

NH Monarch Festival to be held in Belmont Aug. 22

BELMONT — The 14th annual NH Monarch Festival will be held on Saturday, Aug. 22 at the Tioga Pavilion in Belmont, NH. This family-friendly event runs from 10 a.m. to 5 p.m., and is open to all ages.

The festival celebrates the monarch butterfly, its remarkable migration, the importance of milkweed and conservation efforts, and much more. Once among the most abundant butterflies in North America, the monarch population has declined more than 80 percent since the 1990s. Loss of habitat, pesticide use, and overwintering challenges are among some of the contributing factors of this decline.

This year, the NH Monarch Festival has partnered with several conservation and community groups to bring awareness to monarchs, milkweed, and conservation efforts in a fun and educational setting. The event will feature live specimens, several science and educational stations, kids’ activities, food and beverage, and a variety of vendors and exhibitors.

And, for the first time, the Festival will feature a historic tagging demonstration. With the help of NH Audubon, the Festival will tag a couple of monarch butterflies with the latest nanotag technology created by Cellular Tracking Technologies and the Project Monarch app. Officially launched last year, these Bluetooth-enabled, solar-powered tags are helping scientists understand migration patterns in real-time. This is the first time New Hampshire will be deploying these tags.

“The Monarch Festival is not just about pretty butterflies. It’s about helping and supporting an entire ecosystem. It’s also about bringing together the community in a fun and educational setting and inspiring people of all ages to help make a difference. Because if the monarchs thrive, we

all benefit,” said Amira Provost, NHMF Event Coordinator and Monarch Community Scientist.

Admission is \$4 for children ages three to 12, \$7 for adults, and \$5 for seniors. Children two or younger and any attendee in an appropriate pollinator costume are admitted for free.

About the NH Monarch Festival

The NH Monarch Festival is an annual community event dedicated to celebrating and conserving the monarch butterfly and other pollinators. Now in its 14th year, the festival brings together families, nature enthusiasts, educators, and conservation organizations for a day of learning, fun, and hands-on engagement with one of nature’s most remarkable creatures.



Tanger Outlets Tilton to host Touch-A-Truck Event Aug. 7

TILTON — Tanger Outlets Tilton invites shoppers to kick off the start of the school season in style with its annual Touch-A-Truck event, presented by Hannaford, on Friday, Aug. 7 from 11 a.m. – 2 p.m.

Families can celebrate their scholars with an array of free activities between Old Navy and Tropical Smoothie Cafe, including local vendors, games, activations and more. Hosted in partnership with the New Hampshire State Police, the event will bring together more than 10 participating municipalities, along with local police and fire departments, giving families the chance to explore emergency vehicles, meet local first responders and enjoy a festive start to the school year.

Adding even more value, Tanger Deal Days will offer up to 25 percent off top brands like Skechers and Old Navy. Tanger Tilton has all the latest apparel, footwear, accessories and more to help students return to class in style.

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While Gilbert may have a serious-looking face, he has a sweet side too! He enjoys being pet and loves attention from his favorite people.

Like many cats, he has a few preferences—Gilbert would appreciate it if you kept your hands away from his chin—but show him some respect and he’ll happily soak up the affection he enjoys.

With his relaxed personality, big cheeks, and charming “little gargoyle” energy, Gilbert is a unique guy who is sure to bring a lot of character into your home. If you’re looking for a calm companion with a strong presence and a soft spot for pets, Gilbert might be your perfect match!

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ReDiscover Canterbury Shaker Village in 2026 on NH Heritage Museum Trail

CANTERBURY — Canterbury Shaker Village, a member of the NH Heritage Museum Trail, invites visitors to “ReDiscover Canterbury Shaker Village” this season with new programming, active preservation projects, and fresh experiences at this National Historic Landmark. Canterbury Shaker Village is a non-profit-owned National Historic Landmark district featuring 25 restored Shaker buildings in a 694-acre setting of forests, fields, gardens, and mill ponds.

“Canterbury is a portal into an intriguing, historic world—one where nearly 300 Shakers lived and worked together as a community for 200 years,” said Manager of Communications and Engagement Garrett Bethmann. “Whether you’re discovering it for the first time or returning after time away, we want people to rediscover why this place moves them and



connect with who we are today.”

In 2026, an updated tour model introduces guests to the Canterbury Shakers and invites them to follow their curiosity through the

property’s open spaces and buildings. The land comes alive this season through a new Bee House exhibition on the Shakers’ agricultural history and a pilot partnership with Sanborn

Mills Farm that grows produce and brings traditional farming techniques to the gardens and greenhouses. A new monthly recreation group, the Movers and Shakers Trail Club, meets

on the trails the last Saturday of every month.

“With the Meeting House and East House both undergoing restoration at once, this is a rare chance to see preservation hap-

pening in real time,” Bethmann added. “It shows the craft and dedication it takes to keep these buildings—one from 1792, one from 1810—alive for the next generation.”

“Canterbury Shaker Village is a treasure, and it’s one of many across the NH Heritage Museum Trail,” said Trail President Jeff Barraclough. “Each of our members opens a door to a different part of this state’s story. When you rediscover a place like Canterbury, you’re really rediscovering the heritage of New Hampshire itself.”

To learn more about Canterbury Shaker Village, visit shakers.org. To learn more about the NH Heritage Museum Trail, featuring nearly two-dozen members in the Seacoast, Lakes Region, White Mountains, Dartmouth-Sunapee Region, and Merrimack Valley, visit nhmuseumtrail.org.

Mark Dionne to perform at Lane Tavern Aug. 13



Mark Dionne

SANBORNTON — Local acoustic guitar player and singer, Mark Dionne, will perform at the Lane Tavern on Thursday, Aug. 13, at 7 p.m. This free program is sponsored by the Sanbornton Historical Society.

Mark Dionne is an acoustic guitar player and singer who performs free-style songwriting on the go and covers hits spanning seven decades, from Folk and Country to Contemporary. Dionne plays everything from Elvis to the Everyday Radio Play and

has toured throughout the region for several years.

Having performed more than 350 shows over the last decade, he has made frequent stops at the Gilmanston Winery, Hermit Woods Winery and the Omni Mt. Washington Hotel, where he was the House Musician for several years. His shows are never two of the same and are somewhat unique to what is on the music scene today.

The Lane Tavern, home to the Sanbornton Histor-

ical Society, is located at 520 Sanborn Rd. (Route 132) in Sanbornton. The Lane Tavern is air conditioned and handicapped accessible. This program is free to the public and will be followed with light refreshments. Free parking is

available across the street. For more information, please contact Linda at 603 286-4526. Please join us for a fun evening of music with local talent Mark Dionne.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of July 20-27.

Joseph J. Leonard, age 53, of Laconia was arrested on July 21 for Possession of a Controlled Drug, operating a motor vehicle not equipped with an alcohol interlock device, DUI-Impairment, and multiple counts of Criminal Mischief.

Anthony T. Smith, age 34, of Belmont was arrested on July 24 for Driving After Revocation or Suspension of license (subsequent).

Michael Fralic, age 54, of Franklin was arrested on July 24 for Resisting Arrest or Detention and Receiving Stolen Property.

Shawn M. Varney, age 47, of Manchester was arrested on July 25 for Violation of Probation or Parole and multiple counts of Possession of a Controlled Drug.

James R. McNeil, age 44, of Laconia was arrested on July 26 in connection with a warrant.

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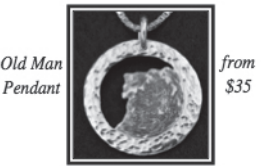
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Opinion

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.

Cruising together for those who served

There is something timeless about a classic car. Whether it is the gleam of polished chrome, the rumble of a well-tuned V-8 engine, or the memories sparked by a favorite model from decades past, car shows have a remarkable way of bringing people together. They create conversations between strangers, reconnect old friends, and bridge generations. That is precisely what makes the New Hampshire Veterans Home’s annual Cruise Night such a meaningful tradition.

On the surface, Cruise Night is exactly what it promises to be. It is an evening filled with antique automobiles, muscle cars, live music from the Bel Airs, grilled hamburgers and hot dogs, prizes, and family fun. Yet beneath the polished paint and nostalgic soundtrack is something far more important. It is an opportunity to spend time with the men and women who have served our nation.

The New Hampshire Veterans Home has cared for veterans since 1890, providing not only medical care, but also a community built on dignity, honor, and respect. The residents represent generations of service stretching from the Korean and Vietnam wars through more recent conflicts. Their stories, experiences, sacrifices, and friendships are part of New Hampshire’s history.

Events like Cruise Night remind us that honoring veterans does not always require grand ceremonies or formal speeches. Sometimes it is as simple as sitting beside someone while admiring a restored Chevrolet, listening to stories about the first car they ever owned, or sharing a meal at a picnic table. Those moments of conversation can be every bit as meaningful as any official recognition.

One of the most encouraging aspects of this year’s event is the invitation for volunteers to assist residents throughout the evening. Guiding someone through the rows of classic cars or helping them enjoy the cookout may seem like a small gesture, but it can make a tremendous difference for someone whose mobility has become limited. Even a few hours spent volunteering can brighten a resident’s day while creating memories that last long after the engines have gone quiet.

The Resident Benefit Fund, supported through donations and the evening’s fundraiser, also deserves recognition. While long-term care provides essential services, funds raised through community events often make possible the extras that enrich daily life, from recreational activities to special outings and entertainment. Every hamburger purchased, raffle ticket sold, or donation made helps improve the quality of life for those who once put service before self.

Cruise Night also serves another important purpose. It reminds younger generations that veterans are not simply names in history books or faces seen during Memorial Day and Veterans Day ceremonies. They are neighbors, parents, grandparents, teachers, mechanics, farmers, and friends. They are people whose lives extend far beyond their years in uniform, and whose stories deserve to be heard.

In a world where it is easy to become disconnected, community gatherings like this remain invaluable. They create opportunities to slow down, enjoy one another’s company, and express gratitude through action rather than words alone.

Whether attending to display a prized automobile, enjoy an evening of music, volunteer alongside residents, or simply share a conversation, every visitor becomes part of something larger than a car show. They become part of a tradition of appreciation that has sustained the New Hampshire Veterans Home for generations.

This week, the invitation is simple. Bring the family. Enjoy the cars. Listen to the music. Buy a burger. Meet a veteran. You may arrive for the chrome and horsepower, but you’ll leave with something far more valuable: a deeper appreciation for the people whose service helped preserve the freedoms that allow gatherings like this to happen in the first place.



COURTESY

“Discovering New England Stone Walls” will be presented by Kevin Gardner Tuesday, Aug. 18 at 12:15 at the Tilton Senior Center, 11 Grange Rd., Tilton. Gardner, author of “The Granite Kiss,” explains how and why New England came to acquire its thousands of miles of stone walls, the ways that they and other dry-stone structures were built, how their styles emerged and changed over time, and their significance to the famous New England landscape. Along the way, he occupies himself building a miniature wall or walls on a tabletop, using tiny stones from a five-gallon bucket. This program is free, open to the public, and made possible through NH Humanities. For more information about the Tilton Senior Center, please call 603-527-8291.

The day the power went out—and nobody complained

KIND FOLKS,
COLD WINTERS
By CHIPPY

A brief power outage rolled through our neighborhood recently. Nothing dramatic—just long enough for the clocks to start blinking and for everyone to wonder whether the refrigerator door should stay closed.

At first, I reacted the way most people do these days. I reached for my phone.

Then I realized there wasn’t much point. The Wi-Fi was down, the television was dark, and there wasn’t anything I could do to speed up the utility crew. So I put the phone back in my pocket and wandered outside.

That’s when I noticed something interesting. So had everyone else.

Up and down the street, garage doors were open. People were sitting on steps, leaning against fences or standing in driveways talking to neighbors they hadn’t seen in weeks. Someone joked that the

outage was the most successful neighborhood social event of the summer. For an hour or so, we all remembered how to be inconvenienced together.

One neighbor had a battery-powered radio and kept everyone updated. Another offered freezer space from a generator-powered chest freezer if anyone needed it. Someone else handed out popsicles before they had a chance to melt. Nobody seemed particularly bothered.

It reminded me that New Hampshire has always had a practical streak. Around here, when something unexpected happens, people don’t spend much time asking whose fault it is. They ask who needs a hand. That’s a quality worth hanging onto.

We’ve become accustomed to expecting everything to work all the

time. Flip a switch, and there’s light. Turn a faucet, and there’s water. Push a button, and dinner heats up in two minutes. Most days, we hardly notice. It takes a small interruption to remind us how remarkable ordinary life really is.

The outage also revealed something else. Conversation doesn’t require electricity.

People swapped fishing stories. They compared gardens. One fellow insisted the tomatoes would be better this year because of the weather, while another argued exactly the opposite. A pair of children started an impromptu game of catch in the middle of the yard, and before long an older neighbor wandered over to show them how to throw a proper curveball.

No one had organized any of it. It simply hap-

pened because there wasn’t much else to do.

When the lights finally flickered back on, you could almost hear the neighborhood exhale. Air conditioners hummed to life. Garage doors rumbled shut. One by one, people drifted back inside.

Within minutes, the street looked as quiet as ever. I was grateful to have the electricity back. I’m fond of hot coffee in the morning and cold ice cream at night, and I have no desire to return to kerosene lamps. Still, I couldn’t help thinking that the outage had given us something we rarely make time for anymore. An unscheduled evening with the people who live just beyond our mailbox. I certainly wouldn’t recommend losing power as a community-building strategy. But if it happens again, I think I’ll grab a lawn chair before I grab my phone.

Comfort Keepers Tips to stay sharp as you age

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

One of the greatest fears many people have of growing older is losing their mental acuity. While there are some diseases and conditions of the brain over which we have no control, there are some that are preventable with certain lifestyle changes. The good news is that these changes can be implemented no matter what the person’s age is. Researchers have identified a number of characteristics that seem to help keep people mentally sharp well into their senior years.

Learning and mentally exercising: While there is some debate as to whether doing puzzles and other mind games has any significant impact on staving off cognitive decline, there

is strong evidence that learning for the long term keeps the brain elastic. Research has shown that the process of learning helps keep the brain sharp when that which is learned is retained, or remembered. In other words, by this definition, learning is the process of memorization. Thus, learning something for the short term, such as following a recipe, then forgetting it later, does not have any lasting impact. However, learning how to play an instrument or fix a car, and perhaps even teaching others, requires memorization and strengthens the brain’s circuits.

Having more years of formal education: People who have more years of formal education face a reduced risk of cognitive decline than those with fewer years of formal schooling. Formal education works the brain through the learn-

ing process, and creates stronger connections in the brain circuit. This can help compensate as the brain changes with age. Additionally, those with greater formal education tend to have lifestyles that are healthier for the brain in general. For seniors who never had the chance to continue their formal education, retirement may just be the opportune time to do so. Many colleges and universities offer courses at low cost or for free to seniors.

Interacting socially: Seniors who interact regularly with friends, family, and community are less likely to experience cognitive decline and can experience a better sense of overall wellbeing. This may be due to the fact that social engagement allows people to deal with stress more productively and seniors who are more social-

ly engaged tend to be more physically active. Seniors who are unable to drive can enlist the help of family and friends to get to social engagements, or seek the assistance of professional caregivers. Professional caregivers can help seniors get to events and engagements when family and friends are unavailable.

Physical activity: You have heard the experts tout exercise as a remedy for most of what ails the general populace today, and it turns out that exercise is also a great way to help keep the mind sharp. Seniors who have not been physically active should consult with a physician before beginning an exercise program

Good nutrition: Certain forms of dementia, such as some types of Alzheimer’s

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Local runners brave heat in annual Center Harbor Footrace

BY JOSHUA SPAULDING
Sports Editor

CENTER HARBOR — The annual Center Harbor Footrace took place on the Fourth of July, attracting runners from all over the region for a five-mile race and a 1.766-mile race.

Alex Karwoski of Boston took the win in the five-mile race with a time

COMFORT
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disease, can be averted, or at least the risk can be significantly decreased, with a diet that is made up primarily of vegetables, legumes, fish, and whole grains. Before making changes to diet, though, it is important that seniors first discuss any changes with their doctors. Seniors who need help with some daily activities, such as cooking, can seek the help of professional caregivers. Professional caregivers can help seniors with meal preparations and help them adhere to doctor-prescribed diets.

Self-efficacy or believing in one’s own abilities: Scientists are not sure why self-efficacy seems to ward off mental decline, but it may have to do with the person’s ability to manage off stress. People who believe in their ability to tackle problems have a more positive outlook and are able to more quickly bounce back from setbacks. This helps them to become more deeply involved in activities and maintain interest in what they are doing, which in turn challenges the brain.

While some changes in the brain are normal as people age, those changes do not always have to have a strong impact on seniors’ lives. Many seniors are as sharp, or sharper, than many young adults in their 20s. Taking an active role in engaging the mind can help seniors reduce their risk of brain diseases, such as dementia, and live fulfilling lives as strong contributors to their communities. To learn how professional caregiving can help seniors stay active, social, and engaged, contact your local Comfort Keepers® office today.

About Comfort Keepers Comfort Keepers is a

of 28:31 with Miles Meijer of Moultonborough in 29:37 and Billy Melone of Moultonborough in 29:50 to round out the top three.

Becky Dunkel of Tampa, Fla. Was the top female finisher in 29:54, which placed her fourth overall with Robyn Stanley of Westford, Mass. in 25:25 and Christie Skubina of Boston, Mass. in 36:06 to 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.

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finish out the top three for women.

Locals were among the hundreds of runners braving the Lakes Region heat on the Fourth of July.

Mikey Kampmann of Moultonborough was sixth overall in 31:20, Matt Cote of Meredith finished in 35:03 for 13th place, Frankie Karasmeighan of Moultonborough was 16th in 35:17, DJ McDonough of Moultonborough finished in 36:22 for 21st place, Nick Perry of Meredith was 22nd in 36:27 and Jon Farrell of Moultonborough was 24th overall in 36:49.

Matia Whiting of Center Harbor was 25th overall in 36:50, Mason Ellis of Moultonborough was 26th in 36:53, Knox Lunkenheimer of Moultonborough was 27th in 36:57, James Roche of Moultonborough was 28th in 37:11, Richard Higginbotham of Meredith was 30th in 27:21, Clint Dowd of Moultonborough was 33rd in 38:08, Ryan Erwin of Moultonborough was 34th in 38:11 and Jackson Plyler of Moultonborough was 36th overall in 38:33.

Moultonborough’s Biel Enrich was 39th in 38:45, Andrew Jenkins of Moultonborough was 40th in 38:57, Grady Stabert of Moultonborough was

42nd in 39:00, Moultonborough’s Alex Goulet was 46th in 39:26, Nolan Abronski of Moultonborough placed 47th in 39:46 and Tommy O’Connor of Moultonborough was 48th in 39:47. Moultonborough’s Sam Lagan finished in 49th place in 39:53, Drew Knight of Moultonborough was 51st in 40:03 and Joe Chiliberti of Moultonborough placed 53rd in 40:19.

Brendan Combs of Center Harbor was 54th overall in 40:22, Samuel Robinson of Moultonborough was 55th in 40:25, London Vos Strache of Moultonborough was 59th in 40:44, Chris Meeken of Sandwich was 60th in 40:48, Ben Stanisiz of Moultonborough was 61st in 41:03, Sean Kinney of Moultonborough was 65th in 41:30 and Kyle Vengels of Moultonborough crossed in 41:41 for 66th place.

Ryan Pollock of Sandwich was 70th overall in 42:08, Chris Hupfeldt of Moultonborough placed 72nd in 42:11, Julie Furlan of Wentworth was 74th in 42:31, Lucia Roth of Alton was 80th in 42:51, Jeremy Legge of Moultonborough was 82nd in 43:00, Alexandra Legge of Moultonborough was 86th in 43:32, Thomas Raymond of Moultonborough was 91st

in 44:17, Leah Metzger of Moultonborough was 94th in 44:36 and Rebecca Dowd of Moultonborough was 96th in 44:50.

Caryle Zipprich of Moultonborough was 102nd in 45:10, Caelan McFarlane of Moultonborough was 104th in 45:19, Moultonborough’s Jill Knight was 110th in 45:53, Pete Gillin of Moultonborough was 112th in 46:21, Connor Bailey of Center Harbor was 114th in 46:44, Jesse Langley of Moultonborough was 119th in 47:16, Molly Borgese of Moultonborough was 122nd in 47:55, Chris Johnson of Center Harbor placed 124th overall with a time of 48:03 and Chip Coraine of Moultonborough finished in 127th in 48:10. Kenny Driscoll led of quintet of Moultonborough runners all in a row, finishing in 135th in 49:06 with Queco Jorba in the same time, Luke Campbell in 49:07 and Red Gray and Truman Thuente in the same time.

Nolan Stabert of Moultonborough was 142nd in 49:29, Guinevere Lacasse of Meredith was 143rd in 49:45, Kay Lacasse of Meredith was 144th in 49:46, Alex Whiting of Center Harbor placed 150th in 50:57, Narri Dowd of Moultonborough finished

in 52:19 for 157th place, Madelyn Furlan of Wentworth was 163rd overall in 53:19, Edith Brashares of Bristol was 179th in 54:53, Devyn VonKadich of Belmont was 180th in 55:07, Mathew Peterson of Center Harbor was 186th in 56:20, Maleia Raymond of Moultonborough was 189th in 57:13, Alexandra Michel of Center Harbor was 192nd in 57:44, Brendan Hastings of Sanborn-ton was 194th in 58:32, Marc Bard of Holderness was 206th in 1:00:4 and Peter Strople of Moultonborough was 207th in 1:00:59.

Beatrice Cartier of Center Harbor was 209th in 1:01:18, Colette Clifford of Moultonborough was 210th in 1:01:41, Natale Doten of Meredith was 211th in 1:02:00, Avery VonKadich of Belmont was 212th in 1:02:18, Louisa Cartier of Center Harbor was 213th in 1:02:26, Lauria Patz of Center Harbor was 220th in 1:06:22, Frank Forward of Meredith was 221st in 1:06:37 and Center Harbor’s Liam Daugherty was 222nd in the same time of 1:06:37.

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

Citizens for Belknap announces pre-primary candidate forums for contested county races

REGION — Bipartisan voters’ group Citizens for Belknap, partnering with the League of Women Voters NH, announces three pre-primary candidate forums in early September for contested county races for state representative. This includes candidates in Meredith’s District 2, Belmont’s District 4, and District 6, which includes Gilmanton, Gilford and Laconia Ward 2.

Only Republican seats in those districts are contested, but candidates from both parties are invited to participate. Included in the Belmont District 4 forum will be District 8, a floter-ial district which is uncontested in the primary, but

includes Belmont, Tilton and Sanborn-ton.

“These candidate forums give voters a rare opportunity to hear directly from the candidates on questions that the voters themselves submit,” said Prudy Morin Veysey, Republican co-chair of Citizens for Belknap. “It’s hard for voters to judge character, intelligence, and preparedness for serving the community if you have never met the candidate. These forums give voters that access,” she said.

Meredith’s forum is scheduled for Sept. 1 at the Meredith Community Center and features former NH Senator and Meredith resident Jeanie Forrest-

er as moderator. Sept. 2, attorney and resident of Belmont, Alvin Nix, has agreed to moderate the District 4 and 8 forum at the Belmont High School cafeteria. Former Gilford Town Moderator Sandy McGonagall moderates the Gilford, Gilmanton and Laconia Ward 2 forum at the Gilford Community Church on Sept. 3.

Doors open for all forums at 6 p.m., giving voters an opportunity to write out their questions and speak with the candidates. The forum begins at 6:30 p.m., and all three will be video recorded for rebroadcast. Hayden McLaughlin, Democratic co-chair for Citizens for Belknap noted

that none of the moderators are associated with his group, and that the League of Women Voters’ guidelines will be used for the forum.

“We’re grateful for the moderators’ service to their community, and urge the candidates from both parties to share their vision for Belknap County and the important issues which face us,” McLaughlin added. Candidates will be invited directly and provided guidelines, but are welcome to confirm and seek additional information at C4BChair1@Citizensfor-Belknap.org.



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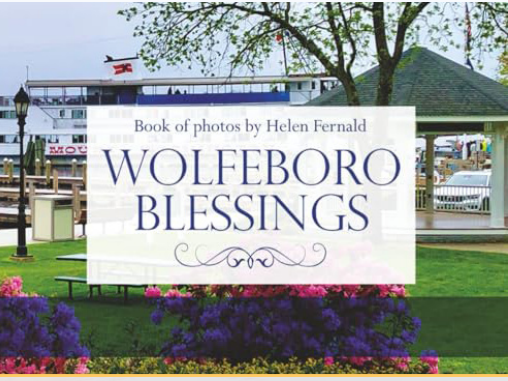
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Helen Fernald, Lakes Region photographer, released her first book of photos, featuring 12 photos of Lake Winnepesaukee and Wolfeboro for each season. Each of the 48 photos is



accompanied by a blessing. This book is available at the Country Bookstore and Black's in Wolfeboro and the Gilford Country Store. It is also available on Amazon.

Available at Amazon • helen@helenfernald.com • <https://helenfernald.com/>

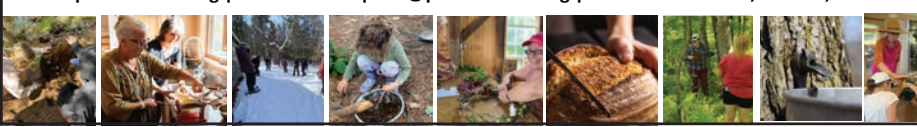


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CRUISE

CONTINUED FROM PAGE A1

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5K

CONTINUED FROM PAGE A1

O’Brien of Holderness was 60th in 24:31, Bob Lemaire of Wolfeboro was 61st in 24:37 and Peter Heslam of Belmont was 62nd in 24:39. Timothy Chrysostom of Canterbury was 69th overall in 25:11, John Tuttle of Alton was 70th in 25:16, Ellie Gaw of Holderness was 72nd in 25:17, Kendra LaPlume of Bristol was 79th in 25:55, Grace Olson of Sanbornton finished in 25:58 for 80th place, Peter Franke of New Durham was 81st in 26:09, Brandyn Lewis of Canterbury finished in 83rd in 26:11, Lily Rivard of Wolfeboro was 86th in 26:18, Tricia Keville of Canterbury finished in 27:00 for 93rd place, Heidi Cheney of Canterbury was 97th in 27:28, Nicole Downing of Middleton was 98th in 27:33 and Wolfeboro’s Judi Lemaire cracked the top 100 in a time of 27:38.

Stephen Barrett of Can-

terbury was 101st in 27:41, Rachel Bond of Canterbury finished in 103rd in 28:07, Devyn VonKadich of Belmont was 116th overall in 29:42, Hunter Finemore of Northfield was 121st in 30:18, Xesca Sheetz of Campton was 122th in 30:22, Kim Livingstone of Holderness was 130th in 30:58, Olivia Brayfield of Holderness was 131st in 30:59, Violet Smith of Belmont finished in 132nd place in 31:05, Dean Benton of Alexandria was 134th in 31:40, Erin Keville of Canterbury was 136th in 31:48, Thomas Perlet of Canterbury was 138th in 32:04, Belmont’s Ross Feitlinger finished in 32:57 for 145th place, Danbury’s Heather Hill was 146th overall with a time of 33:00, Zack Brayfield of Holderness finished in 147th place in 33:19, Gideon Sheetz of Campton was 150th in a time of 33:29 and Audrey Knapp of Canterbury was 154th overall in 34:13.

Jonathan Sheetz of Ells-

worth was 155th in 34:15, Jennifer Leonard of Gilford was 159th in 35:31, Zoe Perlet of Canterbury was 162nd in 36:22, An-nabel Perlet of Canterbury was 163rd in 36:23, Mary Kaplan of Barnstead was 164th in 36:29 and Katja Fox of Wolfeboro was 177th in 41:19.

Wolfeboro’s Anna Rivard was 181st in 42:07, Shayna Rivard of Wolfeboro was 183rd in 42:14, Althea Sheetz of Campton was 182nd in 42:14, Cheryl Adams of Tilton finished in 43:13 for 186th place, Angie Cummings Knott of Hill was 187th in 43:14, Richard Chaney of Canterbury was 195th in 44:18, Sandra Coito of Canterbury was 197th in 44:31, Elizabeth Todd of Canterbury was 206th in 48:32 and Emily Bragdon of Canterbury finished in 50:34 for 209th place.

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

CLUES ACROSS

- 1. Midway between south and southeast
- 4. Fathers
- 9. Wine grape
- 14. Al Bundy’s wife
- 15. Derived from ammonia
- 16. Venezuelan state
- 17. Interest rate
- 18. Experts
- 20. Vascular tissues
- 22. Smooth and glossy
- 23. Administrative region in S. Korea
- 24. One from Damascus
- 28. Special interest group
- 29. It cools your home
- 30. Oh, God!
- 31. Intestinal pouches
- 33. Men
- 37. Twelfth star in a constellation
- 38. Former CIA
- 39. Arrange in grades of size

- 41. A baglike structure in a plant or animal
- 42. “The Great Lakes State”
- 43. Having earlike appendages
- 44. Momentarily stop
- 46. Ancient kingdom
- 49. Of I
- 50. White clerical vestment
- 51. Songs to one’s beloved
- 55. Charges
- 58. Computer application originator
- 59. A place to dock a boat
- 60. One guided by reason
- 64. Slang for cigarette
- 65. Sailboats
- 66. “Jerry Maguire” actor Zellweger
- 67. Screen type
- 68. Country legend Haggard
- 69. Puts together in time
- 70. When you anticipate arriving

CLUES DOWN

- 1. Involuntary muscular contraction
- 2. Eastern US transit agency
- 3. Leaves a place
- 4. Cease to participate
- 5. Current units
- 6. Cease to exist
- 7. General’s assistant (abbr.)
- 8. Earth vibration
- 9. Very strong winds
- 10. For each one
- 11. A bog
- 12. The creation of beautiful or significant things
- 13. Affirmative
- 19. Pie ___ mode
- 21. Nonclerical
- 24. Indonesian island
- 25. Educational environment
- 26. Namibian peoples
- 27. Bring out or develop

- 31. Moves into a place of thought
- 32. Out of the way
- 34. Loads a ship
- 35. Beloved Hollywood alien
- 36. Distinguishes
- 40. The ancient Egyptian sun god
- 41. Secondary or explanatory title
- 45. Relating to a wing
- 47. One who gives a speech
- 48. In the middle
- 52. Loop with a running knot
- 53. Airborne (abbr.)
- 54. Sweet persons
- 56. Put into play
- 57. Small cattle breed
- 59. Millisecond
- 60. Revolutions per minute
- 61. They ___
- 62. Moon crater
- 63. A place to stay the night

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Y	V	M	V	G		S	V	D	V	D		E	S	S

GEM

CONTINUED FROM PAGE A1

tions such as eczema and psoriasis and now come back for more.

Along two of the outer walls are shelves filled with her beautifully scented candles. A few popular scents are Creamy Coconut, Coconut Lime and Verbena, as well as Cactus flower, Limoncello, and Citrus Sunshine. For those looking for something unique, she also makes a Fruit Loops scented candle that not only smells great but might bring on cravings for a box of the sugary cereal.

Other candles are made in beer mugs with clean scented pale yellow wax with a white “head” on the top that looks as though it’s straight from the tap at a local pub. Mingled in with them are her cupcake “Dessert Candles” that appear to be fresh from the bakery.

“When I went to shows with my candles there were so many people making them, so I knew I had to do something different and these are now quite popular,” said Dawn.

For those who worry about the flammability of candles, especially with teens who love to light one in their room, she now makes Wax Melts that aren’t lit. Instead, they can be placed safely in an electric fragrance warmer, which she also has available in the shop, to send out their fragrant aromas as the wax

slowly melts.

Then there’s her Kiln-fired fused glass creations. Using different colored pieces of glass, she arranges them into beautiful scenes or patterns then heats them up in her kiln to fuse together. They come in all sizes and are perfect gifts as well as lovely additions to home decor.

As if that isn’t enough to browse through there are also her Paint-Poured Vases. Paint is drizzled on an upside-down vase then fired to create a beautiful addition to any home.

Dawn also has her handmade scarves, along with fired glass scarf slides that help keep them cozied up around one’s neck in the cold winter months.

But just walking through the door of Northern Creations, one cannot help but notice her husband Dennis’s handcrafted wood items. Using pieces of flat wood, he cuts the outline of local lakes, paints the blue water, wood burns names and other information onto that then finishes them off with frames made from wood he finds washed up along beaches.

In addition, Dennis carves fish that he artfully paints then places inside a wood frame, making them the perfect Father’s Day, Birthday or Christmas gift for the fisherman in the family. People can also choose one of the handmade, “Dennis tested” wooden fishing lures that

have brought him success on his own fishing excursions.

Another of his offerings are his wood burned signs, perfect for the home or camp. The most popular one is framed and reads “Family and Friends Bound by Love Cannot be Separated by Distance.” He will then take orders to personalize them with an outline of the states where their distant family lives, then connect them all with lines and hearts.

Finally, there are his cribbage boards. Some are ready-made but here again Dennis will also take orders for a customized board. A woman dropped by last week to pick up the cribbage board she ordered with a cut-out of Hermit Lake.

“This is perfect! Here’s where my house is,” she pointed out with a smile.

Each board even opens up to a storage area for a deck of cards and the pegs.

Besides many other items, Dawn also makes brass, copper and leather bracelets and also offers jewelry from Sunflower Beads N.H., owned by Carol Remy; lovable knitted characters by Lynn Poire; and some miniature art work on easels from Elizabeth Davis of Creations by Liz.

“We try to keep reasonable ‘Love Prices’ because we want you to love them and take them home,” Dawn said, adding softly as an aside, “so I can keep making stuff! I have to stay busy!”

Northern Creations is open Thursday through Saturday from 10 a.m. until 4 p.m.. While their home faces Perly Hill Road, follow the sign for Surowiec Farm and turn beside the house onto Reuben Road where there is a sign for parking.

To get a sneak peek at the shop and all its wares, visit their Web site, northerncreationsnh.com, to see what you’ve been missing, then go meet the Gaudreaus and see what other great things they have to offer.

Langevin of Tilton named to Regis College Spring Dean’s List

WESTON, Mass. — Regis College recognizes Claire Langevin, Class of 2029, of Tilton, whose academic excellence and commitment to learning have earned them a place on the spring 2026 Dean’s List.

To qualify for the Dean’s List, students must earn a GPA of 3.5 or higher. First-year students qualify with a GPA of 3.25 or higher.

Founded by the Sisters of St. Joseph nearly a century ago, Regis College educates students to lead with integrity, purpose, and compassion. Through an inclusive and innovative learning community, Regis prepares graduates to build meaningful careers and make a positive impact in the world.



Egan brings “fascinating story” home to Plymouth

“Transforming the Beautiful Game: The Clyde Best Story” at Flying Monkey Aug. 8



COURTESY

New Hampshire filmmaker Dan Egan (left) poses with soccer legend Clyde Best (center) and his nephew, Jerry Best, who was Egan's soccer teammate at Bridgton Academy in Maine in the early 1980s at a filming for “Transforming the Beautiful Game: The Clyde Best Story.”

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — It was a story that needed to be told and as it turns out, New Hampshire filmmaker Dan Egan was the perfect person to tell it.

Egan, who made an international name for himself with his skiing prowess that has been featured in countless Warren Miller films and across multiple platforms over the years and calls the Plymouth area home, is also a filmmaker

and when he heard the story of Clyde Best, he knew immediately it was worthy of a film.

He just didn't know how many connections he had to the soccer legend until he started to tell the story.

“As a filmmaker, it's always a race to find a story that hasn't been told,” Egan said. “Nobody knew the whole story, so putting it together was pretty amazing.”

“Transforming the Beautiful Game: The Clyde



Clyde Best became an American soccer legend while playing for the Portland Timbers, this photo is from his time there in 1977.

Best Story,” celebrates the extraordinary life and legacy of Bermudian football legend Clyde Best, the first Black football superstar of England's modern television era and a pioneering figure whose influence helped shape the growth of professional soccer in the United States.

At just 17 years old, Best signed with West Ham United, where he endured relentless racism while breaking barriers at the highest level of English football. Over his career, he made 218 first-team appearances, scored 58 goals, and became a symbol of courage, perseverance, and change.

Among the film's defining moments is Easter Sunday 1972, when Best, Clive Charles, and Ade Coker became the first three Black players ever to start together in England's First Division—a historic milestone that transcended sport and helped change English football forever.

The documentary also chronicles Best's influential career in the North American Soccer League (NASL), where he helped lead the Tampa Bay Rowdies to the 1975 Soccer Bowl championship before becoming a fan favorite with the Portland Timbers. His professional career also included stops in Cleveland, Toronto, Los Angeles, and indoor soccer, helping establish the sport's foundation in North America.

As Egan relays it, when Best left Bermuda at 17 years old to play soccer in England, he was on his own without knowing anyone. A stranger took him to the only black family in the neighborhood and as it turned out, that was the Charles family. The aforementioned Clive Charles would become teammates with Best and would go on to be one of the most famous black coaches in America, coaching in the Olympics and at the college level.

As a soccer player himself, Egan was familiar with Best and had a person-

al connection, as his teammate at Bridgton Academy in 1983 was Jerry Best, Clyde's nephew. And as a filmmaker, he has done a lot of work on the America's Cup sailboat race and has sailed to Bermuda many times and was hanging out after finishing the Warren Miller film in 2019 and was looking for ideas when the Clyde Best story popped up. Best is a legend in the small island country.

Egan called up his Bridgton coach from 1983 looking for some contacts and he noted that there was another Bermudian from the small Maine school and put Egan in touch. As it turns out, that man was the Speaker of the House of Parliament in Bermuda, Dennis Lister and he was quick to point out that the Minister of Sport in the country also went to Bridgton Academy.

“Bridgton is the only one-year all boys prep school in the country and to have all of us there at one point, that's incredible,” Egan said.

Egan went to work and secured a government grant in Bermuda and followed his nose on other funding opportunities to begin telling the story.

“When he made the First Team in 1968, he was the only black man on UK television,” Egan said. “But he endured all sorts of crap.”

“A 17-year-old had to navigate all that and did it through excellence,” Egan continued. “He just put his head down and scored goals.”

Egan worked on the film for six years and found Best to be a humble human being with an absolutely fascinating story.

“When he left Bermuda, his parents told him to be nice to others and that's what he did,” Egan said. “He kept saying, ‘I did it for those coming after me.’”

Narrated by acclaimed actor Tony D. Head and featuring an original score and songs by Roy Hay of Culture Club, the film combines never-before-seen archival footage



Clyde Best starred for West Ham in the late 1960s, becoming an English soccer legend despite enduring horrific racism during that time.

with exclusive interviews featuring football legends including Ian Wright, Sir Geoff Hurst, Harry Redknapp, Les Ferdinand, Viv Anderson, Garth Crooks, Rodney Marsh, Howard Gayle, Carlton Cole, Ade Coker, and U.S. Men's National Team star Kasey Keller. The documentary also explores Best's close friendship with teammate Clive Charles.

“Transforming the Beautiful Game: The Clyde Best Story,” premiered in London in March and did a run of 12 sold-out shows in Bermuda. It was Fan Favorite at the Roxbury International Film Festival, sold out the Lincoln Center and was featured at the Woods Hole Film Festival just last week.

Now Egan is bringing the story to his hometown, as the movie will be shown at The Flying Monkey in Plymouth on Saturday, Aug. 8.

Doors open at 6 p.m., with the film beginning at 7 p.m. Following the screening, Egan will host a live audience Q and A, sharing the remarkable true story behind football pioneer Clyde Best and the decade-long journey to bring one of soccer's most important untold stories to the screen.

For ticket information, visit flyingmonkeynh.com.

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

McQuade Fine Arts brings in-person art classes to Lakes Region Art Gallery starting Aug. 3

TILTON — McQuade Fine Arts is offering a new series of in-person art classes led by juried artist Stephanie C. McQuade at the Lakes Region Art Gallery in Tilton. These welcoming, hands-on courses are ideal for beginners and emerging artists seeking to build skills in watercolor and pastels.

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Upcoming five-week classes:
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All classes held at Lakes Region Art Gallery, 120 Laconia Rd., Suite #300, Tilton, (Tanger Outlets).

Registration & Details:
Visit www.mcquadefinearts.com/art-classes for registration links and additional class information.

“These classes provide a supportive environment where students can unleash their creativity and see real progress,” said instructor Stephanie McQuade.



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NH Boat Museum to host 50th Annual Alton Bay Boat Show Aug. 8



ALTON BAY — The New Hampshire Boat Museum (NHBM) will host the 50th Annual Alton Bay Boat Show on Saturday, Aug. 8 from 9 a.m. to noon at the Alton Bay Town Docks. The free public event marks a half-century of celebrating New Hampshire's freshwater boating heritage and is among the longest-running vintage boat shows in the region.

"What I love about the Alton Bay Boat Show is how it turns the whole waterfront into a living gallery," noted NHBM Executive Director Devon Kurtz. "Every boat carries a story, every owner is eager to share it, and the community leans in with real affection. It's one of the coolest, most heartfelt days on the lake."

At the show, which fea-

tures classic wooden and early fiberglass vessels (model year 1975 and earlier), spectators are invited to walk the docks, meet the owners, and cast ballots for the People's Choice Award.

"This is one of the most exciting events of the summer for the whole family," said NHBM Executive Director Devon Kurtz. "It's truly a remarkable collection of boats, and specta-

tors can get up close and talk with the owners."

Pre-registration is not required, and docking is first-come, first-served.

"Reaching the 50th anniversary is a significant milestone for the museum and for the boating community across New Hampshire," added Kurtz.

The 50th Annual Alton Bay Boat Show is sponsored by The NASWA Resort, Mundial Group, Inc., and Water's Nook Home Decor and Gifts.

Founded in 1992, NHBM is dedicated to preserving and sharing the state's rich freshwater boating heritage. Through dynamic exhibits, youth programs like Junior Skipper, and on-the-water experiences, NHBM brings New Hampshire's boating story to life for visitors from across the state and beyond.

Belknap House to host annual golf tournament to raise funds that help provide safe shelter for homeless families

LACONIA — Belknap House is looking for community partners to sponsor our 12th Annual Golf Tournament which will be held on Monday, Sept. 14 at the Laconia Country Club. The golf tournament is Belknap House's biggest fundraiser of the year, which helps provide vital shelter and resources for homeless families in our community.

At Belknap House, we believe in the power of community support and connections to drive meaningful change. 2026 will be our 12th year hosting a golf tournament fundraiser to sustain our mission of providing shelter and resources for homeless families in our community. As we continue to expand our programs and provide shelter for families in need, we rely on the generous support of event sponsors to help us build a brighter future for families in need.

Partnering with Belknap House allows your organization to build strong connections within the community, demonstrating your commitment to social responsibility. Community partners will have the opportunity to reach new audiences through our website, social media, and at the event, showcasing your partnership and support for a worthy cause.

Information about the golf tournament can be found on our website belknaphouse.org or by connecting with the Executive Director, Shawna Zechman by email or phone (details below).

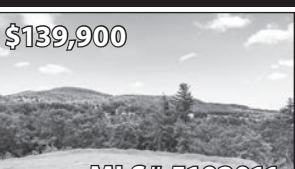
About Belknap House
Belknap House provides safe shelter to families with children experiencing homelessness in Belknap County and empowers families to become self-sufficient and independent by providing educational opportunities and access to community resources.

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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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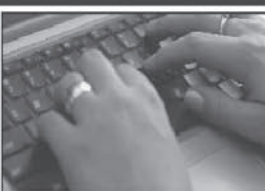
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Cole Butcher set for special New Hampshire debut

LOUDON — For Cole Butcher, New Hampshire Motor Speedway (NHMS) may not technically be his home track, but it has always felt like the closest thing to it.

The Porter’s Lake, Nova Scotia native will make his NHMS debut in the NASCAR Craftsman Truck Series (NCTS) this August, racing in front of family, friends and fans who have followed his career throughout Atlantic Canada and New England. More than a dozen campsites have already been reserved by supporters making the trip south, turning race weekend into a homecoming of its own.

“I’m excited,” Butcher said. “I’ve raced up in New England probably the past 10 years between Oxford and some other racetracks out there, so it’s the closest thing to home. We have a ton of fans there from Nova Scotia and all around the Maritimes, so we’re really looking forward to it.”

For Butcher, NHMS is more than just another stop on the NCTS schedule. It’s a track he grew up visiting, dreaming of one day having the opportunity to race on the big track.

“The track has a lot of history,” Butcher said. “I’ve been going there quite a bit when I was a little kid, so just being on the track and being a part of the event is



going to be something special in itself.”

Cole Butcher will be racing in the Craftsman Truck Series race at New Hampshire Motor Speedway later in August.

cial in itself.”

The support waiting for Butcher extends well beyond the grandstands. Friends, family and fans from Nova Scotia, Maine, New Hampshire and throughout the region are expected to create the largest cheering section that Butcher has seen all season.

“It’s just great to have that support,” Butcher said. “Whether it be the Maritimes or Maine, New

told we have 12-plus camping sites, so that’s pretty amazing, and I’m sure it’s just going to grow. We’ll get up there, have some Maine lobster and just enjoy the weekend.”

While the atmosphere will certainly be special, Butcher hasn’t lost sight of the main objective – putting together a strong performance for the people who have supported him throughout his racing career.

“Just a good finish,” Butcher said when asked what he’s looking forward to most. “I want to put on a show for my fans and kind of make everybody proud that a kid from Nova Scotia, Canada is racing in one of NASCAR’s top three series. It’s going to be a lot of fun.”

A victory at New Hampshire would rank among the biggest accomplishments of Butcher’s career,

ready includes one of New England’s most prestigious short-track victories in the Oxford 250.

“It would be great,” Butcher said. “My biggest win up in New England right now is the Oxford 250, so I’d be able to match that, if not exceed it. New Hampshire has a lot of history. I don’t know if we get to hold the lobster or not if we win. I don’t know if that’s a Cup thing or not,

but that’d be pretty cool.”

The Team EJP 175 NCTS race is part of Doubleheader Saturday at NHMS that also features the NASCAR Whelen Modified Tour (NWMT) Mohegan Sun 100.

For Butcher, experiencing everything NHMS has to offer is something every race fan should make time for.

“I mean, I’m going to be there, and all my ThorSport teammates are going to be there, so why wouldn’t you want to be there?” Butcher said. “The Truck Series and the Whelen Modified Tour put on a great show, and it’s two for one.”

For tickets and camping for New England’s only NCS weekend, featuring the Dollar Tree 301 NASCAR Cup Series race, Team EJP 175 NCTS race, Mohegan Sun 100 NWMT race and Sig Sauer Academy Dirt Duels, fans should visit NHMS.com or call 833-4LOUDON. Tickets for kids 12 and under are just \$10 on Sunday, free on Doubleheader Saturday and start at \$10 on Friday.

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.

COURTESY PHOTO

2026 Household Hazardous Waste events are starting up

REGION — The Lakes Region Planning Commission will be hosting its annual Lakes Region Household Hazardous Waste (HHW) collections again in 2026.

This year’s event will feature six collection dates and nine collection sites that all participating residents may attend. The season will kick-off on June 20 with collection sites in Franklin and Wolfeboro. The collection season will end on Sept. 19 with the final

collection in Laconia. This year, the collections will be open to residents and taxpayers in 22 participating Lakes Region communities.

There is a variety of toxic and harmful materials that can be found in Lakes Region homes. These toxic materials are known as hazardous waste substances that can poison or contaminate our local environment like surface, ground or drinking water. Materials may include flammables, corrosive

or reactive substances that can be found in your household, gardening supplies, garage, workbench or art supplies. Toxic materials that pose ground water contamination threats are not allowed at local transfer stations. This is important for protecting human health and the water quality upon which the Lakes Region economy depends.

In addition to the Saturday, June 20 collections in Franklin & Wolfeboro, collections will also be held

on Saturday, July 25 in Gilford & Meredith; Saturday, Aug. 1 in Alton & Moultonborough; Thursday, Aug. 27 in Tuftonboro; Thursday, Sept. 3 in Bristol; and Saturday, Sept. 19 in Laconia. Saturday collections will run from 8:30 a.m. – noon, and Thursday collections will run from 2 – 6 p.m. All collection sites will be hosted at the same locations as our 2025 collection event.

Residents and residential taxpayers in the 22 participating communities

may bring up to 10 gallons or 50 pounds of household hazardous products in for safe disposal at the collection site that is most convenient for them. Participating communities for the 2026 collections are Alton, Alexandria, Andover, Bridgewater, Bristol,

Center Harbor, Franklin, Gilford, Gilmanton, Hebron, Hill, Holderness, Laconia, Meredith, Moultonborough, New Hampton, Sanbornton, Sandwich, Tamworth, Tilton, Tuftonboro, & Wolfeboro.

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