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Easterseals NH celebrates Phase II groundbreaking for Military & Veterans Campus



Speakers and special guests, including Easterseals NH leadership and Board of Directors, New Hampshire’s congressional delegation, Grace Solinsky, PROCON, and state and local government officials, gather for a ceremonial groundbreaking to celebrate the start of Phase II of the Easterseals NH Military & Veterans Campus in Franklin. The expansion will include the Solinsky Equine & Recreation Center and the Empowerment Center further expanding services and opportunities for military members, Veterans, first responders, and their families.

FRANKLIN — On Tuesday, Aug. 4, Easterseals NH celebrated the groundbreaking of Phase II of its Military & Veterans Campus in Franklin, New Hampshire, marking the next milestone in the continued transformation of the first-of-its-kind campus dedicated to serving military members, Veterans, first responders, and their families.

Hundreds of supporters, Veterans, first responders, community leaders, elected officials, and partners gathered at the 15-acre campus at 27 Holy Cross Road to celebrate the expansion, which will

SEE PHASE II, PAGE A9

Guerino, Doneski win Belmont 10-Mile Road Race

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Runners once again descended on Belmont for the 57th annual Belmont 10-Mile Road Race on Saturday, an annual Belmont Old Home Day tradition that kicked off at Belmont Middle School.

Vernon, Vt.’s Jason Guerino ran to the overall win on the day with a time of 1:06:20 with Tadd Lerocque of Nashua finishing in second place in a time of 1:10:29 and Jeff Mann of Reno, Nev. rounding out the top three in a time of 1:10:32.

Among women, Christin Doneski of Contoocook was the top finisher, placing fourth overall in 1:11:20, Emma Duncan of Winchester, Mass. was second in 1:14:30 for seventh overall and Sarah Biron of Baltimore, Md. rounded out the top three in 1:23:13, which placed her 12th overall.

Local runners were among the top finishers across the age group standings for the day.

In the 18 and under age group for girls, Bristol’s Charlotte Kaempfer was the winner in a time of 1:35:48 with Belmont’s Lyla McSheffrey in second in 1:51:26 and Riley DeGange of Belmont in third in 2:07:49.

SEE RACE, PAGE A9

Gilmanton hosting 128th Old Home Day Saturday

GILMANTON — The 128th Gilmanton Old Home Day is Saturday, Aug. 16 on the grounds of the Smith Meetinghouse, Gilmanton. The day opens with a ceremony at 10 a.m. and live entertainment and activities through 3 p.m.

“We are so excited with the new entertainment and activities added to this year’s program, we are hoping more young families will attend,” says Sarah Baldwin- Welcome, Chairperson of the event.

Welcome said, “This year, young and old will enjoy playing a free round of Vertical Entertainment’s 9 Hole Mini Golf and then we added cornhole. The long-term weather forecast looks good, and we hope everyone will pack up the kids, family, lawn chairs and join in the fun.”

A long-standing highlight of the day is the traditional bean-hole bean dinner served family-style at 11:30 a.m. and 1 p.m. Diners will enjoy their choice of pea, kid-

SEE GILMANTON, PAGE A8

Lakes Region Art Association celebrates 86th Annual Exhibit

TILTON — Lakes Region Art Association Announces Winners of 86th Annual Member Show.

The Lakes Region Art Association is pleased to congratulate the winners of its 86th Annual Member Show. A well-attended awards reception was held on July 31, where attendees celebrated the outstanding work of local artists.

This year’s exhibition was judged by Shawne Randlett, Christine Roman, and Peter Abate. Shawne and Christine attended the reception and shared their insights with the artists while presenting the awards.



Award Winners

Acrylic

First Place: Sheryl Shirley – Winter’s First Dance
Second Place: Richard Canto – Flowers in Vase

Black & White Photography

First Place: Mike McQuade – Between the Drifts
Second Place: Gavin Mac-

Donald – The Open Page

Color Photography

First Place: Robert Heiner – Studies in Ice #1
Second Place: Roumiana Adams – Venice, Italy
Honorable Mention: Sherwood Frazier – Cloud Fingers

Mixed Media

First Place: Sarah Kahn – Feed the Greater Beast
Second Place: Gail Brunt – White Mountains from Vermont

Oil First Place: Leigh

SEE EXHIBIT, PAGE A8

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Two days, two games, four flights and another ballpark checked off



JOSHUA SPAULDING

I checked another park off the Major League Baseball ballparks last week, visiting Chase Field in Phoenix, Arizona.

As I've mentioned on occasion in this space, I have a goal of visiting all of the Major League Baseball parks. It's been a slow quest the last few years, as I've managed to just get one or maybe two each year. My normal summer bakery schedule does not give me two days off in a row, but my coworker, Ryan, was nice enough to switch shifts with me, taking my Thursday shift so I could get a couple of days

off in a row to check another ballpark off the list. I had to work his Saturday shift,

but it worked out anyway. With the Red Sox surge in the last month, I also wanted the chance to hit Fenway Park for a game and last week offered a chance to do that and also get another ballpark off the list. So, I bought a ticket to last Tuesday night's game at Fenway against the White Sox, booked a hotel about a mile from the park and a flight out of Logan the next morning to San Diego and on to Phoenix, where I bought a ticket to see the Arizona Diamondbacks take on the San Diego Padres at Chase Field on Wednesday night. The adventure started out pretty well, as the Red Sox exploded for six runs in the first inning as I watched from the right field roof deck. Caleb Durbin's grand slam had the place rocking and the Sox rolled to the win. I was able to walk to and from the park relatively easily down Beacon Street and when the rout was over, I headed back to the hotel before leaving for the airport in the morning. My long flight to San Diego was uneventful, which was a surprise given that I

SPORTING CHANCE

By JOSHUA SPAULDING

was surrounded by a family of seven (two parents and five girls). I don't particularly love flying with kids, but these kids were probably the best young flyers I've ever been around. Even the three-year-old in the seat in front of me was barely noticeable until the final 45 minutes when she proceeded to tell me her entire life story through the crack in the seats. There were no complaints from me and I even offered my compliments to the parents when we landed. My flight to Phoenix was delayed a little, but I still got into Arizona in the middle of the afternoon. And it was hot. Like more than 100 degrees. No real humidity, but 102 is still 102. One of my Uber drivers told me it had been a nice break since they'd had a number of days sitting around 115.

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 Gilmanston, 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 floterial district which is uncontested in the primary, but includes Belmont, Tilton and Sanbornton. "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 Forrester 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, Gilmanston 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@CitizensforBelknap.org.

I braved the heat and walked the half-mile or so from my hotel to Chase Field and never have I been more excited to go inside for a baseball game (except maybe in Houston a number of years ago). As a ballpark, Chase Field isn't bad, there doesn't seem to be a bad seat in the house and there were countless food options (the barbecue pulled pork loaded baked potato gets high marks from me). I walked around the entire concourse and saw the park from all the angles and sat down to watch the game, which eventually became another home team blowout, though the Padres had some late fireworks. I walked back to the hotel and the next morning headed to the airport for a flight to Denver. My Denver to Boston flight was delayed by more than an hour, meaning I got to Logan around 9:30 p.m. and didn't get out of Boston until around 10 p.m., which made for a short night when the alarm went off at 2:40 a.m. on Friday. On the positive side, I did get to listen to the insane extra innings win from the Red Sox on my way home. So as of right now, I am right around 10 parks away from hitting all of them. I still have the four California parks (Anaheim, Los Angeles, San Francisco and San Diego) along with Arlington (Texas Rangers), Kansas City, Chicago White Sox and Miami. There will also be a new park to visit when the Athletics get their new home in Vegas. Technically speaking, I haven't been to Yankee Stadium either. I went to the old stadium, the real Yankee Stadium, but I haven't been to the new one yet. That probably will be it for this year as the high school sports season is upon us and getting away becomes pretty much impossible.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Coos County Democrat and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

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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.



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 near-

ly 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 exhibi-

tion 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 happening 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.

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Rediscover the esprit de corps that binds all Marines across generations while touring a true New Hampshire treasure full of rich history, architecture, and scenery. Lunch and admission are fully covered by the MCL.

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Opinion

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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.

Building a place to come home to

There are groundbreaking ceremonies that celebrate buildings, and there are groundbreaking ceremonies that celebrate what those buildings will make possible. The Aug. 4 ceremony at the Easterseals NH Military & Veterans Campus in Franklin belongs firmly in the second category.

Hundreds gathered at the 15-acre campus on Holy Cross Road to mark the beginning of Phase II, an expansion that will add the Solinsky Equine & Recreation Center and the Empowerment Center. The facilities will create additional space for equine-assisted services, recreation, service dog training, art and music therapy, care coordination, classrooms and other programs serving military members, Veterans, first responders and their families.

That is an impressive list of programs. But the greater significance of this project can be found in a much simpler idea: People who spend their lives serving others sometimes need a place where others are ready to serve them.

Military service can create bonds that last a lifetime, but returning to civilian life can also bring challenges. First responders likewise spend careers entering situations most people instinctively flee. Their work asks much of them and, by extension, of their families.

Supporting those people requires more than expressions of gratitude at ceremonies or on holidays. Gratitude matters, but communities also need to build practical systems that turn appreciation into assistance. That is what makes the Franklin campus noteworthy.

The concept brings housing, services, recreation and opportunities for connection together in one location. Phase II expands that approach by recognizing that wellness can take many forms. Sometimes help comes through formal care coordination. Sometimes it comes through working with a horse, training alongside a service dog, making music, participating in recreation or simply spending time with people who understand a shared experience.

There is value in creating a place where seeking that connection feels normal rather than exceptional. There is also something fitting about this work happening in Franklin. The city and surrounding communities have long histories of military service, manufacturing, hard work and neighbors looking after one another. A project intended to serve people from around New Hampshire can also become another source of activity and purpose for the region.

The campus has another promising element. Its facilities are available for meetings, retreats, conferences and team-building events, with rental revenue reinvested into programs and services. That gives businesses, nonprofits and community organizations an opportunity to support the mission while making use of the campus themselves.

The next test, of course, comes after the ceremonial shovels have been put away. Buildings must be completed, programs supported and partnerships maintained. A project with ambitions this large requires sustained commitment.

But the Aug. 4 gathering demonstrated that commitment already exists. Veterans, first responders, community leaders, elected officials, project partners and supporters turned out by the hundreds to mark the occasion.

Perhaps the most important measure of the project will never appear on an architectural rendering or construction budget. It will be found in the people who eventually walk through the doors.

A veteran who finds companionship. A first responder who discovers an outlet that helps. A military family that connects with resources. Someone who arrives uncertain and leaves feeling a little stronger. Those are difficult things to measure in square footage. They are also precisely the reasons this campus is worth building.



COURTESY

Presto chango... the magician is coming to town. Yes, Magic Fred will present a magic show at Riverfront Park in Tilton on Saturday, Aug. 15 from 11 a.m. until noon. The show for youngsters is sponsored by the Tilton Parks Commission. Picnic tables are available for seating but feel free to bring your own chairs or blankets. Make it special by visiting the shops in downtown Tilton and having lunch at any of the restaurants nearby. The show will be held rain or shine.

The front porch university

KIND FOLKS, COLD WINTERS

By CHIPPY

tion.

These days, if we have a question, we pull out our phones before we’ve even finished asking it. In a matter of seconds, we can learn the population of a town in Alaska, the batting average of a player from 1987, or how to replace the filter in the furnace. That’s an incredible thing. But information and wisdom aren’t quite the same. Information tells you how something works. Wisdom usually begins with the words, “Well, I tried that once...”

Those porch conversations had a way of wandering. Someone would mention the weather, which somehow turned into a story about the blizzard of ‘78, which led to remembering the old grocery store that stood where the

pharmacy is today, which reminded someone else instead of simply told. Where advice is offered only after someone has listened. Where laughter usually arrives before the conversation ends. I think every town needs places like that.

Not because they’re efficient, but because they remind us that communities aren’t built through schedules and appointments. They’re built one conversation at a time.

The older I get, the more I realize that some of life’s best lessons don’t come from lectures. They come from listening to people who have quietly lived through enough seasons to know what really matters. If you’re lucky, you know someone like that. And if you haven’t stopped by lately, maybe this is the week to pull up a chair for a while. You probably won’t learn anything you can put on a résumé. But you just might come away a little wiser.

These are places where stories are exchanged instead of simply told. Where advice is offered only after someone has listened. Where laughter usually arrives before the conversation ends. I think every town needs places like that.

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Comfort Keepers

Footloose and fancy free: Caring for feet as you age

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Many older adults get frequent checkups, exercise regularly, and in general try to take good care of themselves, but one aspect of their health that they (and for that matter, younger people) frequently neglect is good foot care. Foot injury, neglect, and disease are major factors contributing to mobility, or lack thereof, in older adults. In one study, 71 percent of respondents aged 65 or older reported foot pain and problems, yet only 39 percent of them had sought medical advice and only 26 percent of them believe their foot problems were medical conditions. Senior adults tend to experience more problems

with their feet than younger adults simply because they have used them for longer. Women are four times more likely than men to have foot problems, probably because of the preponderance of high heels. Other conditions, such as diabetes and poor circulation can also affect foot health. The danger of neglecting feet can mean reduced quality of life; problems with coordination, balance, and gait, all of which produce an increased risk of falling; and can lead to diseases and infections. Like other parts of the body, however, good care and maintenance can go far in promoting health and ensuring that senior individuals remain mobile and independent. Self-care for feet Healthy seniors should monitor foot health by

regularly cleaning and examining the feet for any changes or irregularities. Using mild soaps followed with lotion helps keep the skin from drying out, cracking, and itching. Ensuring the feet remain dry helps to fight off fungal infections as well and keeping the feet warm can aid in circulation. Keeping toenails properly trimmed helps prevent problems such as in-grown nails and toe pain. Toenails should be cut straight across, not curved, using clippers designed for toenails, and should be slightly longer than the tips of the toes. Also regularly stretching the legs, calves, and feet; walking; and wearing appropriate shoes promote foot health and prevent conditions such as plantar fasciitis, which can cause debilitating heel

pain. Assisting with foot care Caring for feet can become difficult for seniors who may be less flexible or have other impairments that prevent them from reaching, cleaning, and examining their feet. Caregivers may need to help in these cases, especially in seniors with medical problems, such as diabetes that can severely impact the feet, to ensure that feet and toenails are properly cared for. Family caregivers should ensure feet are kept clean and dry and monitor the toenails for deformities or misshapeness, trimming them as necessary. They should also examine the feet for any fungal infections, sores, cuts, or cracking from dryness. These conditions can lead

SEE COMFORT PAGE A5



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The Chase returns to New England in 2027

LOUDON — The 2027 NASCAR national series schedule includes a Sept. 25-26 stop at New Hampshire Motor Speedway (NHMS). New England's only NASCAR Cup Series (NCS) race on Sunday, Sept. 26, will be the third race in The Chase, and the Team EJP 175 NASCAR Craftsman Truck Series (NCTS) race on Saturday, Sept. 25, will be the first race in The Chase.

"We are thrilled to return to September and The Chase next year," said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. "Last September, New England race fans showed up in sold-out fashion. Fall racing in New England is a win for race fans, especially all of our campers, and I know the drivers love coming to this area in September as well."

TV and radio broad-



NHMS HAROLD HINSON – COURTESY PHOTO
Ryan Blaney and his fellow NASCAR Cup Series drivers will return to New Hampshire Motor Speedway in 2027 as part of The Chase.

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

Race fans who attend the Aug. 21-23, 2026 NASCAR weekend, featuring the NCS Dollar Tree 301, the NCTS Team EJP 175 and NASCAR Whelen Modified Tour (NWMT) Mohegan Sun 100, will be the first ones able to lock in their favorite seats and campsites for NHMS's Sept. 25-26, 2027 NASCAR Chase weekend by renewing while they're on site later this month.

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.

Bat Out of Helloween brings celebration of Meat Loaf and Rocky Horror to the Colonial

LACONIA — The Colonial Theatre of Laconia will present Bat Out of Helloween: Celebrating Meat Loaf and Rocky Horror on Friday, Oct. 23, at 8 p.m. Tickets to the show

are on sale now at ColonialLaconia.com or by calling 1-800-657-8774. Bat Out of Helloween is more than a concert - it is a powerful live experience that brings to life the music

of Meat Loaf, Rocky Horror and other spooky hits. The show features alumni of Meat Loaf's official band, Neverland Express fronted by Andrew Polec. Andrew Polec originat-

ed the role of Strat in Bat Out of Hell: The Musical in London's West End and across international productions earning critical acclaim for his ability to capture the intensity of

Jim Steinman's writing. His performance uniquely bridges the theatrical origins of the material with the raw power of a live rock concert, delivering a frontman presence that is both electrifying and deeply authentic.

"The only band endorsed by me and Jim Steinman," Meat Loaf said of this tribute to his musical legacy.

"Do not miss this! This is the closest you could possibly get... This is not a tribute band, but Meat's incredible, actual band and this band rocks!" raves Sir Brian May of Queen.

"Andrew is phenomenal, the definitive embodiment of the rock-and-roll spirit," says Jim Steinman.

ment 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

About Spectacle Live
Founded in 2012, Spectacle Live offers venue operations, booking, programming, marketing, and production services across New England from offices in Lexington, MA, Lowell, MA, and Laconia, NH. The company partners with over a dozen venues to manage facilities and promote a variety of events, including concerts, comedy, theater, and family entertainment. For more information, contact Pete Lally atplally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

About 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 Develop-



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.

EXHIBIT

CONTINUED FROM PAGE A1

to disease, infection, and amputation in seniors with diabetes and other medical conditions, so they need to be addressed promptly by medical professionals. Caregivers can also aid with circulation by providing a stool for senior individuals to elevate their feet, and by providing ample opportunities for the older individual to sit and rest when out walking.

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About Comfort Keepers
Comfort Keepers is a trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, inde-

pendently, 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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Belknap Mill Quilters Guild to host 49th Annual Harvest of Quilts Show in Laconia

LACONIA — More than 150 handcrafted quilts will be on display when the Belknap Mill Quilters Guild presents its 49th Annual Harvest of Quilts Show on Saturday and Sunday, Sept. 19-20, at Lakes Region Community College.

The annual event, one of the Lakes Region's premier quilting showcases, will be held at LRCC, 379 Belmont

Road, Laconia. Show hours are 10 a.m. to 5 p.m. on Saturday, Sept. 19, and 10 a.m. to 4 p.m. on Sunday, Sept. 20.

Visitors will have the opportunity to view more than 150 quilts created by guild members while also enjoying vendors, handmade gifts, quilting supplies and prize drawings throughout the weekend

One of the highlights of the show is the popular vote competition, where attendees determine the winning quilts. Voting closes at 5 p.m. on Saturday, with winners announced following the close of balloting.

In addition to the quilt exhibition, guests can browse the Attic Corner, featuring gently used quilting supplies, and Quilted Treasures, offering hand-made gifts crafted by guild members. Multiple door prizes will also be awarded during the event.

The celebration extends beyond the college campus through the Mysterious Quilt Journey, which features quilts displayed in dozens of downtown Laconia businesses from Sept. 11 through Sept. 20. The community-wide exhibit encourages visitors to explore local shops while enjoying a variety of quilt designs throughout downtown.

The guild will also raffie its 2026 quilt, "Mountain View," a 70-inch by 84-inch quilt featuring a pattern designed by Edyta Sitar for Laundry Basket Quilts. Raffle tickets are \$1 each or six for \$5, and participants do not need to be present to win.

Admission to the Harvest of Quilts Show is \$10 for adults. Children younger than 12 are admitted free with a paid adult admission.

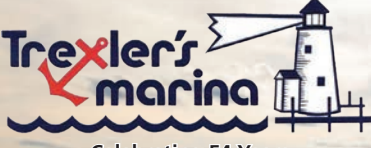
For more information, contact the Belknap Mill Quilters Guild at info@bmqg.org.



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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 con-

necting 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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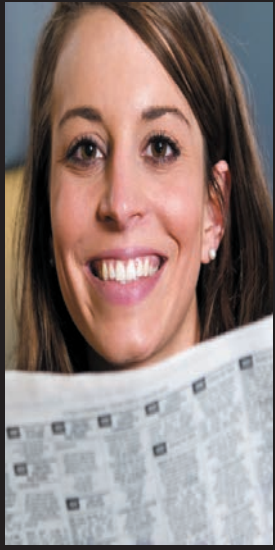




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Big Day 24 Hours of Great Glen wraps another successful year



The 24 Hours of Great Glen once again brought mountain bikers of all ages to the base of the Mount Washington Auto Road.

EXHIBIT

CONTINUED FROM PAGE A1

Schoch — Ammonoosuc Ravine Waterfall
Second Place: Don Giguere — Franklin Falls Kayak Run
Honorable Mention: Don Giguere — Birch Road

P a s t e l
First Place: Duane Hammond — Docked for Dinner
Second Place: Karen Robinson — Homecoming

W a t e r c o l o r
First Place: Sheryl Shirley — Winter Wonders
Second Place: Marguerite Bride — Winter Train in North Conway
Honorable Mention: Christine Fogg — The Hunter

Three-Dimensional Art
First Place: Phil-

GILMANTON

CONTINUED FROM PAGE A1

ney and vegetarian beans (prepared in traditional bean holes on site) that are served with ham, brown bread, coleslaw, a beverage and homemade pie. The dinner tickets will be sold at the event.

This year’s live entertainment will be 12 oz. Soul band with a local resident Mikey Gallant and Gilmanton’s Dump Run Gang of local musicians. New this year Madeline Gosselon Wright, an

lip Gauthier — Helion
Second Place: Phillip Gauthier — Re-Percussion

Open Media
First Place: Lynn Casey — The Good Therapist
Second Place: Sarah Kahn — Oh Death

Best in Show
Duane Hammond — Biking the Boardwalk

The 86th Annual Member Show continues through August 30 and features more than 100 paintings and photographs by 39 local artists. Visitors are invited to view the exhibition and cast their votes for the People’s Choice Awards.

For more information, visit www.lakesregion-artgallery.org or follow LRAA on social media.

Abenaki Storyteller, will join Bashirah Fusion Belly Dancing and Lindsay and her Puppet Pals to the program. The Gilmanton Historical Society will have a display on “Gilmanton and the American Revolution,” vendors, and much more. No dogs allowed at this event. Free admission and free parking. More details on the Gilmanton Old Home Day can be found on the Facebook page, or e-mail gilmantonoldhomeday@gmail.com.

PINKHAM NOTCH — For 24 unforgettable hours, the White Mountains stepped back in time as prehistoric creatures, fearless endurance athletes, and outdoor enthusiasts took over Great Glen Trails for another successful running of the 24 Hours of Great Glen, sponsored by Big Day Brewing Company.

Now in its 26th year, and presented by Mountain Sports Lab and Specialized Bikes, the marquee endurance event of the region had 463 riders toe the starting line. Riders and teams traveled from 20 states and as far away as Arizona, Montana, and Wyoming, along with one crew from Canada — proof that Great Glen’s reputation reaches well beyond New England.

“The spirit of racing is alive and well here at Great Glen,” said race director Nate Harvey. “Most participants plan their summer around this bike festival and are always treated to incredible trails, weather, games and high-energy racing.”

Riders register for either the 12-hour or 24-hour division, with options for individuals or teams of two, four, and five, and categories for female, male, and junior racers. Participants vie for podium position by completing the most laps in the shortest amount of time.

The course, annually modified by Steve

Vosburgh, is a 9.3-mile loop winding through the carriage roads, doubletrack, bridges, and technical singletrack at Great Glen Trails. This year, a new section of trail dubbed “Rock Sandwich” was a particular challenge for riders, along with the infamous floating bridge.

But as always, the event proved that the Big Day 24 Hours of Great Glen is about far more than racing. It’s about friends cheering each other on at 2 a.m., volunteers keeping spirits high, families celebrating together, and a shared love of the outdoors.

The full weekend starts on Friday, as competitors and support crews roll in throughout the day, transforming the fields at the base of the Mt. Washington Auto Road into a gigantic campground.

The “Pinkham B Band,” a seven-piece band from Randolph kicked off the party Friday evening as participants picked up their race bibs and swag while Big Day Brewing was on site pouring libations.

As has been tradition throughout its history, the signal cannon marked the start of the race at exactly noon on Saturday, following the national anthem sung by Reklis vocalist Becca Deschenes. The first lap involves a Le Mans start, with participants running around Glen Pond to thin the pack before hitting the tight trail network.

While the main event takes center stage, side events ensure everyone has fun at the family-friendly festival. Specialized Bikes donated three brand-new kids’ bikes for the “24 Minutes of Great Glen,” a race for young riders on strider bikes up to age 12. All young participants were treated to dino-themed prizes sponsored by Zeb’s General Store.

Food trucks Tin Can Co, Cheese Louise, Griddle Kings, and Annie’s Vintage Brew kept participants, spectators, and support crews fed and caffeinated all weekend. Pro Tune Bike and Ski Service, based in Glen, set up a mobile shop and offered round-the-clock neutral support for bike repairs.

“I’ve been coming back every year because it never feels like just a race — it feels like a reunion,” said one racer. “You watch kids who started on strider bikes grow up racing alongside their parents. There’s nothing else like it.”

“Fortunately, I’ve been here so long (30 years or so)

that I’ve seen generations of families ‘cycle’ through this race,” added Harvey. “We’ve got moms and dads on the podium standing next to their sons and daughters. There are dozens of youth competing alongside adults who started here in our 24 Minutes of Great Glen kids’ race (ages 1–12). It’s incredible to hear the stories of how they got here and what they’ve accomplished.”

Veteran team “24 to 50 Feral HoGGs In My Yard” took the top team spot with 28 laps and a time of 24 hours 21:02. This team, or a variation of it, has raced the 24 Hour for many years running. Teammate Colin Reuter even helped develop the code for the timing displays alongside master timer Ed Despard of Bullitt Timing.

Hot on their tails were the “Day Drinkers” — a group of young men no older than 18 who attested that they drink water during the day — with a time of 24 hours 38:57 and 27 laps. Youth riders were featured throughout the field and on the podium. Both Kennett High School and Fryeburg Academy had teams at the event, which drew locals out to spectate, crew, and participate.

But in the solo categories, it seems a few additional years of experience make the difference. In both the fe-

male and male divisions, the 41+ solo racers outpaced the under-41 field. Jessica Nankman once again took the top female spot in the solo 41+ category, representing Saucon Valley Bikes/Liv Cycling of Hellertown, Pa., with 15 laps and a time of 24 hours 07:11. Gregory Jancaitis topped the solo 41+ male category with 20 laps and a time of 23 hours 13:59.

Great Glen Trails staff would like to thank the incredible volunteers who make this event possible, as well as all the sponsors: HEB Engineers, Pepsi/Varsity Beverage, Settlers Crossing, New England Youth Cycling, Clark Brothers Racing, Cranmore Mountain Resort, 7iDP, Julbo, Yakima, White Mountain Sauna Häus, Kona Bicycles, Moat Mountain Smokehouse and Brewery, Zeb’s Country Store, and Jocko Fuel.

Harvey says he’s already started planning for 2027, and it’s going to be another one for the books.

For full results by Bullitt Timing, visit the race website at www.greatglentrails.com/24-hours/.

Photos of the weekend can be found and purchased on official race photographer Joe Viger’s website: <https://www.jvsportsphoto.com/f498101076>.

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.

mcquadefinearts.com
Upcoming five-week classes:

W a t e r c o l o r for Beginners
Step-by-step instruction for absolute beginners exploring the vibrant world of watercolor.

Dates: Tuesdays starting Aug. 18
Time: 10 a.m.–noon
Cost: \$200

Watercolor Workout
Guided practice class for those with beginner experience who want to build confidence through exer-

cises and feedback.
Dates: Mondays starting Aug. 3
Time: 1–3 p.m.
Cost: \$200

Pastels Beyond Basics
Materials review plus personalized guidance on student projects in soft pastels.

Dates: Mondays starting Aug. 3
Time: 10 a.m.–noon
Cost: \$200

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.

EXHIBIT

CONTINUED FROM PAGE A1
bring the Solinsky Equine & Recreation Center and the Empowerment Center to life. Together, these new facilities will expand access to equine-assisted services, recreation, challenge-based programming, service dog training space, art and music therapy, care coordination, classrooms, and wellness initiatives.

“This groundbreaking represents our continued commitment to ensuring those who have served our country and our communities have access to the support, resources, and opportunities they deserve,” said Maureen Beauregard, President and CEO of Easterseals NH & VT. “Phase II will build upon the incredible foundation we’ve already created by expanding programs that foster healing, resilience, connection, and hope.”

The morning began with networking before a speaking program featuring remarks from Easterseals NH leadership and distinguished guests, including U.S. Congresswoman Maggie Goodlander, U.S. Congressman Chris Pappas, NH Executive Councilor Joe Kenney, City of Franklin Mayor Glenn Morrill, representatives from the offices of U.S. Senators Jeanne Shaheen and Maggie Hassan and Governor Kelly Ayotte, project partners, and community leaders who have helped make the Easterseals NH Military & Veterans Campus a reality.

“Our hope is that every deserving person who walks through these doors feels welcomed, supported, and that this becomes a place of peace, confidence, and healing. We are honored to support the next chapter of the Easterseals NH Military & Veterans Campus and look forward to seeing the lasting impact these new spaces will have,” said Ken and Grace

Solinsky, Co-founders of Insight Technology, Envision Technology, Spot On GPS Fence, and principals in development of The Village On Technology Hill.

“Breaking ground on Phase II of the Easterseals NH Military & Veterans Campus, is a milestone we’ve been looking forward to since the day we finished Phase I. This next chapter — the Solinsky Equine & Recreation Center and the Empowerment Center, will make this campus the complete, one-of-a-kind resource our military members, Veterans, first responders and their families deserve. PROCON has been honored to stand alongside Easterseals NH from day one, with many PROCON Veterans who have designed and are working on this project and as the grandson and great-grandson of Veterans, this project has never just been a job for our team. It’s personal. We’re proud to keep building on the promise this Campus represents,” said John Stebbins, CEO of PROCON.

Following the ceremonial groundbreaking, guests enjoyed an afternoon of activities across the campus, including guided tours, networking, and opportunities to experience many of the programs that make the campus unique. The event also featured a U.S. Coast Guard birthday celebration, visits with therapy miniature horses and therapy dogs, and opportunities to learn more about the services and partnerships that support military members, Veterans, first responders, and their families.

The Easterseals NH Military & Veterans Campus is also available to businesses, nonprofit organizations, and community groups seeking a unique setting for meetings, retreats, conferences, and team-building experiences. Every event booked on

campus directly supports its mission, with rental revenue reinvested into programs and services that help military members, Veterans, first responders, and their families heal, connect, and thrive. To learn more about hosting an event or retreat, visit militaryveteranscampus-nh.org/bookings.

About Easterseals NH Military & Veterans Campus

The Easterseals NH Military & Veterans Campus in Franklin is a first-of-its-kind center in New Hampshire, providing military members, Veterans, and their families with housing, essential services, and recreation — all in one place. Spanning 15 acres, next to a rail trail and the Merrimack River, the campus offers affordable housing, a hub for military support organizations, and access to a variety of outdoor activities.

Located on campus, the Bernadine Herron Center offers a flexible event and retreat space to rent and 22 carefully-appointed guest rooms for people participating in retreats who need overnight accommodations. The Campus offers opportunities for nonprofits, government agencies, and businesses, to host gatherings, trainings, and events. In Phase II, the Campus will feature the Solinsky Equine & Recreation Center and the Empowerment Center. With these spaces for healing, connection, and growth, this Campus ensures those who served receive the care and community they deserve. For more information, visit <https://militaryveteranscampusnh.org> or follow us at @militaryveteranscampusnh on Facebook.

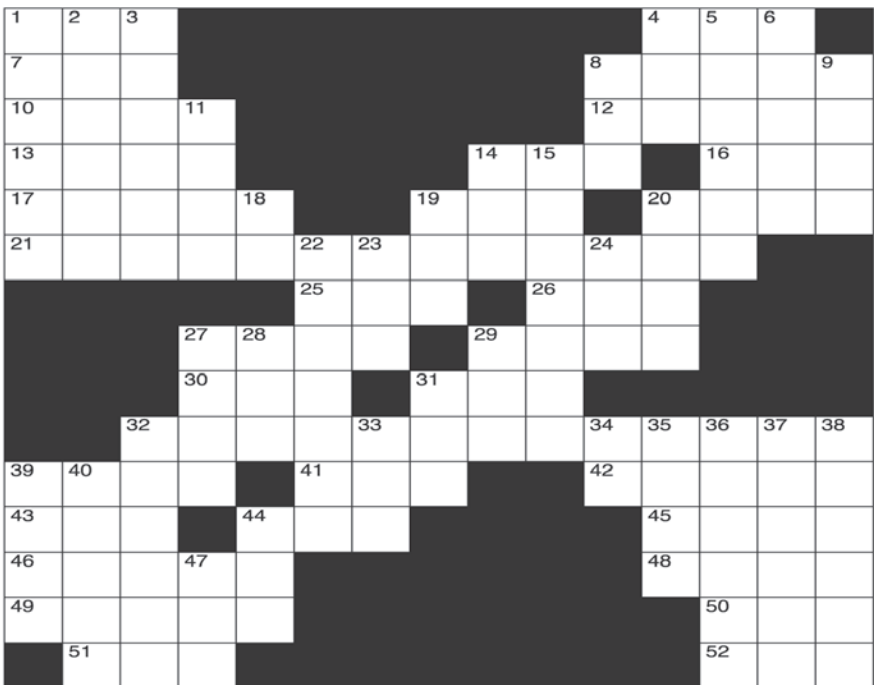
About Easterseals NH Established in 1936, Easterseals NH provides exceptional services to ensure that all people of all abilities and their families have equal opportunities

to live, learn, work, and play in their communities. Throughout New Hampshire, the organization serves the diverse needs of more than 14,000 children, adults, seniors, and Veterans with a wide range of abilities and needs each

year. The organization does this through comprehensive, outcome-driven services and programs covering early intervention, autism, intellectual and developmental disabilities, behavioral health, family and physical disability

services, substance use treatment, and care coordination.

For more information, visit eastersealsnh.org or follow us @EastersealsNH on Facebook.



CLUES ACROSS

1. Microgram
4. Fixed charge
7. Each
8. Feeling of humiliation
10. Coat with sticky substance
12. Powerful “Severance” family
13. Japanese city
14. “Pulp Fiction” actress Thurman
16. Hat
17. Place where rockers work
19. Psyche
20. Snakelike fishes
21. Where people live
25. Body part
26. Old towel
27. One’s essential being
29. Japanese alcoholic beverage
30. Boxing’s GOAT
31. Wet muddy ground
32. Christian Laettner is one
39. A place to store lawn tools
41. Large tub for liquid
42. Old World lizard
43. One-time European member group
44. Healing student
45. Nuclear weapon
46. “Kiss of the Spider Woman” actress Sonia
48. Silk garment
49. About some Norse poems
50. Woman religious community member
51. Congressman (abbr.)
52. Two-year-old sheep

CLUES DOWN

1. An insane person
2. “Homeland” actress Danes
3. Buttock muscles
4. US federal agency
5. Birds of prey
6. Electronic communication
8. Ocean
9. Terminates
11. Low-pitched sound from a bell
14. Exclamation: yuck!
15. A place to attach a boat
18. Exclamation of surprise
19. Make a mistake
20. Border line
22. Have religious faith
23. Klutz
24. Large tree
27. House of __ rulers
28. Red deer
29. Small coin (French)
31. Popular sandwich
32. 10-year period
33. Not good
34. Government lawyer
35. Egypt’s intelligence agency
36. Without an occupant or incumbent
37. Stain with one’s hands
38. Crippling
39. One point east of southeast
40. Large, united groups
44. __ and cheese
47. Alcoholic beverage

RACE

CONTINUED FROM PAGE A1
Canterbury’s Sean Andrews was the top finisher in the same age group for boys with a time of 1:27 with Jacob Blanchette of Belmont in second in 1:30:34, Aiden Milmore of Belmont in third in 1:37:53, Jack Crockford of Belmont in fourth in 1:41:02, David Stevens of Belmont in fifth in 1:45:13, Brayden Townsend of Belmont was sixth in 1:47:30, David Mahoney of Canterbury placed seventh in 1:47:44 and Brady Thurber of Belmont was eighth in 1:49:33. Belmont’s Brennen Geoffrey was ninth in 1:49:58, Finn Bardaog of Belmont placed 11th in 1:51:33, Sam Binder of Belmont was 12th in 1:51:33, Tyler Roe of Belmont was 13th in 2:00:33, Ryan Monasky of Belmont placed 14th in 2:01:34, Joey Bryant of Belmont was 15th in 2:06:55, Wyatt Mumford of Belmont was 16th overall in 2:13:19, Camden Glennon of Belmont was 17th in 2:13:20, Owen Michaelsen of Belmont was 18th in 2:16:52, Griffin Mason of Belmont was 19th in 2:27:43, Logan Glennon of Belmont was 20th in 2:27:43 and Wyatt Ahern of Canterbury was 21st in 2:27:44.

In the 19-29 age group for women, Eleni Papadopoulos of Belmont was second in 1:23:56, Rebekah Edgren of Belmont in third in 1:30:24 and Millie Caldon of Gilmanton in fourth in 1:30:45. Jade Edgren of Belmont was fifth in 1:37:56, Jaiden McKenna of Gilmanton was sixth in 1:51:26, Clare Rados of Gilmanton was seventh in 1:52:25 and Amber Fagan of Meredith placed eighth in 1:55:58.

In the same age group for men, Caelan Roberts of Northfield was third in 1:15:25, Dan Abarca of Meredith was fourth in 1:18:24 and Belmont’s Jake Michaelsen was fifth in 2:22:15.

Meredith’s Kenneth Faath was third in the 30-39 age group for men with a time of 1:55:59 while in the 40-49 age group for women, Alexis Swiezynski of Barnstead finished in

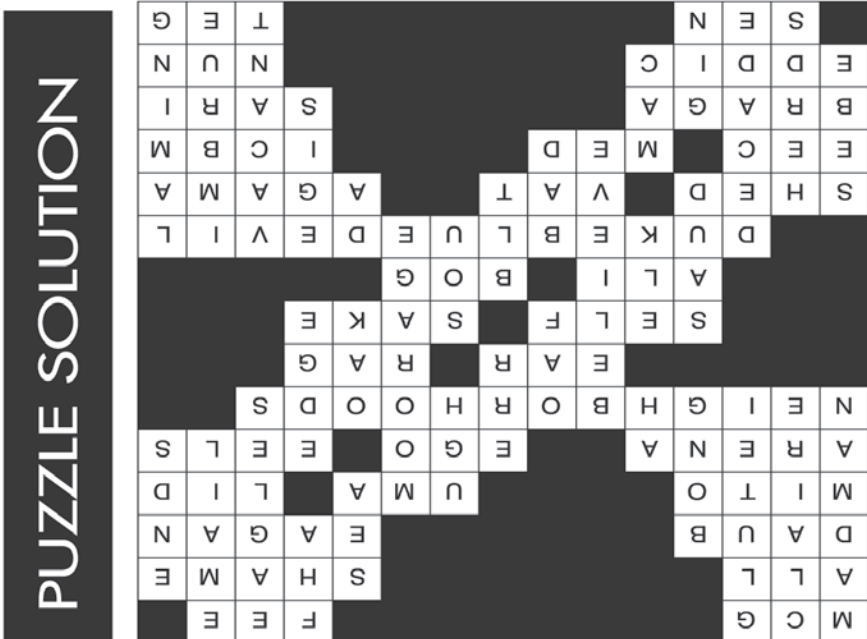
third in a time of 2:02:18.

Derek Gray of Meredith was second in the 40-49 age group in 1:27:33 and Bristol’s Thomas Kaemper was fourth in 1:49:46.

In the 50-59 age group for men, Jeff DeFrancesco of Belmont was second in 1:42:20 and Canterbury’s Matthew Wineriter was third in a time of 1:42:58.

Michael Quinn of Gilmanton was fourth in the 60-69 age group in 1:39:20 and Andrew Lawrence of Sanbornton was fifth in 1:40:51.

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



PETS OF THE WEEK

Meet Gilbert!

Gilbert is a handsome gray and white gentleman with the biggest, manliest face you’ve ever seen! This strong, sturdy boy has a calm and observant personality and can often be found taking everything in from his favorite perch. He’s the kind of cat who likes to quietly watch the world around him while enjoying the comforts of a cozy home.

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.

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Playhouse presents Hitchcock spoof



Director Neil Pankhurst (right) returns to Playhouse to helm this production, rehearsing with Teghan Marie Kelly (left) and Will Nash Broyles (center).

MEREDITH — Mix 39 Steps,” a fast-paced a Hitchcock masterpiece whodunit for anyone who with a juicy spy novel, loves the magic of theatre! add a dash of Monty Python and you have “The Drama Desk Award-win-

ning treat is packed with nonstop laughs, dozens of zany characters (played by a ridiculously talented cast of four), an on-stage plane crash, handcuffs, missing fingers and some good old-fashioned romance!

Follow Richard Hannay as his boring life soon becomes a life of mystery and chase. He meets a beautiful a spy who spills a top secret plan of international espionage; he invites her back to his apartment flat where she is then murdered. He is suddenly caught in the middle of a chase from London to Scotland to reveal a secret that could affect the whole nation. As he attempts to uncover a secret organization called the 39 Steps, Hannay is also wanted for murder on three continents and is wrongly pursued by the police throughout the play.

This four person cast is sure to make “The 39 Steps” an unforgettable show. They include Will

Nash Broyles, Teghan Marie Kelly, Robert Hooghkirk, and Seth Tucker. All four performers are fan favorites at the Playhouse, with dozens of Lakes Region credits to their names. The production is directed by the Playhouse’s founding Producing Artistic Director, Neil Pankhurst. Pankhurst is stepping out of retirement to revisit this show which he originally directed for the Playhouse in 2013. Pankhurst also serves as the sound designer, providing an intricate soundscape for the production. The scenic design is by Matthew S. Crane, lighting by Tyson W. Miller, and costumes by Patty Hatch Hibbert.

The Playhouse’s 2026 Professional Season which is sponsored by R&D Paving and Lakes Region Community College. The production is further sponsored by Black Tie Group, The Laconia Daily Sun, LaValley Building Sup-

ply, and Meredith Village Savings Bank. Tickets are available at www.winnipeg-saukeeplayhouse.org.

Loon Center presents “Owls: Master of the Night” with Joe Callanan

MOULTONBOROUGH — On Thursday, Aug. 13, join us for a captivating journey into the shadows of our forests to learn all about the incredible owls that call New England home. Discover the secrets of their natural history and the unique adaptations that allow each species to thrive right here in our midst, under the cover of darkness. Don’t miss this thrilling talk and the chance to understand the silent, mysterious world of these magnificent raptors!

Held at The Loon Center in Moultonborough, the Summer Nature Talks are presented every Thursday evening at 7 p.m. during the months of July and August. All programs are free admission. For over 50 years the Loon Preservation Committee has worked to preserve the common loon and its habitat in New Hampshire through monitoring, research, education, and management activities.

Next Thursday, Aug. 20, join us for “The State of the Loon Report” with Harry Vogel.

Directions to The Loon Center: From Route 25 in Moultonborough, turn onto Blake Road at the Central School. Go one mile to the end and turn right onto Lee’s Mill Road. The Loon Center will be on your left! For more information, call the Loon Center at (603) 476-5666.

To see the full 2026 nature talks schedule, please visit www.loon.org.

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Rick Morten, Executive Chef at Patrick's Pub & Eatery, proudly displays one of the restaurant's award-winning burgers.

Patrick's Pub & Eatery takes lake's Region's Best Burger Honor in New Hampshire Magazine

GILFORD—For the fourth year in a row, Patrick's Pub & Eatery has landed the honor of the Lake's Region's Best Burger in New Hampshire Magazine's Best of NH 2026 initiative, receiving the award at a ceremony in June.

Since 2016, Patrick's has been recognized nine times.

"We are constantly striving to make things better," said Executive Chef Rick Morten. "Be it looking for the perfect bun or

sourcing the best cheese we can find, we are always looking for ways to plus our recipes. It's an honor to repeatedly be recognized for something that we put our all into."

Morten said factors that create the restaurant's juicy burgers include the use of a blend of Angus brisket, short rib and chuck—the key burger ingredients since 2023.

"The blend packs in the flavor while keeping the fat less than 20 percent, which keeps it juicy and

delicious," Morten said. "That, combined with the incredible bread, cheeses and house-made sauces keep the quality high."

Using a griddle instead of a char grill to seal in the juices of the half-pound burgers sourced from Wolverine Meat Packing by US Foods also sets them apart.

Patrick's has six main burgers on the menu, and there is usually at least one burger special a week.

Morten points out another pride point for Pat-

rick's Pub, found in its staff.

"Our kitchen team has worked together for a long time," he said. "In some cases for as long as 25 years. It's very unusual in this business to have a crew that has spent that much time side by side. You develop a rhythm and shorthand that is hard to replicate."

For more information, visit patrickspub.com.

Castle in the Clouds hires Kate Armenio as Director of Business Operations

MOULTONBOROUGH — Castle in the Clouds added another member to their senior



Kate Armenio

management team with the recent hire of Kate Armenio of Conway as Director of Business Operations. In the role of Director of Business Operations, Kate will provide strategic guidance and leadership to the Castle's revenue generating lines of business. The Director of Business Operations ensures effective day-to-day operations, maximizing profitability, ensuring high-quality visitor experience and advising on long-term planning and strategies.

With more than 25 years in the restaurant industry, the last ten in hospitality management, Kate brings a depth of operational knowledge to the position that will translate to meaningful optimization of the Castle's current position as well as exciting ideas for the next chapter.

"Castle in the Clouds is

lucky to be a historic site that also has strong revenue generating potential," said Executive Director Charles Clark. "Kate will bring her infectious enthusiasm and a depth of experience to help us ensure that the Castle's food service, wedding and event rentals, and other revenue generating lines of business are strong, bringing in important resources in service of our mission to preserve this special estate and share it with the visiting public."

Before joining Castle in the Clouds, Kate served as the General Manager of the North Conway location of Sap House Meadery and the Public House on Page Hill in Tamworth. "I'm excited to join a team of dedicated and professional stewards of this place that has been a special part of the Lakes Region community for decades," she said.

"It is meaningful to me to honor and preserve history by making it resonate with today's guests."

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, Castle in the Clouds is revered as a cultural and educational resource, with the Lucknow Estate listed on the National Register of Historic Places with national significance in 2018 and designated by the U.S. Department of the Interior as a National Historic Landmark in 2024. 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 www.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 Oper-

ating 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 ColonialLaconia.com.

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TUSK: The Classic Tribute
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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.

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