fun” dental checkup at Children’s Dental Care alongside other fun activities like camping, swimming, and family trips.

Located at 113 Railroad Street in Keene, the team at Children’s Dental Care works hard to make patient visits an enjoyable and rewarding experience while educating families on the proper care of teeth. With toys that the kids can play with (and practice brushing), Oswald the beaver coloring pages, a colorful fish tank, a play cabin in the waiting room, a prize basket filled with treasures to take home, and a library of books to explore, what child wouldn’t love to visit?

“Our patients grow up with us, often coming to our office at a young age and then every six months for cleanings and check-ups, until they graduate at age 21,” says Amy Wullbrandt, whose husband, “Dr. Wully,” is now seeing second-generation patients - previous patients who have grown up and are bringing their kids to see him. Dr. Wully, along with his son Dr. Zach, are hands on doing doctor exams at every hygiene appointment. If treatment is recommended, they strive to give a clear explanation and go over all the options so parents/caregivers can make the best choices for their children according to their specific needs and values.

Since 2002, Children’s Dental Care has treated nearly 18,000 patients, including children and adults with special needs. “I love helping our patients enjoy coming every six months, seeing them enter and leave with smiles on their faces,” says Barbara Tourigny, RDH.

## Keene Public Library Launches Homebound Library Services



Lisa Hoffmann gathers some books for delivery.

Keene Public Library has announced its new Homebound Library Services program, designed to bring library materials directly to community members who are unable to visit the library due to disability, illness, or temporary mobility limitations.

The program provides delivery and pickup of library materials, helping ensure that residents can enjoy books, audiobooks, movies, and other library resources regardless of physical limitations.

Deliveries are available weekly, bi-weekly, or monthly, depending on volunteer availability. Once enrolled, participants can request library materials by placing holds through their online library account or by contacting Lisa Hoffmann directly.

Deliveries are conducted as contactless or brief doorstep exchanges. Volunteers do not enter patrons’ homes and carry official library identification. Patrons are provided advance notice of delivery windows.

“Access to information, lifelong learning, and reading opportunities should be available to everyone in our community,” said Lisa Hoffmann, circulation supervisor at Keene Public Library. “Homebound Library Services helps us extend those opportunities to residents who may not be able to visit the library in person.”

The service is offered subject to volunteer availability, and participation requires completion of a Homebound Services Agreement. Limits may apply to the number of items delivered and the frequency of deliveries.

Residents interested in learning more or enrolling in the program are encouraged to contact Lisa Hoffmann at 603-352-0157 or lhoffmann@keenenh.gov.

Wullbrandt adds, “We don’t rush. Our hygienists, Shana and Barbara, take their time with each patient, helping them feel comfortable and learn to love their dental appointments.” That would explain a recurring theme in customer reviews that mention how both the child and the parent actually had fun at the dentist. For Children’s Dental Care, that’s as much a passion as it is a long-held mission.

With summer here it’s time to join in the fun and get a necessary checkup done. Children’s Dental Care is in network with NH Medicaid, VT Medicaid, Delta Dental, MassHealth, and most BCBS plans. For any other dental insurance, they will submit a claim on the patient’s behalf. For more details, or to book an appointment, Children’s Dental Care can be reached at 603-357-6385. Visit them online at [www.drwully.com](http://www.drwully.com).

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- July 2, 2026  
Hadlee Wilson, daughter of Nikki & Braedon Wilson, Fitzwilliam, 4
- July 6, 2026  
Freya St. Pierre, daughter of Cameron & Chelsea St. Pierre, Troy, 5
- July 7, 2026  
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**Brothers At Gathering Waters Achieve Top State Ranking In International Math Competition**



L to R Kip McGonagle, Margarita Slavina, and Calvin McGonagle.

A pair of brothers in the Gathering Waters high school program achieved top state rankings in the recent Math Kangaroo USA competition. The siblings earned their positions by demonstrating exceptional problem-solving and critical thinking skills.

In the ninth-grade division, Calvin McGonagle captured first place in the state of New Hampshire. Competing at the tenth-grade level, Kip McGonagle earned a third place finish. Three additional Gathering Waters Math Club members also secured top-ten rankings: Riley Maroni in fifth grade, Lauren Burke in sixth grade, and Felix Roberts in eighth grade.

"Math Kangaroo helps our students develop an important life skill: creative and precise thinking," said Margarita Slavina, head of the math department at Gathering Waters.

Gathering Waters is a K-12 Waldorf-inspired public charter school located in Keene. For more details about Gathering Waters, visit [www.gatheringwaterscharter.org](http://www.gatheringwaterscharter.org).

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## Chiropractic Care, Posture, And The Nervous System: A Connected Approach To Well-Being

Posture is one of the most visible indicators of how the body is functioning beneath the surface. The way we sit, stand, and move reflects not only muscle balance and joint alignment, but also the state of the nervous system that coordinates every action. Chiropractic care exists at the intersection of these systems, focusing on how spinal alignment influences posture – and how both, in turn, affect the body's ability to communicate, adapt, and function well.



At its core, posture is simply the position the body holds against gravity. When posture is balanced, the spine maintains its natural curves, allowing forces to be distributed evenly and minimizing strain on muscles and joints. Poor posture – such as slouching at a desk, leaning forward to look at a phone, or consistently shifting weight to one side – places uneven stress on the body. Over time, these patterns can contribute to stiffness, discomfort, and reduced mobility. However, posture is not just a mechanical issue; it is closely tied to how the nervous system senses and regulates the body's position.

The spine plays a central role in this process. It houses and protects the spinal cord, which serves as the primary communication pathway between the brain and the rest of the body. Nerves branching from the spinal cord carry signals that control movement, coordination, and sensation. When the joints of the spine move freely and maintain healthy alignment, these signals can travel efficiently. When joints become restricted or irritated, surrounding tissues may tighten, and the nervous system may respond by adjusting muscle tone or movement patterns.

This is one reason posture can change gradually over time. The body adapts to areas of tension or limited mobility, often without conscious awareness. What begins as a small imbalance can evolve into a more noticeable postural pattern if left unaddressed.

Chiropractic care focuses on restoring normal motion and alignment to the spine and other joints. Through targeted adjustments, restrictions may be reduced, allowing the nervous system to function more efficiently. As joint motion improves, surrounding muscles often relax, and the body can recalibrate its sense of balance and positioning. Many people notice that after an adjustment, they stand a bit taller or move more comfortably. These changes are not purely structural – they reflect the nervous system responding to improved input from the spine.

Posture is also influenced by proprioception, the body's internal awareness of its position in space. This system relies heavily on feedback from joints and muscles, particularly those in the spine. When

this feedback is clear and accurate, the body can maintain more efficient posture with less conscious effort. When signals are disrupted by tension or restricted movement, posture may drift into less supportive patterns. By improving joint mobility, chiropractic care can help support clearer proprioceptive feedback and more natural alignment.

Of course, posture is shaped by more than the spine alone. Muscles, ligaments, and daily habits all contribute. For this reason, chiropractic care is often complemented by exercises, stretching, and ergonomic guidance. Strengthening the core, improving hip mobility, and supporting the upper back can all reinforce a more stable and upright posture. These strategies work alongside chiropractic adjustments to support long-term results.

There is also a meaningful connection between posture and overall well-being. The nervous system responds not only to physical strain, but also to emotional stress and environmental demands. People experiencing ongoing stress often adopt more guarded or collapsed postures, which can reinforce feelings of fatigue or discomfort. By reducing physical tension and improving mobility, chiropractic care can help the body shift toward a more open and balanced posture – one that supports both comfort and resilience.

In the end, posture, chiropractic care, and the nervous system form a dynamic and interconnected system. When each is functioning well, the body is better equipped to move, adapt, and thrive.

Today, technology can also play a role in understanding posture more precisely. Advanced scanning tools, like the system used at Sojourns Community

Health Clinic, can measure thousands of points on the body to provide a detailed picture of alignment. This type of insight allows for more personalized care and a clearer path toward improving posture and overall function.

*Dr. Chris Hastings has been a chiropractic physician at Sojourns Community Health Clinic since 2001. He is a former Olympic athlete, lifetime Vermonter, and enjoys gardening, the outdoors, and time with his family, Michele, Jack, and Olivia.*

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### Aloha Keene Announces July Workshops And Kirtans

Aloha Keene has a full schedule of workshops and kirtans planned for July.

Workshops begin on Friday, July 10th, with a Heart Centered Kirtan from 7 to 8:30 p.m., offered by donation. On Saturday, July 11th, European guest Liam Clancy will lead a Feldenkrais workshop from 10:30 a.m. to 2:30 p.m.; the cost is \$75. Sunday, July 12th brings Satsang from 10 to 11 a.m., offered by donation.

On Friday, July 17th will be Ecstatic Dance from 4 to 5 p.m., followed by Yoga Nidra from 5:15 to 6:15 p.m., both by donation. Saturday, July 18th features a Kirtan from 3 to 4:30 p.m., by donation. On Sunday, July 19th, ZenTangles runs from 3 to 5 p.m. at a cost of \$22. The month closes on Sunday, July 26th with a Kirtan with Mirabai Moon from 4 to 6 p.m., by donation.

To register, visit [vagaro.com/alohakeene](http://vagaro.com/alohakeene), call 603-762-3129, or simply show up at the door. Aloha is located on Court Street in Keene.

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**July 17: CAROL GREENWALD**  
*Aardvarks, Monkeys and Talking Dogs: Lessons from a Career in Children's Media*

**July 24: HEATHER MCKERNON**  
*The Future of Local News*

**July 31: DUNCAN WATSON**  
*Everyone's Trash: Where We've Been, Where We Are, Where We Could Go*

**Aug. 7: MARIE YOVANOVITCH**  
*Insights on Ukraine: A Conversation with Ambassador Marie Yovanovitch*

**Aug. 14: CHRISTINE GUTH**  
*Joseph Lindon Smith: Dublin's Peripatetic Painter*

**Aug. 21: TOM SMITH & COSY SHERIDAN**  
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**ENTERTAINMENT**  
and DINING

**Romantic Works Are Featured By Electric Earth Concerts**

Electric Earth Concerts (EEC) continues its season with, "Schubert and Farrenc" on Thursday, July 16th at 7 p.m. at The Park Theatre in Jaffrey.

Winds, strings, and piano fill the Park Theatre stage in this concert of big romantic works. The program features Schubert's beloved Trout Quintet with pianist Mihae Lee, plus Louise Farrenc's Nonet for winds and strings. The night's musicians are Laura Gilbert, flute; Stephen Taylor, oboe; Benjamin Fingland, clarinet; William Purvis, horn; Adrian Morejon, bassoon; Emilie-Anne Gendron, violin; Jonathan Bagg, viola; Thomas Kraines, cello; Jered Egan, double bass; and Mihae Lee, piano.

Rather than the usual piano quintet ensemble of piano and string quartet, the Trout Quintet is written for piano, violin, viola, cello, and double bass. Parts of it are often heard as background music in movies, television and in advertisements, which speaks to its longevity and popularity. But when the Trout Quintet is performed live on a stage, in front of a live audience, this masterpiece charms and delights audiences.

To check out the Trout Quintet online, go to: <https://www.bing.com/search?FORM=ARPSEC&PC=ARPL&PTAG=1367&q=trout%20quintet%20youtube>.

Farrenc, a French pianist and composer, wrote mostly for solo piano and chamber music for ensembles with piano; the Nonet was her only chamber composition without a piano. Despite not having the popular profile of her male composer counterparts, Louise Farrenc never gave up writing music. She penned orchestral symphonies and overtures (of which Hector Berlioz was a big fan). But it was her chamber music that made the biggest impact, and her two piano quintets were held in particularly high



Pictured (L to R) are Thomas Kraines, cello; Emilie-Anne Gendron, violin; Jonathan Bagg, viola; William Purvis, horn; Mihae Lee, piano; Laura Gilbert, flute; Stephen Taylor, oboe; Benjamin Fingland, clarinet; Adrian Morejon, bassoon. In front are Gilbert's dogs, Elsa and Chance.

regard amongst the Parisian critics.

To check out the Farrenc Nonet online, go to: <https://www.bing.com/search?FORM=ARPSEC&PC=ARPL&PTAG=1367&q=ferrence%20nonet>.

General admission is \$30, payable online ([www.electricearthconcerts.org](http://www.electricearthconcerts.org)), or via cash or check at the door. In an effort to bring music to young audiences, this season EEC will admit kids and their parents to its concerts for free.

For more details, contact [joan.electricearth@gmail.com](mailto:joan.electricearth@gmail.com) or call 603-499-6216.

**Wednesday, Jul. 1**

**ARTS, MUSIC & THEATER**

**Senior Singers Present: Celebration of the United States 250th Anniversary Concert** 2-3:30pm. Keene Senior Center, 312 Marlboro St., Keene. Refreshments served following the program.

**Reel Night Out: Movie Nights at the Library** 6-8pm. Ruth Huntress Auditorium, Keene Public Library, 60 Winter St., Keene. Every Wednesday evening the library screens a film and whips up some popcorn for patrons to enjoy. Film ratings vary from PG to R, so be sure to double check the calendar before bringing the kids. There is no cost to attend, snacks are allowed but only inside the theater. Amy Kraemer: 603-352-0157. [akraemer@keenenh.gov](mailto:akraemer@keenenh.gov).

**A Danger to Yourself and Others** 7:30pm. Peterborough Players Theatre, 55 Hadley Rd., Peterborough. Comedy Thriller. Performances through July 12th. 603-924-7585. [www.peterboroughplayers.org](http://www.peterboroughplayers.org).

**FAMILY FUN**

**SwampBats vs. North Shore Navigators** 6:30pm. Alumni Field, Arch St., Keene. Snack Bar open with a healthy menu! Brattleboro Night. Bounce Above The Rest Inflatables, Doug the Devil Stick Man, Fairy Hair by Jess, All About Maple Fried Dough. [www.swampbats.com](http://www.swampbats.com).

**Summer Reading Storytime** 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft for toddlers and preschoolers. Join for a fun story time about chickens in the Plant a Seed, Read, summer reading program. 603-239-6164.

**MISCELLANEOUS**

**Book Crush - A Romance Reader Group** 6-7pm. Keene Public Library, Miller-Vincent Room, 60 Winter St., Keene. Join for Book Crush, a non-traditional book club for romance readers. Every month will have a theme related to romance tropes, conventions, and subgenres. July's theme is Vacation. Parker Goodreau: 603-352-0157. [pgoodreau@keenenh.gov](mailto:pgoodreau@keenenh.gov).

**Richmond Reminisces** 11am. Richmond Public Library, 19 Winchester Rd., Richmond. These memories will be recorded for future generations to enjoy. Richmond Public Library: 603-239-6164.

**Thursday, Jul. 2**

**ARTS, MUSIC & THEATER**

**Hancock Summer Concert Series: The Lion Sisters** 6-7:30pm. Hancock Common. Free event. In the event of rain, it will be held downstairs in the Meetinghouse. Rick Hum: 303-748-5661. [rick.hum@gmail.com](mailto:rick.hum@gmail.com).

**LECTURES & WORKSHOPS**

**Medicare Made Easy: Free Monthly "New to Medicare" Workshop** 1-3pm. NH Care Collaborative, 105 Castle Street, Keene. The workshop is available both in person and virtually. Registration is required. Call Kayla: 603-357-1922 ext. 106. [kayla.serviceline@nhcare-c.org](mailto:kayla.serviceline@nhcare-c.org).

**MISCELLANEOUS**

**The Monadnock Club: A Political Discussion Group** 2-3pm. Peterborough Town Library, Kelly Room, 2 Concord St., Peterborough. A new place to share views, listen to others, and consider perspectives different from your own. The discussion leader will share an agenda before each meeting, including starting topic(s), any recommended reading, and the ground rules. [bithlo178@gmail.com](mailto:bithlo178@gmail.com).

**Discussion Series: How Suffering Can Lead to Happi-**

**ness with Meg Mott** 6:30pm. Putney Public Library, 55 Main St., Putney, VT. The first session focuses on some of the moral philosophers who extolled the pursuit of happiness, such as Cicero and Epictetus, John Adams and Frederick Douglass. How did they travel the path from despair to hope, from enslavement to freedom?

**Friday, Jul. 3**

**ARTS, MUSIC & THEATER**

**Summer Concert Series: All-Country Band** 6:30-8pm. Charlestown Senior Center, 223 Old Springfield Rd. Bring a lawn chair, a friend and yourself to enjoy some music and get to know other community members. For a few dollars get refreshments and/or 50/50 raffle.

**FAMILY FUN**

**SwampBats vs. Sanford Mainers** 6:30pm. Alumni Field, Arch St., Keene. Snack Bar open with a healthy menu! Independence Eve. Bounce Above The Rest Inflatables, Tito's Taco Truck, Milla's Magic Treasures, Doug the Devil Stick Man, Fairy Hair by Jess, All About Maple Fried Dough. [www.swampbats.com](http://www.swampbats.com).

**Homeschool Library Day** 11am. Conant Public Library, 111 Main St., Winchester. A time when homeschool families can meet together, find resources, and have fun. Come on in and make a craft, check out a book, and hang with other homeschool families. 603-239-4331. [www.conantlibrary.org/](http://www.conantlibrary.org/).

**Saturday, Jul. 4**

**ARTS, MUSIC & THEATER**

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

**DINING PLEASURES**

**Strawberry Festival** 5-7pm. United Church of Jaffrey, 54 Main St. Local strawberries, homemade biscuits, fresh whipped cream, hot and cold beverages. Eat in or take-out. \$10 small, \$12 large. Handicap accessible, plenty of parking. 603-532-7047.

**FAIRS & SALES**

**Keene Farmers' Market** 9am-1pm. Gilbo Avenue, Keene, across from Lindy's Diner. Plants & cut flowers, produce, breads & pastries, jewelry, maple syrup, braided rugs, bird feeders & houses, alpaca fiber products, soaps, herbs & herbal body care, and so much more. [www.keenefarmersmarket.com/](http://www.keenefarmersmarket.com/).

**MISCELLANEOUS**

**July 4th At The Historical Society Of Cheshire County: 3 Locations** 11am-3pm. Historical Society of Cheshire County, 246 Main St., Bruder House, 349 Main St., & Wyman Tavern, 339 Main St. Join for an immersive day of history, hands-on activities, and community celebration across three iconic Main Street locations. Michelle Walker: [Mwalker@hscnh.org](mailto:Mwalker@hscnh.org).

**Reading of the Declaration of Independence** 12pm. Jaffrey Meetinghouse, Jaffrey Center. The Declaration of Independence will be read by volunteers, each reading a short section. Following the reading, there will be an Ice Cream Social in the Horsesheds behind the Meetinghouse.

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The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a \$25 gift certificate to Marco Polo Garden on Main Street in Keene. Call The Monadnock Shopper News, West Street in Keene, at 603-352-5296. You may win only one contest every three months. Only one call per person per week. No walk-ins, please.

(Prepared by the Historical Society of Cheshire County)



In what Cheshire County town was the Tasty Meals restaurant located?



The winner of last week's Mystery Photo Contest was Robin Christopherson of Sullivan. The homes in the c.1870s photo were located along Summer Street.

**Sunday, Jul. 5**  
**LECTURES & WORKSHOPS**

**Monadnock Summer Lyceum: Robert Beck** 11am. Peterborough Unitarian Universalist Church, 25 Main St. Why Foreign Policy Matters. [www.monadnocklyceum.org](http://www.monadnocklyceum.org).

**Cheshiremen Chorus: Weekly Meeting & Singing** 6:30pm. United Church of Christ-Keene, 23 Central Square. For almost 75 years, enriching lives through barbershop harmony experience! All men welcome. Use Vernon St. entrance. Meets every Tuesday. **877-312-7467**. [www.cheshiremen.org](http://www.cheshiremen.org).

**Tuesday, Jul. 7**  
**ARTS, MUSIC, THEATER**

**Elizabeth Richards Concert Series** 6:30pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. "Decatur Creek." Music on the lawn. Shine only. Frost Free Library: 603-876-4479.

**Wed., Jul. 8**  
**FAMILY FUN**

**SwampBats vs. Mystic Schooners** 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Coca Cola Night. Hug Me Coca Cola Machine, Doug the Devil Stick Man. [www.swampbats.com](http://www.swampbats.com).

**Dance Features "Champagne Jam" Saturday, July 4th**

Monadnock Tri-State Dance Club will hold a dance on Saturday, July 4th from 7 to 10 p.m. at ELMC Memorial Community Center at 21 Durkee Street in Winchester.

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

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

**Monadnock Summer Lyceum Begins July 5th**

LYCEUM, Continued from page 1

On July 12th is "Listen to the Abolitionists," with Tom Weiner, writer and educator, and Dr. Amilcar Shabazz, professor at the University of Massachusetts. Music will be Sikh devotional hymns by Gwir and Abhai Llewellyn.

July 19th features "Songs of the World, Village Harmony," traditional ethnic music sung by teens and young adults. Music will be Village Harmony. There will be free child care.

The July 26th lecture is called "Somebody Should Do Something," with Michael Brownstein, professor of philosophy at John Jay College and writer on social change. Music will be Grove Street Band, flute, guitar, piano, and cello.

On August 2nd, the talk is called "On Growing Up Today," personal histories by 2026 ConVal graduates Hadley Bates, Ava Cronin, and Clara Wilsher. Music will be Melissa and Emily Goodrich of ConVal. There will be free child care.

August 9th features "New Chapter for a New Hampshire Icon," with Laura Knoy, longtime host of The Exchange on NPR and new author. Music will be Volkert Volkertsz, acoustic folk music.

On August 16th, the lecture will be "What Do We Do When We Know We've Been Wrong?," with Alex Green, biographer of Walter E. Fernald, advocate for Americans with disabilities. Music will be by Virginia Eskin, pianist.

Finally, on August 23rd, is "Leadership Lessons from Lincoln," with Louis P. Masur, professor of American Studies and history at Rutgers University. Music will be by Wendy Keith, singer-songwriter, and Walden Whitman, instrumentalist (clarinet, Celtic harp, flute, saxophone).

The Peterborough Unitarian Universalist Church is located at 25 Main Street in Peterborough. For more details, visit [www.monadnocklyceum.org](http://www.monadnocklyceum.org)

Come Celebrate With Us!  
**CHAMPAGNE JAM**  
July 4th • 7-10 PM

@Monadnock Tri-State Dance Club  
ELMC Hall, Durkee St., Winchester  
\$12, free refreshments, 50/50 Raffle  
All ages. Info: Barbara 603-392-0447

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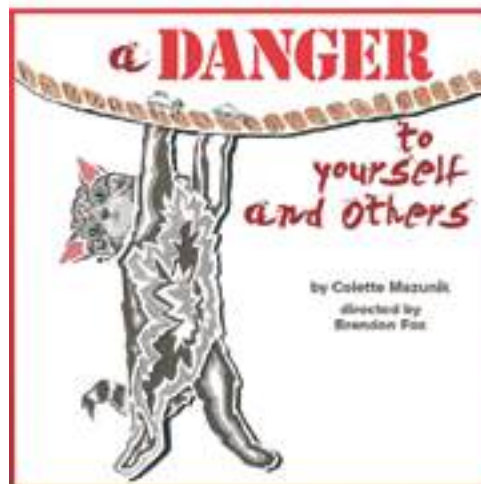
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# Celebrate The 4th With Regional Recipes

For the United States, the 4th of July is a day steeped in tradition. It is the holiday which commemorates the signing of the Declaration of Independence in 1776, a document declaring the colonies' separation from England. Americans celebrate the 4th by lighting sparklers and watching fireworks, grilling foods, decorating porches or golf carts, beach trips, watching parades, and baking red, white and blue desserts. Food has always been a part of this all-American tradition – it seems fitting to share a few regional recipes for America's own special holiday.

**3/4 cup white vinegar**  
**3/4 cup sugar**  
In a bowl, mix together all ingredients. Refrigerate eight hours or overnight before serving.

## Crusty Oven-Roasted Chicken

Almost like fried chicken, with no fat or mess!

**Ingredients:**  
4 (6 oz.) skinned chicken breast halves  
8 (4 oz.) chicken drumsticks and/or thighs, skinned  
1/4 cup honey  
2 tablespoons Dijon mustard  
3/4 teaspoon paprika  
1/8 teaspoon garlic powder  
1/4 teaspoon each salt and pepper  
1 1/4 cups crushed cornflakes (about 4 cups uncrushed)  
1/2 cup finely chopped pecans  
cooking spray

Preheat oven to 400 degrees. Combine honey, mustard, paprika, garlic powder, salt, and pepper in a small bowl; stir well. Combine cornflakes and pecans in a shallow dish; stir well. Brush both sides of chicken with honey mixture; dredge well in cornflake mixture. Lightly coat chicken with cooking spray (or drizzle pieces lightly with olive oil) and place on a baking sheet. Bake at 400 degrees for 40 minutes, or until done and crispy. Eight servings.

## Basic Coleslaw (Plus)

While this coleslaw is delicious as is, feel free to add any combination of the following as desired: shredded carrots, diced celery, scallions, finely chopped cucumber, sliced radishes, diced apple, dried cranberries or raisins, a drained small can crushed pineapple, or finely chopped colored bell peppers.

**Ingredients**  
1 small cabbage (or use 1 bag prepared coleslaw mix)  
2/3 cup mayonnaise  
1/2 cup sour cream  
3 tablespoons red wine vinegar  
1 teaspoon dill seed  
salt and pepper to taste

Slice cabbage thinly in a food processor or by hand with a knife. Place cabbage in a colander, sprinkle with one tablespoon salt and let stand for 30 minutes. Rinse cabbage and drain well. Combine remaining ingredients for dressing. Add dressing to cabbage and chill well. Makes about six cups coleslaw.

## All-American Cherry Dessert

Strawberry shortcake is traditional, but this cheery cherry alternative is pretty tasty if you're looking for something different.

**Ingredients:**  
1 1/4 cups graham cracker crumbs  
2/3 cup butter, melted  
1 (8 oz.) package cream cheese  
1/3 cup sugar  
1 teaspoon vanilla  
1/2 teaspoon almond extract  
1 cup heavy or whipping cream  
1 (12 oz.) can cherry pie filling  
blueberries, optional topping

Preheat oven to 350 degrees. Grease a 9x9-inch baking dish. In small bowl, combine graham cracker crumbs and melted butter. Stir well and press into baking dish. Bake five minutes; cool. In large bowl, combine cream cheese, sugar, vanilla and almond extracts; mix well. In medium bowl, whip cream until stiff peaks form. Fold whipped cream into cream cheese mixture; spread over cooled crust. Dot with cherry pie filling and smooth with a knife or spatula to cover top. If desired, decorate the top with some fresh blueberries. Chill in refrigerator until serving. Makes eight to 10 servings.

*Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine's great New England cooks. Nancy welcomes suggestions – send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.*

**Cooking Corner**  
with Nancy Adams



## Cold Poached Salmon

For some New Englanders, salmon and peas, served with new potatoes, has been as traditional as turkey on Thanksgiving. Poach your salmon (or grill if preferred); pass homemade blueberry/corn salsa or your own favorite sauce. Serves six.

**Ingredients:**  
1 whole salmon, 3 lbs; or a 3 lb. cross-cut section from a larger salmon; or a 3 lb. fillet, skin on and pin bones removed.  
2 tablespoons salt

Place salmon in a pot large enough to hold it (a deep roasting pan works well). Cover salmon with cold water and use aluminum foil to make a lid for the pan. Add salt and bring to a boil. Turn off the heat and let the salmon sit in the hot water for 10 minutes for a fillet, up to 30 minutes for a large whole fish. Check for doneness by peeking near the center bone, using a thin-boned knife. Remove fish from water, drain and chill.

Serve with **Blueberry/Corn Salsa**: in a bowl, combine 1 cup thawed frozen corn (drained well), 4 diced medium tomatoes, 1 large or 2 small firm but ripe avocado peeled and diced, 1 each small orange and green pepper, 1/2 cup fresh parsley chopped, juice of 2 limes, 2 tablespoons olive oil, 1 tablespoon red wine vinegar. Refrigerate until ready to serve; add 2 cups fresh blueberries to salsa, stirring in gently. Season with salt and pepper to taste and serve salmon with salsa spooned over, or pass bowl.

## Sauerkraut Relish

Try this sweet/sour topping on grilled hamburgers and hot dogs.

**Ingredients:**  
1 (20 oz.) can, jar or bag of sauerkraut, drained  
1/2 cup each chopped green and red bell peppers  
1/2 cup chopped celery  
1 small onion, chopped

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