

The Baysider

THURSDAY, OCTOBER 15, 2020

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FREE

Duck becomes New Durham's resident celebrity

BY CATHY ALLYN
Contributing Writer

NEW DURHAM — Celebrity comes to few; in New Durham, it has come to one with feathers. You see, Disney has Donald, and insurance has Aflac, but around here, Freddie-Jack the duck rules the roost.

"People stop constantly," said Freddie-Jack's human mother Maureen Nelson. "They are always pulling over, asking questions about him, taking his picture."

In a rural area, where lots of people keep fowl, how did one pet duck that reigns over his front yard get so famous?

Nelson shrugs and says, "He's a celebrity here for some reason."

Freddie-Jack, often referred to by his family as Freddie or "Frederick when we're fooling around," is used to being a pop idol. Interest in him started in his hatchling days in

Milton, where Maureen and husband Don, and sons Robbie, David, and Devon lived for 10 years before moving to New Durham a year ago.

"It was all a joke," Maureen said, explaining how people who had only had cats and dogs suddenly became famous for a duck. "We'd always said that when we got our own house, we'd get a duck."

When the papers were signed, what did Don go out and do?

"He surprised me with the duck egg," Maureen said. "It was a female, and we called her Popcorn."

The family wanted to get their new pet a companion, so Don's best friend, with two brand-new hatchlings in hand, let them take Freddie.

Sadly, Popcorn died a year later, but as it turned out, Freddie-Jack is far happier by himself.

According to Maureen, he has the



CATHY ALLYN

Freddie-Jack, a Facebook sensation, is used to being the center of attention, whether with his family or the fans who come by to see him on a regular basis. He loves his pool and mirror in his New Durham front yard, and seems equally comfortable on the lap of his human, Maureen Nelson, close to his big brother Robbie Nelson.

same personality he had when he emerged from the egg.

"He's a grumpy duck; he just likes to do what he wants to do," she said. "If you don't agree with him, he'll chase and nip you."

And then, of course, there is the ultimate.

"He'll untie your shoes if he's mad," she notes.

It's easy, however, to appease Freddie-Jack.

"When he gets what he wants, he struts off," she added.

The big white duck has been in the limelight since day one. In Milton, the Nelsons lived next door to the school.

"The kids would walk by and see him on the lawn," Maureen said.

SEE DUCK, PAGE A8



Maureen Nelson watches her pet duck Freddie-Jack take a lap around his pool. Because of his local celebrity and his territorial ways, the Nelsons have put up a sign alerting his fans to the fact that they may get chased if they try to get too close to the superstar. Freddie, a Facebook sensation and a 2021 NHSPCA calendar boy, takes his fame in stride and can often be seen untying his family's shoelaces.

Barnstead Parade Congregational Church re-opens Sunday

BARNSTEAD — We are looking forward to re-opening and meeting inside the church on Sunday, Oct. 18 at 9 a.m. Masks will be mandatory as a courtesy to others. Masks will be available if you forget yours. Seating will maintain at social distancing. If you choose not to come into the church and remain in the parking lot, you may dial your car radio to 90.5 and hear the worship service. We look forward to seeing you.

Prospect boys edge Knights in home meet *Veronica Dowd takes the win in girls' race*

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain cross

country team played host to the Kingswood Knights for the first time



JOSHUA SPAULDING

VERONICA DOWD ran to the win in the girls' race at Prospect Mountain last Friday.

ever, as the Kingswood squad made its first-ever appearance on the Prospect Mountain course.

The Timber Wolf boys claimed the overall team victory over the Knights, edging Kingswood by just three points.

Deuce Smith led the way for the Timber Wolf boys, finishing in a time of 18:51 for third place overall.

Dennis Simpson was next in for the Prospect boys, finishing in a time of 18:52 for fourth place and Frank Dowd finished in a time of 19:32 for sixth place.

Joey Howlett was Prospect's fourth scorer with a time of 19:39 for seventh place and Liam White rounded out the scoring for the Timber Wolves with a 14th place finish in a time of 21:13.

Mason Pappaceno finished in 21:24 to place 16th overall, finishing out the field of Timber

Wolves in the race.

Veronica Dowd took the overall win in the girls' race, finishing with a time of 20:18, with the Timber Wolf girls finishing behind the Knights in the team standings.

Hannah Capsalis was next in, finishing in 22:28 for fourth place overall and Amber Fernald was sixth in a time of 23:19.

Emily Seigler finished in 27:23 for 10th place and Jillianne Simpson rounded out the field of Timber Wolves with her time of 29:36 for 11th place overall.

The Timber Wolves are scheduled to host a meet on Tuesday, Oct. 20, at 4 p.m.

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



DEUCE SMITH (left) and Dennis Simpson led the Prospect boys to the win last Friday in their home meet.

Jennifer Gullison receives Home Care Service Award

ROCHESTER — Cornerstone VNA congratulates their own Jennifer Gullison RN, MSN, VP of Operations, on being awarded the 2020 Home Care Service Award from the Home Care, Hospice and Palliative Care Alliance of New Hampshire at their annual meeting, which was held virtually on Sept. 25.

The Home Care Service Award is presented annually to an individual who has made a significant contribution to home health or hospice in the state through their work in education, research, advocacy, or leadership.

According to Julie Reynolds RN, MS, President/Chief Executive Officer at

Cornerstone VNA, "In her 19 years at Cornerstone VNA, Jennifer has earned the respect of staff, community health

partners and patients. She is a team player who shares her expertise willingly within her agency and among Alliance members."

Reynolds adds, "Jennifer has worked in our agency, her community and with the Alliance to improve health and well-being."

There are many ways in which Jennifer has shared her expertise. For example, when Cornerstone VNA created a unique program to delegate basic wound care tasks to Licensed Nursing Assistants, Jennifer shared her agency's training program through a webinar series for Alliance members. In 2019, the Alliance developed an initiative with the Quality Improvement Organizations to roll out a sepsis screening tool in home settings and Jennifer led the way.

Sepsis is a life threatening condition that arises when the body's response to an infection injures its own tissues and organs. Cornerstone VNA was one of the first agencies to train staff on sepsis care with the goal of preventing sepsis readmissions and deaths. She also worked with Frisbie Memorial Hospital, which incorporated the tool into their admission process, and she is currently training staff at local fire departments.

In addition, she expanded telehealth at Cornerstone VNA and has worked with their telehealth vendor to improve the educational components of the product, earning her national recognition. She has testified on telehealth at State House hearings, sharing examples of how telehealth has directly improved care for patients. As certified

chronic care trainer, Jennifer trains all her clinical staff in chronic care management, including the uses of disease-specific protocols to deliver the best care possible to patients. According to Reynolds, "She most truly embodies what this special award represents."

About Cornerstone VNA

Cornerstone VNA is a nonprofit home health and hospice care provider, currently serving Rockingham, Strafford, Belknap and Carroll Counties in New Hampshire and York County in Maine. The team at Cornerstone VNA provides award-winning care and support through five distinct programs: Home Care, Hospice Care, Palliative Care, Life Care-Private Duty and Community Care. For 107 years, Cornerstone VNA has been



Jennifer Gullison

committed to bringing services to people of all ages so that families can stay together at home, even when facing the challenges of aging, surgical recovery, chronic or life-threatening ill-

nesses or end-of-life care. To learn more about Cornerstone VNA, visit www.cornerstonevna.org or call 800-691-1133.

Village Players honor Willie Mork



COURTESY

THIS SIGN will hang at the Village Players Theater in Wolfeboro honoring longtime member Willie Mork

via a telephone connection, the crowd cheered and threw hugs and kisses to their mentor and sang some of her favorite songs from past shows.

Matt Johnson, president of The Village Players, displayed the newly-made sign reading "Welcome to the Willie Mork Auditorium." This sign will hang in the lobby entrance of the theater for all to see for many years to come.

Willie has been a member, supporter and involved in all aspects of theater life at The Village Players for 40 years. She was involved in more than 100 productions, producing 17 and on stage for 53 plays, holding many major roles. Some of her favorites were Fiddler on the Roof in 1988, in which she played Yente, and Oklahoma in 1981, which was her very first onstage production. She has assisted in many aspects



WILLIE MORK is a longtime member of the Village Players and was honored on Oct. 3 with the naming of the theater's auditorium.

of the theater including producing, stage crew, props, choreography, as master costumer and in teaching many how to make costumes. She has not only given her time and energy, but has supported many projects of improvements for the theater and was instrumental in creating the Village Players Endowment Fund.

The whole Mork family, including Willie's husband, Phil, their son Corky, his wife Diane, and her daughter Megan

have been a part of The Village Players since 1980 when they moved to Wolfeboro.

The Village Players organization is proud to honor this dear member and friend who celebrated her 95th birthday this year. At the close of the celebration, the Village Players thanked Willie for all she has accomplished and for being there for them no matter what. From all the members, past and present, at The Village Players, "we love you, Willie."

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WOLFEBORO — The Village Players of Wolfeboro celebrated long-time member Willie Mork on Oct. 3 with a surprise presentation in the garden area at the Mountain View Community in Ossipee. Members arrived wearing costumes and funny hats, bearing congratulations signs, and many balloons. As Willie watched through the glass doors and listened

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COURTESY

The East Alton Meeting House Society past-president, David Countway commissioned local fine artist, Peter Ferber, to create a painting of the historic meeting house and surrounding Gilman Corner neighborhood. Limited edition prints have been produced and number one is presented to Barbara Roberts on behalf of her father, Irving Roberts, in honor of Mr. Roberts' longstanding commitment to the preservation and upkeep of the East Alton Meeting House. Over many years, Mr. Roberts' efforts generated awareness and drove community involvement and advocacy for this treasured structure. The print is on display and available for purchase at The Art Place in downtown Wolfeboro. All proceeds support the ongoing maintenance of the East Alton Meeting House. Pictured above are Roberts on the left and on the right, Betty Ahn, President, Madge Nickerson, Secretary, Barbara Roberts and David Countway. Not pictured: Sandy Hammond, Vice President and past president and Mark Northridge, Treasurer and caretaker.



ALTON POLICE NEWS

ALTON — The Alton Police Department responded to 188 calls for service during the week of Oct. 4-10, including two arrests.

- One Male Subject was arrested for Driving After Revocation or Suspension, Suspended Registration & Possession of Controlled/Narcotic Drugs.
- One Male Subject was arrested for Criminal Trespass.

Call for crafts for Farmington church's Mingle 'n Jingle Holiday Fair

FARMINGTON — On Saturday, Nov. 7, the First Congregational Church of Farmington presents the Mingle 'n Jingle Holiday Craft Fair from 9 a.m. to 1 p.m. It will be outdoors under tents. Craft makers are invited to participate. If you make holiday craft items, knit caps, mittens or scarfs, make ornaments, or bake pies to sell, please contact Dale McKibben at beeskep@yahoo.com or call 207-432-8866 and let her know if you will share in the holiday fun.

There were 3 Motor Vehicle Accidents.

There were 7 Suspicious Person/Activity Reports on (2) East Side Drive, Barnes Ave., Jones Field Road, Powder Mill Road, Wolfeboro Highway & School Street.

Police made 65 Motor Vehicle Stops and handled 3 Motor Vehicle Complaint-Incidents.

There were 110 other calls for services that consisted of the following: 2 Assist Fire Department, 1 Fraudulent Action, 1 Stolen Property, 1 Employment Fingerprinting, 5 Assist Other Agencies, 1 Pistol Permit Application, 1 Juvenile Incident, 1 Domestic Complaint, 2 General Assistance, 1 Miscellaneous, 1 Alarm Activation, 1 Follow-Up, 1 Boat Incident, 4 Highway/Roadway Hazard Reports, 6 General Information, 1 Trespass, 3 Wellness Checks, 4 Community Programs, 2 Disputes, 57 Directed Patrols, 3 Medical Assists, 9 Property Checks & 2 Paperwork Services.



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Cornerstone VNA CEO named President of Home Care, Hospice and Palliative Care Alliance

ROCHESTER — Julie Reynolds RN, MS, President/CEO of Cornerstone VNA has assumed the role of Board President of The Home Care, Hospice and Palliative Care Alliance of NH. The Alliance is a non-profit membership organization that enhances the ability of home care agencies to provide the best care possible to New Hampshire residents. Prior to being named President, Julie served as the Board's Vice President for two years.



Julie Reynolds

According to Gina M. Balkus, APR, Chief Executive Officer of The Home Care, Hospice and Palliative Care Alliance of NH, "Julie is a recognized leader in home health and hospice who has been active in The Alliance for many years. Her experience and expertise will be invaluable as our organization adapts to the evolving health care environment."

It is notable that in addition to this new assignment, Reynolds was named 2020 Nurse Leader by New Hampshire Magazine, in partnership with the New Hampshire Nurses Association for their annual Excellence in Nursing Awards. Furthermore, under her leadership, Cornerstone VNA was named Business NH Magazine's 2020 Health Care Business of the Decade.

Under Reynold's stewardship, Cornerstone VNA is known for its work of providing high quality care, innovative services, and support for local communities.

Reynolds states, "It is amazing to see the strides that Home Care, Hospice and Palliative Care specialties have made over the years." Reynolds adds, "I take great pride in assuming the Board President role of such a reputable and important statewide resource, which has been tremendously supportive of our efforts."

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Body language never lies

Mark Twain once wrote, “If you tell the truth, you don’t have to remember anything.” There has been a great deal of chatter in town about transparency in national politics. While we like to focus on the facts, it’s been clear that as of late, facts are hard to decipher in the current climate. Misinformation runs rampant and several individuals stated that they just don’t know what to believe anymore. This led us to discussions regarding the FBI and how law enforcement personnel can spot tells, if someone is being untruthful.

According to body language experts, there are tells to let you know if a person is being dishonest. There are exceptions to the rule of course, but this tidbit of knowledge may come in handy or may serve as a bit of fun the next time you’re in a group setting.

Facial expressions, verbal cues and body language are said to give away a person who is fibbing. Experts say that these cues are due to chemical and physical reactions or nervousness.

If you are trying to decipher whether or not a person is fibbing, it helps to know how they act under normal circumstances. This way, you can determine if any responses are simply idiosyncrasies or tells.

The eyes say everything. Look for incessant blinking. Normally a person will blink up to six times every 60 seconds. If an individual is lying, they might blink five or six times very quickly. Further, pay close attention to how long a person closes their eyes mid conversation. If someone has closed their eyes for up to two seconds, they could be lying to you.

At some point, we’ve heard the notion that a person is lying if they look up and to the right, however this depends on whether or not the person is right or left handed. If a right handed person looks up and to the left, they are searching their memories and likely are being truthful. If they look up and to the right, they are searching their imagination, and preparing to create an answer. Keep in mind that some people could look straight ahead when trying to recall a memory.

FBI experts say that if you ask a person about something they have heard, their eyes will move towards the left ear. If eyes shift to the right, a lie could be coming. Eyes will move down and to the left if the memory is about one of the five senses. Again, eyes will move down and to the right if a person is about to lie. You can also tell if a smile is genuine if wrinkles form by the eyes.

Lying could cause a person’s face to itch. Watch to see whether or not a person is scratching their face while in conversation. Mouths tend to become dry when a person is lying as well. Lips that are pinched and colorless could also give away a person’s mistruths.

A person may begin to sweat as well or blush. Blushing is the result of the release of adrenaline.

If someone is being truthful with you, they will typically shake their head in unison and in agreement with what they are telling you. However, the opposite is also true. If a person is shaking their head in disagreement with what they are saying, likely you are being lied to.

Letters to the Editor

Where has my America gone?

To the Editor:

We once were all Patriots—Democrats and Republicans. We lived and for the time being still live in a Constitutional Republic based upon conservative-capitalist principles. We disagreed but we did not burn and kill each other—except for the Watt and Detroit riots in 1968, which were quelled when the National Guard was called in. How could Americans elect Democrats who refuse to defend Americans, their families, their homes, and their businesses by calling for the National Guard in Democrat-run cities and states to quell the current rage of riots, arsons, lootings, and killings? My America will be gone once Biden-Harris are elected and Democrats control both the US House and Senate. We cannot let that happen. Vote American by voting for D J Trump and Conservative Republicans

BOB KROEPEL
NEW DURHAM



COURTESY

Who is that masked man?

The good news is, he’s not up to anything illegal, but instead, as President of the Alton Centennial Rotary Club, responsible for the distribution of Covid-19 masks throughout the towns of Alton, Barnstead and New Durham. He is Bob Regan. “We’ve received our allotment of 5,000 masks from a delivery of 100,000 masks donated by Rotary International and all will be distributed free in New Hampshire through 62 Rotary Clubs,” said President Regan. “Our task is now to find non-profit organizations that have a need for masks, such as schools, etc.,” he added. Rotary is a non-profit service organization dedicated to Service Above Self and its primary objective is to save and improve lives both locally and internationally. The club meets weekly for fellowship, and to plan and execute fund-raisers from which 100 percent of money raised is donated to charities. For information on becoming a member, contact Membership Chair Duane Hammond, 569-3745.

LETTERS FROM EDWIN

Shorts

I just washed and folded up all my work shorts and stuffed them onto a closet shelf with the expectation that I probably won’t need them again till next summer. On top of the pile were the black ones that I picked up this year at the local used clothing store. I find most of my work clothes there, and then some. Early in the summer, realizing that I was getting low on work shorts, I slipped in there and found these nice new looking black jean shorts. They were thirty twos, my size, so I didn’t even try them on. That’s the size I’ve been wearing since high school. I actually have a pair of landlubber hip hugger bell bottoms that I picked up at a head shop back in the real summer of love. I used them for gig pants. They have alternating pink and purple stripes. There’s my color again. They still fit. Stage people can wear all kinds of mad things. People almost expect it. The weirder the better. They gobble it right up. It’s quite a trip. Most of my mad clothes have been given away. Except for my purple pants. Maybe I’ll sport them at some

Halloween thing. I’ll bet there may even be some of my old regular jeans in the bottom of a rag box from my time of roadie-ing. The whole fronts from knees to pockets were patched and totally repaired. I learned to sew by watching my mother and grandmother and actually did all the patching myself. Virtual works of art. I was brutal on my pants back then too, using my legs as fulcrums to muscle the large speaker cabinets and such around the truck or bus. I was in pretty good shape back then. I still have the folded horn bass bins. I’ve removed their speakers to put them into other cabinets so the horn cabinets have become basically inefficient shelving. I can’t burn them, and they’d charge me to trash them at the transfer station. I have even found some new speakers that will make them work much better than they did, but the cost is more than I’m willing to appropriate for such a whimsical fancy. You see, I had envisioned setting them up on my front porch facing in. Then with some xenon flash tubes, think

strobe light, I could simulate lightning with the addition of a high voltage power supply that I could easily build. Then on Halloween night, I could set it all up along with a sprinkler on the roof where when some scary little trick or treater came knocking, FLASH/POW/SPLASH, instant thunderstorm. I also have a bunch of little red leds I could hook up to batteries to be placed off in the woods as demon eyes watching from afar. This is kind of a grown up more technical variation of what I did with my neighbor across the street one year. We ran a string from my house down to his, and when kids came to his house, we had made a ghost type thing on a pulley that I would let fly down across the street to surprise them as they exited. It actually did surprise a couple of kids; most could tell that we were up to something devious. The fact of the matter is that although my house and grounds would work out nicely for this scheme, it’s so far off the beaten path that there are never any trick or treaters. I usu-

ally buy a bag of candy that I like just in case someone shows up and surprises me. But I usually end up with all the candy. This Halloween will be on a blue moon, the second full moon in a calendar month. I’ve seen Halloweens that were warm, cold, rainy or snowy, one year there was a lunar eclipse that I took time laps photos of. Another year we had eighteen inches of snow the night before so I was cross country skiing in my back yard the next day. But so far, there hasn’t been one that I would consider shorts weather. October is usually relatively cool, and more so at the end. So back to the black shorts. After I put them on, I realized that they were stretchy. Not like jeans at all, but more like spandex. If I were a size thirty six I would have no problem wearing them. They fall off me if I don’t wear a belt. That to me is totally false advertising. Got to go now, trick or treat. E.Twaste Correspondence welcome at edwintwaste@gmail.com

Celebrating Halloween is a betrayal of Christian values

To the Editor:

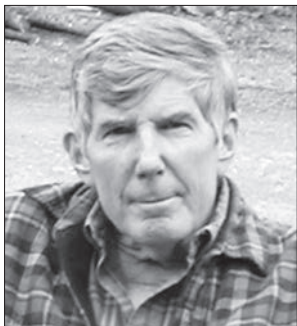
For someone to say that they don’t celebrate nor participate in Halloween is like them saying they don’t own nor want an iPhone. While those deciding not to celebrate nor participate in Halloween may experience the odd looks by those that do, they will inevitably get the question “Why not?” as if they wonder what is wrong with you. You can answer with “I just don’t” or “We just don’t” and leave it at that, which is the “safe” answer. Or the “unsafe” answer which I choose that says “Because it cel-

brates death, fear, violence, horror, and the occult, and as a Christian, I do not like what or who Halloween stands for and plainly celebrates. Besides, my Lord Jesus Christ does not find it acceptable.” As Christians, the Bible tells us in Ephesians 5:11 to “Have no part in the things that people in darkness do.....but expose them.” In 1 Peter 4:4 the Bible tells us “...they, the unbelievers, are resentful and surprised that you do not think like them...and they criticize and abuse and ridicule you and make fun of your values.” Peter still followed Jesus

when He was arrested in Matthew 26:58, but when Jesus was unpopular he stayed far enough away so not to be identified with Him, unprepared to face the challenge of ridicule and persecution by the unbelievers. Among the reasons why Judas betrayed Jesus was through his preoccupation with self. The Bible tells both of those stories and the different endings for Peter and Judas. Christians who celebrate or participate in Halloween, in my opinion, makes them a denier of Jesus, like Peter was, and a betrayer, like Judas was. Ask yourself “Would I want to be doing this when Jesus returns? Would I do it in His presence? Would I be ashamed for Jesus to see me doing this act if He came to visit me? Would Jesus do this?” In Galatians 1:10, Paul says “Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.” Amen to that, Paul. What about you?

LEN HANLEY
BARNSTEAD

To this day, I'll still call it (now and then) "the ice-box"



By JOHN HARRIGAN
COLUMNIST

The three months beginning with the first of October are generally considered the Months of the Hunt, which have their own inaugural Hunter's Moon, the first full moon in October.

For many people who raise their own animals for food, it is also slaughtering time. This is why so many butchers and meat-cutters are so busy right now, and why so many people who can't take care of their own deer or moose have a hard time finding professional help.

Ideally, you have abundant work-space and the proper tools at hand--sharp knives, a bone-saw, abundant freezer space--and the

knowledge and experience to cut up large animals. It is hard and meticulous work.

When I got my first deer, we still had what was known as "the freezer-locker" in town, which offered community food storage before the advent of individual freezers. Our family had a locker there, and I remember a lot of hanging bears, back when it was legal to sell dead bears. Local farmers, loggers, and hunters did a brisk business selling them to out-of-staters.

+++++

During my growing-up years at least one customer on the street waited for a man with ice-tongs to come around once a week--every two weeks in cooler weather.

This was Belle Frizzell, who was just a year or two shy of 100 when I first remember going up the stairs to her second-floor apartment. She baked lots of cookies, and kept plenty on hand for the neighborhood kids.

Grammy Frizzell was among the last in town to still have an ice-box, the original name for the household refrigerator. I can clearly remember the ice-man coming around in his truck with a freezer-box on the rear, reaching into it with a big pair of tongs, and throwing a big cube of ice over his shoulder as he headed for Mrs. Frizzell's staircase.

There were always chips of ice for us kids, and of course Grandmother Frizzell's cookies in the big glass jar.

+++++

The Lafond family ran the freezer lockers, and old Mr. Lafond kept the knives sharp and the younger generations too. Our parents had a freezer locker there, as did many other families in town.

When I killed my first deer at age 13, we hung it in the barn until it was time to skin it out and take it down to Mr. Lafond. "It's gotta be clean," were his brief

instructions to my Mom. At that age I was heedless of ticks as I sliced carefully and the deer's hide fell around my neck and shoulders. In fact, I'd probably never heard the term "tick."

The carcass was clean, all right--I wiped it with a damp cloth to get rid of stray hair, and we wrapped it in an old sheet before loading it into the trunk and taking it down to Mr. Lafond.

According to my deer's teeth and a biologist's best guess, my doe was seven and a half years old, pretty old for a New Hampshire deer. Back-straps and a few other choice cuts aside, Mr. Lafond recommended grinding it up for hamburger, with a fourth measure of pork fat ground in. "It sure stretched the budget," my Mom said.

+++++

Many Americans still look their supper straight in the eye, which is why most farm families avoid giving



COURTESY

The caption reads: "Into the 1930s, households used large blocks of ice...", which means that my neighborhood was a little bit behind the times. (Courtesy of the Sloane Collection)

their animals names. Still, the very notion of an ice-box seems like a TV on the fringe of reception.

Belle Frizzell used to mangle shirts to make a little pin-money, I can remember just that much more. She was a neat lady, with her hair in a bun and several big pins sticking through.

Who remembers such times, a way of life when mention of the ice-man meant more than a Broadway play?

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

STRATEGIES FOR LIVING

A living temple

BY LARRY SCOTT

In the final hours of his life, Jesus and his disciples were on their way out of Jerusalem to the Mount of Olives when one of the disciples remarked on the magnificent Temple complex that overlooked the city. Jesus' response was not what they expected. "Do you see all these things? ... I tell you the truth not one stone here will be left on another, every one will be thrown down." In just 37 years, and in reaction to the Jews' refusal to surrender, the Roman General Titus left the city and the Temple totally destroyed, a pile of useless rubble.

The Roman historian Josephus, in his book, "The Wars of the Jews,"

Book 6, Chapter 5, Section 2, recounts, "Now the Romans judging that it was in vain to spare what was round about the holy house, burnt all those places." And, in Book 7, Chapter 1, Section 1, Josephus continues, "As soon as the army had no more people to slay or plunder, ... Caesar gave orders that they should now demolish the entire city and temple, but should leave as many of the towers standing ... spared, in order to demonstrate to posterity what kind of city it was, and how well fortified."

How tragic an end to the city and a temple that, from the time of the original under King Solomon, was meant to be

the place of meeting between the God of heaven and the people of Israel. King David had amassed the material needed for its construction and left his son Solomon to finish the task. Seven years in construction, the day finally came when construction was complete and, in the final act prior to dedication, the Ark of the Covenant was brought into the section of the Temple known as the Holy of Holies. "There was nothing in the ark," we are told, "except the two stone tablets that Moses had placed in it at Horeb. ... When the priests withdrew from the Holy Place, the cloud filled the temple of the Lord. ... [T]he glory of the Lord filled his tem-

ple. (I Kings 8:9-11).

The destruction of the Temple under Titus marked the end of an era, and a "new temple" took its place. "Do you not know," writes the Apostle Paul, "that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?" (I Cor. 6:19). Following Jesus' death and resurrection, the temple, the "meeting house" between God and man, would be found, not in a building, but in the life of every follower of Jesus Christ.

We have said much in this column about accepting Jesus Christ as the Lord of our lives. I know that sounds terribly religious and smacks of superstition and fanaticism, but the bottom line here is that God does exist and he desires to have a personal relationship with

each one of us. A new temple has replaced the old, found in the life of every one of us prepared to welcome Jesus as our Lord. "Come to me, all you who are weary and burdened, and I will give

you rest," Jesus said, and millions of Christians will tell you, God has always been as good as his word.

For more thoughts like these, follow me at indefenseoftruth.net.

Alton Parks & Recreation Connection

Yoga on the Lake

Sheila Marston will be leading an outdoor Yoga Flow class in Alton Bay at Railroad Square Park. Social distancing will be practiced. The class will be held on Sundays from 11 a.m.-noon, and will feature: grounding postures; balance series: core series; ending with spine strengtheners, stretching and relaxing Savasana. Flow will change a little every week. Dress in layers and bring a mat. \$10 drop in fee or \$32/month.

Spectacular Scarecrow Spree

Join community members and create a scarecrow now until Oct. 25. Alton is collaborating with "Our Towns Recreation," a group of local Recreation Departments including: New Durham, Wolfeboro, Ossipee, Wakefield and Rochester with a challenge to make scarecrows in all of our communities. Our Towns Recreation will be sharing scarecrow photos online. Submit your Alton photo to Ourtownsrec@gmail.com by Oct. 25. Prizes will be awarded for the best scarecrow. Enjoy the Spectacular Scarecrow Spree and look for pop up scarecrows around the Town.



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TOWN OF NEW DURHAM TAX COLLECTOR – DEPUTY TOWN CLERK

The Town of New Durham seeks a Tax Collector – Deputy Town Clerk. The community of New Durham is located in the Lakes Region, with a population of approximately 2700, with approximately 2500 taxable parcels. The community has many water bodies for recreating and connecting with nature's resources. The position is a minimum of 40 hours per week, health, dental, vision and NH state retirement benefits. Compensation is dependent upon education, training, and experience. Town of New Durham residency is required. Hourly compensation is \$17.00 to \$20.82.

Please send resume and Town employment application form to; Town of New Durham, Attn: Scott Kinmond, Town Administrator, P.O. Box 207, New Durham, NH 03855. Position is open until filled and first review starts on October 19, 2020.

A job application can be found on the Town of New Durham website at www.newdurhamnh.us or by request by emailing Scott Kinmond, Town Administrator at skinmond@newdurhamnh.us or 603-859-2091.

Prospect net girls sweep Somersworth

BY JOSHUA SPAULDING

Sports Editor

SOMERSWORTH — The Prospect Mountain volleyball team picked up a 3-0 win over Somersworth on the road on Friday, Oct. 9.

Prospect won 25-16 in the first set, then won 25-12 and 26-24 to close out the 3-0 victory.

Allie Stockman had an outstanding game according to coach Scott Hutchins, as she finished with five service aces and 26 assists while also going 20-for-20 from the service line.

Julia Leavitt and Sophia Bean each finished with 10 kills and Ella Misiasek led the way for her team with nine digs.

Freshman Aijah Thoroughgood stepped in at libero for an injured Lindsey McCullough and finished with seven digs.

Prospect will be hosting Farmington on Friday, Oct. 16, at 5:45 p.m. and plays a pair with Kingswood, on the road on Tuesday, Oct. 20, at 6 p.m. and at home on Thursday, Oct. 22, at 5:45 p.m.

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

HIGH SCHOOL SLATE

Thursday, Oct. 15

KENNETT

Boys' Soccer at Belmont; 4
Girls' Soccer vs. Belmont; 4

KINGSWOOD

Boys' Soccer at Gilford; 3:30
Field Hockey vs. Gilford; 6
Girls' Soccer vs. Gilford; 3:30
Golf at Keene CC (Division II State Meet); 9

PROSPECT MOUNTAIN

Girls' Soccer vs. Somersworth; 4

Friday, Oct. 16

KENNETT

Football at St. Thomas; 6:30
Volleyball at Belmont; 6:15

PROSPECT MOUNTAIN

Boys' Soccer at Farmington; 4
Girls' Soccer at Farmington; 4
Volleyball vs. Farmington; 5:45

Saturday, Oct. 17

KENNETT

Boys' Soccer at Berlin; 11
Cross Country at Berlin; 10

KINGSWOOD

Field Hockey vs. Winnisquam; 7
Football at Plymouth; 2

Monday, Oct. 19

KENNETT

Boys' Soccer at Inter-Lakes; 4
Girls' Soccer vs. Inter-Lakes; 4

KINGSWOOD

Boys' Soccer vs. Prospect Mountain; 7
Girls' Soccer at Prospect Mountain; 4

PROSPECT MOUNTAIN

Boys' Soccer at Kingswood; 7
Girls' Soccer vs. Kingswood; 4

Tuesday, Oct. 20

KENNETT

Volleyball at Inter-Lakes; 5:15

KINGSWOOD

Volleyball at Prospect Mountain; 6

PROSPECT MOUNTAIN

Cross Country Home Meet; 4
Volleyball at Kingswood; 6

Wednesday, Oct. 21

KENNETT

Boys' Soccer vs. Inter-Lakes; 4
Girls' Soccer at Inter-Lakes; 4

Thursday, Oct. 22

KENNETT

Cross Country at Kingswood; 4
Volleyball vs. Inter-Lakes; 5:30

KINGSWOOD

Boys' Soccer at Prospect Mountain; 4
Cross Country Home Meet; 4
Girls' Soccer vs. Prospect Mountain; 6

Volleyball at Prospect Mountain; 5:45

PROSPECT MOUNTAIN

Boys' Soccer vs. Kingswood; 4
Girls' Soccer at Kingswood; 4
Volleyball vs. Kingswood; 5:45



KATHY SUTHERLAND

Shutout

Michael Mahoney and the Prospect Mountain soccer boys defeated Pittsfield 3-0 on Monday, Oct. 5, with all three goals coming from Cam Dore. Prospect will be in action on Friday, Oct. 16, at Farmington at 4 p.m., will be at Kingswood on Monday, Oct. 19, at 7 p.m. and will be hosting Kingswood at 4 p.m. on Thursday, Oct. 22.

Second-half goals push Eagle girls past Knights

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — The Kingswood soccer girls honored their seniors prior to the game with Kennett on Wednesday, Oct. 7, and for the first half, held Kennett off the board.

However, the Eagles scored four times in the second half and walked off the Alumni Field turf with a 4-0 win over the Knights.

“We knew the first half we’d just have to survive the half because the wind was blowing (in their faces),” said Kennett coach Ron Krieger, who noted having the wind at their back in the second half was a help amidst a windy storm that brought rain midway through the first half.

“I think in the second half, the occasion got to us,” said Kingswood coach Rob Kelly. “It was a long day, lots of emotion.”

The Eagles opened the game with a run into the zone but could not convert, while Kingswood’s Payden Swidrak made a run at the other end. Samantha Wainwright was solid on the defensive side for Kingswood and Ivy Zipf had a shot for the Eagles that Kingswood keeper Alexis Turner was able to grab. Wainwright was also able to block a shot by Kennett’s Shannon Abrams. Abrams then made a nice cross to Aida Wheat in front but Turner was able to slide out to get to the ball. Abrams had another shot saved by Turner as well.

Megan Davey helped out her keeper with a good defensive play for the Knights on Wheat while Nicole Lockhart just missed with a cross for Kennett. The Eagles had the game’s first corner, but it was cleared out by the Kingswood defense. Sara Hyde made a nice defensive play on Wheat, who also had a shot saved by Turner.

Kingswood had their first corner but could not bury the shot while Sam Habert-Jaques made a nice save in the Kennett net. At the other end, Abrams made a run in that Turner was able to come out to grab. Amelia Kilmister had a shot for the Knights that went wide of the net and after another Kingswood corner that did not connect, Lia Anzaldi had a shot go wide at the other end.

Turner also got some good help from her defense on a bid from Abrams, as Hyde was able to clear the ball out of the



JOSHUA SPAULDING

KINGSWOOD’S Samantha Wainwright and Kennett’s Marissa Caputo go for the ball in action last week in Wolfeboro.



KINGSWOOD SENIORS were honored last week before the first home game. Front row (l to r), Alexis Turner, Makenzie Willett, Makenna Leigh, Katie Mann and Alyssa Dow. Back row (l to r), assistant coach Andy Ferland, Gracie Hanson, Payden Swidrak, Kaitlyn Catalano, Cassidy Simpson, Samantha Wainwright and coach Rob Kelly.

when it got behind Turner. Marissa Caputo had a late shot for Kennett that Turner stopped and the teams went to the half with the game still scoreless.

Kennett had three corners out of the gate in the second half but could not convert, with Abrams getting a great look that Turner grabbed. Wheat made a nice cross to Carli Krebs that she put wide and then Wheat had another bid that was stopped by Turner. Wheat also missed connecting with Zipf on a bid.

With just more than 10 minutes gone in the half, the Eagles were able to get on the board, as Zipf made a nice feed in front and Abrams got a foot on it and popped it in the net for the 1-0 lead.

Katherine Brooks had a long shot for the Eagles that Turner grabbed and then Davey made a nice defensive stop on a run in by Zipf.

Kennett was able to double the lead with 28:05 to go in the game, as Zipf made another great cross and this time Caputo was there to put it in the net, upping the lead to 2-0. Wheat came back with a nice cross but Katie Mann was able to clear the ball out of the

zone. Caputo also had a shot stopped by Turner.

Kennett had a pair of corners, with the first one deflected wide while the second one had Makenna Leigh make a nice clear out of the zone. Hyde had a nice defensive stop on Wheat and then another block of a shot off Wheat’s foot. Kendall Krieger had a good run in with a shot that Turner stopped and then Wainwright made a nice defensive stop on a run from Zipf. Zipf had her own shot that Turner stopped. Kingswood made a run into the zone but could not get any shots on net,

Kennett scored on a corner with 9:20 to go, as Bryn Fayle was able to put the ball in the net. Turner made a save on another corner but with 7:10 to go, the Eagles finished out the scoring, with Wheat making it 4-0. Turner made a nice sliding save on a bid from Abrams in the final minutes as well.

“They just keep doing what I ask them to do,” said Krieger. “Play the possession game, change fields.”

He noted that Zipf had a couple of great feeds, which was something he was happy to see and also the team contin-

ues to make progress on their corner kicks, which they’ve been working on.

“In the first half they really competed and battled,” Kelly said. “I think the girls worked really hard.

“But the 10 seniors, they are going to be affected (by the senior night),” he continued. “I’m proud they put the fight in, but we can do better.”

Kelly praised Turner in net, Hyde and Davey on defense and Cassidy Simpson in the midfield.

The rematch scheduled for Friday in North Conway was cancelled.

Kingswood will be in action today, Oct. 15, at 3:30 p.m. at home against Gilford, will be at Prospect Mountain on Monday, Oct. 19, at 4 p.m. and will host Prospect Mountain at 6 p.m. on Thursday, Oct. 22.

Kennett will be in action today, Oct. 15, at home against Belmont, will be hosting Inter-Lakes on Monday, Oct. 19, and will visit Inter-Lakes on Wednesday, Oct. 21, all at 4 p.m.

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

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RC GREENWOOD

Timber Wolves win

David Fossett pushes the ball up the field during his team's game in Moultonborough on Friday afternoon. Prospect got two goals from Cam Dore and one each from Perrin McLeod, Michael Perry and Cole Stockman on the way to the 5-0 win. Prospect will be at Farmington on Friday, Oct. 16, at 4 p.m., will be at Kingswood on Monday, Oct. 19, at 7 p.m. and will be hosting Kingswood at 4 p.m. on Thursday, Oct. 22.

Kingswood girls run to the win at Prospect Mountain

Casey Arsenault wins boys' race as Knights finish second



JOSHUA SPAULDING

MARK STANARD goes over the rocks during his team's run at Prospect Mountain last Friday.

BY JOSHUA SPAULDING
Sports Editor

ALTON — Kingswood cross country coach Mick Arsenault loved the short ride that his team had for Friday's meet.

And he and fellow coach Dan Place came away pleased with the results as the Knights competed on the course at neighboring Prospect Mountain in Alton for the first time.

The Knight girls defeated the Timber Wolves while the Knight boys came up a bit short behind the hosts in a meet that also featured the Laconia Sachems.

In the girls' race, Kingswood was led by a second place finish from Carolyn Day for the second time in as many weeks. She finished with a time of 21:03 to pace the

Knights.

Rosemary Carpenter was in next, finishing in a time of 22:12 for third place overall and Sarah Carpenter finished in fifth place overall in a time of 22:51.

Ashley Diamond was Kingswood's fourth scorer, running to a time of 24:16 and eighth place overall and Lily Stinchfield rounded out the field of Knights with her time of 24:45 for ninth place.

Overall the Kingswood girls finished with 25 points to edge out the Timber Wolves with 30 points.

In the boys' race, Casey Arsenault ran to the overall win for the second week in a row, finishing in a time of 18:09.

Mark Stanard was next in for the Knights,

finishing in fifth place in 19:11 and Matt Perkins crossed in a time of 20:16 for ninth place.

Lou Arinello was Kingswood's fourth scorer, finishing in 20:19 and Cannon Newbury rounded out the scoring for the Knights with a time of 20:21 for 12th place overall.

Warren Blaney finished in a time of 21:16 and Matt Finneron was 17th overall in a time of 21:57.

Overall, the Knights were edged by the Timber Wolves by just three points, 37-34.

Kingswood is scheduled to host a meet on Thursday, Oct. 22, at 4 p.m.

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

Zavas drains hole-in-one in final regular season match

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — For the Kingswood golfers, it wasn't quite the end to the regular season they were looking for.

But for one of the Knights, it will be a match he doesn't forget.

Christos Zavas shot a hole-in-one on the par three third hole at Kingswood Golf Club on Monday, Oct. 5.

"That is a remarkable feat for a young golfer," said coach Jeremy Fuller. "I know many people who have played for years and never had them."

While Zavas had himself a good day, the Knights as a whole shot a bit higher than Fuller would've liked. Kingswood finished with a 214 to beat Kennett's 238.

"We obviously didn't play as well as we would've hoped," said Fuller. "The kids were disappointed with their putting today."

He noted that the greens had been aerated recently and that could've factored into the tough putting from the Knights.

Outside of Zavas draining the hole-in-one, the best story of the day was Rob Doherty, who finished with a 38 from the fifth spot in the lineup to pace the Knights.

"Rob has made a swing change recently and is driving the ball really well," Fuller said.

Reese Clarke was second for the Knights, finishing with a 42 from the third spot in the lineup while Henry Saunders finished with a 43 in the top spot.

Zavas finished with a 44 from the



ROSEMARY CARPENTER was second for the Kingswood girls last Friday in Alton.



JOSHUA SPAULDING

KATHRYN HAWKES of Kennett and Sarah Paraskos of Kingswood chase the ball in action last week



KINGSWOOD'S Allie Drew and Kennett's Elizabeth Koroski battle during action last week in Wolfeboro.

not convert. Kennett had a final corner in the quarter, with Stewart getting a shot off and Kingswood keeper Nia Garland made the save and the first period came to an end with Kingswood up 1-0.

The Eagles got an early corner but could not convert and then Abby Kelly and Meyer teamed up on a bid at the other end that Graustein turned away. The Eagles had a couple more corner chances with Tessa Capazzoli getting a good look on the first, but Alexis Booth was able to clear the ball.

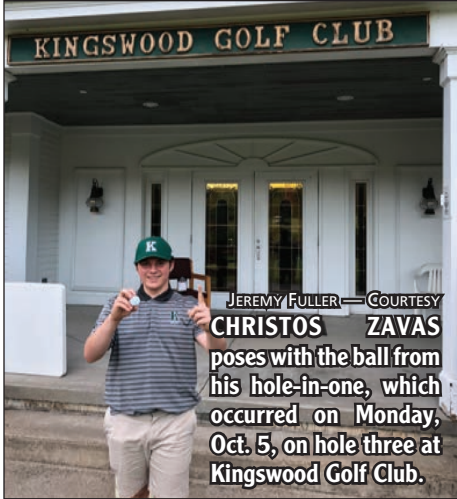
The next corner saw the Eagles tie the game at one with 5:43 to go, as Stewart ripped a shot from the edge of the circle. Capazzoli and Gaudette teamed up on a bid and then Meyer had a bid at the other end with Ava Gaudette helped with a solid defensive stop. Hawkes was able to knock the ball out of the air for a good chance for Kennett and Stewart had a shot go wide on a corner to finish out the half with a 1-1 tie.

The second half got off to a quick start for the Eagles, as Hawkes put the ball in the net just 33 seconds into the third quarter, giving Kennett a 2-1 lead. The Eagles got another chance that Garland was able to stop and then Haley Brooks came through with a nice defensive stop for the Knights. Tatum Brett had a shot deflected wide of the net and the Eagles got another corner, with Stewart's shot going wide.

With 5:08 to go in the third, Kennett upped the lead to 3-1 as Hawkes tipped home a feed in front. Kingswood got a nice defensive play from Paraskos on Capazzoli and Brett had a bit that just missed connecting with Capazzoli. Ana Ekstrom and Abby Kelly teamed up for a bid and then Ekstrom drilled a shot off the post in the final moments, sending the game to the third with the Eagles up 3-1.

Garland made a couple of solid saves to start the fourth quarter, with Capazzoli and Cum-

SEE FIELD HOCKEY PAGE A8



JEREMY FULLER — COURTESY CHRISTOS ZAVAS poses with the ball from his hole-in-one, which occurred on Monday, Oct. 5, on hole three at Kingswood Golf Club.

sixth spot in the lineup and both Michael Palmer in the second spot and Justin Stirt in the fourth spot finished with 47s, with one of those counting toward the team score.

Will Crane had a 49 in the eighth spot and Max Roark finished with a 51 from the seventh spot to round out the field of Knights.

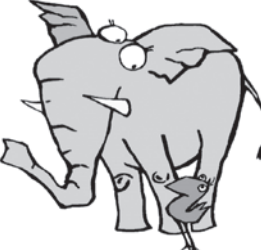
While the regular season is wrapped up, Fuller noted the team was planning to continue battling for seeding for the state championship and was heading to Keene on Saturday for a practice round on the course where the championship is taking place.

The Division II championship will take place at Keene Country Club today, Oct. 15.

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

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OBITUARY

Marie Joyce Casaccio



ALTON BAY, NH - On September 30, 2020, Marie Joyce Casaccio passed peacefully with her loving children by her side.

Marie was born in Boston, Massachusetts, on February 23, 1937, to Charles Schifano and Antonetta Schifano (Principato). She was the devoted wife to her husband Edward V. Casaccio (1934-2014), and loving mother to Lisa and Ed of Alton Bay, New Hampshire, Eric of St. Petersburg, Florida, and Grandmother to Charlie of Alton Bay, New Hampshire.

During high school, Marie attended a dance. She walked by Edward and said, "Hi, blue eyes," and so it began. In 1962, Marie and Edward started their family with the arrival of Lisa. Ed followed in 1965, and Eric in 1972. As time passed, Marie and her husband built a beautiful home on Lake Winnepesaukee, where the family made many summer memories.

Whenever she would walk into a room, Marie naturally became the center of attention. From her joy of playing slot machines to Nintendo video games, Marie never had a dull moment.

We used to jokingly say, "It's Marie's world, and nobody comes between it" because no one could be as entertaining as she was. Marie enjoyed swimming, cooking, shopping, gambling, traveling, theater, game shows, breakfast with friends at Katie's Kitchen, watching Judge Judy, and going to "the store." She also enjoyed eating out, and if the meal was delicious, she would say, "I thoroughly enjoyed it!"

In 2014, Marie took on the challenging task of renovating the lake house. She enjoyed working closely with the home designers and carpenters and was thrilled with the final results. The house is a testament to Marie's exquisite taste that will be celebrated and remembered.

The love and dedication Marie had for her children was endless. To say she would literally throw herself in front of a train for her kids would be an understatement. They have always been Marie's pride and joy, and she loved them fiercely.

Marie's vibrant personality, along with her unfiltered directness and wit, is something that will forever be remembered and celebrated. She will always be loved and greatly missed by her children, who will keep her memory alive.

Interment will private at New Riverside Cemetery in Alton, NH.

To express condolences, to visit: www.peaslee-funeralhome.com

DUCK

(continued from Page A1)

"That's one reason he caught on, because he was such a big hit with the kids."

She started posting his pictures on Facebook and that's when he rocketed to true stardom.

"Everyone knew who he was, and then when we moved to New Durham everyone here already knew who he was."

That would include people she doesn't even know; they stop to peep at Freddie-Jack just as her friends do.

"We'd look out of the window and a car would pull over, and we'd say, 'What are they doing?' Then we'd realize, and say, 'Oh, they're talking to Freddie.'"

As with anyone else famous on Facebook, his fans keep up with his antics through regular posts.

"You can see how popular he is," Maureen said, "because if I don't post any pictures for a while, they start asking for them."

A Pekin duck, Freddie-Jack cannot fly.

"He thinks he can," Maureen stated. "He gets up on the steps and jumps off and flaps his wings. He thinks he's flying but he's not."

That's one reason he stays in his yard, but there are other incentives for that.

"He prefers to stay with us at his home," Maureen said. "He's very territorial and he

loves his pool and his mirror."

Being territorial does not make Freddie-Jack an odd duck. Nor do many of his other behaviors that fans adore.

"He loves looking at his reflection," Maureen said, which is why he has a large mirror on the lawn. "He'll also look into the car body or the wheel rims. In the house, he looks at the front of the stove. He'll look into anything shiny; he thinks its another duck."

Freddie takes care of his reflection like a tom turkey with its flock. Maureen said if someone comes into the yard, he'll run straight to the reflection.

"He wants to protect his duck."

Of course, that's the first thing he does; the Attack Duck sign on the lawn signals what the second thing is.

"We've had some brave people try," Maureen commented drily. "Some kids would walk right onto the lawn and try to pet him; and he'd chase them right out of the yard."

It's not just strangers he'd prefer to steer clear of his territory. "He quacks at birds flying over," Maureen said, "and chases birds, chipmunks, and squirrels out of the yard."

His humans are a totally different story, though. "I always know when Don is almost home," Maureen said, "because Freddie-Jack recognizes his truck and

quacks a different quack when he's coming up the road. He's very smart."

Although Robbie no longer lives at home, he visits frequently and Freddie recognizes him at once.

"Freddie knows him right away," Maureen said. "As soon as Robbie gets out of the car, he breaks into a trot to get to him."

Their pet turned 10 in April, and is apt to live another 10 years. He has his routines and thrives on them.

He gets fed in the morning and augments his diet with bugs, worms, and what Maureen calls his "favorite," dirt and rocks. The Nelsons often throw a can of peas or mixed greens into his pool for him.

At night they give him pellets and then he's off to bed in the basement.

"He has a pen and hay down there, and that's where he stays during the winter," Maureen said. "We bring him up in the house in the winter because he likes to have the company. He stands on his towel and hangs out with the family in the living room."

She said last winter they decided to let him outside on a mild day to see how he would react to snow. So, what did Freddie-Jack do?

"He acted like the snow was nothing. He ran over and jumped in his pool," Maureen said. His pool, of course, held a solid block of ice.

"He sat on that block

of ice. He didn't care; he was getting into his pool."

Being the photogenic fowl he is, Maureen entered him in the 2021 New Hampshire SPCA Calendar contest, where he received third prize for number of votes in the Other Small Animals category. Each vote cast for Freddie came with a donation to the organization.

"His picture is on the back cover in a collage," Maureen said, noting that calendars can be ordered at nhspca.org.

It's been a happy route so far for Freddie-Jack. Maureen said she tries to explain to people that he's not the sweet little thing people take him for, but his fame continues despite that, or perhaps because of that.

"We keep saying that he's just a duck," she said. "But he's famous. The people in Milton were very upset when we moved."

A duck egg might not have been the most romantic gift ever presented to a new homeowner, but Maureen thought it was "the greatest thing in the world. And then we wound up with Freddie, bought as a joke and turned out to be a celebrity. He's such a silly bird."

Freddie-Jack, for his part, seems more than content with his family and fans.

"We really do love him."

Field Hockey

(continued from Page A1)

mings teaming up for a bid and then Meyer and Abby Kelly teamed up at the other end for the Knights. Chandler made a nice defensive stop on a Kingswood corner.

With 8:12 to go, Ekstrom came through with the second goal of the game for the Knights, cutting the lead to 3-2. Abby Kelly and Meyer teamed up on another chance and the Knights continued to pressure. Drew, Ekstrom and Abby Kelly

all had chances, but the Knights were unable to put the ball in the net and Kennett had the 3-2 win.

"They fight, they have some talented girls," Daley said of the Knights. "But I'm proud of your girls, they got it together and figured it out."

She noted that Graustein had never played a game on turf, so that is always a new experience, as the game moves faster.

"They have great stickwork and great passing," Daley contin-

ued. "It's always a great team when we come to Kingswood."

"You have to fight harder than in other games in some respects," Reilly said. "Kennett just got a step on us today, but we battled back and made it a game."

She also praised the work of Garland, who was playing in only her second game in goal after filling in for Quinn Meserve in the season opener.

"She's doing a good job and our defense is

doing a great job helping protect her," Reilly said. "We have great team chemistry and we'll keep fighting."

Kingswood will finish the season with games today, Oct. 15, at home against Gilford at 6 p.m. and at home against Winnisquam on Saturday, Oct. 17, at 7 p.m.

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

“FAITH MATTERS” welcomes performers Jonny and Merrill Peiffer

FARMINGTON — Two of New Hampshire's most talented musical performers, brother and sister Jonny and Merrill Peiffer will be the special guests on "FAITH MATTERS," Thursday, Oct. 15 at 5 p.m. streaming live on Facebook from the First Congregational Church in downtown Farmington.

As an Equity actress and singer, Merrill Peiffer has performed on stages throughout the region and around the country, including as a member of the North American Broadway Tour of "Mamma Mia!" A Seacoast native, she received rave reviews for her "Merrill Sings" concerts at the Rochester Performance & Arts Center singing the music of Patsy Cline, Janis Joplin, Bonnie Raitt and others.

Jonny Peiffer is a gifted pianist, drummer and composer who started performing throughout the region in 1998. He got his start as a dancer and musician in Drika Overton's Clara's Dream: A Jazz and Tap Nutcracker, which enjoyed a multi-year run at Portsmouth Music Hall. He received his Bachelor of Arts in Piano Performance from the University of New Hampshire, Durham, in 2005. In 2014, Jonny launched his award winning jazz septet Sojoy, recording three albums with the group, including Ambisteller released in June of this year. Jonny's musical talent is greatly enjoyed by the First Congregational Church in Farmington, where he has been the pianist-organist since June, 2018.

You will find "FAITH MATTERS" at facebook.com/farmingtonnhfirstcongregational. every Thursday at 5 p.m.

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Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
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Pastors Daniel and Sherrie Williams, 473-8914.
For more information, please visit abundant Harvestnh.org or e-mail abf@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am & 7pm; Tues-Thurs 9am; 875-6161.

BEFREE COMMUNITY CHURCH, ALTON
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, www.befreechurch.net.

CENTER BARNSTEAD CHRISTIAN CHURCH
Morning Service 10:00 am.
Adult and Teen Bible Study 11:15 am.
Sunday School for all ages 10:00 am.
Rte. 126 next to Town Hall.
Pastor Brian Gower, 269-8831.

COMMUNITY CHURCH OF ALTON
Prayer Meeting 9:00 am
Rev. Dr. Samuel J. Hall, 875-5561.
Bay service 8:30am Alton Bay Gazette, Alton, NH
10 am Worship Service
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RECENT REAL ESTATE TRANSACTIONS

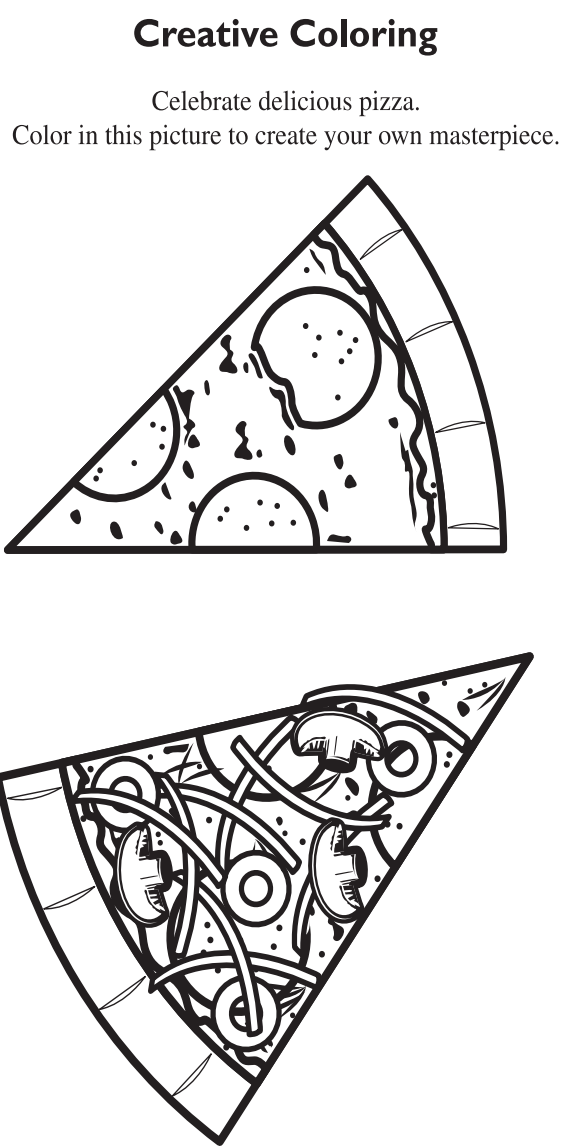
Town	Address	Type	Price	Seller	Buyer
Alton	205 Alton Mountain Rd.	Single-Family Residence	\$479,933	Bernadette Kaszynski RET	Paul R. Rabenius and Karen Rabenius
Alton	262 Damon Dr.	Single-Family Residence	\$2,050,000	Jason A. and Maria C. Muise	Sun Water Holdings Co. LLC
Alton	264 E. Side Dr.	Single-Family Residence	\$240,000	Michael A. Pighetti	Diona Roberg and Amanda L. Field
Alton	96 Hopewell Rd.	Single-Family Residence	\$3,125,000	Randall and Sarah Cail	John I. and Robin N. Vallerand
Alton	Interlaken Road	N/A	\$2,500,000	A&J RT and William K. Ashford	Joseph and Janet Boccelli
Alton	52 Osprey Rd.	Mobile Home	\$149,000	Thomas and Dorothy Twaddle	Beverly A. and John J. Soucy
Barnstead	33 Amherst Dr.	Single-Family Residence	\$235,000	David R. Methe	Nicholas Olson
Barnstead	52 Dalton Dr.	Single-Family Residence	\$250,000	Geraldine S. Markow	Nicole and Jason Tanguay
Barnstead	47 Emerson Dr.	Single-Family Residence	\$187,000	Scott M. and Meredith A. Krauchunas	Stacie and Sean Cody
Barnstead	New Rochester Road	N/A	\$50,000	Red Coach Realty Inc.	RM Abbot Builders LLC
Barnstead	Old Route 28	N/A	\$64,000	John C. and Michelle L. Reed	Angela Lachapelle
Barnstead	101 Rogers Rd.	Single-Family Residence	\$297,533	Karly J. and Grandey H. West	Kerin M. Putnam
Barnstead	N/A (Lot 297)	N/A	\$15,000	William T. Pappas	S.J. & Mary M. Graham Trust and John J. Preston
Barnstead	N/A (Lot 296)	N/A	\$10,000	Steven Barriere	S.J. & Mary M. Graham Trust and John J. Preston
New Durham	297 Birch Hill Rd.	Single-Family Residence	\$53,550	Bank New York Mellon Trust	Specialized Loan Services LLC
New Durham	Downing Road	N/A	\$70,000	Carl W. and Nancy L. Polito	Scott and Marcey Williams

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 information on these sales, prior sales and data from Department of Revenue Administration forms is available at 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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com



THIS DAY IN...

HISTORY

- 1859: ABOLITIONIST JOHN BROWN AND HIS MEN CAPTURE THE U.S. ARSENAL AT HARPER'S FERRY, PUSHING THE COUNTRY CLOSER TO CIVIL WAR.
- 1962: THE CUBAN MISSILE CRISIS BEGINS.
- 1978: JOHN PAUL II BECOMES THE FIRST NON-ITALIAN POPE SINCE 1523.

CRUST

the tough outer part of bread

Kirsten Gehl of New Durham graduates from St. Lawrence University

CANTON, N.Y. — Kirsten Gehl was one of the nearly 465 students who were awarded Bachelor degrees from St. Lawrence University conferred in May 2020.

Gehl is a member of the Class of 2020 and is majoring in geology. Gehl attended Kingswood Regional High School.

About St. Lawrence University
Founded in 1856, St. Lawrence University is a private, independent liberal arts institution of about 2,500 students located in Canton, New York. The educational opportunities at St. Lawrence inspire students and prepare them to be critical and creative thinkers, to find a compass for their lives and careers, and to pursue knowledge and understanding for the benefit of themselves, humanity and the planet. Through its focus on active engagement with ideas in and beyond the classroom, a St. Lawrence education leads students to make connections that transform lives and communities, from the local to the global. Visit www.stlawu.edu.

How they SAY that in...

ENGLISH: Tomato
SPANISH: Tomate
ITALIAN: Pomodoro
FRENCH: Tomate
GERMAN: Tomate

Did you know?

A PIZZA PEEL IS A TOOL USED FOR SETTING A RAW PIZZA IN THE OVEN TO COOK AND THEN REMOVING THE FINISHED PRODUCT.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: PAN PIZZA

Safe needle disposal samples at last HHW collection

WOLFEBORO — Saturday, Oct. 17, the Lakes Region Household Hazardous Product Facility (LRHH-PF) will have its LAST 2020 monthly collection from 8:30 a.m.-noon at 404 Beach Pond Rd. with COVID-19 precautions. 2021 season starts the third Saturday of May 2021.

Attention: those using hypodermic needles for family, pets, or farm animals, please plan to attend for information about needle clips for safe virtually stick-proof sharps disposal. A limited number of free samples will be available.

Obtain passes for Wolfeboro at the collection. Alton passes are available at Alton Transfer Station prior to attendance. All others \$40 cash/check for each increment up to five gallons counting the size of the cans. Multiple increments accepted. Selected non-member towns reimburse, ask Site Coordinator for more info.

-Unloading by the waste hauler will be from: trunk, rear of SUV/hatchbacks, bed of pickup. No items will be accepted from passenger seats or handed to them by occupant.

-Please wear a mask or face covering for your own health and safety and the safety of others.

-As always, but especially now, no one may leave their vehicle for any reason.

Call 651-7530 for the most accurate information. No latex paint as it is not a hazardous waste. Oil base paints, stains, automotive fluids, pool chemicals, cleaning products, and pesticides are common items collected. Placing containers in a cardboard box will speed up removal and keep your vehicle tidy.

salmonpress.com

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to scary films. Each number corresponds to a letter. (Hint: 22 = A)

A. 1 22 10 17 13 24 16
Clue: Frequented by ghosts

B. 26 22 23 24 19 24 17 13
Clue: Room below the house

C. 5 1 22 4 17 23 22 25
Clue: Cuts wood

D. 5 1 22 23 24
Clue: Follow quickly

Answers: A. Haunted B. basement C. chainsaw D. chase

SUDOKU

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

Level: Intermediate

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!

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

ANSWER:

October is Breast Cancer Awareness Month

Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide.

Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths.

Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers for Disease Control and Prevention note that breast cancer is treated in several ways, and the course of treatment a doctor recommends will depend on the kind of breast cancer and how far it has spread. In addition, according to

Breastcancer.org, breast cancer is made up of many different kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer.

The following are some treatment options doctors may discuss with breast cancer patients.

- **Surgery:** Breastcancer.org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which the tumor and a small amount of surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed.
- **Chemotherapy:** Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink or kill existing cancer cells. Breastcancer.org notes that chemotherapy is sometimes administered prior to surgery in an attempt to shrink the cancer.
- **Radiation therapy:** Radiation therapy aims to kill cancer



cells using high-energy rays that are similar to X-rays. Sometimes referred to as “radiotherapy,” radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.

- **Hormonal therapy:** Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as “anti-estrogen” therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.
- **Targeted therapies:** These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies.

Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.

CANCER REHABILITATION

BY STACEY HICKS
CARLISLE PLACE PHYSICAL THERAPY AND WELLNESS CENTER

As many people can attest to cancer takes a toll on both physical as well as emotional health. Patients undergoing treatment for cancer may experience an impact on daily function and even quality of life throughout survivorship. These limitations are not limited to cancer related fatigue, nerve pain, lymphedema and possible incontinence. Cancer survivors are almost three times more likely to report, fair to poor health and multiple physical limitations. These limitations often can make return to work near impossible.

A Physical or Occupational therapist trained in this area can play a vital role evaluating and designing a rehab plan of care with the patient. This allows the patient to be an active participant in the recovery process. This can be very empowering as they wean from being the passive recipient during both chemo and radiation therapy.

Exercise builds endurance, improves cardiovascular function, strengthens bones, builds muscle, improves balance and increases self-esteem. There is strong evidence that exercise can improve survival in both breast and colorectal patients (Holmes, Chen, Feskanich, Kroenke + Colditz 2005) (MyerHardTetal, 2006). Exercise is also the #1 non pharmacologic intervention in treating cancer related fatigue. Cancer related fatigue is experienced by 9-% of patients treated with radiation and 80% of patients getting chemotherapy.

It is never too late to utilize rehabilitation services for cancer recovery. If you find that you are having trouble accomplishing day to day tasks or functioning at your prior level seek out our Rehab team at Carlisle Place in Jefferson, New Hampshire. We will get you back on your feet!

Food prep tips for breast cancer patients

The moment a person receives a breast cancer diagnosis, his or her life changes immeasurably. The roller coaster of emotions begins, and suddenly this person is thrust into a schedule of doctor's appointments, treatments and visits from friends and family.

The World Cancer Research Fund International says breast cancer is the second most common cancer in women and men and is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide. Despite that prevalence, the five-year relative survival rate for women diagnosed with localized breast cancer (cancer that has not spread to the lymph nodes or outside the breast) is 98.5 percent, says the American Cancer Society. Survival odds increase as more is learned about breast cancer and more people take preventative measures, including routine screenings. Today, there are nearly three million breast cancer survivors living in the United States.

Breast cancer treatments may last anywhere from six months to a year. Adjusting after treatment may not come so easily at first. But adjustments are easier with time, and many cancer survivors continue to live life to the fullest in much the same way they did prior to their diagnosis.

When treatment ends, patients often still have fears about the cancer, wondering if all of the cancerous cells have been destroyed and worrying about recurrence. But focusing on the present and all of the things you now can do with health on your side is a great way to put your fears behind you.

Many cancer survivors must still visit their doctors after treatments end. Doctors still want to monitor patients closely, so be sure to go to all follow-up appointments and discuss any symptoms or feelings you may be having. Side effects may continue long after radiation or chemotherapy has ended. Your doctor may have suggestions for coping with certain side effects or will be able to prescribe medications to offset these effects. Follow-up appointments should gradually decrease the longer you have been cancer-free.


It's not uncommon to feel differently after cancer treatment, as your body has been through quite a lot. Many women still experience fatigue, and sleep or normal rest doesn't seem to make it



abate. Realize this is normal, and how long it will last differs from person to person. It can take months or years for you to experience your “new normal.” Things do not happen overnight. While your hair may grow back quickly, it may take some time for you to feel like yourself again. Exercise routines or other lifestyle changes may help you overcome fatigue or make it more manageable.

Speaking with others who have survived breast cancer can help. Join a support group or reach out to others through social media. Getting a first-hand account of what can be expected the first year after treatment can assuage anxiety.

Stacey Hicks, PT, cert MDT, CLT LANA, is the owner of Carlisle Place Physical Therapy and Wellness Center in Jefferson, NH. Stacey attended University of New England in Biddeford, Maine graduating with a Bachelor of Science in Physical Therapy in 1996. In addition to her certification in the McKenzie Method of mechanical diagnosis, she is also a nationally certified lymphedema therapist (CLT LANA) and has completed Strength After Breast Cancer training. We can be reached directly at 603-586-4100, by fax 603-586-0084 or visit us on the web www.carlisleplace-rehab.net



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The time limit for bringing a claim may end in 2021

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in Manchester, NH
(603) 627-1819 - www.arbd.com
All inquiries will remain confidential.
Your identity will never be made public.



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Re-elect Mike Cryans for Executive Council

Duties of the Executive Council:

- Votes on the Governor's nominations for major positions and boards in state government
- Votes on all Judicial nominations
- Responsible for the 10-Year Highway Plan that includes projects for roads, bridges and airports
- Councilors each represent 20% of the population; District 1 is comprised of the upper 2/3 of the state and includes 4 cities and 109 towns



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Huggins Hospital welcomes Brent A. Richardson, MD to Wolfeboro General Surgery



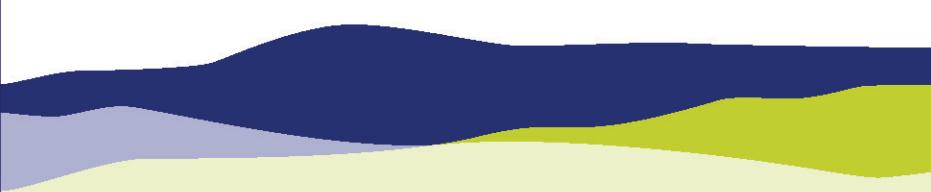

Huggins Hospital welcomes Brent A. Richardson, MD, to Wolfeboro General Surgery.

Dr. Richardson, a native of Denver who grew up in Texas, is enthusiastic about serving his new community.

He earned his Bachelor's Degree in Microbiology and Biochemistry from Texas State University and received his Doctorate of Medicine from the University of Texas Medical Branch in Galveston, Texas.

He has special interest in vascular surgery, catheter placement, abnormal connections in blood vessels, and vascular access. Dr. Richardson has also served on several medical missions to countries all over the world.

To make an appointment with Dr. Richardson, please call Wolfeboro General Surgery at 603.569.7511.



YOU ARE you are not alone NOT ALONE

The National Domestic Violence Hotline has answered over 3 million calls from victims of relationship abuse, their friends and family.

The National Domestic Violence
HOTLINE
1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

The National Domestic Violence Hotline offers phone and chat services for anyone affected by domestic violence. Support is available 24/7/365 by calling **1.800.799.SAFE (7233)** or online at thehotline.org.

The production of this material was supported by Grant #905W0001-01-00 from HHS Administration for Children and Families/Family Youth Services Bureau. Its contents are solely the responsibility of the National Domestic Violence Institute and do not necessarily represent the official views of ACFTFBS.