



September Art Exhibit In Dublin, Reception Friday



Laurence Danel-Moore, Annouis Village, (Provence)

An art reception will be held Friday, September 11th. From 5 to 7 p.m., the public is invited to the event at the Dublin Community Center at 1123 Main Street for artists Laurence Danel-Moore and Russell Brandwein.

Brandwein's paintings are a meditation on the inspiring landscapes across New England.



Russell Brandwein, Leaning Pole

Danel-Moore has travelled the world and channels these experiences into her paintings by capturing the emotions that each moment and place has evoked in her.

The exhibit runs September 9th through October 1st, and is available for viewing and purchase during open hours and by appointment.

The Wonderful World Of Oswald The Beaver

For the patients of Children's Dental Care in Keene, a fun part of their dental appointments is a special touch with Oswald the Beaver, CDC's mascot and beloved member of the team. When Dr. Blake Wullbrandt began his pediatric dental practice in 2002 the beaver seemed a great animal to be the mascot – perfect because he has great teeth! Through the years this beaver has grown a personality and prominent presence in the practice.

“While shopping at a ski shop in Bethel, ME, Dr. Wully and I found a cute chainsaw art beaver,” explains Amy Wullbrandt. “We adopted him and brought him home to his new family at Children's Dental Care. And that's when the beaver fun ramped up!”

To name their new beaver, CDC's patients helped by submitting lots of names which were put to a patient vote with “Oswald” being the winning choice. Then, Oswald started pouring into all aspects of the practice. “He has been a busy beaver: going on ‘Flat Oswald’ trips with our patients; posing in pictures with our ‘No Cavity Club’ kids and encouraging them with Oswald picture tags to add to their ‘No Cavity Club Key Chains’ during each cavity-free visit; gifting kids with a t-shirt (featuring himself) when they have dental appointments on their birthdays, and inserting himself in the themes of ‘Writing and Coloring Contests’ that CDC does to have fun with our patients and give them



Dr. Blake Wullbrandt, Oswald, and Amy Wullbrandt

opportunity to win prizes.” reports Kristen Landfried, office manager.

Oswald has even had a blog where he shares important dental information in a clever and engaging way to help kids and their parents know all

about teeth, how to take care of them, and lots of things about going to the dentist. “He is all about helping kids love taking care of their teeth because teeth are so important!” says Landried.

DENTAL, page 6

Build Strength, Balance, Connection: Free Series Launches This Fall

As people grow older, prioritizing physical health and emotional well-being becomes increasingly important. The Center for Population Health at Cheshire Medical Center is launching a dynamic new wellness series: “Staying Healthy Through All Stages of Life.”

This compassionate, community-focused initiative brings together three

specialized, low-impact exercise programs designed for active older adults and beginners. By offering targeted physical activities in a relaxed and supportive environment, the series aims to help participants strengthen their bodies, protect their physical independence, and build lasting social connections.

SERIES, page 10

Franklin County Fair Opens September 10th

The 177th Franklin County Fair returns September 10th to 13th, bringing four days of live entertainment, agricultural traditions, competitions, food, midway rides and family fun to the historic Franklin County Fairgrounds.

This year's fair features a packed entertainment schedule, with performances taking place throughout the grounds all day. The fair's infield will

feature multiple performances each day, including Axe Women Loggers of Maine and Flying High Frisbee Dogs. Entertainment will also be found throughout the grounds, bringing interactive entertainment directly to fairgoers.

Stages will host four days of live music, performances and contests. Featured performers include Expand-

FAIR, page 6

Hip Hop Artist Talib Kweli Performs At The Colonial September 26th



On Saturday, September 26th, Hip Hop artist Talib Kweli will take the stage at The Colonial Theatre at 95 Main Street in Keene from 7 to 9 p.m.

This Brooklyn-based MC earned his stripes as one of the most lyrically-gifted, socially aware, and politically insightful rappers to emerge in the last 20 years.

“I'm a touring artist. I'm an artist that's internationally known. I'm not just a local artist at this point in my career. I'm cognizant of the fact that what I do is beyond where it started. I'm trying to reach the apex of where I am now, but without turning my back on or dismissing what I've done before,” he says.

Kweli stands as one of the world's most talented and most accomplished Hip Hop artists. Whether working with Mos Def as one-half of Black Star, partnering with producer Hi-Tek for Reflection Eternal, releasing landmark solo material, or collaborating with Kanye West, Pharrell Williams, Just Blaze, J Dilla, or Madlib, Kweli commands attention by delivering top-tier lyricism, crafting captivating stories and showing the ability to rhyme over virtually any type of instrumental.

For more details or tickets, call 603-352-2033 or visit www.thecolonial.org.

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Ruckus has lived peacefully with a larger dog for four years and can enjoy the company of other dogs when introductions are slow and thoughtful. He has experience living with children ranging from toddlers to around 10 years old and generally interacts appropriately, although his enthusiasm can sometimes lead to jumping.

With his affectionate nature, good house manners, love of car rides, and youthful spirit, Ruckus has a lot of wonderful qualities to offer. He is looking for a family who will appreciate his personality, give him time to adjust to new situations, and enjoy all the fun and companionship this energetic senior has to give.

The Adoption Center is located at 101 West Swanzezy 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.monadnockhumane.org.



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Keene Senior Center Announces Boston Day Trip For September 22nd

The Keene Senior Center invites the community to join a day trip to Boston on Tuesday, September 22. The trip is open to everyone – all ages are welcome – and offers a fun and convenient way to enjoy some of the city’s most popular attractions.

The \$160 per person fare includes deluxe roundtrip motorcoach transportation, admission and a tour on the Boston Ducks, and lunch at a fine local restaurant. The trip also includes free time to explore the Faneuil Hall/Quincy Market area, where participants can enjoy shopping, dining, and sight-seeing. People can also visit several nearby attractions on their own, such as the New England Aquarium, Boston

Illusion Museum, Old State House, and other historic and cultural sites. Space is limited, so early registration is encouraged.

The bus will depart from the Keene Senior Center at 7:30 a.m. and return at approximately 7 p.m. The \$160 fare covers all fees, taxes and meal gratuities. Parking for the day is available at the Center for those attending the trip.

Tickets are available for purchase at the Keene Senior Center front desk. Cash, checks, and credit cards are accepted. The Keene Senior Center is located at 312 Marlboro Street.

For more details, call the Senior Center at 603-352-5037.

Master Gardener Presentation

On Thursday, September 17th at 1:15 p.m., Cheshire Village at Home will host Beth McGuinn, a Master Gardener with the UNH Extension Service, discussing composting. This talk is perfect for beginners, but McGuinn will also offer tips and tricks for those already composting.

The event takes place at the Keene Senior Center at 312 Marlboro Street. For more details and to register, call 603-903-9680.

Dance Features “Loose Change”

Monadnock Tri-State Dance Club will hold a dance on Saturday, September 12th from 7 to 10 p.m. at ELMM Memorial Community Center at 21 Durkee Street in Winchester.

The dance will feature live music by Loose Change. 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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Sheila Heffernon To Direct Keene Chorale For The 2026-2027 Season

The Keene Chorale has announced Sheila Heffernon as music director for its 48th season of "singing for community in community." As a choral conductor, singer, and pianist in the region for many years, Heffernon appreciates The Keene Chorale's commitment to community, musical excellence, and welcoming all who have a desire to sing. She is eager to work with the singers of The Keene Chorale, as well as their accompanist, world-renowned virtuoso pianist, Vladimir Odinkikh.

Heffernon earned her undergraduate degree at Smith College and her master's degree in conducting at the New England Conservatory of Music. She then served as the Associate Director of Choral Music at Princeton University for several years. Heffernon returned to New England to become the Director of Choral Music at Northfield Mount Hermon School, where she taught for 42 years, serving as the Chair of

the Performing Arts Department for 16 of those years. She was also an adjunct professor at the University of Massachusetts for four years and is in her 20th year as the director of Da Camera Singers in Amherst, MA.

When identifying the essential values that shape her conducting, Heffernon offers, "singing healthily, making a beautiful sound, people listening to each other, loving what they're doing, feeling it in their hearts, and being part of something greater than themselves." She strives to equip everyone to sing with confidence. Her approach to rehearsals includes warm-ups, putting the music into historic/musical/social context, and developing vocal techniques, while also teaching the notes and dynamics written on the page.

The first concert of The Keene Chorale's season, to be performed on December 6th, will feature two full cantatas by J. S. Bach (Cantatas 191 and 140), alongside "Dona Nobis Pacem" from the Mass in B Minor and "Light One Candle," an uplifting Hanukkah song that was composed by Peter Yarrow, of Peter, Paul and Mary fame, and arranged by Vermont's Robert DeCormier.

The Keene Chorale invites everyone interested in singing to participate. There are no auditions. Some singers bring decades of experience to the group, while many others find the



Sheila Heffernon

Chorale a fun and helpful place to start learning how to sing choral music or to find their voices again after years away. Singers range in age from 20 to 80, and come from New Hampshire, Massachusetts, and Vermont.

Rehearsals take place on Tuesdays, from 7 to 9 p.m., beginning September 15th, at Monadnock Covenant Church at 90 Base Hill Road in Keene. Interested singers are encouraged to register online at the Chorale website, though in-person registration is offered at 6:30 p.m. on September 15th and September 22nd. These first two rehearsals are open rehearsals, providing an opportunity for singers to experience the Chorale before making a commitment to join.

More details can be found at www.keenechorale.org.

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Rindge Harvest Fair Returns September 26th

The Rindge Woman's Club's Annual Harvest Fair returns on Saturday, September 26th at the Rindge Recreation Center located at 283 Wellington Road. The event runs from 9 a.m. to 2 p.m.

The Home and Garden Table will offer fresh fall garden vegetables along with a multitude of canned products. Fresh flower bouquets in vases will be available.

Dan Yelin, appraiser of antiques, fine jewelry, coins, watches, historical items, paintings, toys, and memorabilia, will be available beginning at 9 a.m. to identify, appraise, and/or purchase valuables.

The event will also offer several new vendors of various crafts and items. The Rindge Chamber of

Commerce offers a booth where children can decorate a pumpkin at no cost.

There are a myriad of baskets to win including a "Tree of Scratch Tickets," cash, gift certificates, and many items donated by local businesses and members.

There will also be a Bake Table, Rada cutlery, a jewelry table, and a cafe for coffee early in the day, followed by a lunch of hotdogs, pulled chicken, corn chowder, chips, soda, and water.

This event is the club's largest fundraiser. All funds raised are used for scholarships, Operation Santa, The Got Lunch Program, Recreation Center programs and scholarships, the Senior Dinner, and more.

"Vines & Leaves" Bus Trip Features Three New Hampshire Wineries

On Sunday, October 11th, Alpha & Omega Transportation will embark on a day of leaf peeping and wine tasting, aptly named "Vines & Leaves," which will include stops at three New Hampshire wineries.

The bus will leave Keene at 8:20 a.m. and head north to Seven Birches Winery, located at the grand Riverwalk Resort at Loon Mountain in Lincoln, producers of hand-crafted classic European grape varietals and wines of distinction made from locally-sourced fruits. After a lunch break at the Mall of New Hampshire food court, the trip continues south to

Appollo Vineyards, a 200+ year-old farm in Derry, known for their cold-climate and award-winning vgan wines. Rounding out the day will be a stop at the LaBelle Winery, also in Derry, started by winemaker Amy LaBelle whose wines express "the depth and character of both new and old-world wine styles."

The deadline for reserving a seat is October 3rd and can be done by calling 603-352-8340, or online at aotransportation.biz. Experience packages range from \$80 to \$310.

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These classes are provided at no cost by The Center for Population Health at Cheshire Medical Center as a Community Benefit. For more information, visit dartmouth-health.org/events or contact Lea at L.Kablik@cheshire-med.com or 603-354-5454 ext. 1262331.

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Sage Csala, West Chesterfield, 1
Nola Crosby, Swanzey, 10

Measuring Time

By the time my grandmother was my age, one could easily see the top of her head. She was four feet 11 inches. I am now five feet one inch, slowly shrinking, which puts me under five feet soon. That beats six feet under for now.

We love to measure the self in physical ways. But how do we – how do you - measure your time, dear Earthling?

We steal a bit of time, spend it, sacrifice it, freeze it, blow and waste it. In the 1980's, Cher tried to turn back time with her gargantuan hit, *If I Could Turn Back Time*. Even Cher couldn't do it.

Time has talents: "Time stood still," says the lover. "Time crept by," laments the student with the sanctimonious professor. We invest it, allocate it, set it aside, wish it away. And, oh, how we yearn to know where the heck it all goes.

Some choose to dedicate time for mental health counseling. People seek services for a myriad of pos-

The Mental Health Minute
with Adele Michaelides Thomas 

sibilities. Change is a common theme. Time is needed to evaluate the nature of change. Counselors help to hold space to reflect, evaluate, emote, and evolve. But change doesn't happen overnight. Give it time.

Adele Michaelides Thomas is a licensed clinician and owner of Finding Sky Counseling. For more information about her services, or to schedule an appointment, she can be reached at 603-354-3604. Visit her online at www.findingskycounselingcenter.com.

Franklin County Fair Opens September 10th

FAIR, Continued from page 1

Brass Band and the North County Line Dancers. Food competitions return including Hager's Farm Fried Dough Eating Contest.

Traditional grandstand events remain a major part of the fair, beginning with the kick off parade Thursday evening. Other events are the truck and tractor pull, kids power wheels demo, and Stoney Roberts' Demo Derby.

Agriculture remains central to the fair's tradition. Visitors can experience draft horses, ox pulls, youth and open dairy cattle, youth and open sheep, and youth working steer competitions throughout the weekend.

The 177th Franklin County Fair takes place at the Franklin County Fairgrounds located at 85 Wisdom Way in Greenfield, MA. For more details, admission tickets, and the complete fair schedule, visit www.FCAS.com.

The Wonderful World Of Oswald The Beaver

DENTAL, Continued from page 1

Oswald's personality especially shines in the caricature artwork developed by Hope Wullbrandt (Dr. Zach Wullbrandt's wife), who attended the University of Maine in Orno, majoring in Art Education and minoring in studio art and art history. When asked what her favorite part about being an artist is, she responded, "bringing thoughts and ideas into

something visual you can look at," which shows in her Oswald illustrations that are fun and light hearted, helping him to engage with the public more and more in his budding dental mascot career. "It's enjoyable to create little details in each picture that bring the different themes being explored to life."

To see Oswald in person, Children's Dental Care is located at 113 Railroad Street in Keene. For more details about the dental services they offer, the office can be reached at (603) 357-6385. Visit them online at www.drwully.com

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Family Dinner In The Modern World

When the concept of family dinner comes up, we often reflect back on traditional Norman Rockwell-esque images of a wholesome family gathered around the table with steaming plates of food, family conversation, and children helping to clean up after the meal. It's a lovely image, but it's not very realistic for the modern family with busy schedules, extracurricular activities, long work days, and the constant interruptions of cell phones.

Monadnock Family

with Sheri Lapointe



Sometimes, it may look more like one child grabbing a bite before running off to soccer practice and another one reheating the meal after getting home from a part-time job. The family table may actually be a kitchen island, the living room couch, or in the car on the way to the next activity. Sometimes it may feel like the concept of a family dinner is only possible on holidays and special occasions.

Sharing meals with your family is still important. However, the idea of what that means may need to shift. We cannot live up to Norman Rockwell's image of family life. That simple isn't what real family life looks like in our current world.

We need to accept that life is busy and sports, music lessons, jobs, appointments, and homework are going to impact how your family dinner comes together. Families may have split schedules, shared custody agreements, and a myriad of commitments at different times. You may need to refine what family dinner looks like for your family.

First, recognize that eating all together every day may not be feasible for your family, and that is okay. Maybe there is one meal that your family strives for weekly. It might be Friday night pizza, Sunday breakfast, or Taco Tuesday that everyone tries to prioritize. It's about progress not perfection – there will be days that someone can't make it, but if you build the consistency of tacos every Tuesday or pizza on Friday nights, it will become something the family looks forward to each week and hopefully will prioritize whenever possible. What matters is creating a reliable opportunity to connect.

Children won't remember if the table was perfectly set every day or if the meal was a gourmet feast. Sometimes a simple meal or takeout can be the perfect venue for some great conversations. The magic is in the experience, not the menu.

Having a family meal allows everyone to have a brief pause in life. It creates opportunities to share good news, talk about an exciting project or opportunity, or simply to catch up on the family gossip. In the rush between activities, sometimes these moments are lost and conversations don't get voiced. Having some consistent planned togetherness over a meal promotes these little connections that add up to a lot. It provides an opportunity to remember that family is more than just a group of people with shared DNA

sharing an address.

Every meal won't be filled with meaningful conversations and laughter. Sometimes, there will be complaints about the vegetables, someone may be a bit cranky and short tempered, and there may be arguments. Those are all part of being a family. It isn't about creating a perfect dinner experience; it's about creating consistent opportunity to gather and connect.

Make it low key and easier on yourself. Dinner doesn't have to be complicated. Set something simmering in the slow cooker so dinner is ready when you are. Make extras of a favorite meal to freeze for a quick meal another week. Serve sandwiches, leftovers, or breakfast for dinner. If you are feeling exhausted from creating an elaborate meal, something may be lost in the effort to make dinner special. Simplifying the process may make the whole experience more enjoyable for everyone, especially the one making the meal.

Having some flexibility about the time of the meal may make the process easier. Maybe your family is better able to gather for an early or later dinner. There is nothing that requires dinner be served at 6:30 p.m. every day. And when activities impede the family's ability to gather, you might opt to rearrange the schedule to allow for a meal most can attend. Maybe one family member grabs a meal earlier to get to practice, and you serve dessert once everyone is home again. Family dinner does not have to compete with every other priority. It simply provides an opportunity to connect. The real value is that these planned meals create a rhythm and provides a moment for everyone to come back together regardless of how hectic the week has been.

It's in these small moments where family memories are created. In the modern world, family meals may be messy, noisy, and rushed. That is the reality of life. But dinner, or breakfast, or pizza after practice, or pancakes on a Sunday morning can still happen. And perhaps, in the middle of an ordinary, imperfect meal, the real magic of family life shows up.

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

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Strong Earnings Continue To Power Stocks Higher

The second half of 2026 began with investors facing no shortage of uncertainty, from the Iran conflict and higher oil prices to ongoing questions surrounding potential payoffs from massive artificial intelligence (AI) investment. Despite these challenges, the S&P 500 entered August near all-time highs, and prospects for further gains remain favorable based on a resilient economy and solid corporate fundamentals.

Economy and You
with Josh Houle

The AI investment cycle remains the dominant theme. As major technology companies reported second quarter earnings, it became clear that markets have shifted from rewarding the promise of AI spending to execution on that investment. Can the big hyperscalers such as Microsoft, Amazon, Alphabet, and Meta generate attractive returns on the enormous capital being deployed into data centers, chips, cloud infrastructure, and AI platforms? Second quarter results offered a mixed response. Companies demonstrating strong revenue growth, cash flow generation, and evidence of AI monetization were rewarded, while those showing rising spending with less visible returns faced increased scrutiny.

Importantly, we believe the AI story remains fundamentally intact. Business investment tied to AI continues to support economic growth, productivity gains, and corporate profitability across a growing number of industries. While investors should expect periods of volatility as markets assess returns on these investments, AI remains a powerful earnings tailwind for technology leaders and business adopters.

Supported by AI investment, corporate earnings continue to provide a strong foundation for stocks. S&P 500 companies in aggregate are growing profits nearly 30 percent year-over-year in the second quarter, excluding markups of private holdings in Anthropic, OpenAI, and SpaceX. Strength has extended beyond technology, with earnings growth excluding the so-called Magnificent Seven tracking toward 20 percent. Encouragingly, stock market gains have been driven more by earnings growth than valuation expansion, a healthier backdrop, in our view.

The inflation picture remains muddled but poised to improve. The ongoing Iran conflict and solid economic growth have put upward pressure on long-

term interest rates, leaving the Federal Reserve in a tricky spot. Renewed hopes for productive talks to open the Strait of Hormuz and weaker Chinese demand for oil have helped offset oil supply concerns, keeping WTI crude oil prices near a tolerable \$80 per barrel.

Overall, we believe resilient economic growth, improving prospects for restored shipping traffic in the Persian Gulf, compelling earnings, and AI-driven innovation support a positive outlook for equities even after the recent advance. With volatility tied to geopolitics and uncertainty around returns on AI investment likely to persist, diversification remains at a premium.

For a complimentary review of your investment strategy, please contact Josh.

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

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

Indoor Vegetable And Herb Gardens

GARDEN, Continued from page 9

However, you should expect that yields will be generally smaller – using a larger container can help.

Chives grow easily in pots on a sunny windowsill. Start from seed or dig up a clump from your garden in early winter because those dug up in fall sometimes get too leggy, and keep the soil moist after planting.

Radishes are easy to grow indoors. They love the kind of loose, airy soil that you find in containers. They don't grow as deeply as carrots, but grow to full size quickly.

Another great option are microgreens that are incredibly easy to grow, and they're super healthy, too. In fact, microgreens are packed with up to 40 times more vitamins and nutrients than fully-grown vegetables and plants. You can start with a tasty mix of baby kale, beets, and arugula, and you'll have your first harvest just two to three weeks later.

Herbs grow really well inside, just be sure they're not too close to a window during the winter months as the cold air may cause wilting. Take your pick from these foolproof options: basil, rosemary, cilantro, chives, thyme, oregano, and parsley.

It's important to keep the room temperature at least 65 to 70 degrees F during the day, and a few degrees cooler at night. And, don't let your herbs sit in drafts near heating or AC vents. Every two weeks, feed them with a water-soluble fertilizer according to the package instructions.

Snip some sage cuttings in summer to root, or dig up small clumps in fall and pot for indoor use. Let sage dry out slightly between watering.

Basil that grows in dense, compact forms do fine indoors if given ample light. Grow from seed, buy a transplant, or try rooting a cutting in water. Remember to keep the soil moist.

Fresh oregano is so much more flavorful than the dried, and can be started from cuttings or seeds. It's very hardy, so it should be fine indoors with ample light. Let it dry out between watering, too.

Most types of mint grow like weeds so they're particularly hardy even in less-than-ideal conditions indoors. Mint can be grown from cuttings rooted in water or from transplants. Give them plenty of light, and water when soil is dry.

These are just a few suggestions of growing vegetables and herbs in an indoor garden. You can begin by just planting one or two plants, and then decide if you want to try more the following year. It is surprisingly easy to have fresh vegetables and herbs all winter long.

Rose Kowaliw has enjoyed gardening for over 40 years and also has a variety of houseplants, including a few she's had for over 20 years.

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Indoor Vegetable And Herb Gardens

Do you find you're starting to feel down because it's almost time to put your garden to bed for the winter, and how much you'll be missing all those just-picked vegetables? Perhaps you could plan an indoor garden! It may be easier than you imagine.

Not all vegetables can be easily grown inside, but there are several that will do just fine in containers all winter long and you won't have to deal with pests like caterpillars or aphids.

First, make sure to use a large enough container that your plants won't get pot-bound, and get a good quality potting mix. You can find the estimated size of the plants on the seed pack or attached to the seedling.

After you've gathered your supplies, find a sunny window (veggies will need at least four to six hours of sunshine a day) and begin to plant your seeds or seedlings.

here's a good idea: set up a cool mist humidifier near your indoor garden to help simulate their typical outdoor conditions and to prevent them from drying out.

To give your plants an extra boost, especially when those dreary winter days roll around, invest in powerful grow lights which start at just \$33. You can achieve faster growth and do less work when it comes to herbs, too. Without grow lights, you can still expect to see sprouting rather quickly, but it will take longer before you can enjoy the fruits of your labor.

I find that scallions are great for gardening beginners because they're easy to care for and

don't need as much sunlight as some other vegetables.

If you enjoy fresh tomatoes like I do, get the Sun Sugar – sweet hybrid cherry tomatoes known for their candy-like flavor. They are disease-resistant and produce for three to five months! My daughter buys them each year and shares them with our family. I've never tasted anything so sweet and delicious. Just remember that tomatoes do need plenty of light.

There is nothing more luxurious than eating a fresh-picked summer salad in the middle of winter. Lettuces of all kinds, from Bibb to butterhead, and even romaine can be grown indoors.

GARDEN, page 8

Woods and Gardens

with Rose Kowaliw



When it comes to watering, each plant will be a bit different, but it's always best to remember the old adage: less is more. And,



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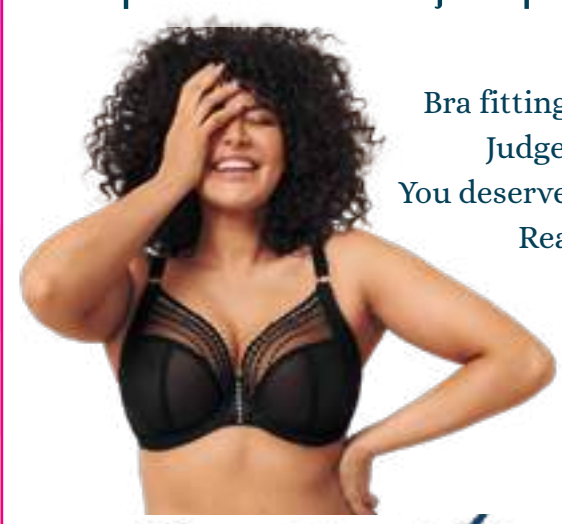
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Contact Kathy Baird, Volunteer Manager, at 603-352-2253 or at KBaird@hcsservices.org



(603) 352-2253 | www.HCSServices.org



Is Your Mental Health

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Trying On Three Different Lenses

Consider that we each wear a pair of invisible eyeglasses through which we view life. Eyeglasses that shape and color what we perceive around us, and thus, contribute to how we experience the world and the choices we make.

We even have a few terms in English alluding to this possibility, such as: They see everything with rose colored glasses – meaning the person is optimistic, maybe too much so. Or, going beyond the personal: The dark lens of history.

Where do these lenses come from? In part, yes, they are individual. My lenses being different than yours in some ways, subtle or overt, and also changing over the course of our lifetime, depending on life experiences and choices.

But our lenses are also significantly ground and shaped by our cultural milieu. By culture, this includes the whole gambit of language and upbringing and beliefs and education and much more. Recognizing that many people are multicultural, such that they have the skill and ability to shift lenses, depends on the context they are in and who they are with.

With this general, oversimplified framework in mind, let's play around now with three lenses that most of us probably use habitually – proposing a different refraction of possibility.

Lens 1: Time – Past, Present, and Future: Most of us are taught from the youngest of ages that the past is behind us and the future ahead. I can still see the history timelines in my school books with this concept.

But what if this is not the way others see time flowing? What if, as the indigenous in the Andes contend, the past is actually in front of us and the future behind our backs? Why would they believe this? Well, for them the past is known, it is the path that our ancestors have already walked upon and that we follow now; while the future is unknown, thus behind our backs, almost invisible.

Lens 2: The Shape of Time: Again, I think of those

timelines in my history books in school: straight as an arrow, unidirectional. Giving the idea that our histories (personal and collective) always move forward along a straight and narrow path, towards a brighter future ahead.

Healing Perspectives

with Skye Stephenson



But what if this modernist concept is not how human history flows? What if, as so many wisdom traditions around the world maintain, history is more like a circle or a spiral? Consider how many great empires have thought they would last forever, that they were the pinnacle of civilization – only to crash and burn and crumble away, often much faster than any of their citizens could have surmised? Mesopotamia. Egypt. Rome. The Spanish empire. Multiple Chinese dynasties. Incas. Aztecs. The Soviet Union. And countless others.

What emerges from the ashes of such civilizations that once wielded such power, technology, and knowledge often at the point of the sword and with unbounded hubris? Where does the next spiral in the cycle take humanity and all life on planet Earth?

What if the US empire and, beyond this, modernity itself is close to this tipping point right now?

Lens 3: Civilized/Developed: How do we define a civilization and being civilized? Again, thinking back to my school day history books, the focus was most often on those who built enormous monuments and civil works and extended their borders ever farther. I recall reading countless history chapters dedicated to wars waged and headstrong rulers (most always male) understanding, subliminally, that this is what makes a country or group of peoples somehow more civilized and developed than those they conquered.

But what if this is not the only way to view what and who is civilized? According to the Mapuche people from the south of Argentina and Chile who were never conquered by the Incas or subjugated by the Spanish, they have always been more civilized than the Inca because they did not choose to erect large stone monuments like Machu Picchu with forced labor. Instead, they chose to live simply, close to the earth, in wooden rukas that would later disintegrate into the soil itself. The same for the Lancandon Mayan who fled into the tropical forests of Chiapas long ago, refusing to be forced into constructing the pyramids by Mayan emperors and, centuries later, to adopt Spanish cultural mores and religion. They have great pride in keeping alive the true seed of wisdom of the ancient Mayans.

Using such a lens, what would make New Hampshire, and the US, more truly civilized these days?

In these uncertain times of such change, it may be that our customary lenses with which we view the world no longer work well. That, may be, trying to view the world unfolding through different lenses now may help us see emerging possibilities not visible with the tired, old prescriptions of yore.

Skye Stephenson enjoys writing and researching about sacred stones and place. She lives in Keene. https://skiestephenson.com/

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REQUEST AN APPOINTMENT

Sustainable Solutions For Every Home: Monadnock Clean Energy Fair

Feeling the heat over rising energy costs and want a healthier, more energy-efficient home? Add the Monadnock Clean Energy Fair to your calendar on Saturday, September 19th from 10 a.m. to 2 p.m. at the Keene Rec Center. This event is free and open to the public. Registration is encouraged (but not required) at hub-energy-fair.eventbrite.com.

The Monadnock Clean Energy Fair brings together clean energy solutions: solar panels, heat pumps, electric vehicles, and more. Local experts will be on hand to answer questions and help you discover which solutions make the most sense for you and your budget – whether you’re a homeowner or a renter. Also, learn about rebate and incentive programs that can make it easier for you to implement these solutions, such as the Electrify Monadnock Fund.

**Green
Monadnock**
with Jen Risley



The Electrify Monadnock Fund, a homegrown rebate program launched by Monadnock Sustainability Hub, 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 \$7000 in rebates

per household, the fund helps make home electrification accessible to everyone, ensuring that the region leads the way in local climate solutions.

The fair also features presentations from local leaders in the climate and energy movement. Workshop topics include Financial Assistance for Clean Energy Technology, Basics of Battery Storage, and Heat Pumps 101. Food vendor Yalla Lebanese Food Truck will offer delicious meals for sale.

Don’t miss the fair’s Electric Vehicle Expo, where you can get an up-close look at electric cars and trucks. Vehicle owners will be on hand to answer questions about the satisfaction (and fun) of these vehicles, as well as how to charge them at home or on the road. Enjoy live music performed by No Planet B, a folk rock jam band with a purpose. Their music will be powered by a solar-charged electric vehicle.

There will also be raffle prizes. Enter the raffle by filling out a “passport booklet” with stamps you get by visiting all of the vendors. Raffle prizes include gardening supplies from Blue Seal and Horse and Buggy Feed, pet toys and treats, bird feeders, home energy swag, a copy of the visually stunning book *Energy: Overdevelopment and*

the Delusion of Endless Growth, as well as gift certificates to Prime Roast Coffee Company, Toadstool Bookshops, and more.

Co-hosted by the Monadnock Sustainability Hub and the city of Keene’s Energy and Climate Committee. Participating contractors and community groups include 603 Solar, Bergeron Mechanical Systems, Citizens’ Climate Lobby, Clean Energy NH, Eversource, Granite State Solar, Keene Clean Energy Team, NH Network for Environment, Energy, and Climate, Northeast Air Sealing, ReVision Energy, Third Act, Turn Cycle Solutions, Unity Heat Pumps, Weathervane Home Services, and more.

For sponsorship and exhibitor details, visit monadnocksustainability-hub.org/energy-fair. For more details, email info@monadnocksustainability-hub.org.

We hope to see you, your family, friends, and neighbors at the Monadnock Clean Energy Fair on September 19th and more sustainable solutions in every Monadnock Region home.

Jen Risley is the interim program manager for Monadnock Sustainability Hub.

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Free Series Launches This Fall

SERIES, continued from page 1

The comprehensive fall lineup features three distinct weekly offerings.

Chair Yoga is offered Tuesdays, September 15th and 22nd from 4:30 to 5:30 p.m. This is a focused on relaxation and stress reduction. Participants can sit or stand, making it accessible for individuals navigating mobility challenges.

Mobility and Balance is offered Tuesday, September 29th from 4 to 5 p.m. This is a foundational class targeting the core, ankles, and hips. Through a simple mix of stretching and strength exercises, attendees will boost their daily stability and confidence.

Senior Sneakers is set for Tuesday, October 27th from 4 to 5 p.m. This is a fun workshop combining gentle weight-bearing exercises to improve flexibility and vitality while fostering a network of peer support.

“We are so excited to offer this comprehensive wellness series this autumn,” says Lea Kablik, Community Health Education Coordinator at the Center for Population Health. “We have recognized a significant need for low-impact fitness options in our community. These programs provide a reliable, welcoming space where anyone – regardless of their current fitness or mobility level – can experience the benefits of mindful movement, build functional strength, and connect with neighbors.”

Sessions will be held at Cheshire Medical Center in Keene. They are free and are open to the public and are perfect for beginners, active older adults, and anyone looking to enhance their daily stability and quality of life.

Participants are encouraged to wear comfortable clothing suitable for light movement.

For more details, see the ad on page 5.

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An Evening Of Celtic Music In Westmoreland

On Sunday, September 13th at 4 p.m., New England’s legendary musical group, Gypsy Reel, will perform at Park Hill Meeting House in Westmoreland.

This is a free program that will be followed by refreshments.

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

All collections run 8 am to 1 pm KEENE RECYCLING CENTER
From Route 12/West Street intersection, travel Route 12 North approximately 4.5 miles. Facility entrance is at the top of the hill on left hand side of road.

Collection takes approximately 10 minutes from the time of arrival.
QUESTIONS: Please call (603) 352-5739
Limit: 10 gal. per household per collection.

Sponsored by The City of Keene

WHAT TO BRING: Products marked toxic, poison, corrosive, irritant, hazardous, flammable (Smoke Detectors, Vapes & E-Cigarettes), danger. If you think it’s hazardous, bring it up.

WHAT NOT TO BRING: Empty Containers (can be recycled), Latex Paint, Ammunition, Fireworks, Radioactive Materials, Make-Up, Toiletries & Medications.

OTHER INFORMATION: Containers must be labeled as to their contents. No containers larger than 10 gallons will be accepted.

ALSO: Check out our new reuse center for items such as good quality paint or various cleaning products. Perfect for a small job and, best of all, it’s FREE!

DO NOT MIX PRODUCTS

Summer/Fall 2026 Household Hazardous Waste Collection Schedule

Sat. 9/12/26	Wed. 9/16/26	Sat. 9/26/26	Sat. 10/10/26
Acworth	Acworth	Acworth	Acworth
Chesterfield	Chesterfield	Chesterfield	Chesterfield
Dublin	Dublin	Dublin	Dublin
Gilsum	Gilsum	Gilsum	Gilsum
Greenfield	Greenfield	Greenfield	Greenfield
Hancock	Hancock	Hancock	Hancock
Harrisville	Harrisville	Harrisville	Harrisville
Keene	Keene	Keene	Keene
Marlborough	Marlborough	Marlborough	Marlborough
Marlow	Marlow	Marlow	Marlow
Nelson	Nelson	Nelson	Nelson
Peterborough	Peterborough	Peterborough	Peterborough
Stoddard	Stoddard	Stoddard	Stoddard
Sullivan	Sullivan	Sullivan	Sullivan
Surry	Surry	Surry	Surry
Swansey	Swansey	Swansey	Swansey
Walpole	Walpole	Walpole	Walpole
Westmoreland	Westmoreland	Westmoreland	Westmoreland

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

North Ward Environmental Services at the following rates - *Less than 10 gallons - \$125 • more than 10 gallons, less than 20 gallons - \$280*
more than 20 gallons, less than 50 gallons - \$600 (these rates are also the same for an individual from a non-participating community during our regular collection schedule.)

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Loose Change
September 12th • 7-10 PM
@Monadnock Tri-State Dance Club
ELMM Hall, Durkee St., Winchester
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Sept. 17th • 1:15pm
Composting: Talk by
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UNH Extension Svc.
Keene Senior Center
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Call 603-903-9680
for info and to register

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Wednesday, Sep. 9

FAMILY FUN

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

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 to the group about the parks and recreation in the Keene area. Oldhomestead@nhfgc.org.

Thursday, Sep. 10

FAIRS & SALES

Franklin County Fair Opens 3-10pm. 85 Wisdom Way, Greenfield, MA. Through Sept. 13th. Midway, exhibits, demo derby, activities for kids, more. **413-774-4282.** www.fcas.com.

LECTURES & WORKSHOPS

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

MISCELLANEOUS

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

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

So You Want to Start a Family? What to Know About Family Law Before Marriage and Children 6-7:30pm. Masiello Classroom, Keene Public Library, 60 Winter St. Key points regarding marriage and having children in New Hampshire for a majority of relationships, recognizing that there are many different kinds of relationships and the laws in other states may differ. Amy Kraemer: **603-352-0157.** akraemer@keenenh.gov.

Monadnock Area Women's Club 6pm. Stone Arch, 835 Court Street. Held the second Thursday of each month. Women dedicated to serving the community through volunteerism. Jenn Gaudet: jenngaudet14@gmail.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 5:45pm. Light refreshments. **603-924-8040.** www.PeterboroughTownLibrary.org.

Art Reception, the Paintings of Laurence Danel-Moore & Russell Brandwein 5-7pm. Dublin Community Center, 1123 Main St., Dublin. **603-563-8080.** info@dublincommunitycenter.org. www.dubhub-nh.org.

Concert: Tim Eriksen & Peter Irvine 7:30pm. Nelson Town Hall. Admission is \$25/\$20(in advance). Children under 16 are admitted free with paying adult. www.monadnockfolk.org/---tim-eriksen-w-peter-irvine-nelson-town-hall-friday-september-11-2026/.

Dueling Pianos 7:30-9:30pm. Showroom, 20 Commercial St., Keene. \$30. Two pianos, endless requests, and a night fueled by singalongs, competition, and musical chaos. **603-352-2033.** boxoffice@thecolonial.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 & under.

FAIRS & SALES

Franklin County Fair 3-10pm. 85 Wisdom Way, Greenfield, MA. Through Sept. 13th. Midway, exhibits, demo derby, activities for kids, more. **413-774-4282.** www.fcas.com.

FAMILY FUN

Kids Comic Club 4:30-5:30pm. Keene Public Library, 60 Winter St. Ages 8-12. Create, discuss graphic novels, and watch interviews and tutorials from artists. Registration appreciated. Parker Goodreau: **603-352-0157.** pgoodreau@keenenh.gov.

Homeschool Library Day 11am. Conant Public Library, 111 Main St., Winchester. Homeschool families can meet together, find resources, and have fun. Make a craft, check out a book, and hang with other homeschool families. **603-239-4331.** www.conantlibrary.org/.

MISCELLANEOUS

Remembering 9/11 9am-5pm. Cathedral of the Pines, Rindge. Join for a continuous screening of "9/11 Reunited." **603-899-3300.** www.cathedralofthepines.org.

Saturday, Sep. 12

ARTS, MUSIC & THEATER

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

Slavic Soul Party 7-9pm. The Colonial Theatre, 95 Main St., Keene. \$25. Nine musicians pump the sounds of New York life through a Balkan brass filter, making new music out of immigration, integration, and ingenuity. **603-352-2033.** www.thecolonial.org.

River Valley Artisans Art & Wine Festival 11am-4pm. Summit Winery, Rt 12, Westmoreland. Rain or shine. One-of-a-kind art, wine tasting. www.RiverValleyArtisans.com.

FAIRS & SALES

Franklin County Fair 8am-11pm. 85 Wisdom Way, Greenfield, MA. Through Sept. 13th. Midway, exhibits, demo derby, activities for kids, more. **413-774-4282.** www.fcas.com.

Harvest Craft Fair 9am-3pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy, Swanzey. Hand-made goods from local artisans. Refreshments for sale. **603-352-6689.** office@swanzeyucc.org.

Keene Farmers' Market 9am-1pm. Gilbo Avenue, Keene. Plants, cut flowers, produce, breads & pastries, jewelry, maple syrup, braided rugs, bird feeders & houses, alpaca fiber products, soaps, herbs, herbal body care, and more. www.keenefarmersmarket.com/.

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

MISCELLANEOUS

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. Collection takes approximately 10 minutes. For towns served and details about what to bring, visit <https://ci.keene.nh.us/public-works/household-hazardous-waste-schedule> or call **603-352-5739.**

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

Putney Plant Adventures: Rich Grumbine 9am. Forest for Learning Kiosk, 172 Westminster Rd, Putney, VT. The field and forest herbaceous plants, and the common trees and shrubs encountered along the way. Plan to be out for 75-90 minutes. Dress for weather and tick bite prevention.

Cheshire County Veterans Expo 10am-1pm. Keene Family YMCA, 200 Summit Rd., Keene. Free lunch and free haircut to attending veterans. Lunch served 11-1.

PokéParty: 30th Anniversary Pokémon Celebration 11am-12:30pm. Keene Public Library, 60 Winter St. Pokémon fans ages eight to 18. Bring some cards to trade, decks to battle, and creativity for Pokémon-themed crafts. Registration appreciated. Amy Kraemer: **603-352-0157.** akraemer@keenenh.gov.

River Valley Artisans Art & Wine Festival
September 12 & 13 - 11-4
rain or shine
Summit Winery - Rt 12, Westmoreland, NH



Local artists offering One-of-a-kind art, wine tastings all in tax-free NH.
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Frogg Brewing & Frisky Cow Gelato
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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, 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)



This mid-1900s ice cream stand and snack bar was located in what Cheshire County town?



The winner of last week's Mystery Photo Contest was Leo Echavarria of Keene. The 1950s car dealership and service station was located on Marlboro Street in Keene.

Sunday, Sep. 13

Tues., Sep. 15

ARTS, MUSIC, THEATER

Celtic Music 4pm. Park Hill Meeting House, 3 Esty Road, Westmoreland. New England's legendary musical group, Gypsy Reel. Refreshments. Sharon Combes-Farr: 802-558-8182.

River Valley Artisans Art & Wine Festival 11am-4pm. Summit Winery, Rt 12, Westmoreland. Rain or shine. One-of-a-kind art, wine tasting. www.RiverValleyArtisans.com.

FAIRS & SALES

Franklin County Fair 8am-10pm. 85 Wisdom Way, Greenfield, MA. Through Sept. 13th. Midway, exhibits, demo derby, activities for kids, more. 413-774-4282. www.fcas.com.

Mon., Sep. 14

MISCELLANEOUS

Hospice Volunteer Training HCS Keene, 312 Marlboro St., Keene. Register for training by September 14th. Training will take place once weekly, September 25th - October 23rd. Kathy Baird, Volunteer Manager: 603-352-2253. KBaird@HCSservices.org. **Red Cross Blood Drive** 10am-3pm. Park Theatre, 19 Main St., Jaffrey. Call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.

ARTS, MUSIC, THEATER

Cheshiremen Chorus: Joy To The World 6:30pm. United Church of Christ-Keene, 23 Central Square. Use Vernon St. entrance. Meets every Tuesday. 877-312-7467. www.cheshiremen.org.

The Keene Chorale Rehearsal and Registration 7-9pm. Monadnock Covenant Church, 90 Base Hill Rd., Keene. Interested singers encouraged to register online, though in-person registration is offered at 6:30pm on September 15 and September 22. First two rehearsals are open rehearsals, providing opportunity for singers to experience the Chorale before making a commitment to join. www.keenechorale.org.

MISCELLANEOUS

Chair Yoga 4:30-5:30pm. Cheshire Medical Center, Main Campus. Chair Yoga is a gentle form of yoga practiced sitting in a chair or standing while using a chair for support. As with other forms of yoga, this exercise helps to reduce stress and improves balance, strength and flexibility. 603-354-5454. lkablik@cheshire-med.com. **Veterans Coffee Connection** 9am. Keene Senior Center, 312 Marlboro St., Keene. Enjoy coffee & snacks. Visit with other veterans.

Honor ~ Celebrate ~ Reflect



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**Dr. Evangelia Leontis, soprano
Dr. Brittney Redler, soprano
Prof. Nicholas Tocci, baritone
Vladimir Odinkikh, piano**
Sun., OCTOBER 18, 2026 | 3 p.m.



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Sun., OCTOBER 4, 2026 | 3 p.m.



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Robin Matathias, flute
Virginia Eskin, piano**
Sat., NOVEMBER 14, 2026 | 3 p.m.

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Three Sisters And A Brother

Pole beans, corn, and winter squash are a trio that shine together in both the kitchen and the garden. Called the “Three Sisters” by local Abenaki and other Native Americans, they were planted together to support, nourish, and complement one other. These virtues are also helpful in the kitchen, where beans, corn, and winter squash can be used in combination with each other, with other vegetables and some fruits, or alone as side dishes. Beans, referred to as one of the three sisters, are assumed to be varieties of pole beans; the winter squash family includes various thick-skilled squashes and a brother, pumpkins; corn is corn-on-the-cob that grows on stalks. With three plants growing companionably to deter weeds and pests, enrich the soil and support each other, this is gardening (and eating) at its best!

Farm Stand Dinner

Fresh off the farm or from your local market, these packets make for a flavorful and easy informal dinner party. A versatile dish, you can vary the sausage, winter squash and beans according to taste preference or what you have on hand. Makes four servings.

Ingredients:
2 cups dried sausage, such as chorizo, salami or kielbasa, cut into 1/4-inch slices, divided
2 cups winter squash (such as butternut), cut into about 1½” chunks
4 ears sweet corn, shucked and halved or cut into thirds
2 cups cooked great northern or pinto beans (or canned)
4 skinless, boneless chicken breast tenders (about 4 oz. each)
1/2 cup dry white wine
salt and pepper
4 sprigs fresh rosemary

Cut four pieces of heavy duty aluminum foil, 14 by 20 inches each. Lay half of the sausage in center of each piece of foil. Arrange the squash, corn and beans on top of sausage, dividing them equally. Place chicken tenders over vegetables; top with remaining sausage slices, divided. Sprinkle each of the packets of chicken and vegetables with the white wine and season with salt and pepper. Top each with a sprig of rosemary. Fold to close each pouch tightly. Bake in 450 degree oven, on grill or buried in hot coals for 25 to 30 minutes. Open packets carefully and serve.

Pumpkin Soup with Corn

Scallions combined with corn and pumpkin (or winter squash of choice) make a quick soup. Nice served with sandwiches, savory muffins or homemade bread.

Ingredients:
1 cup cooked, mashed pumpkin or canned pumpkin puree
1/2 teaspoon mace
2 cups chicken stock
1 cup corn kernels, fresh, frozen or canned
3 green onions (scallions), sliced green and white parts
salt and pepper to taste

In a medium saucepan, bring pumpkin, mace, and stock to a boil. Simmer, covered, for 10 minutes over low heat. Add corn and green onions and cook another two to three minutes. Season with salt and pepper to taste. Makes four servings.

Cooking Corner
with Nancy Adams

Black and White Salad

For best flavor, prepare this pretty salad at least eight hours in advance.

Ingredients:
1/2 cup cooked, canned black beans
1/2 cup cooked, canned white beans (navy, great northern or white kidney)
1/4 cup sweet white onion, chopped
1/2 cup red bell pepper, chopped
1/2 cup kernel corn, canned or fresh
1/4 cup parsley, chopped

Dressing:

1/4 cup olive oil
2 tablespoons cider vinegar
1 teaspoon cumin, chili powder, taco seasoning or coriander (your choice)
1/2 teaspoon dry mustard
1 teaspoon sugar
1 clove garlic, minced
freshly ground black pepper

Rinse and drain beans well. In large bowl, combine beans, vegetables and parsley. In jar or small bowl, combine dressing ingredients; shake or whisk well. Add to bean mixture and toss lightly. Refrigerate overnight. Serve at room temperature. Makes four servings.

Winter Squash Quiche

A nice brunch or lunch dish; or serve as part of a buffet dinner.

Ingredients:
2 tablespoons finely chopped onion or scallion
2 teaspoons olive or canola oil
2 cups shredded Swiss cheese
1½ cups milk
1 cup cooked and mashed butternut or other winter squash
3 large eggs
salt and pepper
1/8 teaspoon ground nutmeg

In a skillet, sauté onion in oil until tender; transfer to a lightly oiled nine-inch pie dish. Sprinkle bottom of dish with cheese, covering the onion. In a bowl, whisk together milk, squash, eggs, salt, pepper and nutmeg until smooth; pour over cheese. Bake at 325 degrees for 50 to 60 minutes or until knife inserted near center comes out clean. Let stand for five minutes before serving. Makes six servings.

Lobster-Corn Crumb Pie

Lobster is expensive, but this small amount of it won’t break the bank to serve a special lunch or dinner for four to six lobster fans.

Ingredients:
2 cups cooked whole kernel corn (cut off the cob or frozen, thawed)
6 ounces cooked lobster meat
few sprigs parsley, chopped
juice of 1/2 lemon
4 tablespoons butter, divided
2 tablespoons flour
1/2 teaspoon each Worcestershire sauce
1/2 teaspoon dry mustard
salt and freshly ground black pepper to taste
1 cup milk
1/3 cup cornflake crumbs (or Ritz-type cracker crumbs)

Combine corn, lobster, parsley, and lemon juice; set aside. Melt two tablespoons of the butter in a saucepan. Blend in flour, then Worcestershire, dry mustard, salt, and pepper. Add milk and cook on medium-low, whisking until thickened. Off heat, add lobster mixture; mix well and put into a nine-inch pie dish. Combine cornflake crumbs and remaining two tablespoons melted butter. Sprinkle crumbs on top of lobster pie. Bake in 375 degree oven for 25 to 30 minutes, ‘til bubbly and browned.

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