



Timber Wolves finish third in bass fishing championship

BY JOSHUA SPAULDING
Sports Editor

MOULTONBOROUGH — The ones that got away always make the best fishing stories.

For the Prospect Mountain bass fishing team, any one of the five fish that got away from the lines of Teddy Broska and Sam Bonner on Saturday would’ve been enough to put the Timber Wolves at the top of

the leader board.

However, but as it turns out, the Timber Wolves fell just a pound short of taking top honors, which went to the Kearsarge Cougars. Bishop Guertin finished in second place and the Timber Wolves were third.

The day started out with a delay, as the fog had settled in over Lee’s

Mills in Moultonborough, forcing the boats to wait an extra hour before tournament director Ray Meyer sent them out on their way.

“The delay is going to hurt us,” said PMHS coach Corey Roux, who noted the team had a good idea for some early fishing. Additionally,

SEE FISHING, PAGE A10

#1COREY ROUX – COURTESY PHOTO

TEDDY BROSKA AND Sam Bonner show off four of their fish at the state championship Saturday.

Barnstead Farmers’ Market welcomes new board member

BARNSTEAD — The Barnstead Farmers’ Market is very excited to announce the following new board member Anna Williams. She will be our new Secretary!

Williams has been involved in the Barnstead Farmer’s Market since the beginning, helping with the planning/brainstorming phase, to being a vendor for the past 5 seasons. She lives in Barnstead and started Mountain View Farm. The farm began as a horse boarding facility then expanded to include a variety of animals. She has always

had an interest in farming and crafts. She grew up living next door to her grandparents who had a small farm. She loves gardening, canning, and a variety of crafts. Her crochet animals have been a hit at the market. She loves to see the smiles when people look at her animals and pick them up to squeeze them! She is committed to seeing the market continue to operate successfully. As a member and vendor, she always tries to come up with new items which might be of interest to shoppers. Having worked

as a school administrator and counselor, she brings an ability to think outside of the box to come up with creative solutions to challenges. She describes herself as a people person - loving the interactions with people who visit her at the market. One of the top things on her mind is how to reach more people to let them know about the market. Although we have grown, there is always room for more growth.

We are still seeking new board members; please email admin@barnsteadfarmersmarket.club for more information!

ket.club for more information!

The following is our 2020/21 Board of Directors. Lori Mahar: Chair and Volunteer Market Manager, Erin Stone: Vice Chair, The Fox and Crow Farm, Barnstead Farmers CO-OP Manager, Kim Perkins: Treasurer, Green Apple Resources, Anna Williams: Secretary, Mountain View Farm, Bob & Cheryl Perkins: CSA Coordinators, Autumnview Farm, Britni Lamontagne, Advisor to the Board, Ashley Martin, Social Media Chair, Jill Fudala, The Little

Red Hen Farm and Trish Ayers, Naboth Gardens & Apiary both are BACFM Store Coordinators.

The Barnstead Area Community Farmer’s Market (BACFM) and our Barnstead Farmer’s Co-op is a nonprofit 501c3. Our goal is to support local agricultural farms and local craftsmen including wooden crafts, baked goods, jams, jellies and more. Our Farmers Market provides a venue for our vendors to showcase their craft and also expands consumer awareness. It also provides our local and surrounding communities as well as our seasonal tourists the opportunity to have a one stop shopping place for their local based consumables and products. The market focuses on providing opportunities and support for our families, local artisans, musicians, and nonprofit organizations through events i.e. open farm days, farm to table festivals, art shows and more. FIND US: www.BarnsteadFarmersMarket.club ~ www.Facebook.com/BarnsteadfarmersMarket.



BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain volleyball team picked up a pair of wins last week, sweeping past Nute and Belmont.

On Monday, Sept. 28, the Timber Wolves hit the road to Milton to take on Nute and walked off with the 3-0 win, 25-7, 25-20, 25-14.

Lindsey McCullough was 19 of 20 from the service line and had eight aces while Allie Stockman had 16 assists and two aces. Julia Leavitt added six kills, Sophia

Bean had seven kills and a block and Jiana Kenerson finished with nine kills.

On Friday, Oct. 2, the Timber Wolves hosted Belmont and took a 3-0 win, 25-13, 25-11, 25-9.

McCullough was perfect on serve receive while Stockman was perfect from the service line with nine aces and added 19 assists. Leavitt had seven service aces, four digs and six kills, Bean had eight kills and Sophia Sarno finished perfect at the service line

SEE TIMBER WOLVES, PAGE A10

Timber Wolves sweep Rams and Raiders

KATHY SUTHERLAND

Left: LINDSEY MCCULLOUGH returns a shot during her team’s game against Belmont on Friday.

Bottom: ALLIE STOCKMAN sets the ball during action against Belmont Friday night.



Alton Parks and Recreation Connection

Halloween Activity "Box"

Alton Parks and Recreation is sponsoring a Halloween Activity "Box" free for Alton residents ages six to 12. Box

will be packed with assorted activities for Halloween: coloring pages; arts and crafts; costume mask making; and other items. Limited quantity available- first come

first served. Boxes will be available for pick up on Oct. 21. Contact Alton Parks and Recreation Department today to reserve your "Box"- 875-0109 or parkrec@alton.

nh.gov.

Fall Kayak Paddle Trip on the Merrymeeting River

Alton Parks and Recreation is sponsoring a fall kayak paddle trip on Saturday, Oct. 17 starting at 10 a.m. Kayak paddle meets at Liberty Tree Park on Rte. 140, register by Oct. 15. Guided paddle trips down the Merrymeeting River are free, and are geared toward participants who have paddled before. Participants need to provide their own equipment. Including paddle, kayak and life jacket. Check out the wildlife habitats, fall foliage, and beautiful scenery of the Merrymeeting River. Paddle trips are approximately 90 minutes each. Register with Alton Parks and Recreation- 875-0109 or parksrec@alton.nh.gov to reserve your space. Space is limited. COVID precautions will be in place.

Paint a Pumpkin

Bring the outside in with a Paint a Pumpkin Kit. Contact Alton Parks and Recreation at 875-0109 or parksrec@alton.nh.gov to reserve your small pumpkin and paint kit for pickup. A limited number of kits are available- first come first served. Kit includes paint, brush and pumpkin. Be creative and create a unique decoration to put on display at your home. Kits are free to Alton residents, and are

available for pickup for registered participants.

Fall Foliage Hike

Alton Parks and Recreation is sponsoring a fall hike on Wednesday, Oct. 21 starting at 10 a.m. at Knights Pond, off of Rines Road, register by Oct. 19. Hikes are free, and are geared toward participants who have hiked before. Check out the fall foliage, bodies of water and beautiful views of Alton. Hikes are approximately 75-90 minutes each. Register with Alton Parks and Recreation- 875-0109 or parksrec@alton.nh.gov to reserve your space. Space is limited to ten hikers. COVID precautions will be in place.

Outdoor Paint Event

Join Anne for an afternoon of painting in the Bay on Friday, Oct. 16 at 1 p.m. for adults of all ages. Individual paint stations will be set up with social distance protocols in place. Anne will walk you through a small canvas painting of the Northern Lights and Night Sky. Sessions will be approximately 60 minutes each. Space is limited to 8 people per session. \$10 fee includes paint, supplies, lesson, and your finished canvas. Register with Alton Parks and Recreation by Oct. 12-875-0109 or parksrec@alton.nh.gov. Meet at the Alton Bay Bandstand.

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. Connect with nature with the grass beneath your feet, standing under a canopy of colorful trees and alongside the peaceful lake. 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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Shadow play



At Alton Central school, Ms. Guillemette's First Grade Class has been learning about the sun and sky. Here they are tracing each other's shadows out on the playground.

COURTESY



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Browse al fresco at New Durham Library

NEW DURHAM – Browsing Al Fresco at the New Durham Public Library means patrons can check out books during Porch Pick-up Hours.

Synopses of the most recent fiction books, along with pictures of the covers, are on laminated sheets on the lobby table.

“Patrons can always go to our online catalog and reserve books,” Library Director Cathy Allyn said, “but this way mimics looking at the book and reading the inside cover.”

Patrons can see at a glance which books are available and can ring the bell for assistance.

“The staff member on duty will check-out the book right then,” Allyn said.

The library follows strict protocols when handling books, including masking up and hand washing before touching. Returned books are held in quarantine for three days.

Copying and faxing services are available, also. Call the library at 859-2201 for more information.

Porch Pick-up Hours are Monday 11 a.m. – 3 p.m., Tuesday 3 – 7 p.m., Wednesday 2 – 6 p.m., Thursday 11 a.m. – 3 p.m., Friday 9 a.m. – 1 p.m., and Saturday 10 a.m. – 1 p.m.

Jigglin’ Jamboree, an outside program for children ages two to five held at 11 a.m., will finish up this Friday, Oct. 9.



COURTESY

Apple of my eye

Residents have been taking full advantage of the local Pick Your Own fruit orchards in the region. Apples will continue to be plentiful throughout the month.

Women’s Fellowship hosting Mingle & Jingle Craft Fair



FARMINGTON — First Congregational Church, UCC, 400 Main St., Farmington, will host a Christmas Craft and Food Sale on Saturday, Nov. 7 from 9 a.m. until 1 p.m.

There will be a wide variety of homemade crafts for gifts to give and share, Christmas decorations for your home, and items to keep you warm during the colder weather that is coming.

We will also offer a variety of homemade and canned foods including our famous and popular whole pies.

Please join us on Nov. 7 for the first annual Mingle & Jingle Craft Fair to benefit the ramp fund project.

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The need to unplug

Oftentimes, our ideas for editorials arise when something close to us personally surfaces that hits home, or when we hear a significant amount of chatter about a specific topic. This week, the chatter has been about national news overload.

We love the news — after all, it's what we do. Sharing information with our readers on the local level is both an honor and a necessity. This week, however, we have heard many people say they just can't listen to the national news anymore. They feel bombarded, often times leaving them feeling depressed and overwhelmed. News junkies watch the news every morning and night, check their Twitter feeds, listen to talk radio on their commutes and are constantly in the know. It's important and responsible to be aware of what's happening around you, however finding a balance is key, even for those of us in the businesses.

It seems as though the national news cycle has been nothing but chaos over the past several years, especially with regard to the current presidential election. Relentless statistics about the COVID-19 pandemic and negative commentary trying to pass itself off as analysis of the candidates and their platforms seems to ping our phones almost on the minute. This can be exhausting.

As a way to catch your breath, pick one day of the week as a 'no news' day, sort of like a news siesta. Get outside, unplug, read a book, listen to some vinyl or watch Cobra Kai (we do recommend for a splash of nostalgia). Attempt to shut off the little magic box we all stare at way too much on the daily. Could landlines actually still serve a purpose?

If you feel like you can't make a difference, realize that you can. First, it goes without saying, get out and vote. Second, do something every day to make the world a better place, even if that means your own little world. Such actions result in the domino effect.

Take some time to count the blessings in your life. Positivity still surrounds us in bulk if you look for it. Family, friends, dogs, crisp fall leaves, apple crisp, bacon, a friendly wave from a neighbor, morning coffee, a cold drink, a beautiful hike or walk, a good novel and a nice music blasting session are just a few things we can lean on to always lift us back up.



COURTESY

Donation station

A Red Cross volunteer at the reception area checks donors in and takes their temperature at the recent blood drive held in New Durham. Turn-out was robust.

LETTERS FROM EDWIN

Surprises

The other day, I was caught totally unprepared for what was about to happen. A couple of days prior I had found some chicken mushrooms (polyporus sulphureus) that I really didn't expect to find. Seeing as we've had an extended drought for most of the summer, I hadn't yet thrown my mushroom stuff in the truck. I saw no reason to. Every time I'd see mushrooms trying to fruit, they'd wither and dry up. But there they were, totally soft and moist as fresh picked fungi usually are. I should have taken the hint.

I was working my way through the back roads of town from one job to another when I gazed to the side of the road to see what looked like honey mushrooms (armillariella mellea). I like living in a town where there is such limited traffic that I can just put it in reverse and back up in the middle of the road. My suspicion was correct. But I had no collection boxes or bread knife.

When the honeys

fruit, they usually do so in massive quantities. They were just starting so there would be a good chance of beating the bugs. I redirected my path to swing by my house to pick up supplies. In doing so, I passed by a friend's house where there are usually massive fruiting of honeys. There were already hundreds sticking their heads above the grass. So much for a drought.

I save old pizza boxes and recycle them as specimen boxes. I filled up a large pizza box with nice fresh and unbuggy mushrooms at my friend's house before heading off the the other place. The dead old tree stump was in front of a house, so I went up and knocked on the door. Nobody home. I harvested a small pizza box worth and left many more boxes worth for the homeowner knowing that they would unlikely know, or ever care that some of their mushrooms were missing. Never mind that they were even choice

edibles.

Almost every time I enlighten people to primo mushrooms growing on their property, they never seem interested in eating them. When I worked in Dover, I would walk every day at lunch time. After doing this for twelve years, I knew of a number of fruiting spots that I would regularly check when the conditions were right.

There was this 200 year old oak tree that would have incredible fruitings of chicken mushrooms. When I would see them, I'd go get my car. I would knock and ask permission to harvest some of their mushrooms, and they'd say OK. They never wanted to try any though.

There are many more mushroom hunters combing the streets and countryside than just me. It's highly possible that homeowners don't particularly appreciate those of us who do, or do not, ask permission to trespass on their property to take their mushrooms annually. One

day I drove down the road to find the big old tree gone. Not only cut down, there wasn't even a stump left. Since these mushrooms do foretell the demise of its host, it was only a matter of time for that tree. But there was easily another quarter century left before that fate would befall it.

There is this big old oak out behind my house that was in much more rundown condition than that Dover tree. One morning in 2013 I looked out to see that it was orange, from the ground to higher than I could reach on one side. I realized that that morning's activities were going to be somewhat delayed. I know the year because there are still bags in the freezer with that year on them. I mean, how much can you eat? I drove all around the neighborhood trying to pass them out to friends. I discovered that not everyone is interested in wild mushrooms. What was left either went into the cooking pot or the

freezer.

This morning, planning breakfast, I recounted that I hadn't had one Chanterelle omelet this year (cantharellus cibarius). Seeing that big bowl of Honeys I thought, why not use them! I whipped me up a honey mushroom and

cheese omelet. And it was just splendid.

If one fungi don't get you, another one will. E.Twaste Correspondence welcome at edwin-twaste@gmail.com

Letters to the Editor

Vote to preserve New Hampshire's beauty

To the Editor:

Everyone in the Granite State can agree that we are fortunate to live in a beautiful place. We have our scenic rocky shoreline and majestic mountain landscapes, lush green forests and peaceful lakes, wonderful trails and fresh air. As the leaves change color we are treated to one of nature's most spectacular shows - and reminded of the responsibility we share to be good stewards of our environment.

Who would not want to help preserve the natural treasures we enjoy? Sadly, it appears the two state representatives for Strafford and New Durham would not.

While South East Land Trust, Merrymeeting Lake Association and Moose Mountains Regional Greenway were hustling to create Birch Ridge Community Forest, our representatives were asked to help support their efforts. Neither one showed up at any of the meetings or expressed any interest in the creation of this 2,000 acre conservation area. Despite their lack of involvement, Birch Ridge Community Forest is now a reality and will now provide access to recreation, filter clean water, and provide critical wildlife habitat forever.

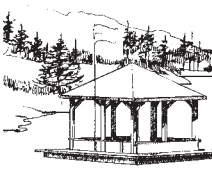
There are two candidates running in this election who will step up to the responsibility of preserving our natural treasure - Jeff Allard of New Durham and Howard Heath of Strafford.

Jeff Allard is a board member of the Merrymeeting Lake Association and the chairs the New Durham Planning Board. He has shown his dedication to land and water conservation and promises to promote environmental stewardship on the state level.

Heath Howard is a lifelong Strafford resident who proposes increasing our amount of protected lands from its current 22 to 70 percent. He reminds us that forest land is one of our greatest weapons in the fight against climate change.

Let's vote to support these two champions of conservation. Let's vote to preserve New Hampshire's beauty.

DAVE WESSEL
NEW DURHAM



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Chill fires and pot roast on the cusp of the season



By **JOHN HARRIGAN**
COLUMNIST

There's a whiff of wood smoke in the air, some from quick fires people build just to get the morning chill off, and some from serious fires people have been running since the first week in September, the start of the heating season for many households, as if the heating season ever really ends.

It's seven months of winter, we tell visitors, and five months to get ready for the next one. Then there's Mud Season, and black flies, and deer flies, and noseums, elsewhere called midges.

And the list goes on. It's 57 miles to the nearest Walmart, ditto for the nearest museum, ditto for the nearest traffic light.

And all of these, mind you, are the bragging points, things to be proud of, things that help make us different. You should see the complaints, we say, a joke some never get.

+++++

Every school board and supervisory union, from the foothills of the White Mountains to the Canadian line, has a story about the job-seeker who never showed up.

It goes like this:

The SAU and Board members gather in a room to interview a candidate for, say, a math teacher's job. This person has been told how long the drive will take. This person is sure it's a joke.

This person calls promptly at 6:30 p.m., half an hour before the meeting. "How much longer?" he asks, a bit feebly.

At 7 p.m., he's back on the line, calling from the roadside in some dismal swamp. "Forget it," he says. "I'm not coming."

+++++

There was this nice big piece of chuck in the meat case. Tied up with a couple of strings. Just the right amount of fat. In my mind's eye, it had "pot roast" written all over it.

I have this old mongrel Dutch oven with the number 8 stamped on its bottom, a heavy piece of cookware I've used for everything from pork roasts to fish chowder. If not otherwise occupied, it could be used as a doorstep.

Throwing a pot roast together is one of the more fun things I do in the kitchen. I rummaged around for carrots, onions and potatoes. I made a little roux of butter and flour and finely diced carrots, celery and onion, dredged the roast in flour, and browned the roast in the roux. Potatoes, carrots and onions went atop the meat, and into the oven it went. If I'd had the wood stove fired up--too early for that just yet--I'd have put it there instead.

Soon the house was filled with the aroma of pot roast. On a cold day with a biting wind, it's a dish that rules.

+++++

Two or three days of slow, soaking rain are what's needed to end a dry spell like this. Only a small section of the upper North Country escaped the drought that parched New Hampshire beyond anything in most people's memories.

Many towns and locations have age-old community springs, some of them dug down and rocked in long ago and gushing ice-cold water for all to use ever since. There are hundreds of these community water sources around the state, many of them in use for two centuries or more, and mentioned in town histories published long ago.



JOHN HARRIGAN

This multi-trunked spruce will be down any year now, having withstood gale-force winds (and stronger) on Colebrook's South Hill Road for many a year.

Some of the sources were robust enough to keep horse troughs full to overflowing, and had drinking places for man and beast. Some of them, sad to say, have fallen victim to development--nobody wants to drink water from a spring that's downwind from a whole bunch of new septic systems.

The last I knew, the state was still methodically testing water from the more widely used sources, and in some cases shutting them down. But these are the exceptions, not the rule, and many of these ancient sources that started out with augered-out cedar logs for pipes, then went to lead pipes, and finally to plastic or rubber hose are still running clear, cold and clean.

I wonder how even the best of these old water sources did during a drought that's the worst most people have ever seen.

+++++

People who like to get out on cross-country skis and snowshoes can be forgiven for being a bit fuzzy on where they're welcome. The biggest question, of course, is whether they should be on snowmobile trails.

In my experience, you bet. By tradition, snowmobile clubs have let it be known that other recreational users are

welcome, as a sign of good will. All they ask is that others on the trail move to one side when they hear or see machines approaching, and perhaps donate to the trail-grooming fund.

All of them, of course, should appreciate the landowner, whose good will makes the trails possible to begin with. Without the cooperation of landowners near and far, big and small, the snowmobile and ATV tourism enterprises would be flatter than a flounder.

+++++

The plight of a fox that was taken in as a pet when young and then tossed out like a bag of trash when it became an adult and its "owners" grew tired of it became something of a celebrity a couple of weeks ago.

Once again, the Governor's office got into the act, stepping in to make



This little embroidery of a spider's trap was among dozens more or less like it on the front lawn one dew-laden morning, as little spiders went about catching bugs and insects big and small.

sure Massachusetts wildlife officials didn't try to take the fox back, as had been feared. The last update had the fox at a shelter and rehab facility, awaiting construction of a new pen.

Still, I was left wondering what a guy in Dracut, Mass., was doing with a fox in the

first place, and how anyone could treat a wild creature like that, like so much trash for the dumpster.

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



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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.

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STRATEGIES FOR LIVING

Thank you...thank you!

BY LARRY SCOTT

From Max Lucado's book, "In the Eye of the Storm," comes this story:

"It happens every Friday evening, almost without fail, when the sun resembles a giant orange and is starting to

dip into the blue ocean, Old Ed comes strolling along the beach to his favorite pier. Clutched in his bony hand is a bucket of shrimp.

Ed walks out to the end of the pier, where it seems he almost has the world to himself. ...

Before long, dozens of seagulls have enveloped him. Ed stands there tossing out shrimp to the hungry birds. As he does, if you listen closely, you can hear him say with a smile, 'Thank you. Thank you.' In a few short minutes, the

bucket is empty. But Ed doesn't leave. He stands there lost in thought, as though transported to another time and place.

His full name: Eddie Rickenbacker. ... On one of his flying missions across the Pacific, he and his seven-member

crew went down. Miraculously, all of the men survived, crawled out of their plane, and climbed into a life raft. Captain Rickenbacker and his crew floated for days on the rough waters of the Pacific. They fought the sun. They fought sharks. Most of all, they fought hunger. By the eighth day their rations ran out. No food. No water. ... They needed a miracle.

Time dragged. ... Suddenly, Eddie felt something land on top of his cap. It was a seagull! Old Ed would later describe how he sat perfectly still, planning his next move. With a flash of his hand and a squawk from the gull, he managed to grab it and wring its neck. He tore the feathers off, and he and his starving crew made a meal - a very slight meal for eight men - of it. They used the intestines for bait. With it, they caught fish, which gave them food and more bait ... and the cycle continued. With that simple survival technique, they were able to endure the rigors of the sea until they were found and rescued.

Eddie Rickenbacker lived many years beyond that ordeal, but he never

forgot the sacrifice of that first living seagull. And he never stopped saying, "Thank you." That's why almost every Friday night he would walk out to the end of that pier with a bucket full of shrimp and heart full of gratitude" (pp. 221, 225-226).

Eddie Rickenbacker's thankfulness for a seagull that had to die that he and his crew might live is a rather crude reminder of one who died that, to paraphrase Jesus words, "We might have life and have it abundantly." Far from following his precepts as a matter of obligation, we serve him because we love him, from a heart of deepest gratitude. The limitations to our drives and ambitions that we have chosen to accept are nothing when compared to the peace of mind, the sense of purpose, and the promise of eternal life that is ours due to the death (and resurrection, I might add) of the one who loved us first. "Thank you, dear Lord. Thank you ... thank you!"

You want to talk about it? Hit me up at rlarry-scott@gmail.com.



STUART LEIDERMAN — COURTESY

Sunflowers in bloom

Reader Stuart Leiderman captured these stunning sunflowers during his recent travels through Barnstead.



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Locke Lake board meets Oct. 15

BARNSTEAD — The next public meeting of the Locke Lake Colony Association's Board of Directors will be held on Thursday, Oct. 15 at 6:30 p.m. at the Lodge. These meetings are open to LLCA members only.

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“Faith Matters” spotlights benefits of chair yoga

FARMINGTON — This Thursday, Oct. 8, “FAITH MATTERS” welcomes Lori Relf, Yoga instructor at the Rochester Granite YMCA in Rochester.

“FAITH MATTERS” is a weekly informa-

tional program about topics of local interest featuring people from the church and the community. It is seen every Thursday at 5 p.m. on Facebook from the First Congregational Church in downtown Farmington. The program is

hosted by Pastor Kent Schneider and Susan Loker.

Lori Relf teaches regular Yoga and Chair Yoga classes at the Granite YMCA. On Thursday’s program she will demonstrate Chair

Yoga which is growing in popularity with the general public. People are spending more time sitting behind a desk, working from home and studying at home. The need to increase mobility and to keep fit by adding exercise to our daily

routines is becoming an essential part of life.

Viewers can participate in the on-air exercises by having a sturdy chair without arms and no seat cushion. Emphasis will be on developing flexibility without put-

ting strain on the body. Yoga can improve our breathing, concentration and creates a happy mental state of wellness.

You will find “FAITH MATTERS” at facebook.com/farmingtonnhfirstcongregational. Every Thursday at 5 p.m.

Enjoy an outdoor program at Oscar Foss Memorial Library!

BARNSTEAD — The Oscar Foss Memorial Library will be adding a few outdoor, socially distanced programs for the month of October!

On Oct. 8 at 4 p.m., Teens can join us for a T-shirt Tie-Dye Party. We will have a Pumpkin Painting Event for families on Oct. 17 at 10 a.m. All events will be socially distanced. Pre-registration is required for all events, and spaces are limited. Call 269-3900 to register.



COURTESY

Legion supports End 68 Hours of Hunger

The American Legion Families Post 72, Legion - Son's- Auxiliary- Riders donated \$1,000 to the 68 Hours of Hunger Alton. Pictured Left to Right: Steve Girouard 2nd. Vice Son's, Kathleen Anthony Membership /Secretary Auxiliary, Marty Chabot Past Commander, Laurie Ekbert 68 Hr. Representative, Maryellen Kenerson 1st Vice Auxiliary, Bruce Cornish Financial Officer Legion.



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Adult and Teen Bible Study 11:15 am.
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SPORTS

Fleming’s four tallies lift Belmont past Prospect



Belmont’s Jada Edgren and Prospect’s Piper Flood go after the ball in action Friday.

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain and Belmont girls’ soccer teams battled through some dreary weather on Friday afternoon, but eventually the sun came out and the two teams finished their game in Alton under blue skies.

For the Raiders, the finish was much better, as they walked off the field with a 5-0 win over the host Timber Wolves.

“We’re going through some injuries, we were down three players,” said Belmont coach Mark Dawalga. “I give the kids credit, some of them played in different positions and they got the job done.”

“We’re good when we do the simple things, combining passes, being first to the 50/50 balls,” said Prospect coach Bill Nardino. “But when we start to get stretched out, if the other teams plays long balls and we fall into the trap, we aren’t built to play that way.”

Jaden Burt had an early chance for the Timber Wolves but couldn’t convert and Belmont had a couple of chances, with Courtney Burke having a shot blocked and Molly Sottak sending a shot off the post. Burke got in again with a chance but was denied. Belmont got a corner kick and Darci Stone had a shot denied as well. Quinn Jewell had a nice defensive stop for the Raiders on a bid from Burt and Becca Fleming

Saunders, Knights pick up win in North Conway

BY JOSHUA SPAULDING
Sports Editor

NORTH CONWAY — Kingswood coach Jeremy Fuller was well aware that his golf team enjoys the course at North Conway Country Club.

On Thursday, Oct. 1, the Knights recorded one of the lowest scores they have carded during Fuller’s tenure as coach, finishing with a 198 to beat host Kennett’s 232.

“We were able to play another really solid round today,” Fuller said. “But we have more work to prepare for the state championships.”

At North Conway Country Club, Henry Saunders, playing from the top spot in the lineup, tied for medalist honors with Ben Daugherty of Kennett, finishing with a 37. He made two birdies, including a 30-foot putt for birdie on the first hole after his approach landed on the front of the green.

Will Danais, playing from the second spot in the lineup, finished with a 38, including a birdie on the seventh hole and four pars during the round.

“He has been very solid for us this year,” Fuller said. “He is always working to get better and never is 100 percent happy with his performance during practices or when we are drilling. I really admire that trait and it will serve him well as he continues to grow as a golfer.”

Michael Palmer in the third spot and Tyler Sprince in the fourth spot played together and both finished with 40s for the day to count as the next two scorers.

“I think it was one of Tyler’s better rounds he has recorded as a Knight,” Fuller said. “He is becoming a more consistent ball striker and hopefully that will continue over the next two weeks.”

Reese Clarke finished with a 43 from the fifth spot in the lineup to round out the scoring for Kingswood.

Justin Stirt had a 45 from the sixth spot, Brady Palmer had a 48 from the eighth spot and Tate Hurtado rounded out the field of Knights with a 51 from the seventh spot.

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



Belmont’s Emma Cochran and Prospect’s Abby Wittenberg battle for possession on Friday in Alton.

over for Woods in the net for the Timber Wolves, made a save on. Fleming just missed connecting with Cochran on a cross as well.

However, with 13:12 to go in the game, Burke made a nice move through the defense and buried a shot for the 3-0 lead.

Less than three minutes later, the visitors converted again, this time with Fleming netting her third goal. Roberge made a diving save on the original shot but it slipped out of her hands and rolled in for the 4-0 lead. Belmont continued to pressure with Ella Irving and Cochran getting chances while Fleming sent a ball high on a corner kick.

With less than two minutes to go, Fleming recorded her fourth goal on a nice feed from Lena Rodriques to finish off the 5-0 win for Belmont.

“I believe if we don’t

do it in practice, we don’t do it in a game,” said Dawalga. “But today was one of those games where we had to change that.”

“I’m proud of the girls, they played hard and Prospect Mountain played hard too,” he continued. “Bill’s doing a good job with them.”

He noted that Jewell and Stone both did a nice job as freshmen stepping into big minutes and everyone was able to fill in for the missing pieces.

“It’s good to have some interchangeable pieces,” Dawalga added.

“I don’t get too high when we win and I don’t get too low when we lose,” said Nardino. “There is always things to learn.”

“It’s part of the growing pains,” he continued. “Five-zero isn’t what you want, but despite that, if you look at how we played, it was a very good back and forth game.”

“I am not happy with

the score but I am happy with some of the decisions we made,” Nardino added. “There are certainly a lot of positives to take away.”

Earlier in the week, Belmont split a pair with Division II Plymouth. On Monday, Sept. 28, Plymouth won 2-1 with Fleming getting the goal on an assist from Burke. On Wednesday, Sept. 30, Belmont picked up the 2-1 win. Fleming and Gerbig both scored on penalty kicks for the win.

Belmont is back in action today, Oct. 8, hosting Gilford at 4 p.m. They will be hosting Kennett at 4 p.m. on Wednesday, Oct. 13.

Prospect Mountain will be at Somersworth today, Oct. 8, at 4 p.m. and will be hosting Somersworth on Wednesday, Oct. 13, at 4 p.m.

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

Knight boys run to wins in first two meets

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood cross country team had a busy first week of the season, racing twice in the course of three days.

And the Knight boys came through with a pair of wins in the two races.

The season kicked off at Plymouth on Thursday, Oct. 1, and the Plymouth boys got the win over the host Bobcats and Laconia. Moultonborough also competed in the meet.

Casey Arsenault ran to the win in 18:40.

Oleg Sheahan was next in for Kingswood with a time of 19:15 for fourth place and Mark Stanard was seventh overall in a time of 20:44.

Matt Perkins ran to

ninth place in a time of 21:22 for ninth place and Lou Arinello rounded out the scoring with a time of 21:28 for 10th place.

Cannon Newbury finished in 11th place in 21:47, Warren Blaney was 13th in 22:09 and Matthew Finneron was 16th in a time of 22:26.

The Kingswood girls finished second to Plymouth, though times were not available for the girls’ race.

Rosemary Carpenter was first for Kingswood, finishing in second place overall.

Next up for Kingswood was Carolyn Day with a fourth place finish and Sarah Carpenter finished in sixth place overall.

Ashley Diamond finished in 12th place and Lily Stinchfield rounded

out the scoring with a 13th place finish overall.

The Knights then traveled to Conway on Saturday for the Kennett Invitational and once again, the boys finished in first place, edging Berlin by one point.

Arsenault was again the top Knight boy, finishing in a time of 18:34 for third place.

Sheahan was right behind him in fourth place with a time of 18:37 and Perkins was 11th overall in 19:46.

Stanard was 12th overall in 19:48 and Arinello rounded out the scoring for Kingswood with a time of 20:13 for 15th place.

Newbury finished in 21st place in a time of 21:15 and Blaney was 24th overall in 21:55.

Battling some injuries, the Knights only



CASEY ARSENAULT leads Oleg Sheahan during the Kennett Invitational on Saturday.



CAROLYN DAY finished second overall in the Kennett Invitational Saturday in Conway.

JOSHUA SPAULDING

SPORTS

Kelly, Garland lead Knights past Bobcats



JOSHUA SPAULDING

PLYMOUTH'S Ashley Bennett tries to get a stick on the ball as Kingswood goalie Nia Garland slides through the crease in action last Thursday.



COACH KAITLIN REILLY poses with seniors Nia Garland, Alexis Booth, Quinn Meserve and Allie Drew after their home opener last week.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood and Plymouth field hockey teams took to the Alumni Turf field in Wolfeboro on Thursday, Oct. 1, in what was the first game of the season for the Knights while the Bobcats were playing their fifth game, coming off their first win of the season.

In the end, the Knights were able to use three goals in the first half to battle past the Bobcats

and earn the 3-1 win.

“We are so grateful, 100 percent grateful to be here and to have this season,” said Kingswood coach Kaitlin Reilly. “Give Aaron (House, Kingswood’s AD), the NHIAA, my fellow coaches and players credit, everyone is following the rules and following the guidelines.

“It feels so good, a little bit of normalcy,” the Knight coach said.

“In the first half, the intensity was up and Kingswood came out

firing,” said Plymouth coach Ashley Laufenberg. “We had some miscommunication that resulted in Kingswood taking advantage.”

Out of the gate, the Bobcats had the first chance, with Emma Webster sending a shot wide on a corner. Abby Kelly came back the other way with a bid that went wide of the net for the Knights. Fallon Peacock also had a shot stopped by Plymouth keeper Ashley Bannon and Ana Ekstrom had a shot deflected for the Knights. Plymouth came back with a chance from Holly Hoyt but Allie Drew was able to clear the ball from the zone.

rebound, giving the Knights the 2-1 lead.

Grace Bannon made a nice defensive stop on an Abby Kelly run into the zone and both teams had corners but could not convert. Hailey Kelly had a run into the zone but was turned away and Abby Kelly had a shot stopped by Ashley Bannon. Emilia Galimberti sent Abby Kelly in on a nice bid but Ashley Bannon was there for the stop.

The Knights were able to add to the lead with just more than a minute and a half remaining in the half, as Abby Kelly scored her second of the game for the 3-1 lead. Bennett had a good chance late for the Bobcats but the game went to the half with Kingswood up 3-1.

with the Knights up 3-1.

Plymouth had an early corner in the fourth quarter but the Knight defense was strong. Galimberti and Ekstrom combined for a chance for the Knights while Keefe made a nice run in for the Bobcats that Brooks was able to stop. Kingswood had a late corner that saw Abby Kelly get a good look but Ashley Bannon was there to turn it away and the game ended with the Knights getting the 3-1 win.

Reilly noted that Garland strapped on goalie pads for the first time just two days earlier and really stepped up for the team.

morning, as they picked up a 2-1 win in Plymouth. Hoyt got the scoring going with 9:47 left in the first quarter but the Knights responded three minutes later. Plymouth then scored with five minutes left in the quarter on a goal from Keefe, assisted by Phillips.

“The rest of the game continued to battle back and forth between the 25s,” Laufenberg said. “Both teams had strong plays and would switch momentum.”

The Bobcats held tight and earned the 2-1 win.

Plymouth got their first win earlier in the week, besting Winnisquam 1-0 in overtime. Hoyt scored in the extra frame by dodging the goalie after a scuffle in front of the net and burying the shot halfway through the period. Ashley Bannon had some huge saves in the net in the win.

HIGH SCHOOL SLATE

Thursday, Oct. 8

KENNETT
Field Hockey vs. Kingswood; 4
Volleyball at Kingswood; 6
KINGSWOOD
Field Hockey at Kennett; 4
Volleyball vs. Kingswood; 6
PROSPECT MOUNTAIN
Girls' Soccer at Somersworth; 4

Friday, Oct. 9

KENNETT
Boys' Soccer at Kingswood; 7
Cross Country at Plymouth; 4
Girls' Soccer vs. Kingswood; 4
KINGSWOOD
Boys' Soccer vs. Kennett; 7
Cross Country at Prospect Mountain; 4
Girls' Soccer at Kennett; 4
PROSPECT MOUNTAIN
Boys' Soccer at Moultonborough; 4
Cross Country Home Meet; 4
Volleyball at Somersworth; 5:45

Saturday, Oct. 10

KENNETT
Football at Gilford-Belmont; 2
KINGSWOOD
Football vs. Bow; 1

Tuesday, Oct. 13

KENNETT
Boys' Soccer vs. Belmont; 4
Girls' Soccer at Belmont; 4
KINGSWOOD
Boys' Soccer vs. Gilford; 6
Girls' Soccer at Gilford; 3:30
Volleyball vs. Gilford; 5:45
PROSPECT MOUNTAIN
Cross Country at Laconia; 4

Wednesday, Oct. 14

KENNETT
Field Hockey at Franklin; 4
Volleyball vs. Belmont; 5:30
PROSPECT MOUNTAIN
Boys' Soccer vs. Moultonborough; 4

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

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Knights start strong, roll past Bobcats



JOSHUA SPAULDING

KINGSWOOD'S JOSH FINNERON and Plymouth's Ben Means both go up for the ball in action in Wolfeboro.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood boys' soccer team opened the season in fine fashion, scoring in the first two minutes of the game and never looking back on the way to a 6-0 win over Plymouth on Friday, Oct. 2.

"There's been a lot of hard work for these guys," said Kingswood coach Erik Nelson. "We've been going since Aug. 10 and the guys have been waiting for this type of competition."

"(We) played hard, I am super proud of how they played," said Plymouth coach Jesse Elderkin. "They came out, they were relentless, but they just weren't lucky in the finishing."

Kingswood got a goal from Keegan Donovan-Laviolette less than two minutes into the game on a scrum in front of the net. Kingswood continued to pressure, with Donovan-Laviolette and Dominic Alberto teaming up on a bid and then Healy Larson getting in close. Spencer Inwood had a good clear for the Bobcats and then keeper Dash Ough had a nice save in the net on a shot from Donovan-Laviolette.

Vinny Butka just missed connecting on a cross for the Knights and both Donovan-Laviolette and Logan Copenhaver had shots denied.

The Knights upped the lead to 2-0 with 23:29 to go in the first half, as Donovan-Laviolette made a nice feed to Butka, who buried his first varsity goal. The Knights kept on pressuring, with Ethan Raifsnider making a nice cross that just missed in front and Donovan-Laviolette forcing Ough to make another save in the Plymouth net.

With just less than 21 minutes to play in the first half, Donovan-Laviolette picked up his second goal of the game on a header for the 3-0 lead for the Knights. Dylan Webster had a good run up the field but Carter Morrissey chased him down to knock the ball away. Gabe Arinello had a shot that Ough was able to get to.

Kingswood made it a 4-0 game with 10:53 to go in the half as Drew Roiter made a nice run down the side and then crossed it in front to Arinello, who buried the shot. Jonathan Hossack sent a ball in just ahead

of Brayden Rapoza and Plymouth came back with a shot by Colin Roper that was deflected. Plymouth had a corner kick but could not convert and at the other end Roiter had a shot stopped by Ough. Cole Ahern also had a nice clear in the defensive zone for the Bobcats, who trailed 4-0 at the halftime break.

Kingswood got a corner early in the second half after Morrissey and Donovan-Laviolette teamed up on a bid. Good defense from the Bobcats kept Kingswood from scoring and the goal post also helped, as Roiter had a shot ring off the iron. Raifsnider and Roiter teamed up on another chance that Ahern grabbed in the Bobcat goal. He also grabbed another chance when Mor-



GABE ARINELLO battles for the ball in action last Friday night.

rissey's direct kick was headed on net by Butka. Curtis Smoker had a couple of chances for the Bobcats that Kingswood keeper Caleb Russo grabbed. Kingswood had a corner kick as well but the Plymouth defense cleared the ball.

Noah Silva had a couple of chances for the Knights, including a nice cross that Ahern was able to grab and another shot that the Bobcat keeper made a save on. Butka had a chance go wide and then Webster made a nice run through the Kingswood defense but could not convert. Spencer Inwood did a nice job turning away a bid from Copenhaver and Silva had another shot stopped by Ahern.

With 21:20 to go, Morrissey scored on a Kingswood corner kick, upping the lead to 5-0. The

two teams exchanged chances after that, but neither team could convert, with Ahern and Russo holding tight in the nets.

With 14:31 to go, Raifsnider made a nice run into the zone and buried his shot for the 6-0 lead for the Knights. Morrissey had a long direct kick ring off the cross bar and Donovan-Laviolette had a shot denied by Ahern. Josh Finneron and Copenhaver continued to pressure for Kingswood but the game ended with a 6-0 win for the Knights.

"We are thankful to have a season and to come out and perform for the fans," said Nelson. "We have a talented young squad, it will be interesting to see where they go."

"Coming off an 0-16 season, there's a lot of

excitement," the Knight coach said.

"Defensively, we had some mistakes, but they are young kids, they did what they could," said Elderkin. "I couldn't be happier, these kids played well despite the score."

Plymouth will be back in action today, Oct. 8, at Laconia, will be at Winnisquam on Tuesday, Oct. 13, and will be hosting Winnisquam on Thursday, Oct. 15, all with 4 p.m. start times.

Kingswood will be playing on Friday, Oct. 9, at 7 p.m. against Kennett, will be hosting Gilford at 6 p.m. on Tuesday, Oct. 13, and will be at Gilford on Thursday, Oct. 15, at 3:30 p.m.

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

FISHING

(continued from Page A1)

the low water on Lake Winnepesaukee, which Roux said was lower than the normal winter level, was likely to play a role in how the teams took care of business.

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

JOSHUA SPAULDING

Top Right: THE PROSPECT MOUNTAIN boat, with coach Corey Roux at the helm, heads out to start the state championships.



JOSHUA SPAULDING

Bottom right: STARTER RAY MEYER gives instructions to the boats in the NHIAA bass fishing championships.

TIMBER WOLVES

(continued from Page A1)

and added three kills. Ella Misiaszek added four kills and a service

ace.

The Timber Wolves will be at Somersworth on Friday, Sept. 9, at 5:45 p.m. and will be hosting the Hilltoppers on Tuesday, Oct. 13, at 5:45 p.m.

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

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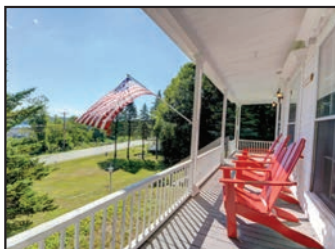
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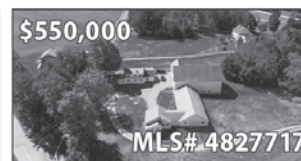
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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

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Alton	536 E. Side Dr.	Single-Family Residence	\$305,000	Hargraves Fiscal Trust and Robert F. Hargraves	Charles H. Shaughnessy and Xiaofeng Luo
Alton	9 Frohock Brook Rd.	Single-Family Residence	\$340,000	James F. and Katelyn L. Callahan	Joshua and Caitlin J. Jondro
Alton	193 New Durham Rd.	Single-Family Residence	\$245,000	Mark R. Farrell	Ronald F. Guile and Maria Gilchrist
Alton	Ridge Road	N/A	\$89,533	Ridge Evans LLC	Mark R. and Megan Farrell
Alton	203 Trask Side Rd.	Single-Family Residence	\$825,000	Theodora Fiscal Trust and Gerald J. Theodora	David K. and Kellee A. Bossman
Alton	Woodlands Road	N/A	\$4,250,000	Marie V. Hebert RET	Ana C. and Benjamin A. Solky
Alton	N/A (Lot 15-14)	N/A	\$30,000	Donald Kelts	Mark R. and Megan Farrell
Alton	N/A	N/A	\$260,000	Laura Lebel	Helen P. and Keith A. Maciolek
Barnstead	85 Meredith Lane	Single-Family Residence	\$255,000	Shannon D. Pickering	Robert D. Lucas
Barnstead	55 Millsfield Lane	Single-Family Residence	\$250,000	Gate City Development Partners	Matthew R. Bitterman and Meghan R. O'Callaghan
Barnstead	New Rochester Road	N/A	\$44,000	Red Coach Realty Inc.	RM Abbott Builders LLC
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Barnstead	New Rochester Road	N/A	\$44,000	Peter Teloian	TK Enterprises LLC
Barnstead	747 S. Barnstead Rd.	Single-Family Residence	\$220,000	Jordan Wolfe	Attila S. Fazekas
New Durham	Drew Road	N/A	\$254,000	Saphspencer and Samantha Lessard	Devan T. Carney and Amanda K. Long
New Durham	3 Marsh Hill Rd.	Single-Family Residence	\$555,000	Petersen Fiscal Trust and Paul R. Petersen	Julia K. Gaynor
New Durham	173 Valley Rd.	Single-Family Residence	\$319,400	Beatrice E. Gamble	Brewer Fiscal Trust and Eugene A. Brewer
New Durham	Webster Road	N/A	\$250,000	Day Fiscal Trust and Ralph W. Day	Brad Bartlett

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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

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October is

Breast Cancer Awareness Month



Debunking common myths associated with breast cancer

Cancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are preventable.

Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer every-day and routinely discover that information once thought to be accurate was actually off-base.

Despite researchers' best efforts, some myths about cancer still prevail. Some of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is helpful, so learning the truth and debunking those myths can be an important part of women's preventive approach to breast cancer.

- **Myth:** Drinking milk increases your risk for breast cancer. The American Cancer Society notes that early studies raised concerns that drinking milk from cows treated with hormones could increase a person's risk for breast cancer. However, ensuing research failed to find a clear link between the two. In fact, a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer risk.
- **Myth:** Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc.® says that only a small percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue

should always be brought to the attention of a physician.

- **Myth:** Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at www.cancer.org.

- **Myth:** Women with a family history of breast cancer are likely to develop breast cancer, too. This myth is dangerous because, if taken at face value, it can give women with no family history of breast cancer a false sense of security. However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The Centers for Disease Control and Prevention note that a woman's risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family



history. Information is a valuable asset in the fight against breast cancer. Learning to decipher between accurate and false information can be especially valuable.

Need-to-Know Info:

Inflammatory Breast Cancer

Inflammatory Breast Cancer (IBC) is a rare and aggressive form of breast cancer that differs from other forms of breast cancer because it commonly does not cause a lump or mass. Due to the aggressive nature of IBC, early detection is vitally important. Here are some warning signs that may indicate IBC and should be immediately discussed with a doctor:

- Breast discoloration that is typically red, but may be pink or purple
- A rash or small irritation that resembles an insect bite
- Breast tenderness or



- pain, or warmth to the touch
- Persistent itching around the nipple
- Dimpling of the breast skin
- Change in the appearance of nipples to flat or inverted
- Swelling in the size of one breast



Mammogram Guidelines

Following are the American Cancer Society's current recommendations for breast cancer screening:

Ages 40 to 44
Women should have the choice to start annual breast cancer screening with mammograms if they wish to do so.

Ages 45 to 54
Women should get mammograms each year.

Ages 55 and older
Women should get mammograms every 2 years or continue annual screening.

The American Cancer Society recommends that screening continue as long as a woman is in good health and expected to live 10 more years or longer. Women should also be familiar with the known benefits, limitations and potential harms linked to breast cancer screening. Any changes in the way breasts normally look and feel should be discussed with a healthcare provider without delay. A small number of women with family history, genetic tendency or other specific risk factors should be screened with MRIs in addition to mammograms. To determine the screening plan that's best for you, talk to a healthcare provider.



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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.

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Masks are required.

People with symptoms of COVID-19 should not attend the event. There will be a new screening station this year.

There's no need to register. The event is free. For more information about the clinic visit www.hugginsevents.org.

Drive Thru flu shots are for age 18+.