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Foxy Fun In Fitzwilliam



Robin A. Lawler of Fitzwilliam was the winner of our occasional photo contest. They had a family of nine foxes (mom, dad, and seven kits) living in their side yard for a few weeks.

With so much beauty to be found in the region, we want our readers to share their most amazing photographs with us. Each photograph that we print will earn the photographer a gift certificate to a local business.

Chosen photographs will show off the most beautiful aspects of our region. Photos do not need to be taken

this month, though photographs printed will be from the current season. If you have photos from past years, we encourage you to submit those as well.

Photo submissions should include first and last name of photographer, where the photograph was taken, a short description of the photo, and the phone number and address of the photographer.

The accepted photo formats are high resolution jpeg or tiff. Send them to shopper@shoppernews.com.

Art, Community, Gelato, And Cheeseburgers Art In The Park Is Labor Day Weekend In Keene

Art in the Park returns on the Saturday and Sunday of Labor Day weekend. So many traditions continue – artists pitching their tents and exhibiting their creations in Ashuelot River Park in Keene, visitors browsing and perhaps finding a special piece of art, the community coming together. Since 1958, Art in the Park has been bringing beauty to the community.

This year, the cheeseburgers and refreshments are back thanks to volunteers from Keene Montessori School, who will also exhibit their students' art. Frisky Cow Gelato will return with frozen treats. Musician Chris Fox is entertaining both afternoons.

The focus of Art in the Park is the art, and this year there will be a diverse array: sculpture, mixed media, watercolor, acrylic, gouache, photography, digital media, pastel, charcoal, colored pencil, pen and ink, printmaking and the most popular, oil painting. The total of 83 tents include Saint-Gaudens, who will share information about the historical art destination, and the City of Keene, managers of Ashuelot River Park, meeting to hear ideas about green space use.

The Monadnock Area Artists Association (MAAA) central tents feature a member exhibit displaying more than a dozen member artists' work plus the high school students' exhibit. Raffle tickets are sold to win art, benefiting two scholarships for area high school students pursuing art studies. Information about MAAA membership, including exhibiting year-round



Art in the Park returns Saturday, September 5th, and Sunday, September 6th. Returning is Sterling Vanderhoof of West Chesterfield, who won the gold award for best oil painting last year.

at the MAAA Art Gallery at Syd's, is also available. Admission and parking is free. For more information, visit MonadnockAreaArtists.org.

Monadnock Clean Energy Fair Saturday, September 19th

The Monadnock Sustainability Hub (The Hub) invites the public to the Fourth Annual Monadnock Clean Energy Fair on Saturday, September 19th from 10 a.m. to 2 p.m. at the Keene Recreation Center in Keene. This event is free and open to the public, but registration is encouraged at hub-energy-fair.eventbrite.com.

With rising energy costs and environmental impacts, Monadnock Region residents are searching for ways to lower their utility bills and support their clean energy transition. The Monadnock Clean Energy Fair brings together solutions in one place: solar panels, heat pumps, electric vehicles, and more.

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Hospice Volunteer Training This Fall At HCS

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.

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.

The upcoming training series will

prepare new volunteers to take on this meaningful role and make a difference in the lives of others.

“The impact of our hospice volunteers is often felt in the quiet moments,” said Kathy Baird, volunteer manager at HCS. “Our hospice volunteers are an integral part of the care team, offering care and connection to families during one of life’s most sacred transitions.”

The six-week fall training session will be held at HCS at 312 Marlboro Street in Keene beginning September 25th. Registration closes Monday, September 14th. For more details and to register, contact Baird at 603-352-2253 or at KBaird@hcsservices.org.

Local, Regenerative, Fair, And Regional: Rethinking Our Food System

By Jen Risley

Last month, we asked you to rethink our food system for the long haul. We focused on efforts to build a stronger local food system (such as New Hampshire’s Local Food for Local Schools Purchasing Incentive Pilot Program) and a more resilient food system (through permaculture projects led by Earthcraft Design LLC and others). If you missed that article, read it here: tlcmonadnock.com/TLCNews.

In this month’s article, our food system focus continues – as does Eat Indie Local Month, a month-long nationwide celebration throughout August. We’ll

rethink our future through fair and regional food systems – the networks of people, animals, resources, and processes that grow and bring food from the farm to your plate.

Why Envision a Fair Local Food System?

A fair local food system ensures everyone has access to the healthy food produced in our region, and that the people who grow, transport, process, and prepare our food receive fair compensation and respect.

LOCAL, page 8

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PET OF THE WEEK
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Gizmo And Shylo



Meet Gizmo and Shylo, a sweet bonded pair of beagle mixes who are looking for a home where they can continue their lives together. Gizmo is a one-year-old female, and Shylo is a three-year-old male. These two are especially close and will need to be adopted as a pair.

Gizmo and Shylo are happiest keeping their own company and enjoying life together. They have a history of living successfully with cats and children and absolutely love them. They have also lived well with other dogs.

Both Gizmo and Shylo are housetrained and have plenty of love to give. When the day is done, these two are all about comfort. They love snuggling up in cozy blankets and relaxing together. If you are looking for a pair of affectionate, entertaining companions who have a special bond and will keep each other company, Gizmo and Shylo may be the perfect match for you.

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.monadnockhumaneociety.org.

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Introductory Eight-Week Program For Ferry Brook Junior Shooters Starts September 12th

An Introductory Eight-Week Program for potential new team member for Ferry Brook Junior Shooters will begin on Saturday, September 12th from 8 am. to noon at Cheshire County Shooting Sports Education Foundation at 19 Ferry Brook Road in Keene. This informational program – for boys and girls ages 10 to 19 (accompanied by parent/guardian) – teaches the basics of competitive shooting using smallbore and air rifles. No experience or equipment is needed. Besides rifle marksmanship skills, Ferry Brook Junior Shooters learn ethics, responsibility, respect, safety, and sportsmanship. For more details, email smallbore@ccscef.org.

American Legion Luau September 5th

American Legion Post 11, at 20 Webster Street in Jaffrey, will host its fifth annual luau fundraiser on September 5th from 5 to 9 p.m. The Cardinal Lounge will be open from 6 to 9 p.m., there will be food served from 5 to 7 p.m., and fireworks will be at 9 p.m. The event will include raffles and a cash bar. Admission is \$15 for music only or \$25 for music and food. The event will be held rain or shine.

Zukes No Cukes Exhibit At Historical Society Of Cheshire County In Keene

The Historical Society of Cheshire County will open Zukes No Cukes – a new exhibit that highlights the history of the International Zucchini Festival of the 1980s. A reception will be held on Wednesday, September 2nd from 4 to 6 p.m. at 246 Main Street in Keene. Zukes No Cukes traces the festival's origins as a 1982 fundraiser through its run as one of the region's most talked-about events. The exhibit recreates the festival's "creative whimsy." Visitors will see original photographs and festival ephemera The Historical Society is accepting loans of festival-related items through Friday, August 28th. Stop by during business hours or email hscen@hscen.org.

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Dance Features "Champagne Jam" Saturday, August 29th

Monadnock Tri-State Dance Club will hold a dance on Saturday, August 29th from 7 to 10 p.m. at ELMM 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.

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Combating Crimes Against Children

I recently attended a four-day conference about Crimes Against Children. The event drew professionals from many disciplines including law enforcement, victim advocates, child welfare, mental health, and prosecution. It is nicer to believe that such a conference is unnecessary, but the reality is that there is a great need. Children are a vulnerable population that is victimized far more than we would like to believe. Shortly after returning, I noticed a news article about a woman arrested for assaulting her infant child. Crimes against children are a reality, and it is everyone's responsibility to protect those who can't protect themselves.

I learned a lot in the four days I spent at the conference. I attended 17 sessions, including the keynote address by Tim Tebow. He recalled golfing with a few other men when he had to excuse himself to take a phone call related to a child trafficking situation. When he started sharing some information about the situation with the men, one of them asked him not to go on because it made this person think about his own daughter. Tebow was saddened by this, because true compassion requires that we allow ourselves to experience discomfort in order to stand beside those who are suffering and lend a hand. Some of the sessions were case pre-

sentations by professionals who worked the cases. There was a litigator who prosecuted a step parent who sexually exploited her step daughter. The presentation emphasized the challenge in prosecuting the woman, because the victim struggled with wanting the exploitation to end but not wanting her stepmom to get into trouble. She faced push-back from family members who were upset with her over the situation and felt responsible for bringing money into the family to support younger siblings in the home. There was another case presentation by a law enforcement officer about a classroom teacher who was found guilty of sexually abusing students in his second grade classroom. They identified several victims over the course of several years. There was also a case presentation by a law enforcement officer and prosecutor who worked together on a case. The initial report was made to the police by a granddaughter who reported sexual abuse she had experienced at the hands of her grandparents. She made the disclosure when she was in college after seeing a social media post of her grandparents with a young girl. This caused her to be concerned about the girl due to her own experiences. Often we hear the question about why a child didn't come forward when they knew something bad was happening. In actuality, there are many reasons. In fact, the average age for someone to disclose child sexual abuse is in their 50s. Many never disclose at all. Delayed disclosure is really common. There are so many reasons that cause children not to disclose. They often fear they won't be believed.

It is usually a close friend or family member who commits the crime. This creates a sense of loyalty. They have a positive relationship with person who is abusing them in a lot of circumstances, making it harder for them to tell because they don't want to lose the relationship; they just want the abuse to stop.

Monadnock Family
with Sheri Lapointe



Abuse can happen very gradually, making it hard for children to recognize it. It may start as touching that feels good and appropriate. It gradually becomes less comfortable as the abuser crosses a boundary. It may be initially explained as a slip or mistake. Other times, the abuser may say the event is special and secret, making it seem like a relationship that the child should want to have. Or they may make threats to keep the child from telling. Ultimately, it's important to remember that false disclosures are very rare. There is usually much more reason for children to avoid telling than reasons to tell. I'm proud to be able to be a support to children who have experienced trauma through my role and I'm thankful for the opportunity to attend such as conference committed to protecting children. *Sheri Lapointe works as a behavioral health clinician for the Granite State Children's Alliance.*

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Saint Joseph Regional School (SJRS), serving PreK through eight, and Our Lady of Mercy Academy (OLMA), serving grades nine to 12, are preparing children not just for the next test, but for a meaningful life. Under the leadership of new Principal Amber Casavant, the schools are guiding students through a transition to a Classical Catholic model of education emphasizing academic excellence, character formation, and the pursuit of truth, beauty, and goodness. Students receive an education rooted in the Catholic Intellectual Tradition that develops both the mind and the heart. Students learn to think critically, communicate clearly, grow in virtue, and develop a lifelong love of learning. Small class sizes and exceptional teachers ensure every child is truly known. For high school students, OLMA also offers flexible hybrid enrollment for homeschooling families, allowing students to enroll in individual courses while continuing their homeschool education. To schedule a tour, call 603-352-2720 or email SJRS at admissions@sjrschool.org and OLMA at admissions@mercy-academykeene.org. Visit them at www.sjrschool.org and www.mercy-academykeene.org.

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The Oceans Are Getting Alarmingly Warmer

If you hadn't noticed that it's getting warmer, maybe that's because the oceans are absorbing most of the heat we're producing. Climate change is raising water temperatures as the oceans absorb over 90 percent of the excess heat from human activities. Marine heatwaves are being exaggerated as we're seeing in this year's El Nino, described as a "whopper." The carbon dioxide we're pumping out has also made seawater 30 percent more acidic than in pre-industrial times, dissolving shells and skeletons of shellfish and corals. Melting land-based ice sheets and glaciers along with expanding warmer water have already begun to raise sea levels.



Now there are ominous signs of much worse weather disruptions. New scientific assessments indicate the Atlantic Meridional Overturning Circulation (AMOC) is showing disturbing signs of slowing. The AMOC is the massive deepwater flow that spans the entire Atlantic Ocean. For perspective, the Gulf Stream is an important, fast, wind-driven surface component of the much larger AMOC system. Until recently the AMOC shutting down was considered an unlikely threat this century. Now, based on updated modeling and real-world observations, scientists see a 50/50 chance, while recent comprehensive modelling suggests a 70 percent possibility if greenhouse gas emissions continue at the current rate. Glacial melting is weakening this primary Atlantic Ocean conveyor belt that distributes tropical heat northward.

Having grown up near Plymouth Bay and the river that fed into it, I gained a curiosity, fascination and respect for the ocean. The tides were a marvel, flooding the marshes and dramatically raising and lowering the river level and covering and exposing the mud flats in the bay. A lot has changed in over 60 years. It looks like most of the changes are on land, but these waters are under assault, one sign is the lobsters we used to harvest have migrated north to cooler waters.

Hard as it seems, humans are impacting something as large as the Atlantic Ocean. Not surprising given we have been burning stored carbon since the 1800s and fossil fuel burning has gone up really fast since the 1950s. With 8.3 billion of us pumping out 60 billion metric tons of greenhouse gasses a year, we're trapping a lot of heat.

The earth is getting out of balance with more heat energy building up in the atmosphere and waters. The consequences are intense heatwaves, supercharged storms, altered precipitation (droughts and floods), sea level rise, migrations inland to higher ground, ocean acidification, habitat loss, extinctions, food and water insecurity, infrastructure damage, and health risks (from tropical diseases to heat stroke). An AMOC shutdown is projected to cause severe, accelerated sea level rise on the northeastern coast of North America (New England States and Maritime Provinces) as well as plunging winter temperatures in Europe while the rest of the planet warms.

Covering over 70 percent of our planet, the oceans are absorbing a lot of the carbon and much of the heat being trapped. When I look at the bay from the rocks at the mouth of the Jones River, there is a lot of land some with homes and businesses that will be under water, including parts of the trail I walked, if we continue on our current path.

I hope I don't live to see that, but this year is likely to be the hottest on record (beating 2024) and 2027 is expected to be even hotter. If we don't correct the imbalance of pumping all this carbon, the next generation and the ones after them will face a much hotter and more dangerous and expensive world. Our carbon dioxide pollution lasts for decades; how do we justify making the world hotter?

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Dow Jones Closed 53,277.01 (455.40) • Prime Rate 6.75% (0.00)					
	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	215.90	(18.06)	Danaher Corp. (Kollmorgen)	218.85	16.40
Becton Dickinson (C.R. Bard)	192.00	8.60	Merck (Hubbard Farms)	152.55	16.71
Toronto Dominion Bank (TD Bank)	117.15	(7.21)	Deluxe (NEBS)	23.61	(0.44)
PC Connection	77.93	(3.15)	Teleflex (Jaffrey)	138.83	1.66
Bank Of America (Fleet)	61.69	(2.80)	Timken (MPB Corp.)	125.10	(8.40)
Corning Inc.	149.84	(16.15)	M&T Bank Corp. (People's United)	240.34	(13.75)
Ametek, Inc. (Precitech)	239.55	(15.24)	Dover Corp. (Markem)	201.92	(5.15)
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	70.35	5.45	Wheat (cents per bushel)	699.25	10.25
Gold (\$ per ounce)	4,689.60	315.74	Corn (cents per bushel)	508.50	24.75
Platinum (\$ per ounce)	1,879.68	125.86	Soybeans (cents per bushel)	1,240.25	49.00
			Cattle (cents per pound)	217.93	(0.85)
			Crude (\$ per barrel)	87.06	4.78

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Monadnock Clean Energy Fair Saturday, September 19th

ENERGY, Continued from page 1

This year's theme, "Sustainable Solutions for Every Home," offers homeowners, renters, and families the chance to explore clean energy solutions with local experts, contractors, nonprofits, and community organizations.

Co-hosted by the Monadnock Sustainability Hub and the City of Keene's Energy and Climate Committee, the fair features workshops, live music, food, and children's activities.

The fair will also share success stories from the Electrify Monadnock Fund, a homegrown rebate

program that empowers low- to moderate-income Monadnock Region residents to make their homes healthier, more energy efficient, and more resilient by supporting the transition away from fossil fuels. Through financial assistance of up to \$7,000 in rebates per household, the Electrify Monadnock Fund helps make home electrification accessible to everyone, ensuring that our region leads the way in local climate solutions.

"Come learn about electrifying your home and talk with groups that are working to create a brighter energy future for our region," said Jen Risley, the Hub's interim program manager.

Workshops will cover Financial Assistance for Clean Energy Technology, Basics of Battery Storage, and Heat Pumps 101. For those considering electric vehicles, owners will be on hand with their vehicles to share their experiences.

Participating contractors and community groups include Bergeron Mechanical Systems, Clean Energy NH, Eversource, Granite State Solar, Keene Clean Energy Team, Northeast Air Sealing, Turn Cycle Solutions, Unity Heat Pumps, and Weathervane Home Services.

For sponsorship and exhibitor details, visit monadnocksustainabilityhub.org/energy-fair. For more event information, contact info@monadnocksustainabilityhub.org.

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Jaffrey Historical Society Opens Little Red Schoolhouse For Tours

The Jaffrey Historical Society will open the Little Red Schoolhouse for touring. Located next to the Jaffrey Center Meetinghouse on Route 124, the schoolhouse is open Saturday and Sunday from 2 to 4 p.m. through August 30th. Admission is free.

Visitors can explore the school that Jaffrey children attended in the 1800s. Nearby, the Old Burial Grounds date back to the Revolutionary War era. Just around the corner at 39 Thorndike Pond Road, the Melville Academy, built in 1833, is also open for visits.

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You may remember that the last two years’ growing seasons were fraught with periodic droughts. My watering of Woodland and Greenlawn Cemeteries’ 20 native Red and White Oak saplings, gifted by the Rotary Club of Keene, has been quite a vigorous and regular endeavor. This was completely my own choice/fault, not being willing to let nature decide how many of these oak babies would survive.

This year, however, we’ve been blessed with much more consistent rain. In fact, Weather Spark tells us “Keene, New Hampshire, during 2026 has included notable spring showers and recurring heavy summer thunderstorms. Periodic storm systems have dropped significant rainfall across Cheshire County and the wider Northeast, with individual heavy rain events bringing totals past an inch or more during peak summer months.” There have been several results to this season of abundant rains.

Woods and Gardens

with Michele Chalice

Are Your Food Gardens Lush Too?

Last year’s compost combined with this year’s regular rain events have been perfect for most of the vegetables and fruits here. Consistent moisture leads to less stress for our vegetable and fruit plants. This then results in lower rates of disease and abundant harvests. That said, adequate spacing between raised beds is still important for maintaining good air circulation to prevent fungal diseases. In fact, my experimental trellis of pie pumpkin vines in a mostly-sunny location has not thrived, likely due to not quite enough sun, less air circulation and much more moisture. But the grapes, beans, chard, sweet and purple potatoes, broccoli, kale, zucchini and yellow squash as well as future Brussels sprouts – no really, they’re great roasted with garlic! – are doing quite well.

Our Native Plants Have Exploded

The wildlife habitat’s native perennial plants, in particular, have grown gangbusters this season. A friend remarked recently that the area looks like a jungle. Each species has grown to its highest possible height. The native strawberry plants are shin high! They must’ve been mislabeled. Even with more moisture, they should be just ankle high or shorter. I may be replacing these monsters in the fall. A volunteer sunflower is over ten feet tall, not much taller than

the neighboring Cut Leaf Coneflower and Cup Plants. I’ve noticed many more birds and bees drinking in the gravel at the pond’s higher water levels.

And the Rain Barrels are Finally Paying Off

Did I mention that setting up a DIY system of rain barrels is not the easiest thing to do? It has taken me several years to get the details optimized. The Fitzwilliam Garden Club came in May for a DIY Residential Rain Harvesting Workshop. It was great fun to explain the connections, locations, and different strategies. In fact, I am having our seasonal water meter removed because I finally have four strategic locations where multiple barrels are linked together. It’s quite satisfying to see my water bill decrease. Email me for a copy of the handout we used.

Now, don’t forget to replace your donut-shaped “dunks” of bacteria in all standing water spots to prevent mosquitoes from benefitting from these rains. During these very difficult times on our planet, I hope that your yarden of trees, shrubs, perennials, ground-covers, and food plants bring you grounded peace and moments of awe as well as healthier properties.

Michele Chalice is a local environmental landscape educator/designer/coach and founder of @healthylhomehabitats, a source of ongoing DIY eco landscaping tips and best practices. The next “Ask an Eco Gardener Workshop” will be held on Sunday, September 27th. She’ll be skipping August’s to attend a Permaculture Gathering in Shelburne Falls, MA.

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CELEBRATE LOCAL

Local, Regenerative, Fair, And Regional: Rethinking Our Food System

LOCAL, Continued from page 1

“We create economies based on solidarity and cooperation that benefit and empower all food workers and consumers, where everyone is a valued decision-maker,” says Slow Food International’s website (slowfood.com). “Social equity through fair working conditions, inclusivity of all peoples, ethnicities, and genders, as well as equal access to food, water, and land, is key for the future of our food systems.”

Building a Fairer Food System in Practice

In partnership with The Community Kitchen, the Monadnock Food Access Alliance runs the Monadnock Mobile Food Pantry Initiative, hosting pop-up farmers’ market-style events that provide fresh fruits, vegetables, proteins, pantry goods, and other local resources to community members in need: healthymonadnockalliance.org/our-work/food-access.

“Healthy eating is often viewed as a personal choice, but it’s important to recognize that access to nutritious foods can be heavily influenced by issues of equity,” says the Monadnock Food Access Alliance’s website. “Economic factors, such as income levels and

food prices, play a significant role in what options are available to people. For some, the cost of healthier food choices may be prohibitive, leading to a diet high in cheaper, processed alternatives that can negatively impact health. Thankfully, the Monadnock Food Access Alliance is working to change that.”

Why Envision a Regional Food System?

We talk a lot about local food systems, but it’s also important to focus on regional food systems. A regional food system is more resilient, as weather, climate, and other challenges may, at times, limit our food supply at the local level. Ultimately, we call for fair trade between local food systems to create a robust regional food system.

“A regional food system weaves together the entire network of food production, processing, distribution, and consumption, creating a network of shorter supply chains, seasonal eating patterns, and meaningful connections between food producers and consumers,” says Glenwood’s website (glenwood.org), a center for regional food and farming. “These systems

LOCAL, page 9

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Local, Regenerative, Fair, And Regional: Rethinking Our Food System

LOCAL, Continued from page 8

support local economies, minimize transportation distances, and deliver fresher food while honoring regional food cultures and traditions. Focusing on food systems at the regional scale is crucial because they build resilience against global supply chain disruptions and climate-related challenges, while giving communities more control over their food supply."



with Jennifer Risley



Building a Stronger Local Food System in Practice

In 2022, New Englanders ate four percent of the food produced in New England. In response, seven states formed the New England Food System Planners Partnership to pursue the New England Feeding New England goal of having 30 percent of all food produced in New England eaten in the region by 2030: nefoodsystemplanners.org.

"Together, we can improve on food system development efforts in each New England state in order to strengthen local farms and food businesses, be less dependent on a global food supply, and expand access to agricultural land so more of the food consumed here can be produced here," said Leah Rovner, project director of the Partnership's New England Feeding New England project. "Every state and every New Englander must play a role in stabilizing the food system, making it less vulnerable to outside disruption, and creating jobs and economic return in the process."

More Monadnock Region Food and Farm Updates

Here are a few more Monadnock Region local food and farming updates.

The Cheshire County Conservation District rolled out its new Farm Equipment Rental Program, which provides low-cost farm equipment rentals to farmers. The program saves farmers money, and many of the equipment pieces are no-till or low-till to further support soil health. The new process uses software to streamline rentals. Learn more at cheshireconservation.org.

Monadnock Food Co-op plans to open a second store in Jaffrey. The store will include pantry staples, bulk items, beer and wine, wellness and more. A large cafe will offer house-made sandwiches, sides and salads, baked goods, and grab-n-go options for quick, healthy meals. Renovations will begin in spring 2027, and an opening in early 2028. Follow along for updates: monadnockfood.coop/co-op-updates.

Find more local food near you; check out the Monadnock Grown Coalition's Monadnock Grown Local Food Guide at mgcoalition.org. Discover local farm products, food producers, services, restaurants, and businesses who support the local food economy. The Monadnock Grown Coalition is also looking for a dynamic, community-minded director and coalition-builder to lead coordination efforts that support a thriving, sustainable, and equitable food system in our region. The application period is open until September 21. Learn more: mfcommunitycoalition.org/employment.



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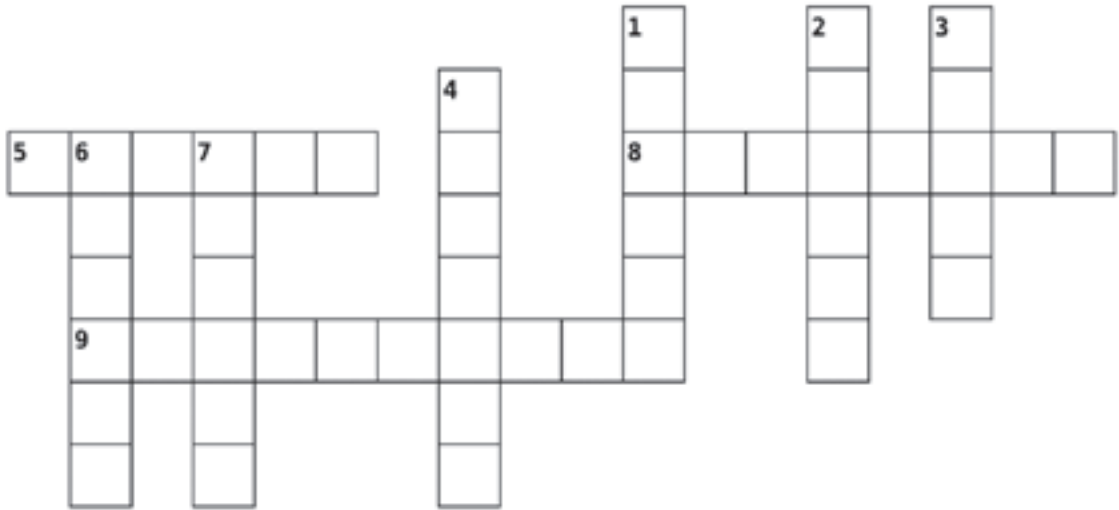
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Mail your completed puzzle to The Monadnock Shopper News, PO Box 487, Keene, NH 03431, snap a photo of it and e-mail it to shopper@shoppernews.com, or fax it to 603-357-9351. One entry per person per month, please.

Don't forget to choose one of the businesses on the Celebrate Local pages as your preferred \$50 gift certificate!

Deadline is Friday, September 18th.

Last month's winner was Katherine Rogalski, who chose a \$50 gift certificate to Steele's.



- Across**

 - 5. Monadnock Mobile Food --- Initiative
 - 8. Center for regional food and farming
 - 9. Permaculture Project Leader
- Down**

 - 1. Eat Indie Local Month
 - 2. Farm Equipment --- Program
 - 3. Monadnock --- Coalition
 - 4. Food Co-op's second location town
 - 6. Monadnock Food --- Alliance
 - 7. goal number for percent of local food eaten by 2030

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General Admission \$20 / Seniors & Students \$18 (cash or checks only)
Reservations: 603-352-5657 - EdgeEnsemble.org

ENTERTAINMENT

and DINING

Wednesday, Aug. 26

DINING PLEASURES

Adult Community Potluck Luncheon & Hymn Sing 11:45am-1:15pm. First Congregational Church of Swanze, 679 Old Homestead Hwy. Bring a dish to share: salad, main course, or dessert. **603-352-6689**. office@swanzeyucc.org. www.swanzeyucc.org.

MISCELLANEOUS

Writers Group 6pm. Conant Public Library, 111 Main St., Winchester. Prompt driven group, aimed at helping writers of all levels improve writing skills and develop community. **603-239-4331**. www.conantlibrary.org/.

Thursday, Aug. 27

ARTS, MUSIC & THEATER

Danny and the Deep Blue Sea 7:30pm. The Edge Theater, 310 Marlboro St., Suite 112. \$20/\$18 seniors & students. Reservations at **603-352-5657**. www.edgeensemble.org.

From the Water Pastel Class with Maryann Mullett 12am-3pm. Jaffrey Civic Center, 40 Main St., Jaffrey. **603-532-6527**. info@jaffreyciviccenter.com. www.jaffreyciviccenter.com.

MISCELLANEOUS

Health & Wellness Seminars: Your Guide to Health Insurance Basic 5:30-6:30pm. Bond Wellness Center Conference Room, Monadnock Community Hospital, 458 Old Street Rd., Peterborough. Space is limited, register at **603-924-4699 ext. 1110**. www.Seminars.MonadnockHospital.org.

Friday, Aug. 28

ARTS, MUSIC & THEATER

Danny and the Deep Blue Sea 7:30pm. The Edge Theater, 310 Marlboro St., Suite 112. \$20/\$18 seniors & students. Reservations at **603-352-5657**. www.edgeensemble.org.

MISCELLANEOUS

The Monadnock Club: A Political Discussion Group 1-3pm. Peterborough Town Library, 2 Concord St. Discussion leader will share an agenda before each meeting, including starting topic(s), any recommended reading, and the ground rules. bithlo178@gmail.com.

Red Cross Blood Drive 1:30-6pm. Millstream Community Center-Hinsdale, Millstream Community Center, 19 Main Street. Donors are asked to call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

Saturday, Aug. 29

ARTS, MUSIC & THEATER

Curtain Call: A Fundraising Party to Benefit The Players' Core Company 5pm. Peterborough Players Theatre,

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August 30, 2026
Wyatt Greenwood, son of Derek & Cassidy Greenwood, Westmoreland, 7
Serenity Parker, daughter of Chris & Sarah Parker, Keene, 12
September 1, 2026
Jeffrey Clifton, son of Jill & Jeff Clifton, Swanzey, 11

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55 Hadley Rd. \$150. Reserve online at **603-924-7585**. www.peterboroughplayers.org.

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**.

Danny and the Deep Blue Sea 7:30pm. The Edge Theater, 310 Marlboro St., Suite 112. \$20/\$18 seniors & students. Reservations at **603-352-5657**. www.edgeensemble.org.

Hocus Pocus: Brinda Charry 11am-12pm. Keene Public Library, 60 Winter St. Author Brinda Charry will talk about her novel Hocus Pocus, about a young magician who travels across the world seeking fame and fortune, all the while hiding a secret. Registration appreciated. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

One True King Music Festival 12-4pm. Antrim Baptist Church, 85 Main Street. Bring a chair or blanket. Water and hot dogs are free. Donations will benefit the Expansion of the Antrim Bennington Food Pantry. **603-588-6614**.

FAIRS & SALES

Richmond Days: Yard & Bake Sale 8am-2pm. Richmond Community United Methodist Church, 11 Fitzwilliam Rd., Richmond.

Craft Fair 9am-3pm. Hope Chapel, 667 Main St., Keene. Confections, bakery, sewn goods, wooden bowls, crafts.

Keene Farmers' Market 9am-1pm. Gilbo Avenue. www.keenefarmersmarket.com/.

FAMILY FUN

Jaffrey Historical Society: Historical Sites in Jaffrey Center 2-4pm. Jaffrey Center. Saturdays & Sundays through August 30th. Little Red Schoolhouse will be open for touring. Open 2-4pm for families and children to visit.

MISCELLANEOUS

The Art of Loom Weaving 10am-1pm. The Stone House Tavern Museum, corner of Routes 9 & 63, Chesterfield. www.chesterfieldhistoricalsociety-nh.org/.

Swanzey Community Conversation 10am-12pm. Pilgrim Pines, 156 West Shore Rd., Swanzey. How the town can create a more welcoming environment that fosters civic pride. Food and an interactive community conversation. RSVP at annkheff@gmail.com.

Making Your Mark: Taking the Next Step Class with Kate Shaffer 11am-1pm. Jaffrey Civic Center, 40 Main St., Jaffrey. **603-532-6527**. info@jaffreyciviccenter.com. www.jaffreyciviccenter.com.

Sunday, Aug. 30

ARTS, MUSIC & THEATER

Danny and the Deep Blue Sea 2pm. The Edge Theater, 310 Marlboro St., Suite 112. \$20/\$18 seniors & students. Reservations at **603-352-5657**. www.edgeensemble.org.

DINING PLEASURES

Richmond Days: Chicken BBQ 12-3pm. Richmond Fire Department, 17 Winchester Road, Richmond.

HANNAFORD'S BIRTHDAY CAKE

This Week's Winners



Emerlyn Goddard, Fitzwilliam, 10
Wyatt Greenwood, Westmoreland, 7

CURTAIN CALL

Saturday, August 29th at 5pm

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MYSTERY PHOTO

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 community was this early 1900s ice cream and refreshment stand located?



The winner of last week's Mystery Photo Contest was James Devine of Sullivan. The diner was located on Main Street in Keene.

FAIRS & SALES

Richmond Days: Used Book Sale & Raffle 10am-2pm. Richmond Public Library, 19 Winchester Rd. 603-239-6164.

MISCELLANEOUS

Richmond Days 11am-3pm. Tramp House Reenactment. Courtesy of the Richmond Historical Society.

Tuesday, Sep. 1
ARTS, MUSIC, THEATER

From the Water Pastel Class with Maryann Mullett 12am-3pm. Jaffrey Civic Center, 40 Main St., Jaffrey. 603-532-6527. info@jaffreyciviccenter.com. www.jaffreyciviccenter.com.

MISCELLANEOUS

Veterans Coffee Connection 9am. Keene Senior Center, 312 Marlboro St.. Enjoy coffee & snacks. Visit with other veterans.

Wed., Sep. 2**FAMILY FUN**

Storytime 10am-12pm. Richmond Public Library, 19 Winchester Rd. Stories, songs, and an easy craft for toddlers and pre-

schoolers. Richmond Public Library: 603-239-6164.

MISCELLANEOUS

Book Crush - A Romance Reader Group 6-7pm. Keene Public Library, 60 Winter St. Non-traditional book club for romance readers. Every month will have a theme. September's theme is fanfiction. Parker Goodreau: 603-352-0157. pgoodreau@keenenh.gov.

The PageTurners Book Group 6pm. Conant Public Library, 111 Main St., Winchester. Treats and conversation, "Rebecca" by Daphne Du Maurier. Book available to check out at Conant Public Library and Richmond Public Library.

603-239-4331. www.conantlibrary.org/. **Artist Talk: Mahsa R. Fard** 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Fard's work explores memory, identity, and the emotional tension between private and public spaces, shaped by her experience as a woman growing up in Iran. Free.

Thurs., Sep. 3

ARTS, MUSIC, THEATER
From the Water Pastel Class with Maryann Mullett 12am-3pm. Jaffrey Civic Cen-

ter, 40 Main St., Jaffrey. 603-532-6527. info@jaffreyciviccenter.com. www.jaffreyciviccenter.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 603-357-1922. www.servicelink.nh.gov.

Saturday, Sep. 5
ARTS, MUSIC & THEATER

Peterborough Folk Music Society: The Kennedys 7pm. Deb's House, Harrisville. Tickets at 603-318-9196. www.pfmsconcerts.org.

Art in the Park 10am-4pm. Ashuelot River Park, West Street, Keene. Features more than 80 artists. An art raffle to support scholarship fund. This free family-friendly two-day event, includes Sunday of Labor Day weekend. Live music and Frisky Cow gelato, food booth refreshments. Kris Stewart: kristewartfineart@gmail.com. www.monadnock-areaartists.org.

DINING**PLEASURES**

Luau 5-9pm. American Legion Post 11, Jaffrey. Cardinal Lounge 6-9, Fireworks at 9, and food served 5-7. Raffles and cash bar. Rain or shine.

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Sept 18 • Bass Hall • 7 pm

Folksoul
Sept 20 • Deb's House • 12:45 pm

David Francey
Sept 24 • Peterborough UU Church • 7 pm

Chris Smither w/ guest Peter Mulvey
Sept 26 • Park Theatre • 7 pm

Peter Mulvey
Oct 4 • Deb's House • 6:30 pm

Richard Shindell
Oct 10 • Peterborough UU Church • 7 pm

Abbie Gardner
Oct 17 • Peterborough UU Church • 7 pm

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“Making Do” In The Kitchen

A close relative of “putting food by,” “making do” in the kitchen is another way to show self-reliance, confidence, and a positive outlook. Making do isn’t just about finding a way to use leftovers, it’s about being able to improvise, fix a recipe glitch, make substitutions, and to make your cooking a happy thing! I was reminded of this ability to make do at a recent gathering where there was enough cheesecake for everyone to try a slice, but not enough paper plates. “Oh, that’s easy,” was the baker’s “make do” response, “just tear the plates in half!” Problem solved. So the next time you are cooking or baking and something is lacking, think a bit and Make Do.

Green Tomato Stew

Don’t have any ripe tomatoes, but plenty of green ones? Use them in this recipe. They make a good substitution in other recipes for sauces and casseroles as well. Makes about four servings.

- Ingredients:**
2 tablespoons flour
salt and pepper to taste
1 to 1¼ lbs. beef chuck, round or shoulder, cut into 1½ inch cubes
2 tablespoons canola oil
1 cup water, divided
1/4 teaspoon sugar
1 onion, sliced
6 small green tomatoes, washed, cored, and cut into quarters
2 large carrots, sliced

Combine flour, salt, and pepper in a paper or plastic bag; shake meat to coat all pieces. In a heavy skillet or Dutch oven, brown meat slowly in two tablespoons hot oil. Reduce heat, add one quarter cup of the water, cover and simmer for one hour. Add remaining water, sugar, onion, and tomatoes. If the stew seems too dry, add a bit more water until it is the consistency desired. Cover and simmer 30 minutes. Add carrots and continue to simmer 15 to 20 minutes longer, or until carrots are tender.

Creamy Spinach-Herb Pasta

When you want to remake a recipe so that it’s healthier, use this trick to replace some of the fat. Here, a lighter sauce replaces a rich Alfredo-style sauce.

- Ingredients:**
1 package frozen chopped spinach
1 teaspoon dried oregano
1 teaspoon dried basil
1½ cups fat-free half and half or evaporated skim milk
1½ cups fat-free or low-fat Ricotta cheese (or small curd cottage cheese)
salt and freshly ground black pepper
hot cooked pasta of choice, for 4 servings according to package instructions
- Cook spinach; drain and press out any water with your hands or a wooden spoon. Purée the spinach with remaining ingredients, except pasta, in blender or food processor. Pour mixture into a saucepan and stir over low heat until heated through. Serve on hot pasta, topped with a small amount of freshly grated Parmesan cheese if desired. Makes four servings.

Stuffing Bread

A number of years ago when I didn’t have any prepared bread stuffing mix, I made this bread that tastes like real poultry stuffing. It’s easily made in a bread machine so you can enjoy your favorite stuffing or dressing any time of year. (If you don’t have a bread machine, use a recipe for making any yeast bread). This bread freezes well and also makes delicious toast – and does it ever smell good while it’s baking!

- Ingredients:**
1 cup plus 1 tablespoon milk, room temperature
1 large egg
1 tablespoon butter softened
2 tablespoons brown sugar
1 teaspoon salt
1/3 cup corn meal
3 cups bread flour
4½ teaspoons dried minced onion
1½ teaspoons celery seed
1 teaspoon poultry seasoning
1/2 teaspoon rubbed sage
1/2 teaspoon pepper
2¼ teaspoons active dry yeast

In a bread machine pan, place all ingredients in order suggested by manufacturer. Select basic bread setting. Bake according to bread machine directions (check dough after five minutes of kneading; add one to two tablespoons water or flour if needed for proper consistency. Makes one loaf.

Cooking Corner

with Nancy Adams



Artichoke-Spinach Casserole

Years ago, I received a request from a reader who wanted to make a casserole similar to a popular spinach-artichoke appetizer. I found that remaking that appetizer recipe, with similar ingredients and adjusted consistency, was a happy discovery. Serve plain or on pasta.

- Ingredients:**
1/2 can (14 oz.) artichoke hearts, drained, (or 1 (6.5 oz.) jars marinated artichoke hearts, drained)
2 tablespoons butter
1/2 small onion, finely chopped
1½ packages (3 oz. each) whole cream cheese, softened
3 tablespoons milk
1 (10 oz.) package frozen chopped spinach, thawed, drained and squeezed dry
1/4 teaspoon red pepper flakes, or to taste
salt and pepper
1/3 cup grated Parmesan cheese (or other shredded cheese)

Place artichokes in bottom of a one quart baking dish. In a skillet, melt butter and sauté onion until tender. In a mixing bowl, combine cream cheese and milk. Stir in sautéed onion and spinach. Season with red pepper flakes, salt, and pepper; mix together until smooth. Pour into baking dish and sprinkle top with cheese. Refrigerate up to 24 hours, until ready to bake, or cook immediately. Preheat oven to 350 degrees; bake for 30 minutes or until well heated through. If desired, place under broiler to brown the cheese topping. Makes two to three servings.

Pear Batter Pudding

Several years ago I made some kind of one-layer cake for a “company’s coming” dinner. When I went to serve the dessert, I discovered it wouldn’t turn out of the pan in one piece as directed. Both in desperation and with relief, I thought to spoon the cake into pudding dishes and served it with some jam and whipped cream.

- Ingredients:**
2 ripe pears, peeled, cored and sliced
1 large egg
1/3 cup light cream or half-and-half
1 tablespoon confectioners’ sugar
1 tablespoon ground almonds
1 tablespoon dark rum or 1 teaspoon rum extract
1/4 teaspoon nutmeg
1 tablespoon melted butter
confectioners’ sugar to dust

Arrange sliced pears in shallow baking dish large enough to hold them in a single layer. In a bowl, beat egg, cream sugar, almonds, rum and nutmeg; add melted butter. Pour batter over pears and bake in preheated 400-degree oven for 15-18 minutes, until puffy and set. Serve hot or warm, dusted with confectioners’ sugar.

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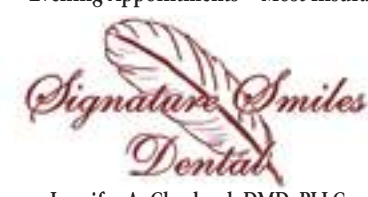
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Anxiety And Depression: A Healing-Focused Approach

Anxiety and depression are among the most common reasons people seek mental health care support. Anxiety can feel like persistent worry, racing thoughts, irritability, muscle tension, panic, insomnia, or digestive distress. Depression may bring low mood, loss of interest and pleasure, fatigue, slowed thinking, hopelessness, changes in appetite, and difficulty managing ordinary responsibilities. Sometimes both occur together, creating a cycle of exhaustion, fear, withdrawal, and self-criticism.

Experiences of depression and anxiety are very common in most of our lives. It's not easy being a human being! But when we feel like we have lost resilience, vitality, and well-being and just can't seem to get it back, we know we need some help.

There is a lot of public conversation currently about the ways that we approach mental health treatment. What is actually causing these growing concerns? What are the solutions? Are the root causes physical, psychological, emotional, social, spiritual? Or a combination of everything? When should medications be used? For how long? How do we know if it is safe to stop medications? Are there alternatives to pharmaceuticals? Will I always have this problem?

Mental health is not separate from physical health or from the conditions of a person's life. Though your symptoms may look similar to someone else's symptoms, the root causes and pathways to healing are always very personal. For one person, anxiety may be related to chronic financial stress or a history of trauma or grief that keeps the nervous system on high alert. For another, it may be connected to problems with alcohol or drug use. For another, it might be related to chronic illness, hormonal changes, or nutrient insufficiencies. The goal is not to find one explanation or cookie-cutter treatment for every symptom. It is to understand the full picture and find a pathway of care that is healing-focused, compassionate, practical, evidence-informed, and individualized.

Healing Perspectives

with Nadine Laughlin



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