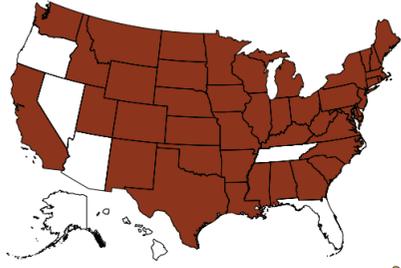


**SURVIVING: Couple makes it through breast cancer - The Forum, D1**  
**YOUR LIFE, E1**

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**EV-D68:**  
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**SPORTS + LAW = JOURNALISM**

PROFESSOR HAS DUG INTO BIG STORIES FOR 'SPORTS ILLUSTRATED'



SUSAN DOUCET / Monitor staff

Michael McCann, a professor and writer, sits in his office at UNH School of Law in Concord last week.

**'S**omething's off," the *Sports Illustrated* editor told the Concord law professor. "Figure it out."  
 So Mike McCann did. He requested records from the University of Arkansas and pieced together a story, about sex, betrayal and corruption, that brought down a big-time football coach named Bobby Petrino. Petrino was fired two years ago for having an extramarital



**RAY DUCKLER**  
 MONITOR COLUMNIST

affair with a woman half his age whom he hired for a job over more qualified candidates. McCann doesn't look the

**MIKE McCANN'S** take on the day's top sports stories. **A2**

part of journalist with fangs, but don't let his baby face fool you, or his affable manner, which puts you at ease before you've even sat down in his office at the University of New Hampshire School of Law. He's an investigative reporter for a periodical known

simply as *SI*, combining a legal background with writing skills to give the magazine a broader menu of topics.

If there's a story worth writing, with proof available, McCann will find the information, then write it. Then he'll bring his findings into his classroom as the school's director of sports law.

"I hope it makes it more interesting for my students,"

See **SPORTS - A2**

**Why are electric costs soaring?**

Utilities: Higher rates could be here for years

By **ALLIE MORRIS**  
 Monitor staff

CEO Jim Doremus was surprised to learn this fall that the Concord Family YMCA's operating costs will jump more than \$20,000 over the next year and that the increase will be coming from the nonprofit's electricity bills.

"This is a surprise there's very little we can do about," said Doremus, who oversees the YMCA's programming and two buildings off Warren Street.

**FIREWOOD** costs for the winter are high, too. **B1**

"We can't control this."

Concord Family YMCA CEO Jim Doremus

money in order to both offset the electricity cost and keep up its programming.

"We can't control this, we have to react to it, absorb it," Doremus said. "We're not in the electricity market, we're in the kid and people business."

The YMCA isn't alone. Rising electricity rates this winter are a reality for many residents and business across the state. Both Liberty Utilities and Unil announced recently they are expecting

See **RATES - A3**

**Building bridges while squabbling**

Rep's TV show a bipartisan affair

By **CASEY McDERMOTT**  
 Monitor staff

It can be easy to forget, sometimes, that your political adversaries are people, too.

Ken Gidge was certainly feeling that way a few years ago. Frustrated with the state of political discourse in New Hampshire in mid-2012, the Democratic state representative decided to switch up the format of his existing slot on Access Nashua, a public television station.

He'd call the segment *The Art of Politics*, and the idea would be to bring together viewpoints from both sides of

the aisle to demonstrate that it was still possible to have a political discussion with your opponents that didn't end in bitterness. If they didn't agree, Gidge thought, they might at least walk away with a better appreciation of where that person was coming from.

The show debuted in June 2012, with Gidge joined by then-Rep. David Robbins, a Republican. On Friday, Gidge celebrated the 100th episode with two Republican guests who've since become regulars on the weekly show: Reps. Al Baldasaro and Bill O'Brien, the former New Hampshire speaker of the House.

See **SHOW - A2**

SENATE DISTRICT 15

**For GOP hopeful, a low-key campaign**

Harman running against Dems' Feltes

By **MEGAN DOYLE**  
 Monitor staff

Lydia Harman is a real estate broker, a mother, a voter, a former political talk show host. She never wanted to be a politician.

"It's a lot easier being a constituent," said Harman, 43.

But now her name is printed in white letters on blue-and-green signs, sticking out of the grass here and there around District 15. In less than five weeks, Harman will be the Republican on the ballot for an open state Senate seat to represent Concord, Henniker, Hopkinton and Warner.

Her campaign has been low-spending and low-key.

Those blue-and-green signs are few and far between. But during a recent interview with the *Monitor*, Harman said she's running to give District 15 constituents a voice in the state Senate and address their concerns about New Hampshire's economy.

"I feel that we all have to make sacrifices and be civil servants when we feel that there is a need that isn't being met," Harman said. "A great, great need."

Harman ran in 2012 against state Sen. Sylvia Larsen, who is retiring this year after 20 years in the Legislature. Harman lost in a landslide, earning only 8,382 votes to Larsen's 19,385.

Bryan Gould, the chairman for the state Republican Par-

See **HARMON - A4**



ELIZABETH FRANTZ / Monitor staff

District 15 state Senate Republican candidate Lydia Harman of Warner claps for contestants at a Toastmasters International speech contest at the Capitol Center for the Arts in Concord yesterday. Harman had judged one of the speech contests earlier in the day.

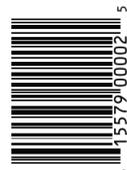


**BREEZY** and clear. High 62, low 33. Rebecca Steenbeke, 7, of Boscawen draws the day. **B8**

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# BREAST CANCER REFLECTIONS IN THEIR OWN WORDS

A HUSBAND AND WIFE SHARE THEIR PERSPECTIVES ON FAMILY, FAITH, THE HARD TIMES THEY FACED AND CELEBRATING 10 YEARS CANCER-FREE



Wilbur family photos

**Top left:** Donna Wilbur and Ron Wilbur with their growing family.

**Top right:** Donna and Ron.

**Bottom left:** Mary Perkins, Donna and baby William, who is now 9 years old.

**Bottom right:** Donna at the 2012 Making Strides walk.

## Surviving, and now thriving

By **DONNA WILBUR**

For the Monitor

This Nov. 11 will be a day of celebration for me. It was 10 years ago that I received news that turned my world upside down. I was diagnosed with breast cancer. That day began the most challenging journey of my life and brought me to where I am today – celebrating 10 years cancer free.

A diagnosis of breast cancer is indeed a life-altering experience. My journey began with seven months of surgeries, chemotherapy and radiation treatments. In the midst of those dark and frightening days, a beautiful light appeared in the form of love and friendship. I received so many thoughtful phone calls, cards, emails, flowers, meals, hugs – so much warmth and love from so many. I made many new friends, my cancer friends – women whose paths never would have crossed mine were it not for our shared diagnosis.

Today our friendship continues and when one of us is having a dreaded ‘cancer scare’ experience, we immediately reach out to one another. As cancer survivors, we understand that the fear of cancer re-occurrence is never ending.

Everything in life is viewed differently after a cancer diagnosis – and so priorities

change. My focus shifted from being career driven to a concern for quality of life, nutrition and family. With survivorship came memory issues and difficulty concentrating due to the lingering effects of “chemo brain” which eventually diminishes.

Fatigue and lack of energy changed my daily routine into what my doctor described as my new normal. And, in response to all the support I received during treatments, I felt the need to give back by helping those newly diagnosed.

Ten years after a life-changing diagnosis that turned my world upside down, I find myself stronger and more resilient than ever. I consciously think about how much I appreciate every moment in every day. I cherish every minute I can spend with my family. I’m blessed with a caring husband, my best friend who has been so patient and supportive throughout this journey. We are now enjoying retirement and life as snowbirds. I’ve started playing golf. All five of our children are now married, and we have nine grandchildren.

And thanks to a mammogram in November 2004, I’ve celebrated 10 more birthdays. There is no way to know what tomorrow will bring, but for today, survivorship is wonderful.

## It’s a time to know your role

By **RON WILBUR**

For the Monitor

In November of 2004, my wife, Donna, was diagnosed with breast cancer. Thus, she began a journey that all cancer patients have taken. Unbeknownst to me, I also began a journey – that of a cancer patient’s caregiver, and I felt very ill prepared for it.

Fortunately, there are many great information resources available today in Concord, including the American Cancer Society and the Payson Center. And, of course, there’s also the internet.

I eventually came to the conclusion that my role as caregiver had at least three major responsibilities: to provide emotional support, to help with treatment and to take on more day-to-day responsibilities.

On the surface, this all seemed doable, but it did include certain challenges. The thought of watching my wife go through treatment made me wonder where I would garner the emotional strength required. And I had a job and other responsibilities outside the home.

I found, however, that as a caregiver, I did not have to be an “emotional oak” – it simply required caring, honesty and open communication. I also found that after get-

ting over my male tendency to not ask for help, those offers from friends and family were sincere, and very much appreciated. Life became manageable and more balanced for us.

Needless to say, Donna and I wish she never had to take this journey, but it brought with it some very real learning experiences.

As any cancer survivor knows, you discover an inner strength that you normally might never have called upon.

As a couple, it reminds you of how fragile life is, and how valuable your time together is (even now, 10 years later, it helps in prioritizing life’s many, seemingly important demands). And, it introduces you to a whole world of people and new opportunities to help others.

I would not go so far as to say cancer has a silver lining, but if one opens themselves up to the resources around them and accepts the many very real ups and downs this trip includes, I believe you will become a stronger person, closer couple and family, and you will have a greater appreciation for the many blessings in life.

(Donna Wilbur and Ron Wilbur live in Concord.)

### ABOUT THE SERIES

Each day over the next two weeks, we’ll bring you a story from someone touched by cancer. Some are survivors. Others are friends and family members left behind. They all have a story to tell.



Our series kicks off today and will appear in the opinion pages each day until the Oct. 19 Making Strides event in Concord.