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Monadnock New Horizons Music Program Holds Meet And Greet



Monadnock New Horizons band members: Andy Chapman, saxophone; Derek Walton, trombone; and Sam Garcia, trumpet.

The Monadnock New Horizons music program will hold a Meet and Greet about all three bands – a concert band, a jazz ensemble, and a new beginner band – on Tuesday, September 8th at 7 p.m. at Congregation Ahavas Achim Keene on Hastings Avenue.

People are welcome to stop by and ask questions, try some instruments, and meet band members as well as founding director Donna Morse, co-directors Phil Crotto and Sue Hahs, and percussion specialist, Mike Trombly. There is no obligation.

The band is for all levels of musicians that play or want to play flute, clarinet, oboe, bassoon, saxophone, trumpet, french horn, trombone, euphonium, tuba, bass, or percussion/bells. This is an opportunity to be in a band and play music with other adults.

New is a beginner band that will meet on Wednesday mornings. Participants will learn how to read music and play in a group. This is also for those who are a bit rusty with their musical skills.

The jazz ensemble will be a standard big band arrangement. The instrumentation is saxophones, trumpets, trombones, piano, guitar, bass, and drums. Participants will need to have basic skills.

All rehearsals are once a week ending with a concert, starting Tuesday, September 22nd, in Keene. The jazz ensemble rehearses from 6 to 7 p.m., extra help and chamber music from 7 to 7:30 p.m., and the concert band rehearses from 7:30 to 9 p.m. Beginner band will start September 23rd. For more details, email monadnewhorizonsband@gmail.com or visit www.mnhband.org.

River Valley Artisans' Art & Wine Festival At The Scenic Summit Winery



Dog painting by Jade Carr

River Valley Artisans' festival will take place at the Summit Winery on September 12th and 13th from 11 am. to 4 p.m. both days. This shift to a single venue promises an intimate experience celebrating local artistry, wine, and a vibrant atmosphere.

Featuring new and returning artists, artisan vendors, and gourmet food, the event highlights the diverse creativity of the region. Attendees can explore a wide range of styles and mediums – from contemporary paintings and whimsical ceramics to handmade jewelry, fiber arts, and more. Visitors will have the opportunity to meet the artists, hear their stories, and purchase one-of-a-kind pieces.

British Cars of NH will be there



Pottery by Susan Weller

Saturday, weather permitting; rain date is Sunday. A Chesterfield Lions Club food tent, Frisky Cow Gelato, Frogg Brewing, and Cheshire Floral Farm will be there.

Guests can enjoy wines by the glass or tastings.

“This year’s exclusive event at Summit Winery brings together the best of local art, wine, and community,” says Carol Corliss, RVA board member.

Summit Winery is located at 719 NH-12, in Westmoreland. Admission is free, and all are welcome. There will also be a free raffle with items donated by the artisans.

For more details, visit www.river-valleyartisans.com or contact rivervalleyartisanstour@gmail.com.

Thanking Veterans At Farmer's Markets Weekends In September

The Cheshire County Conservation District has joined community partners to show appreciation for local veterans. Cheshire County veterans are invited to farmers' markets to receive a \$20 voucher to purchase food each week in September.

The four participating markets include: Hinsdale Farmers' Market on Saturdays, September 5th and 19th from 9 a.m. to 1 p.m. on Main Street, Keene Farmers' Market on Saturdays from 9 a.m. to 1 p.m. on Gilbo Avenue, Jaffrey Community Farmers' Market on Fridays from 3 to 6 p.m. on Main Street, Winchester Farmer's Market on Saturdays from 9

a.m. to 1 p.m. on Main Street, and Rindge Farmers Market on Saturdays from 10 a.m. to 2 p.m. at Rindge Common Park on Route 202.

Vouchers are distributed at a booth at each market on a first come, first served basis while funding supplies last for food items only. Limit one market and one voucher per weekend.

Veterans must present a valid ID at the market's booth. Learn more about the Veteran Appreciation Month program at www.cheshireconservation.org/veterans.

Cathedral Of The Pines Remembers 9/11

To commemorate the 25th anniversary of September 11, 2001, Cathedral of the Pines will be screening the National Geographic three-part documentary titled *9/11 Reunited*. The video will be played on a continuous loop from 9 a.m. to 5 p.m. in the Found Reception Room in the historic Hilltop House.

In addition, Cathedral of the Pines is creating a videotaped library of 9/11 remembrances and asking people to come in to tell their stories. Cathedral of the Pines is located at 10 Hale Hill Road in Rindge.

The National Geographic documentary chronicles

six survivors and the people who saved them. The moving miniseries includes footage of the scenes and interviews with witnesses, survivors, and first responders.

During the screening, Cathedral of the Pines will videotape stories of 9/11. All ages, nationalities, and walks of life are encouraged to participate. Sign up for a five-minute slot by emailing info@cathedralofthepines.org with a preferred time slot.

For more details, visit cathedralofthepines.org.

World-Renowned Musicians Join Ashuelot Concerts In Keene And Bellows Falls, VT

Two world-renowned musicians will join Ashuelot Concerts for the opening concerts of the season at Stonewall Farm in Keene on Friday, September 4th at 7:30 p.m. and in Bellows Falls Opera House in Vermont on Saturday, September 5th at 3 p.m.

Cellist Nina Lee and Violist Nicholas Cordis will join British musicians and Ashuelot Concerts Artistic Directors

Louisa Stonehill (violin) and Nicholas Burns (piano) for a program of Piano Quartets by Czech composers Josef Suk, Bohuslav Martin & Antonin Dvořák.

Lee has been cellist of the Brentano Quartet since 1999, performing across four continents and recording works by Haydn, Mozart, Beethoven, and commissioned composers.

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“Learning an instrument is good for our brains, and Jean makes it so much fun,” says student Kathi Borden.

Travaglini earned her Bachelor’s Degree in Music Education from the New England Conservatory of Music. She offers ongoing enrollment and welcomes beginners as well as more advanced students. All ages are welcome. “The art of piano playing is a wonderful vehicle of expression,” says Travaglini. “It is a gift that will last a lifetime.”

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Cheshire County Veterans with proof of residency and veteran status receive
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 Valid Veteran IDs include: DD214, VA Healthcare card,
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Contact the CCCD for more information:
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Seven Things To Do Labor Day Weekend

"And summer's lease hath all too short a date."
William Shakespeare

Observing Labor Day – the first Monday in September – began in the late 19th century to recognize American workers' social and economic achievements. Today, Labor Day weekend symbolizes the end of summer, celebrated with parties, parades, sporting events, and family gatherings.

Here are seven things to do this Labor Day weekend:

Host a Bike Parade

Why not host a bike parade over Labor Day weekend? Have the kids – including any neighborhood children who would like to participate – decorate their bikes or scooters for a parade on a set day at a set time. Decorate the bikes using pinwheels, streamers, sparkly or metallic garland, and anything patriotic themed. Once decorated, take a group picture and then the kids, with parents walking behind, parade around the block. If a parent is so inclined, they can play patriotic music on their cell phone during the parade. At the end of the parade, break out popsicles or an ice cream treat.

Enjoy Labor Day Treats

When I think Labor Day treats, I think of berry crisps, pies, and trifles; ice cream treats; and s'mores. I have yet to make this dessert, but I've enjoyed an Ice Cream Sandwich Cake before that was not only delicious but refreshing on that warm day.

You'll need 14 Oreo cookies chopped into small pieces, eight ounces of frozen whipped topping like Cool Whip (thawed), 14 full-size ice cream sandwiches, and one 11-ounce jar of hot fudge sauce. Line a 9x9-inch baking pan with parchment paper.

In a medium bowl, combine two-thirds of the chopped Oreos with the whipped topping; set this aside. Note: The remaining Oreos will be used later. Place seven of the ice cream sandwiches in an even layer in the baking dish (you will want them to fit snug, so you might need to cut an ice cream sandwich

to fit). Spread half of the fudge sauce onto the ice cream sandwiches, followed by a layer of the Oreo whipped topping. Repeat those layers and top it off by sprinkling the rest of the chopped Oreos over the cake. Cover and freeze for at least three hours.

Monadnock Family

with Lori Catozzi Cook



Throw a Pool Party

If you are fortunate to own a pool, and one of the days over Labor Day weekend looks like a sure win for great weather, why not throw a pool party? Invite family and friends over and ask them to BYOB as well as a summery food item to share – watermelon, fruit bowl, green salad, macaroni salad, potato salad, chips and dip, etc. You can provide the finger sandwiches and waters. Have plenty of pool toys, balls, floats, and water guns for the kids to play with. You could also set up games or crafts at a table for when the blue-lipped kids need a break from the water!

Play Outdoor Games

We know that once September hits, our outdoor play time could get more and more limited. This Labor Day weekend, why not get the kids outside to play some classic active outdoor games?

Ones that come to mind that children are still enjoying include Red Light, Green Light; Freeze Tag; Hopscotch; and Kick the Can. Sidewalk chalk can turn the driveway into a large US map, a drawing of our planets in order to the sun, or you can block off a section of the driveway for each member of the family to do their own thing.

Enjoy a Drive-In Movie

Going to a drive-in movie is so nostalgic, and something to share with your children. Bring snacks and drinks (though you must check out the snack shack while there), sweatshirts, folding chairs, pillows, and blankets. You'll want flashlights for bathroom visits and bug spray – just in case some pesky bugs are out.

Host a Barbecue or Block Party

Fall is coming, which means barbecue season is probably going to be winding down. Why not host a barbecue or block party? You can provide the hot dogs and hamburgers and have family and friends bring a side dish or dessert to share. Bring out lawn games – Corn Hole, Ladder Toss, badminton, horseshoes – and enjoy the last days of summer.

Go Camping

Why not make this the weekend you connect with nature (and each other) by planning an end-of-season camping trip with your friends or family? Take a hike, visit a river or lake, stargaze, tell scary stories around the campfire, and roast s'mores over a fire pit.

Happy Labor Day!

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Guggi is a seven-year-old female, domestic medium hair.

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Buffet Bean Supper In Winchester

The United Church of Winchester at 99 Main Street will hold an all-you-can-eat buffet Bean Supper on Saturday, September 5th from 5 to 6 p.m. in the Fellowship Hall.

The menu includes hot dogs, two kinds of baked beans, coleslaw, potato salad, dinner rolls, and assorted pies. Tickets are \$12 for adults and \$6 for children under 12. To order take home meals, call 603-239-4465 before 3 p.m. that day.



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Kinsley Johnson, daughter of Ryan and Alex Johnson, Spofford, 5
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Clara Berger, daughter of Liv & Justin Berger, Westmoreland, 8
September 7, 2026
Quin Aiken, son of Jeff Aiken, Troy, 12

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Old Homestead Garden Club Meeting At First Congregational Church Of Swanzey

The Old Homestead Garden Club will hold its monthly meeting on Wednesday, September 9th, from noon to 2:00 p.m. at the First Congregational Church of Swanzey at 679 Old Homestead Highway. Andrew Bohannon, Deputy City Manager of Keene, will speak to the group about parks and recreation in the Keene area. Guests are welcome to attend. For more details, contact the Old Homestead Garden Club at oldhomestead@nhfgc.org.

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MARCO POLO GARDEN
MYSTERY PHOTO

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a \$20 gift certificate to Marco Polo Garden on Main Street in Keene. Call The Monadnock Shopper News at 603-352-5296. No walk-ins, please.

(Prepared by the Historical Society of Cheshire County)



On what street in what community was this 1950s car dealership and service station located?



The winner of last week's Mystery Photo Contest was Lois Bradstreet of Spofford. The early 1900s ice cream and refreshment stand was located in Chesterfield.

Chair Yoga Class At Keene Recreation Center

The Keene Recreation Center will offer a Chair Yoga class series beginning Thursday, September 10th. Chair Yoga is a gentle form of yoga, practiced sitting in a chair or standing, using a chair for support. No previous yoga experience is required. The five-week series will be held on Thursdays, September 10th to October 15th (no class on October 1st) at 1 p.m. The cost is \$30 for the session, or \$6 to drop in. The class will be taught by Certified Yoga Instructor Betty Christiansen.

Registration is available at the Parks and Rec website at <https://keeneparks.com>.

A Taste Of Italy Takes Place In Marlborough September 11th

On Friday, September 11th, the Federated Church of Marlborough will host A Taste of Italy dinner from 5 to 6:30 p.m. at the handicap accessible Community House at 160 Main Street. The event is \$20 for adults and \$6 for children 10 and younger.

Attendees will enjoy an Italian menu of lasagna, chicken parmigiana, sausage, meatballs, crisp green salad, and a variety of desserts, buffet style. Take out will be available.



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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	217.43	1.53	Danaher Corp. (Kollmorgen)	216.07	(2.78)
Becton Dickinson (C.R. Bard)	189.52	(2.48)	Merck (Hubbard Farms)	148.35	(4.20)
Toronto Dominion Bank (TD Bank)	121.25	4.10	Deluxe (NEBS)	23.64	0.03
PC Connection	79.67	1.74	Teleflex (Jaffrey)	139.67	0.84
Bank Of America (Fleet)	62.32	0.63	Timken (MPB Corp.)	120.82	(4.28)
Corning Inc.	148.87	(0.97)	M&T Bank Corp. (People's United)	237.29	(3.05)
Ametek, Inc. (Precitech)	236.25	(3.30)	Dover Corp. (Markem)	198.68	(3.24)
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	67.30	(3.05)	Wheat (cents per bushel)	783.50	84.25
Gold (\$ per ounce)	4,516.20	(173.40)	Corn (cents per bushel)	536.25	27.75
Platinum (\$ per ounce)	1,821.10	(58.58)	Soybeans (cents per bushel)	1,287.75	47.50
			Cattle (cents per pound)	211.83	(6.10)
			Crude (\$ per barrel)	83.44	(3.62)
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Gathering Waters Charter School Welcomes New Faculty Ahead Of The New School Year

In preparation for the school year, Gathering Waters Chartered Public School announced their newest editions to their faculty and staff.

The Lower School welcomes Marypat Szep as their second grade class teacher, Cindy Motter as their Title I coordinator, Laura Kostenblatt as their games and nature teacher, Ollie Quinn as a class assistant, and Aiyana Murphy as a kindergarten assistant.

The Upper School looks forward to the return of Kirsten Archibald as their sixth grade class teacher, welcomes Judy Valdivia as their upper school Spanish teacher, and congratulates Theodora Morin on her move to PE teacher and athletic director.

The Gathering Waters Lower School serves students kindergarten through fifth grade at 98 South Lincoln Street. Students in sixth through 12th grades attend the Upper School at 31 Washington Street.

Both campuses are still enrolling students in select grades for the 2026-27 school year and adding names to the waitlists for full classes. The first day of school will be September 2nd.

Call the Lower School at 603-352-0659 or the Upper School at 603-733-8969. Learn more about Gathering Waters programing and enrollment at www.gatheringwaterscharter.org.

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A Walk Around Chanticleer Gardens



Pot of floating flowers

A plethora of bright blooms and trailing vines was my first impression of Chanticleer. I stepped through the entryway and found myself immersed in a courtyard garden that felt coherent, but also contained smaller sections of gardens, like pockets that required separate attention. One nook held metal benches designed to look like burgeoning grapevines. Alongside them was a pot filled with water and decorated with bright, floating flowers. Dozens of other pots of all shapes and sizes held a variety of plants from the dramatic droops of Love-Lies-Bleeding to small, upright coleus. That one spot set the standard from which I would view the rest of the gardens, which all continued to impress me with their balance between overall plan and exquisite attention to detail.

Like the main entryway, these 40 acres of public gardens felt coherent, with sweeping lawns and forests connecting pockets of gardens with distinctly different flavors. We first walked around the main building, once a luxurious family home, now a museum. A tall, covered porch, large stone patios, and heavy duty railings are all bedecked with plants. Broad garden beds filled with flowers and specimen trees surround these areas and lead one toward a long pool and a couple smaller fountains. The large railing affords a sweeping view of lawn and forest. I realized from there, we could walk in any direction and come to a place of interest.

Woods and Gardens

with Yedida Landis

We opted for a raised, curved path that took us across an expanse of gravel gardens folded neatly into a gentle slope. Six inches of gravel had been dug into the soil with a one-inch layer of gravel on top. Purple gayfeathers poked up above columbines, euphorbias, grasses, sedums, sea holly, and more. Tall junipers drew my eye down a narrow stone path toward a formidable arbor made of foot-wide posts. The top of the arbor itself was nearly invisible due to an elephantine wisteria.

I would love to go on about the nearby outdoor living room made of stone, embraced by climbing hydrangeas; but I also really want to make space to share about my two absolute favorite locations. First is the gardens built into the ruins of a previous home. Second are the ponds. Imagine a large stone home with no roof and only some of its walls. It's a bit like the empty cottages on the west of Ireland with their thatching gone; but, instead of perhaps feeling a little forlorn, this area felt teeming with life and creativity. A long reflecting pool sat in the longest expanse of space with a focal point on the remnants of the tallest wall. Climbing plants and espaliered trees adorn the stones. Every window has a view of a specimen tree or some other beautiful scene. The sound of cascading water called me to a corner where a little waterfall ran into a basin holding sculptures. I felt mesmerized looking at the serene faces carved there.

After wandering around a while longer, noticing what I came to term some of the many "random acts of art" around Chanticleer, we made our way over to the largest water features. When I asked one of the generous horticulturists on site what draws people in most, he immediately responded, "Fish." I could see why. Gargantuan koi slowly made their way around the soft, chilly waters. Texas Dawn water lilies populated the center of the pond (because "those are the only ones the turtles won't eat"). A backdrop of a dark red beech, weeping katsura, Emerald Sentinel Juniper, and Aurea catalpa framed the scene. The first pond was surrounded by beds of colorful annuals and perennials, including orange four o'clocks, golden cosmos, scabiosa, coral red salvias, yellow goldenrods, and pink phlox. The other pond was simply and wonderfully overrun with gargantuan lotus plants. Each pale pink flower the size of a baby's head.

We walked through acres and acres more of gardens – in the woodlands, the Asian-style one, along a creek, formal hedges, a kitchen garden, and more. I wanted to visit them all and I did; but it really did take five hours to walk all the way around. If you ever find yourself in the Philadelphia area, I recommend adding Chanticleer to your list.

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Harvest Time

Harvest time is in full mode right now. If your freezer isn't packed, there is still time to put in some corn, broccoli, beans, beet greens, or Brussels sprouts. If your Brussels sprouts are small, take off the lower leaves to give them some room to grow and cut back the main stem.

Local farms will soon be selling large bags of onions, potatoes, beets, and carrots. These are excellent sources for you to fill your storage space. Onions can be loaded into string bags and hung from nails in the pantry. Potatoes can be stored in a cool, dry, dark place. It's a good idea to go through the onions and potatoes in order to eliminate any that are damaged. Just eat those first.

Root cellars are great places for carrots and beets. It's best if they are not washed. I just put mine in the sun for 15 minutes on each side to dry them out. Then, I cut the stems down to about an inch, gently brush them off, and place them in buckets. I put a layer of very dry sand on the bottom of the bucket, then place the veggies in not touching one another. I cover the veggies with more sand and repeat until the bucket is full. Because five-gallon buckets of sand are quite heavy, I have been placing the beets and carrots in wood chips. However, I noticed that the chips adversely made the beets terrifically hard. I thought at first that I didn't cook them long enough, but cutting them up quite small and cooking them for a couple of hours they still remained hard. The carrots don't seem to mind. So I am now putting the beets in smaller buckets so that I can go back to sand. Quarries will often provide sand for free if you show up with a few buckets.

While you are at the quarries, it might be a good time to stock up on rock dust. This is a side product from cutting up larger pieces of stone. There are many, many minerals in rock dust. Most soils have been demineralized by over farming in the past. I like to give my beds a strong dusting of rock dust in the fall. This will ensure that all of the veggies next

year will have all of the minerals that they need to produce a good crop.

Winter squashes will be available soon as well. These hardy vegetables are good keepers and will provide food for months to come. Butternuts are especially good keepers as I have had them last well into May of next year. When you purchase them, they need to be perfect – no nicks or cuts and they should also possess a stem. They will need to be sunned for a couple of weeks to strengthen the skin. I leave mine on my picnic table, turning them once in a while so that the whole squash gets sunned. If frost threatens, I bring them in.

**Green
Monadnock**
with Celeste Longacre

Now is also a good time to begin planting winter rye. This gives the soil organisms something to eat during the winter months so that they will be present and ready to go in the spring. I plant them in little shallow hollow circles about a foot apart. I plant about 15 seeds in each circle. Come spring, I will plant lots of the bigger crops like tomatoes, squash, broccoli, cabbage, peppers, okra, and melons in between the rye. It's a good idea to cut the rye a couple of weeks before planting anything, but the roots will stay and add nutrients to the soil. Winter rye also makes an excellent mulch. Spread it out to dry and then put it where you don't want the weeds to grow.

Celeste and Bob Longacre have been living sustainably for almost 50 years. Her book, "Celeste's Garden Delights," details exactly how to do this and is available at many local businesses. Celeste is also looking for venues to do kvass demos.

World-Renowned Musicians Join Ashuelot Concerts



The opening concerts of the Ashuelot Concerts season include a couple of world-renowned musicians that will perform at Stonewall Farm in Keene on Friday, September 4th at 7:30 p.m. and in Bellows Falls Opera House in Vermont on Saturday, September 5th at 3 p.m. Pictured are (L to R) Ashuelot Concerts Artistic Directors Louisa Stonehill (violin) and Nicholas Burns (piano) with Cellist Nina Lee. Violist Nicholas Cords is pictured right.

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CONCERTS, Continued from page 1

She is currently on the faculty at Julliard School of Music and Yale School of Music, where the Brentano Quartet is in residence.

Cords is a founding member of Brooklyn Rider and violist of the Silkroad Ensemble. He currently serves on the viola and chamber music faculty at New England Conservatory.

"Each of these Czech Piano Quartets is lyrical, explosively virtuosic, passionate and, most importantly, incredibly moving. If you have yet to experience live classical music, this would be a fantastic introduction," says Burns.

Early booking is recommended as Ashuelot Concerts' events often reach capacity: www.ashuelotconcerts.org.

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Currency Of The Heart

The energy of love heals many things; this is no secret. We come to know love and its many forms by our experiences throughout life. More and more, I am understanding love – the energy of the heart, as the “great transformer.”

Healing Perspectives

with Rosie Carey



Heart energy is a currency in this world. We seek it for comfort and connection. It nurtures us and grows us from children into adults. We learn to create our relationships, homes, and reality with love. We fall into love and out of love. We learn to be love.

When we learn about love, in truth we learn about our heart. Your heart has capacity, ability, discernment, sensitivity, and intelligence, and generates or manifests love for yourself and others. Of course, it both emits love and receives love. The energy of your heart is love in its many forms, some of which are unique to just you.

Love is universal and interdimensional. The quality of your love, or heart, is the measure of your being. It is transparent, and yet the most obvious thing about you. Our capacity for love may be the measure of, and the vehicle for, our evolution as a species.

This brings me back to the understanding that love is all there is, and that love is all you need, thank you Beatles.

I have been an energy healer for 40 some years. My success with healing relates to matching frequencies and patterns of energy within a client. I know how to use my energy, or divine energy, to repair damage in someone else’s field. It is not a phenomenon that love is the glue which repairs a tear or aligns a distortion which is manifesting disease. I have come to know my soul’s essence as it resides in my heart through this work.

I use the energy of my heart for healing as I do the energy of other chakras: throat, third eye, and crown. I know that heart love is a waveform or currency that can carry both desire and will for healing. It is a currency in that it connects our souls in the giving of one heart to another. In that connection there is an exchange of information or intelligence which allows for wholeness of being. Love is legal tender in the bargain for healing with all consciousness.

The density of our physical reality tends to obscure the knowing of our divine energy body. When we experience difficulty, stress, and disease, often we are fooled by the illusion of our present situation. Connect with your heart, your love, and your soul to find truth.

All of us are healers as we learn to open our hearts and manifest love. An open heart allows your divine essence, your soul, to create with love your world. The possibilities are endless and eternal.

Rose Carey is the founder of LifeLight Healing Center at 206 Washington Street, Keene. Sensitive to energy fields, she clears your aura and home of unwanted darkness. 603-852-8300

Monadnock Food Co-op Donations Help HCS

The Monadnock Food Co-op at 34 Cypress Street in Keene will host a Round It Up Donation Drive to benefit Home Healthcare, Hospice and Community Services during September.

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

The donations will support HCS’s nutrition programs that provide seniors, individuals with disabilities, pregnant women, and families throughout Cheshire County with access to nutritious meals and food resources.



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Goddess Yoga Celebrates Anniversary At Aloha



Arielle Wylie came to Aloha over a year ago, offering to teach Goddess Yoga. Aloha has the only Goddess Yoga class in the Keene area. It has been well received by those who have attended.

In an effort to get the word out to more folks, Wylie is offering an anniversary class to teach folks about the components of Goddess Yoga. For those who have wondered about this engaging class, the event is set for September 6th from 6 to 7:30 p.m.

For more details or to register, visit vagarog.com/alohakeene

Arielle Wylie

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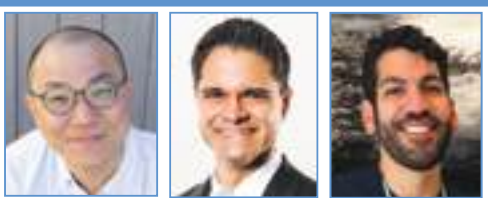
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ENTERTAINMENT

and DINING

Wednesday, Sep. 2

FAMILY FUN

Storytime 10am-12pm. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft for toddlers and preschoolers. Richmond Public Library: **603-239-6164**.

MISCELLANEOUS

Book Crush - A Romance Reader Group 6-7pm. Keene Public Library, Miller-Vincent Room, 60 Winter St. Non-traditional book club for romance readers. 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, discuss, "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 is an artist whose 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.

Intro to Herpetology 7pm. Gilsun Steam Academy, 640 NH-10, Gilsun. The difference is between reptiles and amphibians. Bring questions. Gilsun Conservation Commission welcomes a NH Audubon Naturalist as they share turtle shells, snake skins and other artifacts left by reptiles and amphibians.

Red Cross Blood Drive 12-4:30pm. Ellen L. Murphy Memorial Community Center, 21 Durkee St., Winchester. To make an appointment call or visit **800-733-2767**. www.RedCrossBlood.org.

Thurs., Sep. 3

ARTS, MUSIC, THEATER

From the Water Pastel Class with Mary-ann Mullett 12am-3pm. Jaffrey Civic Center, 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.

MISCELLANEOUS

Great Short Stories Discussion Group 2-3:30pm. Eppes Room, Keene Public Library, 60 Winter St. The readings are from The Best American Short Stories of the Century, ed. by John Updike and Katrina Kenison, c 1999. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Sat., 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. More than 80 New England Artists representing a wide variety of styles and media. Art raffle supports the MAAA scholarship fund. This free family-friendly two-day event, includes Sunday. Live music and Frisky Cow gelato, food booth refreshments. Kris Stewart: kristewartfineart@gmail.com. www.monadnockareaartists.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.

Buffet Bean Supper 5-6pm. The United Church of Winchester, 99 Main St., Winchester. Hot dogs, two kinds of baked beans, coleslaw, potato salad, with dinner rolls and assorted homemade pies. \$12/\$6 children under 12. To preorder take home meals call before 3pm. **603-239-4465**.

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 and houses, alpaca fiber products, soaps, herbs and herbal body care, and more. www.keenefarmersmarket.com/.

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

Huge Yard Sale 9am. 32 West Surry Road, Keene. Benefits Third Congregational Church of Alstead.

Jaffrey Civic Center Arts and Crafts Fair 10am-3pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Live music with the Cloutiers and fun activities with Hannah Banana. Rain date: Sept. 6th. jccedassistant@gmail.com.

LECTURES & WORKSHOPS

Drinking Liberally 1pm. Margarita's, Main Street, Keene. Meet-up for left of center political discussion and other current events. **603-352-1707**. keene@drinkingliberally.org. www.livingliberally.org/chapter/nh/keene.

Canning Demonstration: Celeste Longacre 10-11am. Heberton Hall, Keene Public Library, 60 Winter St. Take some onions, tomatoes, basil, thyme, garlic and oregano and whip up a mix that will then be preserved. Everyone will get a jar to take home. Space is limited and registration is required. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

MISCELLANEOUS

Drop-in Knitting Circle 11am. Richmond Public Library, 19 Winchester Rd., Richmond. Drop-in group for hand-crafters of all abilities. Richmond Public Library: **603-239-6164**. library@richmondnh.us.

Sunday, Sep. 6

ARTS, MUSIC, THEATER

Art in the Park 10am-4pm. Ashuelot River Park, West Street, Keene. Features more than 80 New England Artists representing a wide variety of styles and media. An art raffle to support the MAAA scholarship fund. Live music and Frisky Cow gelato, food booth refreshments. Kris Stewart: kristewartfineart@gmail.com. www.monadnockareaartists.org.



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Jaffrey Civic Center Fall Arts And Crafts Fair

The Jaffrey Civic Center will host an Arts and Crafts Fair on the front lawn on Saturday, September 5th from 10 a.m. to 3 p.m. In addition to arts and crafts, there will be live music with the Cloutiers and fun activities with Hannah Banana. The event will be fun for the entire family.

The Jaffrey Civic Center is located at 40 Main Street in Jaffrey and is open from noon to 5 p.m. on Wednesdays, Thursdays, and Fridays, and 10 a.m. to 2 p.m. on Saturdays.

FAIRS & SALES

Huge Yard Sale 9am. 32 West Surry Road, Keene. Benefits Third Congregational Church of Alstead.

MISCELLANEOUS

Goddess Yoga 6-7:30pm. Aloha Keene, 83 Court St., Keene. Join a circle of women who celebrate their goddess within. Register at www.vagaro.com/alohakeene.

Tuesday, Sep. 8 ARTS, MUSIC & THEATER

Monadnock New Horizons Band: Fall Meet & Greet 7pm. Congregation Ahavas Achim, Hastings Ave., Keene. Time to come up on stage and be part of the band. monad-newhorizonsband@gmail.com. www.mnhband.org.

MISCELLANEOUS

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

Red Cross Blood Drive 12-5pm. Alyson's Orchard, 57 Alyson's Lane, Walpole. **802-309-0742**. www.RedCross.org/NNE.

Wednesday, Sep. 9 MISCELLANEOUS

Old Homestead Garden Club Meeting & Program 12-2pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy. Andrew Bohannon, Deputy City Manager of Keene will speak about the parks and recreation in the Keene area. Oldhomestead@nhfgc.org.

Thursday, Sep. 10 LECTURES & WORKSHOPS

Mind Full to Mindful – Virtual Series 5-6pm. Free nine-week program designed to transform approach to mindfulness and empower people to take charge of their emotions. This program, consisting of nine classes over nine weeks, is for people new to mindfulness, eager to discover its benefits or seeking to elevate their current practice. Deadline to register is September 10.

The Jaffrey Civic Center is a nonprofit cultural facility founded in 1966. It provides a public venue where people can pursue artistic, educational, and civic activities. The center does not charge an admission fee, and all art shows and receptions are free and open to the public.

For more details about the event and the Jaffrey Civic Center, visit <https://jaffreyciviccenter.com/special-events/>

MISCELLANEOUS

Chair Yoga Class: 5 Week Series 1pm. Keene Parks & Recreation Center, 312 Washington St. Chair Yoga is a gentle form of yoga, practiced sitting in a chair or standing, using a chair for support. No previous yoga experience is required. The 5-week series will be held on Thursdays, September 10 to October 15 (no class on October 1). \$30 for session or \$6 to drop in. Registration available at www.keeneparks.com.

Friday, Sep. 11 ARTS, MUSIC & THEATER

Artist Reception: Historical Paper Marbling 5-6:30pm. Peterborough Town Library, 2 Concord St. A collection of marbled paper created by local bookbinder and PTL's circulation manager Nik Beauchemin. Artist remarks will begin at 5:45. Light refreshments. **603-924-8040**. www.PeterboroughTownLibrary.org.

DINING PLEASURES

A Taste of Italy 5-6:30pm. Community House, 160 Main St., Marlborough. Lasagna, chicken parmigiana, sausage, meatballs, crisp green salad, and a variety of Italian desserts. Buffet style. \$20/\$6 for children 10 and under.

FAMILY FUN

Kids Comic Club 4:30-5:30pm. Kay Fox Room, Keene Public Library, 60 Winter St. For comic fans ages 8-12. Create together, discuss graphic novels, and watch interviews and tutorials from favorite artists. Registration is appreciated. Parker Goodreau: **603-352-0157**. pgoodreau@keenenh.gov.

Saturday, Sep. 12 MISCELLANEOUS

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

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Spotlight On Versatile Summer Squash

Summer squash, particularly zucchini, are so productive that it's easy to tire of them. Yet it's a mistake to lose sight of the fact that summer squash can be cooked in so many different ways, with yellow and zucchini squash interchangeable in nearly all recipes. While yellow crookneck, green zucchini, and patty pan squash are available at markets all year long; they are now at their best fresh from local gardens. Choose small summer squash, which will be young with tender, thin skins. They can be cooked in many ways, including steaming, grilling, sautéing, deep-frying, and baking. Use herbs to enhance the flavor – dill, basil, mint, garlic, oregano, and chives are especially well-suited to these vegetables. Recipes with summer squash are on the menu at Cooking Corner this week; I hope you enjoy a few of them.

Cooking Corner

with Nancy Adams

Squash-stuffed Chicken Breasts

Shredded zucchini and cheese, seasoned with some herbs and onion, perk up the flavor of chicken breasts nicely in this recipe. Makes four servings.

- Ingredients:**
- 2 tablespoons butter
 - 1/2 small onion, finely chopped
 - 1 tablespoon fresh parsley, chopped
 - 1/2 teaspoon dried basil or 1 tablespoon fresh, minced
 - 2 medium zucchinis, shredded (about 2½ cups), squeezed of excess moisture
 - 3 slices bread, torn into coarse crumbs
 - 1 large egg, beaten
 - 3/4 cup Swiss cheese, shredded
 - salt and pepper to taste
 - 4 chicken breast halves, with bones and skin

Melt butter over medium-high heat in a skillet. Sauté onion, parsley and basil until onions are tender. Add zucchini and cook two additional minutes. Remove from heat; stir in bread crumbs, egg, cheese, salt and pepper. Carefully loosen skin of chicken to form a pocket. Stuff each breast with zucchini mix. Bake at 375 degrees for 40 to 50 minutes, or to 165 degrees on meat thermometer.

Squash Confetti

This sweet-savory side dish is a pleasant surprise; serve with poultry, game dishes, or hearty fish such as salmon or tuna.

- Ingredients:**
- 1 tablespoon butter
 - 1 clove garlic, minced
 - 3 cups zucchini, grated, excess moisture squeezed out
 - 3 cups yellow squash, grated and excess moisture squeezed out
 - 2 teaspoons honey
 - 3/4 cup carrots, grated
 - 1 tablespoon fresh lemon juice
 - 3/4 cup slivered almonds, toasted
 - 3/4 cup golden raisins

In a large pan over medium-high heat, sauté garlic in butter until lightly browned. Add zucchini, yellow squash, and honey. Continue cooking three to four minutes, stirring, until zucchini is still bright green. Add carrots and lemon juice; sauté for one minute. Remove from heat and drain any excess liquid; transfer to serving bowl. Mix in almonds and raisins and serve immediately. Makes four to six servings.

Zucchini Mock Crab Cakes

A popular dish with a number of readers, this recipe bears repeating now and then for those who may discovered the unique flavor of these crab cakes

- Ingredients:**
- 2½ cups grated zucchini, squeezed of excess moisture
 - 1 large egg, lightly beaten
 - 2 tablespoons melted butter
 - 1 cup bread crumbs
 - 1/4 cup minced onion
 - 1 teaspoon Old Bay Seasoning, more or less
 - 1/4 cup flour for dredging
 - 1/4 cup vegetable oil for frying

Combine zucchini, egg, and melted butter. Add bread crumbs, onion, and seasoning; mix well. Shape into patties and dredge each lightly in flour. Cook in oil over medium-high heat, browning on both sides. Drain and serve with tartar sauce or mayonnaise if desired. Makes four to six servings.

Zucchini Parmesan Bread

This savory quick bread recipe features onion and cheese flavors that pair well with assorted cheese and meat boards or alongside various meals.

- Ingredients:**
- 1½ cups whole wheat flour
 - 1½ cups unbleached white flour (or 3 cups white flour and no wheat)
 - 1 cup grated Parmesan
 - 2 tablespoons sugar
 - 5 teaspoons baking powder
 - 1/2 teaspoon baking soda
 - 1/4 teaspoon each salt and pepper
 - 1 cup shredded, unpeeled zucchini, squeezed of excess moisture
 - 1 cup buttermilk
 - 1/2 cup butter, melted and cooled
 - 2 large eggs, lightly beaten
 - 2 tablespoons grated onion

In large bowl, combine flours, Parmesan, sugar, baking powder, baking soda, salt, and pepper. Mix in zucchini. In small bowl, combine buttermilk, butter, eggs, and onion. Add liquid to flour mixture; stir well. Pour batter into well greased 9x5-inch loaf pan. Bake in preheated 350 degree oven for 55 to 60 minutes, or until it tests done. Cool 20 minutes before turning out on rack to cool.

Baked Summer Squash

Easy to make, this fits the bill for a simple lunch or side dish for six.

- Ingredients:**
- 2 pounds summer squash (zucchini, pattypan and/or yellow crookneck squash)
 - 1/4 cup olive oil
 - 1/2 cup grated Parmesan cheese
 - 1/3 cup bread crumbs
 - 1/2 teaspoon salt and 1/4 teaspoon freshly ground pepper

Preheat the oven to 350 degrees. Remove the stem ends and slice the squash cross-wise in quarter-inch-thick rounds. Toss with the olive oil. In a small bowl, combine the bread crumbs, Parmesan, salt, and pepper. Arrange the squash rounds in a 9x12-inch rectangular baking dish, or 10-inch pie plate. Sprinkle the bread crumb mixture over. Cover the baking dish with foil and bake in the oven for 30 minutes. Remove foil; bake another five minutes until the top is bubbling and crispy.

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