



THURSDAY, OCTOBER 21, 2021

GILFORD, N.H.

Hike-a-thon raises over \$10K for Gilford schools



Gilford High School Students make cotton candy during the celebration for the Hike-a-thon.

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford students and their families raised over \$10,000 for the schools by doing some

hiking during the PTA's annual Hike-a-thon. Students in the Gilford School District took pledges, then hiked the

Diver dies on the shore of Diamond Island

BY ERIN PLUMMER
mnews@salmonpress.news

A Wakefield man died after a diving accident in Winnepesaukee off Diamond Island.

According to a statement from NH State Police, State Police and Marine Patrol were notified of a water rescue off Diamond Island in Gilford on Oct. 11 around 10:16 a.m.

Crews found that four divers had been in the water when one became unresponsive. The diver, identified as 69-year-old Gene Parker of Wakefield, was brought to the surface by a fellow diver. A call was made to 911 and the diver plus a Good Samaritan on the scene couldn't bring Parker out of the water by the time rescue crews arrived.

Parker's dive partner and Marine Patrol Supervisor David Jones administered CPR as Parker was brought to shore and the Gilford, Laconia, Meredith, and Alton Fire Departments helped with treatment onshore. Parker was then pronounced dead at the scene.

The incident is under investigation, but State Police stated no foul play is suspected.

The statement also said initially reports indicated the two other divers were missing, but both surfaced soon after crews arrived.

Monthly fire department calls up this year

BY ERIN PLUMMER
mnews@salmonpress.news

Medical calls have significantly increased this year, according to the fire chief in a recent report to the selectmen.

Fire Chief Steve Carrier gave the board of selectmen an update on his department during Wednesday's meeting.

Carrier said monthly activity levels have been "very high" throughout 2021. There were 1,484 incidents from June through September, 144 more or a 10.7 percent increase from the same period last year. Medical incidents especially are up significantly with 14 more incidents a month.

Selectman Chan Eddy asked if these calls were due to any one thing, or if this increase was more general. Carrier said most of the calls were "run of the mill" medical incidents, such as helping get

SEE CALLS PAGE 7

different trails on the Gilford Nature Trail between Oct. 9-17. On Sunday families gathered at the Sugar Shack outside Gilford Elementary School for a fall festival featuring food, games, and some time with other community members.

The Hike-a-thon is the Gilford PTA's only fundraiser. Hike-a-thon chair Kristen Evange-



Kids chow down during the pie eating contest.

lo said they decided it was best to have one big fundraiser rather than coming back to parents with smaller fundraisers all year. All of the money goes to all three schools and helps with various purchases in the schools.

Hikers would get pledges and do a hike on one of three trails on the Gilford Nature Trail behind GES. One trail is a short loop especially suited to younger stu-

dents and two of them go up Mount Rowe, making them more suitable for older students. People could raise funds and go hiking the day of the festival.

Students from all three schools took part, though the most participants came from GES.

By the time of the festival, the Hike-a-thon event raised \$10,610, a huge jump from the \$6,000 raised last year.

They also had several business sponsors this year.

"It was awesome to get the community together," Evangelo said, saying this event was a great opportunity for kids from all three schools to meet and see each other.

Evangelo said the event went virtual last year. This year the event

SEE HIKE-A-THON PAGE 7

Gilford girls bank two wins in penultimate week

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford girls' soccer team won two more games, sending the team to the final week of the regular season in fine fashion.

The week began with a 3-2 win on the road in Laconia in a match that coach Rob Meyers called "evenly played."

The Sachems scored about 10 minutes into the game on a corner kick, but Gilford tied the game before the half and put a lot of pressure on the hosts to start the second, scoring twice in the first 20 minutes of the second half. The Sachems added the final goal of the game with about five minutes to play.

Reece Sadler had a pair of goals to pace the Golden Eagles, while Millie Caldon had a goal and two assists. Vanessa Flanders added an assist and Hannah Gannon had two saves to get the win in net.

"Not our best game of the season, but we'll take the win," said coach Rob Meyers. "We came out a little slow and were not moving the ball as well as we usually do."

"The girls were really having a tough time adjusting to the turf, we struggled with that throughout the game, getting frustrated and gave Laconia some chances we normally wouldn't have," the Gilford coach continued. "We put together a good stretch for the last 10 minutes of the first half



PHOTOS BY RC GREENWOOD

Geena Cookinham controls the ball in action against Newfound last week.

and the first 20 minutes of the second half."

Meyers noted that Caldon played a great game and created most of the team's offense using her speed, ball control, work rate and field awareness.

The Golden Eagles finished the week with a win over Newfound on Friday by a 5-1 score.

The host Gilford girls scored four times in the first half and surrendered a late goal to the Bears for a 4-1 halftime score. Gilford continued to dominate possession in the second half and added one more goal while keeping the visitors off the board.

SEE SOCCER PAGE 7



Millie Caldon charges after the ball in action last week against Newfound.

ALMANAC

Notes from the Gilford Public Library

Classes & Special Events
October 21st - October 28th

Thursday, Oct. 21
Geri Fit, 9-10 a.m.
Babies & Co. Storytime, 10-11 a.m.
French, 4-5 p.m.
Book Discussion: "Pretty Things," 5:30 p.m.

10:30-11:30 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Hand & Foot, 12:30-2:30 p.m.
Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30 p.m.
Beginner Line Dancing, 4-5 p.m.

Monday, Oct. 25
Geri Fit, 9-10 a.m.
Tai Chi, 10-11 a.m.
Mahjong, 12:30-3 p.m.

Tuesday Oct. 26
Senior Sculpt, 9 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Intermediate Line Dancing, 4-5 p.m.
Spooky Storywalk, 4:30-5:30 p.m.
Join Gilford Public Library and Parks & Rec. at the elementary school for a family-friendly spooky storywalk filled with suspense and candy! Come in your costumes and bring a bag for tasty treats.

Wednesday, October 27
Check out an Expert, 10 a.m.-12 p.m.
Beasley Ferber Estate Planning, 1-3 p.m.
We all need to look towards our future. Gilford Library welcomes Edward Beasley, an at-

torney of elder law, in New Hampshire and Northern Massachusetts for 30 years. At this free, educational estate-planning seminar, he will share a range of important estate-planning information. Topics include how to protect against the potentially catastrophic effects of a nursing-home stay; bullet-proofing trusts from nursing-home costs; protecting inheritance funds from outside creditors and divorcing spouses of adult children; and more. The seminar is highly engaging, conversational in nature and is a no-pressure event.

Paint Group, 1-3 p.m.
Music Group/Sing a Long, 2-3 p.m.
After School Teen Club: Zombarbie, 2:30-4

p.m.
Give Barbie the best makeover of her life. Come and make a Zombarbie Barbie in the teen room! While supplies last.

Thursday, Oct. 28

Geri Fit, 9-10 a.m.
Adults and Family Pumpkin Decorating/Carving, 3-6 p.m.
Come carve a pumpkin or decorate one and take it home with you! Sign-up required.
French, 4-5 p.m.

Gilford Parks and Recreation News

BY HERB GREENE
Director

Senior Moment-um Octoberfest Lunch on Oct. 27
The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Wednesday, Oct. 27. We will meet at the Community Church, Fellowship Hall at 11:30 a.m. for an Octoberfest lunch! Lunch will include bratwurst, blaukraut (red cabbage), German potatoes, dessert and root beer. Following lunch, we may throw in a little Octoberfest trivia! Cost for lunch is \$10 per person. Participants must RSVP by Friday, Oct. 22. Please be aware that the Community Church does require masks to be worn indoors when not eating.

For more information or to RSVP please call the Parks and Recreation Office at 527-4722.

Annual "Halloween Happening" Party on Oct. 29
The Gilford Parks and Recreation Department will be sponsoring their annual "Halloween Happening" Party on Friday, Oct. 29 from 5:30-7:30 p.m. in the Gilford Middle School Gym and Cafeteria. This party is open to all Gilford children up through the sixth grade. Activities will include Giveaways, The Monster Mash Raffle, Costume Contest, Halloween Games and of course the annual Halloween Jail and Pillow Fight Ring. Cupcake decorating and Halloween crafts will again be available in the cafeteria (until 6:30 p.m.)!

As always, the Parks and Recreation Department is looking for volunteers to assist with the party. Help is needed with running games/activities during the party and clean-up following the party.

For more information or to sign up to volunteer, please call the Parks and Recreation Office at 527-4722.

The Gilford Police Department has set Trick-or-Treating in Gilford for Sunday, Oct. 31 from 5-8 p.m. During these hours, Belknap Mountain Road will be closed from Potter Hill Road to the Imagination Station Parking Lot at the GES.

STRATEGIES FOR LIVING

The Making of a Model

BY LARRY SCOTT

[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 seventeen 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 surprise. 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 ...

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Sandwich Fair returns with big crowds



The midway was back in action at the Sandwich Fairgrounds during Columbus Day Weekend.

BY ERIN PLUMMER
mnews@salmonpress.news

SANDWICH – The rides, food, exhibits, crafts, animals, and over 36,000 visitors were back for the 2021 Sandwich Fair.

The fair made a triumphant return this past weekend with high numbers after being canceled in 2020 because of the pandemic. Fair president Dan Peaslee said around 36,000 people came through the gates over the weekend. He also said several vendors said it was the best year ever for them.

“I think it’s been an excellent fair, everybody that’s here is really, really happy,” Peaslee said.

The weather has been perfect for the fair, with slightly cloudy skies and fair weather into the 50’s and 60’s.

Planning for this year’s fair did have some uncertain moments.

“We didn’t know for sure 30 days before the fair, we were watching and seeing what people were doing,” Peaslee said.

At the same time, they had a hard time getting volunteers and the Sandwich Police didn’t have that many officers. The issues were addressed and they will be looking at addressing more further while planning for 2022.

Three weeks before they fair, they still re-

alized they had a lot of work to do before the event started. Peaslee said the Fair Association and all the volunteers pulled together and got things done.

“It’s a relief to be back,” Peaslee said. “The people are so happy, the crowd is big. I think that’s what every other fair has had: they’ve had really good attendance this year.”

The association has done several different projects on the fairgrounds, including moving the first aid building, renovating the fair office, building a new 4-H cook shack, building a new pole barn for the cattle show, and others. Peaslee said a few more projects are still in the works, including completing the cook shack and getting another quarter of the water system done.

The fair featured many different animal competitions with everything from bunnies to steers.

Gail Roberts of West Fairlee, Vermont, walked in the parade with her oxen Rouge and Blanc. To take part in the costume contest, the oxen wore tutus and Roberts led them while dressed as a nutcracker.

Rouge and Blanc are 12 and 13-weeks-old, Roberts started training them since she got them.

She said they will work on different skills such as working with a cart and scoot.

She said they go to about six fairs a year.

“I love the Sandwich Fair, it’s my favorite fair,” Roberts said.

Roberts said it was great to be back.

“Last year stunk, no fairs,” she said.

Charlotte Dill of Deerfield showed sheep as part of the Woolmark Shepherds of Strafford County 4-H. She sheared a few sheep on Sunday, including a sheep named Harold.

“It’s only a second time being shorn, so he was still a little antsy about that,” Dill said.

She was shearing sheep for a competition on Monday, as the breed she was showing was a meat breed and the judges needed to see their muscle structure.

She has been working with sheep for four years and has come to the Sandwich Fair for three years.

“This is one of my favorite fairs because I know a lot of people here,” she said,

The fair was also a place for many different to sell their creations in the Craft Building and other places.

In the Craft Building, Kim Welch of Gilford sold soy candles through her company Ol’ Facto-



Gail Roberts of West Fairlee, Vermont, walked in the parade with her oxen Rouge and Blanc.



Charlotte Dill of Deerfield shears Harold before his competition.

ry Scents. The company is all done at home from the 100 percent soy wax melt candles to the label design and printing. She has been making the candles since 2008.

“I was dissatisfied with the candles I had been purchasing,” Welch said.

She does around 25 to 30 fairs a year. After a year down because of the pandemic, she said it felt great to be back.

Farms from across New England sold their products in the Farmer’s Market.

McCormack’s Farm of Gilmanton sold different honeys and wax products. They also brought a panel of bees with them and showed

them in an observation hive.

Karen McCormack said they have been producing honey for about 10 years. In addition to their hive in Gilmanton, they also have hives in Canterbury, Alton, Loudon, and other places. They produce bottled honey, wax, lip balm, honey sticks, candy and more.

McCormack’s Farm started selling at the fair in 2018 after taking over for Ben Chadwick of Spring Fever Farm, who she said is their mentor.

“He’s an amazing beekeeper,” McCormack said.

When asked about being back to the fair, she answered, “Thank good-

ness.”

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Gilford field hockey gets Rogacki his 450th win

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford field hockey team finished the regular season with two wins, giving veteran coach Dave Rogacki his 450th career win in New Hampshire high school field hockey.

The final home game of the regular season was against Mascenic on Wednesday and the Golden Eagles got the 3-0 win.

Aly Pichette led the way with two goals and Shea Brown celebrated her senior day with a goal and Olivia Keenan

and Lauren Nash-Boucher each chipped in with assists.

Goalies Lily Winward and Caroline Guest held the line in the Gilford net to earn the combined shutout.

The final game of the season was at St. Thomas on Friday and Lexi Shute scored twice in the second half to break a scoreless tie and the Golden Eagles got the 2-0 win. Pichette earned assists on both Gilford goals.

Rogacki commended the strong transition game of Keenan, Alex-

andra Fay and Taryn Wernig.

Gilford finished the season at 12-2 and headed to the Division III tournament as one of the top teams in the division. The tournament starts today, Thursday, Oct. 21, and continues on Sunday, Oct. 24, both at the home of the higher seed.

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



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OPINION

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 Sunday, sunny 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.

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We're looking forward to hearing from you!



PHOTO BY ERIN PLUMMER

Take a ride at Gunstock

Gunstock's Adventure Park is open on weekends through Oct. 31. Take a ride on the Mountain Coaster and several other attractions. For more information visit www.gunstock.com.

North Country Notebook

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



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 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.



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." (Reprint permission by George T. McConnell II)

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 refer 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 Belknap'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

Skoog, Wallace compete at Division III championships



Brett Skoog putts for Gilford during last week's Division III tournament.

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 Coun-



PHOTOS BY JOSHUA SPAULDING
William Wallace chips onto the green on hole one at Laconia Country Club last week

try 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.

HIGH SCHOOL SLATE

Thursday, Oct. 21

BELMONT
Cross Country at Merrimack Valley; 4
GILFORD
Cross Country at Merrimack Valley; 4
WINNISQUAM
Boys' Soccer vs. Somersworth; 4

Friday, Oct. 22

BELMONT
Boys' Soccer at Prospect Mountain; 4
Girls' Soccer at Somersworth; 4
Volleyball vs. Sunapee; 6:15

GILFORD
Boys' Soccer at Inter-Lakes; 3:30
Girls' Soccer vs. Prospect Mountain; 4
Volleyball vs. Manchester West; 5:45
WINNISQUAM
Boys' Soccer at St. Thomas; 4

Football at Con-Val; 7

Volleyball vs. Kingswood; 6:15

Saturday, Oct. 23

GILFORD-BELMONT
Football vs. Plymouth; 2
All schedules are subject to change.

NOTEBOOK

(Continued from Page A4)

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 school-houses, 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 interspersed 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 sidelight 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 campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

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 for the Zoom link.

NOTICE OF PUBLIC HEARING

Shaker Regional School District will hold a public hearing relative to the acceptance of the following grants: Fresh Fruit and Vegetable Program; School Meals Emergency Operating Costs Reimbursement Program; and a Comp Ed Program. The meeting will be on October 26, 2021 at 6:00 pm at Canterbury Elementary School.

Shaker Regional School District

Serving the Communities of Belmont & Canterbury

CHILDFIND CLINIC

All school districts using the special education process shall find, identify, and evaluate all children suspected to be children with disabilities. Anyone may refer a child they suspect may have a disability and need special education. We will be holding a "Child Find Clinic" on Thursday, October 28, 2021 at Canterbury Elementary School from 10:00 am - 1:00 pm for children age 2.5 years or older, but less than 21 years of age. Certified staff will screen students for possible learning disabilities, speech and language disabilities, motor skills, and overall developmental functioning. The clinic is open to any resident of Belmont or Canterbury, but APPOINTMENTS ARE REQUIRED. Please contact the SAU office at 267-9223 ext. 5306 for additional information or to make an appointment.

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Edward Jones: Financial Focus

Short-term investments offer liquidity - and more

Generally speaking, investing is a long-term process. You invest in your IRA and 401(k) to reach a long-term goal - retirement. You may invest in a 529 education savings plan for many years to reach another long-term goal - college for your children. But is there also a place in your portfolio for shorter-term investments? In a word, yes. You have three good reasons for owning short-term investments: liquidity, diversification and protection of longer-term investments. Let's look at all three:

- Liquidity - For many people, the COVID-19 pandemic brought home the need to have ready access to cash, and short-term investment vehicles are typically liquid. Still, some are more liquid than others, and you'll want to know the differences right from the start. Probably the most liquid vehicle you could have isn't an investment at all, but rather a simple savings or check-

ing account. But you likely could earn much more interest from a high-yield online savings account without sacrificing much, if any, liquidity. Money market accounts are also highly liquid, but they may carry minimum balance requirements. Other short-term investments may be less liquid, but that may not be a major concern if you don't need the money immediately. For example, you could purchase a type of mutual fund known as an ultra short-term bond fund that invests in longer-term bonds due to mature in less than a year, so you could receive the benefit of the higher interest rates typically provided by these bonds. You could choose to partially or entirely liquidate your bond fund at any time, but it may take several days for the sale to go through, since the shares in the fund need to be sold. You could also invest in a three-month certificate of deposit (CD), but if you cash it out

early, you'll lose some of the interest payments.

- Diversification - If your portfolio consists largely of stocks and stock-based ETFs and mutual funds, you could take a hit, at least temporarily, during periods of market downturns, which are a normal part of the investment world. But a diversified portfolio, containing both long- and short-term investments, may hold up better during periods of market volatility. That's because the short-term vehicles we've looked at are typically going to be far less affected by market movements, if they're affected at all. (Keep in mind, though, that diversification by itself can't guarantee profits or protect against all losses.)
- Protection of longer-term investments - If you were to face an un-

expected expense, such as the need for a major home or car repair, how would you pay for it? Without any liquid reserves, you might be forced to dip into your long-term investments, such as your 401(k) and IRA. But by doing so, you could incur taxes and penalties - and, perhaps even more important, you'd be removing resources from accounts designed to help you achieve a comfortable retirement. With enough short-term investments in place, though, you can avoid touching these long-term accounts.

As you can see, you can benefit significantly by adding some short-term investment vehicles to your portfolio. They could make a big difference in your ability to meet your financial goals.



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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

LRPA After Dark celebrates Halloween with 5th annual “Shocktoberfest”

LACONIA— Do you like scary movies? If you do, then LRPA TV has got you covered! Celebrate the scariest month of year with our 5th 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 forties 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 psy-

chological 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 Vincent 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.

Mark your calendars for Shocktoberfest’s delicious Halloween treats:

Oct. 22 and 23: Shock (1946)

Oct. 29 and 30: Horror Express (1972)

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband 25. Not a subscriber? Log onto www.live.lrpa.org and catch all the fun.

About Lakes Region Public Access Television (LRPA):

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA streams via the web at live.lrpa.org, and cablecasts locally on Atlantic

Broadband Channel 24 (educational programming), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 11,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that

Fosters free speech and the open exchange of ideas,

Encourages artistic and creative expression,

Promotes a well-informed public through governmental transparency, and Unites our communities through the power of media and technology.

LRPA’s slogan: Community empowered by media. Visit us on the web at www.lrpa.org.

Bank NH focuses on food insecurity with funds for Food Drive

REGION - Bank of New Hampshire is continuing to make an impact on food insecurity across the state with its’ annual Banking on Kindness Funds for Food Drive. From Oct. 12 through Nov. 12, each customer who visits a Bank of New Hampshire office will have the opportunity to donate \$1, \$5, \$10 or an amount of their choice to the Drive. Bank of New Hampshire will match donations up to \$250 per office for a potential total match of \$5,500.

The Funds for Food Drive collects monetary donations for local food pantries so they are able

to purchase the food they need to be able to stock their shelves. Each Bank of New Hampshire office will donate the funds raised in their office to a local food pantry of their choosing, allowing the Bank to have a widespread impact across the state.

“As Bank of New Hampshire seeks to further our impact on food insecurity in our communities, we are excited to once again partner with our customers through our annual Funds for Food Drive,” said Chris Logan, President and CEO for Bank of New Hampshire. “With the holidays right

around the corner, our friends and neighbors struggling with Food Insecurity are feeling the weight of that struggle even more. Our customers have demonstrated their generosity and compassion year after year, and I am confident that they will continue that demonstration this year as we partner to lessen the weight of food insecurity in our communities.”

Customers and community members who choose to donate to the Drive will be invited to write their name on a fall nametag and those nametags will be displayed on each office’s “Board of Givers” until the end of the Drive. After the Drive ends on Nov. 12, those who donated will be updated as to how much was collected, matched and donated to the office’s selected food pantry, showcasing the total impact.

Bank of New Hampshire is proud to be

hosting this Drive as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1.800.832.0912 or visit www.BankNH.com.

Plymouth State University Introduces Block Transfer Program

PLYMOUTH - Plymouth State University (PSU) is guaranteeing admission to its Bachelor of Science in Business Administration program for all business graduates from any of the Community College System of New Hampshire (CCSNH) institutions. Starting in fall 2022, students who have received an associate degree in business from any of the 11 CCSNH locations can enroll in PSU’s business administration program and complete years three and four of the program online or as residential students. All students who complete the free New Hampshire Transfer Connections application will be guaranteed enrollment in the program.

This block transfer program is the first and only program of its kind in New Hampshire, and highlights PSU’s commitment to providing accessible and affordable transfer pathways for students from the state’s community college system. In following this pathway, a student’s associate degree will be credited as years one and two of their undergraduate coursework. When students enroll at PSU for year three, they will be taking classes alongside PSU’s four-year business administration students. Upon graduation from the program, transfer students will receive a certificate in Transformative Innovation & Design Entrepreneurship, in addition to a Bachelor of Science degree.

“We wanted to create an easy pathway for students who have completed an associate degree to continue their education. We designed this program with a student-centric approach to transfers admissions,” said Matt Wallace, Director of Admissions at PSU. “Too often, transfer credits are treated on a course-by-course basis and students tend to lose credits for courses they have already completed and paid for. Our program acknowledges all the work students have done to achieve an associate degree.”

Students who are interested in the transfer program should follow the admissions deadline outlined at www.plymouth.edu/transfer for the semester in which they plan to enroll.

For more information about the transfer program, visit go.plymouth.edu/transferagreements.

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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 than Gannon will need to take medication or be on a perscription 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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Gilford Community Church Completes Clean Energy Project

Recently, 204 solar panels were installed on the campus of Gilford Community Church (GCC), an installation completed by ReVision Energy as part of a larger, multi-phase Clean Energy Project.

“The panels have been installed on one side of Gilford Youth Center, which adjoins the church,” said Warren Hutchins, GCC member and project lead.

Noting the solar panels are designed to produce 102 percent of the campus’s power needs, Hutchins cited three primary objectives behind the project, one of which included “leading the community in responsible reduction in fossil fuels.”

“We want to use the money we’ll save on electricity to fund improve-

ments in our community programs,” he said. “We also want to limit probable future increases in costs from our power supplier, as all indications are that electric costs are going to rise.”

According to Brittany Angelo, Regional Marketing Manager, ReVision Energy, the solar conversation with GCC and Gilford Youth Center began in 2019 as part of “a larger holistic approach towards energy consumption.”

“It started with an LED project that ReVision bid on when we were involved in the LED industry,” she said.

Opting to work with Eversource in what came to be known as Phase 1 of the Clean Energy Project, all LED lighting fixtures and lighting control systems

were replaced on the church campus in April 2020.

Angelo said the opportunity to “circle back” on the solar installation project has been “great.”

“Warren and his team were extremely diligent with the review process, pulling different people into the conversation depending on the question at hand,” she explained.

Citing the total project cost at \$211,000, Hutchins said GCC is now looking to borrow up to \$53,000 to completely fund the project.

“We have been able to fund the project up to this point through donations and support from Eversource,” he said. “Our hope is to receive additional support, which can help support our broader philanthropic mission in our



YOUTH FROM GILFORD COMMUNITY CHURCH IN FRONT OF THE GILFORD YOUTH CENTER WHERE THE SOLAR PANELS HAVE BEEN INSTALLED.

local communities.”

Located in Gilford, Gilford Community Church (GCC) is an inclusive, open community that welcomes believers and doubters, seekers and skeptics, young and old. To learn more about GCC, or sup-

port its Clean Energy Project, visit gilfordcommunitychurch.org.

SOCCER (Continued from Page A1)

Sadler had a goal and an assist, while Geena Cookinham, Addy Harris, Gracey LeBlanc, and Jaiden McKenna each added a goal. Caldon had three assists, Ashley Kulcsar had an assist and Gannon, and Maura Hughes combined for three saves to get the win.

“A solid win for the girls” Meyers noted. “We moved the ball well and created a lot of chances.”

“While we did a good job of putting shots on net, we took a lot from range or tough angles, which allowed Newfoundland’s keeper to make the saves,” the Gilford coach added. “Ball con-

trol was great in this game and we went long stretches of passing and controlling play.”

Meyers noted that with two games remaining, his team has some things to tighten up and different looks to prepare as playoffs loom.

The Golden Eagles finish the regular season at home against Prospect Mountain on Friday, Oct. 22, at 4 p.m.

The Division III tournament starts on Wednesday, Oct. 27.

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

Gandini logs another win as Gilford races at Coe-Brown

BY JOSHUA SPAULDING
Sports Editor

NORTHWOOD — The Gilford cross country team joined some of the top programs from around the state of New Hampshire at the Black Bear Invitational at Coe-Brown Northwood Academy.

The Golden Eagle boys and girls both finished 12th, with top honors going to the Oyster River girls and the Bishop Guertin boys. Other top programs competing included the host Bears, Dover, Concord, Pinker-

ton and Hanover, among others.

The Gilford boys were once again led by a winning performance from Patrick Gandini, who crossed in a time of 16:14 to take the victory.

Mitchell Townsend was in next for Gilford, finishing in a time of 19:06 for 55th place and Alden Townsend finished in 64th place with a time of 19:25.

Dane DeHart finished in 101st place with a time of 21:41 and Joseph Schelb finished out the

scoring for Gilford with a time of 24:33 for 114th place.

Benjamin Smith finished with a time of 32:11 for 122nd place overall.

In the girls’ varsity race, Catherine Stow finished in 19th place with a time of 21:3.

Georgia Eckhardt finished in a time of 22:49 for 44th place and Sydney Eastman was 53rd overall with a time of 23:14.

Vanessa Genakos finished in a time of 25:54 for 81st place and Tessa

Tanner rounded out the scoring with a time of 27:31 for 92nd place overall.

Madeline Burlock finished in 94th place in 27:42 to close out the field of Golden Eagles.

The Gilford teams will be competing next at the Capital Area Invitational today, Oct. 21, at 4 p.m. at Merrimack Valley High School.

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

HIKE-A-THON (Continued from Page A1)

could still be done remotely but it was capped off with a big celebration.

Volunteers with Gilford High School’s National Honor Society served cotton candy and people brought in food for a potluck. Kids also took part in a pie eating contest. Pours & Petals food truck made a stop at the event selling apple cider donuts and other treats.

“Especially after COVID year and not really being able to get the kids together, it’s great to see them run outside,” Evangelo said.

GES Principal Danielle Bolduc said she was glad it was a nice day to do this with a lot of great volunteers helping out.

“It’s so nice to really get back to something normal,” Bolduc said. “It’s outside and we got perfect weather for it. Feels like homecoming for the elementary school.”

Evangelo’s family also took part in the Hike-a-thon and her son Blake got the second

highest amount in pledges.

“He’s excited to be here and support the school,” said Blake’s dad Brandon Evangelo.

He said it seemed like everyone there was having a great time and there was plenty of room for people to keep some space if they wanted.

Reilly and Greg Foster went up the mountain with Reilly’s kids Mary Jane and Lucien Ornsteen and Reilly and Greg’s baby Irellynne Foster. The family moved to Gilford last year and Mary Jane was the one who suggested doing the Hike-a-thon. Reilly said this was their first time doing something with the Gilford community.

“I love it, it’s a good cause and they need it,” Reilly said. “(Mary Jane) was very adamant about doing the fundraiser.”

Greg said he also loved the fundraiser.

“I think it’s awesome, it’s a good way for everybody to meet each other,” he said.

CALLS (Continued from Page A1)

someone off the floor or back in their chair.

“I think that is a direct relation to people aging more in their homes,” Carrier said. “They’re there longer, they have more issues that develop over time, and they don’t have a lot of outside help. They may not have family that can help them, they may not be affiliated with a service yet that can come and help them.”

He said most of the calls are coming from cell phones, though some are coming from alert systems.

Additionally, there were fewer incidents at Bank of NH Pavilion this season. Carrier said even though the venue

had several concerts, the shows at the beginning of the season were much smaller because of COVID-19 restrictions that were relaxed later in the season. Overall EMS personnel saw 179 patients at concerts and there were 10 transports to the hospital.

Carrier said there has been only one case of COVID-19 in the fire department and it was not related to work.

“Other than that, the guys that are on the ambulance day in and day out we’ve had no cases, so vaccinations and personal protective equipment is working for us,” Carrier said.

The department also hosted two students from

the Huot Technical Center. The students were with the department for three weeks riding along to calls and taking part in training.

“It seemed to be a very successful program, not only for the students but for us,” Carrier said.

The department put a new ambulance into service, which Carrier said a lot of people were

happy about. Car 1, Carrier’s own vehicle, will be ready soon. The radio and command center are already installed and they are waiting for the lights and the decals to be finished.

They are now using a refurbished cardiac monitor that he said is working well so far.

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Circle Program Announces New Executive Director

A Warm Welcome to Beth Dever

PLYMOUTH – Beth Dever has accepted the position of Executive Director for Circle Program. Beth comes to Circle with 25 years of leadership experience in the nonprofit recreation and education fields. Beth is an established leader in the Lakes Region and Concord areas.

“Over the last two decades I have been privileged to witness the impact Circle Program has had on the girls in New Hampshire,” De-

ver said. “I believe that empowering young girls to become strong and passionate individuals who learn to understand themselves so they rise above oppression and pettiness and infuse generosity and kindness to those less fortunate and those they may not understand is the key to a successful life’s journey. Through camp, community, connections, and mentorships Circle Program gives all of us a chance to show our

young girls how to empower and believe in themselves so the life they create allows them to maneuver through adversity and life’s struggles. I can’t wait to roll up my sleeves and work alongside all of you as we strengthen Circle Program’s mission and make a lasting impact for more girls in New Hampshire.”

Most recently, Beth served as Executive Director for the Penacook Community Center; pri-

or to that position, Beth was Executive Director for Girls At Work in Manchester. In addition to her many years of nonprofit administration and management experience, Beth has also volunteered her time as a member of the Bristol Rotary Club, the Bristol Recreation Advisory Council, and CADY (Communities for Alcohol and Drug Free Youth).

“After a comprehensive and rigorous search

process by the Search Committee, comprised of board and staff members, I am thrilled that Beth Dever has taken the helm of Circle Program as Executive Director,” said Sarah Crane, board president. “Her compassion, nonprofit management knowledge, and passion for youth, especially girl serving organizations, makes her uniquely suited to lead Circle Program.”

Circle Program is a

non-profit organization based in Plymouth. The organization, whose mission is to empower, transform, and enrich girls’ lives through community, connection, camp, and mentorship, provides a unique combination of year-round mentorship and residential summer camp to financially disadvantaged girls throughout New Hampshire.



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ANSWER: PIZZA

Crossword Puzzle

1				2				
								3
4								
				5				
6								
7								

ACROSS
1. Pleasantly crisp
4. Consume
5. Rounded shape
6. Prefix for “half”
7. Working with hands to mix

DOWN
1. Dairy food that melts
2. Opposite of “yes”
3. Vegetable or meat that enhances pizza
5. Popular comfort food

THIS DAY IN... HISTORY

1797: THE NAVY LAUNCHES THE FRIGATE U.S.S. CONSTITUTION IN BOSTON HARBOR.

1940: THE FIRST EDITION OF ERNEST HEMINGWAY’S “FOR WHOM THE BELL TOLLS” IS PUBLISHED.

1959: THE SOLOMON R. GUGGENHEIM MUSEUM OF MODERN AND CONTEMPORARY ART OPENS IN NEW YORK.

New Word

CRUST

crunchy, cooked dough

How they SAY that in...

ENGLISH: Cheese
SPANISH: Queso
ITALIAN: Formaggio
FRENCH: Fromage
GERMAN: Käse

Did you know?

THERE ARE MANY DIFFERENT STYLES OF PIZZA. FROM NEW YORK STYLE TO CHICAGO DEEP DISH TO DETROIT STYLE TO SICILIAN SQUARE, PIZZA IS DELICIOUS.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: PEPPERONI PIZZA

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to health and wellness. Each number corresponds to a letter. (Hint: 12 = S)

A. 25 6 20 8 6 13
Clue: Medical professional

B. 20 3 10 20 4 17 19
Clue: Well visit

C. 8 10 12 8 1 7 24
Clue: Medical examination procedures

D. 25 1 5 24 7 6 12 1 12
Clue: Identification of an illness

Answers: A. doctor B. checkup C. testing D. diagnosis

SUDOKU

						3	4	
			6		4	7	5	1
						6		8
8		4						
5			4	7	1		3	
		7						
				2			8	
	6	1	5		7			
		8	9					2

Level: Intermediate

Fun By The Numbers

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Here’s How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

2	6	1	3	4	6	8	5	7
1	9	4	7	8	5	1	9	2
3	6	7	4	8	9	3	6	4
7	8	5	6	2	1	3	6	9
4	1	2	5	9	8	7	3	6
9	3	8	1	7	4	6	2	5
5	7	6	2	3	6	4	1	8
8	4	5	9	7	1	3	6	2
6	2	1	9	4	7	5	1	8

ANSWER:

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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,

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.


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

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



Breast Cancer Awareness Month 2021

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