Tannery Hill Bridge temporarily closed for repairs

BY ERIN PLUMMER

mnews@salmonpress.news

The Tannery Hill Bridge has been temporarily closed due to a structural failing in one of the abutments and the town is looking at options for repairs and future reopening.

Public works director Meghan Theriault spoke the selectmen about the bridge's condition and the next steps Wednesday's during board meeting.

Theriault said part of one side of the abutment washed out and exposed some of the metal fines

"From a DPW per-

spective, we have tried to close it off with a nicer looking gate and a sign," Theriault said. "We have tarped over the area so the rain won't wash it out."

DPW crews are also ditching down the road to divert the water coming down to the bridge.

Theriault said she met with several building professionals to gather information on the best course of action. The overall recommendation was to get an engineer to create a scope of work and decide what needs to be done in the immediate and long terms.

Theriault said she already has two quotes for engineering services. She asked if she could come back to the board in two weeks for them to approve engineering services to start some work on this immediately and determine what measures need to be done from temporary stabilization to a longer-term project.

"The question is, do we need to leave this closed until the bigger fix, or could we open it if we get it shored up?" Theriault said. "I think we need to get someone SEE **BRIDGE** PAGE 8



The Tannery Hill Bridge has been temporarily closed due to a structural failing in one of the abutments and the town is looking at options for repairs and future reopening.

Town officials reviewing cyber security

BY ERIN PLUMMER

mnews@salmonpress.news

Gilford officials are taking steps to protect its own electronic financial security after a town in the state lost over \$2 million from cyber fraud.

On Aug. 23, town officials in Peterborough announced around \$2.3 million in town funds had gone missing in an alleged case of Internet fraud by an outside party. Peterborough town administrator Nicole MacStay and board of selectmen chair Tyler Ward issued a statement that the town learned the ConVal School District had not received its \$1.2 million electronic transfer from the town and later learned money

for a bridge project had been diverted before. After investigation the town learned it had been the victim of an alleged email-based fraud. The investigating the incident and traced funds that were turned into cryptocurrency.

In the wake of the incident, Gilford officials have been reviewing their cyber security to make sure this doesn't happen. Gilford's finance director Holly Burbank gave the selectmen an update on the measures being taken during Wednesday's meeting.

Burbank said all but one of Gilford's pay-

ments are sent out by paper check and not by automated clearinghouse (ACH) transfer. The only exception is for credit card services to Bank of US Secret Service was New Hampshire, Burbank said they were running into problems with their payments not getting through on time and the transfers not happening quick enough.

Some payroll money is distributed through ACH, though these require an employee to submit a signed physical form requesting the transfer. The town clerk's motor vehicle also uses ACH to submit motor vehicle payments

SEE **SECURITY** PAGE 7

Resuce plan funds going to Gunstock Water District project

BY ERIN PLUMMER

mnews@salmonpress.news

system improvements for Gunstock Acres Water Village District and the selectmen will further discuss some citizen proposals such as for broadband and solar

The selectmen held a public hearing on Aug. 11 to accept \$378,610.11 in federal funding from the American Rescue Plan which can be used for COVID-19 relief, certain infrastructure improvements, and others.

Administrator of two payments from the ARPA. The second will be received in the spring of 2022 and will be factored into that year's budget process.

The board approved a few items during a hearing on Aug. 11, including sewer system improvements, water testing at town hall for PFAS, and others. The board will review a request by Lockes Island residents for broadband improvements at a later time.

During Wednesday's Scott Dunn said during meeting, the board ap-Part of the town's the Aug. 11 hearing that proved putting over American Rescue Plan the money is already in \$177,000 to improvefunds will go to water the bank and is the first ments in the Gunstock Village Water District. The district also requested some funding to help with the \$1 million in projected water system improvements over the next several years. This year's budget would need to raise an estimated \$177,392 from tax dollars to help with the improvements. said the federal funding could help offset the tax

SEE **FUNDS** PAGE 8

Defense sparks Gilford-Belmont to big win over Pembroke



JOSHUA SPAULDING

Riley Marsh breaks up a Pembroke pass in action on Saturday

BY JOSHUA SPAULDING Sports Editor

GILFORD — From all accounts, Breaking Benjamin put on a pretty good show at the Bank of New Hampshire Pavilion on Saturday night.

Across Route 11 at The Meadows, the Gil-

ford-Belmont football team put on a pretty good show of their own, coming up with five interceptions on the way to 28-7 win over Pembroke under the lights.

"All week we talked about Pembroke's ability to pass the ball," said

Gilford-Belmont coach Josh Marzahl. "We thought that if we could stop 84 on the run, we'd be OK.

"I thought the defense, in the secondary did a great job today," the Golden Eagle coach added, crediting defen-



Austin Normandin drags Pembroke defenders with him as he carries the ball in action Saturday.

sive coordinator Mo Reese with the strong game plan.

The two teams battled through a scoreless first quarter, with neither team able to get on the board. G-B stopped a Pembroke run on fourth and one on the Spartans' first drive, but Gilford had to punt on their first two drives. Riley Marsh made a nice breakup of a Pembroke pass on third and 13, forcing a Spartan punt. Quarterback Isaiah Reese hit Austin

Normandin for a first down on Gilford-Belmont's third drive, but the Golden Eagles were still eventually forced to punt. Alex Waite made a nice stop on Pembroke's next drive and Michael

SEE **FOOTBALL** PAGE 8

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Sept. 2-12.

Melissa M. Pelletier, age 36, of Meredith was arrested on Sept. 2 in connection with multiple warrants.

Leroy H. Boynton III, age 53, of Laconia was arrested on Sept. 3 for Driving Under the Influence-Impairment.

Michael Bolduc, age 23, of Meredith was arrested on Sept. 3 in connection with a warrant.

A 38-year-old female from Nashua and a 39-year-old female from

Milford were taken into protective custody for intoxication on Sept. 3.

A 23-year-old male from North Yarmouth, Maine was taken into protective custody for intoxication on Sept. 4.

Randy W. J. Nadeau II, age 38, of Belmont was arrested on Sept. 4 on multiple counts of Driving Under the Influence-Impairment.

Peter Winslow Mc-Conchie, age 37, of Norwood, Mass. was arrested on Sept. 7 for Simple Assault-Bodily Injury.

Julie L. Riley, age 39, of Belmont was arrested on Sept. 8 for Violation of a Protective Order and in connection with a warrant.

Timothy E. Peavey, age 61, of Laconia was arrested on Sept. 8 in connection with multiple bench warrants.

A 58-year-old female

from Gilford was taken into protective custody for intoxication on Sept.

Jacquelynn D. Martin, age 23, of Tilton was arrested on Sept. 10 on multiple counts of Driving Under the Influence-Impairment.

A 57-year-old female was taken into protective custody for intoxication on Sept. 10.

A 31-year-old male from Worcester, Mass. was taken into protective custody for intoxication on Sept. 10.

A 48-year-old male from Lunenburg, Mass. was taken into protective custody (drug related) on Sept. 10.

Morgan Peterson Reynolds, age 43, of Bridgewater was arrested on Sept. 10 for Driving Under the Influence-Impairment.

A 43-year-old male

from Farmington was taken into protective custody for intoxication on Sept. 11.

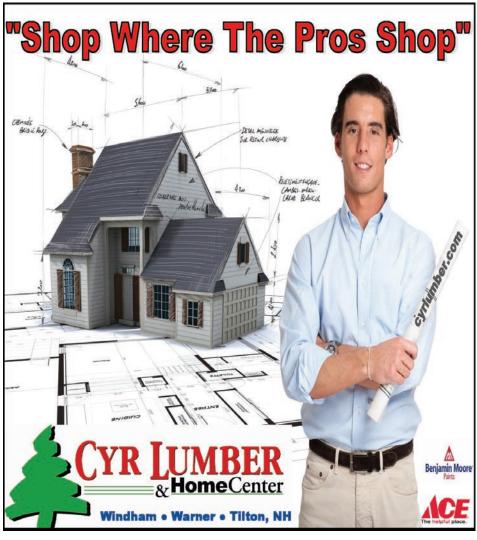
Mallory N. Grobe, age 27, of Westbrook, Maine was taken into protective custody for intoxication on Sept. 11 and subsequent charged with Resisting Arrest or Detention.

Velvet Elaine Weeks, age 50, current address unknown, was arrested on Sept. 11 for Reckless Operation and a Traffic Control Device Violation

Ashlee L. Goyette, age 30, of Laconia was arrested on Sept. 11 in connection with multiple warrants.

A 22-year-old male from Goffstown was taken into protective custody for intoxication on Sept. 11.





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Notes from the Gilford Public Library

Classes Special **Events**

Sept. 16 – Sept. 23

Thursday, Sept. 16 Geri Fit, 9-10 a.m. Babies and Co. Story-

time, 10:30-11:30 a.m.

Join Miss Megan for a storytime just for babies and their families. Come and enjoy simple stories, songs and activities! Call, email or visit the library to sign up.

French, 4-5 p.m.

Book Reading: Memories by James Novak, 6

We are delighted to have local author James Novak have a reading about his latest book, Memories. A warm and interesting person open to share his unique experiences in his life. In this book, the author shares his fondest memories traveling all over the world from Turkey to Thailand and living throughout the United States from New Hampshire to Seattle. He recalls his near-death experience when he was buried in an avalanche while helicopter skiing in Canada. You will also read about hangings, tornadoes, hurricanes, Sharia law, the Vietnam War, a bigger-thanlife con man, and much more as he takes you on the journey of his life.

Friday, Sept. 17 Senior Sculpt, 9 a.m. Bridge, 10:30 a.m.-12:30 p.m.

Preschool Storytime, 10:30-11:30 a.m.

Knit Wits, 1:30-2:30

Advanced Conversational German, 2:30-3:30

Line Dancing, 4-5 p.m.

Monday, Sept. 20 Geri Fit, 9-10 a.m. Tai Chi, 10-11 a.m. Mahjong, 12:30-3 p.m. Hear-Me-Read, 3:30-

4:30 p.m. Want to practice reading out loud? Come read

to us and earn a prize!

Tuesday, Sept. 21 Senior Sculpt, 9-10

a.m. Bridge, 10:30-11:30 a.m.

Things to Know Storytime, 10:30-11:30 a.m. Join Miss Megan for

Hand & Foot, 12:30 a 'What to Know,' Storytime and learn something new! Miss Megan is offering a non-fiction 6-week Preschool Storytime on Tues in the fall. Call, email or visit the library to sign up!

Line Dancing, 4-5 p.m.

Wednesday, Sept. 22 Check out an Expert, 10 a.m.-noon

Paint Group, 1-3 p.m. After School Teen Club, 2:30-4 p.m.

Science @ the Library, 3:30-4:30 p.m.

Thursday, Sept. 23 Geri Fit, 9-10 a.m. Babies & Co. Story-

time, 10:30-11:30 a.m. Homeschool Game Club, noon-2 p.m.

Volunteer Luncheon, 12:30 p.m.

three-week series, Living Well in the Community. This week, in our

Aging Well, 3-4:30 p.m.

Gilford Public Li-

Granite VNA, for their

Aging Well segment, we Living Well Series: will discuss strategies to maximize our health as brary welcomes the we age.

French, 4-5 p.m.

Book Discussion: The Midnight Library, 5:30

Gilford Public Library Top Ten Requests

"The Madness of Crowds" by Louise Penny

"The Noise" by James Patterson

"A Slow Fire Burning" by Paula Hawkins

"The Four Winds" by Kristin Hannah

"The Last Thing He Told Me" by Laura Dave

"We Are the Brennans" by Tracey Lange

"The Guide" by Peter Heller

"I Alone Can Fix it" by Carol Leonnig

"The Shadow" by James Patterson

10. "Lighting Strike" by William Kent Krueger

Community Church salutes custodian for 20 years of service

Twenty years ago, 32-year-old Tom Guerin responded to an ad in the Laconia Citizen for a custodial position at Gilford Community Church. Tom and his wife Jen had recently moved from Belmont to Gilford; Tom was hoping to find a job closer to home. Tom's resume included working at UPS, Joyce Janitorial Services, and Jimmy Borders Movers.

Tom was interviewed the Maintenance Committee chairs Dick Peterson and Jerry La-Croix. A few days later, they called and offered him the position. On July 7, 2001, he began working at the church. During Tom's tenure, the church has had six different administrative assistants, but only one custodian.

Tom mentioned that the church has significantly changed from when he started, commenting, "The sanctuary and fellowship hall have been expanded, the parsonage converted to a garage, and perhaps most significantly the construction of the Gilford Youth Center."

When asked what he likes most about working at the church, he quickly said, "Every day, I do something different. One day, I'm inside cleaning; the next day, outside cutting the grass. Lots of days something unexpected arises, something breaks, and I need to deal with it. I enjoy the diversity of things I do."

And what does Tom



Tom Guerin

not enjoy doing?

"I don't look forward to those huge snowstorms, nor do I particularly like weeding," he replied.

Although Tom is not one to toot his own horn, Rev. Graham mentioned that "Tom is terrific at fixing things and figuring out stuff that baffles me."

Although the work of a custodian is often underappreciated, it is vitally important to a church or any institution with a facility.

Graham noted that "Your first impression of the church is made before you step inside. If the grounds are unkept or the parking lot messy, it is not easy to overcome that impression. Once inside, it is important that the floors and carpets are clean, restrooms clean and stocked, and clutter is kept to a minimum. While I don't affirm the old axiom that 'cleanliness is next to godliness,' it is important that the church be clean and in excellent condition."

Graham also mentioned with the pandemic it is of upmost importance that the church be cleaned regularly.

"I know not every church has a full-time custodian, but couldn't survive without one. Additionally, we recently installed a UV air purification system to our HVAC equipment which circulates and purifies the air in the sanctuary, fellowship hall, and youth center every three to five minutes. We want everyone who

comes here to be confident that the church is doing everything possible to make sure our facilities are as safe as they are welcoming," he added.

Congratulations Tom for his 20 Years of Service to Gilford Community Church.

Janet Haley and Sue Ross, chairs of the Pastor/Staff Relations Committee, added, "Our staff is crucial to our success. So, we want Tom to know we are grateful for his many years of service and dedication, as our Custodian, to maintaining our Church Cam-

pus, which has grown over the years and is used daily by not only the church membership but also numerous outside groups. This is by no means an easy task.

for your 20 years of work-

ing for GCC and we hope you will continue to be around for many more."

Tom, how many more years would you like to work?

"Oh, I don't know. Again, thank-you Tom Until I can't move," he added with a chuckle.

Gilford Parks and Recreation News

BY HERB GREENE

Gilford Parks and Recreation

begins Tuesday, The Gilford Parks and Recreation Department is sponsoring some fall hikes for any adults looking for a fun, socially distanced safe activity on Tuesdays this fall. The first two scheduled hikes will be held on September 14th at the Winnisquam Scenic Trail in Belmont and Sept. 21 at Weeks Woods in Gilford. Participants will gather each morning at 9:15 a.m. in the Gilford Town Hall Lobby before departing for the hike. Participants are encouraged to bring a mask to wear during check in and for any times when stopped on the trail where we cannot practice social distancing. All interested participants must RSVP at least one day in advance to each trip. For more information or to RSVP, please call the Parks and Recreation Office at 527-4722.

Learn something new

Get Out

Take care of your well-being

All while social distancing! French Travel and Language tracing your roots

Beginner, intermediate and open Woodshop classes

Dog Obedience Yoga

> **Dancing Beginner Ballroom** Beginner Ballroom part II

Freedom Through Forgiveness Introduction to Spiritual Energies Medication 101 What are Angels & **How to Communicate with them**

Beyond Beginner Ballroom Beginner Lindy-Hop Line Dancing-Latin Style

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PINION

There is more to the labor shortage than laziness

All around the country, we've seen businesses reducing hours, restaurants reducing menu items and help wanted signs everywhere. "People just don't want to work!" is the excuse we here uttered by anyone who hasn't done their homework.

While it's true there are some who don't want to work, this certainly has not caused the labor shortage. Please note that since the dawn of history, there have always been those who don't want to work. At the end of the day, if someone is able bodied enough to work and isn't independently wealthy for some reason, and chooses not to work, well they end up unfortunately facing their own issues.

According to the Bureau of Labor Statistics, job openings are at 9.3 million. Extended unemployment benefits have run out, so that argument is no more. In fact, only 3 percent of unemployed people earned enough with the extended benefits country wide to warrant not returning to work. Only 14 percent were earning more than they did prior to the extended benefits. The cessation of those benefits will send some people back to work, but not enough to make a dent. Experts say worker's rights could have more to do with it.

Low pay is one reason for the shortage. In 1968, the federal minimum wage was \$1.60 per hour. Factoring in the rate of inflation since, that would be the equivalent to \$12.38 per hour in 2021; however, the federal minimum wage is just \$7.25 per hour in 2021. Walmart is now starting employees at \$17/hour, and McDonald's restaurants in many New England states start their employees at \$15/hour. Lowes has just advertised to start paying \$18/hour. This is not good news for smaller local businesses who don't have the backing of being a corporation.

Employees are also seeking better working conditions. Those in the restaurant business who rely on tips are sexually harassed at a much higher rate, and because of mask mandates, those workers are often asked to police rude and belligerent people who refuse to comply for either personal or political rea-

The COVID lockdown has allowed many to re-evaluate what is really important and meaningful, and working a job where you're harassed and underpaid just isn't worth it. Flexibility that provides work life balance is what many are looking for. Remote work has allowed this to become more of a reality. Remote work has also allowed many companies to function with less employees. Workers without digital skills are out of luck as far as remote work goes until more training is available. There are some companies who do offer such training such as Google and Amazon.

Many Americans are also in a position where they need to stay home to care for vulnerable individuals including young children. While many schools and daycares are open, many have closed due to COVID outbreaks, leaving parents without childcare. The opening and closing is unpredictable, and will remain that way until the pandemic is under control.



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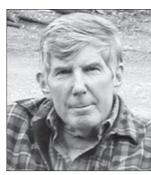
RC GREENWOOD

Strong start

Maggie Shute and Kate Sullivan go up for the block in action against Winnisquam last week. The Golden Eagles beat Souhegan, Winnisquam and Prospect Mountain to kick off the season. They will be in action today, Sept. 16, at Fall Mountain, will host Coe-Brown on Monday, Sept. 20, and will be at Laconia on Wednesday, Sept. 22. Hanna Fellows goes up for a hit in action against Gilford last week. The Bears dropped a 3-0 decision to the defending Division II champions. Winnisquam bounced back with a 3-1 win over Pelham. The Bears will be at St. Thomas today, Sept. 16, will be at Prospect Mountain on Monday, Sept. 20, and will host Somersworth on Thursday, Sept. 23.

North Country Notebook

In an age with little mercy, an expedition is marooned



By John Harrigan

COLUMNIST

mentioned the 1881 Greely Expedition, which generated headlines after being cut off from rescue for three years in what was then known only vaguely as the Far North. I said I'd get back to it, so here it is.

The Greely Expedition, known at the time as the Lady Franklin Bay Expedition, came during the first International Polar Year, and was for science. It was funded by a special act of Congress, and was sent north under the auspices of the Army's Signal Corps.

With the Civil War over, the Far North emerged as the faddish Last Frontier, where men could test the latest science (canned rations, improved medical care) and technology (steam-power, navigational devices) against the elements and the great unknown.

Under command of Lt. Adolphus W. Greely (5th Calvary, United States Army), the 25 expedition members set off from St. John's, Newfoundland on July 4, 1881 aboard a sail-equipped steam-driven Coast Guard cutter, the USS Bear. The ship picked up two Native hunters and dog-handlers on the way to its over-wintering destination, Ellesmere Island, where it unloaded

lumber and 350 tons of gear and supplies before heading south.

Expedition members built winter quarters 80 feet by 30 (inside dimensions) divided into three sections---officers, crew, and kitchen---and named the outpost Fort Conger. The sun, meanwhile, was already setting earlier with each day, ever

One expedition goal was capturing the "farthest north" title, long held by the British. The crew accomplished this during that first winter, taking elaborate readings to determine the advance party's position. They were unaware, however, that their easy voyage north, and the

weather thus far, were the aftermath of one of the mildest winters on record. This caused a euphoria of dire implications.

Once winter quarters were built and instruments set up, there was too little work to keep the men busy, and restlessness and grumbling grew during the long, lower on the southern dark winter. A relief ship was due as soon as the pack ice broke up in the spring of 1882, but this was not to be, and members spent July and early August scanning the waters for any sight of the ship, in vain. The vessel had been blocked by ice. The crew spent a second winter with dwindling supplies, brought along for that unlikely purpose.



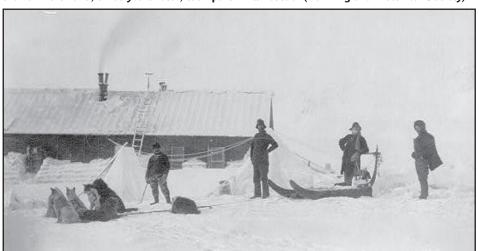
Lt. Adolphus W. Greely, commander of the expedition (Library of Congress)

In the summer of 1883, the crew again scanned the sea, and again to no avail. They had no way of knowing that of two relief ships sent, one had been crushed in the ice, and a second forced to turn back.

SEE **NOYEBOOK** PAGE 5



The Coast Guard cutter USS Bear, which took the Greely Expedition to its winter quarters in the Far North and, three years later, took part in its rescue. (New England Historical Society)



Winter quarters on Ellesmere Island, known and marked on maps evermore as Fort Conger. Crew members built it from lumber brought aboard ship. (Library of Congress)

Notebook FROM PAGE A4

Greely and a crew reduced by starvation abandoned Fort Conger and made for Cape Sabine, some 300 miles to the south, dragging a sledge and a boat. Supplies had supposedly been left there, but Greely and his men found only enough for a few weeks. Nonetheless, they commenced building a hut for winter.

+++++

I've had enough experience with cold---real cold, down to 45 below one memorable morning and -50 the next---in northern climes to make me hope I'll never have to be that cold again.

But still I cannot imagine what it must have been like for Greely and his crew to be both cold and starving, and exposed to the elements, and growing weaker by the day, and above all, being well aware of their increasingly dire circumstances.

In the annals of expeditions to the poles---the early ones, against im-

possible odds---the turning point always seems to have been the day they began eating their transportation. This is one part of the story dog-lovers shun, but these men in fact became desperate enough to eat the animals that had helped get them there. "Today we began killing our dogs," one man wrote.

+++++

Several members of the Greely crew kept journals. Here are some excerpts from that of Sgt. David Brainard:

July 16, 1881, Godhaven Bay, Greenland---"The natives are very expert in the use of a small boat called the kayak, with which they paddle with a double-bladed oar."

Aug. 10, 1881---Heavy, deep, snow. The crew was divided into two working parties, four hours to a watch. On this day they shot some musk oxen, a welcome supply of fresh meat. "As daylight is now constant, no time is lost," the sergeant wrote.

Aug. 22, 1881---"Lime juice issued," as a preventative for scurvy.

Dec. 5, 1882---"The monotonous routine of our life is felt more keenly every day. Nothing seems to hurry the flight of time."

July 4, 1883---"We no longer have the imagination necessary to provide entertainment for these holiday occasions."

20, 1883---The crew's commander, Lt. Greely, "favors an attempt to reach the Greenland coast by abandoning everything except 20 days' provisions, records, boat, and sledge---madness!"

+++++

Owing in part to public pressure, and despite a penny-pinching Congress, the government wasn't allowed to forget its men. Greely's wife Henrietta was particularly persistent over the three years of dithering and delay. Greely, meanwhile, was exhorting his men to hang on. "I have always exhorted the men to die as men and not as dogs," he wrote on March 21, 1884.

The men were down to tiny amounts of ran-

cid bacon fat mixed with tiny and nutrient-deficient shrimp, and had eaten the leather uppers on their boots and their sleeping bag sacks.

In the final days before their rescue, Greely and the six others had stayed in sleeping bags along with the dead, too week to drag corpses off for burial. One man died on the way to Newfoundland despite several amputations.

At least one of the corpses collected from Cape Sabine and autopsied later showed sawmarks on bones and some of the flesh missing. All of the survivors denied cannibalism on oath, and Lt. Greely swore that he had utterly no knowledge of it.

The survivors perhaps found a way to explain it all. They had done what was necessary, they said, and having not a scrap of food to waste, had used part of a corpse for bait.

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



The six survivors, headed for St. John's, Newfoundland: Private Francis Long, Sergeant Julius R. Frederick, Private Maurice Connell, Steward Henry Bierderbick, Sergeant David L. Brainard, Lieutenant Adolphus W. Greely. (Library of Congress)

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GHS graduate selected for Presidential Management Fellowship

Christopher Weeks, a magna cum laude Juris Doctor graduate of American University Washington College of Law, has been selected to "The Order of the Coif" and as an awardee for a Presidential Management Fellow-

"The Order of the Coif" is the honor society for law students in the United States. Inductees must be in the top 10 percent of their graduating

'The Order' is to encourage excellence in legal education by fostering a spirit of careful study, recognizing those who as law students attained a high grade of scholarship... Membership is a tribute to your success at a law school and your graduate character.

A 'coif" is the white wig worn by barristers in British court proceedings. The U.S. government-sponsored "Presidential Manageclass. The purpose of ment Fellowship" is a

"fast-paced opportunity to gain experience, develop your talents, and flourish into a problem solver, strategic thinker and future leader." Out of 6,820 finalists, 5 percent were selected. Since 1977, the PMF has matched outstanding graduate students with exciting federal opportunities. It is a leadership training ground where attendees can iump start their careers through challenging assignments, training, and

It's been called the "Great Resigna-

tion" – the large number of Ameri-

to work at home, or because they are

mentoring. Fellowships are full-time paid positions with benefits and last two years.

Weeks has been assigned to the Policy Section of the U.S. Department of Homeland Security in Washington, D.C. Congratulations to this 2012 Gilford High School graduate for these honors and achievements!

Belknap County Volunteer Fair this Sunday

BY ERIN PLUMMER

Volunteer opportunities across Belknap County related to the environment and food sustainability are open and will be presented during the Belknap County Volunteer Job Fair

The Belknap County Conservation District will be hosting he Belknap County Volunteer Job Fair this Sunday, Sept. 19, at Gunstock from 11 a.m.-1 p.m. Volunteers from several organizations, groups, and municipal entities will be on hand to speak with potential volunteers.

"Your opportunity to learn about how volunteers can make a difference in conservation of natural resources and the environment and help get food to people in need in Belknap County," reads the fair's Eventbrite page. "This Belknap County Volunteer Job Fair connects interested people with local organizations that use volunteers in many ways to conserve our environment and address food insecurity."

Prospective volunteers can learn about many different opportunities throughout Belknap County related to the local environment using their many different talents and interests.

Groups looking for volunteers include regional and local trails, conservation groups and land trusts, fish and wildlife groups, municipal conservation commissions, agriculture and forestry educational outreach programs, and others. There will also be opportunities to take part in food donation programs, including produce harvests and senior meal distribu-

The fair is free and open to the public. To sign up, visit https://www.eventbrite.com/e/belknap-county-volunteer-job-fair-tickets-166229794791.

For more information contact Lisa Morin at 527-5880 or lisa.morin@nh.nacdnet.net.

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Plan ahead before joining the "Great Resignation" make progress toward your long-term these funds if you leave your current

cans voluntarily leaving their jobs. If you plan to be part of it (ideally with your financial situation. As mentioned another source of employment lined above, it's best to have new employup), you'll need to make the finanment in hand before you quit your job. Alternatively, perhaps you have

cial moves necessary to keep making progress toward your long-term goals. a spouse or life partner who earns enough to sustain the two of you, or Here's some background: After a year in which the pandemic caused so you've built up an emergency fund many people to lose their jobs, the that gives you a cushion. economy is opening back up, but the "quit rate" – the number of jobs people have voluntarily left - has been breaking records. Some economists say this high quit rate is because people are confident of getting better jobs, with higher pay and more flexibility

preparing to start their own business or join the gig economy. If you're thinking of joining this temas well. Because of this, and because porary migration from the workforce, your retirement accounts are designed how can you help ensure that you'll be to be a financial resource after you financially stable and can continue to retire, think twice before dipping into

Your first move is to look clearly at

However, if your short-term income is less than you previously earned or you need to go without a paycheck for a while, could you still pay your bills? If you are strapped for cash, you might be tempted to tap into your 401(k) or other employer-sponsored retirement plan. But this move will generally result in taxes and, if you are younger than 59 1/2, a 10 percent penalty

as a freelancer, consultant or business owner, you'll still want to save toward retirement. Possible retirement plans for the self-employed include an "owner-only" 401(k), a SEP-IRA or a SIMPLE IRA, all of which may be relatively easy to establish and offer tax benefits. A financial advisor can help you find a retirement plan that's appropriate for your needs.

Here's something else to keep in mind an emergency fund. As mentioned above, if you already have one, you'll have some breathing room if you're thinking of leaving your job and might have a temporary gap in income. But as the name suggests, an emergency fund is there to help cover unexpect ed costs, such as a major home repair without forcing you to take out a loan or cash out part of your longer-term investments. So, if you are planning to tap your emergency fund, work to restock it as soon as possible.

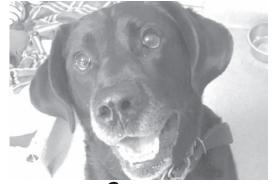
If you're participating in the "Great Resignation," it means vou're feeling positive about your future employ ment prospects, which is great. But you'll want to support that optimism with a strong financial foundation.



Jacqueline Taylor 3 Mill Street PO Box 176 Meredith NH 03253 Fax 866-532-8685 cqueline.taylor@edwardjones.com

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investment 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.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC



Gannon

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He's an inexperienced fella who needs an experienced owner to help him lean his manners! Gannon isn't a big fan of other dogs or cats, so he's seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he's still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility than Gannon will need to take medication or be on a perscription diet for the rest of his life. If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!





Meeko

Hello, my name is Meeko. I arrived at NH Humane as a stray and have bonded well with my friends here at NH Humane. I am a sweet and affectionate boy looking for a home to call mine. I would do well in most homes with proper introductions.

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Gilford girls keep up their good start



Ashley Kulcsar, Molly McLean and Gracey LeBlanc move up the field in action against White Mountains last week.

BY JOSHUA SPAULDING **SPORTS EDITOR**

GILFORD Gilford girls' soccer team had a strong first full week of the season, knocking off Kearsarge on Tuesday, Aug. 31, and White Mountains on Friday, Sept. 31.

The week started with a trip to Sutton to take on the Cougars, which ended with a 5-3 win for Gilford. The Golden Eagles scored the first two goals but the Cougars added one before the half to make it 2-1 at the break. Gilford then came out and scored three goals in the first 25 minutes of the second half to take control. Kearsarge scored two late goals to close out the game.

"This was a great game for the team, they came out like I have never seen them play before," said coach Rob Meyers. "We wanted to pressure Kearsarge and make them make mis-

takes. We did that and capitalized on good ball movement through the midfield.'

Geena Cookinham led the offense with four goals, Reece Sadler added a goal and an assist and Molly McLean, Ally Kenvon and Millie Caldon each had an assist. Hannah Gannon stopped six shots on net.

Meyers noted that the Cougars had trouble matching Gilford's speed up front and the Golden Eagle defense used its speed to shut down the Cougar attackers.

"We were a little disappointed with one of the goals we gave up and will continue to work on our set pieces," Meyers said. "Overall, a great game and a big win early in the season.'

The week finished up with a home game with White Mountains, with the Golden Eagles getting the 6-0 win.

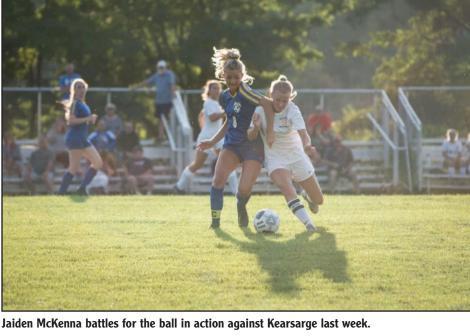
"This was potentially

a tough game coming so soon after a big win at Kearsarge," Meyers stated. "We came out strong and dominated play, taking a lot of shots but not really finishing well."

Gilford scored just once in the first half for the 1-0 lead at halftime but came out and scored five more in the second half for the win.

Cookinham had two goals, Addy Harris had a pair of goals and an assist and Sadler and Alainnah Penney each had a goal. Kendal Heyman had two assists and Vanessa Flanders and Gracey LeBlanc each had an assist. For Penney and Harris it was their first varsity goal and for Heyman it was her first varsity point. Gannon needed to make just one save in net.

"At halftime we discussed what we needed to do to create better chances and made sure we did not get drawn too



far forward and allow quick counter-attacks," Mevers stated. "The girls really performed in the second half."

Gilford continued the strong play with two wins the next week.

On Sept. 7, the Golden Eagles knocked off Berlin by a 7-0 score, scoring four in the first half and three more in the second, controlling play and dominating posses-

Cookinham scored three more goals and added two assists, while Sadler added two goals. McLean and Caldon each added a goal and an assist and Kenyon and Anna Coapland each added an assist. Gannon had three saves in net.

"Even through we came out and scored four goals in the first half, we played a little sloppy," said Meyers. "We pushed a little too far forward and lost our

shape.

"The second half was much more controlled and the girls moved the ball better," the Gilford coach continued. "Throughout the game we controlled play in the Berlin half."

Meyers praised the work of LeBlanc and Jaiden McKenna for organizing on the back line with Ashley Kulcsar and Flanders and Gannon for maintaining the shutout.

Gilford picked up a 7-1 win over Fall Mountain on Friday, scoring two quick goals and adding five goals in the second half to cruise to the win.

"We definitely did not play our best soccer in the first half," Meyers said. "It seemed like the girls were a little flat, even though we dominated play and possession, we didn't create a lot of quality chances.

"We adjusted a few

things at halftime and the girls came out strong and really played well in the second," the Gilford coach added. "They moved the ball with more purpose and really hustled through the midfield.'

Cookinham had two goals and two assists and Sadler added two goals and an assist. Coaplan, McLean and Kenyon each added a goal and an

Meyers praised the play of McLean, Caldon, Kenyon and Coapland for their great effort.

Next up, Gilford will be at Belmont at 11 a.m. on Saturday, Sept. 18, and will be hosting Mascoma on Tuesday, Sept. 21, at 4 p.m.

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

Sanderson helps PSU volleyball to comeback win

PLYMOUTH — Sophomore Elsa MacNeill (Acton, Mass.) pounded down 13 kills and freshman Lindsay Sanderson Nora Ryan (Groton, Conn.) each added nine as Plymouth State University stormed back from an 0-2 deficit to knock off Eastern Nazarene College, 3-2 (17-25, 23-25, 25-14, 25-20, 15-9), in a non-conference women's volleyball match at Foley Gymnasium on Wednesday night.

ENC squeaked out a narrow win in set two to build a commanding 2-0 lead, but Plymouth State overpowered the visitors behind five kills from Ryan in the third set. PSU got out to a lead to start the fourth set and held on late to send the match to a deciding fifth set.

Ryan, Sanderson and freshman Lilli Stogner (Weare) combined for 10 kills in the final set as the Panthers led for the duration.

ENC held a narrow lead throughout much ly pulled to within four, of the first set until three 16-12, but MacNeill and straight points pushed Ryan combined for five (Gilford) and sophomore the advantage to 16-9, kills and teamed up for forcing a Plymouth State timeout. The Panthers tried to chip away at the margin, with MacNeill notching a pair of kills and a block as part of a 3-0 run, but a Lions' kill gave the visitors a 25-17 win in set one.

Neither team was able to grab much of an advantage in the second set. Ryan's ace knotted the game at 20-20, but back-to-back kills by the visitors put Eastern Nazarene back in front. A kill by Gravelle cut the margin to 22-21, but the teams traded points the rest of the way as the visitors held on for a 25-23 win to take a commanding 2-0 lead.

PSU used a 6-1 spurt to take a 16-9 lead in set three behind a pair of Gravelle kills and two aces from senior Al-

exa Price (Moultonborough). ENC momentaria huge block as the hosts extended the match with a commanding 25-14 win.

Sanderson found the floor as Plymouth State ran out to a 10-3 lead early in the fourth. PSU still led by seven, 18-11, but the Lions mounted a furious rally to pull to within 19-17. The Panthers forced five ENC errors the rest of the way, however, to hold on for a 25-20 win and force a decisive fifth set.

The deciding set was all Plymouth State. Stogner got things started with a big kill to spark PSU to a 5-0 lead. Sanderson smashed back-toback kills and the hosts never looked back as Stogner's kill completed the dramatic comeback.

Junior Marissa Plaza (Folsom, Calif.) led all players with 18 digs,

highs of 41 assists and five aces. Price also chipped in with 15 digs. nine of her team-high 13 kills over the first two sets. Ryan and Sanderson finished with nine kills apiece. Ryan hit .400 (9-1-20) and added

while Price posted game four aces and four blocks of the way. to her stat line.

Plymouth State Lions hit .299 through the first two sets, PSU's defense kicked into another gear limiting the visitors to just an -.013 attack percentage the rest

The two teams' only other meeting came in hit .550 in the fifth set the Fall of 2019, when MacNeill did the heavy thanks to 12 kills with ENC rallied from an 0-2 lifting early, notching just one error. After the deficit to snap the Panthers' nine-match win-

Gandini wins Bobcat *Invitational*

BY JOSHUA SPAULDING Sports Editor

LEE — The Gilford cross country teams took to the course at the Bobcat Invitational, hosted by Oyster River on Saturday.

The Golden Eagle boys finished in eighth place and the girls finished in seventh place.

Junior Patrick Gandini had the top finish for Gilford, winning the boys' race with a time of 16:26 over Concord's Sam Hilts and Sanborn's Jared Khalil.

Mitchell Townsend finished in 31st place in a time of 19:09 and Alden Townsend was 40th in 19:37.

Dylan Wright finished in 26:22 for 105th place and Joseph Schelb rounded out the field of Golden Eagles with a time of 30:26 for 109th

In the girls' race, Catherine Stow finished in 14th place overall with a time of 21:26 to lead the way.

Sydney Eastman finished in 30th place in a time of 23:13 and Vanessa Genakos was the third scorer with a time of 24:29 for 52nd place.

Georgia Eckhardt was the fourth scorer in 61st place with a time of 25:21, while Madeline Burlock finished in 66th place in a time of 26:30 to round out the scoring.

Tessa Tanner was 76th in a time of 27:53 and Kaitlyn O'Brien finished in 29:18 for 83rd place.

Benjamin Smith ran in the JV boys' race and finished in a time of 32:24 for 87th place overall.

The Golden Eagles are slated to be off until next Saturday, Sept. 25, when they run in Manchester.

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





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Gilford field hockey knocks off Winnisquam, Laconia and Berlin

BY JOSHUA SPAULDING Sports Editor

GILFORD — After opening with a win against Mascoma, the Gilford field hockey team made the trip to Tilton for the first road game of the season on Friday, Sept. 3, knocking off Winnisquam by a score of 3-1. Aly Pichette, Lexi

each had a goal and an assist to lead the team to the win. Midfielders Jordvn Byars and Shea Brown had a good transition game while Alexandra Fay, Emily Watson and Bella Rosniak all had key contributions off the bench, according to coach Dave Rogacki.

Shute and Olivia Keenan Kayla Gallagher also earned her coach's praise for her aggressive game on the defensive side of the field.

The Golden Eagles started last week at Laconia and emerged with a 3-0 win over the neighboring Sachems.

Pichette, Shute and Keenan each scored a goal and added an assist minutes into the game to in the win, while midfielders Byars, Brown and Maddie Guest helped the passing and transition game for the Golden Eagles.

On Friday, the Golden Eagles went to overtime to pick up a 3-2 win over Berlin.

"Very good back and forth game by both teams," said Rogacki.

Shute started the scoring with a goal four an early lead, but Berlin answered with four minutes left in the first quarter. Keenan then scored with three minutes to go in the first half to send the Gilford girls to the break with a 2-1 lead.

give the Golden Eagles

Berlin scored halfway through the third period and the game went to the end of regulation with the teams tied at two. In the seven-on-seven over-

Bank of New Hampshire

time, Keenan scored off a rebound with three minutes left in the extra frame to give Gilford the

Up next for Gilford is a home game with Bishop Brady on Friday, Sept. 17, and a home game with Hopkinton on Tuesday, Sept. 22, both with 4 p.m.

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

Local financial advisor receives 2021 Five Star **Wealth Manager Award**

Timothy C. Fitzbag, financial advisor/ franchise owner with Ameriprise Financial in Gilford, has been named a recipient of the 2021 Five Star Wealth Manager award by Five Star Professional. The award goes to less than seven percent of the wealth managers in the region based on research administered by Five Star Professional, a third-party research firm.

To receive the 2021 Five Star Wealth Manager award, a wealth manager must meet 10 objective eligibility and evaluation criteria associated with providing quality services to clients including client retention rates, client

administered, firm review and favorable regulatory and complaint history.

graduated Fitzbag from Bryant University with a degree of Bachelor of Science in Busi-Administration with a concentration in Finance. He has 24 years of experience with Ameriprise Financial.

As a financial advisor, Fitzbag provides financial advice that is anchored in a solid understanding of client needs and expectations and provided in one-onone relationships with his clients. For more please information, contact Tim Fitzbag at (603) 524-1555 or visit the Ameriprise office at 22 thy.c.fitzbag/

Sawmill Rd., Gilford, NH 03249.

About Ameriprise Financial

At Ameriprise Financial, we have been helping people feel confident about their financial future for more than 125 years. With extensive advisory, asset management and insurance capabilities and a nationwide network of approximately financial advisors, we have the strength and expertise to serve the full range of individual and institutional invesfinancial needs. For more information, visit ameriprise.com or https://www.ameripriseadvisors.com/timo-

promotes Melissa Williams to Assistant Banking Office Manager LACONIA — Bank

of New Hampshire is proud to announce the promotion of Melissa Williams to Assistant Banking Office Manager of our Laconia office.

Williams began her career in banking in 1999 and joined Bank of New Hampshire in 2005 as a Bank Services Representative. She has worked in both the Dover and Moultonborough offices before most recently transferring to Laconia for her current position. She holds a Bachelor's degree in Business Administration from Hesser College.

"We're all very excited to welcome Melissa to our Laconia Office family," said Jim Glover, Vice President, Laconia Banking Office Manager for Bank of New Hampshire. "Melissa brings with her over two decades of banking experience. She is a proven team leader and a consummate professional. We feel very fortunate



Melissa Williams

in having Melissa join our team and we look forward to the journey ahead."

Melissa is looking forward to the fast pace environment of her new role as well as developing relationships with the Bank's customers and local organizations.

Melissa can reached at the Laconia office located at 62 Pleasant St., via phone at 527-5214 or by e-mail atwilliamsm@banknh.com.

Bank of New Hampshire is excited to have Melissa in this role on

our team 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.

HIGH SCHOOL SLATE

Thursday, Sept. 16

GILFORD Boys' Soccer at Mascenic; 4 Volleyball at Fall Mountain; 5:15 WINNISQUAM

Volleyball at St. Thomas; 5:45 Friday, Sept. 17

GILFORD

Field Hockey vs. Bishop Brady; 4 Golf Home Match; 4 **GILFORD-BELMONT** Football at Kingswood; 7 **WINNISQUAM** Boys' Soccer vs. Fall Mountain; 4

Field Hockey vs. Franklin; 4 Football at Trinity (Derryfield

Park); 7

Saturday, Sept. 18

BELMONT Boys' Soccer vs. Gilford; 1 Girls' Soccer vs. Gilford; 11 Volleyball vs. Mascoma; 3:30 **GILFORD**

Boys' Soccer at Belmont; 1 Girls' Soccer at Belmont; 11

Monday, Sept. 20 **BELMONT** Golf Home Match; 4

Golf at John Stark; 4

Volleyball vs. Coe-Brown; 6 WINNISQUAM Unified Soccer vs. Newfound; 4 Volleyball at Prospect Mountain;

Tuesday, Sept. 21

BELMONT Boys' Soccer at Inter-Lakes; 4 Cross Country at NHTI; 4 Girls' Soccer at Prospect Mountain;

GILFORD Girls' Soccer vs. Mascoma; 4 WINNISQUAM Field Hockey at White Mountains; 4

BELMONT Golf at Derryfield; 4 Volleyball at Franklin; 6:15 **GILFORD** Field Hockey vs. Hopkinton; 4 Golf Home Match; 4 Volleyball at Laconia; 5:45

Wednesday, Sept. 22

WINNISQUAM Boys' Soccer vs. Hopkinton; 4 Thursday, Sept. 23 WINNISQUAM

Volleyball vs. Somersworth; 6:15

All schedules subject to change.

Red Anchor Wellness announces first Health Expo in Laconia

GILFORD — Melis-Morrison, APRN, FNP-C, Certified Health Coach and Owner of Red Anchor Wellness in Gilford is thrilled to announce they are hosting the first annual Health Expo, a free event to meet and greet the health and wellness options available right here in the Lakes Region. The Health Expo will take place Saturday, Sept. 25, 10 a.m.- 2 p.m. at Opechee Park in Laconia (rain date: Sept. 26, 10 a.m.-2 p.m.).

Local businesses are gearing up to showcase what they have to offer the Lakes Region to support and enhance overall wellness. The Health Expo will feature something for everyone who's

(Continued from Page A1)

looking to kickstart, maintain, or improve their overall health and

Attendees will get to know and learn about local gyms and personal trainers, complementary and alternative medicine, and self-care modalities. They can also participate in LIVE and FREE structured workouts for all ages, as well as enjoy some nutritious and healthy food from local restaurants. Raffles, music, and more will round out this day of fun and wellness.

"Nutrition, physical activity, and self-care are imperative aspects to wellness and mental health, and we are so fortunate to live in the Lakes Region where we

have all we need right here at our fingertips! You don't need to travel out of the region to get the best gyms, most ideal self-care, or fresh, local, healthy food. It is all around," Melissa says, adding, "My goal in hosting this Health Expo is to help connect our community to all these amazing options."

Red Anchor Wellness looks forward to seeing everyone at the Health Expo on Saturday, Sept. 25, 10 a.m.-2 p.m. at Opechee Park in Laco-

For more information, or to secure a space at the Expo for your business, contact Melissa@redanchorwellness. com or visit RedAnchor-Wellness.com.

intertainment

LAKES REGION

SECURITY

GILFORD

to the state.

ACH is used to accept payments from several different sources, but Burbank said no one can use these to withdraw anything from their account.

"It's for deposit only, there's no way that they can pull money out of our account so we're safe there," Burbank said."

She did call Bank of

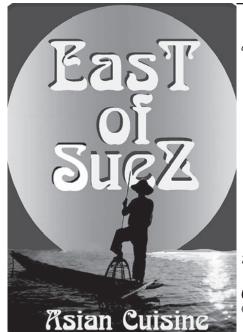
New Hampshire to get a review on their account safety, a representative looked over their accounts and said overall they are safe and made a few suggestions on how they can be safer.

Six people in town hall have access to ACH actions, all of which can only be conducted after being checked by another person. Bank of NH will soon meet with those six people to go over best practices. The decision was also made for Burbank to be the only one in the office who can change account numbers when two people had that authority.

The town's computer provider, Mainstay Technologies, also conducts periodic tests to see how vulnerable the

town is to email phishing scams. Town administrator Dunn said the numbers of people who failed the test have significantly gone down and this time only one clicked on the link. There is also a filter in the town's email system that gets rid of phishing emails before that reach





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FUNDING

(Continued from Page A1)



Courtesy Photo

The Gilford Board of selectmen discussed more uses for American Rescue Plan funds during their recent meeting.

burden for a project that would serve at least 600 residents.

"My thought — it's a good chunk of our population's water system improvements, and if we could give those folks some tax relief through the use of this fund, that might be an appropriate thing to do," Dunn said.

Resident Carolyn Johnson questioned the expenditure, saying this is a service that would go to a small, more affluent subset of the town, and said tax mitigation wasn't an allowed use of the funds. Dunn said the funds would be used for water system improvements, which is a designated use.

The board approved spending \$177,392 for these water improvements at Gunstock Acres.

Johnson proposed using some of the funding for solar panels on town hall. She said she reviewed the list of requirements for the funds and said she found the list is nonexclusive and the funds can be used in any way for communities to help mitigate money lost from the pandemic. Johnson said could reduce the town's electric bill to a fraction and the money they save could be used for the good of the town. She also said town could also use this to establish a better energy structure that could branch off into other areas.

"You can set up a virtuous circle for the town that builds into a future

Gunstock of a more efficient energy system and takes adv proposed of this onetime opportunity," Johnson said.

Dunn said he would not support this and said he questioned if this would be an allowed use. Selectman Chan Eddy said, from an engineering standpoint, solar panels aren't as effective in colder northern environments like New Hampshire. Johnson said her solar panels have generated close to 14,000 kilowatts, even during the winter, and said places like Germany have had great success with them.

Eddy asked Johnson to talk with some experts and come up with possible costs for such a project. She said she would get that information.

(Continued from Page A1)

FOOTBALL

Macaione had a sack as G-B forced another punt.

The Golden Eagles fumbled the ball away on their next drive, but on the fourth play of Pembroke's ensuing drive, Marsh came away with the first of his two interceptions on the day, setting up Gilford at the 40 as the clock ran out on the first quarter.

The hosts appeared to have the lead on the second play of the second quarter, as Reese hit Logan Grant with a touchdown pass from 37 yards out, but it was called back by a penalty and G-G-B was eventually forced to punt.

However, Marsh got his second interception two plays later and Gilford-Belmont needed just three plays to get in the end zone, with Normandin taking a pass from Reese and bulling his way through the defense and into the end zone. Grant booted the extra point and the Golden Eagles led 7-0 with 8:25 to go in the first half.

The Gilford-Belmont defense held tight on the next Spartan drive, but the offense also could not convert and they had to punt on their next drive. Pembroke moved the ball down the field, eating up the majority of the first half clock, but Michael Kitto came up with a huge interception with 27 seconds to go, giving the Golden Eagles the ball at the 50. Normandin caught a screen pass for 33 yards to get inside the 20, but that was as far as they got and the game went to the half with Gilford-Belmont up 7-0.

The defense tinued to shine in the second half, as Hutch Haskins got the third interception of the night for the Golden Eagles just three plays in and the hosts needed just four plays to get to the zone, Reese and Normandin carried the ball inside the 20 and Reese carried in from 13 yards out with 9:07 to go and Grant's extra point made it 14-0 for Gilford-Belmont.

After the Spartans went three and out, Gilford-Belmont got runs from Normandin, Reese and Luke Loyer but could not convert on a fourth and four and the Spartans took over. A big pass up the middle set up the Spartans at the one before Luke Jackson got in the backfield to push them back. However, Pembroke was eventually able to get the touchdown pass with 3:13 to go to cut the lead to 14-7.

Gilford-Belmont got the ball back and moved the ball to close out the third quarter, with Normandin catching a pass from Reese and Reese, Kitto and Normandin running the ball inside the 20 to start the fourth quarter.

On the second play of the final frame, Normandin broke free from a pile of players and ran into the end zone from 21 yards out. Grant's extra point put the lead to 21-7.

Once again, the defense shined, as Haskins came up with his second pick of the day on Pembroke's next drive, but Gilford-Belmont was forced to punt away on its next drive. The Golden Eagles did manage to stop the Spartans on their next drive and got the ball back.

Five plays later, Kitto barreled into the end zone from one yard out for the touchdown and the 28-7 lead with less than a minute to play and Gilford-Belmont had their second win of the season.

(Continued from Page A1)

The Golden Eagles started the game with a presentation to the family of Gilford student Aydin Kutuk, who passed away earlier in the week. While he was not on the football team, Marzahl noted that his death had an impact on the team.

"It was important for them to be able to come to football," the Gilford-Belmont coach said. "It was a good outlet for them to be with their friends.

"It was an emotional week and we gave some of the kids some days off," Marzahl continued. "They latched on to the idea of doing this for their friend."

The Gilford-Belmont mentor also went on to thank MB Tractor, who supplied the lights for the night game on the field at The Meadows.

"The crowd we get for this night game is exponentially bigger than any game all year," Marzahl said. "It's a good thing for the community to get to come out and see football."

He also praised the work of Reese, who stepped into the quarterback role when his brother, Malik, went down with an injury prior to the start of the season,

"He puts in the work and athleticism makes up for his lack of experience," the Gilford-Belmont coach said. "Every day, he's learning."

Gilford-Belmont will be on the road at Kingswood on Friday, Sept. 17, at 7 p.m.

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

BRIDGE

involved to make those decisions."

She said she wouldn't recommend getting sealed, closed bids and said she wanted to work with a few engineers to get some numbers to move forward quick-

er. The selectmen said they were fine with that. Theriault said she would come back to them in two weeks for a more formal decision.

Another question will be whether the bridge should be moved for repairs or if I can stay in place. Theriault said a moving company will assess the weight of the bridge and further analysis will determine if it needs to be moved.



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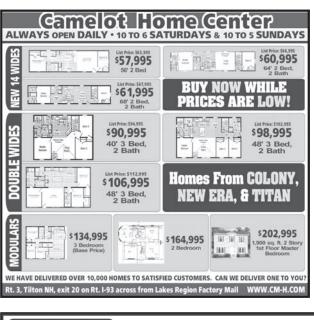
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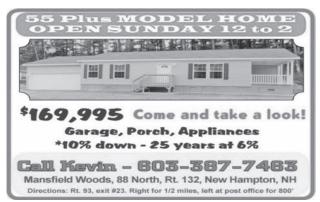
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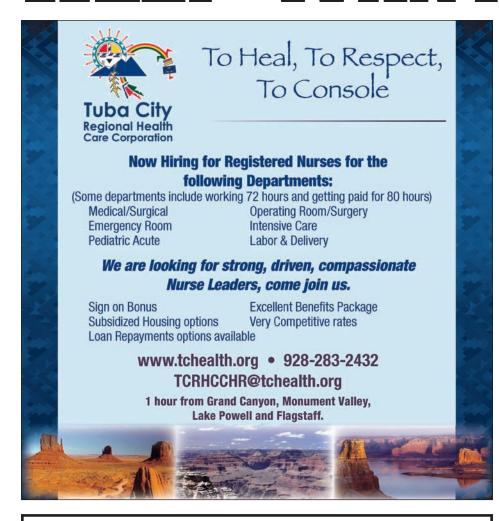
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THURSDAY, SEPTEMBER 16, 2021 THE GILFORD STEAMER A11



Fall Home & Garden Guide



When shopping for a home, buyers often try to envision themselves living in a given property. Images of family gatherings and holidays may instantly come to mind, but prospective homeowners also may begin to envision changes they would make to a property if they were eventually to call it home.

Changing an existing structure or building an entirely new home on an empty plot of land can be exciting. Such changes typically require excavation, which is a complicated process that may be necessary for projects big or small.

What is excavation? Excavation is the process of extracting material from the ground by digging. Earth, rock and other materials may be moved during the excavation process.

Can do-it-yourselfers excavate?

Skilled DIYers who have participated in excavation projects in the past may be able to handle a project on their own. However, it's important that homeowners recognize that excavation is about more than just digging in the ground. It's a complicated process that requires the use of specialized tools and equipment. In addition, a strong understanding of the land that will be excavated is required for the project to be safe and go smoothly.

Why hire an excavation professional?

Even the most skilled DIYer might be better

Why excavation is best left to the professionals

it alone. That's true for a number of reasons.

· Liability: Homeowners who hire a fully licensed and insured professional excavation firm can rest easy knowing that they will not be responsible for any damages or injuries that may occur during the project.

Permits/requirements: A professional excavation firm typically files all the necessary paperwork for work permits or can advise which homeowners permits will need to go forward with the project. In adprofessionals dition, will know the local laws regarding building and excavation. For example, homeowners may be unfamiliar with the concept of lateral support, which refers to landowners' right to have their land physically supported in its natural state by adjoining land and underground structures. This is an important

professional than going during an excavation project, and professionals can advise homeowners if a project they want to undertake will violate lateral support laws.

• Experience: Perhaps the best reason to work with excavation professionals is their experience. A lack of excavation experience can result in damage to a homeowner's property and surrounding properties, which can prove costly. DIYers may not know the type of soil they have on their property nor recognize the different types of challenges each type of soil can present during an excavation project. Such knowledge comes with experience and is often invaluable.

Skilled DIYers can tackle many home improvement projects on their own. However, the complex nature of excavation makes these types of projects the kind that are best left to skilled professionals.

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concept to understand off hiring an excavation Pre-winter perennial pruning

ing perennials is to rec-

ognize which need to be

pruned and which can be

left intact for the winter.

The Old Farmer's Alma-

nac notes that bee balm

and phlox are prone to

powdery mildew and

should be cut back once

they're gone. Hostas har-

bor slug eggs, so they,

too, should be pruned

after a hard frost. Hosta

leaves that have fallen

on the ground should be

removed as well. There's

no need to cut back cer-

tain perennials if they're

healthy. For example,

hardy geraniums do not

require pruning in the

fall, and Penn State Ex-

tension notes that hardy perennials like garden

Foliage and football might be two things people instantly associate with fall, but there's more to this beloved season than brightly colored leaves and action on the gridiron.

Gardeners know that spring is an ideal time to plan and plant their favorite flowers and most flavorful fruits and vegetables. However, seasoned gardeners know that gardening is a year-round commitment. Pruning is one of the keys to keeping perennials coming back for years to come, and fall is an ideal time to take on this important task.

Pruning perennials in the fall is not a onesize-fits-all endeavor. According to the Old Almanac, Farmer's some perennials can be cut down after the first killing frost, while others can be left to benefit wildlife, including birds and insects. Understanding pruning and when to do it this fall can help gardeners lay a strong foundation for their gardens that will benefit them next spring.

Why should some perennials be pruned?

The College of Agricultural Sciences at Pennsylvania State University notes that perennials that have become diseased or infested with insects are pruned to prevent those problems from resurfacing in the spring. In addition, according to the Old Farmer's Almanac, many herbaceous perennials have old foliage and dying stems after several hard frosts. If dead foliage or dying stems aren't pruned, disease, slugs and other pests can overwinter in the plants. Cutting these plants down to the ground after several hard frosts allows the base of the plant to remain dormant over the winter but makes the plant less hospitable to disease and insects.

Which perennials should I prune? The first step to prunmums are more likely to survive a cold winter if they're left intact. That's because the tops of such plants will collect leaves and snow for insulation and moisture over the course of winter. Gardeners who are unsure about fall pruning can speak with their local gardening center for additional advice regarding which plants to cut back before winter.

wnen to prune peren-

Gardeners need not rush to prune perennials in the fall. Diseased or infested plants can be pruned at the first sight of disease or infestation,

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but gardeners can wait until several hard frosts have occurred before they prune healthy perennials. In gardening parlance, a hard frost refers to when temperatures drop below 28 F. Several hard frosts kill the uppermost growth of most perennials, making this an ideal time to prune them.

Pruning perennials in fall can be the first step toward creating an awe-inspiring garden.



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Simple ways to save on heating costs this winter

Comfort takes center stage each winter. As people look to stay warm, many may be quick to turn up the thermostat so their entire home is toasty warm. But much like cranking air conditioners during the dog days of summer, turning

time the winter winds begin blowing can prove costly for homeowners.

According to estimates from the National Energy Assistance Directors' Association, homeowners spent an average of \$911 on home

ter of 2019-20. The winter of 2020-21 could prove even more expensive, as the COVID-19 pandemic continues to force much of the world to practice social distancing. That means many professionals are still working

up the thermostat each heating costs in the win- from home full-time. while even those who aren't are no doubt spending more of their free time at home. All those hours spent at home figure to increase reliance on heaters this winter, which means heating bills are likely to go up as the temperatures go down.

Finding ways to save on heating costs will no doubt prove a priority for many homeowners this winter, and the following are some ways to do just that.

· Add insulation. Extra insulation throughout the house can dramatically reduce home heating (and cooling)

costs. According to the Environmental Protection Agency, adding insulation in attics, crawl spaces and basement rim joists can help homeowners save as much as 15 percent on heating costs.

 Lower the temperature on your water heater. Another way to trim your energy bill this winter is to lower the temperature on your water heater. The U.S. Department of Energy notes that, for every 10 F reduction in temperature on their water heaters. homeowners can save between 3 and 5 percent on their water heating costs.

· Close the flue on

SEE **HEATING** PAGE 13



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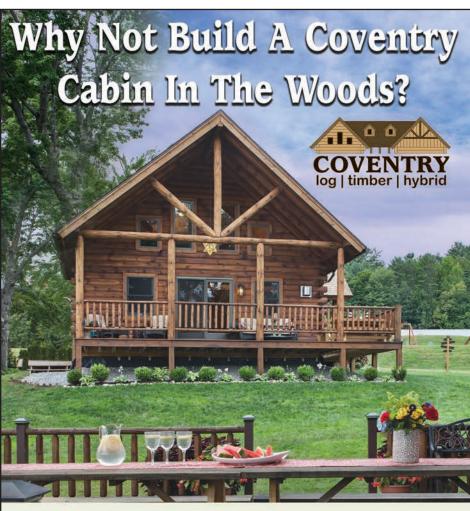
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THE GILFORD STEAMER A13 THURSDAY, SEPTEMBER 16, 2021



Fall Home & Garden Guide

Heating FROM PAGE A12

your fireplace. Fireplaces can keep a home's inhabitants warm in winter, but only when they're in use. When they're not being used, fireplaces can allow heat to escape a home. When the fireplace is not being used, close the flue to prevent heat from escaping the house. Keeping

all windows and doors closed throughout the day is another way to prevent unnecessary heat loss.

 Have your HVAC system serviced before winter begins. Inefficient HVĀC systems cost homeowners considerable amounts of money each year. Annual maintenance performed by a certified HVAC professional can ensure filters are clean

and operating at peak efficiency, saving homeowners the costly trouble of having to turn up the thermostat to overcome dirty systems.

Home heating costs figure to increase this winter as people spend more time at home. Various simple strategies can help homeowners stay warm without overpaying to heat their homes this winter.

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Did you know?

Basements may not be go-to hangouts during spring, summer and fall, when many homeowners spend more time on their patios and decks enjoying the great outdoors. But as winter approaches and the great outdoors becomes less welcoming, basements once again become popular places to relax and spend time with loved ones. That's why fall is such an ideal time to address mold issues in a basement. According to WebMD, exposure to mold can irritate a person's eyes, nose, throat, and lungs. That's true whether a person is allergic to mold or not. Even people who are merely sensitive to mold can experience sneezing and runny nose, and some may even develop red eyes and skin rash if exposed to mold. Reactions are much more severe for people with mold allergies, who may experience shortness of breath or suffer from asthma attacks if exposed to mold. Molds require moisture to grow, and basements may provide ideal growing conditions for mold. Mold spores cannot grow without moisture, so dehumidifiers can help homeowners effectively reduce the risk of mold growth in their basements. WebMD advises homeowners keep indoor humidity levels, which can be measured with an inexpensive instrument known as a hygrometer, below 60 percent. In lieu of wall-towall carpeting in basements, install concrete floors and area rugs to make mold growth less likely. Basement floors also should be routinely inspected for leaks, as leaks can promote mold growth. Address leaks promptly if any are found.

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