

# Barnstead Elementary celebrating Digital Citizenship Week

BARNSTEAD — School will participate in a week-long program highlighting the themes of digital citizenship. The nationally recognized Digital Citizenship Week will take place Oct. 18-22. The week will re-engage students

around how technology impacts their lives, and how they can use technology to make a positive impact in the lives of others. BES digital citizen students are those who use technology responsibly to learn, create, and participate. The K-8 program is an extension of the year-long curriculum from Common Sense Education, which promotes the digital and social-emotional well-being of BES students. Grade level themes of digital citizenship that will be explored each day are self-awareness, self-management, responsible decision making, relationship skills and social awareness. The program also includes a family component that will be sent home during the week. BES families and the community of Barnstead are integral parts in helping to guide students to be good digital citizens. BES students are online more than ever before. Teaching them how to use technology thoughtfully and responsibly is an essential part of their social and emotional development and academic success. For an overview, please watch the short video Why Teach Digital Citizenship [https://youtu.be/\\_diX8st1b04](https://youtu.be/_diX8st1b04). If you would like to know more or to help in connecting these themes at home, please contact Peter Osiecki, BES technology teacher and digital learning specialist at [posiecki@mybes.org](mailto:posiecki@mybes.org).



KATHY SUTHERLAND

## Home meet

The Prospect Mountain cross country team hosted Mascoma in a meet on Saturday morning. The team's seniors were honored prior to the meet. Left to right, Emily Shurtleff, Charlize Locke, Hannah Capsalis, Amber Ferland, Veronica Dowd, Deuce Smith, Dennis Simpson and Liam White. Also pictured are Smith and Emily Seigler clearing the rock on the Prospect Mountain course. The Timber Wolves are slated to be at Merrimack Valley today, Oct. 21.

## Meetinghouse Merry Meetings kick off this Saturday

NEW DURHAM — The 1772 Meetinghouse Restoration Committee announces Meetinghouse Merry Meetings, a series of free open house events with a different theme each month at the 1772 Meetinghouse on Old Bay Road. On Saturday, Oct. 23, the building will be open for tours from 1 to 3 p.m. Cooking and baking artifacts from the 1800s and early 1900s will be on display, along with samples of Johnny cake and mulled cider. Native American artifacts and that colonial favorite Indian pudding will be the highlights of the pre-Thanksgiving Merry Meeting on Saturday, Nov. 20, from 1 to 3 p.m. A holiday interactive presentation of "Twas the Night Before Christmas," a winter story, and a colonial-era craft will round out a fun afternoon for kids on Saturday, Dec. 11, beginning at 1 p.m. The 1772 New Durham Meetinghouse is one of only five remaining pre-Revolutionary War

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## Prospect girls battle to scoreless tie with Lakers

BY JOSHUA SPAULDING  
Sports Editor

MEREDITH — When the Prospect Mountain and Inter-Lakes girls' soccer teams last met up, the Lakers took care of business in Alton. The second meeting between the two teams came on Friday afternoon in Meredith and the two

teams battled through 80 minutes of regulation and another 20 minutes of overtime with neither team putting the ball in the net and they settled for a scoreless tie. The Lakers got the first few chances on their home turf, with Lily Richardson sending a shot wide of the net. At the oth-

er end, Piper Flood sent a ball in to Sarah White, but the Laker defense of Julia Pendergast and Riley Ferrante turned the bid away. Flood had another cross that missed the mark in front and sent White in for another bid that went wide of the net. Anna Carpentiere had a good defensive stop for the Lakers and White had a shot stopped by Laker keeper Joscelyn Boucher. Laker Ali McCarthy made a nice run down the sideline for bid but her shot went wide of the net and Richardson sent a ball in just ahead of McCarthy, with Prospect keeper Reese Burke making the stop. The Lakers got another bid from McCarthy that was cleared out by the Prospect defense and Allana Poehler had a good cross that Juliette West cleared out of the

zone. The Lakers had a corner kick but West was there to clear that out as well and Kenzy Holden made a good block of a bid from McCarthy. Prospect's Olivia Noyes just missed connecting with Flood and Ava Tibbs had a good cross that also just missed Flood in front. Jaden Burt made a run in for the Timber Wolves but Kate DeTolla was there to turn it away. The Lakers got a nice boot in from Lianna Keenan to Poehler, but the shot went wide of the net. Keenan made another run into the zone, but Noyes and Celia Argue were able to turn the ball away. Erin Furnee sent a long shot just wide of the net for the Lakers and Keenan just missed connecting with McCarthy, with Burke coming out to make the grab. White just

SEE SOCCER, PAGE A8

## National Honor Society hosting Trick or Treat at PMHS

ALTON — The Prospect Mountain High School National Honor Society will be hosting a Trick or Treat night at the high school on Wednesday, Oct. 27, from 5 to 7 p.m. This is a family friendly event that will include trick or treating throughout the school as well as some fun carnival activities. Don't forget to wear your best Halloween costume. Masks and social distancing are strongly encouraged and they thank those attending for helping to keep everyone safe. They look forward to seeing you there.



ELISSA PAQUETTE

## New staff member?

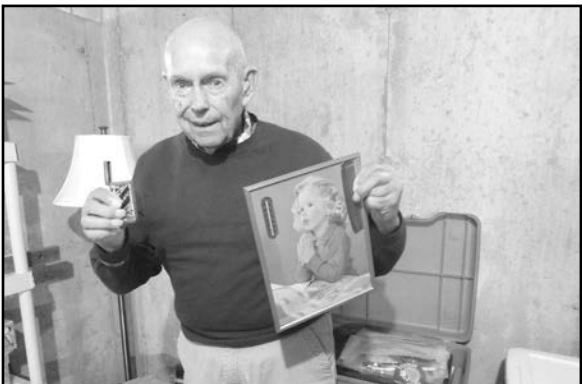
This scarecrow mows the grass in preparation for Halloween at the Alton Department of Parks and Recreation. The department announced that Trick or Treat will take place on Oct. 31 from 5 to 7 p.m.



# ABA monthly member highlight: Bella Winni Salon

Every month the Alton Business Association sits down with an ABA member to get to know them a little better. For October, they spoke with Jessica Rothwell-Molea, owner of Bella Winni Salon. They ask each member the same questions, providing an opportunity for

members to highlight the important work that they do in the communities. If you're an ABA member and would like to be considered for future Monthly Member Highlights, please reach out via e-mail at [info@altonbusinessassociation.com](mailto:info@altonbusinessassociation.com) Q: Tell us about your



COURTESY PHOTO

## History ace

Alton resident Bob Witham needs very little prep for his talks for the Alton Historical Society. For his latest presentation, *Anything Alton History*, he dove into his seven trunks of memorabilia and came up with some prompts to stimulate discussion, such as old photos of the fire company and railroad stations, a souvenir license plate, a collection of old tax bills and a listing of all the Alton graduates by year. It's worth noting that the class of 1945 was made up of only girl graduates, as all of the young men were off to war. Here, Witham holds a match box from around the turn of the 19th century, a comb from the Roller Skate Pavilion that dates from the 1950s, and a 1940s thermometer from Wyman's Garage, advertising Chevrolet and Frigidaire, as that's where locals bought their appliances.

## Foley Freedom Run set for Oct. 23

ROCHESTER — The James W. Foley Legacy Foundation announced its seventh annual Freedom Run, which will be held on Saturday, Oct. 23, in Rocheste, and virtually around the world.

The run honors the memory of Jim Foley, an American journalist, educator, and humanitarian who was kidnapped in 2012 while on assignment in Syria and publicly executed by ISIS in 2014. Foley was raised in Wolfboro and graduated from Kingswood High School.

The Foley Run raises money for the work of the Foley Foundation, which advocates for the freedom of all Americans held hostage and wrongfully detained abroad and promotes the protection of journalists working in dangerous areas through preventive safety education.

The Foley Freedom Run consists of a traditional 5K run/alk held in locally in Rochester and a “virtual” run/walk, held all over the world.

It seeks to raise \$100,000, and this year thousands are expected to participate across the globe.

“The Foley Freedom Run honors Americans like Jim who have lost their lives to protect our freedom and free speech that were so important to Jim’s work as a conflict journalist,” said Diane Foley, mother of Jim and founder of the foundation. “In the years since his death, we have dedicated ourselves to efforts to bring American hostages home and to improve support for their families. Helping aspiring journalists stay safe is an equally important part of our mission.”

To join the 2021 James W. Foley Freedom Run, visit [www.foleyrun.org](http://www.foleyrun.org). Race participants can register for the event as an individual or a team leader and share stories and pictures about what the event means to them. Contributions to the run can also be made via the event’s web site, [www.foleyrun.org](http://www.foleyrun.org).

business?

A: Bella Winni Salon is a full-service salon offering a wide range of beauty and spa services including hair, nails, lashes, facials and much more. We have been in operation for almost five years. The salon is named after Lake Winnetka, other meaning of beautiful water in a high place. We seek to offer a place of tranquility that represents and creates the peacefulness atmosphere of our lakes region. We strive to make our guests not only look their best but feel their best reflecting their inner beauty outward.

Q: Tell us about yourself.

A: I live in the community of Alton with my husband and two adorable kitties. I enjoy yoga, nature, golfing, boating and our beautiful lakes.

Q: How did your business get started?

A: Starting at the age of 12, I developed a strong work ethic that I feel my parents inspired. I followed a career path of cosmetology directly after high school mostly to appease my family and have a career that could put me through college (once I figured out what it is I wanted to do), luckily

for me I fell in love with making people feel good about themselves. Along with my work ethic and jobs that helped shape and mold me to entrepreneurship. Working seven days a week for two years I earned enough to start my own business. My husband and I designed and constructed the salon from start to finish. His support as well as the encouragement of our family, friends, and very loyal clients are a huge part of my pursuit of business ownership. Bella Winni Salon wouldn’t have been possible without many helping hands. As they say.. “It takes a village.”

Q: What has your relationship with the Alton Business Association done for you or your business?

A: Alton business association has helped to advertise and promote many benefits we have held. Offering support and guidance they are an asset to the community.

Q: What do you value most about this community?

A: Small towns support each other in the biggest way possible. Many of my clients have been with me for more than 10 years. I’ve watched them celebrate life’s

blessings as well as navigate its challenges. I’ve watched children grow up graduate college. I’ve met visitors from all over the country and beyond. Small towns may share many different personalities but there is a different kind of respect for each other and our community that isn’t felt everywhere else.

Q: Why did you want to open your business in this community?

A: I started out my cosmetology career in Alton. My clientele has grown far beyond Alton but it is centrally located and convenient to most. I grew up as a child visiting our camp on the lake. Nowhere else has ever felt like home. It’s where I’d like to own a home and raise a family. Plus, like I said the community supports one another in a way I haven’t experienced elsewhere.

Q: What business accomplishment are you most proud of?

A: All of them as it was not an easy task opening a business. The last four years have taught me so much as a young entrepreneur. I’m proud of my resilience over the last few years especially. I’m lucky and humbled to be able to have kept my

business doors open. I’m presently most proud of the team of employees I have today and that not only do our clients look forward to visiting but they look forward to coming to work.

Q: What does the future hold for you and your business?

A: If you know me then you never know lol. I have so many ideas. I hope to continue to grow and provide a space for others to escape life’s stressors. I hope to be able to provide jobs for our community and more services to our clients.

Q: What is one piece of advice you wish you had as a new business owner?

A: Manifest your dreams and believe in yourself. When you doubt and negative thoughts creep in brush them off. Positive thoughts create success. If you get up every day and continue to try your consistency will prevail.

Q: How can people who want to learn more about you or your business get in touch with you?

A: [www.BellaWinni.com](http://www.BellaWinni.com), Instagram/Facebook @BellaWinniSalon, phone: 875-4114 and e-mail is [Bellawinnisalon@gmail.com](mailto:Bellawinnisalon@gmail.com).

## Taylor Community and Wright Museum release second “Faces of Taylor”

WOLFEBORO — Reaching into his back pocket, William Cronin retrieved his wallet and pulled out a few essential pieces of history – a part of his own past that he keeps close by his side to this day. These pieces of history, now tattered and worn, were his official military documents from WWII, which is just part of the story he shares in the second installment of the recently released Faces Of Taylor video series.

“I entered the war halfway through my sophomore year in high school after Pearl Harbor because I wanted to protect my country,” Cronin explained.

Joined by his wife of 70 years in the filming of his segment on Faces of Taylor, Cronin shared many of his adventures during WWII, including why he selected the Navy as his branch of choice.

“I went into the Navy



because I like to fish,” he laughed, as he explained that while growing up in New England he had always enjoyed fishing.

“There were three fishing rod outfits on board, and I fished at ports where there was no action,” added Cronin, who said he was close with the chef on board

who had the rods in his possession.

In sharing his experiences, Cronin also expressed some of the hardships he experienced while overseas, including the difficulty he had spending time away from his family.

“I had a good mother and father and a good

family, thank God,” he said.

Expressing appreciation at Cronin’s candor throughout the segment, Mike Culver, executive director of The Wright, said Faces of Taylor underscores something most people today do not consider when thinking about WWII.

“Many of the men and women were teenagers when they enlisted,” he said. “Some of the people that went off to war were little more than kids at the time. It is pretty extraordinary to think of the courage they had to make the sacrifices they did at such a young age.”

Gretchen Gandini, Director of Development and Community Outreach at Taylor Community, agreed and said Faces of Taylor has “stirred up many memories” for residents.


“It has been an incredible experience to see their faces light up as they share their life stories,” she said. “That is really the best part for me.”

Faces of Taylor will culminate in a 30-minute pre-recorded video that will be released in the fall as part of a special virtual event that includes additional interviews with residents.

In addition to Faces of Taylor, Taylor Community is co-presenting Shaped by Conflict: Mementoes of the WWII Era, an exhibit that provides an in-depth look at common mementoes and personal items of the WWII era. Additional exhibit sponsors include some items in the exhibit, co-presented by Weirs Publishing Company and John and Evelyn Frank.

The region’s leading resource for educators and learners of all ages on World War II, the Wright Museum features more than 14,000 items in its collection that are representative of both the homefront and battlefield. To learn more about Wright Museum, or Faces of Taylor, visit [wrightmuseum.org](http://wrightmuseum.org).

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# Alton Garden Club visits Applevue Orchard



COURTESY PHOTO

THE ALTON GARDEN CLUB visited Applevue Orchard in Pittsfield on Oct. 15.

ALTON — On Friday, Oct. 15, the Alton Garden Club held its final meeting of the 2021 season.

The club was the guests of Dennis Straight, the owner of Applevue Orchard, located on Upper City Road, Pittsfield. The club was treated to a hayride through the orchard giving them a chance to see the many varieties of apples and other produce grown at the Applevue Orchard. Following the hayride, Straight gave a talk about apple farming and the high quality of locally grown apples and his 20-year history of running this historic farm. Later, the club members

were lucky enough to enjoy one of the treats of the orchard, homemade apple fritters. Applevue has a charming gift shop complete with homemade ice cream desserts and a bakery of homemade apple products from pies to crisp. Members were able to sit outside on a picture perfect autumn day under a covered structure at comfortable tables.

The Alton Garden Club would like to extend its thanks to all of the volunteer members who have planted and maintained the gardens and barrels throughout the season. Their efforts have kept the village and



COURTESY PHOTO

APPLEVIEW ORCHARD hosted the Alton Garden Club on Oct. 15.



COURTESY PHOTO

APPLEVIEW ORCHARD owner Dennis Straight spoke to the Alton Garden Club last week.

bay feeling "normal" and lovely during the last two seasons of a pandemic. The club would also like to personally thank President Peggy McKinney and Vice President Joan Blackwood, who have continued on as the leadership team and kept the group all connected and functioning. Usually, the job of president is a two-year term. With the current situation, they have

each served as president for two terms and co-chaired the job to be able to keep this organization going. The club will forever be indebted to them. The club would like to thank members Vicki Howard (of River Run Deli) and Michelle Hanley for allowing them to meet at their facility and homes. Hanley has also organized a new website, so members are able to

reach out to the community. To learn more about

the Alton Garden Club, please go to [altongardenclub.com](http://altongardenclub.com).

## Trick or Treat in Alton set for Halloween evening

ALTON — The town of Alton Trick or Treat hours are Sunday, Oct. 31, from 5 to 7 p.m.

### Virtual Halloween costume parade

In an effort to best display your Halloween costumes and make others smile, send a picture of your groups wearing their awesome Halloween costumes to [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov) by Nov. 1. Photos will be featured in a "Halloween costume parade" on the Alton Parks and Recreation Facebook page on Nov. 2. For some people this is their favorite holiday, share your great photos with everyone.

### Fall hike on Pine Mountain

Alton Parks and Recreation staff are leading a fall hike up to the top of Pine Mountain on Tuesday, Nov. 9, at 10 a.m. The hike is free and geared for all abilities. Hike solo or bring a friend. Check out one of the best hikes in Alton with a panoramic view of the big lake. Parking is available at the Mike Burke Parking Lot on Avery Hill Road. Sign up by Nov. 5 at [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov).

### Free weight training and Yoga Zoom classes

The Alton Parks and Recreation Department is offering free Zoom exercise classes for local residents. Classes are held live through Zoom, computer and internet access is required. Participants must register in advance to receive the class session link. Weight training - adults of all ages - Mondays and Wednesdays from 1:30 to 2:30 p.m. Muscle building exercises for a strong

body with stretching, balance and flexibility components too. Yoga for Fitness - adults of all ages - Fridays from 1 to 2 p.m. Class will feature traditional yoga postures, strengthening poses and stretching. Contact 875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) to sign up.

### DIY craft projects

Every Tuesday in November follow along to a new craft tutorial posted on the Alton Parks and Recreation Facebook page. Crafts include autumn leaf bowl; tin can luminary; framed puzzle; thankful jar, and tea light ornament. Homemade crafts make great gifts for special occasions and are a fun activity for the whole family to do together. Supply lists will be posted on the Facebook page or contact the office at [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov) to have a list sent to you.

### Line dancing lessons

Line dancing lessons continue this month at the Alton Bay Community Center on Thursdays from 1:30 to 2:30 p.m. Adults of all ages and abilities are welcome. Register on site.

### Adult pickleball

Join in the fun with free organized play for experienced adults (18+ years). Experienced players meet Mondays, Wednesdays, Fridays and Sundays at the Liberty Tree Park Courts from 8 to 11 a.m. Program is ongoing. Register in advance with the link on the town of Alton web site or at <https://www.signup-genius.com/go/30e0b-4daea82ba0fd0-byinvitation>. Please park across the street from the fire station.

## Community Church of Alton offering parenting workshops

ALTON — The Christian values that once established lives and homes are rapidly changing. Since God, the creator of life, established these values, they must remain the manual for every aspect of life if people desire health and success.

The Community Church of Alton family invites people to join them for a series of parenting workshops that will equip you with the

tools needed to build for success.

The instructor is Rev. Dr. Sam Hollo of the Community Church of Alton. As a Pastor and Doctor of Marriage and Family Counseling, he is uniquely qualified to guide parents, at all levels in the practical and spiritual training essential for success. He is the Director of The Carpenters Workshop, a comprehensive, preventative training

program for single adults, marriage, parenting and grandparenting.

The cost of 25 will cover six weeks of the training session and will be for the materials used in each stage of the training.

They will hold the training at The Community Church of Alton at 20 Church St., Alton. For more information and to sign up in advance, please call the church office at 875-5561

Each session will be held once weekly for six weeks.

The Fall schedule is Parenting Young Children (ages 1-5) Wednesday evenings 7-8:30 p.m. Oct. 20 and 27, Nov. 3, 10 and 17 and Dec. 1.

The Winter schedule is Parenting Older Children (ages six-12) Wednesday evenings 7-8:30 p.m. Feb. 9, 16 and 23 and March 2, 9 and 16.

The Spring schedule is April 20 and 27, and May 4, 11, 18 and 25.

## Friends of Music announce William H. Gibson awards

WOLFEBORO — The Wolfeboro Friends of Music has for more than a decade given awards to the students of the Governor Wentworth Regional School District in memory of William H. Gibson, who was for almost 20 years the music director at the Kingswood Regional High School. Awards have been for voice and instrument lessons, instrument purchases and instrument upgrades. In addition, each year two

graduating seniors are given cash awards in recognition of their contributions to the music program and each summer up to six students have been full cost awards to attend music education camp at several regional music institutions.

This year the WFOM is once again announcing awards from our William H. Gibson Fund. This fall awards are for sixth to 12 grade students and for lessons or instrument

purchase.

Each year approximately \$2,000 in awards in these categories are available to qualified applicants. Funds may be applied for the support of the purchase of musical instruments or music lessons. Application forms and instructions are on the WFOM web site ([www.wfriendsofmusic.org/education/educationawards](http://www.wfriendsofmusic.org/education/educationawards)). Award applications must be received by Nov. 15.



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## We Will NOT be Undersold



## Why do people enjoy being scared?

With Halloween just around the corner, scary movies, goblins, monsters and all things Freddy and Jason are re-surfacing as they do each year. One of the scariest novels by far is Stephen King's *It*.

When this editor was in high school, an attempt to read the original 1,138-page novel did not go so well. Being far too scared by chapter three, the book was closed and has been collecting dust since. An avid reader of Dean Koontz, the thought of reading *It* didn't seem so scary, but I digress.

When the film was released in 2016, this editor took another stab (see what I did there) at the story, this time via motion picture. It was not scary, maybe a 20-plus year gap between the attempt to read the novel and see the film played a role in that. Disturbing, yes, but not scary.

This brings us to Bangor, Maine, the home of Stephen King. The trip from New Hampshire and into Maine was vast, with winding roads and houses scattered far apart. Small towns were passed and if you blinked, you would miss them. Farm stands and old farmhouses lined the roads and we could see why it would be the perfect place for an author to relax their minds, and get creative.

The interest to go and see Stephen King's home wasn't planned, it was more of a 'since we're here' type of situation. The downtown area was quaint and had less people than one would think on a sunny Sunday morning. King's home was located just about a mile from the downtown area.

Anyone with any knowledge of the famous author could pick his house out right away. Red balloons were seen swinging and bobbing from the tall black gates, with iron cobwebs and a bat at the top. Our guess is that the balloons were placed by enthusiastic fans, however a closer look and one will notice a red balloon inside the home, peeking from a window. Thank you, Stephen, for playing along. King is said to be the best horror writer of all time. Before him, Bram Stoker who wrote *Dracula* in 1897 was the one to read for a good scare. A story about the *Dracula* Festival in Whitby, England, I'll save for next week.

A conversation with the Editor in Chief for Salmon Press, brought us the knowledge that King, was working as an Associate Professor of English at the University of Maine, barely making ends meet, when his wife rescued the manuscript for 'Carrie' from the trash and sent it to Viking, his original publisher. The rest is history.

So brought forth the question, 'Why do people like being scared?' Human beings have been telling ghost stories and doing other fear producing things, such as jumping from cliffs or entering haunted houses since the dawn of time, but why? There are some people who abhor being scared and those who love nothing more. Horror has become, fun and a major pillar of the entertainment world.

Experts say there is a rush from the fight or flight response. This happens when a person feels threatened. That natural high can leave some people feeling great. The Excitation-Transfer Theory could play a role as well. This is when a group experiences extreme emotions together, which can build stronger relationships. The oxytocin released tends to make those moments more prevalent in our brains. There is also the Reward Pathway Theory, in which the brain thinks you're in danger while watching a scary movie or reading a horror novel. When the story is over, your brain 'likes' not being scared, therefore provides a reward.



### Paddle time

Isaac and Ben Dreyer paddle toward Wentworth Pond in Alton last week. Dad Ben says Isaac just turned five. The two camped out the night before to mark the occasion. He hopes their outdoor adventure will become a family tradition.

## Letters to the Editor

### A penny saved

To the Editor:

Personally, I think people who are conservative should put their money where their mouths are. They should stop wasting it on frivolous things like campaign rallies, when the only thing to see at really big rallies is one of history's saddest stories. Who, if you listen to that particular sad, sought, has more than enough money. He should, after all, it was acquired, so it's been rumored, over the last four or five years, out of graft and corruption while he vacationed in Washington, D.C. He and his family made some loose change, doing the capital 'hotel gains' shuffle from 2016 to 2020.

A traditional conservative, one who holds onto the ideals of small government, law and order, supporting police unions, strong military, and big defense budgets, who have moral fiber, and ethical fortitude, and wait for it... don't lie. Hard to find one of those a conservatives of old, 'the penny earned, is a penny saved' thought to be from Ben Franklin's Poor Richards Almanac, then there was, "When you want to help people, you tell them the truth. When you want to help yourself, you tell them what they want to hear." Quoted from Thomas Sowell. Sounds like what the guy at the rally was saying, "I lost both the elections," oh, no. I misquoted him, sorry, it was more like "I couldn't have won" no it was, "I'm a fraud," well in any case you get my meaning.

Sound like anybody you know? No, I do not either. Those conservatives have all headed for the hills in hopes they will not be called upon to give aid and

comfort to the enemy of the people, the new Re-trumplicans. By chance did you see some of the supporters at the last rally and what they said? Move over Jesus you're being replaced. These newbies are sure feeling their oats cause lord knows, they will tear down the halls of Justice, Congress and the capital buildings, or anything else that gets in the way of their God. He cheated, and was still denied, twice, they will not let that happen again. Then there are the born again crowd who will be used again, and again isn't that what it's all about again, again. All the while "We the people" will endeavor to waste another four years, after the four that are being wasted now because it looks like Biden's plan to 'build it back better' is being held hostage by two who have yet to be caught in the light of day kissing the feet of the loser that was and still is. How sad, and sorry the day will come when your grandchild may say unto you, "how could you? How could you have voted to throw away our freedoms? Along with everyone else's? You couldn't have tried to include everyone, in the share the wealth program you had to keep it only for the already rich." Then I imagine, your grandchildren will be put in a box car and shipped to the East. You laugh it has already happened, with a simple look the other way, telling yourself it can't happen here. Only make-believe dreams that turns to a nightmare. Ask Anne Frank. She will tell you. Something bad happened.

John Q. Henderson  
Barnstead

## LETTERS FROM EDWIN

### Upbringing

BY EDWIN TWASTE  
Contributing Writer

I'm sitting here in the old Caravan passenger seat on my front porch. It's a real nice day and aside from the distant sounds of wheels rolling down roads, the only thing I hear other than my ringing ears is the tapping of a woodpecker. You may be wondering how I can be sitting on the passenger seat of a Caravan on my front porch?

Being a 60s kid, I was raised to be concerned for the environment. What my generation was taught was that we all needed to recycle to save the planet. This generation has been raised to believe that they have to destroy society in order to do the same. Like myself, this generation has swallowed it hook, line, and sinker.

Decades ago, the Chrysler Corporation created a magnificent new vehicle design that combined the comfort and ease of a car with the practicality of a van. I've had many of them. Being in bands, they were small and carried a lot of equipment. Many a family found

that to be the case also.

To make more room, the seats were easily removable. I don't recall the reason for having taken out the front seat, but it ended up on the front porch. It's still here. And in fact, quite comfortable. A bench seat sits on top of a trunk a few feet away. I kind of hide them from the snow in the winter and right them when the spring comes.

To prove just how truly anal I am about recycling, I just finished loading my creosote bags for the season. You may now be wondering what a creosote bag is? First I need to give you some prepping. Since I heat with wood, a renewable energy, I need to clean my chimney every summer to remove any creosote, which is basically condensed smoke. Or more precisely, unburned wood.

All season long, I save my sugar bags because they are double bags and are quite strong and a good size. So I just took the bucket of black powdery stuff that's been sitting under the porch for a few weeks, and scooped it into a bunch of sugar

bags, folded and stapled the tops closed, and put them aside for later. When wood stove season gets going, I just throw in a bag or two and they burn just like coal. No sense wasting a little smoke. And just like all my vegetable waste that I feed to the worms in the cellar, I'm not throwing this stuff in the dump. I'm reusing it.

Some friends came here visiting this weekend. We had nice holiday gathering and somehow the subject of the worm bin came up. Some of them, being new to Twaste Estates, needed some explanations. One friend mentioned it to his wife about my worms, and instead of wonderment, she expounded "my father did that." You see, I'm not that esoteric.

I find it really hard for me, to go to the "transfer station" and see everything that people throw away. I've always been that way. I would go with my father to the dump and want to bring something home with me. That wasn't allowed. I still eye the stuff with want in my heart, but have learned

over the years of accumulating so much of my own, that I really don't need any more.

The sun is now getting close to the horizon and my stomach is telling me that I haven't eaten since breakfast, so I know that it's time to motivate myself toward the kitchen. I'm surprised that the cat hasn't let me know that feeding time is upon us. She's patiently sitting over there by the door cleaning herself. She knows that I'm occupied.

Surprisingly, some people tell me that they never eat leftovers. That to me is total waste. In fact, I'll be throwing together myself a potpourri of them shortly. My mother used to make the best leftovers. I just loved them. They can actually be better the second time around.

She was a depression kid and we were brought up to clean our plates. I sometimes find myself over eating in order to comply with my upbringing. It's pretty scary to think that there are now people out there who are similarly as anal as I am, only about destroying our society.



# North Country Notebook



By JOHN HARRIGAN  
COLUMNIST

How did the bottleneck of unloaded container ships on the West Coast “sneak up” (to quote one reporter) on an entire nation? How did a shortage of truck drivers, and the shortage of labor in general, catch the nation’s leaders by surprise?

Why has nobody even bothered to ask these questions? How could such vital links in the chain of goods and services escape the notice of career senior officials who are paid to notice these things?

Surely someone noticed the months-long buildup of those giant ships out there, visible from shore, waiting to be unloaded. Don’t we have federal departments of Commerce, Labor, and Transportation, whose senior officials are supposed to know what’s going on?

All this, as the cartoon captions say, is just too much. People are fed up with being cooped up and want out. Businesses that have struggled to stay open need some semblance of normalcy. If there’s one thing everyone doesn’t want, it’s another surprise.

And now this - scores

## A journey from source to sea on the river of the Coashaukee

of unloaded ships, riding at anchor. Obviously, heads should roll. But in an age when we seem to have lost so much, we can add “accountability” to the list.

+++++

Last week’s mail brought a letter about a hunter distressed by the increasing amount of posted land. For babes in the woods, this means signs every 50 feet (or so) saying “No Trespassing,” or “No Hunting,” or variations of same.

There are many aspects to this issue, a good many not so obvious, and over the years I’ve described the line between a lot of posted land (down below the notches) and not much (north of same) as “creeping north,” and in general, it used to be a pretty slow creep. For this hunter, it seemed to be more like a gallop, and in too short a time there was no open land.

But instead of just complaining, he took the direct and personal approach, and visited the landowners to ascertain the situation. They were happy to let him hunt the land. His wife was proud of him and wrote to tell me the story.

There’s a lesson here, not the least of which is that the best approach is often the simplest one.

+++++

Various state and federal wildlife agencies re-



GEORGE T. MCCONNELL II – COURTESY PHOTO  
GEORGE MCCONNELL waded into the water early one morning to get this photograph of sunrise over First Connecticut Lake. “Morning coffee,” his note said, “the sense of beauty.”

fer to highway accidents as “bear strikes” and “moose strikes.” News media, however, keep right on reporting such incidents in layman’s terms.

Meanwhile, in the Language Mangling Department, verbs are becoming nouns. A town budget request for a new plow truck, in the new parlance, becomes “an ask.”

And a project to put up a new hospital wing becomes “a build.” Ergo, we can expect to see such a sentence as “Town officials will have an ask this year for a donation toward the hospital build.”

+++++

Clearing your desktop (literally) can turn up some interest stuff, and the computer cleanup isn’t too shabby either. My notes from Belk-

nap’s History of New Hampshire hark back to books in my upstairs library, in which little pieces of paper mark scores of interesting passages.

First contact between aboriginal people and European explorers intrigues me no end, and such stuff tends to lodge in my thick French-Irish skull, sometimes in diminishing detail.

The Connecticut River is about 410 miles long, from its source at Fourth Lake in Pittsburg to its debouch at Old Saybrook, Conn., in the Long Island Sound. It was and is an amazing river, and the farther north one goes, the less is known about its history.

For instance, the Jesuits sent missionaries down to the upper parts of major rivers in the East shortly after France’s colonies took root along the St. Lawrence—the St.

John’s, the Penobscot, the Kennebec, the Piscataqua, and of course, the Hudson.

Wouldn’t it have been logical to do the same with the Connecticut? Yet I’ve found only one mention of it, and I can’t remember where.

It’s well known that Rogers’ Rangers had an alternate retreat route to use after their 1759 raid on the St. Francis Indians. This route was laid out in the event that their bateaux, used to get them to the north end of Lake Champlain, were discovered by the French and Indians, which indeed they were.

The backup route included a little fort on the Connecticut River called Fort Wentworth, at either Wells River or much farther upriver in Northumberland (Groveton).

And here is the intriguing part of what I’m carrying around in my head: Fort Wentworth, which Rogers himself may well have built, was said to have been constructed on the site of an old mission, and even using some of its materials.

Now, to follow this thread a bit further, one would have to visit the Jesuits’ New World base in Quebec City and/or Montreal, with someone

whose French is a lot better than mine. Surely their annual reports (known as the Relations) would have a good deal to say about a mission near the headwaters of one of the East’s major rivers. And wouldn’t that be a nice piece of work.

+++++

When Murphy Dam was completed in 1939, it flooded the Connecticut River valley almost to its primary source at First Connecticut Lake, obliterating 17 farms and buildings, two schoolhouses, and a couple of cemeteries. All the buildings were razed, and the cemetery remains moved to new sites.

Some foundations and bridge abutments can be seen in times of low water, which has certainly been the case this summer. Old photographs offer bucolic scenes—the interspersions of farmlands, woodlands and mountains, taken from the old road that wound up the valley.

The Lake Francis project was part of Franklin Roosevelt’s post-Depression New Deal and was promoted as a means of preventing seasonal floods downriver. Reports at the time said many farmers were eager to sell their land.

The study of anadromous fish (migratory sea-run species) was a side-light to the Lake Francis project. New information augmented previously collected history. The study concluded that before dams far downriver put an end to spring spawning runs, Atlantic salmon made it upriver at least as far as First Connecticut Lake.

Please address mail, including phone numbers for questions, to campguy-hooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.

## STRATEGIES FOR LIVING

### The making of a model

BY LARRY SCOTT  
Contributing Writer

[From the Epilog to *The Making of a Model*, now available through Amazon in either eBook or paperback format]

Joni Eareckson Tada was rapidly reaching a crisis point. Quadriplegic from the age of 17 as the result of a diving accident, she had fought years of chronic pain, breast cancer, had had a mastectomy, and had now contracted pneumonia.

“The second night, Ken and Joni came to a time that seemed to be the ‘worst of the worst’ of what they had faced together through the years. It was an anguished, turbulent nightmare of a night, as Joni’s pain, weakness, claustrophobia, and nasal and lung congestion launched simultaneous attacks on her body.

“On the third near-sleepless night for them both, Joni woke her husband for the fifth time—once again, she needed help blowing her nose. Lying in bed, gravity was her enemy and her lungs were filling up faster than she could expel the phlegm.

“Ken, I’m seeing spots,’ she mumbled, ‘I can’t ... breathe’ her

voice trailed off. ... Joni wheezed and then dropped her head again. ... ‘Don’t give up now,’ Ken almost shouted. ‘Don’t quit on me—you can do it. BREATHE!’ He gave another hard push on her abdomen. ‘Come on, Joni! Breathe!’ ... There was a rasping sound in her chest, but a few minutes later, she was able to expel more phlegm. Both began to breathe easier.

“Just before Joni drifted off to sleep, she sensed that the approaching hours would be particularly intense. In the dark, in a whisper so as to not awaken Ken, she prayed, ‘Lord, I’m afraid it’ll be worse next time. Would You show up in some special way? When I wake up an hour or two from now—and I know I will—please let me see You, feel You. I need You, Jesus! Let me know that You’re there and that You’re with me.’

Later that same night, when she awakened again, pain seemed to fill the whole room. She called Ken, and he came to her, stepping into the dim illumination of the bedside lamp. Suddenly, Joni turned her head and looked up at him, eyes wide with wonder.

“It took him by sur-

prise. Was she hallucinating? What was she seeing?

‘You’re Him!’ she said. ‘I ... I don’t understand, Joni.’

‘Ken ... you’re Him! You’re Jesus!’

Fresh tears began to flow, and he dabbed them from her face with a tissue. ‘I’m not kidding. I can feel His touch when you touch me. I can see Him in your smile. I can hear Him in the tone of your voice. Right now! I mean it,’ she said with a sob. ‘This is what I prayed for. You are Jesus!’” (From Eareckson Tada, Joni and Ken).

In the worst of times, in the darkest night, indeed, Jesus was there, seen in the gentle touch, the call for courage, and the encouraging word ... given by a godly man called Ken.

We used to sing, “What the world needs is Jesus; just a glimpse of Him.” Never was that more true than the day in which we live. And, indeed, He can be found ... in the lives of men and women like you and me ... transformed, commissioned, and honored to serve as Living models of Jesus Christ.

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Learn about his first camp-based US women’s eight selection, under Harvard men’s coach Harry Parker, and their surprising run to a silver medal at the 1975 World Championships.

**November 11 at 7pm**  
**The Technological Revolution in Rowing with Jim Dreher**

Crew racer, coach and engineer. Jim has helped revolutionize the sport with high-performance carbon composite parts and has developed a wealth of experience with the sport.

All lectures are FREE. Please visit [nhbm.org/lecture-series](http://nhbm.org/lecture-series) for more information about the complete series and to register.

This project was made possible with support from NH Humanities, in partnership with the National Endowment for the Humanities.

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Christ suffered for you, leaving you an example, that you should follow in his steps. 1 Pet. 2:21

THE  
**Making**  
OF A  
**Model**

On Becoming a Living Image  
of Jesus Christ

R. Larry Scott

When Larry Scott returned home from work Monday evening, July 16, 1984, he noticed that familiar objects were missing, and his home was strangely quiet. It was the moment he had dreaded for weeks, his first evening as an ex-husband, the end of his career as a minister, and the beginning of a solitary existence that would last twenty years.

This is the story of a troubled life. It is also, however, the account of a man who rose from the mire to live again.

What you have here is a message of hope... evidence that when God is in control, all things do, indeed, work together for good. The maturing process is sometimes traumatic, always life-altering, but, under God’s direction, inevitably rewarding.

The author’s perspective will challenge you to believe that, no matter how difficult the journey, God can bring about beauty from the ashes of your life.

PLEASE NOTE: Amazon did not allow me to reduce the price as advertised last week, so price for the paperback version remains \$13.99. My apologies for any inconvenience. – Larry Scott

eBook: \$7.99    Paperback: \$13.99

**NOTICE**

Lakes Region Mental Health Center, Inc. will be holding its Annual Meeting via Zoom on Tuesday, October 26, 2021 starting at 5:15PM. If anyone wishes to attend, please contact Ann at [anichols@lrmhc.org](mailto:anichols@lrmhc.org) for the Zoom link.



# Milton celebrates Casey Road Conservation Land

MILTON — Applause and inspiration were the order of the day at the trailhead to Casey Road Conservation Land in Milton on an early October Saturday morning. The occasion was held to celebrate conserving this town-owned forestland. Attendees were enthusiastic in expressing their appreciation, while speakers encouraged

them to support land conservation and forestry education. The festivities began with the unveiling of a new sign to welcome visitors to the property. The handmade sign, designed and crafted by Bill and Deb McCormack, was warmly applauded and praised for its attractiveness. Neighbor Jeff LeClair commented af-



MILTON residents Deb and Bill McCormack unveil the new sign they designed and created for the town-owned Casey Road Conservation Land.

terwards, “I’m incredibly happy about it. It really makes you appreciate [the land] even more.” After this auspicious start, the group enjoyed refreshments and re-gathered at the trailhead. The first speaker, Cynthia Wyatt, long-time chair of the Milton Conservation Commission (CC), was introduced by new CC Chair Virginia Long, who appreciated Wyatt for her inspiring leadership and many years of service.

Wyatt recounted the history of conserving the property, a process that took over six years to accomplish and required several favorable warrant article votes by town residents. She went on to express thanks to town Selectman Andy Rawson, to Milton Fire and Rescue and Public Works Departments, to several board members and staff of local land trust Moose Mountains Regional Greenways (MMRG), as well as to the town Casey Road Land Protection Committee and to all the citizens of Milton for their support of the project. When Rawson spoke next, he in turn expressed gratitude to Wyatt for all she has done for the town of Milton.

MMRG Executive Director Jill Eldredge said MMRG was honored to be asked to hold the conservation easement on the property while the town continues to own the land. She named and thanked several local businesses who donated to the project, commenting that their support combined with that of seventy individual donors was critical to its success.

Long thanked the many volunteers who worked to clean up the land and improve the trails, including several members of the audience who raised their hands as others clapped.

MMRG board member Peter Goodwin, who created the trail map of the property, spoke about the conservation partnership between MMRG and the town of Milton’s Conservation Commission. He also reminded the audience of the economic value of conservation for towns.

Rawson and Eldredge closed the ceremony by cutting the ribbon across the trail, after which about half the group headed out for a walk led by MMRG board member Jon Nute. As a retired forester and having assisted with the parcel survey, Nute was well-qualified to impart much information that fascinated the participants. He described how this land and its forest have changed since the Ice Age 12,000 years ago and how today’s forest cover emerged from the field clearing of 200 years ago. Nute also spoke to specific tree species and options for managing this forest.

Nute’s final message was to urge participants to encourage the young children in their lives to consider a career in forestry, noting how it can be a satisfying vocation and one needed in today’s world. Wyatt had also concluded her talk with an inspirational message – exhorting the audience to take part in grassroots advocacy and support for voluntary land conservation efforts.

## Moe joins board at New Hampshire Boat Museum

WOLFEBORO — Serving 34 years in the United States Navy followed by 12 years in Aerospace Defense with Raytheon, Christopher Michael Moe has joined the board of the New Hampshire Boat Museum (NHBM).

“Mike’s unique professional experiences and prior expertise serving on non-profit boards will have a big impact on our operation,” said NHBM Executive Director Martha Cummings.

According to Moe, whose Navy experience includes service on seven ships and commanding two of them, the opportunity to contribute as a board member at the museum is important.

“The NHBM board provides a means to support our communities’ economic growth while also continuing our nation’s efforts in Science, Technology, Engineering and Math [STEM] through the many unique programs NHBM offers,” he said.

Moe said he also looks forward to working with his fellow board trustees.

“I will enjoy and benefit from the special talents and life experiences that our unique trustees bring to the Lakes Re-



CHRISTOPHER MICHAEL MOE has joined the New Hampshire Boat Museum Board.

Regarding what he hopes to bring to the board, Moe cited leadership and program management skills as well as the ability to work with diverse groups. In addition to his sea assignments – he retired as a Rear Admiral in the U.S. Navy in 2004 – he served multiple tours in the Pentagon.

“I was assigned to the Bureau of Naval Personnel for career management, ship and billet as-

signment and promotion boards,” he explained. “I also served in the Surface Warfare Directorate (OP-03) where I managed the Navy’s Weapons Procurement program that oversaw the Navy’s various ammunition line items.”

Other professional experiences include service on the Joint Staff in J8 in the Program and Budget division supporting the Combatant Commanders’ warfighting priorities and capabili-

ties requirements. “I also was the Director for the Navy’s Missile Defense program working closely with the Missile Defense Agency (MDA) on the Strategic Missile Defense architecture,” Moe added.

Born in Albany, Ga. and growing up in Fargo, N.D. until reporting to the United States Naval Academy in June 1970, Moe said he is thrilled to serve the Lakes Region community.

“Ultimately, my wife, Joanne, introduced me to the area where we spent many a summer vacation,” he said. “For decades, she has enjoyed vacationing with her family and aunt and uncle in Wolfeboro on Lake Wentworth.”

The couple now live in Wolfeboro.

Founded in 1992 by antique and classic boating enthusiasts, NHBM is committed to inspire people of all ages with an understanding of, and appreciation for, the boating heritage of New Hampshire’s fresh waterways.

To learn more about NHBM, or its calendar of events, visit nhbm.org.

## “Shock” up next in LRPA TV’s Shocktoberfest

LACONIA — Do you like scary movies? If you do, then LRPA TV has got you covered. Celebrate the scariest month of year with the fifth annual Shocktoberfest, a month devoted to vintage horror films. Next up this weekend (Oct. 23 and 24 at 10 p.m.), is a noir-ish thriller from 1946: Shock, starring Vincent Price, Anabel Shaw, Frank Latimore and Lynn Bari.

Janet Stewart (Shaw) has checked into a San Francisco hotel to wait for her Army lieutenant husband Paul (Latimore), a POW returning home from WWII. Janet had been told that he was dead and has suffered greatly these past two years while he’s been missing. His flight home is delayed, and Janet, in a fragile emotional state, awakes from a nightmare and goes to her balcony for some air. She sees a couple in the next suite

arguing, and overhears the woman accuse the man of having an affair. The man then hits the woman over the head with a candlestick, killing her. Witnessing the brutal act sends Janet into a state of catatonic shock. Paul arrives at the hotel and finds Janet in a daze, unable to recognize him. He summons the hotel doctor, who doesn’t have the skills to help her, but suggests that a leading psychiatrist staying at the hotel can. That man is Dr. Cross (Price) – who also happens to be the killer staying in the suite next door. Dr. Cross’s lover is the head nurse of his clinic, Elaine Jordan (Bari), and she’s one cool customer. Realizing that Janet must have witnessed the murder, the two convince Paul to let Cross treat her at his clinic. There, the doctor and his nurse devise a diabolical scheme to keep Janet from telling anyone what she knows.

Shock was a low-budget thriller, squarely produced as a “B” film. However, Darryl Zanuck, the powerful head of Twentieth Century Fox Studios, liked it so much that he ordered an “A” level marketing campaign for its release. Shock was one of

many films of the 40s that focused on psychoanalysis (Spellbound, The Dark Mirror, The Snake Pit and Whirlpool, to name a few). Like other films of this subgenre, its depiction of psychiatry was alarmist and exaggerated some aspects of psychological treatments. It therefore opened to no small amount of controversy. The American Psychiatric Association took offense at the portrayal of Shock’s psychotherapy methods and felt that the film “... will do a good deal of harm to the general public.” Some critics, including The New York Times’s influential Bosley Crowther, agreed, likely hurting the film’s chances with the viewing public. As with all period films, Shock should be viewed through a critical modern lens. To its credit, the film includes several memorable scenes, including a remarkable stylized dream sequence. Plus, it’s a treat to see the ever-wonderful Price in an early villainous role (he wasn’t always the evil guy). For many of his fans, Shock is an overlooked must-see. Grab your candy corn and join LRPA after dark for this rarely screened gem from the past.



COURTESY PHOTO

### Art on display

On Oct. 3, The Meredith Village Savings Bank in Wolfeboro started hosting an exhibit of Marcia A. Christensen watercolors and pen and ink drawings. “Natural Reflections” features studies of subjects including plants, zebras and birds. Christensen is a non-traditional watercolor artist from Alton who has exhibited her works throughout the United States. Her work concentrates on the repetition of patterns found in nature while using a combination of flora and fauna in imaginative combinations. Many of her works are painted on collaged or gessoed paper and emphasize the unity of all living creatures. Christensen has won many prizes for her work including the 2008 Currier Museum of Art Friel Award for Watercolor. She also created more than 32 illustrations for The Grey Ghost, a children’s book written by Julie Hahnke. The book was named to the Kids Indy Next List and was voted third in the country by independent booksellers.

## PETS OF THE WEEK



Gannon

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He’s an inexperienced fella who needs an experienced owner to help him learn his manners! Gannon isn’t a big fan of other dogs or cats, so he’s seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he’s still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility that Gannon will need to take medication or be on a prescription diet for the rest of his life. If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!



Cinder

Cinder here, and I have got some stories for you! My background is not like most, making it even harder for you to say no to adopting me. I am quiet around new people, but enjoy petting sessions. I would prefer a quiet home, one where I can warm up at my own pace and be the snuggle bug everyone here at the shelter knows I can be.



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# THE REAL REPORT

## RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	31 Ingalls Terrace	Single-Family Residence	\$582,533	Linda S. and James P. Sherman	Lauren T. Boltz
Alton	1703 Mount Major Highway	Single-Family Residence	\$125,000	Ronald and Cynthia Manseau	Michael Schulz and Catherine Cerrone
Alton	410 Rattlesnake Island	Single-Family Residence	\$485,000	410 Rattlesnake Island RT and Jennifer Flannery	Vallance Fiscal Trust and Robert W. Vallance
Alton	76 Ridge Pond Rd.	N/A	\$405,733	RF Downing Homes LLC	Michael McMahon
Alton	Riverlake West Road	N/A	\$375,000	River Rail RET and Tammy A. Stapleton	Longview Estates LLC
Alton	N/A	N/A	\$1,625,000	Donald L. Cusson Fiscal Trust and Joyce M. Hillis	Northern Usa Investments LLC
Barnstead	11 Colony Dr.	Single-Family Residence	\$330,000	Daniel J. Rider	Matthew J. and Lauren Brooks
Barnstead	70 Damsite Rd.	Single-Family Residence	\$240,000	Kayla Fisher	Matthew K. Runkle and Blair C. Clarkson
Barnstead	7 Foss Dr.	Single-Family Residence	\$345,000	Seamus C. and Heather M. McNally	Marianne and Brian Pereira
Barnstead	Hillsgrove Road (Lot)	Residential Open Land	\$110,000	Robert & Debra Mackey RET	Hillsgrove Road LLC
New Durham	34 Brienne Rd.	Single-Family Residence	\$560,000	Michael J. and Patriciann T. Pardy	Jacob M. and Sarah A. McLellan
New Durham	Merrymeeting Lake Lot 49	N/A	\$1,700,000	Timothy H. and Katherine Blevins	Summers Fiscal Trust and Cathleen H. Summers
New Durham	185 Ridge Rd.	Single-Family Residence	\$300,000	Austin W. Heath	Justan M. Parker
New Durham	44 S. Shore Rd.	Single-Family Residence	\$800,000	Nancy Tonneson	42 South Shore RT and Reed M. Marbury
New Durham	N/A	N/A	\$310,000	Karl and Rosemary Nesline	Timothy H. and Marie A. Perkins

### ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually

the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded informa-

tion on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com) or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.



COURTESY PHOTOS

### Cleaning up

Camp Constitution recently became a 'Sponsor a Highway' member. The group's area is a two-mile stretch of Route 28, which ends at the Wolfeboro line. Saturday morning, Oct. 16, they did the first clean-up, filling more than 50 trash bags. Those who helped out include Darrell, Wendy and Dan Pack, Kathleen LoFaro, Jack Oslin and "Dorothy Parker." They encourage other civic groups in Alton to participate in the "Sponsor a Highway" program. For more information, visit <https://www.nh.gov/dot/org/operations/highwaymaintenance/sponsorahighway/index.htm>. Camp Constitution is a New Hampshire-based charitable trust that among other things runs a week-long family camp, weekend retreats, hosts a weekly radio show, a publishing arm, a speaker's bureau and manage the Sam Blumenfeld Archives. To learn more, please visit <http://www.campconstitution.net>.

## Once an Outlaw in Wolfeboro Oct. 30

WOLFEBORO—Once an Outlaw returns to the Barn at the Inn on Main, 200 N. Main St. in Wolfeboro on Saturday, Oct. 30, with special guest Harvey Dalton Arnold of the Outlaws (76-80) opening the show.

Once an Outlaw is a southern rock dream line up with current and former members of the Outlaws, Allman Brothers, Marshall Tucker Band, Dickey Betts Band and Jon Butcher Blues Project.

In an odd turn of events, 2020 was actually a blessing in that like many touring musicians their schedules got turned on their heads. This freed up everyone's schedule and Once an Outlaw was born. Members of the band live in Florida, Tennessee, Georgia, North Carolina, Massachusetts and New Hampshire

so getting together was a challenge. The first round of rehearsals we're in New Hampshire last August followed by several New England dates then the second round in Nashville followed by a southern run of shows.

Chris Hicks and Chris Anderson are both Outlaws alumni. Hicks later joined the Marshall Tucker Band and is still a member while Anderson stayed with the Outlaws 17 years until forming Rattlebone after the death of Outlaw founder and Lynyrd Skynyrd guitarist Hughie Thomasson.

Bass player David Goldflies of the Allman Brothers Band (78-86) as well as working with a long list of artists is well known for his work on the song Black Betty (Wam-a-Lam)

Local guitarist Chuck Farrell (Tuftonboro)

and drummer AJ Vallee worked together in the James Montgomery Band as well as the Blues Project featuring Grammy nominated guitarist Jon Butcher and saxophonist Deric Dyer of the Tina Turner and Joe Cocker Band. Vallee was also a member of the Southern Rock All Stars after the death of Blackfoot drummer Jackson Thunderfoot Spires

The newest addition of Mike Kach, longtime keyboardist and singer for the Dickey Betts Band and Great Southern, really made the group complete and allows them to dig into the Allman Brothers catalogue. Kach also covers some of the vocal duties when Chris Hicks' schedule with Tucker keeps him away. Kach's voice is spot on to a mid 70s Gregg Allman.

In full disclosure, the



COURTESY

ONCE AN OUTLAW plays at the Inn on Main on Oct. 30.

Oct. 30 Inn on Main date is one of those times Chris Hicks won't be with the band. Please don't be disappointed as there is plenty of material to satisfy any lover of the southern rock genre.

Expect to hear many classic hits and deep cuts from the Outlaws, Allman Brothers and Chris

Anderson originals.

Tickets are \$75 for dinner/show and \$50 show only. Dinner show includes a seated buffet style dinner. Dinner seating is at 5:30 and general admission is at 6:30 with a 7 p.m. show time. Tickets for this intimate show are very limited and going fast.

Tickets available at [eventbrite.com](https://www.eventbrite.com) or by calling the Inn at 569-1335

To find out about more great local shows, like/follow Can You Hear Me Now Productions on Facebook.

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# Knights wrap up season at Division II championships

**BY JOSHUA SPAULDING**  
Sports Editor

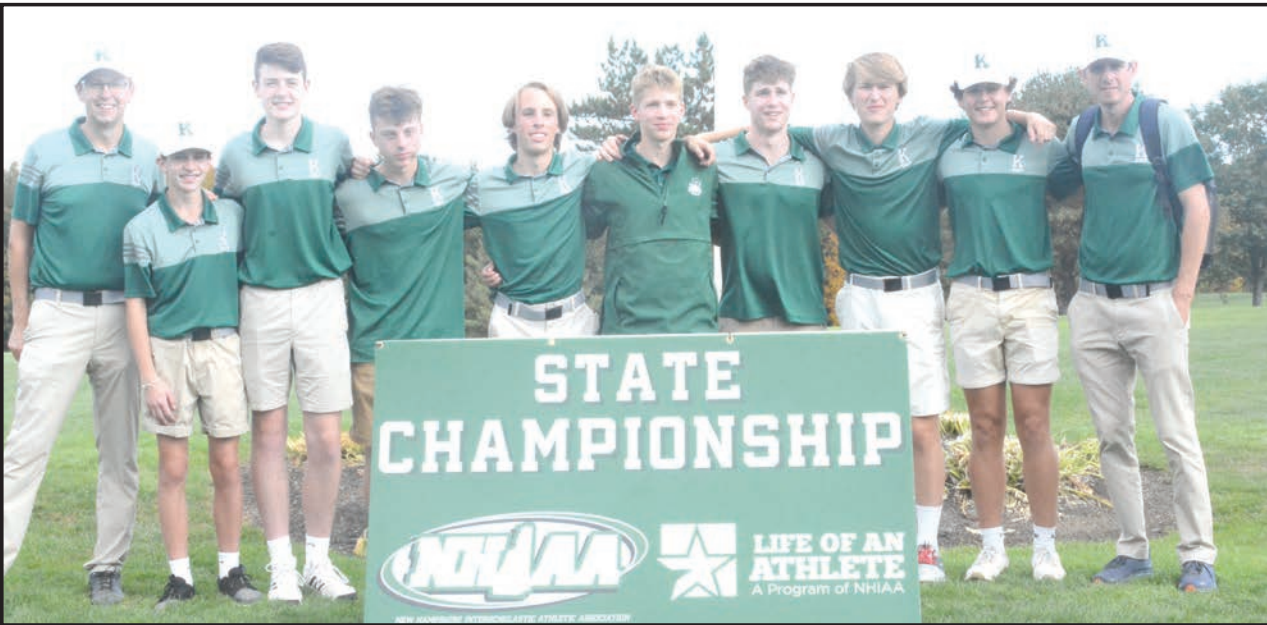
ROCHESTER — The Kingswood golf team traveled to Rochester Country Club on Thursday, Oct. 12, for the Division II State Tournament. The Knights came away with a sixth place finish overall with a score of 430, with Oyster River and Windham taking the top two spots in the team competition.

“I was hoping to move up a spot or two, but that didn’t work out,” said coach Jeremy Fuller. “We played like we did in our practice round.”

Henry Saunders had the best round amongst the Knights, finishing with an 81, which tied him for the final spot in the individual tournament and forced him into a playoff hole. He came up one stroke short in the playoff hole to Chris Biloni of Windham, bringing his season to an end.

“It was disappointing to not have Henry qualify,” said Fuller. “But it’s a smaller field and the level of golf is that good. There’s a lot of experienced players.”

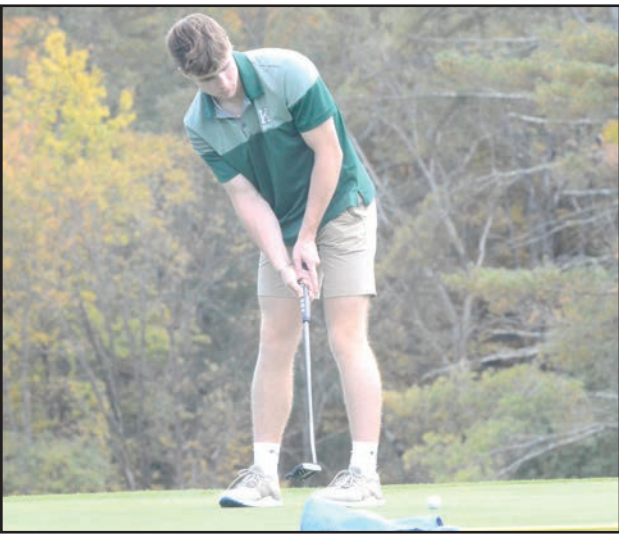
In the past, anyone



**JOSHUA SPAULDING**  
(Left) **THE KINGSWOOD** golf team poses for a photo at the Division II State Championship. Left to right, coach Jeremy Fuller, Caden Laing, Max Roark, Will Danais, Michael Palmer, Will Crane, Henry Saunders, Brady Clarke and assistant coach Josh Johnson.

“The kids were great to work with all season,” Fuller said. “They’re solid, good character kids, that’s the best part about it.”

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



**JOSHUA SPAULDING**  
(left) **Henry Saunders** putts on hole 10 during his play-off hole at Rochester Country Club last week.

second Knight, finishing with an 86 and Michael Palmer shot an 87 to finish as Kingswood’s third scorer.

Tyler Sprince and Will Crane tied for the final two scoring spots for Kingswood, both firing an 88.

Will Danais and Caden Laing both finished with 90s and Max Roark rounded out the field of Knights in the match with a 94.

who tied for the final individual tournament spot has been given a tee time in the individual champi-

onship, but this year the field was smaller than the past.

Brady Clarke was the

## SOCCER

(continued from Page A1)

missed connecting with Tibbs on another bid as the first half came to a close.

Sara Harris had an early direct kick for the Lakers that was stopped and Prospect had bids from Burt, Flood and White, but they could not convert, with Boucher making a solid stop in net. Flood had a cross that was headed wide and Carpentiere made a nice defensive stop on Prospect’s Charlie Forsythe.

Burke was able to grab a bit that Furnee sent in just ahead of McCarthy and Lani Demers had a good defensive stop for Prospect on Ruby Preisendorfer. Pendergast had a good defensive play on a run from White at the other end and Ella Smith also had a good run in for the Timber Wolves that the Lakers stopped.

White and Tibbs just missed connecting for the Timber Wolves, with Pendergast getting the clear and Holden got a nice clear at the other end on a McCarthy bid.

White and Tibbs just missed connecting for the Timber Wolves, with Pendergast getting the clear and Holden got a nice clear at the other end on a McCarthy bid.



**JOSHUA SPAULDING**  
**PROSPECT’S Jayden Burt and Allana Poehler of Inter-Lakes battle for the ball in action on Friday.**



**JOSHUA SPAULDING**  
**PROSPECT’S Ella Smith turns the ball up the field during Friday’s game in Meredith.**

also had a shot stopped by Boucher.

Prospect had a corner kick that Preisendorfer was able to clear out and McCarthy, Harris and Furnee got into the

zone for the Lakers but couldn’t convert, with Burke making the saves. The Lakers had a late corner that Burke was able to stop and regulation ended with no score.

McCarthy had a bid stopped early in the first overtime and Prospect

came back with a number of good chances to turn the field around. West, Burt, White and Flood all had chances, but Boucher held tight and turned away anything on net and the first overtime ended with no score on the board.

Smith, White and Piper teamed up for a chance early in the second overtime and Flood had another shot, but Boucher did her job in the net. Tibbs and White teamed up for another chance and Pendergast got the defensive clear. Carpentiere also had a good clear and Abby Breuer had a good defensive clear on McCarthy’s chance for the Lakers. Flood and Holden had chances and White had a couple, but nothing found the net and the game ended in a scoreless tie.

Prospect is slated to finish the regular season at Gilford on Friday, Oct. 22, at 4 p.m. and the Lakers finish up at Trinity, also on Friday, Oct. 22, at 4 p.m.

The Division III tournament begins on Wednesday, Oct. 27, at the home of the higher seed.

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

## Arinello, Rapoza run at Black Bear Invitational

**BY JOSHUA SPAULDING**  
Sports Editor

**NORTHWOOD** — A pair of Kingswood cross country runners ran in the Black Bear Invitational on Saturday at Coe-Brown Academy in Northwood. The Knights competed against some of the top runners from around the state, including Division II powers Oyster River and the host Bears plus Division I stalwarts Concord, Bishop

Guertin, Pinkerton and Dover, among others.

For the boys’ race, Lou Arinello ran to 81st place overall to lead the Kingswood boys with a time of 20:11.

In the girls’ race, Kylie Rapoza ran to a time of 23:12 for 52nd place overall.

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

## HIGH SCHOOL SLATE

- Thursday, Oct. 21**  
**PROSPECT MOUNTAIN**  
Cross Country at Merrimack Valley; 4  
Volleyball at Laconia; 5:45
- Friday, Oct. 22**  
**KENNETT**  
Boys’ Soccer vs. Souhegan; 4:30  
Girls’ Soccer at Souhegan; 4:30
- KINGSWOOD**  
Football vs. Timberlane; 7  
Volleyball at Winnisquam; 6:15
- PROSPECT MOUNTAIN**  
Boys’ Soccer vs. Belmont; 4  
Girls’ Soccer at Gilford; 4
- Saturday, Oct. 23**  
**KENNETT**  
Football at Pembroke; 2:30
- All schedules are subject to change.**

## MEETINGS

(continued from Page A1)

meetinghouses in the state and is the oldest remaining building of its type in town. Framed and enclosed by 1770, with its first recorded use as being the site of a Town Meeting in 1772, it sits on the same intact six-acre plot that was set aside in the 1750 Town Charter. Abutting land was added to the grounds, known as Meetinghouse Park, to increase the parking area.

In 1980, the Meetinghouse was listed on the National Register of Historic Places and, in 2007, it was chosen by the Land and Community Heritage Investment Program to be one of only 50 sites statewide to participate in LCHIP Day to promote the state’s special places. The building was designated as a Seven to Save

resource in 2012 by the New Hampshire Preservation Alliance.

Nature trails, picnic tables, the 1809 stone yown pound, also on the National Register of Historic Places, and the Early Settlers’ Cemetery are all parts of the park. The New Durham Public Library’s Storywalk shares the shorter loop of the nature trails and is a great source of family entertainment.

Members of the 1772 Meetinghouse Restoration Committee are excited about a variety of upcoming fundraisers, an art show, and the Merry Meetings. Several of them will be visible at the Halloween Haunted Trails on Oct. 29 and 30; or, perhaps, not so visible. Remember to look behind you as you walk deep into the dark woods.

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# Rawnsley moves on to individual championships

**BY JOSHUA SPAULDING**  
Sports Editor

LACONIA — Local golfers earned the chance to compete in the Division III tournament last Tuesday at Laconia Country Club.

Teams that didn't qualify for the team tournament were able to send two golfers each and Prospect Mountain, Gilford and Belmont each sent a pair of golfers to compete against the rest of Division III in the 18-hole match.

Bruce Rawnsley of Prospect Mountain led the way amongst the locals with a score of 82, which placed him 12th overall. Teammate Spencer Therrien finished with a score of 101.

Brett Skoog of Gilford finished with a 108 and teammate William Wallace finished with a 111 for the day.

Belmont's Miles Miller finished with a score of 115 and teammate Nicholas Pucci was one stroke behind, finishing with a 116.

Evan Rollins of Laconia High School, playing on his home course, finished with a one-under-par 71 to lead the way for Division III. Bow won the team championship, with Pelham finishing in second and Derryfield in third place.

With his finish, Rawnsley earned a chance to compete in the Division III individual tournament on Saturday at Beaver Meadow Country Club in Concord. He shot a 95 to finish with a total of 177, which placed him 18th overall.

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



JOSHUA SPAULDING  
**BRUCE RAWNSLEY** qualified for the individual tournament with his performance at the Division III tournament.



JOSHUA SPAULDING  
**SPENCER THERRIEN** putts on hole one at Laconia Country Club last week.

# Knight net girls win in final home match



JOSHUA SPAULDING  
**KINGSWOOD'S Gillian Seigars** (facing) and **Kennett's Jozelyn Henry** go up to the net together in action last week in Woffeboro.



JOSHUA SPAULDING  
**KINGSWOOD seniors** Kendylle Mohan, Harmony Drenning, Dakota Turner and Gillian Seigars pose for a photo prior to their final home match.

**BY JOSHUA SPAULDING**  
Sports Editor

WOLFEBORO — The Kingswood volleyball girls dominated the first set against their rivals from Kennett on Wednesday evening, Oct. 13.

However, the Eagles put up much more of a fight in the next two sets, though in the end, the Knights did come away with the 3-0 win, 25-6, 25-22, 25-18.

"The biggest thing is, we didn't hit the ball," said Kingswood coach Lynette Place. "We went for the free balls and they were able to return those much easier."

"It was a fun and entertaining volleyball match," said Kennett coach Craig Bartolomei. "Win or lose, that's what I like to see. I like to see them moving and making plays."

The Knights came out very strong and didn't look back in the first set. Mariah Aikens was very strong from the service line, helping to close out the 25-6 victory with four service aces, though Lagan Tatarczuk had a

good kill for the Eagles in the final few points.

The second set was much closer, as Kennett had a hit from Grace Acone and Brooke Tasker had a nice kill for the Knights. Jozelyn Henry had a good block for the Eagles and they went up 5-3, but Kingswood fought back and pulled even at five with a nice tip at the net from Amber Dolliwer.

Tatarczuk followed with a hit and the Eagles again went up by an 11-6 score, but once again, Kingswood came back, with Dakota Turner coming through with a couple of solid hits. The teams were even at 10, 11, 12 and 13, with Sophie Moulton getting a nice play at the net for the Knights.

Kennett went up 17-14 behind a nice hit from Acone but Harmony Drenning and Gillian Seigars came back with hits for the Knights as they clawed back and pulled even on a Tasker ace. Kennett got another hit from Tatarczuk and a block from Olivia

Arias, but Kingswood finished strong, getting hits from Turner and Drenning to rally to the 25-22 win and the 2-0 lead.

The Eagles got out to a 4-0 lead in the third set and went up 5-1 but Kingswood fought back, with Drenning getting a big hit and Moulton delivering a service ace to pull even at five. Acone and Drenning exchanged hits at the net and the two teams went back and forth. Arias hit a hit for the Eagles as they went up 10-7 but Kingswood got a hit from Seigars and an ace from Aikens to send the Knights to the lead at 12-10.

Victoria Broca came back with a hit for Kennett but Turner answered for

the Knights to keep the teams even. Tasker added a kill for the Knights and they inched ahead. Kennett didn't back down and tied things at 17 and 18.

Turner and Seigars had kills for the Knights and Tasker added an ace as the Knights closed out the 25-18 win.

"We were not aggressive enough at the net when we should've been," said Place. "We don't know when we start strong, how to continue that. We let down and don't play our game."

"A win is a win and we'll move on," she added.

"Their hitters hit a little harder than ours," Bartolomei stated. "When we weren't making blocks, their balls had a clean place to land."

"They swing well," the Eagle coach added. "But I'm not disappointed in how the girls played. We can always work on being where we're supposed to be."

Kingswood is slated to wrap up the regular season at Winnisquam

on Friday, Oct. 22, at 6:15 p.m.

Kennett wrapped up the regular season after deadline Wednesday at Newfound.

The Division II tournament begins on Wednesday, Oct. 27, and the Division III tournament opens on Tuesday, Oct. 26.

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

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# Knight boys get revenge on Eagles 24 hours later



**KINGSWOOD'S** Noah Swenson and Kennett's Gabe Freedman battle for the ball in action Saturday night.

**BY JOSHUA SPAULDING**  
Sports Editor

**NORTH CONWAY** — The Kennett and Kingswood boys' soccer team met up on back-to-back nights to close out the penultimate week of the season with very different results.

On Friday night in Wolfeboro, the visiting Eagles came out with a 2-0 win over the host Knights under the lights of Alumni Field.

The next night, under the lights of Gary Millen Stadium in North Conway, the visiting Knights controlled the game and walked off with a 6-0 win over the Eagles.

Carter Morrissey and Dom Alberto just missed connecting early for the Knights while Kennett's Ethan Clay-Storm sent a ball over the top of the goal at the other end. Vinny Butka and Alberto

teamed up on a bid that Kennett keeper Aiden Colbath was able to stop and James Yarling had a good defensive play to stop a Clay-Storm run.

Less than seven minutes in, Alberto sent a ball in on net that Colbath was able to stop, but Brayden Rapoza was there to put the rebound in the net and Kingswood had the 1-0 lead.

Just less than two minutes later, the Knights struck again, as Morrissey sent a long direct kick in to the box and Alberto was able to put it in the net, doubling Kingswood's lead to 2-0. Kennett came back with a couple of bids, including a shot from Brigham Betencourt that was stopped by Kingswood keeper Caleb Russo and on an Eagle corner, Yarling had a nice clear. Butka came back with a shot wide of

the net for the Knights.

Alberto made a run into the zone for the Knights that the Kennett defense of Will Metz and Robbie Murphy were able to stop and Alberto made another run in that Colbath was able to make a stop on to keep the Knights off the board.

Kennett got a direct kick from Willem Badger that he sent in to Alex Clark, but the header went wide of the net. Kingswood had a corner kick that missed and a shot go over the top of the net. Murphy made a nice defensive stop on Butka and Rapoza sent a shot on net that Colbath was able to stop.

The Knights upped the lead to 3-0 with 12:34 to go in the first half, as Butka delivered a shot from the top of the box to the top of the net.

Kennett's Jack Cryan



**BRAYDEN RAPOZA** tries to corral the ball in action Saturday in North Conway.

sent a shot wide and at the other end, Gabe Ari-nello had a shot stopped by Colbath. Butka headed a shot on net that Colbath stopped and Badger sent a shot on net that Russo was able to grab. Jonathan Hossack had a shot for the Knights that went wide and both teams had some late chances but could not score and the game went to the half with Kingswood up 3-0.

The second half saw the Eagles get a couple early chances from Badger and a good defensive stop from Jackson Burke on a Noah Swenson bid for the Knights. Yarling sent a direct kick into the box that Butka headed wide and Murphy made a good defensive stop on Alberto. Butka made a nice run into the zone but Colbath came sliding out to make the grab on the ball. Noah Silva

sent a shot high and had another stopped by Colbath.

Silva had another chance go wide and Kennett got a good defensive play from Metz on an Alberto run. Rapoza sent a shot wide of the net and Colbath was able to grab a long shot from the Knights. Clay-Storm made a good run in for the Eagles as well, with Russo coming up with the stop.

With 14:29 to go in the game, the Knights were awarded a penalty kick and Butka delivered the ball to the net for the 4-0 lead. Kennett came back with chances from Clay-Storm and Clark, but it was the Knights who got the next goal, as Alberto got in close and fired a shot to the net with 7:34 to go for the 5-0 lead.

The two teams exchanged corners, but

neither team was able to convert, with Silva for Kingswood and Clay-Storm for Kennett getting the chances and the respective goalies making their saves.

In the final seconds of the game, a handball in the box gave the Knights their second penalty kick of the game and Morrissey stepped up and converted for the 6-0 final score.

Kingswood wrapped up the season after deadline Tuesday against John Stark and Kennett finishes on Friday, Oct. 22, at home against Souhegan at 4:30 p.m.

The Division II tournament starts on Tuesday, Oct. 26, at the home of the higher seed.

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

# Knight girls fall in rematch with Kennett



**KENNETT'S** Carli Krebs moves between Kingswood's Megan Davey (left) and Kylie Rapoza in action last week.

**BY JOSHUA SPAULDING**  
Sports Editor

**NORTH CONWAY** — Less than a week after the Kingswood soccer girls beat Kennett for the first time in a decade, the two teams met again in North

Conway and this time, the Eagles were able to exact a little revenge, finishing with a 2-0 win under the lights at Gary Millen Stadium.

"Obviously, looking at the standings, we control our own

destiny," said Kennett coach Ron Krieger. "We aren't happy that we had to do that this late in the season."

"They (Kennett) came out and played an extremely disciplined contest," said King-



**KINGSWOOD'S** Avery Dinges and Kennett's Bryn Fayle go for the ball in action last week.

swood coach Shane Flood, noting that the game was a lot like the previous meeting, just in reverse. "It was a lot like last week."

Kennett had some early chances, with Bryn Fayle heading a shot wide of the net and then Ivy Zipf firing a shot on net on a corner kick that Kingswood keeper Heidi Roiter was able to stop. Kylie Rapoza made a run the other way, but Haylee Burke was strong on defense for the Eagles.

The two teams exchanged corners, with Kennett's Carli Krebs getting the best chance, which Roiter stopped. Rapoza also had a good clear on another Kennett corner. Marissa Caputo just missed connecting with Fayle on a chance and Zipf sent a shot wide of the net.

Caputo and Burke

connected on a chance that Roiter was able to grab and Caputo headed another shot wide of the net. Katie Brooks sent a nice ball in for the Eagles and Zipf had a centering pass cleared out of the zone.

Megan Davey had a nice defensive clear for the Knights on Burke and then Marcella DeNitto and Amelia Kilmister connected for a chance for Kingswood but Brooks made a nice defensive stop. Ashley Garside sent a shot wide for Kennett and Zipf had a shot stopped by Roiter.

Kennett had a corner kick that was cleared out and Zipf had a shot on net that Roiter stopped. Isabelle Murray connected with Fayle on a chance but Roiter came out to make a block and Caputo sent a shot wide and the

game went to the half with no score.

Caputo had an early bid that was stopped by Roiter while Krebs had a good cross that was cleared out.

However, less than four minutes into the half, the Eagles were able to get on the board. Garside lofted a direct kick to the far post, where Jocelyn Anzaldi was able to body the ball into the net and Kennett had the 1-0 lead.

Kennett had a corner that was deflected wide, while Krebs had a crossing pass that was cleared by Avery Dinges. DeNitto and Rapoza teamed up for a bit that Kennett keeper Sam Habert-Jaques came out to grab.

Burke had a shot on net that Roiter stopped and Rowan Donovan-Laviolette was able to clear the

**SEE KINGSWOOD, PAGE A14**

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# Breast Cancer awareness

## Breaking down breast cancer surgeries

Doctors will discuss a host of treatment options upon diagnosing a patient with breast cancer. The course of treatment is ultimately determined by various factors, including the stage of the disease at the time of diagnosis.

Doctors and patients now have more treatment options than ever before, and many women confronting breast cancer will undergo a combination of treatments en route to beating their disease.

The National Breast

Cancer Foundation, Inc.® reports that surgery is the most common form of treatment for breast cancer. Surgical procedures vary, and the following rundown can help women understand their options.

### Lumpectomy

The NBCF notes that a lumpectomy procedure typically removes the least amount of breast tissue necessary to get the tumor out. Surgeons also will remove a small amount or margin of surrounding tissue, but not the breast.

The American Cancer Society notes that a lumpectomy is classified as a breast-conserving surgery. The NBCF describes a lumpectomy as the least invasive breast cancer surgery and notes that the procedure is highly effective.

### Mastectomy

Surgeons remove the entire breast during a mastectomy. The online medical resource Verywell Health notes that there are reasons for and against getting a double mastectomy, and some women who must have

one breast removed also have the other healthy breast removed. There are various types of mastectomies, including skin-sparing mastectomy, simple mastectomy, modified radical mastectomy, and partial mastectomy. Each type is different, and what's recommended to one patient may not be recommended to another. Doctors who recommend mastectomy can break down each option so patients can make the most informed decision possible.

Additional procedures

Doctors may need to perform some additional procedures after breast cancer patients undergo a lumpectomy or mastectomy. In such instances, doctors may remove and examine lymph nodes to determine if the cancer has spread and to what extent it has spread. The NBCF notes that a sentinel lymph node biopsy is performed so doctors can examine the lymph node closest to the tumor, as this is where

SEE SURGERIES PAGE A14

## Various factors that could affect breast cancer treatment

Treatment for breast cancer is often successful. For example, data from the American Society of Clinical Oncology indicates that the five-year survival rate for women diagnosed with non-metastatic invasive breast cancer is 90 percent, while the average 10-year survival rate for such cancers is 84 percent. Those figures reflect advancements in treatment and the effectiveness of campaigns designed to encourage women to receive routine breast cancer screenings as part of their preventive health care regimens.

Once doctors have diagnosed breast cancer, they will consider a host of factors as they try to determine a course of treatment.

- **Stage:** The National Breast Cancer Foundation, Inc. notes that treatment options depend on the stage of the disease at the time of diagnosis. Stage is usually expressed in a numerical value between 0 and IV, with 0 being the least severe form of the disease and IV being the most advanced (i.e., metastatic).

- **Tumor size and location:** The Cleveland Clinic notes that the size and location of the tumor also affects how doctors will approach treatment. In general, the smaller the tumor, the more easy it is to treat the disease. Where in the breast the tumor is located also will affect the treatment plan. Doctors often employ a combination of treatments such as chemotherapy, radiation and surgery to treat breast cancer, and such an approach may be more likely to be employed if the tumor is large.

- **Pathology tests:** Pathology is the science of causes and effects of diseases. When treating patients for breast cancer, doctors order pathology tests so they can better understand how the disease is affecting their patients' bodies. For example, the Cleveland Clinic notes that pathology tests like hormone receptor tests and human epidermal growth factor receptor (HER2/neu) can indicate if hormones or growth factors are helping the cancer grow. The results of these and other pathology tests can then help doctors determine an effective course of treatment.

- **Personal characteristics:** Doctors will consider women's age, general health and family history when mapping a course of treatment. In addition, doctors discuss menopause with women when determining a course of treatment. Breastcancer.org notes that some breast cancer treatments can bring on menopause more abruptly than it would happen otherwise, so doctors will consider women's history with menopause when determining treatment.




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# Rotary’s turkey raffle under way





ALTON — Rotari- Club’s raffle to win a tary Club President an David Countway, 24-pound locally farm Richard Leonard said chair for the Rotary raised turkey by Ro- the raffle is under way

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COURTESY

ALTON CENTENNIAL ROTARY is hosting a turkey raffle, tickets are available now.

and sales are brisk. “We have much more in the basket than just a turkey, we have a wide variety of other foods and products, which also include a table center piece, table cloth, napkins and two bottles of wine. The winner will have just about all they’ll need to enjoy their Thanksgiving,” said Countway. Last Saturday, Rotarians Larry and Kathy Hallin sold a large number

of tickets at the Alton Business Association (ABA) Harvest Festival at R/R Park, launching Rotary’s goal of raising money to support research and a possible cure for (AHC) Alternating Hemiplegia of Childhood. AHC is defined as a rare neurodevelopment disorder characterized by repeated episodes of weakness or paralysis that may affect one side of the body or the

other (hemiplegia) or both sides of the body at once (quadriplegia). It’s now believed that the most likely cure for AHC may be through gene editing. Of the amount of money collected from the raffle, a sizable donation was made by a number of community members. Tickets may be purchased from Rotarians. The raffle drawing is one week before Thanksgiving.



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### KINGSWOOD

(continued from Page A10)

rebound out of the net. Kennett had a couple of corners, with Davey coming up with a nice clear. Dinges had a direct kick on net that missed the mark and another that was stopped by Habert-Jaques.

The Eagles doubled the lead with 25 minutes to go, as the hosts were awarded a penalty kick and Garside delivered the ball to the top of the net for the 2-0 lead.

Zipf had a couple of chances for the Eagles, but couldn’t convert, while Jill Caravella and Dinges had good clears for the Knights.

Zipf made a nice cross through the box that Roiter was able to grab and Krebs sent a ball over the top of the net.

Emily Kenny came up with a nice defensive stop on a bid by Rapoza and Lilla Synott sent a nice cross to Kayla Erwin that was stopped by Roiter, who also made a nice sliding stop on a shot from Fayle. Garside had a direct kick miss the mark and Madison Eaton had a shot for Kingswood that missed the mark as time ran out on the 2-0 Kennett win.

“To have them come together for the seniors, that was special,” said Krieger. “Their composure

with the ball and patience to see and deliver combo plays was entirely different from Saturday.”

“It was an even contest with even chances,” Flood said. “I look forward to playing Kennett in the years ahead.

Kennett is slated to finish the regular season on Friday, Oct. 22, at Souhegan at 4:30 p.m. Kingswood was slated to finish the regular season after deadline on Tuesday against John Stark.

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

### Surgeries

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cancer cells are most likely to have spread. Identifying the sentinel lymph node involves injecting dye or radioactive substances into the tissue. The lymph nodes that are most susceptible to cancer will be marked by the dye or substances injected. Doctors may perform an axillary node dissection, which involves the removal of the axillary lymph nodes located in

the underarm. Lymph nodes do not always need to be removed, but doctors will often conduct a sentinel node biopsy or an axillary node dissection when performing a lumpectomy or mastectomy.

Surgery is the most common treatment for breast cancer. Women diagnosed with breast cancer can discuss the pros and cons of common surgeries as they begin their fight against their disease.



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