

Park Cemetery tour back on Oct. 30

BY DONNA RHODES
Contributing Writer

TILTON – Halloween is famous for decorations of witches, ghosts, and goblins, with some spooky cemetery scenes thrown into the mix, but on Oct. 30 the public is invited to take part in a tour of Park Cemetery in Tilton where they will learn more about the meaning behind many of the headstones and why they are really an integral part of the town’s history.

Tilton resident Kim Sowle will be leading the tour that day, sharing her knowledge of the epitaphs, and art found on tombstones over the past couple of centuries.

Sowle first became interested in cemeteries as a young girl. Her dad was a pharmaceutical representative and occasionally took she and her siblings along on his journeys for the day. With time to spare between appointments one time, he pulled into a cemetery to take a

walk while talking about all there was to see and learn there. Sowles said she was horrified at the time but quickly discovered that it was a great experience.

“I listened to him that day,” Sowle said, “and learned that cemeteries weren’t a scary place; they’re a place where people were meant to go and explore. The people buried there are communicating to us [through their tombstones].”

When she was 13 and home recuperating from an illness, she read “Early New England Grave-stone Rubbings,” written by Edmund Vincent Gillon, and that book sparked her interest even more. It is an interest that she has carried with her throughout her adult life as well.

Driving past old New Hampshire cemeteries, Sowle knows now what to look for and will stop to explore those with old black grave markers, which are some of the oldest to be found.



In 2019 Kim Sowles led a tour of Park Cemetery in Tilton and through the Tilton Historical Society she will be back on Oct. 30 this year to explain the meaning behind the artwork, words and carvings found on old tombstones, as well as their meaning.

COURTESY FILE PHOTO

Walking through cemeteries she seeks out tombstones with two-dimensional engravings from the older days, and three-dimensional art, indicative of the early Greek Revival period in the 1800’s.

All this and more will be shared and explained

to those who join her for a guided tour of Park Cemetery, brought about through the courtesy of Tilton Historical Society

Expanding on some of the information Sowles will convey during that tour, John Ciriello of the Tilton Historical So-

ciety noted that stonecutters in earlier times were given the honor of

SEE TOUR PAGE A7

Edgren’s two goals pace Belmont over Berlin



Berlin goalie Alexa Goulet reaches for the ball in front of teammate Julia Coulombe and Belmont’s Emma Winslow in action last week.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Berlin soccer girls made the trip south to take on Belmont on Wednesday, Oct. 13, and while the two teams battled, it was the host Raiders that earned the win, coming through with a 4-0 victory.

Belmont got some early chances, with Darci Stone and Emma Winslow getting in the zone, but they couldn’t get the shot on net thanks to solid defense from Berlin’s Julia Coulombe and Redyn Munce in front of keeper Alexa Goulet.

Winslow continued to attack in the zone, connecting with Jada Edgren on a couple of bids. Berlin got a couple of chances from Jill Hallee, including one where she sent a nice ball ahead to Lena Caouette, but her chance went wide of the net.

Stone had a chance go wide of the net and Kailey Gerbig and Stone teamed up on another bid. Gerbig also had a shot go wide and Winslow and Edgren teamed up on a chance that Goulet stopped. Gerbig got in for a chance, but Coulombe was able to turn things away.

With 22:53 to go, the Raiders got on the board, as Gerbig sent a nice ball ahead to Edgren, who delivered the ball to the back of the net for the 1-0 lead.

Berlin got in with a chance that Belmont keeper Brooke Matthews was able to snare and Winslow sent a shot high at the other end. Edgren just missed connecting with Winslow and Edgren also had a shot on net that was stopped by Goulet. Edgren and Helena Papadopoulos just missed connecting

on a bid and Berlin got a run in from Ava Bartoli that was turned away by the Belmont defense.

With 11:27 to go in the first half, as Gerbig ripped a shot from the top of the box that found its way to the net for the 2-0 lead. Winslow made a great run into the zone that had Goulet come sliding out to grab and then Courtney Burke had a strike from the top of the box that went off the cross bar. Munce had a nice clear for the Mountaineers and Goulet stopped a bid from Lena Rodrigues.

Stone and Winslow had chances in the zone that were cleared away and Hallee had a shot for Berlin that missed the mark, sending the game to the half with Belmont up 2-0.

The second half saw

SEE SOCCER PAGE A7

LRMFA and City of Franklin awarded \$267,791 grant for firefighter training

LACONIA - The Lakes Region Mutual Fire Aid Association is a regional fire and EMS dispatch center providing professional fire, EMS, and all hazards emergency dispatching, mutual aid coordination and training to 35 communities in and around the Lakes Region of N.H.

In conjunction with the City of Franklin Fire Department, the Lakes Region Mutual Fire Aid Training & Education Division has been awarded a \$267,791 grant for firefighter training. The Federal FEMA Assistance to Firefighters Grants Program provides funding for six separate classes free of charge to cities and towns within the Lakes Region Mutual Fire Aid Association. The programs being offered are Firefighter I, Firefighter II, Rope Rescue Operations, Trench Rescue, Swift Water Rescue, and Confined Space Rescue.

“This is a tremendous opportunity for the fire service in the Lakes Region,” said LRMFA Deputy Chief Paul Steele, Jr. “This will bring together members of every department, large and small, to train together, learn from each other, and ultimately work together in times of emergencies.”

The grant period is two years and training will begin in late winter or early spring of 2022.

For further information please contact LRMFA Deputy Chief Paul Steele. 603-528- 9111 or Franklin Fire Department Deputy Chief David Hall. 603-934-2205

Pucci, Miller compete at Division III championships

BY JOSHUA SPAULDING
Sports Editor

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

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

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

SEE GOLF PAGE A7

PHOTOS BY JOSH SPAULDING
Miles Miller putts for Belmont during last week’s Division III tournament.



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 realized 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



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.

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’ Factory 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 dif-

ferent 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 goodness.”

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.

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Happy
Halloween

“Banjos, Bones and Ballads” in Belmont

BELMONT - Prepare yourself for a night of fun and music! On Tuesday, Oct. 26 at 7 p.m., the Belmont Historical Society will be hosting a program of traditional songs, rich in local history and a sense of place — past to present. The program will be held at the Belmont Mill located at 14 Mill Street in Belmont. The variety of music will help us to interpret present-day life with an understanding of the working people who built our country. Tavern songs, banjo tunes, 18th century New England hymns, sailor songs and humorous

stories about traditional singers and their songs highlight this informative and entertaining program. Jeff Warner connects 21st century audiences with the music and everyday lives of 19th century people. He presents musical traditions from the lumber camps of the Adirondack Mountains and the whaling ports of New England to the Outer Banks fishing villages of North Carolina. Warner accompanies his songs on concertina, banjo, guitar, and several pocket instruments, such as bones and spoons. He is a Folklorist

and Community Scholar for the New Hampshire Council on the Arts and was a 2007 State Arts Council Fellow. He resides in Portsmouth and has toured nationally for the Smithsonian Institution and has recorded for Flying Fish, Rounder Records and other labels. This program is sponsored by the Belmont Historical Society with funding from the NH Humanities Program

and the Sargent Fund. The Mill is handicapped accessible and light refreshments will be provided. Please enter from the rear of the building where the elevator is located and go to the Penstock Room on the 4th floor. For additional information or directions contact Chris Fogg at 603 524-8268.

PHOTO COURTESY BY M.A. BARKER
Jeff Warner, a producer and performer from Portsmouth connects New England’s past with the present using a variety of songs, stories, and instruments from the banjo to bones.



Raider girls third at Hopkinton meet

BY JOSHUA SPAULDING
Sports Editor
HOPKINTON — The Belmont cross country team traveled to Hopkinton on Wednesday, Oct. 13, and returned home with a third place finish for the girls and a fifth place finish for the boys. The host Hawks won the girls’ race and Mascenic won the boys’ race.

Alyssa Edgren paced the way for the Belmont girls with a ninth place finish in a time of 23:49. Rebekah Edgren was

next, finishing in 17th place in 25:08 and Adeline Takantjas was 20th overall with her time of 25:40. Madison Liakas finished in 25th place with a time of 27:00 and Aspen Fillebrown finished out the scoring for Belmont with a time of 27:32 for 26th place. Isabella Lewis was 37th overall in 36:09 and Emilie DeFrancesco finished with a time of 36:36 for 38th place.

Baidyn Lewis led the way for the Belmont boys, finishing with a time of 20:30 for 13th place. Tanner McKim came home next, finishing 16th in a time of 21:03 and Tyler Durand was 26th in 22:28. Chris Pare was the fourth scorer with a time of 22:47 for 29th place and Cody Annis rounded out the scoring with a time of 24:18 for 35th place.

Kaine Stevens finished in 37th place in 24:20, Evan Christensen was 39th overall in 26:23 and Michael Annis was 43rd overall in 26:46. The Raiders are slated to race today, Oct. 21, at Merrimack Valley High School.

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

Bear runners compete with state’s best at Coe-Brown

BY JOSHUA SPAULDING
Sports Editor
NORTHWOOD — The Winnisquam cross country team traveled to Northwood on Saturday for the Black Bear Invitational, featuring some of the top teams from around the state.

The race featured runners from Division II powers Oyster River and host Coe-Brown, plus Division I squads Dover, Concord and Pinkerton, among others.

David Swain led the way for Winnisquam in the varsity boys’ race, finishing in 84th place overall with a time of 20:21. Dylan Allard was 118th overall with a time of 26:42 and Collin Phelps finished in a time of 30:39 for 121st place overall. Marguerite Parker was the lone Bear girl running on Saturday and she finished in 101st place overall with a time of 28:55.

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

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 doc-

tor 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 psychological treatments. It therefore opened to no small amount of controversy. The American Psychiatric Association took offense at the portrayal of Shock’s psychotherapy methods and felt that the film “... will do a good deal of harm to the general public.” Some critics, including The New York Times’s influential Bosley Crowther, agreed, likely hurting the film’s chances with the viewing public. As with all period films, Shock should be viewed through a critical modern lens. To its credit, the film includes several memorable scenes, including a remarkable stylized dream sequence. Plus, it’s a treat to see the ever-wonderful 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.



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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.

Send your letters!

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Our fax number is 279-3331.

Or, you can e-mail us at echo@salmonpress.news
Please include your name, address
and phone number.



COURTESY PHOTO

Spaulding celebrates Authors Tea

Spaulding Academy & Family Services recently celebrated its school-wide, annual Authors Tea event, which is the culmination of weeks of student work: brainstorming, writing, revising, and illustrating to produce actual books. Each student shares their book during the event while enjoying cookies and tea. Copies of the books are made for the library for students to enjoy as free reading choices.



LETTERS TO THE EDITOR

Soup Fest in Franklin this Saturday

To the Editor:

We have many merchants in downtown Tilton that are willing to donate their goods and services to others. I recently collected raffle items for the Soup Fest and craft fair to be held this Saturday, Oct. 23, in downtown Franklin. This event is sponsored by the Franklin Mayors Drug Task Force, which is a prevention coalition that works to create a healthy environment for the drug and alcohol-free development of our youth and families. It is located in Franklin but spreads over into other communities.

I would like to thank the following merchants for their very generous donations: Thomas Richard Salon, Tilton House of Pizza Restaurant, Paris Nails, Hello Gorgeous Hair Salon, Bryant and Laurence Hardware Store, Divine Roots Boutique, Caleb Barber Shop, Nickels and Dimes Bouquet, Pauli’s Restaurant, Snip /Tuck, V’s Sandwiches and Moderno Barbershop.

We have many unique and interesting places to visit and shop in downtown Tilton and I hope everyone will support these great businesses. Thank you.

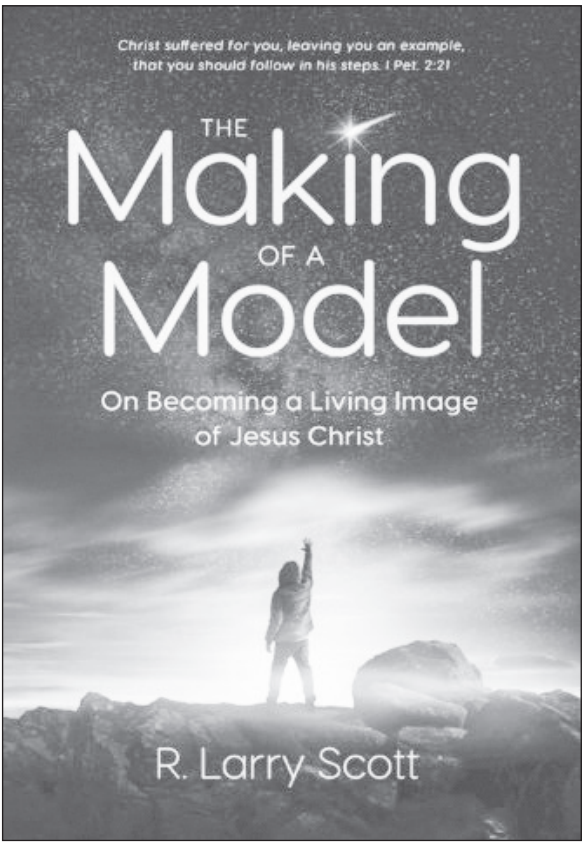
Pat Tucker
Northfield

Kenney’s recent vote was shameful

To the Editor:

Joe Kenney our Executive Councilor for District #1 should read the following description taken from the list of his duties posted on the N.H. website! His recent vote at the Governor’s Councilor meeting where he voted to refuse \$23 Million dollars from the federal government to fight the COVID-19 virus is shameful to say the least. This is certainly not the action of someone who is supposed to be fiscally conservative. Shame on you! “More importantly, Executive Councilor are the constituent’s eyes and ears in Concord. They ensure the executive branch of state government is fiscally conservative and above reproach.”

Bill Whalen
Sanbornton



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

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

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

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

PLEASE NOTE: Amazon did not allow me to reduce the price as advertised last week, so price for the paperback version remains \$13.99. My apologies for any inconvenience. – Larry Scott
eBook: \$7.99 Paperback: \$13.99

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, in-

deed, Jesus was there, seen in the gentle touch, the call for courage, and the encouraging word ... given by a godly man called Ken.

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

Living models of Jesus Christ!

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.

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The Red Rose Crew: A True Story of Women, Winning, and the Water with Daniel J. Boyne



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November 11 at 7pm

The Technological Revolution in Rowing with Jim Dreher



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

All lectures are FREE. Please visit nhbm.org/lecture-series for more information about the complete series and to register.



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

399 Center Street, Wolfeboro
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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.



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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

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 checking 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

Short-term investments offer liquidity – and more

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 unexpected 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.

North Country Notebook

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



By **JOHN HARRIGAN**
COLUMNIST

How did the bottle-neck 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.

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



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)

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 of

ficials 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.

tory.

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 in-

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

Now, to follow this thread a bit further, one would have to visit the Jesuits’ New World base in Quebec City and/or Montreal, with someone whose French is a lot better than mine. Surely their annual reports (known as the Relations) would have a good deal to say about a mission near the headwaters of one of the East’s major rivers. And wouldn’t that be a nice piece of work.

+++++

When Murphy Dam was completed in 1939, it flooded the Connecticut River valley almost to its primary source at First Connecticut Lake, obliterating 17 farms and buildings, two 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 interspersions of farmlands, woodlands and mountains, taken from the old road that wound up the valley.

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

The study of anadromous fish (migratory sea-run species) was a 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.)

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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TOUR

CONTINUED FROM PAGE A1

carving more than just a person's name and date on a stone. They were also tasked with creating a lasting monument that depicted the deceased's life or their last wishes. Each stone, he said, conveys a message to

the living. Deciphering the iconography (artistic images and symbols) can be difficult because it often takes a trained eye, like Sowles', to notice things that others may miss. Sometimes, he added, those messages can also be expressed in a very obvious or even humorous way.

To address the topic, Tilton Historical Society is pleased to once again have Sowles give a walking presentation on the art and history these sacred places harbor.

"Every stone is as different as the individual they represent, [as well as] the personality and artistic sense of

the artist who carved them," said Ciriello. "We will meet at Park Cemetery and Kim will discuss the fascinating craft that's developed through the years of a person's last tribute to their life—their gravestone."

The Tilton Historical Society invites all to join them on Halloween Eve

(Oct. 30) at 2 p.m. in the cemetery across from Winnisquam Regional High School on West Main Street in Tilton. The event is free to the public. While parking is limited in the cemetery itself, there is still plenty of parking to be found across the street at the high school.

Tilton Historical Society will also have their 2022 calendars on sale that day for anyone who wants to enjoy photos of the town's past in the year to come, or share them with others through holiday gift-giving.

SOCCER

CONTINUED FROM PAGE A1

Edgren, Gerbig and Talia Watson get in the offensive zone for Belmont, while Rodrigues had a nice clear on a shot from Munce at the other end. Berlin also got a nice defensive stop from Lilly Brungot.

The Raiders added their third goal with 34:17 to go in the game, as Stone fired a shot top shelf for the 3-0 lead. Belmont came back with a corner that Brungot cleared out and then Caouette had a cross that was blocked in front.

The Mountaineers continued to attack, with Caouette getting a chance blocked and Bartoli had a run into the zone that was stopped by

Brooklyn Erlick. Quinn Jewell made a couple of nice defensive stops on Hallee as well.

Berlin had a couple of corner kicks that missed the mark and Bartoli sent a shot wide of the net as well. Bartoli and Hallee teamed up on a bid that was cleared out by Rodrigues and Winslow had a shot at the other end that Goulet stopped. Hallee had a cross that was cleared out by Belmont's Abby Vaughn and Bartoli just missed connecting with Abby Blais and with Hallee.

The two teams went back and forth until the final five minutes, when Edgren came through with a good run through the defense and buried

the shot for the 4-0 lead, which held until the end of the game.

The Mountaineers are slated to be at Laconia today, Wednesday, Oct. 20, at 3:30 p.m., and will host White Mountains on Friday, Oct. 22, at 3:30 p.m. in the final regular season game.

Belmont's final regular season game is set for Friday, Oct. 22, at Somersworth at 4 p.m.

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

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



Berlin's Ava Bartoli and Belmont's Brooklyn Erlick go into the corner in action last week in Belmont.

GOLF

CONTINUED FROM PAGE A1

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

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

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

With his finish, Rawnsley earned a chance to compete in the

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

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



Nick Pucci tees off on hole two at Laconia Country Club.

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," Dever 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; prior 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 Pro-

gram."

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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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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\$ 1.50 per hour shift differential on 3rd shift.

**\$1,000 SIGN ON BONUS FOR FULL TIME EMPLOYEES

**\$500 SIGN ON BONUS FOR PART-TIME EMPLOYEES


SUBJECT TO TERMS AND CONDITIONS

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at www.psimp.com.

You can also email your resume directly to donna.doyle@psimp.com, please be specific as to what shift and position.

PSIMP an Equal Opportunity Employer.

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Great Benefits Package with Life Insurance, Health Insurance, Dental & Vision; Company Matched 401-K and Profit Sharing, and Employee Discounts.

Apply at Middleton Building Supply

5 Kings Highway Middleton, NH

or on-line at www.lavalley.com

603-473-2314

Moultonborough School District

Fall Coaching Opportunities

The Moultonborough School District has the following coaching opportunities available for Fall 2021:

Varsity Girls Soccer

Assistant/JV Girls Soccer

Assistant/JV Boys Soccer

ML Volleyball A

To apply, complete application found at: <http://www.sau45.org/district/employment> and submit along with a letter of interest to:

Chris Wood, Athletic Director


Moultonborough School District

PO Box 228

Moultonborough, NH 03254

or email all documents to: cwood@sau45.org

Equal Opportunity Employer



Hiring Laborers

Route 3 • Meredith, NH • 03253

279-4444

ADVERTISING WORKS.

Tanger Tilton support breast cancer research with 2021 Tanger Pink Program

TILTON - Tanger Outlets Tilton remains committed to ending breast cancer with the return of its signature Tanger Pink program this Octo-

ber. Shoppers will have the chance to purchase a \$10 Tanger Pink Card – benefitting both local organizations as well as the Breast Cancer Research Foundation (BCRF) – that activates an added layer of savings all month long. Throughout October, approximately 18 shopper-favorite brands – including Columbia Sportswear, Yankee Candle Outlet and Under Armour – will offer 25 percent off a single item

in support of breast cancer research. Pink Card holders can enjoy multi-use Pink discounts at participating stores all month long, with the option to present a digital or physical Pink Card. Tanger offers many ways to shop Pink and support the cause this October: by purchasing a digital card on tangeroutlets.com or on-site at the center. Tanger Outlets offers in-person shopping, as well as curbside pick-up and its concierge Virtual

Shopper Program. In addition to its continued partnership with BCRF, Tanger Outlets Tilton is joining forces with Concord Hospital - Laconia to boost the sales of Pink Cards. The program has also funded other local programs, including the American Cancer Society & the New Hampshire Breast Cancer Coalition. “It is an honor to be able to leverage our reputation and legacy to raise meaningful funds

with the Tanger Pink campaign,” said Tanger Outlets Marketing Manager Madison Harris. “I’d like to personally invite New Hampshire shoppers join in the fight for a cure for breast cancer by shopping, saving and supporting this October.” Nationally, Tanger Outlets centers have contributed nearly \$18 million to help create awareness for the importance of early detection. The company has also fund-

ed multiple researchers over the course of the BCRF partnership, who have dedicated more than 78,630 hours of research thanks to the ongoing contributions from the Pink program. To learn more about the center’s Pink campaign, please visit tangeroutlets.com/Tilton. Connect with Tanger Outlets Tilton on Facebook and Instagram.

HELP WANTED



Help Wanted

Harris Family Furniture in Plymouth is looking for the right person to join our sales team.

Experience with furniture sales is helpful, but not required.

We are looking for a team player that enjoys working with people. Weekends are a must.

Harris Family Furniture offers benefits to full time employees.

If you are interested, please email your resume to russ@harrisfamilyfurniture.com, or stop by Harris Family Furniture in Plymouth to pick up an application.


FRAMERS AND LABORERS WANTED FOR INDOOR WORK

Do you have construction framing or laborer experience but don’t want to be out in the cold this winter? Wallace Building Products is a 100% employee-owned business looking to hire for our Danbury NH facility. This position will work with other employees to build rough-framed walls for the construction industry in a shop environment.

We currently offer health insurance, vacation pay, and a retirement plan, monthly bonuses for good attendance and have plans to offer more benefits in the near future.

We will also train those who don’t yet have experience.

Apply in person at 1525 US Route 4 in Danbury NH or call 768-5900 to set up an appointment.



Centerplate at Cannon Mountain is now hiring for fall and winter Food & Beverage Positions

Positions available:

- Host/Hostesses
- Waitstaff
- Bartenders
- Prep Cooks
- Cashiers
- Bussers
- Supervisors
- Dishwashers
- Utilities
- House Keeping
- Administrative Assistant

1st, 2nd, 3rd shifts available; shift differentials for certain positions

Employee Meals, Employee Discounts, Competitive Wages

Please inquire at Brittany.Bean@centerplate.com

We are an Equal Opportunity Employer



OPEN HOUSE / JOB FAIR

WEDNESDAY, NOVEMBER 3rd
7:00am to 11:00am
&
THURSDAY, NOVEMBER 4th
4:00pm to 8:00pm

Machine Operators – All shifts

Assembler – 2nd and 3rd shift

Sanders – 1st shift

Pay starts at \$14.50 plus shift \$.75 differential for 2nd & \$1.50 shift different for 3rd.

Painters – 2nd and 3rd shift
starting pay \$16.00 plus \$1.50 shift differential

Process Tech – 2nd shift

Starting pay depends on experience

PSI Molded Plastics
Five Wickers Drive
Wolfeboro, NH 03894
603-941-0022

****\$1,000 SIGN ON BONUS FOR FULL TIME EMPLOYEES & \$500 FOR PART-TIME**

****SUBJECT TO TERMS AND CONDITIONS****



is HIRING!

PREP COOK

SALAD/SANDWICH MAKER

BUSSER

DISHWASHER

Please apply within at Giuseppe’s Pizzeria Mill Falls Marketplace Meredith, NH

www.giuseppesnh.com

(603)279-3313



Full-Time Installers Assistant

Energysavers Inc, a 46 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver’s license and pass the pre-employment drug screening. Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH



Come Join Our Team!

We are currently looking for the following talent!

RN Case Manager
Full Time–Plymouth, NH
\$7,500 dollar sign on bonus!!
Monday through Friday 8:00am–4:30pm,
No weekend commitment, great benefits, 403B match, competitive wages, great team atmosphere.
NCHHHA will also pay for Home Health and Hospice Certifications.

PHYSICAL THERAPIST
(Full Time with Benefits)
Mon. – Fri. 8:00am to 4:30 pm

COTA
(Full Time with Benefits)
Mon. – Fri. 8:00am to 4:30 pm

LNA
(Full Time with Benefits)
Mon. – Fri. 8:00am to 4:30 pm

For more information, please contact
Linda Elliott, Human Resources at lelliott@nchhha.org
Apply online at Indeed.com

North Country Home Health & Hospice Agency is an Equal Opportunity Employer

To place your classified line ad please call our TOLL FREE number: 1-877-766-6891

HELP WANTED

FRAMERS AND LABORERS WANTED FOR INDOOR WORK

Do you have construction framing or laborer experience but don't want to be out in the cold this winter? Wallace Building Products is a 100% employee-owned business looking to hire for our Danbury NH facility. This position will work with other employees to build rough-framed walls for the construction industry in a shop environment.

We currently offer health insurance, vacation pay, and a retirement plan, monthly bonuses for good attendance and have plans to offer more benefits in the near future. We will also train those who don't yet have experience.

Apply in person at 1525 US Route 4 in Danbury NH or call 768-5900 to set up an appointment.



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\$1000.00 SIGN ON BONUS AFTER 6 MONTHS
COME JOIN OUR FAMILY AND GROW WITH US
HIGHLY MOTIVATED A B C LEVEL TECHNICIANS
BUSY FAST PACED SHOP, MUST HAVE OWN TOOLS
NH STATE INSPECTION LICENSE IS A PLUS
CLEAN DRIVING AND CRIMINAL RECORD A MUST.
THE RIGHT CANDIDATE WILL BE A SELF STARTER
AND WILL WORK WELL IN A BUSY FUN WORK ENVIRONMENT
WHERE EVERY DAY IS DIFFERENT
YOU WILL NEVER BE BORED HERE.
PLEASE APPLY IN PERSON TO 495 TENNEY MOUNTAIN
HIGHWAY PLYMOUTH NH
OR EMAIL RESUME TO KIRKSTIRE@ROADRUNNER.COM

495 TENNEY MT. HWY. PLYMOUTH, NH 03264
WWW.KIRKSTRUCK.COM

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\$16.00 HR STARTING PAY
WITH ONE THOUSAND DOLLAR
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WILL TRAIN THE RIGHT PEOPLE, NEED GOOD
DRIVING RECORD, BE ABLE TO PASS DOT PHYSICAL
CAN OFFER FLEXIBLE SCHEDULE
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OR STOP BY FOR AN APPLICATION
495 TENNEY MNT. HWY. PLYMOUTH NH
PLEASE NO PHONE CALLS!

495 TENNEY MT. HWY. PLYMOUTH, NH 03264
WWW.KIRKSTRUCK.COM

**VARNEY-SMITH
Lumber Company, Inc.**

**CDL TRUCK DRIVER/
YARD MAN**

Duties to include:

- Local deliveries of lumber-building materials.
- Loading-off loading incoming and outgoing deliveries
- Must be conscientious, self-motivated, good with people, a team player
- Able to lift a variety of building materials
- Preferably long-term employee

Benefit to include:

- Competitive Wages
- Health Insurance
- Vacations
- Holidays
- Overtime pay

Please Apply in person at
2701 Route 302, Lisbon, NH 03585
No phone calls please.

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* 2 & 3 BEDROOMS
NORTHERN VIEW APARTMENTS**
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Heat, Hot water and Electric Included
On-site Laundry
24-hour Maintenance
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Rents based on 30% of your gross income



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FOR AN APPLICATION AT
(603)228-2151 ext.312 or (TDD) 800-545-1833
This institution is an Equal Opportunity Provider & Employer

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
2021-2022 School Year Professional & Support Staff

ATHLETICS
Varsity Wrestling Coach
LES Girls Basketball Coach
WES Boys Basketball Coach
Varsity Softball
Junior Varsity Softball
(Contact Kerry Brady, AD, for application, etc
837-2528 or kbrady@sau36.org)

**WHITE MOUNTAINS REGIONAL
SCHOOL DISTRICT**
Certified Social Worker/Clinical Social Worker

WHITE MOUNTAINS REGIONAL HIGH SCHOOL
School Counselor
Paraprofessionals
Substitute Teachers

WHITEFIELD ELEMENTARY SCHOOL
Paraprofessionals
Substitute Teachers

LANCASTER ELEMENTARY SCHOOL
Part-Time Title I Teacher
Part-Time Paraeducator
Long-Term Substitute Teacher
Substitute Teachers

***Substitute teacher rate of pay is
\$100 per day
SAU 36 will pay for the
required Criminal Background Check***

Applicants must hold the appropriate NH credential for most positions
or a Statement of Eligibility (SOE) issued by the NH Department of Education.
For further information, contact:
Cody Arseneault, HR/Payroll Manager
White Mountains Regional School District, SAU #36
14 King Square
Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: codyarseneault@sau36.org

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Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:
Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com. E.O.E.

▶ Competitive Wages	▶ Paid Vacation	▶ Paid Holidays	▶ Paid Time Off
▶ Health Insurance	▶ Profit Sharing	▶ Store Discounts	▶ 401k



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HIRING FAIR
Saturday – 10/30/2021
10:00am-2:00pm
Waterville Valley Resort Conference Center
Love to ski or ride? Come be a part of the WV Family this winter, or longer! Managers will be on site to interview and hire on the spot. WV is hiring for full-time, part-time, seasonal and year-round. Day shifts and evening shifts available. Masks and social distancing are recommended during the hiring fair.

**WATERVILLE
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ASHLAND - CASHIER

Are you friendly, outgoing and enjoy meeting new people? Belletetes is looking for a full-time cashier to work in our Ashland store. Hours include every other weekend. Must have excellent customer service skills.

You may apply in person or download an application from our website. All applications should be submitted to:
Rick Ash, Hardware Manager
Belletetes, Inc., 20 West St., Ashland, NH 03217
or you may email to rash@belletetes.com E.O.E.

Competitive Wages	Paid Vacation	Paid Holidays	Paid Time Off
Health Insurance	Profit Sharing	Store Discounts	Much More!

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SAWMILL AND PLANER MILL WORKERS**

**DAYTIME SHIFT
BENEFITS INCLUDE**
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Apply in Person
or email precisionlumber@lumbemh.com
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**Precision Lumber Inc.**
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM

**Precision Lumber Inc.**

WATCHMEN WANTED

**PART TIME WATCHMEN
POSITIONS AVAILABLE**

**Precision Lumber Inc.**
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM
603-764-9450

HELP WANTED



WE'RE IN IT FOR LIFE.

We continue to grow and we are looking for dedicated associates to join our team.



\$2,000 SIGN ON BONUS*
Assemblers (\$15.50-\$18.60)
Machinist
Shipping Coordinator
Machine Operator
Quality Inspector
Engineering Technician - 2nd shift
Team Lead - 1st & 2nd shift
Quality Engineer
Automation Engineer

* Does not apply to all positions.

New employees are eligible for the following benefits effective date of hire!

- Medical, dental, and vision benefits
- Company-paid life insurance and disability benefits
- 3 weeks paid time off and 10 paid Holidays

Our work environment includes:

- Clean room operations
- Lean manufacturing and 5S methodologies
- Skilled, experienced peers.

Viant Medical has been in the Lakes Region for over 40 years as a leading manufacturer of medical devices. Come join this steady, successful and growing company.

Apply in person at 45 Lexington Dr., Laconia or on line at viantmedical.com
Call 528-1211 for more information.



WE'RE IN IT FOR LIFE.

We continue to grow and we are looking for dedicated associates to join our team.



\$2,000 SIGN ON BONUS*
Assemblers (\$15.50-\$18.60)
Machinist
Shipping Coordinator
Machine Operator
Quality Inspector
Engineering Technician - 2nd shift
Team Lead - 1st & 2nd shift
Quality Engineer
Automation Engineer

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Apply in person at 45 Lexington Dr., Laconia or on line at viantmedical.com
Call 528-1211 for more information.

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LOOKING FOR A JOB WITH PURPOSE?

How does helping to protect firefighters sound?

Join the MSA Globe Family

Over 130 years ago, Globe invented firesuits/turnout gear, to help keep firefighters safe.

Today, MSA Globe continues to lead the market in serving firefighters by providing innovative, head-to-toe PPE solutions that advance innovation in firefighter performance and safety.

MSA Globe employs 400+ employees, operating three plants, in more than 130,000 square feet of manufacturing space.



MSA GLOBE
The Safety Company

Open Positions:

Stitching Machine Operator

- Utilize a variety of industrial single needle, double needle and programmable machines to stitch one of over 100 operations to complete the firesuit shell or liner
- Cross training may include learning Snapping, Seam Seal, Automated Stitching, and Trim, Material preparation, Labeling, Inspection, Matching and Final packaging.

OPEN TO ENTRY LEVEL CANDIDATES.
We offer an excellent training program!

Special Knowledge, Skills and Abilities Required:

- Able to speak, read and write English
- Have basic knowledge of computers or tablets
- Willing to learn
- Enjoy working with your hands
- Able to sit and/or stand for long periods of time
- Able to lift approximately 30 pounds
- Strong organization skills and high attention to detail

Candidates with experience in the following areas are encouraged to apply:

- Quality Control and Inspection
- Machine Operation
- Assembly / Crafting / Knitting
- Stitching / Quilting

Cutting Room Associate

- Work in a fast paced environment preparing materials and fabrics used to create the firesuits / turnout gear
- Will spread fabric on one hundred foot table, perform quality inspection, and measure and mark fabric to be cut to specification
- Cut fabric into pieces using a Gerber Cutter
- Place cut goods on rolling racks
- Prepare material for other areas of production
- Bag goods

Special Knowledge, Skills and Abilities Required:

- Able to speak, read and write English
- Have basic knowledge of computers or tablets
- Able to use and understand a ruler and measurements
- Must be able to stand/walk, bend, reach and work with your hands for full shift
- Able to assist in team lifting of approximately 30 pounds
- Strong organization skills and high attention to detail
- Previous experience in Quality Control and inspection desirable
- ANSI rated safety shoes (composite, steel or alloy toe) and safety glasses required

Full-time associates are eligible to receive: Sign-On Bonus of \$500 after first scheduled work week is completed; Stay-Bonus of \$500 after 90 days - \$1,000 after 6 months; Quarterly Bonus; Competitive Pay, Great Benefits (including Medical, Dental, Vision, 401K and more), Flexible Schedules, Paid Time Off and Holiday Pay, Tuition Reimbursement, and so much more!

Apply NOW @ msasafety.com/careers

16-6396-MCP / 08.2021

* Terms and conditions apply



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Dining Service Positions Available

The Holderness School Dining Service Department is looking for team members for various positions, all with competitive wages.


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Medical/Surgical	Operating Room/Surgery
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We are looking for strong, driven, compassionate Nurse Leaders, come join us.

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Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

E.O.E.

▶ Competitive Wages	▶ Paid Vacation	▶ Paid Holidays	▶ Paid Time Off
▶ Health Insurance	▶ Profit Sharing	▶ Store Discounts	▶ 401k



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BELKNAP LANDSCAPE CO. INC.

Now Hiring

Belknap Landscape is now hiring for year-round career opportunities in Landscape Construction, Maintenance, & Tree Services. We also have seasonal positions in fall clean-up & snow removal available.

Great Pay & Benefits. Sign-on Bonus for experienced Candidates. Unexperienced Candidates are welcome to apply.

Apply at belknaplandscape.com
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Call 603-455-5900

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\$639,000
MLS# 4886581



\$425,000
MLS# 4884306



\$259,900
MLS# 4883501



\$570,000
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The Grouse Point Club! 3-level townhome w/ views of Winnepesaukee. 3BR/3BA, deck, & detached garage. Recent updates are heat pumps on each level, appliances, hardwood floors, hot water heater, and roof. Sandy beaches, tennis courts & a 7,000sf. clubhouse.

Private beach access on Lake Wicwas! A classic waterfront cottage with many unique finishes and charm! Completely remodeled in 2009. 2BR/2BA and an expansive screened-in porch. Association beach, boat slips, swim raft & a waterfront deck.

This in-town, ranch-style 3BR home w/ city water/sewer and natural gas is set on an oversized lot. Open floor plan plus a 3-season porch off the dining room. Finished downstairs with one large family room. Parking is plentiful and large yard.

Exceptionally maintained 2-BR/2BA home w/ cathedral ceilings, gas FP, partial views from the large deck & close to the beach. This Lake Winnepesaukee WF association offers a sandy beach, docks, moorings & tennis courts. Between Meredith village & Center Harbor.



Roche Realty Group Gets Results! Consistently a top independent real estate firm within the state, Roche Realty Group has had over **\$2.5 Billion in sales volume & 8,300 transaction sides since 1997!** **Voted #1 Real Estate Company in NH's Lakes Region, 2019, 2020 & 2021 & Best Commercial Real Estate Company 2020 & 2021**



LUXURY REAL ESTATE

* Statistics obtained from NEREN for the past 23 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

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Coldwell Banker: www.cbaldmill.com

Coldwell Banker Residential Brokerage
www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services:
www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

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Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

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Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com

Loon Mountain Resort
Winter Hiring Fair
Saturday, October 23rd, 2021
Governor's Lodge 9:00 a.m. - 12:00 p.m.










Join our outstanding team members this winter and enjoy the new Kanc8 Lift, updated wages, free skiing and riding, and on-the-job training.

We are hiring for the winter season for full-time and part-time positions, as well as, day and evening shifts.

Safety precautions are in place when meeting with managers.

Apply at www.loonmtn.com/jobs now!

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ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

NEW 14 WIDES  \$58,995 56' 2 Bed	 \$71,995 64' 2 Bed, 2 Bath
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DOUBLE WIDES  \$84,995 40' 3 Bed, 2 Bath	 \$98,995 48' 3 Bed, 2 Bath
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MODULARS  \$134,995 3 Bedroom (Base Price)	 \$149,995 2 Bedroom
	 \$202,995 1,900 sq ft, 2 Story 1st Floor Master Bedroom

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
 Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall WWW.CM-H.COM

BELMONT, NH
2 BR TOWN HOUSE APARTMENTS
NOW AVAILABLE - VOUCHERS ACCEPTED

- On-site laundry, parking
- 24-hr maintenance
- Close to center of town

Must meet income limit guidelines

Rent starting at \$960 + utilities


Security deposit required.

Download application at

<http://www.sterling-management.net/application.pdf>

or contact mgmt. at (603)267-6787

55 Plus MODEL HOME
OPEN SUNDAY 12 to 2



\$169,995 Come and take a look!
Garage, Porch, Appliances
***10% down - 25 years at 6%**

Call Kevin - 603-387-7463
 Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
 Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

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SUBSIDIZED RENT BASED ON INCOME. INCOME RESTRICTIONS APPLY.

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Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

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The job postings will close on October 29, 2021. Please contact Tracey Frye at Tracey.L.Frye@doe.nh.gov with any questions.

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Breast Cancer awareness



Breaking down breast cancer surgeries

Doctors will discuss a host of treatment options upon diagnosing a patient with breast cancer. The course of treatment is ultimately determined by various factors, including the stage of the disease at the time of diagnosis. Doctors and patients now have more treatment options than ever before, and many women confronting breast cancer will undergo a combination of treatments en route to beating their disease.

The National Breast Cancer Foundation, Inc.® reports that surgery is the most common form of treatment for

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.

breast cancer. Surgical procedures vary, and the following rundown can help women understand their options.

Lumpectomy
The NBCF notes that a lumpectomy procedure typically removes the least amount of breast tissue necessary to get the tumor out. Surgeons also will remove a small amount or margin of surrounding tissue, but not the breast. The American Cancer Society notes that a lumpectomy is classified as a breast-conserving surgery. The NBCF describes a lumpectomy as the least invasive breast cancer surgery and notes that the procedure is highly effective.

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

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

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





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taylorcommunity.org

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