

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

# Belmont Legion post recognizes Tony Brown for 40 years of community service

BELMONT — The Charles Kilborn American Legion Post 58 in Belmont recently recognized Tony Brown with a Certificate of Appreciation for his nearly 40 years of service to our Post and our town.

For all these years, Brown has faithfully provided and set up the public address system for our Memorial Day ceremonies at the Veterans Monument. He has done this without any compensation or reminder. He

COURTESY PHOTO

(Right) Pictured, left to right, are Post Commander Bruce Thompson, Post Vice Commander Rich Stanley, and Tony Brown.



just always shows up and does it, never wanting any recognition or thanks. He says he just wants to help veterans. However, the Legion chose to ignore his downplaying this year, and publicly presented him with that long overdue recognition. He was also asked to come to our first meeting this Fall so he could be presented with a nicely framed Certificate of Appreciation and told how much the community really values what he has done for so many years.

People like Brown make what we do even more worthwhile and enjoyable.

## Sanbornton Public Library receives NH Humanities grant for program on National Parks

SANBORNTON — The New Hampshire Humanities program, “Rethinking the U.S. National Parks” will be presented by Dr. Abby Goode on Thursday, Oct. 29 at 6 p.m. at the Sanborn-ton Public Library and is co-hosted by the Sanborn-ton Conservation Commission.

As stated by NH Humanities, in the famous words of Wallace Stegner, “national parks are the best idea we ever had. Absolutely American, absolutely democratic, they reflect us at our best

rather than our worst." But are National Parks truly "democratic?" Who has access to National Parks and what kinds of fantasies do they serve? This interactive program explores the history of U.S. National Parks—as myths, symbols of democratic ideals, and colonial spaces—alongside today's common National Park activities. Why are visitation rates on the rise? What are we seeking at the National

COURTESY PHOTO

(Right) Dr. Abby Goode



# Raiders place sixth at Division IV championships

BY JOSHUA FRAUDLING

**Sports Editor**  
**OSSIPEE** — The Belmont golf team took part in the Division III championship on Thursday, Oct. 15, at Indian Mound Golf Course in Ossipee.

The Raiders, who  
JOSHUA SPAULDING  
(Right) Max Ryder putts  
on the ninth hole at  
Indian Mound Golf Club  
last Thursday morning in  
the Division III champi-  
onship.



JOSHUA SPAULDING

Jordan DeFrancesco tees off on the 10th hole at Indian Mound Golf Club in last Thursday's Division III championship.



JOSHUA SPAULDING

Jacob Akerstrom tees off during the Division III championship in Ossipee last Thursday.



JOSHUA SPAULDING

Ben Girard plays the ball out of the sand and onto the 17th green in the Division III championship last week.

moved up from Division IV after last season, finished in sixth place with a score of 348 with Bish-

op Brady, Kearsarge and Monadnock taking the top three spots.

Leading the way for the Raiders was Max Ryder, who finished tied for the final spot to move on to the individual portion of the tournament on Saturday, but didn't advance after a playoff hole. Ryder finished with a score of 84 for the 18 holes. Alex Rowley finished in 23rd place overall with a score of 86, Jordan DeFrancesco finished in 28th place with a score of 88 and Jacob Akerstrom placed 40th with a score of 90. Ben Girard finished in 50th place with a score of 95, Jasper Sottak shot a 103 for 60th place and Tyler Kelly was 62nd overall with his score of 104.

"The Red Raiders fought valiantly on a tricky course with super-fast greens but couldn't keep pace with favorite Bishop Brady and Kearsarge," said coach John Mattes.

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Parks? What do our National Park consumption habits tell us about ourselves? How might we revise the preservation tradition that gave birth to the National Parks to include our own neighborhoods and communities? We will consider these questions and others in the national context, but also in light of our own state—home to the White Mountain National Forest, which attracts so many eager visitors every year.

New Hampshire Humanities connects people and ideas by funding and supporting statewide programs that inspire curiosity, foster civil dialogue, and explore big questions. In the last year, New Hampshire Humanities has made possible 709 free public humanities programs, reaching 15,118 residents in more than 145 communities in partnership with 252 organizations. For more information about New Hampshire Humanities, please visit [www.nhhumanities.org](http://www.nhhumanities.org).

Sanbornton Public Library is located at 27 Meetinghouse Hill Rd. in Sanbornton, and the program is accessible, free and open to the public. Light refreshments will be offered. Contact the library with any questions at (603) 286-8288 or [SPLNHcirc@gmail.com](mailto:SPLNHcirc@gmail.com).

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A cartoon illustration of Santa Claus with a white beard and red suit, sitting on a small wooden stool. He is holding a large, unrolled scroll that has the words "Arts & Crafts" written on it. The entire advertisement is framed by a decorative border of green holly leaves and red berries.

# Sixth Annual Jake Deware Kindness Project Golf Tournament raises record-breaking \$37,200

CANTERBURY — The spirit of kindness was alive and well on Saturday, September 26, 2026, as the 6th Annual Jake Deware Kindness Project Golf Tournament celebrated a record-breaking year, raising an incredible \$37,200! Held at Can-

terbury Woods Country Club, this year's spooky-themed tournament brought together golfers, local businesses, sponsors, volunteers, and community supporters for a memorable day dedicated to making a difference. Now in its sixth

year, the annual tournament continues to grow, bringing people together to honor Jake Deware's legacy and spread kindness throughout the community. In total, the golf tournament has raised an impressive \$185,515 since 2021.

Organized with the support of Rowell's Services, the tournament has become a much-anticipated community tradition, demonstrating what can happen when local businesses, friends, families, and neighbors unite behind a meaningful cause.

"Jake's love of life is shown through our community coming to-

gether year after year to carry on his legacy. We are beyond grateful to everyone who helped make this our most successful tournament yet." -Jenn & John Deware (Jake's parents).

The success of the event would not have been possible without the generosity of its sponsors, participating golfers, donors, volunteers, and the team at Canterbury Woods Country Club. From sponsorships and donations to the enthusiasm of everyone who attended, each contribution played an important role in making this year's tournament one for the record books.

## More than just a golf tournament

At its heart, the Jake Deware Kindness Project Golf Tournament is about much more than a day on the course. It's about honoring a legacy, strengthening community connections, and inspiring acts of kindness that extend far beyond the event itself.

## About the Jake Deware Kindness Project

The Jake Deware Kindness Project is dedicated to carrying forward Jake's legacy by inspiring generosity, compassion, and kindness throughout the community. Through

fundraising events and community support, the project strives to make a meaningful and lasting difference in the lives of others.

## About Rowell's Services

Family-owned and operated since 1983, Rowell's Services proudly serves New Hampshire homeowners with septic, drain, plumbing, HVAC, and electrical services. Guided by its commitment to community and its motto, "Friendly As Can Be Since 1983," Rowell's is dedicated to giving back to the communities it has served for more than four decades.

## UUCF congregation invites community to Halloween Storybook Walk

FRANKLIN — In September of 2025, members of the Unitarian Universalist Congregation of Franklin (UUCF) knew they wanted to complete a community project that would benefit others.

Congregation member and Franklin High School English teacher, Charlie Chapple, suggested installing a Little Free Library on the UUCF Meetinghouse front lawn. This idea was well received by UUCF's members and friends; monetary donations were collected to purchase the Little Free Library and gently used books were gathered. For the past year, weekly rotated books at the Little Free Library at 206 Central St. have been finding new homes. And people have kindly donated books by leaving them in the Little Free Library for others to take.

This September, UUCF members decided

to do another community project, also promoting literacy. UUCF members and friends will be installing a Halloween Storybook Walk on their Meetinghouse front lawn that will be displayed from Friday, Oct. 23 to Saturday, Oct. 31 during daylight hours. We invite you to come for a walk and read the storybook, "The Spooky Wheels on the Bus," written by J. Elizabeth Mills.

On Saturday, Oct. 24, from 9 a.m. to noon, any child who goes through the Storybook Walk may pick out a gently used book to take home with them (while book supplies last). The rain date for this event will be Saturday, Oct. 31. The Unitarian Universalist Congregation of Franklin is located at 206 Central St. For more information, please call 603-934-2141 and leave a message with your name and phone number.

## Bears run in Capital Area Championships

BY JOSHUA SPAULDING  
Sports Editor

PENACOOK — The Winnisquam cross country team took part in the Capital Area Championships last Thursday afternoon at Merrimack Valley High School.

In the varsity race for the boys, Cullen Desrochers led the Bears with a 15th place finish in 17:54 with Lazar Arbutina in 45th place in 19:38. Ryan Courtney placed 54th in 20:07, Owen Bakis was 55th overall

in 20:11 and Alexander Paquette rounded out the scoring for Winnisquam in 56th place in 20:14. Tristan Honeman was 63rd overall in 20:46 and Carter Lloyd rounded out the field of Bears in the varsity race in 20:59 for 67th place.

In the varsity race for the girls, Eloise Abbott finished in 21:39 to place 17th overall and Anna Guerra was 68th in 27:24. Penelope McSweeney finished in 70th place in 27:37, Na-

talie Wolfe was 76th in 29:51 and Salina Brown rounded out the scoring in 38:47 for 81st place. Clara Sancho Yague rounded out the field of Bears in 39:08 for 82nd place.

In the mixed JV race, Kyren Whitmore led the Bears in 22nd place in 21:30, Kellan Hilliker was 25th in 21:41, Alexander Mauch placed 36th in 22:27, Tyler Robb was 42nd in 22:49, Luke Larabee was 52nd in 23:23, Samuel Button finished

in 61st in 24:14, Grayson McSweeney was 79th in 25:44, Andrew Paquette was 80th overall in 25:51 and Christopher Collins placed 92nd overall in 27:35.

The Bears will be off until the Division III championships at Derryfield Park in Manchester on Saturday, Oct. 31.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

## Raiders run at Merrimack Valley High School

BY JOSHUA SPAULDING  
Sports Editor

PENACOOK — The Belmont cross country team joined other teams from around the Capital Area during the Capital Area Championships at Merrimack Valley High School in Penacook on Thursday, Oct. 15.

In the varsity girls' race, Jenna Laramie led the way in 52nd place in a time of 25:40 while Lyla McSheffrey was 56th overall in 26:13

and Zoe Perlet was 69th in 27:36. Violet Smith finished in 73rd in 28:18 and Neala Murphy finished in 78th place in a

time of 30:46.

For the varsity boys, Brodie Henry was 32nd overall in 18:49 and Sean Andrews was 40th

in a time of 19:23.

In the mixed JV race, Daniel Tripp was 93rd overall in 27:38, Allieanna Steele was 104th in 31:06 and Sara Milotovic was 110th in 33:05.

The Raiders are slated to compete in the Division III State Meet on Saturday, Oct. 31, at Derryfield Park in Manchester.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

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## PETS OF THE WEEK

### Meet Honey!

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This little lady has had a journey of many transitions and stressors, and would love a quiet home with a cat-savvy family who can give her the love and patience

she needs to blossom. She is very food motivated and warms up with a little encouragement, patience, and a snack.

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# Dumais sets Plymouth State school record

KEENE — Junior Kyle Dumais (Belmont) placed third overall and set a school record as the Plymouth State University men’s and women’s swimming and diving teams opened the season at the Keene Sprint Pentathlon on Saturday. Dumais posted a combined time of 2:46.30 to finish third, just less than six seconds behind the winner. He won the 50-yard freestyle and set a school record in the 50-yard breaststroke.

The women were led by freshman Addison Herbert (Sun Prairie, Wis.), who placed 23rd in her collegiate debut. Seniors Laurel Bennett (Rindge) and

Gabby Gladu (Lewiston, Maine) also posted top-30 finishes for the Panthers. Dumais placed among the top seven in all five events. He won the 50-yard freestyle in 22.70 and placed second in both the 50-yard butterfly (25.06) and 50-yard breaststroke (28.93), setting a school record in the latter. He also finished fifth in the 100-yard individual medley (1:01.09) and seventh in the 50-yard backstroke (28.52).

Senior Marco D’Adona (Torrington, Conn.) also competed for the Panthers, posting top-25 finishes in all five events. He re-

corded personal bests in the 50-yard backstroke (33.85), 50-yard breaststroke (34.40) and 100-yard individual medley (1:08.33). His combined 3:08.92 was good for 20th overall. Herbert impressed in her collegiate debut, placing 23rd overall in 3:35.13. She finished 24th in the 100-yard individual medley (1:15.71), 26th in the 50-yard breaststroke (39.47) and 28th in the 50-yard butterfly (33.11).

Bennett recorded personal bests in the 50-yard breaststroke (41.44), 50-yard butterfly (32.77) and 100-yard individual medley

(1:18.52) to place 27th overall in 3:40.56. Gladu improved her 50-yard freestyle time from 30.72 in the individual event to 30.63 as the opening leg of the 200-yard freestyle relay. Both times were personal bests. She also placed 15th in the 50-yard breaststroke in 38.20, and finished 28th overall in 3:41.07.

Senior Emma Hanigan (Huntington Station, N.Y.), Gladu, Bennett and freshman Ava Newell (Weare) teamed up to finish eighth in the 200-yard medley relay in 2:16.88.

Gladu, Newell, Bennett and Herbert placed ninth in the 200-

yard freestyle relay in 2:01.28. Plymouth State hosts

Regis College in its home opener on Oct. 30 at 4 p.m.

## Whelen Modified Tour returning to NHMS in 2027

LOUDON — The 2027 NASCAR Whelen Modified Tour (NWMT) schedule includes a Sept. 25 stop at New Hampshire Motor Speedway (NHMS). This completes the main lineup for New England’s only NASCAR Chase weekend that also includes the Team EJP 175 NASCAR Craftsman Truck Series (NCTS) Chase opener on Saturday, Sept. 25, and the third NASCAR Cup Series (NCS) Chase race on Sunday, Sept. 26.

“The Mohegan Sun 100 NASCAR Whelen Modified Tour is a fan-favorite here at ‘The Magic Mile,’” said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. “The Mods always put on a thrill-

ing show for our fans, and I expect no less in 2027.”

Race start times, additional racing action and entertainment will be announced at a later date.

Race fans who attended the Aug. 21-23 NASCAR weekend have the first opportunity to lock in their favorite seats and campsite for NHMS’s Sept. 25-26, 2027 NASCAR Chase weekend by renewing by Oct. 23, 2026.

Keep track of all of New Hampshire Motor Speedway’s events by following on Facebook (@NHMotorSpeedway), X (@NHMS) and Instagram (@NHMS). Keep up with all the latest information on the speedway website (NHMS.com) and mobile app.

## Lakes Region Property Watch earns accreditation from National Home Watch Association

BELMONT — Lakes Region Property Watch has earned accreditation with the National Home Watch Association (NHWA), a professional distinction that reflects his commitment to the highest standards of integrity, professionalism, and best practices within the Home Watch industry.

The National Home Watch Association was established in 2009 to develop and uphold industry standards for Home Watch and absentee homeowner services throughout the United States and Canada. Home Watch is defined as a visual inspection of a home or property to identify obvi-

ous issues, providing homeowners with peace of mind while they are away from their primary or vacation residences. All principals of NHWA-accredited member companies undergo background checks and are fully insured and bonded.

Lakes Region Property Watch was founded by James Wilson, a Belmont resident with nearly 25 years of law enforcement and military service, along with extensive experience in investigations, regulatory matters, consulting, and organizational leadership.

Throughout his career, James has worked in environments where atten-

tion to detail, consistency, and accountability were essential. His experience conducting investigations and leading statewide operations required disciplined observation, thorough documentation, and a structured approach to assessing conditions and identifying potential risks.

In addition to his professional background, James brings hands-on experience in home building and remodeling. This knowledge provides him with a practical understanding of residential construction, how materials and systems perform over time, and where visible issues may develop.

By combining his investigative expertise with real-world construction knowledge, James brings a disciplined, detail-oriented approach to Home Watch services, helping homeowners maintain peace of mind while away from their properties.

Service Area: Belknap County and nearby lake communities, including Lake Winnisquam, Lake Winnepesaukee, Paus Bay, Lake Opechee, Lake Waukegan, Lake Wicwas, Lake Kanastota, Webster Lake, Locke Lake, Halfmoon Lake, the Suncook Lakes, and surrounding areas.

## Tanger Outlets to host Halloween Trick-or-Treat event Oct. 29

TILTON — Tanger Outlets Tilton invites families to celebrate Halloween with an afternoon of Trick-or-Treating on Thursday, Oct. 29, from 4 to 6 p.m. Presented by Breezeline, the free, family-friendly event will feature trick-or-treating throughout the center, with participating retailers and restaurants handing out candy to guests. Children and families are encouraged to dress in their favorite Halloween costumes and enjoy a festive afternoon of fun.

Throughout October, Tanger Tilton is also recognizing Breast Cancer Awareness Month with its annual TangerPink campaign. Shoppers can make a \$10 donation at Tanger.com to the Breast Cancer Research Foundation and receive TangerPink savings, including 25 per-

cent off a single item at participating stores. Crocs expands the offer even further, with 25 percent off an entire purchase. Savings are available through Oct. 31, giving guests a chance to shop and save for a cause. For more information, visit tanger.com/pink.

## Start the new year off with a laugh at the Colonial Theatre

LACONIA — The Colonial Theatre of Laconia will present Juston McKinney – 2026 Comedy Year in Review on Saturday, Jan. 9, 2027 at 7:30 p.m. Tickets to the show are on sale NOW at ColonialLaconia.com or by calling 1-800-657-8774.

End the year with laughter as New Hampshire’s own comedian, Juston McKinney, brings his annual must see show to Nashua to review the past year, 2026!

McKinney has multiple appearances on the Tonight Show, Conan O’Brien and one-hour specials on Comedy Central. He also has two one-hour specials on Amazon Prime and his latest special “On the Bright Side” you can see for FREE on this YouTube channel. Throw in some appearances at the TD Garden for Comics Come

Home, a Showtime special with Rob Gronkowski, and you can see why NH Magazine named him “Best of New Hampshire” and the New York Times called him “Destined for stardom.” Have the last laugh of 2026 with Juston as he uses multimedia to dish on his New England life and looks back at the year that was.

### The Colonial Theatre of Laconia

The original owner, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The

newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.colonial-laconia.com

### Spectacle Live

Spectacle Live’s mission is to create connections that make exceptional live experiences happen. Founded in 2012 and headquartered in Chelmsford, Massachusetts, Spectacle Live is a live event and venue management company specializing in performing arts centers across the Northeast. The company partners with municipalities and arts orga-

nizations throughout New England to provide comprehensive services, including venue operations, marketing and promotion, booking and talent buying, ticketing, food and beverage management, technical production, and consulting. Spectacle Live currently works with more than a dozen venues across Massachusetts, New Hampshire, and Rhode Island, presenting a diverse range of events from concerts and comedy to theater and family entertainment. For more information, visit www.spectaclelive.com or contact Pete Lally at plally@spectaclelive.com or 617-531-1257.



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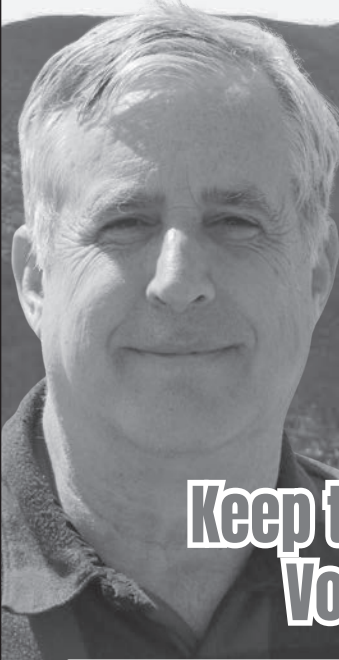
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# Opinion

## The quiet dedication that makes a community strong

Some of the most important people in a community are those whose names rarely appear in headlines, whose contributions seldom receive public recognition and who would probably prefer to keep it that way. They are the people who arrive early, stay late and take care of the details that others might never notice. They don't ask for payment, applause or even a thank-you. They see something that needs doing, and they do it. Belmont's Tony Brown is one of those people. For nearly 40 years, Brown has quietly provided and set up the public address system for Memorial Day ceremonies at the town's Veterans Monument. Year after year, he has made certain that the words spoken in remembrance of America's fallen service members can be heard by those gathered to honor them. There has been no paycheck, no annual reminder and, apparently, no expectation of recognition. Brown has simply shown up and done the job. His explanation for this remarkable commitment is equally straightforward — he wants to help veterans.

Recently, members of the Charles Kilborn American Legion Post 58 decided that nearly four decades of quiet dedication deserved something more than another year of anonymity. They presented Brown with a Certificate of Appreciation, recognizing his longstanding service to the post and the Belmont community.

According to the Legion, Brown had little interest in being singled out. That reluctance makes the recognition all the more meaningful. There is something particularly fitting about honoring a man whose contribution has been to make certain that others are heard.

Memorial Day is among the most solemn occasions on the American calendar. It is a time to remember those who gave their lives in military service, to reflect on the cost of freedom and to acknowledge the sacrifices made by generations of American families. The ceremonies themselves depend upon countless details. Flags must be displayed, programs organized, participants assembled and equipment prepared. When everything goes smoothly, most of that work goes unnoticed. That is precisely how it should be. The focus belongs on those being remembered.

Yet behind every successful community observance are individuals whose dedication makes the occasion possible. Without them, traditions that have endured for generations can become difficult to sustain. Brown's contribution illustrates an important truth about volunteerism. Service does not always require a leadership position, a fundraising campaign or a particularly visible role. Sometimes it means identifying one useful thing you can do and continuing to do it faithfully, year after year. Four decades represent an extraordinary commitment. Consider how much has changed in Belmont, across New Hampshire and throughout the country during that time. Families have grown, generations have passed and technology has transformed nearly every aspect of daily life. Through those changes, Brown's willingness to help has remained constant.

His example also raises a worthwhile question for every community: How many other people are quietly making life better for their neighbors without receiving much acknowledgment? They are the volunteers who maintain community traditions, the residents who lend equipment, the people who prepare meeting spaces and the neighbors who can always be counted upon when an extra pair of hands is needed. Their contributions may seem modest when considered individually. Together, they form the foundation upon which strong communities are built.

Recognizing such individuals is not about turning volunteerism into a competition for praise. It is about acknowledging that reliability, generosity and commitment deserve appreciation, particularly when those qualities have been demonstrated over many years.

There is also a lesson here for younger generations. Community service need not begin with an ambitious project or an impressive title. It can begin with a simple offer to help, followed by the determination to keep showing up.

The American Legion deserves credit for recognizing Brown's contribution, even if he would have preferred to remain behind the scenes. And Brown deserves the gratitude of a community that has benefited from his quiet generosity for nearly 40 years.

His story is a reminder that the strength of a small town is not measured solely by its buildings, businesses or public institutions. It is measured by the character of the people who sustain its traditions and care for one another.

Sometimes, the most meaningful contribution a person can make is also the simplest. Show up. Do what needs to be done. Ask for nothing in return.

Tony Brown has been doing exactly that for nearly four decades. That is a legacy worth celebrating.

## Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted. It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



COURTESY PHOTO

The Police Department was delighted to welcome students from Belmont Elementary School yesterday during their annual downtown tour! Det. Sgt. Moulton, Sgt. Rideout, Sgt. Estes, Det. Hicks, Det. Estes, Officer Walsh, SRO MacFadden, and Captain Boulanger were on hand to discuss Halloween safety, share what it's like to be a police officer, and answer some great questions from our students. Photo courtesy of the department's Facebook page.

## The fine art of knowing when to leave

BY CHARLES

There is a skill that nobody teaches you when you're young, but one that becomes increasingly important as you get older. Knowing when to leave.

Not a job, a marriage or a bad investment. I'm talking about knowing when to leave somebody's house.

In New Hampshire, this is considerably more complicated than it sounds. Around here, a goodbye isn't necessarily a goodbye. It's more of an announcement that the process of departing has officially begun.

I've attended gatherings where someone announced they were leaving at 7:30 and was still standing in the driveway at 9, discussing the mer-

its of various snow-blower brands.

There are stages to a proper New England departure. First comes the announcement. "Well, we ought to get going." This is generally followed by absolutely nobody moving.

Instead, somebody remembers a story they haven't told yet. Somebody else asks about a mutual acquaintance. A third person mentions that the price of heating oil has gone up again, and suddenly we're all sitting back down.

Eventually, somebody stands. This is an important development, but by no means a guarantee of progress. Standing

KIND HEARTS, COLD WINTERS  
By CHIPPY

merely indicates that the conversation is entering its second phase.

Coats are retrieved. Somebody can't find a glove. Somebody else remembers that they brought a container of cookies and wants the empty container back.

At this point, the hosts usually begin offering leftovers. "Take some of this home." "Oh, we couldn't." "There's plenty." "No, really." "Well, I'm not eating it all."

And before you know it, you've got three pounds of potato salad and a piece of cake balanced on top of your car

keys.

My wife is particularly skilled at this part of the process. She can turn a simple farewell into a comprehensive review of everything that's happened in our lives since the previous visit.

I, meanwhile, tend to stand near the door holding our coats, smiling politely and wondering whether I'll need to renew my driver's license before we actually leave. I've learned not to say anything.

Early in our marriage, I made the mistake of announcing, "We really should get going," while she was in the middle of a conversation. She gave me a look that suggested I had violated several provisions of the marriage agreement.

SEE CHIPPY, PAGE A5

## Comfort Keepers

### Living well with COPD: Small steps and the right support

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

Getting dressed, preparing breakfast or walking to the mailbox can take more effort when breathing is difficult. For someone living with chronic obstructive pulmonary disease, or COPD, everyday routines may require extra time, planning and help.

Although COPD has no cure, treatment and daily habits can help people manage symptoms and remain more active. Living well begins with a care plan that reflects the individual's needs, abilities and goals.

When activity leaves someone short of breath, it is understandable to want to avoid it. However, becoming less active can weaken muscles and make everyday tasks harder. With guidance from a healthcare provider, appropriate physical activity can help improve strength, stamina and quality of life. The goal is to find a safe, manageable level of movement, with rest as needed.

A good place to start is by asking about pulmonary rehabilitation. This supervised medical program combines exercise, education and breathing techniques to help people with lung disease manage daily life. It offers guidance tailored to the person, rather than leaving

them to figure out how to exercise on their own.

Managing COPD also involves the small decisions made throughout the day.

Make everyday tasks easier. Keep frequently used items within reach, break chores into manageable steps and allow time to rest. Planning ahead can reduce unnecessary trips around the house.

Follow the treatment plan. Take medications as prescribed and ask a healthcare professional to check inhaler technique. If oxygen is prescribed, follow the provider's instructions for its use.

Pay attention to meals. Preparing and eating food can feel tiring. Discuss nutritional needs with a healthcare provider; smaller, more frequent meals may be helpful for some people.

Protect your lungs. Avoid smoke, dust and irritating fumes. If you smoke, ask your healthcare team for help quitting. Discuss recommended vaccines with your provider to help protect against respiratory infections.

Changes in symptoms deserve attention. Contact your healthcare provider promptly if breathing becomes worse than usual or signs of infection develop. Ask for a written COPD action plan so you know

what to do when symptoms change. Severe breathing difficulty requires emergency care.

There is also an emotional side to living with COPD. Activities that once felt easy may take more effort, and someone may begin declining visits or outings. Staying connected matters. A conversation, a shared meal or an activity adapted to the person's comfort level can create opportunities for companionship. Persistent anxiety or low mood should also be discussed with a healthcare provider.

At Comfort Keepers, we understand that everyone's needs are different. One person may want help with laundry and meal preparation. Another may need transportation to pulmonary rehabilitation or assistance getting ready for the day. A family caregiver may need someone dependable to stay with a loved one while they take a break.

We are here to meet you where you are at. Our role is to support daily life while following the established care plan and communicating concerns to the appropriate family members and healthcare professionals.

Through Interactive Caregiving, we also look for ways clients can continue participating in activities they enjoy, according

to their abilities. That might mean helping prepare part of a meal while seated or enjoying a brief, provider-approved walk together.

Living with COPD may require adjustments, but there is still room for connection, enjoyment and personal choice. The right combination of medical care, practical help and encouragement can make everyday life more manageable.

#### About Comfort Keepers

Comfort Keepers is a trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, private duty nursing, Live in and 24/7 caregiving. We also offer Comfort360™ Alert, part of our innovative Comfort360™ suite, delivering 24/7 response, proactive support, and added peace of mind for clients and families. Proudly serving New Hampshire since 2005, Comfort Keepers is committed to elevating the human spirit through compassionate, personalized care. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

**Winnisquam Echo**

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# The Machine brings the music of Pink Floyd to The Colonial Theatre

LACONIA — The Colonial Theatre of Laconia will present The Machine Performs Pink Floyd on Sunday, Dec. 6, at 7 p.m. Tickets to the show are on now at ColonialLaconia.com or by calling 1-800-657-8774.

The Machine has forged a nearly 40-year reputation of extending the musical legacy of Pink Floyd. The New York-based quartet performs a diverse mix of The Floyd's extensive 15-album repertoire, complete with faithful renditions of popular hits as well as obscure gems.

With stellar musicianship and passionate delivery, The Machine explores collective improvisation rivaling that of an early 1970's Pink Floyd, while their use of expanded theatrical elements and elaborate stage displays and lighting continue The Floyd spirit of the 1980's. The band is also known for recreating entire albums as a part of their show, accepting requests from fans, and for taking an A-Z approach in which one song is played for every letter of the alphabet.

The Machine has sold out theaters, premier showcase rooms and casinos across North America, Europe and Asia, performed at renowned music festivals such as Bonnaroo, Riverbend, and Gathering of the Vibes, and shared the stage with full symphony orchestras, including the Atlanta, Detroit, Pittsburgh, Jacksonville, Charlotte and San Diego Symphonies, as well as the Buffalo Philharmonic.

The band features founding member Tahrah Cohen (drums), longtime bandmates Scott Chasolen (keys, vocals) and Ryan Ball



(guitar, vocals), and newest member Chris DeAngelis (bass, lead vocals). The band continues on to celebrate the music of Pink Floyd and to honor the life of Joe Pascarell, who co-founded the band with Tahrah in 1988.

"They duplicate the sound and hits of Pink Floyd with chilling accuracy, and they play for a hell of a long time," raves Matt Diehl of Rolling Stone.

"These guys are great!" said Bob Ezrin, Co-Producer of Pink Floyd's "The Wall."

"The Machine look nothing like Pink Floyd, but that doesn't matter—they sound exactly like Pink Floyd, and that's what counts," added Matthew Webber of Spin Magazine.

### The Colonial Theatre of Laconia

The original owner, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On

June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. [www.coloniallaconia.com](http://www.coloniallaconia.com)

### Spectacle Live

Spectacle Live's mission is to create connections that make exceptional live experiences happen. Founded in 2012 and headquartered in Chelmsford, Massachusetts, Spectacle Live is a live event and venue management company specializing in performing arts centers across the Northeast. The company partners with municipalities and arts or-

## Lotus Land brings the music of Rush to the Colonial stage

LACONIA — The Colonial Theatre of Laconia will present Lotus Land on Saturday, Feb. 6, 2027, at 7:30 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

With an unparalleled performance, The American Rush Tribute Lotus Land brings the force of live Rush to life on stage. Enjoyed by die-hard Rush fans, musicians, and casual music listeners alike, the Lotus Land experience has been heralded as the ultimate celebration of RUSH's musical craftsmanship and spirited performances.

With the true set up and sound of the Canadian power trio, Lotus Land delivers the thrill that people expect when they see RUSH in concert. Their performances have wowed sold-out houses in premiere concert venues and their fan base continues to grow nationally and internationally.

### The Colonial Theatre of Laconia

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### CHIPPY

CONTINUED FROM PAGE A4

Since then, I've developed a more diplomatic approach. I simply put my coat on. Sometimes, this works. Sometimes I stand there long enough to become uncomfortably warm.

Of course, I can't pretend I'm innocent. A few weeks ago, I stopped to see an old acquaintance for what I described as "five minutes." We started talking about the weather, moved on to the changing character of our towns and somehow ended up debating whether people were friendlier when everybody had party lines on their telephones. By the time I left, nearly an hour had passed. And I was the one who kept introducing new subjects.

The truth is, there's something rather wonderful about this peculiar tradition. We live in a world where people are forever rushing somewhere. Appointments, errands, obligations and schedules fill our days. We check the time,

check our phones and check how many things remain on our lists. Yet in kitchens and living rooms all across New Hampshire, people still find reasons to linger. They stand in doorways talking about grandchildren, gardens, the first frost or the neighbor who finally sold his old pickup truck. They walk visitors out to the porch and continue talking. Then they follow them to the driveway, where the conversation somehow becomes even more interesting.

I've noticed that the most meaningful part of a visit sometimes happens after everyone has supposedly said goodbye. That's when somebody mentions a worry they've been carrying around. Or asks how a family member is really doing. Or shares a memory that wouldn't have come up while everyone was sitting around the table. Maybe it's easier to say certain things when you're halfway out the door.

There's less pressure. Nobody expects a long

discussion. And yet, somehow, that's exactly what happens. As I've gotten older, I've come to appreciate those extra minutes.

There was a time when I considered them an inconvenience. Now I recognize them for what they are: people enjoying one another's company enough to postpone the inevitable return to ordinary life. That's not something to complain about. Especially as the days grow shorter and the evenings turn colder.

Before long, we'll be scraping windshields, brushing snow off cars and wondering why we didn't move somewhere warmer when we had the chance. But we'll still stand in doorways, talking. We'll still promise to get together again soon. And we'll still take another 20 minutes to make it from the kitchen to the car.

Last weekend, my wife and I were visiting friends when I finally announced that we should head home. She agreed. We said our

goodbyes, collected our coats and made our way to the front door.

Then our host mentioned something about an old photograph he'd found. Naturally, I had to see it. Twenty-five minutes later, my wife was standing beside the door holding both our coats. She didn't say a word. She didn't have to. I knew the look. And I deserved every bit of it.

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# Winni Playhouse presents a musical for the whole family!

MEREDITH — The stage of the Winnipesaukee Playhouse will be transformed into an Italian village square when the children’s musical, “The Commedia Pinocchio: An A Capella Musical” is presented on Oct. 17 and 24-25. The Playhouse’s Professional Theatre for Young Audiences program is now in its fourth year, once again providing a high-quality production of a beloved children’s story for audiences of all ages.

In this charming musical, a troupe of classic Italian commedia dell’arte performers descends upon a village square, armed with only a trunk full of rudimentary costumes and props. Imagination takes flight as they begin to tell the tale of the woodcarver Geppetto, the wise cricket, the naughty boys who transform into donkeys, and all of the adventures you expect from the story of a special puppet who yearns to be a real boy.

The musical is suitable for a family audience of all ages as younger children will be captivated by the familiar characters in the “Pinocchio” story while older children and adults will appreciate the inventiveness of the travelling commedia troupe. Developed in Italy during the 1500s, commedia dell’arte became one of Europe’s most influential theatrical traditions. Professional companies traveled from place to place performing for audiences in public squares, mar-



ketplaces, courts, and theatres. They didn’t need elaborate scenery to create a world. With masks, costumes, props, music, physical comedy, and a great deal of imagination, a company of actors could turn almost anywhere into a stage.

Director Cory Lawson says, “Commedia dell’arte embraces silliness. It embraces the clown, the ridiculous, the unexpected, and the wonderful possibility

that something might go completely wrong. It invites actors to play with one another and, just as importantly, to play with the audience. There is no fourth wall here. Nothing is hidden. We share the magic with you and invite you in on the joke.”

The production welcomes back Robert Hooghkirk and Grace Gilbert, who were featured in last year’s production of “Winnie-the-

Pooh.” They are joined by Emmie Shoemake Wright, Gio Coppola, and Robert Sharkey who are all making their Playhouse debuts. Miles Messier is the music director, and Margaret Fair provides the choreography.

Performances will take place on Oct. 17 and 24 at 10 a.m. and 3 p.m. and Oct. 25 at 1 p.m. The production is generously sponsored by R&D Paving and Lakes

Region Community College. Tickets are available online at [www.winnipesaukeeplayhouse.org](http://www.winnipesaukeeplayhouse.org) or over the phone at (603) 279-0333.

## Safe Haven Ballet brings “The Nutcracker” to the Colonial stage

LACONIA — The Colonial Theatre of Laconia will present the Safe Haven Ballet’s “The Nutcracker” on Sunday, Nov. 29, at 4:30 p.m. Tickets to the show are on sale now at [ColonialLaconia.com](http://ColonialLaconia.com) or by calling 1-800-657-8774.

Safe Haven Ballet is thrilled to bring our spirited, full-length ballet of “The Nutcracker” to The Colonial Theatre of Laconia! This dynamic performance includes all of your favorite characters including a strong-minded Clara to the eccentric Drosselmeyer, the spooky Rats, as well as our beloved Sugarplum Fairy danced by artistic director, Lissa Curtis. In the Land of Sweets you will be introduced to a variation unique to Safe Haven Ballet called The Brave American. Come sing and clap along to this spirited, patriotic piece!

SHB is located in beautiful Portsmouth, New Hampshire and exists to offer free trauma sensitive classes to survivors of sexual/domestic violence and trauma. Many of these brave survivors will be in the production as they help bring the magic of the season to you. We would love your energetic applause!

The original owner of the Colonial Theatre, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main Street, Laconia, NH 03246. [www.coloniallaconia.com](http://www.coloniallaconia.com)

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# Lakes Region Symphony Orchestra to present High Range Bluegrass Band



LACONIA — A special concert by the High Range Bluegrass Band will be performed at the Interlakes Community Auditorium, 1 Laker Lane, Meredith, on Friday, Oct. 23 at 7 p.m. Proceeds for this special concert will benefit the Lakes Region Symphony Orchestra’s annual

Concerto Competition which promotes young classical musicians and encourages their musical advancement by providing an opportunity to rehearse and perform with a symphony orchestra. The opening concert of LRSO, Nov. 7, at 7 p.m., Hanaway Theater, Plymouth State

University, will feature Apollo Moon the 2026 Concerto Competition Winner. For 27 years, High Range Bluegrass Band has built a distinctive sound combining instrumental excellence, fine vocals and award-winning original songs heard on radio world-

wide. They have shared stages with artists including Tim O’Brien, Ralph Stanley, Lori McKenna and Lloyd Maines, and performed at venues and festivals throughout New England, Nashville, and beyond. Expect an evening that is highly musical, energetic and thorough-

ly entertaining!

Tickets for this special concert are available at [lrso.org](http://lrso.org). The Lakes Region Symphony Orchestra is a 501(c)(3) non-profit

organization that provides the best classical music performances for central New Hampshire during the fall, winter, and spring.

## Make your own earrings with Becky Sawyer



MEREDITH — Join us at the Meredith Fine Craft Gallery on Monday, Oct. 26 from 11 a.m. – 2 p.m. for a Make Your Own Earrings class with juried artist Becky Sawyer.

Students are invited to join Becky Sawyer as she guides you through the process of creating earrings from shrink plastic and colored pencil. Whether you have a design in mind from the get-go or decide to figure it out as you draw, the techniques in this class will let you turn your creative ideas into hand-illustrated accessories. Drawing experience is helpful but not required.

All materials, including the shrink plastic and a toaster oven to harden it, will be provided for use during the workshop. Students will complete a pair of one-of-a-kind earrings ready to wear or give as a special gift. This class is excellent for beginners,

and no prior experience is required.

Tuition is \$65 per student. Students are encouraged to bring art, photos, or other visuals to use as inspiration for their drawings.

Space is limited and pre-registration is required.

Those who wish to take the class must sign up by Friday, Oct. 23.

To register for this workshop, call the Meredith Fine Craft Gallery at (603) 279-7920 or visit the Gallery at 279 Daniel Webster Highway in Meredith.

For more details, visit our Web site at <http://meredith.nhcrafts.org/classes/> and our Facebook page at <http://www.facebook.com/nhcraft/>.

The Meredith Fine Craft Gallery is located at 279 DW Highway, Meredith, and is dedicated to the education and support of New Hampshire’s fine craft tradition since 1932.

## Lineup set for next Songwriter Round-Up at The Loft



MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show at the end of this month. Held in the region’s premier listening room, The Loft, located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance. This intimate series features two different songwrit-

ers each month alongside award-winning performer Katie Dobbins. The series offers area residents and visitors an opportunity to experience the show “magic” that each new lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly Songwriter Round-Up Series. Remark on the success of the series, Bob reaffirms the valued partnership the Winery has developed with Katie Dobbins Music expressing “Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, effortlessly connecting with our audiences and showcasing

incredible talent with each performance.” The next Songwriter Round-Up show takes place on Thursday, Oct. 29, featuring the Lakes Region’s own Katie Dobbins, a singer-songwriter who delivers heart-felt lyrics with beautiful vocal tones wrapped in guitar and piano melodies; David Lockwood, a masterful songwriter, pianist, and entertainer from New Hampshire who’s many musical credentials include 35 years as music director for Holderness School; and Frank Critelli, a folk singer-songwriter from Connecticut with a lyrical approach that hints at a modern-day Bob Dylan and has extensive experience performing through the

Northeast. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This is sure to be an evening of great original music and dynamic entertainment that you won’t want to miss. Learn more about each of these artists on the Hermit Woods Winery Web site. A complimentary wine tasting will begin at 5:30 p.m., the Loft opens at 6pm for seating & dinner orders, and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from onsite Chef Eric Huckins. Tickets can be purchased in advance at [hermitwoodswinery.com/the-loft](http://hermitwoodswinery.com/the-loft) or in-person at the Winery.

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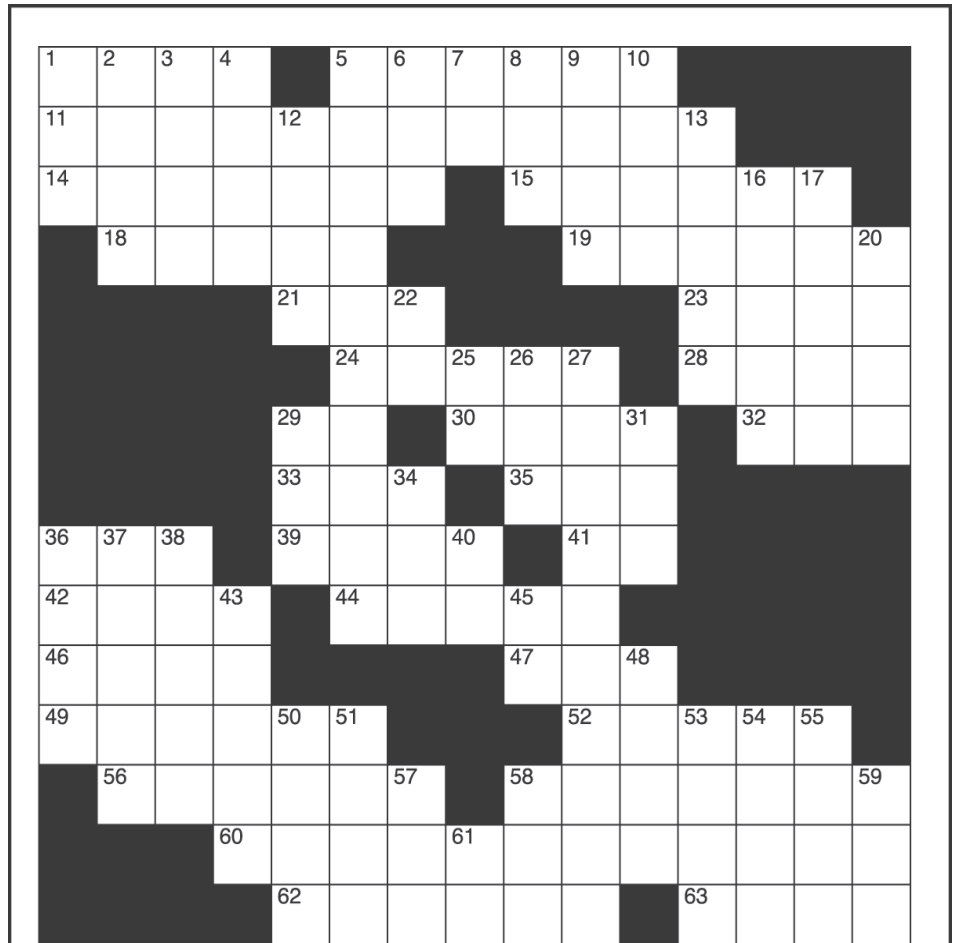
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**REGION** — As insurance applications and enrollments move online, Amanda Lapar is helping her agency rethink how it works. She also values the personal relationships that help clients make sense of



1. El Dorado High School
5. A sculpture representing a human or animal
11. A type of return
14. Tie the knot again
15. Washington city
18. Hairlike structures
19. Mark used over a vowel
21. Explosive
23. Popular 500 car race
24. Pile up
28. Currency
29. Commercial
30. A minute amount (Scottish)
32. Mass of fish eggs
33. Baseball stat
35. Licensed accountant
36. Japanese classical theater
39. Gasteyer and de Armas are two
41. Blood group
42. Assist in wrongdoing
44. Language of Cameroon
46. Grayish-white
47. A woolen cap of Scottish origin
49. Microorganism
52. Strong social customs
56. Calm and dependable
58. Congressman
60. Force
62. As a result of this document
63. A main branch of Islam

1. Make a mistake
2. American DJ Rick
3. Fictional Asimov planet
4. Coughed out
5. Singing to one's lover
6. Scotland's longest river
7. One of the six noble gases
8. Body art
9. Two-toed sloth
10. Electronic counter-countermeasures
12. A foolish person
13. Of the wind
16. Mansion
17. Sound
20. English river
22. Business symbol
25. Exclamation of surprise
26. Pouch
27. Individually
29. Satisfaction
31. The bill in a restaurant
34. Japanese delicacy
36. Port in southern Japan
37. Double-reed instruments
38. Center
40. "The Mount Rushmore State"
43. Soldier
45. Indicates position
48. Beauty treatment: \_\_-pedi
50. Nonsense (slang)
51. Republic of Ireland
53. Ballplayers' tools
54. American state
55. Clusters of a fern frond
57. Patriotic women's group
58. A person's brother or sister
59. Breed of sheep
61. Of I

[illegible]

Those questions have relevance beyond insurance. NHEX members include professionals updating systems within established companies and owners developing processes for newer businesses. Founded in 2025, NHEX brings

“They don’t need to understand it 100 per-

NHEx invites interested professionals to attend a session to experience the collaborative environment firsthand. For more information, visit [nhex603.com](http://nhex603.com) or contact Ethan Keslar at [ethan@keslarinsurance.com](mailto:ethan@keslarinsurance.com).

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The original owner, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Man-

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[www.spectaclelive.com](http://www.spectaclelive.com)



# Castle in the Clouds announces annual Christmas at the Castle event

MOULTONBOROUGH — Castle in the Clouds is pleased to announce the return of their popular annual holiday tradition, Christmas at the Castle. Christmas at the Castle is a series of events held at the National Historic Landmark Lucknow Estate across three weekends at the start of the holiday season. This year, the season's theme is "Old-Fashioned New England Christmas," offering visitors a holiday experience perfectly tailored to the backdrop of the historic home.

This year, Castle in the Clouds is offering visitors three different ways to experience the magic of Christmas at the Castle.

The holiday festivities begin with the Christmas Preview Party on the evening of Friday, Nov. 20, at 4 p.m. During the preview, guests can visit Lucknow Mansion and experience the holiday festivities before the general public. The Preview party will include cocktails, hors d'oeuvres, carolers, and first access to the Artisan Fair held in the Carriage House. Tickets for this exclusive fundraising event are limited, with proceeds benefiting the nonprofit mission of Castle Preservation Society.

The public Christmas at the Castle events and activities begin the next day. Every Saturday and Sunday from Nov. 21 through Dec. 6 from 10 a.m. to 4 p.m., visitors can spend the day exploring the Castle, admiring the holiday décor provided by local businesses, and participating in holiday activities. In addition to the seasonal decorations, Christmas at the Castle promises holiday spirit and family fun. Visitors can shop with local vendors at the Artisan Fair, take a photo with Santa, create holiday crafts, and enjoy complimentary hot cocoa and cookies. The Carriage House Restaurant will be open, offering the addition of a holiday lunch to the Christmas at the Castle experience.

After a successful introduction last year, Castle in the Clouds is also hosting Christmas at the Castle Twilight



Tours. On Christmas at the Castle dates at 3 p.m., visitors can enjoy a special dusk tour of Lucknow Mansion illuminated by holiday lights. Tickets for Twilight Tours are limited to allow a more intimate experience.

"Christmas at the Castle is a beloved tradition at Castle in the Clouds, and we are delighted to host this time-honored event again this year," said Charles Clark, Executive Director of Castle in the Clouds. "Our theme this year is a perfect fit for the historic estate and aligns with our current museum exhibit about the history of the property. With exclusive opportunities for viewing like the Preview Party and Twilight Tours, we are excited to offer unique ways for new and returning visitors to experience Christmas at the Castle."

For more information or to purchase tickets for Christmas at the Castle, visit [castleintheclouds.org/christmas-at-the-castle](http://castleintheclouds.org/christmas-at-the-castle).

## About Castle in the Clouds

As the premier historical museum in the beautiful Lakes Region of New Hampshire, Castle in the Clouds provides each visitor with a look into the past while providing contemporary comforts to make every visit memorable. Originally called Lucknow, this breathtaking 6,300-acre property was developed in 1913 by Thomas G. Plant, a wealthy shoe manufacturer, to create a luxurious lifestyle with state-of-the-art amenities, beautiful

hand-made furnishings, and a large staff to run the estate. These days, visitors come from all around the world to tour the mansion and exhibit gallery, dine in the Carriage House Restaurant or Café in the Clouds,

hike miles of hiking and walking trails maintained by partner organization the Lakes Region Conservation Trust, or enjoy one of our many programs and events. Operated by the Castle Preservation Society,

a 501(c)(3) nonprofit organization celebrating its 20th anniversary in 2026, Castle in the Clouds is revered as a cultural and educational resource and listed on the National Register of Historic Places with

national significance. Castle in the Clouds is also available as a fairytale wedding venue and versatile private event rental. For more information about Castle in the Clouds, visit [castleintheclouds.org](http://castleintheclouds.org).

## "Girls Night: The Musical" coming to the Colonial

LACONIA — Coming to the Colonial Theatre of Laconia Saturday, Oct. 17: "Girls Night: The Musical!"

Share the fun & laughter at this hilarious, feel-good comedy as five girlfriends go from heartbreak to happiness during a wild night of karaoke. Get your girlfriends together and come sing along, dance along, and sip on cocktails as you take in this party of a show!

"Girls Night: The Musical" has been thrilling audiences and earning raves from critics throughout North America since it began touring after its sensational Off-Broadway debut. This touching and hilarious 'tell-it-like-it-is' musical takes audiences on a journey into the lives of a group of female friends. Audience members can't help but laugh, cry and even find themselves singing and dancing in the aisles as some of the most popular hit songs of the '80s and '90s make this musical a fan favorite! Follow five friends as they re-live their past,

celebrate their present, and look to the future on a wild and hilarious karaoke night out... and you'll recognize a bit yourselves in every one of them! It is described as "Desperate Housewives meets Mamma Mia" (Applause Magazine), "A boisterous, bust-out, bawdy musical revue" (Wisconsin State Journal), "An infectious, exhilarating sense of intoxication (Hollywood Reporter) and "As funny and outrageous as Sex in the City!" (The Advocate). "Girls Night" is bursting with energy, and is packed with hits "Lady Marmalade," "It's Raining Men," "Man I Feel Like A Woman," "I Will Survive," "We are Family" and many more.

British playwright, author and television producer, Louise Roche has written and produced six other plays including Girls Night (UK Tours 2003, '04,'06), Bobby and Johnny (UK Tour 2005), Girls Behind (UK Tour 2005), Checkout Girls (Milton Keynes 2005), Lucky Balls (Milton Keynes 2002), and Milton Keynes The

Musical (2002). Her novel, Glutton for Punishment is published in paperback, and her television writing includes "Where The Heart Is," and "Doctors."

Director, Sonya Flaherty has been with Entertainment Events, Inc. since 2007. She originally performed the role of Liza in the US premier of "Girls Night: The Musical" in Scottsdale, Az. in May of 2007. After touring for two years in "Girls Night: The Musical" and still working full-time in International Risk Management at American Express, EEI brought Sonya Carter and her 12 years of experience at American Express on board as its production supervisor in 2009. In 2010, she was promoted to Chief Operating Officer. In addition to her responsibilities as the COO of Entertainment Events, Inc., she continues to supervise all production aspects from casting to closing night for all EEI productions. She still performs in "Girls Night: The Musical." She has played three

of the five roles in the show and has amassed over 400 performances on tour and Off-Broadway. Sonya has directed several of the touring companies of "Girls Night: The Musical" and originated the role of co-host Janice and directed the world Premier of WPMS: The Musical at the DuPont Theater in Wilmington, DE on June 29, 2010. Sonya Carter directed, co-authored and performed the role of Janice in the Off-Broadway premiere "Dishing With the Divas: The Musical" in January of 2011. "Cuff Me: The Fifty Shades Of Grey Musical Parody" is the third Off-Broadway production she has directed.

Performances of "Girls Night: The Musical" at the Colonial Theatre of Laconia are on Saturday, Oct. 17. Ticket prices range from \$46 to \$90. To purchase tickets or for more information about group rates, call the Colonial Theatre of Laconia Box Office at 1-800-657-8774 or on the Internet at [Colonial-Laconia.com](http://Colonial-Laconia.com).

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# Lakes Region VNA invites community to “Come Together” for We Care Benefit Concert

MEREDITH — For more than a century, Lakes Region Visiting Nurse Association (LRVNA) has provided care and support to individuals and families throughout New Hampshire’s Lakes Region.

On Oct. 24, the community will have an opportunity to come together in support of that work — with a little help from the music of The Beatles.

LRVNA will be the beneficiary of the We Care Benefit Concert featuring Studio Two, one of the country’s premier Beatles tribute bands, on Saturday, Oct. 24 at 7:30 p.m.

at Inter-Lakes Community Auditorium, 1 Laker Lane in Meredith. Local food trucks will also be available before the performance, giving concertgoers an opportunity to make a full evening of the event.

Studio Two recreates the energy and excitement of The Beatles’ early years, performing songs from the pre-Sgt. Pepper era. Formed in Milford, New Hampshire, and featuring graduates of Berklee College of Music,

the band brings some of the most recognizable music of a generation to the stage.

The concert is presented by the We Care Initiative of Temple B’nai Israel, and proceeds will support LRVNA’s work providing home healthcare, support and wellness services to people throughout the Lakes Region.

While homecare and hospice remain at the heart of LRVNA’s mission, the organization has continued to expand its services in response to the changing needs of the community.

One example is LRVNA’s Advanced Illness Management (AIM) program, which provides specialized medical and emotional support to people living with serious illnesses. Working alongside patients’ existing healthcare providers, the program helps manage complex symptoms, improve quality of life and ensure that care reflects each individual’s goals and preferences.

In addition to supporting individuals with serious illnesses, LRVNA also

serves families during some of life’s earliest and most important stages. Its Maternal and Infant Care Program brings specialized nursing care directly to pregnant individuals, new parents, infants and children with complex healthcare needs. Services range from prenatal and postpartum nursing visits and newborn assessments to premature infant follow-up, pediatric nursing care, caregiver education and complex care management.

Beyond its clinical programs, LRVNA recognizes that health and well-being extend beyond medical care alone. The organization provides counseling, resource navigation, emotional support and spiritual care through its social workers and chaplains. Through its Community Wellness Services, LRVNA further extends its impact by offering grief support, blood pressure clinics, seasonal flu vaccination clinics, exercise programs and other initiatives that promote healthy aging and community well-being.

This commitment to

meeting people where they are also includes those who have served our country. LRVNA is recognized as a Level 3 We Honor Veterans partner, reflecting the organization’s dedication to providing informed, compassionate care that honors the unique experiences and needs of veterans and their families.

“The Lakes Region has supported LRVNA and our mission for generations, and the We Care Benefit Concert is a wonderful example of that relationship,” said Jim Hamett, finance director of Lakes Region Visiting Nurse Association. “Every ticket purchased and every sponsor who supports this event helps us continue meeting people where they are — often right in their own homes — with the care, resources and support they need. We’re incredibly grateful to the We Care Initiative and everyone who will come together with us on Oct. 24.”

“This featured show will bring the Lakes Region community together for an enjoyable, top-notch Beat-

les musical experience that also raises vital funds for LRVNA, which does really important work here in our local community,” said Stu Needleman, committee chair of the We Care Initiative.

Tickets are \$40 and are available online and at select retail locations throughout the Lakes Region. Those unable to attend can also purchase tickets to be donated to LRVNA employees and volunteers.

For tickets and additional information, visit [tbinh.org/we-care-concerts](http://tbinh.org/we-care-concerts).

## About Lakes Region Visiting Nurse Association

For more than 100 years, Lakes Region Visiting Nurse Association has provided high-quality, patient-centered healthcare and support services to individuals and families throughout New Hampshire’s Lakes Region. Today, LRVNA provides homecare, hospice care, rehabilitation therapy, Advanced Illness Management, Maternal and Infant Care, private duty services, grief support and a growing

range of community wellness programs designed to help people live with greater health, independence, comfort and dignity.

LRVNA also provides year-round opportunities for Lakes Region residents to connect with health and wellness resources in their own communities. Fourteen seasonal flu clinics are scheduled in and around the Lakes Region over the coming months, along with community wellness initiatives throughout the year. Visit [lrvna.org](http://lrvna.org) and follow LRVNA on social media for current programs, clinics and events.

## About the We Care Initiative

Since 2013, the We Care Initiative of Temple B’nai Israel has provided Lakes Region nonprofit organizations with a ready-made fundraising platform built around professionally produced entertainment events. To date, We Care has helped raise more than \$460,000 for Lakes Region nonprofit organizations.





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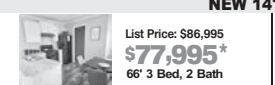
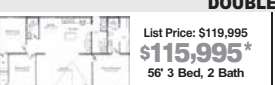
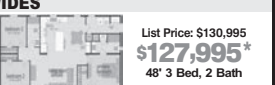
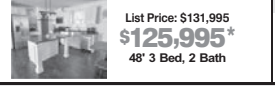
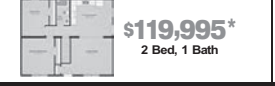
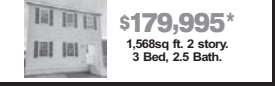
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# Champions for Kids Breakfast draws capacity crowd, raises more than \$500,000 for Lakes Region youth and families

LACONIA — On Tuesday, Oct. 6, the 2026 Champions for Kids Breakfast, sponsored by Platinum Group at RE/MAX Bay-side, brought together a capacity crowd of dedicated supporters, community leaders, volunteers, and a growing generation of new donors, demonstrating the Lakes Region's shared commitment to investing in local youth and supporting working families.

This year's event carried the inspiring theme, "Together We Can Do It!" a message that resonated throughout the morning as attendees were welcomed by Club youth who greeted guests and set an uplifting tone for the program.

The opening moments of the breakfast captured the spirit of the Boys & Girls Clubs' mission. Club



members led the audience in a powerful call-and-response affirmation used daily by staff member Nicole Wittenberg in her toddler classroom: I am smart. I am kind. I am strong. I can do hard things. I'm a good friend. I'm glad you're here.

As the capacity audience repeated each statement alongside Club youth, the room was filled with energy, hope, and a reminder of the confidence and belonging that the Clubs strive to instill in every young person they serve.

The program featured welcome remarks from Wendy Mills, whose family's story is deeply woven into the history of youth services in the Lakes Region. Mills reflected on the tragic loss of her son, Robbie, whose murder in 1998 became the catalyst for community leaders to establish a teen center in the region. That effort ultimately evolved into an organization that merged with the Boys & Girls Clubs of Central and Northern New Hampshire in 2015, expanding opportunities and support for local youth.

"Robbie was looking forward to, but never got the chance to participate in, afterschool programming like the Boys & Girls Club. I am a supporter of

the Boys & Girls Clubs because they have amazing goals and they make it all about the kids," said Mills.

The Champions for Kids Breakfast highlighted the critical role that quality youth development programs play in supporting working families and strengthening the Lakes Region. As demand for affordable, reliable care and enrichment opportunities continues to grow, community support remains essential to ensuring children have safe places to learn, grow, and thrive while their parents work.

The strong turnout of both longtime champions and first-time supporters reflected a growing recognition that investing in young people is an investment in the future of the region. Testimony from parents underlined how much programming supports not just their children, but the whole family.

Parent Jessica McDonald said, "Belmont Early Learning Center staff helped me become a stronger, wiser mother. And because Ana could stay in school, BELC changed my life, too. I could finish my degree, build a career at Campion Insurance, and now provide for my children without state assistance. That is because of

BELC, and because of the understanding and patience they showed both of us."

Chris Emond, CEO, shared, "We have an obligation to teach our children to stand up for what they believe is right. To do this, we need to give them a foundation that includes a safe place to be, positive adult mentors, and opportunities to try new things."

Proceeds from the Breakfast will support the programs and services that help local youth achieve academic success, develop healthy lifestyles, build strong character and leadership skills, and provide working families with the support they need to succeed. This year, the Club added two new locations in the Lakes Region by opening the new Sara M. Allen Lakes Region Child Care Services site located at the Gale School in Belmont and assuming management of Plymouth State University's former Center for Young Children and Families, now the Early Care and Education Center at Plymouth State University.

Chris Kelly of the Platinum Group at Re/Max Bay-side closed out the event explaining how attendees could help by becoming members of the Champions for Kids Society and pledg-

ing \$1,000 or more for the next five years. This year's event raised a record-setting \$503,710 in gifts and pledges. Over the next several years, the funds will offer sustainability for the Club's programs, shore up the Club's food program among rising costs and decreasing federal funding, and strengthen staffing to better care for those kids and families who need it most.

## About Boys & Girls Clubs of Central and Northern New Hampshire

The Boys & Girls Clubs of the Lakes Region includes Lakes Region Child Care Services and is a regional division of the parent organization Boys & Girls Clubs of Central and Northern New Hampshire. In the Lakes Region alone, BGCCNH serves nearly 800 youth and provides more than 89,000 meals and snacks at 9 locations: the Lakes Clubhouse in Laconia, Laconia Early Learning Center, River's Edge, Belmont Boys & Girls Club, Belmont Early Learning Center, Sara M. Allen, Holderness Boys & Girls Club, Winnisquam Camp, and the early education center at Plymouth State.

## TUSK: The Classic Tribute to Fleetwood Mac comes to the Colonial Nov. 14



LACONIA — The Colonial Theatre of Laconia will present TUSK: The Classic Tribute to Fleetwood Mac on Saturday, Nov. 14, at 7:30 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

Tusk: The Classic Tribute to Fleetwood Mac playing the hits and deep cuts spanning the career of Rock & Roll Hall Of Fame group Fleetwood Mac, Tusk has been crisscrossing the country since 2008 as The Classic Fleetwood Mac Tribute. Five pro musicians turned into masters of their trade through decades of individual music study, live performance, creative risk and devotion to the art. TUSK features note-perfect renditions of both the solo and full band songs, with each member specializing in one of the core lineup of Fleetwood Mac (Lindsey Buckingham, Stevie Nicks, Christine McVie, John McVie, and Mick Fleetwood). They possess an electric stage presence that can only come from well over a decade of touring together. Truly the best at what they do, TUSK is unmatched in their tribute to one of the greatest bands of all time.

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# Bears rally but come up short against defending champs

## Winnisquam volleyball bounces back with pair of wins



Eila Petty (left) and Sophie Fair go up for a block during action last Tuesday night against Inter-Lakes.



Abigail Meunier sets the ball up for a teammate during her team's battle at Inter-Lakes last Tuesday night.

**BY JOSHUA SPAULDING**  
Sports Editor

MEREDITH — The Inter-Lakes volleyball team survived a furious rally from visiting Winnisquam on Tuesday, Oct. 13, picking up a 3-2 win in a battle for play-off position between Lakes Region rivals.

Despite a couple of hits from Evelyn Champagne for the Lakers, Winnisquam got out to a 3-1 lead and a Sophie Fair tip helped push the lead to 5-2. Danica Weymouth had a great serve receive for the Bears, Eila Petty and Weymouth combined for a play at the net and Petty added an ace to push the lead to 11-4. Izzy Stoia answered with a couple of hits for the Bears and Fair answered with a big hit at the other end and a service ace for the 13-6 lead.

Stoia had another hit and Cora Simpson added an ace as the Lakers cut the lead to 13-9 before Weymouth added a hit on the other side of the net. Avery Holmes stepped to the service line for the Lakers and delivered a trio of aces and then Champagne added a couple of hits to pull the Lakers even at 16. Petty helped put

the Bears back on top but Gracie Stephens answered for Inter-Lakes and Champagne had a pair of aces to pull Inter-Lakes even at 20.

The Lakers took their first lead since going up 1-0 at 21-20 and finished strong with a couple of hits from Ivy Evans and two aces from Stephens for the 25-20 win and the 1-0 lead.

Weymouth had a pair of aces in the early going for the Bears in the second set but the Lakers answered with a hit and an ace from Holmes. Champagne also added a hit and an ace and Stephens chipped in with a hit and an ace as Inter-Lakes pushed the lead to 11-5. Simpson added an ace for the Lakers as they continued to build the lead but Petty answered with a hit on the other side of the net.

The Lakers closed things out strong, with Holmes recording a couple of service aces and Champagne and Stephens adding big hits at the net for the 25-8 win and the 2-0 lead heading to the third set.

The Bears got out to a 3-0 lead in the third set but Inter-Lakes responded with a hit from

Champagne and an ace from Summer Hamill. Fair and Elena Caswell exchanged hits and Stoia added another for the Lakers as they went up by an 8-6 score. Alana Cruz answered with a service ace for Winnisquam and the Bears were able to open the lead to 12-8. Alissa Jean added a hit for the Bears and Stephens answered on the other side of the net with a hit and a perfectly-placed shot to cut the lead to 15-13. Cruz came back with a hit and then Petty added a pair of service aces to open the Winnisquam lead up to 18-13.

The Lakers kept things interesting but Cruz, Jean and Petty all added hits to help open up the lead to 22-18 for the visitors. The Lakers got an ace from Holmes, a block from Champagne and a hit from Stephens, but Winnisquam finished things out with a hit from Petty to take the 25-22 win.

Winnisquam got a hit from Fair and a tip from Jean to go up 2-0 in the fourth set and Inter-Lakes responded with a tip from Hamill and a hit from Stephens to take the lead. Stoia added a hit, Champagne

had a pair of aces and Stephens added a hit to push the lead to 14-4. Winnisquam got a shot from Abigail Meunier and an ace from Fair as they climbed back into the match. Cruz had a great serve receive and Evans added a hit on the other side of the net for the Lakers. Meunier had a couple of service aces and Weymouth added a hit, cutting the lead to 18-14.

Alyssa Snow answered with a service ace to keep the Lakers ahead but Fair had a big hit, Weymouth had an ace and Josie Myers added a hit as the Bears pulled even at 20-20. Weymouth had a service ace to help the Bears pull away and close out the come from behind 25-21 win to force a fifth and deciding game.

Weymouth had a nice return and Champagne had a hit as the two teams went back and fourth early in the fifth set. Snow made a diving play and Champagne and Stephens added hits as the Lakers built up an 8-3 lead and Champagne also added a service ace. Fair fought back with an ace for the bears and Jean and Weymouth both had key points to cut the

Laker lead to 10-9. However, Simpson had a pair of service aces to help the Lakers pull away and Evans and Stoia closed out the 15-9 win with hits to give Inter-Lakes the 3-2 victory.

A night later, the Bears used everything in the tank to secure a 3-2 win over Hillsboro-Deering on the road on Thursday, Oct. 15.

"I thought Hillsboro really played well on their senior night game and like I told our team after the game, you sometimes have to really tip your cap to the other team and tonight was one of those nights," said Bear coach Mark Dawalga. "Tonight for us was about heart, well and determination, not just skill. It was finding a way to win the game."

The Hillcats took a 2-1 lead after three sets before Winnisquam came back and won 25-12 in the fourth set and 15-12 in the fifth and deciding set.

"You learn a lot about your team in difficult and trying times on the road with the game on the line and tonight I was really proud of how they all stuck together and responded as a

team," Dawalga said.

The Bears wrapped up the week and the regular season with a 3-0 win over Franklin on senior night. The gym was packed and Dawalga noted that the atmosphere was awesome while his seniors, Weymouth, Addie Bernier, Kinzie Nelson and Amelya Robinson, all played well in the 25-14, 25-21, 25-17 win.

"I truly cannot say enough about this group," Dawalga said. "Having to be able to coach all of them these past four years and seeing their growth as players has truly been a lot of fun and they will really be missed next season."

The Lakers were scheduled to close out the regular season after deadline on Wednesday against Newfound while the Bears wrapped up their regular season against Franklin.

The Division III volleyball tournament starts on Thursday, Oct. 29, at the home of the higher seed.

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