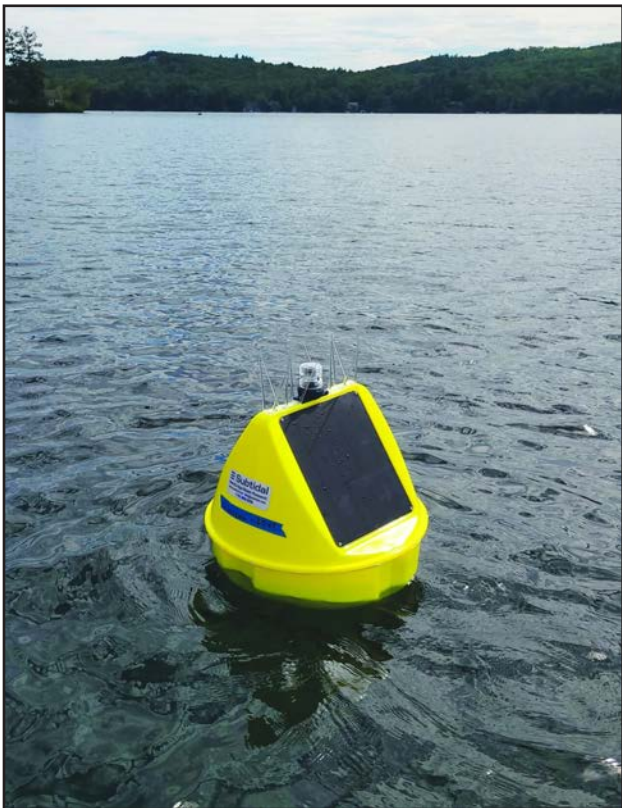


Winnisquam Echo

THURSDAY, AUGUST 20, 2026

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Winnisquam Watershed Network partners with Subtidal to deploy continuous water monitoring buoys on Winnisquam

REGION — The Winnisquam Watershed Network (WWN) has launched a new pilot project with Subtidal to expand water quality monitoring on Lake Winnisquam through the deployment of two continuous water mon-

itoring buoys. WWN staff and volunteers deployed the solar-powered buoys in the lake this week—one just north of Three Islands and the other south of Mo-

SEE **BUOYS** PAGE A8

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 the Capital Area Race Series. SEE **MONARCH**, PAGE A8

Canterbury's McCauley wins Celebrate Tom Walton Six-Mile Race

BY JOSHUA SPAULDING
Sports Editor

CONCORD — Local runners traveled south to Concord to take part in the Celebrate Tom Walton 5K and 6-Mile Race on Saturday.

Prospect Mountain graduate Cody Symonds of Alexandria took top honors in the 5K race, finishing in 14:53 with Newfound star Colin Foster of New Hampton in second place in 16:10. Recent Kingswood graduate Grady Steele placed fourth overall in 16:42 and Caleb Webb of Belmont finished in sixth place in 17:20. Kingswood runner Jacob Pinard finished in eighth place overall in a time of 17:38, teammate Ben Wright was 14th overall in 18:57 and teammate Zach Dubuc was 18th overall in 19:50.

Former Kingswood star Simon Butka finished

in 19th place in 19:58 with current Kingswood runner Kelsie Davis in 20th place overall and second among women in

19:58. Elizabeth Beeson of Holderness was 27th in 21:07, Kingswood runner Jonathan Bronson was 31st in 21:53, Brittany Sy-

monds of Alexandria was 35th in 22:47 and former Kingswood coach Anthony Belisle of Tuftonboro

SEE **RACE**, PAGE A8



JENNIFER PINARD — COURTESY

Runners break from the start of the Celebrate Tom Walton 5K in Concord on Saturday.

NASCAR Weekend offers fun ways to support kids in need

LOUDON — Every year, race fans attending New England's only NASCAR Cup Series (NCS) weekend at New Hampshire Motor Speedway (NHMS) come together, not only to cheer on their favorite drivers, but to support local children in need. The New Hampshire Chapter of Speedway Children's Charities (SCCNH), the official charity of NHMS, will once again offer lots of fun ways for fans to make unforgettable memories with their friends and family while also making a difference.

Customized bricks are on sale now and ongoing

Race fans can cement their legacy as a NHMS fan for years to come by purchasing an engraved brick that can be customized with names, family names or even a special message. A 4" x 8" brick is \$200 and an 8" x 8" brick is \$350. Bricks can be purchased online or in person in the Fan Zone at NHMS from Aug. 21-23. The bricks that have been customized so far will be on display in the Fan Zone all weekend and will soon be used to build a beautiful walkway on NHMS property.

Online auction closes at 12 p.m. on Aug. 20

Race fans have the opportunity to bid on once-in-a-lifetime NASCAR weekend experiences in the online auction, which is open through 12 p.m. on Aug. 20. Experiences and items up for bid include:

Wave the green flag for NASCAR Whelen Modified Tour (NWMT) qualifying (Friday, Aug. 21)

SEE **NASCAR**, PAGE A9

SEE **RACE**, PAGE A1



ATTENTION READERS

TO OUR VALUED READERS, Beginning with the September 3 issue, home delivery of the print edition of the Winnisquam Echo will be available for \$40 a year. Every weekly issue will continue to be available FREE online at SalmonPress.com. To continue receiving the print edition at home in the mail, please clip and mail the coupon at left with your payment of \$40 for 52 issues to:

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Lakes Region Art Association celebrates 86th Annual Exhibit

TILTON — 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
A c r y l i c
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 MacDonald – The Open Page

Color Photography
First Place: Robert Heiner – Studies in Ice #1
Second Place: Roumiana Adams – Venice, Italy
Honorable Mention: Sherwood Frazier – Cloud Fin-
gers



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

O i l
First Place: Leigh

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 Ham-

Local residents named to Simmons University Dean’s List

BOSTON, Mass. — Lizzy Boucher of Northfield has been named to the 2026 spring semester dean’s list at Simmons University in Boston. To qualify for dean’s list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

About Simmons University
Located in the heart of Boston, Simmons is a respected private university offering nearly 50 majors and programs for undergraduate women and graduate programs open to all on campus, in blended formats or entirely online, in nursing and health sciences, business, communications, social work, public health, library and information science, and more. Founded in 1899, Simmons inspires a culture of education, connection, and action through high-impact learning with engaged faculty, an immersive community that forges lifelong networks, and career-centered programs that accelerate professional success. The result is a Simmons experience that prepares graduates to thrive as they launch and advance in their careers. For more information, please visit www.simmons.edu.

mond – Docked for Dinner
Second Place: Karen Robinson – Homecoming

Watercolor
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: Philip 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.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Aug. 3-10.

Christopher R. White, age 38, of Northford, Conn. was arrested on Aug. 5 as a Fugitive Arrested Without a Warrant.

A 24-year-old male from Gilford whose identity has been withheld from publication received a summons in lieu of arrest on Aug. 5 for Negligent Driving.

Tracey Ann Duggan, age 56, of Belmont was arrested on Aug. 5 for Criminal Mischief.

Jacob S. Carroll-Olisky, age 28, of Belmont was arrested on Aug. 5 in connection with multiple bench warrants.

Tayvien Daniel Michael Wilson, age 23, was arrested on Aug. 6 for Breach of Bail and violating a Notice of Order issued for Stalking.

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Keller smashes Bicycle Hillclimb record



MOUNT WASHINGTON AUTO ROAD – COURTESY

John Keller broke the Mt. Washington Bicycle Hillclimb course record on Saturday.



Bicyclists climb above the tree line during the Mt. Washington Bicycle Hillclimb on Saturday.

BY JOSHUA SPAULDING
Sports Editor

PINKHAM NOTCH — The annual Mount Washington Bicycle Hillclimb once again tested riders on

Saturday, with proceeds benefitting the Tin Mountain Conservation Center. Riders made their way up the Mount Washington Auto Road from the base in

Pinkham Notch to the summit of the highest mountain in the Northeast.

John Keller of Boulder, Colo. came through with the overall win in a new course record time of 47:19 with Peter Stetina of Santa Rosa, Calif. in second place in 50:47 and Cameron Cogburn of Delmar, N.Y. in third in 52:03.

Kristen Kulchinsky of Dix Hills, N.Y. was the top female finisher with a time of 1:04:03 with Amber Ferreira of Concord in second in 1:09:32 and Charlotte Lellman of Jamaica Plain, Mass. in third in a time of 1:11:38.

Among local riders, Thomas Rabon of Jefferson took 33rd overall in a time of 1:09:40 with Jonah Thompson of Jackson in 93rd place in 1:19:40. Macklin Hebert of Madison finished in 153rd place overall in a time of 1:27:52, Thomas Hicks of Madison was 173rd overall in 1:30:38 and Kyle Bergvine of Woodstock in 203rd place with a time of 1:34:53.

Roger Jutz of New Durham was 206th overall in a time of 1:35:09, Jonah

Fernald of Alton pedaled to 210th place overall in 1:35:29, Ben Halcyon was 228th overall in 1:37:08 and Torin LaLiberte of Madison finished in 293rd place overall in 1:47:42.

Elizabeth Cooley of Whitefield finished in 296th place overall in 1:48:30, Mark Rabon of Jefferson finished in 297th place in a time of 1:48:39, Kris Dobbins of Easton was 310th overall in 1:51:34, Doug Demars of Tamworth placed 334th in 1:56:54 and Ryan Blais of New Hampton was 352nd overall in 1:59:38.

Nick Tichich of Gilford finished in 396th place overall in a time of 2:26:18 and Scott Mantie of Bristol placed 412th overall in 2:47:35.

The Mt. Washington Auto Road was opened in

August 1861, a little more than 100 years before the first official Mt. Washington Auto Road Bicycle Hillclimb race starting cannon was fired. Built by hand, the road climbs over 4,000 feet of elevation in 7.6 miles from the base. Since 1973, cyclists have challenged themselves by riding up the road in a race against their peers or sometimes, just the clock.

In the early 1990s, Tin Mountain Conservation Center was approached by the Mt. Washington Auto Road to organize the Bicycle Hillclimb race. The Auto Road gives visitors from around the globe the opportunity to experience being above tree line and educates them about the natural and cultural history and traditions of the mountain.

Tin Mountain Conservation Center promotes an appreciation of the natural environment to children, adults and families and demonstrates responsible stewardship of natural resources. TMCC works closely with the Auto Road to give cyclists the opportunity to experience all that

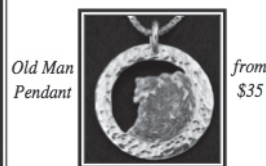
is Mt. Washington on the only day that the road is open exclusively to bicycles.

The route is 7.6 miles in length, has an average grade of 12 percent with extended sections of 18 percent and the last 50 yards is an amazing 22 percent.

For more information visit mwarbh.org or tinmountain.org.

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

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August 20-29

By Paul Pörtner

Adapted by

Bruce Jordan &

Marilyn Abrams



Second annual woodworking fundraiser to support local food pantries

MEREDITH — The Lakes Region woodworking community is coming together on Friday, Aug. 28 for an evening of craftsmanship and community impact at Art Of Turning's Second Annual Woodworking Competition & Fundraiser, hosted at Twin Barns Brewing Co. in Meredith. The event runs from 6 - 8 p.m., and is open to the public, with all proceeds benefiting local food pantries.

Makers from across the region have spent the summer preparing their handcrafted entries. From segmented turnings to precision joinery and functional pieces built with care. In the days leading up to the event, Art Of Turning is sharing sneakpeek photos on social media showing the dedication and craftsmanship behind each project coming to life.

"This fundraiser is about more than woodworking," said event organizer Andrew Eaton, owner of Art Of Turning. "It's about neighbors supporting neighbors. Every maker brings their best, and every attendee helps strengthen our community."

Guests will have the opportunity to view all 20 submitted pieces, meet the makers, and purchase raffle tickets where each item will be taken home that evening. All funds raised will directly support food pantries serving families throughout the Lakes Region.

This year's event is made possible through the generous support of Twin Barns Brewing Co., Meredith Village Savings Bank, and White Birch Gifts, whose commitment to community continues to make a meaningful difference.

Art Of Turning's Woodworking Fundraiser promises an evening of local talent, good company, and charitable impact. The event is open to the public. Friday, Aug. 28 from 6 - 8 p.m. at Twin Barns Brewing Co. in Meredith. For more information, visit ArtOfTurning.com.

Lunch with Leathernecks

Marines of New Hampshire, come join the Marine Corps League (MCL) for an afternoon of sea stories and scuttlebutt at Castle in the Clouds.

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.

Come and Join us at: Castle in the Clouds
from 11:30 AM - 3:00 PM on August 22, 2026
Address: 455 Old Mountain Road, Moultonborough, NH

Questions: Email cdumont@nhmarines.org PH: (603) 505-8119

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Opinion

Better information is one of the best tools for protecting Lake Winnisquam

Anyone who spends enough time around Lake Winnisquam knows how quickly conditions can change. A calm morning can become a windy afternoon. Water temperatures rise and fall with the seasons. Heavy rain can alter what flows into the lake, while conditions below the surface may be considerably different from what someone sees from a boat or shoreline.

That makes the Winnisquam Watershed Network’s new continuous water monitoring project an important investment in understanding one of the region’s most valuable natural resources.

Two solar-powered monitoring buoys have been placed in Lake Winnisquam, one north of Three Islands and another south of Mohawk Island. Unlike traditional sampling, which provides information about conditions at a particular place and moment, these buoys will continuously collect information from different depths.

They will measure water temperature, dissolved oxygen and turbidity, along with chlorophyll-a as an indicator of algae and phycocyanin as an indicator of cyanobacteria. They will also collect information about waves and light conditions.

That might sound like a lot of scientific terminology for something as familiar as the lake outside our doors. But increasingly, understanding what is happening beneath that familiar surface matters.

Harmful algal blooms have become a significant concern on New Hampshire lakes. They can affect recreation and potentially pose health risks to people and pets. Equally important, the factors that contribute to blooms can be complicated. A single water sample can tell researchers what conditions were like when the sample was collected. Continuous monitoring can help show how those conditions develop and change over hours, days and seasons.

That distinction matters. If protecting a lake were simply a matter of reacting after a problem became visible, monitoring would be relatively straightforward. Effective stewardship, however, means trying to understand why problems develop, what warning signs might precede them and what actions might help prevent or reduce them.

The new technology will not replace the work already being done on Winnisquam. Instead, it adds another layer to it.

The Winnisquam Watershed Network already conducts water quality monitoring and operates its Plankton Patrol, examining the microscopic organisms that are an important part of the lake ecosystem. Combining those observations with continuous measurements of physical and chemical conditions could provide a considerably fuller understanding of how Winnisquam functions.

There is also a practical benefit for the people who use the lake. The buoy system provides real-time risk estimates through color-coded lights and an online dashboard. While no monitoring system eliminates the need to pay attention to official advisories and changing conditions, giving residents and visitors additional timely information is a worthwhile step.

The buoys are scheduled to remain on the lake through November, capturing conditions through the fall turnover, before an expected return next spring for the 2027 season. That longer view may prove especially valuable. Lakes are not static bodies of water. Understanding them requires observing change over time.

Lake Winnisquam is central to the identity of Tilton, Sanbornton, Belmont and the surrounding Lakes Region. It supports recreation, wildlife, businesses, property owners and countless family traditions. Protecting it requires more than appreciation for its beauty. It requires good science, careful observation and a willingness to act on what is learned.

Two bright yellow buoys may seem like relatively small additions to a lake covering thousands of acres.

But the information they gather could help the community see Lake Winnisquam in ways it never has before, including what is happening far beneath the surface.

And when it comes to protecting the lake for the generations that follow, knowing more is an excellent place to start.

Letter submission policy

Letters to the Editor must include the author’s name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author’s name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

COURTESY

On Thursday, Aug. 27 at noon, Jason Vanier, BC-HIS, of Family Hearing Center, will be at the Tilton Senior Center to speak about hearing loss as it relates to cognitive decline. The program is free and open to the public. The Tilton Senior Center is located at 11 Grange Rd., Tilton. For more information about the center, please call 603-527-8291.



LETTERS TO THE EDITOR

In support of Cinde Warmington

To the Editor:

In a New Hampshire Public Radio interview and on The Union Leader’s front page -- Cinde Warmington’s connection with Purdue Pharma in detail. Two decades ago the “Oxycontin painkiller would [later] get innocent people hooked on opioids.” (Union Leader) Cinde Warmington worked for eight months for Purdue Pharma in 2001; later came the drug’s devastation.

Now: face-off between candidates. Under attack by Gov. Ayotte, Warmington points out Ayotte’s big pharma connection. As U.S. Sen. Ayotte from 2011-2017, she “took more than \$400,000 in campaign checks from drug manufacturers.” (Union Leader) Big pharma, after the U.S. Supreme Court declared corporations are “people” (2010) and could make campaign contributions as “free speech,” shaped politics and still does.

The Cinde Warmington I relate to showed up to be Belknap County Dems’ secretary, when I was elected county Dems’ Chair. This is from July 1, 2006, Foster’s Daily Democrat: “Belknap County Democrats are planning a fund-raiser for later this summer ... to energize the party’s faithful in the run-up to September’s Primary. ‘I think it’s good for the public to see who these people are and what their message is,’ said the newly elected County Chair Lynn Chong.” Twenty years ago!

I witnessed Cinde’s fine intelligence, warm personality, good energy. Saw more of her public service dedication when she was on our five-seat Governor’s Council, 2020 - 2024, championing common sense and people’s needs.

Sincerely,

Lynn Rudmin Chong
Sanbornton

The things we keep meaning to fix

There is a loose doorknob in our house that has been loose long enough to qualify as a member of the family.

I know how to fix it. This is important.

I am not being defeated by some complicated piece of machinery involving electronics, hydraulics or an instruction manual translated from another language. It is a doorknob. There are screws involved. I own screwdrivers. And yet, the doorknob remains loose.

Every few days, I grab it, feel the familiar wiggle and think, “I really need to fix that.” Then I continue on my way.

Most houses, I suspect, have something like

this. Maybe it is a kitchen drawer that sticks. Perhaps there is a cabinet door that doesn’t quite close, a screen with a tiny hole in it or a floorboard that squeaks so reliably that everyone knows exactly where to step if they’re trying to move quietly.

None of these things rises to the level of an emergency. That is precisely why they survive.

If a pipe bursts, we respond. If the refrigerator stops working, action is immediate. If water begins coming through the ceiling, nobody says, “I’ll get to that one of these weekends.”

The little problems are

KIND FOLKS, COLD WINTERS

By CHIPPY

different. They settle in.

A while back, I

mentioned our loose doorknob to my wife.

“I know,” she said.

There was something about the way she said it that suggested she also knew exactly how long I had been planning to repair it.

“I’ll tighten it,” I said.

She nodded.

Long marriages contain conversations like this. Both parties understand that no actual timetable has been established.

The strange thing is that the repair itself would probably take five minutes. Finding the screwdriver might take another 15, depending upon whether I returned it to its proper location the last time I used it. I probably did not.

The screwdriver is likely sitting next to some other unfinished project, thereby creating a small museum devoted to good intentions. I don’t think this tendency is limited to home repairs. We all accumulate little things we intend to get around to.

There is the friend we have been meaning to call. The photograph we planned to put in a frame. The book sitting on the nightstand with a bookmark that hasn’t moved since April.

There are recipes clipped out and never tried, roads we keep saying we ought to explore and local places we have driven past hundreds of times without ever stop-

ping.

None of these things is urgent. Urgency is very good at getting our attention. The ordinary things have to wait their turn. Unfortunately, their turn doesn’t always come.

The older I get, the more suspicious I become of the phrase “someday.” Someday is a wonderfully convenient place. You can put almost anything there. I’ll organize those old photographs someday. I’ll take that scenic drive someday. I’ll stop at that little museum someday. Someday apparently has unlimited storage capacity.

The trouble is that our calendars do not contain a day by that name. This doesn’t mean I am about to embark upon a grand campaign of personal efficiency. I know myself better than that.

There will always be unfinished jobs around our house. I suspect that is true of most homes that are actually lived in. A perfectly maintained house sounds impressive, but also slightly suspicious. I would be afraid to touch anything.

Still, perhaps there is something worthwhile about occasionally choosing one small thing that has been waiting patiently and finally doing it. Make the call. Frame the picture. Take the drive. Tighten the doorknob.

In fact, after writing this, I think I’ll go find that screwdriver. Assuming I can remember where I left it.



Winnisquam Echo

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NASCAR winner Steve Park to serve as pace car driver at NHMS

LOUDON — On Sunday, Aug. 23, Steve Park, a winner in all three of NASCAR's top series and one of the NASCAR Whelen Modified Tour's (NWMT) 40 Greatest Drivers, will get behind the wheel of the official Toyota Camry XSE pace car as he leads 36 of NASCAR's best to the green flag for the Dollar Tree 301 NASCAR Cup Series (NCS) race at New Hampshire Motor Speedway (NHMS).

"I can't tell you how excited I am to be given the opportunity to be the Honorary Pace Car Driver at what I have always considered one of my home tracks in New England," said Park, an East Northport, N.Y. native. "New Hampshire Motor Speedway has given so many racers the opportunity to showcase talent from the New England area to many in the NASCAR world, and let drivers like myself live their dream to make a career in NASCAR."

In addition to serving as the Honorary Pace Car Driver for Sunday's Dollar Tree 301, Park will participate in a variety of



Steve Park will serve as the honorary pace car driver at New Hampshire Motor Speedway this weekend.

appearances throughout New England's only NCS weekend:

Saturday, Aug. 22
12-1 p.m. — Autograph session with a number eight Sunoco modified on display

6-7 p.m. — Guest on "The Magic Mile" Happy Hour Show with Dick Berggren, hosted by NASCAR personality Jose Castillo and New Englanders Mamba Smith and Alan Cavanna at The Groove

Sunday, Aug. 23
11:45 a.m. — 12 p.m. — Guest on Trackside Live

with Mark Martin, hosted by Kenny Wallace and John Roberts on the Cracker Barrel Stage

"We're so proud to have Steve Park, a four-time modified winner at New Hampshire Motor Speedway, lead the Cup Series field to green," said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. "It's great to have one of the local guys who built an illustrious career by working all the way up to the Cup Series from the modifieds return to 'The Magic Mile' in this special role."

Throughout his career, Park achieved six wins across NASCAR's top three series and 16 wins in the NWMT, four of which came at NHMS. In August 2025, he was named one of the NWMT's 40 Greatest Drivers.

From 1997 to 2011, Park made 183 NCS starts, earned two wins, 12 top-fives, 35 top-10s and four poles and led 1,017 laps. From 1990 to 2006, he made 56 NASCAR O'Reilly Auto Parts Series starts, earned three wins, 15 top-fives, 29 top-10s and one pole and led 542 laps. From 1996 to 2010, he made 65 NASCAR Craftsman Truck Series (NCTS) starts, earned one win, eight top-fives, 16 top-10s and one pole and led 131 laps. From 1986 to 2013, he made 187 NWMT starts, earned 16 wins, 56 top-fives, 86 top-10s and 23 poles and led 2,675 laps.

New England's only NCS weekend is Aug. 21-23 at NHMS. On-track ac-

tion kicks off Friday with practice and qualifying for the NWMT and NCTS plus Sig Sauer Academy Dirt Duels at The Flat Track. The action continues on Doubleheader Saturday with the Team EJP 175 NCTS race and the Mohegan Sun 100 NWMT race following NCS practice and qualifying. The on-track action culminates Sunday with the Dollar Tree 301 NCS race. Don't miss all of the exciting off-track entertainment including the "The Magic Mile" Happy Hour Show, Trackside Live, The Groove fan hangout, concerts from Everybody Wants Some and Tim Dugger, Family Movie Night featuring "Zootopia 2," driver appearances, fireworks and much more.

For a full NASCAR weekend schedule, visit NHMS.com/Events/NASCAR-Cup-Series/Schedule/.

For tickets and camping for New England's only NCS weekend, featuring the Dollar Tree 301 NCS 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.

Bank of New Hampshire supports Castle Preservation Society as Castle Sponsor



Pictured (left to right): Cynthia Day, VP - Fiduciary Officer & Senior Relationship Manager, BNH Wealth Management; Leia Fabian, Moultonborough Banking Office Manager for Bank of New Hampshire; and Charles Clark, Castle in the Clouds Executive Director.

MOULTONBOROUGH — Nestled in the Ossipee Mountains with sweeping views of Lake Winnepesaukee, Castle in the Clouds is a treasured landmark, offering a wide variety of public programs, educational experiences for local schools, an award-winning wedding venue and dining with live entertainment. This year, the Castle Preservation Society, the nonprofit steward of the Castle in the Clouds, celebrates its 20th anniversary.

Bank of New Hampshire is proud to continue its support of the historic Castle in the Clouds' Sponsors Program with a \$5,000 sponsorship.

"We value our long-standing partnership with the Castle Preservation Society and its commitment to preserving the unique history of Castle in the Clouds for future generations," said Leia Fabian, Moultonborough Banking Office Manager. "As a community bank with deep roots in the Moultonborough community, we are pleased to support an organization that plays such an important role in our region."

Founded in 1831, Bank of New Hampshire is the oldest and one of the largest independent banks headquartered in the state. With

assets exceeding \$2.8 billion and 21 banking offices across New Hampshire and southern Maine, the bank provides comprehensive deposit, lending and wealth management solutions for families and businesses. As a mutual organization, Bank of New Hampshire is focused on the success of its customers, communities and employees — rather than stockholders. With a legacy of strength and stability, the bank combines local decision-making and trusted guidance with modern technology to deliver a seamless banking experience. For more information, call 1-800-832-0912 or visit BNH.Bank.



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Castle in the Clouds to host annual fundraising gala on Sept. 4

MOULTONBOROUGH — Castle in the Clouds is hosting their annual fundraising Gala on Sept. 4 from 5 – 10:30 p.m. This year’s theme is Gala

en Blanc and the event is designed to create an unforgettable evening of fine food, cocktails, and dancing, all while supporting a strategic restoration project at the National Historic Landmark Lucknow Estate. In addition, this year’s event will also celebrate the 20th anniversary of the Castle Preservation Society (CPS), a 501(c)3 nonprofit.

To support the “en blanc” theme, guests are invited to dress in all white as they celebrate the joie de vivre of Castle in the Clouds. The event will feature a cocktail party on the Lucknow Mansion lawn, followed by family-style dining from Celebrations Catering, a live auction, an open bar, and music from DeeJay Shelley and her band (<https://deejayshelly.com/>). The event will take place rain or shine and be hosted on the Lucknow Estate grounds under the spacious Great Waters Music Festival Tent.

“Our annual Gala is our largest and most important fundraising event, which inspires our planning committee to create new ways to exceed our supporters’ expectations every year,” said Charles Clark, Executive Director of Castle in the Clouds. “The Gala en Blanc is poised to be our next legendary fundraising event, capable of raising a significant contribution to this year’s restoration project, which will be re-



vealed that evening during the Gala. Our board, staff and planning committee are excited to welcome our supporters to experience this year’s carefully crafted evening.”

Tickets are priced at \$180 each, and all proceeds benefit the restoration of Castle in the Clouds, the historic Lucknow Estate, by the Castle Preservation Society, a 501(c)3 nonprofit.

To purchase tickets and find more information about the Castle in the Clouds and the gala event, visit <https://www.castlegala.com>.

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 manufac-

turer, 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 in-

formation about Castle in the Clouds, visit www.castleinthecLOUDS.org.

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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BUOYS

CONTINUED FROM PAGE A1

hawk Island. The bright yellow buoys, which are illuminated at night, will continuously collect data at multiple depths in the water column, providing an unprecedented look at changing conditions in the lake.

Subtidal is a Cape Cod-based science team affiliated with the Woods Hole Oceanographic Institution. Its buoy technology is

supported by the National Oceanic and Atmospheric Administration (NOAA) and the National Science Foundation (NSF).

The buoys are equipped with sensors that measure a range of water quality and environmental conditions, including phycocyanin, an indicator of cyanobacteria; chlorophyll-a, an indicator of algae; water temperature; turbidity; and dissolved oxygen. The buoys also monitor waves and light dynamics above the

water’s surface.

The goal of the pilot project is to better understand current conditions in Lake Winnisquam and identify environmental factors that may contribute to the development of harmful algal blooms (HABs).

“Traditional water quality sampling gives us an important snapshot of conditions at a particular time,” said WWN Executive Director Sara Steiner. “This technology allows us to see what is happening in

the lake around the clock and at different depths. By combining continuous monitoring with our existing water quality programs and Plankton Patrol observations, we can develop a much more complete picture of the lake’s health and ecology.”

The continuous monitoring data will also provide information that can help WWN better understand conditions associated with potential harmful algal blooms and assess whether conditions may pose a risk to people and pets recreating in the lake. Real-time risk estimates are communicated through a color-coded light on each buoy and an online dashboard, providing an additional resource for understanding current lake conditions.

The new buoy project complements WWN’s existing in-lake water quality monitoring programs and Plankton Patrol, which tracks phytoplankton and zooplankton communities in Lake Winnisquam. Together, these programs allow WWN to examine the lake from multiple perspectives—from wa-

ter chemistry and physical conditions to the microscopic organisms that form the foundation of its food web.

“Lake Winnisquam is a dynamic ecosystem, and conditions can change quickly,” Steiner said. “The more information we have about those changes, the better equipped we are to identify emerging issues, understand their causes, and make informed decisions about protecting the lake.”

The buoys will remain in place through November, allowing WWN and Subtidal to capture changing lake conditions through the fall, including conditions following fall turnover. The buoys are expected to be redeployed in the spring to continue monitoring into the 2027 season.

WWN is excited to learn more about Lake Winnisquam through this new technology and looks forward to sharing information and insights gathered through the project with the community. The data collected will help identify trends in lake conditions and guide future monitor-

ing, education, and watershed protection efforts.

Support Lake Winnisquam’s future

Continuous monitoring is an important investment in understanding and protecting Lake Winnisquam. Community members who would like to support WWN’s buoy monitoring project and other water quality programs are encouraged to consider making a donation.

To learn more about the Winnisquam Watershed Network and its programs, visit winnisquamwatershed.org.

About the Winnisquam Watershed Network

The Winnisquam Watershed Network is a nonprofit organization dedicated to preserving and protecting Lake Winnisquam and its watershed for current and future generations. WWN works with residents, volunteers, municipalities, businesses, and partner organizations on water quality monitoring, aquatic invasive species management, watershed protection, wildlife monitoring, education, and community engagement.\

CLUES ACROSS

1. A vast desert in Africa

7. Reciprocal of a sine

10. Type of phone

12. Biblical figure

13. One who renounces a religious belief

14. Warren and Monroe are two

15. Wild ox

16. Dismounted a horse

17. Cave dweller

18. Where infants sleep

19. Popular type of shoe

21. Clumsy large person

22. Evil-like

27. Integrated circuit
28. Austin-based athlete

33. Postscript

34. Follows 18

36. People of Gambia

37. Popular actor Nicolas

38. Platform for a lectern

39. Taxi

40. American songwriter Sammy

41. Iranian city

44. Heavy clubs

45. One who is expelled

48. In bed

49. Lifelessness

50. Former CIA

51. Most slick

CLUES DOWN

1. Slovenly person

2. In addition

3.hovels

4. Pie ___ mode

5. Subway rodent

6. They ___

7. Indigenous S. American people

8. Fine sand

9. Central nervous system

10. Nightclub entertainment

11. The perfect example of something

12. Supreme Islamic leader

14. Pain

17. Binary-coded decimal

18. Projecting corner of an angle

20. “Succession” actor Brian

23. Dinner table decor

24. Ancient settlement in modern Turkey
25. You can call Paul Simon this

26. Opposite of a pro

29. Atomic #28

30. Type of drug (abbr.)

31. Arrives at

32. Nullifies

35. Bird’s beak

36. Partner to “oohed”

38. Ray-finned fishes

40. Taxis

41. Sat on and controlled

42. Sea eagles

43. Remain as-is

44. Chinese revolutionary

45. Tooth caregiver

46. Snakelike fish

47. Compensate

PUZZLE SOLUTION

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MONARCH

CONTINUED FROM PAGE A1

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.

RACE

CONTINUED FROM PAGE A1

was 37th overall in 23:01. Wolfeboro’s Bob Lemaire was 41st overall in 23:49 and Elizabeth Bronson of Wolfeboro was 45th in 24:14.

Corey Caza of Bristol was 48th in 24:58, Grace Olson of Sanbornton was

52nd overall in 25:43, Arthur Viens of Sandwich was 54th in 26:05, Wolfeboro’s Judi Lemaire was 57th in 26:36, Heidi Chaney of Canterbury took 60th place in 26:59, David Gilman of Sanbornton was 62nd in 27:17, Belmont’s Devyn VonKadich was 65th in 27:36, Pat Livingstone

of Holderness was 66th in 27:42, Thomas Perlet of Canterbury was 68t in 27:56 and Kim Livingstone of Holderness placed 69th in 28:24.

Karen Robichaud of Canterbury placed 72nd in 29:19, Avery VonKadich of Belmont finished in 29:29 for 74th place, Patti Bernier of Sanbornton was 78th in 29:53, Zoe Perlet of Canterbury was 80th in 30:13, Olivia Brayfield of Holderness placed 83rd in 31:21 and Zack Brayfield of Holderness was 84th in the same time. Barnstead’s Mary Kaplan was 95th in 33:39, Richard Chaney of Canterbury finished in 107th place in 40:10, Carol Viens of Sandwich finished in 42:06 for 109th place and Cheryl Adams of Tilton placed 110th in 42:25.

In the six-mile race, Sean McCauley of Canterbury took the win in 32:51 with Nicholas Gosling of Bristol in second in 33:13. Chuck Wise of Moultonborough was 10th in 39:44, Peter Heslam of Belmont finished in 17th place in 48:27, Taylor Livingstone of Holderness was 32nd in 53:14, Nicole Downing of Middleton placed 34th in 54:38, Katja Fox of Wolfeboro was 43rd in 1:00:02 and Gilford’s Abigail Teichert was 47th in a time of 1:03:09.

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

National PBS-bound documentary “Saving Walden’s World” to screen at Taylor Community

LACONIA — As global ecosystems and economic stability face unprecedented pressures, the documentary “Saving Walden’s World” invites the Laconia community to explore a proven, operational blueprint for humanity’s future.

The film will screen at the Taylor Community, Woodside Building (435 Union Ave, Laconia) on Aug. 27 at 2 p.m. This event is part of the film’s grassroots 100 Rooms. 1 Story. campaign, a movement bringing community-led solutions directly to local audiences nationwide ahead of the documentary’s official PBS release.

Directed by Jim Merkel, a former military engineer turned sustainability advocate, Saving Walden’s World documents a search for solutions for his son, Walden. Merkel travels to Kerala (India), Cuba, and Slovenia to explore how societies that prioritize women’s literacy, healthcare, and reproductive freedom have successfully bypassed the high-consumption «growth trap» of the West.

“The prevailing narrative is addicted to endless expansion, but real resilience starts in our own communities,” says Director Jim Merkel. “This film presents a movement based on collective memory, love, and the empowerment of the next generation. It’s a father’s effort to show what is actually possible when we put human well-being ahead of corporate profit.”

The Laconia screening offers a local look at eco-feminism, land justice, and community self-reliance before the film reaches millions of viewers on PBS. A live Q&A with Director Jim Merkel will follow the film, giving attendees a chance to discuss how these global models can be adapted locally.

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, hand-made 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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Comfort Keepers

Managing psoriasis late in life

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

An unwelcome change
There are certain changes to our skin that we come to expect as we age. Whether it's looser skin, wrinkles, or spots, it's often understood that these changes represent part of our body's natural aging process. Thick, scaly patches, on the other hand, are not as expected. And yet, psoriasis – a condition which causes the body to accelerate skin cell production resulting in scab-like plaques – is noted as the most prevalent autoimmune disease in the United States. Although it tends to develop in those between the ages of 15 and 35, psoriasis is a lifelong ailment, and it's especially important that seniors with the condition properly manage it. Doing so will help lead to better overall physical health and greater quality of life.

What to expect with psoriasis
The scaly patches that begin to develop are only part of the equation when it comes to psoriasis. The condition can also increase the risk of lymphoma, non-melanoma skin cancer, low bone density, and even osteoporosis. What's more, older adults with psoriasis may often develop psoriatic arthritis, which causes swollen fingers/toes, foot pain, and lower back pain. Because of the numerous risks associated with psoriasis, it's vital for older adults to see a board-certified dermatologist to better understand the severity of the condition, recognize the triggers (e.g., stress,

alcohol consumption, medications, and injury), and to determine the most appropriate treatment plan.

When considering treatment, it's important to know that it's not a one-size-fits-all approach. Guidelines from the National Psoriasis Foundation recommend that older adults with mild psoriasis use only topical treatments, and for those with severe psoriasis, to receive phototherapy. The latter is often administered by dermatologists two or three times a week, using a booth that exposes the patient to either ultraviolet A or B light. Oral/injected medications are also an option, but they tend to have severe side effects, and are often prescribed only for short durations.

Older adults should include all of their doctors and medical care professionals in the conversation before any treatment plan is prescribed. Primary care physicians need to be informed of treatment to ensure that it doesn't interfere with medications or increase the risk of other health problems.

Steps for managing psoriasis
In addition to prescribed treatment, older adults can take steps to manage psoriasis and ease its associated symptoms. Check over-the-counter skin care products to ensure they aren't alcohol-based. Alcohol can irritate the skin further, so choose products that include ceramides, lipids, and hyaluronic acid – natural moisturizers that

the body produces less of with age.
Use a humidifier in the home to help distribute moisture and prevent dry skin.
Avoid using fragrances, as they can inflame psoriasis.
With physician/dietician approval, follow a healthy diet that includes cold water fish, omega-3 fatty acids, and nuts. Also consider adding turmeric to your diet. This natural supplement's anti-inflammatory properties are known to help reduce psoriasis flare ups.
Avoid alcohol. Studies have shown that alcohol is a trigger for psoriasis, and frequent consumption can even increase the chances of developing the condition.
Maintain a healthy weight through exercise and – as noted above – a healthy diet. Doing so will also help to reduce the risk of other psoriasis-related health problems, such as heart disease and diabetes. Remember to consult a

physician before beginning any exercise regimen.
Reduce stress whenever and however possible. Like alcohol, stress is a known psoriasis trigger – but unlike alcohol, stress can be harder to avoid in day-to-day life. To help keep it at bay, consider practicing yoga, meditation, or other activities that can bring a sense of peace.
Maintain a strong support network. Late-onset psoriasis can lead to feelings of anxiety and depression, so whether it be friends, family, or an actual support group, having people to talk to about the condition can help improve emotional wellbeing.
Comfort Keepers® Can Help
Psoriasis can be very alarming, especially if it develops later in life, and managing it can be demanding on seniors and family caregivers. At Comfort Keepers®, we can help seniors and other adults with psoriasis maintain their health and

wellbeing. Our caregivers can help prepare healthy meals, see that they're taking medications, and assist with physical tasks that may be difficult because of the condition. Learn more about Comfort Keepers' in-home care services by contacting your local office.
About Comfort Keepers
Comfort Keepers is a trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, private duty nursing, Live in and 24/7 caregiving. We also offer Comfort360™ Alert, part of our innovative Comfort360™ suite, delivering 24/7 response, proactive support, and added peace of mind for clients and families. Proudly serving New Hampshire since 2005, Comfort Keepers is committed to elevating

the human spirit through compassionate, personalized care. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.
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