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THURSDAY, JULY 30, 2026

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NH Veterans Home celebrates 102nd birthday of WWII Army veteran Joseph “Joe” Mack



resident comrades, staff,
and volunteers.

Joe Mack's life reflects a century of service, resilience, and dedication. As a member of the Greatest Generation, he answered the nation's call during World War II and has continued to inspire those around him through his patriotism, humility, and enduring spirit.

The gathering celebrated this momentous milestone, marked by a life of strength, resilience, service, courage, dedication, and sacrifice. Because of individuals like Joe Mack, generations have enjoyed freedoms that can never be taken for granted.

TILTON — On Sunday, July 19, the NH Veterans Home (Tilton) celebrated US Army WWII veteran, Joseph “Joe” Mack’s, 102nd Birthday. Home staff hosted a party for the guest of honor that includ-

ed Mack's family, fellow

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

Tilton-Northfield EMS battles two-acre outdoor fire

NORTHFIELD — On July 24 at 5:05 p.m., Tilton-Northfield Fire & EMS received a phone call at the Tilton Center Street Station reporting a “couple hundred yards of woods on fire” at 434 Windfall Rd. The initial responding captain requested a first alarm on the initial dispatch.

Upon arrival, crews found an approximate two acre outside fire, slowly spreading, about 25 yards from a home under construction. Due to multiple emergencies in the Lakes Region, including a second alarm building fire in another community, mutual aid response was significantly delayed, and some companies were unable to respond.

The Tilton-Northfield on duty crew deployed main attack lines to

the left and right flank of the fire and were able to contain the fire from spreading further until more manpower arrived on scene. More hose lines were

deployed, and extensive mop up ensued once more resources arrived on scene.

There was no water supply source nearby, so tankers were used to shuttle water from a pressurized hydrant at the Park Street Station.

The fire spread from a smoldering pile of construction debris which had been burning earlier in the day.

No injuries were reported during the incident, and the total area burned is estimated to be about one and a half acres.

Fire departments from Til-

ton-Northfield, Franklin, Belmont, and Gilford operated at the scene. Laconia Fire Department responded to a medical emergency at Highland Mountain Bike Park during the fire and Belmont provided station coverage while Sanbornton also covered from their station.

Firefighter Josiah Eide noted, "Our recent lack of rain certainly promotes fire spread in the woods. Thankfully, we have the progressive hose packs and we train with them regularly."

Eide also reminded property owners to follow local open burning regulations, always get a burn permit, and be sure all outside fires are completely extinguished prior to leaving.

LRAA announces Artists of the Month for July



TILTON — The Lakes Region Art Association announces its Artists of the Month for July 2026.

LRAA members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners, pictured above, are able to display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses. Back Row: Sarah Kahn, Sally Hibberd, James Cryan. Front Row: Nancy Kingston, Gail Brunt

The Winning Artists' artwork will be on display in locations in the Lakes Region through the third week of September 2026.

Nancy Kingston, this month's First Place winner has the distinct honor of displaying several pieces of her artwork at Annie's Cafe & Catering in Laconia, NH. Chill out with some scrumptious homemade soup and sandwiches and enjoy the art while you eat!

The art pieces for the Honorable Mention artist will be on display through the third week of September in the following locations:

Sally Hibberd - Franklin Savings Bank, Gilford
James Cryan - Camden Bank, Tilton & Franklin Sav-
ings, Franklin

Sarah Kahn - Camden Bank, Meredith & Gilford Library

Gail Brunt - Laconia Library

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.

Checking in on the Los Angeles Olympics

Last week marked two years out until the Los Angeles Olympic Games, which take place in 2028 in the City of Angels. Ahead of those games, the organizers invited members of the press to take part in the World Press Briefing, which took place this past week.

Organizers traditionally hold these events ahead of the Games, but this was the first time that I decided to take advantage of said opportunity. Obviously, it was much easier this

SPORTING CHANCE



By JOSHUA SPAULDING

time around given that the Olympics are here in the United States, so I don’t have to travel around the world to attend.

I had to finagle my work schedule at the Yum Yum Shop a bit in order to get in three days at the event, so I headed south to Boston really early last

Tuesday morning to catch a flight through Chicago to LAX. Luckily, I was able to check into my hotel a few hours earlier than normally allowed and my first thought was finding an In N Out Burger. Unfortunately, there was not one anywhere near the hotel, so I got an Uber and got the food I was craving. The Uber ride to the restaurant cost more than the food that I bought, but I was not complaining.

Tuesday night was the opening reception held at Cosm, which is a location near the new SoFi Stadium, home of the NFL teams in Los Angeles. I wasn’t sure what to expect because I didn’t do any searches or anything and I was pleasantly surprised. At first it looked like a typical nightclub type place with bars and tables with big screens lining walls. But in reality, it was an impressive facility featuring a “dome” that was a lot like a planetarium, only a little more high-tech. And when that thing came on it blew my mind. It was like you were in the middle of the stadium watching a game, or in an arena, or on a mountainside. The experience was incredible and I think could definitely change the way people watch sports moving forward.



Looking out at downtown Los Angeles from the top floor of the Los Angeles Memorial Coliseum during the World Press Briefing venue tour last week.

be 2028 Stadium for the Olympics. It was impressive to say the least and I can imagine seeing the Opening Ceremony and swimming there in 2028. From there we made the short trip to Intuit Dome, home of the LA Clippers, which will host basketball at the Olympics. Next it was on to BMO Stadium, home of the LAFC. It will be used for lacrosse and flag football in the Olympics as Exposition Park. Our next stop was right next door at the historic Los Angeles Memorial Coliseum, which will host its third Olympics in 2028 when track enters the venue. We were served lunch on the top deck of the suites before moving on to the final two venues, the Peacock Theater in downtown LA, which will host boxing and weightlifting and its neighbor, the Crypto.com Arena, home of the LA Lakers, Kings and Sparks, which will host gymnastics as Downtown LA Stadium in 2028.

Thursday was spent mostly indoors in the hotel ballroom where we got the chance to hear about the many different aspects of the Olympics, ranging from the Main Press Center to transportation, technology and scheduling. It was informative and interesting and a solid primer on the LA Games.

There was one more morning of one-on-one interviews, but I had to be home for work on Saturday morning, so I caught a morning flight out of LAX through Kansas City back to Boston. Four flights on the week, only one minor delay, so not that bad.

I still have no idea whether I will get credentials for the Los Angeles Olympics (the application process opens at the end of August), but if the opportunity arises, I will at least

have to take the chance and spend a few weeks in California in the summer of 2028. And if it doesn’t happen, there will probably still be donuts to be made.

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 Bay-sider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

PSU hosting book launch for coach Joan Forge

PLYMOUTH — In celebration of the publication of her book, “Forging a Positive Team Culture: A Coach’s Guide to Building a Healthy Athletic Environment,” Plymouth State University will be hosting a book launch for volleyball coach Joan Forge on Wednesday, Sept. 16, from 2 to 3 p.m. at the school’s HUB Hague Room. Anyone interested in purchasing the book, with all proceeds going to benefit the Plymouth State University student-athletes, can find the book on Amazon.com.

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ReDiscover Canterbury Shaker Village in 2026 on NH Heritage Museum Trail



CANTERBURY — Canterbury Shaker Village, a member of the NH Heritage Museum Trail, invites visitors to “ReDiscover Canterbury Shaker Village” this season with new programming, active preservation projects, and fresh experiences at this National Historic Landmark. Canterbury Shaker Village is a nonprofit-owned National Historic Landmark district featuring 25 restored Shak-

er buildings in a 694-acre setting of forests, fields, gardens, and mill ponds. “Canterbury is a portal into an intriguing, historic world—one where nearly 300 Shakers lived and worked together as a community for 200 years,” said Manager of Communications and Engagement Garrett Bethmann. “Whether you’re discovering it for the first time or returning after time away, we want

people to rediscover why this place moves them and connect with who we are today.” In 2026, an updated tour model introduces guests to the Canterbury Shakers and invites them to follow their curiosity through the property’s open spaces and buildings. The land comes alive this season through a new Bee House exhibition on the Shakers’ agricultural history and a pilot

partnership with Sanborn Mills Farm that grows produce and brings traditional farming techniques to the gardens and greenhouses. A new monthly recreation group, the Movers and Shakers Trail Club, meets on the trails the last Saturday of every month. “With the Meeting House and East House both undergoing restoration at once, this is a rare chance to see preservation hap-

pening in real time,” Bethmann added. “It shows the craft and dedication it takes to keep these buildings—one from 1792, one from 1810—alive for the next generation.” “Canterbury Shaker Village is a treasure, and it’s one of many across the NH Heritage Museum Trail,” said Trail President Jeff Barraclough. “Each of our members opens a door to a different part of this state’s

story. When you rediscover a place like Canterbury, you’re really rediscovering the heritage of New Hampshire itself.” To learn more about Canterbury Shaker Village, visit shakers.org. To learn more about the NH Heritage Museum Trail, featuring nearly two-dozen members in the Seacoast, Lakes Region, White Mountains, Dartmouth-Sunapee Region, and Merrimack Valley, visit nhmuseumtrail.org.

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 fam-

ilies 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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Opinion

A century of service deserves more than a party

There are birthdays, and then there are milestones that invite an entire community to pause and reflect.

The recent celebration of Joseph “Joe” Mack’s 102nd birthday at the New Hampshire Veterans Home in Tilton was one of those moments. Surrounded by family, fellow veterans, staff and volunteers, Joe marked another year in a life that has spanned some of the most defining chapters of American history. His story is remarkable, but it is also representative of a generation whose sacrifices shaped the nation we know today.

Joe Mack served in the U.S. Army during World War II as a member of what has become known as the Greatest Generation. They were ordinary young men and women who answered extraordinary calls. They left farms, factories, classrooms and neighborhoods to defend principles larger than themselves, often with little thought for personal recognition. Many returned home to build families, businesses and communities, carrying the same quiet sense of duty into civilian life.

As the years pass, fewer World War II veterans remain with us. Each birthday celebrated by someone like Joe is more than a personal achievement. It is a living connection to history. These men and women are not simply names in textbooks or faces in faded photographs. They are witnesses to events that transformed the world and reminders of the resilience, sacrifice and determination that helped preserve freedom.

The New Hampshire Veterans Home deserves recognition for making Joe’s birthday more than a routine observance. Bringing together residents, staff, volunteers and family members reflects the kind of community that veterans have earned. Too often, society remembers military service only on Memorial Day or Veterans Day. Yet respect should not be limited to holidays. It should be reflected in the quality of care veterans receive, the attention paid to their stories and the gratitude shown throughout the year.

There is another lesson in celebrations like this one. Longevity is certainly something to admire, but the real measure of a life is found in its purpose. Joe Mack’s 102 years remind us that courage, humility and service leave an impact that extends far beyond any single lifetime. The freedoms enjoyed today did not arrive by accident. They were secured by people willing to endure hardship and uncertainty for future generations they would never meet.

For younger generations, opportunities to meet World War II veterans have become increasingly rare. That makes every conversation, every handshake and every story all the more valuable. Families should encourage children and grandchildren to ask questions, listen carefully and preserve these memories while they still can. Oral histories often teach lessons that no history book can fully capture.

Joe Mack’s birthday was, first and foremost, a joyful celebration. It was a chance to honor one man surrounded by those who care about him. But it also served as a reminder that gratitude should never fade with time. Every veteran carries a story worth remembering, and every community benefits by recognizing those who placed service above self.

Happy 102nd birthday, Joe Mack. May your celebration remind all of us that honoring our veterans is not simply about looking back. It is about carrying forward the values they defended with courage, dignity and unwavering commitment.

COURTESY
The Tilton Senior Center welcomed a representative from the Mt. Kearsarge Indian Museum in Warner last week for a PowerPoint presentation and display of artifacts from the museum’s collection. Photo courtesy of the Senior Center’s Facebook page.



LETTERS TO THE EDITOR

McGovern is a reasoning hero

To the Editor:

Not all Republicans are living out DJT’s ego-driven plot to take down democracy. The good ones in our D.C. government are retiring out of office or “being primaried” by our fealty-demanding (king-like) President. Meanwhile, good Democrat, neighbor in Massachusetts, Rep. Jim McGovern exposes the lame accusation now coming out of our semi-wrecked White House that Democrats are “communists.”

Who is Communist if not the party that “worships one man above the Constitution?” The Republicans who ally with Trump call the free press “enemy of the people and sic the Justice Department on journalists they don’t like.” These are communist tactics right out of Russia! Putin and Trump can shake hands on many anti-democracy practices! Now Daniel Ortega of Nicaragua is joining that club, who don’t like, won’t allow fair and free elections. Just

read that in the July 22, Wall Street Journal. Of course, in typical communist-style rhetoric that masks deprivation with pleasant words, Trump labels his anti-fair-elections bill with the name, “Save America Act.”

From Rep. Jim McGovern this week: Democratic party ideals are to love this country “enough to fight for it,” fighting to make it easier to afford rent, medical care, childcare, food. “We will not be lectured by a fascist Republican party that offers American people nothing but lies, fear, endless culture wars, and tax breaks for billionaires.” Add to his, now, my words: an unnecessary war that comes of DJT’s ego-need, and is extremely costly to us all in terms of money, lives, international respect gone down the tubes.

Sincerely,

Lynn Rudmin Chong
Sanbornton

The five-minute errand

I’ve reached the age where I can confidently say there is no such thing as a five-minute errand in a small New Hampshire town.

On paper, it’s simple enough. “I’ll run down to the store for a loaf of bread.” Five minutes there. Five minutes back. Fifteen minutes, tops.

Then reality steps in. Before you’ve even made it through the front door, someone asks if you’ve heard about the family of ducks that’s taken up residence behind the library. As you’re answering, another person walks in and reminds you about the church supper coming up next weekend. You haven’t even reached the bread aisle before someone you’ve known for years asks how your son is doing. By the checkout counter, you’re discussing whether the tomatoes are running early this season.

Suddenly, 45 minutes have disappeared. And somehow, you’ve forgotten why you came in.

I’ve heard people complain that everyone knows everyone else’s business in a small town. Sometimes

KIND FOLKS, COLD WINTERS

By CHIPPY

that’s true. But I’ve found that more often than not, people simply know one another’s stories. There’s a difference.

They remember when your kids were little enough to ride in the shopping cart. They remember when your parents still came into town every Saturday morning. They remember your first job, your old pickup truck, or the dog that insisted on greeting every customer outside the hardware store. Those memories become part of the conversation without anyone trying very hard.

Years ago, I traveled to a larger city for work. I walked into a convenience store, bought what I needed, paid, and left. The entire transaction took about ninety seconds. Nobody spoke beyond “Hello” and “Have a nice day.” It was efficient. It was also strangely forgettable.

Back home, efficiency often loses to familiari-

ty. The cashier might ask whether you’re headed to the lake for the weekend. Someone in line might recommend a roadside farm stand you’ve never tried. Another customer might hold the door while the two of you spend five minutes debating whether summer has gone by faster than usual.

It’s not that we’re avoiding getting things done. It’s that people matter more than schedules.

I’ve noticed visitors sometimes become impatient with this pace. They’re standing behind someone catching up with an old friend, wondering why the line isn’t moving.

The rest of us don’t seem terribly bothered. We’ve learned that the extra few minutes are part of the experience. One day, you’re the person waiting. The next day, you’re the one doing the talking. It all balances out.

Of course, there are limits. If I’m standing behind someone buying lottery tickets one scratch-off at a time, even my New Hampshire patience starts to wear a little thin.

We’re friendly. We’re

not saints. Still, I hope we never become so rushed that every errand feels like a race. Life already gives us enough reasons to hurry. The grocery store, the post office, the local diner—those are some of the last places where conversation still happens naturally. Nobody schedules it. Nobody sends a calendar invitation. It simply unfolds because two people happened to arrive at the same place at the same time.

And that’s worth preserving.

So if you happen to see me heading into town for “just one thing,” don’t expect me back anytime soon. There’s a good chance I’ll return with the bread.

There’s an even better chance I’ll come home with three local updates, one restaurant recommendation, news about somebody’s new grandchild, and absolutely no memory of why I thought the trip would only take five minutes. Around here, that’s time well spent.



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BNH Wealth Management earns Silver for Best Financial Advisor/Planner at 2026 Best of the Lakes Region Awards

LACONIA — Bank of New Hampshire’s Wealth Management division is pleased to announce that it was voted Silver in the Financial Advisor/Planner category at the 2026 Best of the Lakes Region Awards, presented by the Laconia Daily Sun. This marks the fifth consecutive year the group has been recognized in this category, reflecting its ongoing commitment to helping clients achieve their financial goals through personalized guidance and trusted advice.

“Being recognized once again in this category is truly an honor for our team,” said Robert Magan, SVP - Senior Wealth Management Officer for Bank of New Hampshire Wealth Management. “Receiving this recognition is a testament to the dedication of our group and the strong relationships we’ve built with our clients. We thank everyone who voted for us and appreciate the trust our clients place in us to help guide them through

important financial decisions.”

Guided by the superior service, dedication and responsiveness on which Bank of New Hampshire was founded, our seasoned Wealth Management team is committed to building enduring client relationships. With \$1.17B in assets under care and 1,412 client relationships, we partner closely with individuals, families and organizations to help them navigate significant events and remain steady through evolving and often volatile market cycles.

With more than 300 years of combined experience in trust administration, relationship management, investment research, financial analysis and retirement planning, our Wealth Management team brings a seasoned perspective and disciplined insight to every relationship, helping clients bank on wealth that endures. The Best of the Lakes Region Awards recognize the business-

es, people and places that make the Lakes Region special. This year, more than 1,300 businesses, organizations and individuals competed for top honors across 196 categories, with over 310,000 votes cast. Visit BestoftheLakesRegion.com to view the full list of winners.

Celebrating 195 years of commitment to community, 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 mod-



Left to right: SVP – Senior Wealth Management Officer Robert Magan; Deanna Guyer, AVP – Wealth Management Client Support Officer; Cynthia Day, VP – Fiduciary Officer/Sr. Relationship Manager.

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Bank of New Hampshire presents Samantha Wylie with Banking on Kindness & Sportsmanship Award



Bank of New Hampshire Marketing Officer Dawn Beers, Samantha Wylie and her dad, Jason Wylie.

Bank of New Hampshire presents Samantha Wylie with Banking on Kindness & Sportsmanship Award

LACONIA — Bank of New Hampshire is proud to announce that it has presented its annual Banking on Kindness & Sportsmanship award to Samantha Wylie, a graduate of the Laconia High School Class of 2026.

Presented in partnership with the New Hampshire Interscholastic Athletic Association (NHIAA), the award recognizes acts of kindness, sportsmanship and leadership demonstrated by student-athletes and coaches throughout New Hampshire’s high schools.

Wylie, who ranked fifth in her class, has excelled in varsity athletics while consistently leading with kindness and positivity. This year, she made the selfless decision to step away from playing varsity basketball to serve as the varsity boys basketball team manager and participate in Unified Basketball, opting to support and encourage others both on and off the court.

“Samantha exemplifies what it means to lead with kindness, selflessness and sportsmanship,” said

Dawn Beers, Marketing Officer with Bank of New Hampshire. “Her positive impact extends far beyond the game, inspiring teammates, classmates and her community. We congratulate Samantha on this well-deserved recognition.”

“NHIAA is proud to partner with Bank of New Hampshire in recognizing student-athletes who embody the true spirit of athletics,” said Jeffrey Collins, Executive Director of NHIAA. “Samantha’s willingness to put others first, embrace inclusion and lead through service, reflects the values we strive to instill in schools across the state. She is an outstanding example of how character and sportsmanship create a lasting impact on others.”

Celebrating 195 years

of commitment to community, 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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Helen Fernald, Lakes Region photographer, released her first book of photos, featuring 12 photos of Lake Winnepesaukee and Wolfeboro for each season. Each of the 48 photos is accompanied by a blessing. This book is available at the Country Bookstore and Black's in Wolfeboro and the Gifford Country Store. It is also available on Amazon.

Book of photos by Helen Fernald
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Heartfelt Recovery Centers opens new Lakes Region location



COURTESY

Heartfelt Recovery Centers opened their doors to provide substance use disorder and mental health services in Laconia on July 7. Pictured (L-R) is Kyle Connors, Recovery Support, Doug Avellino, Recovery Support Staff, Carolee Longley, Clinician, Mack Runyan, Director of Alumni, and Jasmine Lamontagne, Director of Business Development.

LACONIA —Heartfelt Recovery Centers is pleased to announce the opening of their new location in the Lakes Region. Founder and owner Scott Landry states, “We’ve been providing services in Hudson since December 2023. We are very excited to expand and

open this second location in Laconia.”

Heartfelt is located at the former Sobriety Center building, at 350 Court Street.

Landry, a person in

recovery himself, spoke about his passion for helping others, stating, “Recovery gave me my life back. Now my purpose is helping others. My brother Jeffrey passed away three years ago from his struggles with mental health challenges and substance use. His loss wasn’t just another tragic statistic, it’s our driving force. This organization is mission focused, and was built by people with lived experience. We believe in loving people, telling them the truth, and not giving up on them. Jeffrey’s story is why we do this.”

Executive Director Patrick O’Brien states, “Opening this location was intentional, because people have historically faced long drives, lengthy wait times,

and limited treatment options. We provide outpatient treatment for adults experiencing substance use disorders and mental health conditions. We offer PHP (Partial Hospitalization Programming, IOP (Intensive Outpatient), and OP (Outpatient) services. Our care is individualized and rooted in evidence based practices that address the whole person.”

Heartfelt offers PHP and IOP and OP services for substance use disorder and mental health.

The admissions line

number is 603-207-1633. An open house is being planned for Aug. 18; all are welcome.

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Comfort Keepers

Managing mobility problems in seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Problems associated with aging can affect a person’s ability to move around, or mobility. Mobil-

ity problems may include unsteadiness while walking, difficulty getting in and out of a chair, or falls. Muscle weakness, joint problems, pain, disease, and neurological difficulties can all contribute to

mobility problems. Sometimes several mild problems combine and occur simultaneously, affecting mobility. It can also make the difference between living at home or in a facility.

The primary mobility problem that older people experience is falls. Falls are a major cause of injury and death, so prevention is important. Older bones break more easily, heal less quickly, and may not heal completely. If a hip is fractured, canes, walkers, or wheelchairs might be permanently needed. If the senior is afraid of falling, address it, or he or she may become afraid to move around.

Doctors often check for heart and lung problems, and screening for mobility can be put off, or even overlooked. This can be surprising, since tests for mobility can be relatively simple. With the “Get Up and Go Test”, a person is asked to stand up from sitting in a chair, walk 10 feet, turn around, walk back to the chair,

and sit down. How long it takes and how steady the person is can then be noted. Another way is just to watch how quickly people walk. They should walk faster than a yard per second. If you walk that or faster, you’re in the normal range; if you’re slower, you may have a gait problem, which increases the chances of falling. An approach University of Alabama researchers use is to ask two simple questions:

For health or physical reasons . . .

- 1) Do you have difficulty climbing up 10 steps or walking one-quarter of a mile?
- 2) Have you modified the way you climb 10 steps or walk a quarter of a mile?

These questions can be asked prior to testing. A senior probably knows if he or she is having trouble climbing stairs — and walking one-quarter of a mile is equal to one lap around a medium-sized mall’s upper level.

Ways to help prevent mobility problems — or reduce the risk of them getting worse

Stay active. A regular program of exercise can strengthen muscles and improve flexibility. With increased strength and balance, a senior is better able to maneuver and avoid a potential fall.

Maintain a healthy weight and a healthy diet. It’s simply easier to get around without carrying extra weight, and there is less stress on bones and joints.

Check the possible influence of medications. Prescription and over-the-counter medicines, herbal or other remedies can result in drowsiness or distraction, which can lead to falls. If medications affect your balance or alertness, discuss a lower dose or different medicine with a physician.

Identify fall hazards in the home and eliminate them. Pay special attention to safety equipping the bathroom and kitchen. Use rubber appliques or mats, raised toilet seats, and handrails where necessary. Clear the home of clutter and loose rugs or wires. Good lighting is essential; use night-lights in bathrooms, hallways, and, if needed, the bedroom.

Ask the doctor about walking aids. If a senior is just a little bit unsteady on his or her feet, a cane or walker can be used. Skip the drugstore, and first check with a doctor or physical therapist to find out what type is needed. A physical therapist will make sure the cane or walker is adjusted to the right height, and can teach the senior how to use it.

Test vision and hearing regularly. Seeing poorly or not hearing well can cause mobility problems and lead to falls. A senior should be extra careful

with new bifocal or tri-focal eyeglasses.

Make sure proper footwear is worn. Sturdy, well-fitted, low- or flat-heeled shoes with good grip and support are recommended. In bad weather, exercise indoors.

Create opportunities for socializing. Look for community activities that keep seniors mobile. Check with local hospitals, senior centers, and community centers to see if they offer exercise or walking programs. An exercise or walking partner can help seniors stick to a program.

Medical alert services can provide peace of mind. If you worry about a senior having an emergency while alone, consider a medical alert service to connect him or her to help 24/7, at the push of a button.

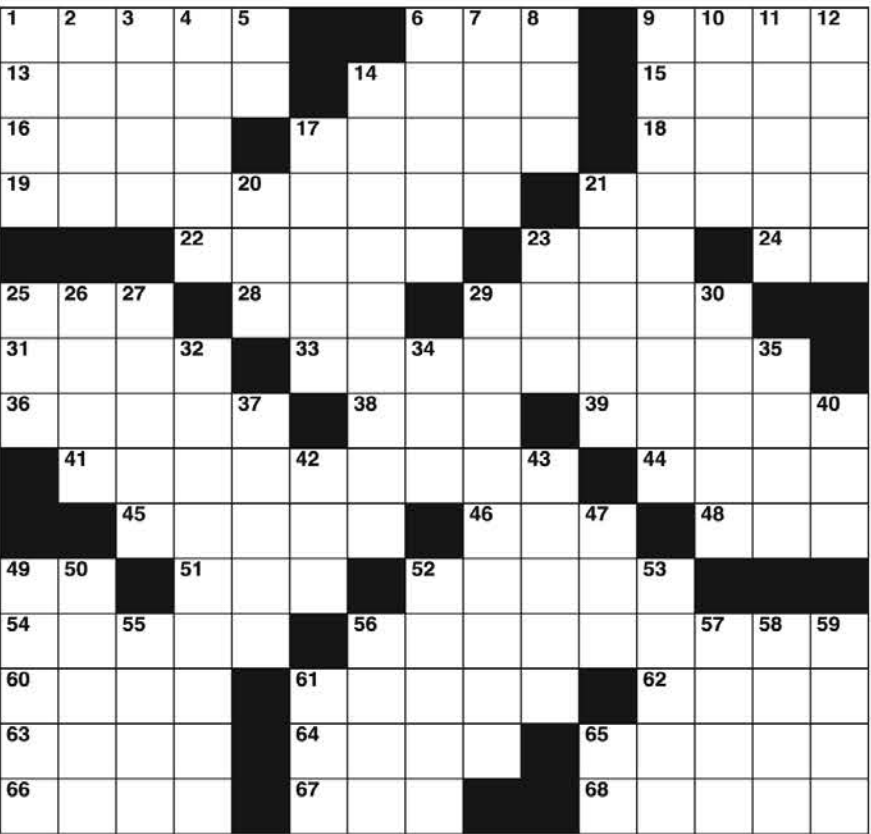
Don’t help too much. Don’t do everything for someone because you are afraid that something might happen. He or she needs to stay active and most likely prefers to remain independent.

Tell the doctor about mobility problems, and mention any falls. Certain diseases like arthritis can affect mobility. Risks can often be reduced if the medical condition is diagnosed and treated.

Comfort Keepers® can help. About one-quarter of Americans over age 65 need help with everyday activities such as eating, bathing, and getting in and out of bed or a chair. Our trained caregivers can help with these and other tasks, while providing companionship. Comfort Keepers can also have someone perform home safety assessments to identify fall hazards, and make recommendations to improve safety. Call your local office today!

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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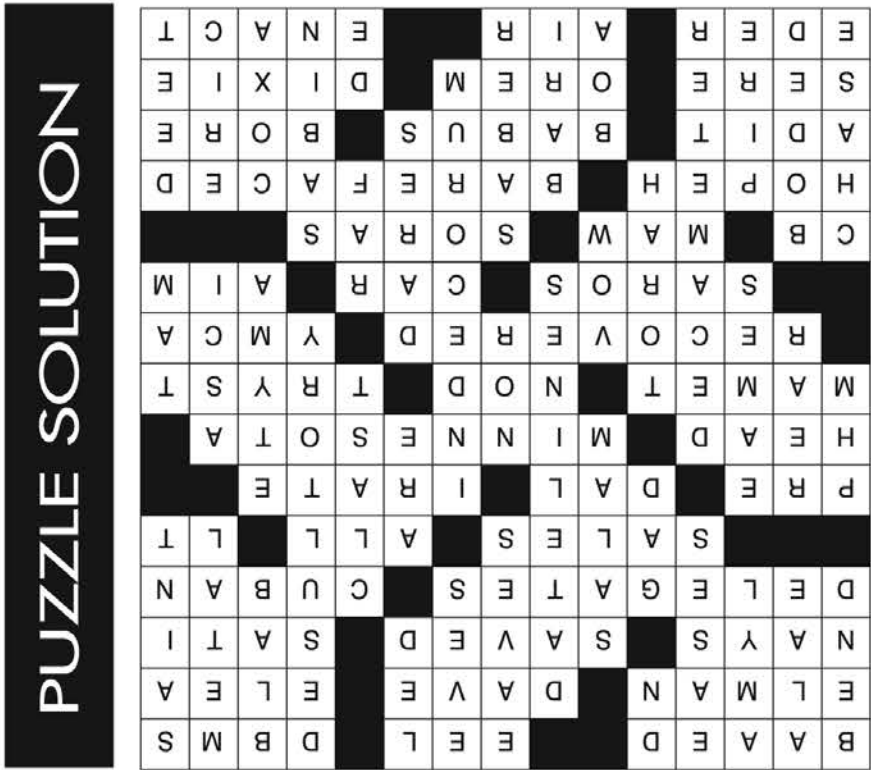


CLUES ACROSS

- 1. Bleated
- 6. Snakelike fish
- 9. Database management system
- 13. Social evolution anthropologist Service
- 14. American rocker Grohl
- 15. Greek personification of compassion
- 16. Negatives
- 17. Rescued
- 18. Self-immolation by fire ritual
- 19. Assigns tasks
- 21. Popular type of cigar
- 22. Discounts
- 23. The whole quantity
- 24. New York Giants legend
- 25. Indicates before
- 28. Lentils
- 29. Extremely angry
- 31. Body part
- 33. “North Star State”
- 36. David __, US playwright
- 38. Lower and raise one’s head
- 39. Private rendezvous
- 41. In a way, improved
- 44. A place to play
- 45. Astronomical period of 18 years
- 46. Automobile
- 48. Something you can take
- 49. A radio band
- 51. Jaws of a voracious animal
- 52. Short-billed rails
- 54. Chinese province
- 56. Shameless
- 60. Horizontal passage from the surface into a mine
- 61. Indian respectful titles
- 62. Fail to entertain
- 63. Dried-up
- 64. Central Utah city
- 65. Southern U.S.
- 66. German river
- 67. Necessary for breathing
- 68. Put into play

CLUES DOWN

- 1. Curved segment
- 2. Wings
- 3. Yellowish volatile liquid
- 4. Makes less severe
- 5. Debit note
- 6. Overhang
- 7. The nights before
- 8. Type of light
- 9. Lacking enthusiasm
- 10. Tattle
- 11. Some is “heavy”
- 12. One who is canonized
- 14. Indicates date and place of writing
- 17. “Peace” in Arabic
- 20. “Olaf” actor Josh
- 21. Fragmented rock
- 23. They __
- 25. Advanced degree
- 26. Backside
- 27. Influential architect and design couple
- 29. An act of undue intimacy
- 30. Words from which later words are derived
- 32. 10 meters
- 34. Neither
- 35. Fungal sacs
- 37. The law of God revealed to Moses
- 40. A woolen cap of Scottish origin
- 42. A promise
- 43. Challenges
- 47. British Air Aces
- 49. Large bank
- 50. Served as an omen
- 52. Cavalry sword
- 53. Vaccine developer
- 55. Belgian WW2 resistance leader Jules
- 56. Italian Seaport
- 57. Hip joint
- 58. __ Clapton, musician
- 59. Insect repellent
- 61. Constrictor snake
- 65 “The First State” (abbr.)



Upcoming program offers gripping look at LPC ice rescues

MOULTONBOROUGH — On Thursday, July 30, Join LPC Senior Biologist John Cooley for a gripping look at the Loon Preservation Committee’s winter ice rescues. Hear the stories of these critical operations that save loons trapped by sudden freezes. Learn what these high-stakes encounters reveal about loon life history, the value of rescue teamwork, and the growing threat loons face from a changing climate.

Held at The Loon Center in Moultonborough, the Summer Nature Talks are presented every Thursday evening at 7:00 pm during the months of July and August. All programs are free admission. For over 40 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. 6, join us for “Wiggles & Waggles: Loons on the Lake with John Rockwood.”

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.

“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, exhilarat-

ing 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 su-

pervisor in 2009. In 2010, she was promoted to Chief Operating Officer. In addition to her responsibilities as the COO of Entertainment Events, Inc., she continues to supervise all production aspects from casting to closing night for all EEI productions. She still performs in “Girls Night: The Musical.” She has played three of the five roles in the show and has amassed over 400 performances on tour and Off-Broadway. Sonya has directed several of the touring companies of “Girls Night: The Musical” and originated the role of co-host Janice and directed the world Premier of WPMS: The Musical at the DuPont Theater in Wilmington, DE on June 29, 2010.

Sonya Carter directed, co-authored and performed the role of Janice in the Off-Broadway premiere “Dishing With the Divas: The Musical” in January of 2011. “Cuff Me: The Fifty Shades Of Grey Musical Parod”y 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.

HK Powersports Land & Lake Poker Run raises more than \$250,000 for Easterseals NH



COURTESY

Participants come together by land and “sea” to enjoy the 25th Annual HK Powersports Poker Run for Easterseals NH earlier this month. The patriotic-themed event concluding at The NASWA Resort in Laconia raised more than \$250,000 for individuals served by Easterseals NH throughout the state. Photo credit: Silver Image Photography, Manchester, NH.

LACONIA — Making waves in more ways than one, the 25th annual HK Powersports Land & Lake Poker Run drew a spirited crowd to New Hampshire’s Lakes Region on Saturday, July 11, raising more than \$250,000 for Easterseals NH’s core programs serving children, adults, seniors, and Veterans of all abilities.

Since its launch in 2001, the HK Powersports Land & Lake Poker Run has raised more than \$2.3 million vital funds for Easterseals NH, supporting integrated services that help thousands of individuals of all ages and abilities thrive each year. This year’s event marked a major milestone, holding the 25th anniversary event.

Event participants traveled by boat, car, motorcycle, or personal watercraft to designated checkpoints

on and around Lake Winnepesaukee, collecting playing cards along the way. The final stop was at NazBar & Grill at The NASWA Resort in Laconia, where players revealed their hands to judges for a chance to win cash prizes of up to \$1,000.

This year’s event celebrated America250 with a patriotic themed “All-American BBQ” on the lake’s shores. The celebration featured a buffet, live auction, raffles, and a variety of family-friendly activities—including chances to win grand prizes donated by Laconia-area businesses. Attendees also competed for prizes awarded to the best patriotic-themed costumes and decorations.

The HK Powersports Land & Lake Poker Run is dedicated to the memories of Hope and Peter

Makris, the late parents of The NASWA Resort owner Cynthia Makris, and Brian Connelly, a longtime Lakes Region community activist.

“My parents spent their lives giving back to their beloved communities,” said Cynthia Makris, whose father passed in 2007 and whose mother died at the age of “100.5” in May 2025. “I am continuing their legacies which makes our poker run very personal and meaningful for me, Brian’s sons, Greg and Gary Connelly and everyone on the Poker Run Committee who loved them dearly. It’s a fund-raising and ‘fun-raising’ event that helps thousands of people in memory of my parents and our dear friend, Brian, who was instrumental in getting the high-performance boats to participate since 2001.

Easterseals NH is deeply grateful for the support of its major event sponsors, including Amoskeag Beverages, Bank of New

Hampshire, Brady-Sullivan Properties, HK Powersports, Mix 94.1 FM Radio, Sea-Doo, Seachoice Products, and The NASWA Resort. We also extend our thanks to additional sponsors whose generous contributions help make our events possible: Baron’s Major Brands, Belknap Subaru, Bioaqualife, Bio-Kleen, Callahan A/C and Heating Services, Coca-Cola, Cohen Family Foundation, Crown Special Events, Fireside Living, Foster’s Tavern, Irwin Marine, J. Grimbilas Strategic Solutions, Laconia Daily Sun, North Water Marine, North Wing Offshore Racing, Nor-Tech powered by Innovative Performance, Paugus Bay Marina, South End Media, Sysco Northern New England, Watermark Marine Supply, West Pointe Waste Services, White Mountain Fiberglass and Winnisquam Marine.

About Easterseals New Hampshire Since 1936, Easterseals

New Hampshire has provided exceptional services to ensure that all people with varied abilities and their families have equal opportunities to live, learn, work, and play in their communities. A leader in social services for individuals with disabilities and those underserved by traditional programs, Easterseals NH provides essential services and supports to approximately 14,000 children, adults, seniors, and Veterans annually. Their programs cover areas like early intervention, autism, intellectual and developmental disabilities, adult day and in-home care, behavioral health, housing, and substance use disorders. Easterseals NH is a community of care for all ages, for all abilities, for life.

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



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Powerhouse Theatre Collaborative helps young performers find confidence, community

LACONIA — When Maci Johnson was nine, she wanted to audition for a community theater production of “The Little Mermaid,” but she never made it to the stage.

“I got scared,” she recalls. Today, the Holderness teen has appeared in 19 productions with Powerhouse Theatre Collaborative, including multiple roles in this summer’s upcoming performance of “Shrek.” Along the way, she has discovered confidence, lifelong friendships and a place where she truly belongs.

Johnson is one of many young people whose lives have been enriched through Powerhouse, a nonprofit supported by grants from the Greater Lakes Region Children’s Fund. Through grants to roughly 60 organizations each year, the Children’s Fund is transforming the lives of local children and teens throughout the Lakes Region.

“I genuinely don’t know what my life would look like if I hadn’t joined Powerhouse,” Johnson says. “It’s added so much color to my life.”

Johnson has danced

since she was 4 and first discovered theater through the Educational Theatre Collaborative in Plymouth. After making her stage debut as one of the orphans in “Annie,” the COVID-19 pandemic brought her early stage experiences to a halt.

An elementary school art teacher later encouraged Johnson to audition for Powerhouse Theatre Collaborative’s production of “A Christmas Carol.” She submitted a video audition and was cast as Tiny Tim.

“I’d only ever been a nameless orphan before,” she says. “I was blown away to be working more closely with people in my second big theater experience.”

That role launched what has become a remarkable journey.

Since joining Powerhouse, Johnson has appeared in 19 productions. She now 16 and entering her junior year at Plymouth Regional High School.

In August, audiences will see her as one of the Three Blind Mice, a Duloc dancer and a tap dancing rat in “Shrek.”

Among her favorite memories is playing Winnie

Foster in “Tuck Everlast— confident both on and off the



Maci Johnson in “The Diary of Anne Frank.”

ing.”

“It was one of the only times I’ve ever cried because a show was ending,” Johnson says. “It was so much fun. The music was beautiful, and it made me so happy to be part of that group.”

For Johnson, theater has become about much more than performing.

“It’s a break from reality for a little while,” she says. “The community has a lot to do with it. I’m on stage performing with people that I love and want to spend more time with.”

She says Powerhouse helped her become more

stage.

“Most of my friends at school are sports people,” Johnson says. “I’m a theater person. It helped me realize it’s okay that we all have different interests.”

Discovering her people One production, “Seussical,” proved especially meaningful.

“‘A Christmas Carol’ was fun, but it wasn’t until ‘Seussical’ that I discovered my people,” Johnson says.

She credits veteran performers Katie Duncan and Tess Hodges, who portrayed her parents in the production, with making her feel wel-

come from the beginning.

“They were so warm and welcoming,” she says. “I immediately fell in love with both of them. They’re amazing people and amazing performers.”

Johnson also credits producers Bryan and Johanna Halperin with helping her grow both as a performer and as a person.

“They’ve been such a great support system,” she says. “They helped me know how supportive the community was and helped me open up and explore more as a performer.”

Now one of the company’s more experienced youth performers, Johnson enjoys welcoming younger cast members and encouraging them to become part of the theater community.

About Powerhouse

Founded in 2020 as the resident theater company of the Colonial Theatre in Laconia, Powerhouse Theatre Collaborative builds community through community theater. The nonprofit welcomes performers ages six to more than 90 through large scale productions, workshops and its Power Chords

choir.

While audiences often comment on the professional quality of its productions, producers Bryan and Johanna Halperin say they are most proud of something else.

“Participants not only get a chance to fulfill their artistic desires, but find an instant family to connect with,” Bryan says. “Our shows may be award-winning, but we are most proud of the theater family we have built at Powerhouse.”

More than 450 people have participated in at least one Powerhouse production, and 50 performers have earned membership in the organization’s 10 Show Club and three in the 25 Show Club; the clubs recognize milestones for people who have made a commitment to the group.

Johnson believes organizations like the Greater Lakes Region Children’s Fund make those experiences possible. “I think anything that provides opportunities for kids in this area and supports Powerhouse is amazing,” she says. “I’m very grateful.”

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Playhouse presents a classic thriller

MEREDITH — The setting is a basement apartment in Greenwich Village, circa 1944. A terrible crime has been committed, and married couple Sam and Susan Hendrix are about to find themselves caught up in a cat and mouse battle with dangerous commen. Little do the couple know that a valuable item has been stashed in their home and the men will stop at nothing to find it.

Jeffrey Hatcher's adaptation of Frederick Knott's classic thriller "Wait Until Dark" takes to the stage at the Winnepesaukee Playhouse from July 31-Aug. 8. A hit on Broadway that was then turned into a film with Audrey Hepburn, this masterfully constructed thriller moves from one moment of suspense to another as it builds toward a heart-stopping finale.

The Playhouse's production is directed by Teisha Duncan, who returns after being at the helm of successful past productions like "Jersey Boys" and "Agatha Christie's Murder on the Orient Express." Jamaican-born Duncan is a master storyteller who excels at bringing out finely tuned performances from the actors she works with.

Duncan says, "At its heart, 'Wait Until Dark' is a masterfully constructed thriller, but beneath its suspense lies question that has stayed with me throughout this process: How do we define home? Is it a place? A person? A memory? A feeling safety?"

The cast includes New Hampshire native Karina Ithier as Susan and Arizona-based ac-Marshall Glass as Sam. Seth Hatch, Osama Mahmoud Ashour, and Dustin Teuber all return to the Playhouse after performing past seasons. The cast also cludes Wolfeboro's Jer'zori Boisert, a talented 13-year-old who plays the Hendrix' precocious neighbor, Gloria.

The Playhouse's 2026 Professional Season which is sponsored by R&D Paving and Lakes Region Community College. The production further sponsored by Laura and Gary Stephan. Tickets are available at www.winnepesaukeeplayhouse.org.

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Safe Haven Ballet brings "The Nutcracker" to the Colonial stage

LACONIA — The Colonial Theatre of Laconia will present the Safe Haven Ballet's "The Nutcracker" on Sunday, Nov. 29, at 4:30 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

Safe Haven Ballet is thrilled to bring our spirited, full-length ballet of "The Nutcracker" to The Colonial Theatre of Laconia! This dynamic performance includes all of your favorite characters including a strong-minded Clara to the eccentric Drosselmeyer, the spooky Rats, as well as our beloved Sugarplum Fairy danced by artistic director, Lissa Curtis.

In the Land of Sweets you will be introduced to a variation unique to Safe Haven Ballet called The Brave American. Come sing and clap along to this spirited, patriotic piece!

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

The original owner of the Colonial Theatre, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain

depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609

Main Street, Laconia, NH 03246. www.coloniallaconia.com

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 at plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

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