

Highland Lake Inn

A Yankee Magazine "Best"

The Highland Lake Inn has received yet another recognition, this time by the editors of *Yankee Magazine* in their annual Travel Guide to New England issue as the "Best Away-From-It-All Lodging – 2009" in New Hampshire. The Editors' Choice recommendation designates *Yankee* editors' and their trusted travel writers' favorite restaurants, lodgings, attractions, and bargains across New England that all offer a noteworthy and memorable experience.

Highland Lake Inn's owner, Pecco Beaufays notes, "We are just thrilled with the recognition from *Yankee*, a magazine that enjoys a wide audience in the New England region. It's always been my goal as an innkeeper to share my home in the most welcoming and gracious way with my guests and to also share my love of New Hampshire. I hope this latest accolade, along with our recent recognition from the Editors of *National Geographic Traveler*, will highlight New Hampshire as a wonderful travel destination with so much to offer for visitors from around the country, around the world, and from the surrounding region."

To congratulate the Beaufays, or for reservations or information, call 735-

6426 or visit HighlandLakeInn.com.

Emerald Necklace Package

Highland Lake cooperates with three other local B&Bs to provide theme-based vacations. The most recent offering is their Emerald Necklace Package.

"A hiking trip doesn't have to be all about roughing it. The Sunapee area offers some of the best opportunities for both recreation and relaxation in a superb natural setting. The Emerald Necklace comprises 75 miles of trails crossing the forests and mountains of the Kearsarge-Sunapee area. Nature lovers can spend the day exploring the scenic trails along the Sunapee Ragged Kearsarge Greenway while enjoying cozy and comfortable accommodations at historic country inns."

From May 1 through October 31, the Highland Lake Inn offers its three-night Emerald Necklace Package, priced from \$390 per person, with the third night free, along with delicious country breakfast each morning, free admission to the beautiful gardens and nature trails at The Fells (with printed, self-guided hikes), shuttle service back to vehicle before and after the hike, and a backpack lunch.

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now. I'm thinking, We went from "The radiologist will be in with your results shortly," to "The radiologist and the doctor will see you in the room across the hall." What is going on here, anyway?

I proceed to the room across the hall where there is a nurse, a radiologist, and a doctor all waiting for me. They have films up on the x-ray screen, and she's telling me what she sees on the film. The nurse has now put her arm around me because she can see the sheer terror on my face.

I really couldn't comprehend anything they were telling me. All I could think at that point was, "I have cancer, I know I do, and I'm going to die. Why don't they just tell me straight up I'm going to die?" They wouldn't say that though; they just kept saying we don't really know for sure what it is, but we would like to do further tests such as an ultrasound and biopsy.

They asked if there was someone I could call to come and be with me for the ultrasound. My husband Chris was working out of town at the time, so I called Michelle to come and meet me. Once she arrived, my comfort level somewhat returned. We were trying to make light of the whole thing.

The ultrasound was not a big deal at all. It's what was to come the following week during the biopsy that things got really uncomfortable and unpleasant. They lay you on this table about six feet up in the air and put your breasts into these holes and zap you with a needle around 20 or 30 times.

It was January 29, 2006 when my husband and I went in for the results of the biopsy. We waited for what seemed like forever. Finally the doctor came in, and she says, "I'm going to be very straight-forward with you." She says, "You do have breast cancer."

Sheer horror and anxiety take over at that point. A million thoughts go through your head all at once. "I don't want to die. I want to live to see my children grow up. I want them to be old enough to remember me, be there for their first dates, graduations, and on and on."

Chris is also crying with me and telling me, "You are going to live and see all those things; you're not going to die, you are going to beat this."

From there, it was more appointments and procedures. The doctor told me right then and there that because the way the cancer was spread out in two separate areas of my breast, they would need to do at least a single mastectomy on my left breast.

She highly recommended that I have genetic testing done with my family history of breast cancer, and that based on what the results of that were, a possible bilateral mastectomy followed by a hysterectomy. If you carry either of the two breast cancer genes, your risk for ovarian cancer greatly increases and also a small increase in your chances of getting pancreatic cancer.

Once all of that information sank in and I stopped thinking about dying, all

I thought was, "I am going to be bald!" I thought, "I will not leave the house, and I certainly won't be able to stand behind a chair and give other people with hair haircuts and styles."

Once the reality of that set in, Michelle and I were off to the wig store. I tried several different ones on and finally settled on a style. Of course, I got the one that you could color and cut.

Once I started my treatments and the hot flashes from the chemo set in, my theory of never leaving the house sure changed. I didn't care where I went or who saw me "bald." I can honestly say I wore my very expensive wig ten times maybe.

Just as my doctor recommended, I had the genetic testing done. I, of course, carry a mutation of the gene BRCA2. This, for me, meant without a doubt, bilateral mastectomies and a hysterectomy to follow once I was done with all my treatments.

I agreed to participate in a study; so every Friday for 27 weeks, I had chemo followed by 12 weeks of radiation Monday through Friday. I had my hysterectomy a few months after my treatments finished and am now in full-blown menopause.

Some days the hot flashes seem unbearable, but then I stop and think or look at my children's faces and say, "You know what? I'm alive."

My husband still reassures me often that I will be here for many years to come and to see my children reach all those significant milestones.

I still go regularly for check-ups and so far, so good. I feel I am very blessed for each and every day I am here with all of my wonderful family and friends.

I have participated in the Making Strides walk for the past few years and have decided to form my own team this year for the first time. I have a goal I am striving to reach of \$10,000.

In order to reach that goal, I have decided to host a series of fund-raising events. The first one was a huge success. I held a dinner dance and live auction that raised nearly \$5,000. Thanks to the support of many friends and family, in just one event, I've raised nearly half my goal.

My next event will be held on Saturday, July 18, at the Concord Moose Club starting at noon. We will be having a horseshoe and dart tournament. There will be food and entertainment and good times had by all who attend. Please come join me in a fun night out for a good cause.

Anyone wanting more information on past events or upcoming events may visit my Web site, which is livetobewell.net.

HONOR SOCIETY

Virginia Clasby

Virginia Clasby was inducted into Pi Gamma Mu, the international honor society in the social sciences, at Waynesburg University in Waynesburg, Pennsylvania. Virginia is a graduate of Merrimack Valley High School.



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*The Highland Lake Inn,
 a neighborhood landmark since 1767.*

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