

Defense sparks Gilford-Belmont to big win over Pembroke

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 Gilford-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 head 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 defensive 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 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



JOSHUA SPAULDING
Riley Marsh breaks up a Pembroke pass in action on Saturday night.

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

SEE FOOTBALL PAGE A8



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

Woman’s body discovered at Belmont Transfer Station

BELMONT — Authorities are investigating the circumstances surrounding the discovery of a body at Belmont’s Transfer Station last week.

On Sept. 9, the Belmont Police Department responded to a waste transfer station in Belmont, and there found the deceased body of Jessica Lurvey, age 28. Lurvey’s body had arrived at the transfer station among the contents of a disposal truck, and had been discovered when contents were being removed and separated.

On Sept. 10, Deputy Chief Medical Examiner Mitchell Weinberg conducted an autopsy on Lurvey. The cause and manner of her death are pending further testing.

The investigation into the circumstances of Lurvey’s death is ongoing. However, at this time there is nothing suspicious about her death.

No further information had been made publicly available as of our press deadline for this week’s edition.

Wood & Clay supports Gale School project

BELMONT — Wood & Clay, a local company that specializes in custom home construction and renovations in the Lakes Region, purchased \$50,000 in New Hampshire business tax credits to support the redevelopment of the Gale School in Belmont. The project will transform the historic schoolhouse into a community facility that will include on the second floor a new program center for

Lakes Region Community Services (LRCS).

Wood & Clay, based in Gilford, is owned by husband and wife team Kevin Beland and Shannon Robinson-Beland.

“We hope our contribution inspires other local businesses to support this wonderful project,” said Shannon Robinson-Beland. “It’s exciting that LRCS will be part of the next chap-

ter for the Gale School – what a great way to put this historic building back to good use serving local families again.”

“We had been thinking for a few years about opening a satellite program center,” said Rebecca Bryant, President & CEO of LRCS. “The Gale School will be a

great location for us – a place where we can offer our full range of programming to new families and to existing clients who will find it more convenient.”

Lakes Region Community Developers (LRCD) is the developer

SEE PROJECT PAGE A6

COURTESY

Shannon Robinson-Beland (left), co-owner of Wood & Clay; right, Becky Bryant, President & CEO of Lakes Region Community Services.



Hall Memorial Library celebrates National Library Card Signup Month

NORTHFIELD — September is National Library Card Signup Month, and the Hall Memorial Library is excited to participate in the state-wide competition for the New Hampshire library with the most new cardholders this month. If you, a family member, or a friend needs a library card, September is the perfect month to do it — you can win lots of great prizes and help us bring the Granite State NH National Library Card Signup trophy home!

This year’s theme is “Travel the World with your Library Card,” and

Hall Memorial Library will be celebrating by offering travel-themed storytimes and Take & Make crafts for all ages throughout the month. The library held a well attended Library Card Signup Extravaganza on Sept. 12, with crafts, story times, raffle tickets and prizes to build up enthusiasm for the initiative.

You can still drop by the library until the end of the month to sign up for a library card, enjoy an outdoor storytime, and make travel crafts for all ages. At the end of the month, the library will be raffling off three

grand prizes - a travel themed tablet for kids; Paris & Tokyo LEGO sets for teens; and for one lucky adult winner, a travel basket with a Kindle, a locally made travel passport wallet, and more.

Earn raffle tickets throughout the month by signing up for a library card, referring a friend, and/or by participating in our reading passport program - earn stamps and raffle tickets

for books read!

For more information, call the library at 287-8971 or send an email to hallmemoriallibrary@gmail.com. Hall Memorial Library is open Monday through Friday, 10 a.m.-6 p.m. and continues to offer curbside service. Visit us at www.hallmemoriallibrary.org and follow us on Facebook and Instagram @hallmemorial, TikTok @hmlteens, and Snapchat @hmlteen.



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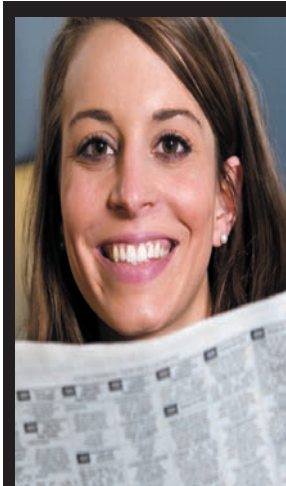
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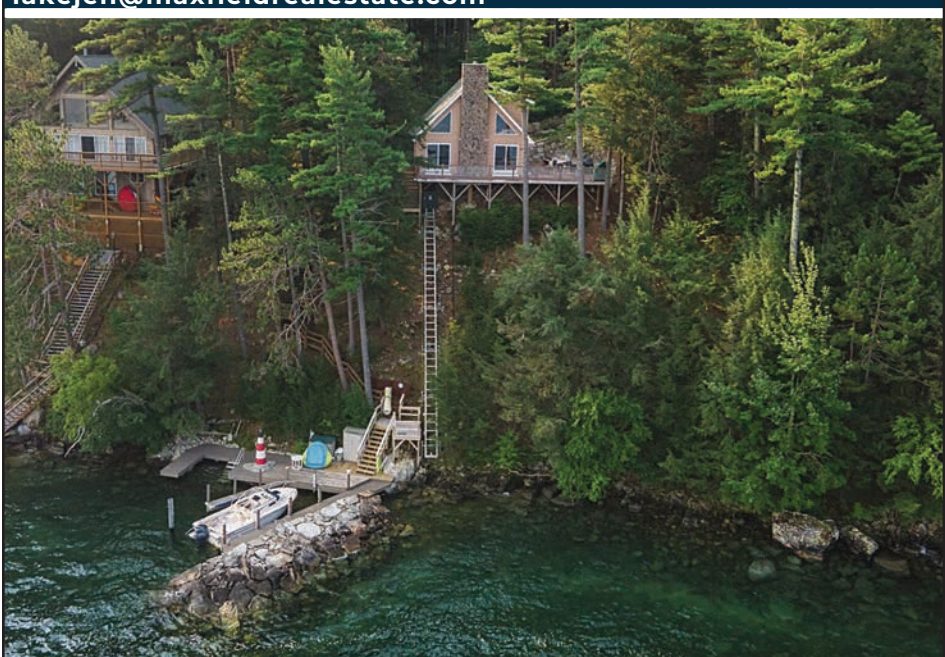


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Spaulding Academy & Family Services expands with Community Based Program Building

NORTHFIELD — Spaulding Academy & Family Services (formerly Spaulding Youth Center) is pleased to announce the opening of a new building for its Community Based Programs staff and families. The Shaker House is located in Northfield, approximately two miles from campus.

After Spaulding Academy & Family Services acquired the property several years ago, the house was renovated to fulfill the unique space needs of the Community Based Programs staff. The team consists of a foster care licensing worker, masters level clinicians, case managers, and family aides who partner to provide Individual Service Option (ISO) Foster Care, In-Home Services, and Child Health Support to children and families.

When staff members are not on the road visiting the children and families they support, the Shaker House provides a private and discreet family meeting room for supervised family visits. In addition, the onsite two-car garage was renovated to additional office space for six employees. All construction and renovation work on both buildings – except for the electrical and flooring – was completed by the Spaulding Academy & Family Services Facilities team.

The house and garage now provide workspace for a total of 14 Community-Based program staff members with a parking area that accommodates 15 vehicles.

“This expansion of our office and meeting spaces is significant. Now our Community Based Programs staff have their own private offices to check in and out of as they travel, and the families we work with in the greater community can enjoy a welcoming and home-like place to meet,” said Todd Emmons, CEO & President, Spaulding Academy & Family Services. “Thanks to the addition of the Shaker House, we also have newly available space on our main campus for Academy and Residential Program use.”

For more information about Spaulding Academy & Family Services, visit SpauldingServices.org.



COURTESY
Spaulding Academy & Family Services (formerly Spaulding Youth Center) is pleased to announce the opening of a new building for its Community Based Programs staff and families.

ing Youth Center since 1958. Our scenic hilltop campus is located on more than 500 acres in Northfield, and welcomes boys and girls from ages four to 21 from around the state of New Hampshire and beyond. In addition to programs provided on our Northfield campus, Spaulding’s community-based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 20 and under and their family. For information about Spaulding Academy & Family Services, visit www.SpauldingServices.org.

Lakes Region Art Association to host ‘Being Young at Art’ exhibition

TILTON — If you are a mother, father or guardian of a grade and/or junior high school student who loves to draw, paint or take photographs, the Lakes Region Art Association will host its ‘Being Young at Art’ exhibition for them to publicly display their original creations in the LRAA Gallery, Oct. 3-23.

This is not an art contest and no prizes awarded, but instead a great opportunity for any young artisan to have fun and show the world their raw talent and skills in art to include drawing, painting and/or creative photography. Each participant will receive a certificate, signed by LRAA President, Thomas Hitchcock, acknowledging their participation.

There are no costs to enter, and it’s free to exhibit in the gallery. Any media is accepted from pencil, crayon, watercolor, acrylic, markers, digital art, poster paint, to oil, etc. No matting or framing permitted as all entries will be inserted in a clear plastic envelope and then hung on a ‘clothes line’ for display.


The exhibition is

open to the public every Thursday-Sunday from 10 a.m.-6 p.m. On Sat. Oct. 9, the ‘Being Young at Art’ exhibit will host an ice cream social from noon -3 p.m. It is open to friends and families of each student. Registration forms are now available at the gallery and submissions must be delivered to the gallery no later than Oct. 2-3, 6 p.m.

The Lakes Region Art Association Gallery is a non-profit, 501 C-3 organization dedicated to supporting and promoting the arts since 1940. The Gallery is located in the Tanger Outlets, 120 Laconia Rd., Tilton, NH, suite 300.

For information contact co-chairs: Duane Hammond at 569-3745, or Lynn Casey, 393-3518.

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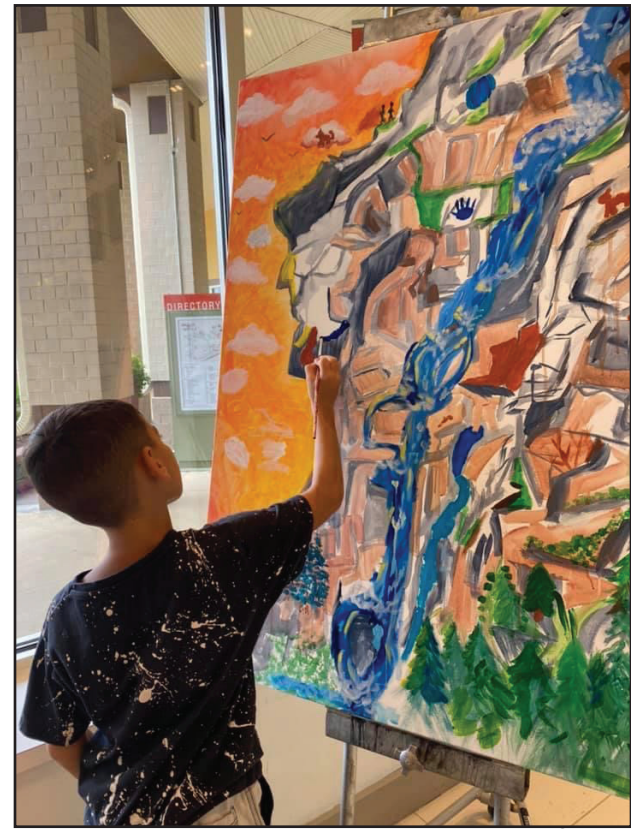
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COURTESY
Practicing his skills as a young artist, Dante Fico, Deerfield, is preparing to submit one of his original paintings to the Lakes Region Art Association’s ‘Being Young at Art’ Exhibition. The LRAA Gallery will display for free, art and photography created by grade to junior high students, up to 15 years old, in its gallery from Oct. 3- 23. The gallery is open every Thursday-Sunday, 10 a.m.-6 p.m., located in the Tanger Outlets, Tilton, Suite 300. For information call co-chairs Duane Hammond, 569-3745, or Lynn Casey, 393-3518. Registration forms are available at the gallery.

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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 reasons.

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.



RC GREENWOOD

Battling the champs

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.

STRATEGIES FOR LIVING

The shadow you cast

BY LARRY SCOTT

You may feel abandoned, ignored, or simply taken for granted, but you have a legacy, a critical circle of influence – that can be fulfilled by no one else. Nothing beats family, we are told, and, indeed, they are your legacy. Society may never know, nor little care, who and what you are, but you can etch it in stone: your family will tell the tale!

As told in his book, “Today Matters,” and a book I highly recommend, John Maxwell tells the story of a study done by Richard Dugdale. As a member of the Prison Association of New York, Dugdale was surprised to discover six

members of the same family, all in prison for a variety of offenses, including burglary, attempted rape, and assault with intent to kill.

The family, he discovered, could be traced back to a gentleman he called Max, born sometime between 1720 and 1740. A heavy drinker, he had six daughters and two sons, some of whom had been born out of wedlock. By the time of his study (in 1874), Dugdale estimated the family line included some 1,200 people.

Of the 1,200, and here Maxwell quotes Dugdale’s findings, 180 were paupers, 140 were criminals, 60 were habitual thieves, and 50 were common prostitutes.

Another study, this by A. E. Winship, was done on the family of Jonathan and Sarah Edwards. The onetime President of Princeton University, a traveling preacher and respected theologian, Edwards’ legacy encompassed some 1,400 individuals at the time of Winship’s study. Of these, Winship found 123 college presidents, 65 professors, 100 lawyers, 30 judges, 66 physicians, and 80 holders of public office.

In the words of the Apostle Paul, “Do not be deceived: God cannot be mocked. A man reaps what he sows.”

Our God, I have often said, is no man’s debtor. Honor Him, welcome His Son as the moving force

in your life, and you will cast a shadow that will bless your family and all who have known you. Your legacy will not be found in your service to the community, the accolades you garner, nor the accomplishments of your brief sojourn on earth. Who you were and what you stood for will live on ... in the lives of your family.

The principles you lived by, your conduct under pressure, the distinguishing marks of your character, and most important of all, your relationship with God, will cast a shadow on all who have known you. Indeed, as nothing else could, they will inevitably tell the story of your life.

PETS OF THE WEEK



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.

In an age with little mercy, an expedition is marooned



By JOHN HARRIGAN
COLUMNIST

A month or so ago, I mentioned the 1881 Greeley 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 Greeley 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. Greeley (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 lower on the southern horizon.

One expedition goal was capturing the "farthest north" title, long held by the British. The crew accomplished this during that first winter, taking elaborate read-

ings 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, 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.

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.

Greeley 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 Greeley 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 Greeley 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 impossible odds--the turning point always seems to have been the day they began eating their transportation. This is one



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

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 Greeley crew kept journals. Here are some excerpts from that of Sgt. David Brainard:

July 16, 1881, Godhavn 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."

Sept. 20, 1883--The crew's commander, Lt. Greeley, "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. Greeley's wife Henrietta was particularly persistent over the three years of dithering



The Coast Guard cutter USS Bear, which took the Greeley 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)

and delay. Greeley, 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 rancid 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, Greeley 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. Greeley 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



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. Greeley. (Library of Congress)


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Edward Jones: Financial Focus


Plan ahead before joining the "Great Resignation"

It's been called the "Great Resignation" -- the large number of Americans voluntarily leaving their jobs. If you plan to be part of it (ideally with another source of employment lined up), you'll need to make the financial moves necessary to keep making progress toward your long-term goals. Here's some background: After a year in which the pandemic caused so many people to lose their jobs, the 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 to work at home, or because they are preparing to start their own business or join the gig economy. If you're thinking of joining this temporary migration from the workforce, how can you help ensure that you'll be financially stable and can continue to

make progress toward your long-term goals? Your first move is to look clearly at your financial situation. As mentioned above, it's best to have new employment in hand before you quit your job. Alternatively, perhaps you have a spouse or life partner who earns enough to sustain the two of you, or you've built up an emergency fund that gives you a cushion. 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 well. Because of this, and because your retirement accounts are designed to be a financial resource after you retire, think twice before dipping into

these funds if you leave your current employer. If your employer allows it, you can leave your money in the 401(k) so you'll still be accumulating resources for retirement. You also have the option to roll those funds into an individual retirement account (IRA) or a new employer's retirement plan. And if you plan to work for yourself 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 unexpected 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 you're feeling positive about your future employment prospects, which is great. But you'll want to support that optimism with a strong financial foundation.



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

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Bears can't slow ILMA offense in season opener



JOSHUA SPAULDING

Laker Joey Doda is wrapped up by Winnisquam's Devin Flores in action last Saturday.

BY JOSHUA SPAULDING
Sports Editor

Due to early holiday deadlines, this game took place after deadline for last week's paper.

TILTON — The opening of the Division III football season came on a perfect Saturday afternoon for the Inter-Lakes/Moultonborough and Winnisquam football teams.

However, it was the visiting Lakers who enjoyed the day a little more, as they scored on the game's first drive and never looked back, taking the 30-0 win.

"Since our last game last year to this game, the kids have worked hard in the weight room all winter and spring," said ILMA coach Paul Lavigne. "This first game has been a long time coming, now we can relax and focus on football."

"The kids battled," said first-year Winnisquam coach Tim Hyde. "We're only a team of 24, we had one starter out, so down to 23 and then three seniors hurt in the first, so we were down to 20, half of which are freshmen."

The Lakers rushed the ball down the field on the first drive, with Seth Rollins and TJ Bailey doing all the work on the ground, with Bailey car-

rying in from 33 yards out with 5:23 to go in the opening quarter for the opening score. Rollins then carried in the two-point conversion and ILMA had the 8-0 lead.

The ILMA defense also did good work on the first Winnisquam drive, holding the Bears to just one first down, which came on a fourth down carry from Gabe Brown. ILMA's Daniel Currier then stepped in front of a Anthony Boomer pass for an interception to close out the first quarter. The Lakers moved the ball down the field again, with Rollins, Bailey and Tristan Kamann all carrying the ball and then quarterback Robert Blackey hit Joey Doda for a first down at the 15. However, the Lakers fumbled the next play and Paul Laraway recovered for the Bears.

The Laker defense held the Bears to a three and out in the next drive and needed just four plays to get in the end zone on the next drive. Blackey hit a pass to Brian Uyenbroeck for a gain of 28 yards and after runs from Bailey and Rollins got the ball to the one-yard line and from there Bailey got in the end zone for the touchdown. Winnisquam's Michael Defosse and Ki-

ernan Harris were able to stop the two-point conversion and ILMA's lead was 14-0 with 2:23 to go and that lead held to the halftime break.

Winnisquam got runs from Brown and Christopher Biancardi and a pass from Boomer to Ben Rollins to move the ball down the field. Boomer also had a pair of carries before Kamann came up with an interception to give the Lakers the ball back.

ILMA needed just four plays to get to the end zone, as Seth Rollins and Wes Bailey carried the ball, with Wes Bailey getting into the end zone with 7:08 to go. TJ Bailey had the two-point conversion for the 22-0 lead. The Laker defense held the Bears to a three and out.

The Lakers then used just three plays to get the ball 65 yards, most of it covered on a 44-yard pass from Blackey to Mike Lahay for the touchdown with 3:08 to go in the third. TJ Bailey carried in the two-point conversion for the 30-0 lead.

Alex Nichols had a great kickoff return for the Bears and Boomer hit passes to Nichols, Ben Rollins and Biancardi to close out the third quarter, but TJ Bailey intercepted a Boomer



Ben Rollins looks for a way around an Inter-Lakes/Moultonborough defender in action last weekend.

pass to start the fourth quarter and the Lakers took over.

The Lakers went three and out and Winnisquam took over, with Boomer hitting Nichols and Ben Rollins on consecutive fourth-and-10 plays to pick up first downs. However, a fourth-and-four came up incomplete and the Lakers took over. However, they went three and out and the Bears took over again.

That possession didn't last long, as Jacob Hayward had an interception and ILMA ran out the clock to seal the 30-0 win.

"One of the good things was that we got a lot of kids in," said Lavigne. "That's a good thing, it gets them ready for the second week of practice."

"Seth Rollins and TJ Bailey played outstanding," the ILMA coach continued. "Blackey did a nice job throwing the ball and the offensive line did fabulous."

He also noted that the defense was strong, with the exception of a few penalties, with Dan Currier finishing with five solo tackles.

"We competed, we had a couple of shots to get touchdowns in," Hyde

said. "I thought we'd get one or two in, but we came up short. Game one, it's a huge learning experience."

The Bear coach noted that he had only a couple of players with varsity football experience, which made things difficult against a good ILMA team.

"It's not the end of the world," he continued. "It was a learning experience, we've got eight more of them. We have to keep hunkering down and learning, get better each week. We've got eight more weeks to get better."

Hyde praised Duncan Gosselin for moving from kicker and punter to center earlier in the week, Devin Flores for stepping in at middle linebacker for the first time, Ben Rollins and Nichols for their work at receiver and Brown for playing every single down on both offense and defense.

The Bears will be at Trinity on Friday, Sept. 17, at 7 p.m.

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

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
GILFORD
Golf at John Stark; 4
Volleyball vs. Coe-Brown; 6
WINNISQUAM
Unified Soccer vs. Newfound; 4
Volleyball at Prospect Mountain; 5:45

Tuesday, Sept. 21

BELMONT
Boys' Soccer at Inter-Lakes; 4
Cross Country at NHTI; 4
Girls' Soccer at Prospect Mountain; 4
GILFORD
Girls' Soccer vs. Mascoma; 4
WINNISQUAM
Field Hockey at White Mountains; 4

Wednesday, Sept. 22

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
WINNISQUAM
Boys' Soccer vs. Hopkinton; 4

Thursday, Sept. 23

WINNISQUAM
Volleyball vs. Somersworth; 6:15

All schedules subject to change.

PROJECT

CONTINUED FROM PAGE A1
for the project. LRCD and LRCS are partnering to sell the tax credits to local businesses. They have \$536,000 left to sell in order to move ahead with construction, which could start as early as next summer if fundraising is successful. Businesses interested in purchasing tax credits for the Gale School project should contact Carmen Lorentz at LRCD by calling (603) 524-0747, ext. 110.

The Gale School was built in 1894, and was

used by the Belmont school district until the mid-1980s. The building has been mostly vacant since then, and years of neglect have taken their toll. The Gale School was named to the New Hampshire State Register of Historic Places in 2018, and was selected as one of New Hampshire's Seven to Save in 2017.

In July 2020, the building was successfully moved by the local Save Our Gale School Committee (SOGS) to a new location at 60 Concord Street in Belmont Village. LRCD agreed to

partner with SOGS to redevelop the building.

The tax credits are administered by New Hampshire Community Development Finance Authority (CDFA). Any business with operations in New Hampshire that contributes to a CDFa tax credit project receives a NH state tax credit worth 75 percent of their contribution. The credit can be used over a period of five years to reduce the business' state tax liability (business profits, business enterprise or insurance premium taxes).

The tax credit program allows New Hampshire businesses to redirect a significant portion of their state tax dollars to support local projects that they care about.

CDFa reviews many project applications each year and awards tax credits to those they determine are feasible and will make the biggest impact on economic development in the state. LRCD was awarded \$750,000 in credits for the Gale School project, and has sold \$214,000 to date.

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Newly formed Foothills Foundation to host public summit to discuss recreation assets and tourism

NORTHFIELD — The Foothills Foundation is beginning the process of developing a Recreation Master Plan. The intent of this six-month process is to communicate the community’s vision for outdoor recreation and to capture a snapshot of the existing recreation and tourism assets in Northfield, Tilton, Franklin, and the surrounding areas of Belknap and Merrimack Counties.

As the Foothills Foundation is a relatively new initiative, the plan will focus on identifying the most important needs to address, and help the foundation explore the best organizational structure to deliver on these needs into the future. The final document will create a framework for operations and collaboration for the Foothills Foundation and its many regional partners as they work towards developing the envisioned future recreation destination.

The Foothills Foundation invites the public to attend a visioning summit at Highland Mountain Bike Park to introduce the master planning process and discuss existing and desired recreation opportunities in the region. This event will take place on Sept. 29 from 5-8 p.m. Drop-by anytime to learn about the project and provide your vision for recreational tourism. There will be no formal presentation as a part of this event. A public visioning survey will also be launched on Sept. 29 for those who could not attend or wish to provide more in-depth feedback. The survey will be open throughout the month of October.

Find the project Web site and survey on Foothill-sNH.com

Red Anchor Wellness announces first Health Expo in Laconia

GILFORD — Melissa 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 looking to kickstart, maintain, or improve their overall health and wellness.

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 Laconia.

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



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First Baptist Church to host drive thru supper

BELMONT —The First Baptist Church of Belmont is pleased to announce that it will be hosting a free “Drive Thru” supper on Sept. 18 from 4:30-6 p.m., and is open for all.

Simply drive through the church parking lot, receive your meal(s), a friendly smile, and be on your way. There is no cost, obligation or expectation.

Pastor Andy Barnes was pleased to note that the members of the church had stepped up in a big way to offer another meal this season.

“Every couple of months someone will ask when they can start cooking for the next community meal. It’s fun to see how the church people get in to prepping the meals, packaging them, even the kids are excited to run the meals to the car and come in shouting order numbers. It’s meant to support the community, but we have a ton of fun doing it,” Barnes said.

This go-round the church will be serving oven baked chicken, with all the sides and dessert.

Pastor Andy continued: “There’s no reason not to come. The food is good, it’s free, and you don’t have to cook for a night!”

The meal is free to anyone and will be delivered to their car directly in a limited contact fashion.

For more information, please contact the church office.

The First Baptist Church of Belmont is a 210-year-old congregation that keeps one foot in the traditional forms of worship, and one in the more modern forms.

Our multi-generational body of believers is continually seeking a closer relationship with Jesus Christ, our Savior.

The mission of the church is to share God’s love and His Word through worship, outreach, and fellowship activities for the glory of our risen Lord and Savior Jesus Christ.

The church worships together at 10am each Sunday. Worship is also Live Streamed Via Facebook page.

Festival hopes to raise awareness of human trafficking

SANDWICH — Saturday, Sept. 18 from 10 a.m.-4 p.m., the Community Church of Sandwich is hosting a day of live music, entertainment, and a one-stop community yard sale with more than 30 vendors on the Sandwich Fairgrounds. Rory Black’s RB Food Truck from Plymouth will be on hand for lunch and there will be a snack and food booth. Children’s activities are being organized and there will be fun for the whole family.

There is no admission for this “Awareness Festival,” and there is plenty of Free Parking. Please enter via Squam Lake Road. Proceeds after costs will be donated to The NH Task Force Against Human Trafficking (<https://www.nhhumantrafficking-taskforce.com/>).

Live entertainment and music will take place on the Sandwich Fairgrounds Stage throughout the day.

The line-up is: Rick Clogston and Jonathan Sindorf (10:10-40 a.m.); Scott and Stephanie Goddard (10:50 to 11:20 a.m.); Deb Hoffman (11:30 a.m. -noon); John Davidson (12:10 to 12:30 p.m.); Matt Beem (12:40 to 1:20 p.m.); Peter Lawler (1:30-2:10 p.m.); Deb Kumpf (2:20-2:40 p.m.); and Dawn Longval (2:50 to 3:30 p.m.). Music will generally be folk and/or Christian in nature.

Did you know that every county in New Hampshire has been affected by human trafficking? An educational “awareness” feature of the festival is the United Nations GiftBox Campaign. The GIFT Box is a unique project launched by STOP THE TRAFFIK and the United Nations Global Initiative to Fight Human Trafficking (UN. GIFT) at the London 2012 Olympics. GIFT Box successfully delivers large-scale awareness raising; introducing people to the issue of human trafficking and inspiring them to take further action. Learn more at: <https://thefreedomcafe.org/gift-box>.

The one-stop yard sale in the large Crafts Demonstration Building on the Sandwich Fairgrounds still has some room for a few more vendors. The cost for a 10-by-10-foot space is \$20. To check on space availability and to sign up, please call/text Paula at 978-660-3091.

The Prayer Shawl group will have hand-knitted or crocheted shawls and information about this ministry. If you or someone you know could use some comfort and prayer, please feel free to take a shawl. Also at the table will be complimentary Bibles which were donated by the NH Bible Society.

The Christian Education Committee is coordinating the children’s activities such as face-painting, games, an obstacle course and more. Pretty much all church members are involved in one way or another. Volunteers from the community are most welcome. Enjoy this special day and may you be blessed, renewed, re-energized, and ready to follow your heart, no matter where it leads!

If you have questions about the Community Church of Sandwich NH and/or would like to volunteer to help with the Awareness Festival, please call the church at 603-284-6151, email sandwichchurch@gmail.com or visit <https://www.facebook.com/sandwichfederatedchurch/>. Sunday morning worship is at 10 a.m. in the Baptist Meetinghouse on Church Street in Center Sandwich. Rev. Deb Hoffman is the pastor. All are welcome.

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A graphic with a black background and white text. The top section contains the text "TOWN OF TILTON" in a large, bold, sans-serif font, followed by "EVENT UPDATE" in a slightly smaller, bold, sans-serif font. Below this, a white rectangular box contains the text "The Plan NH Charrette" in a bold, sans-serif font, followed by "has been rescheduled to" in a smaller, regular, sans-serif font, and "September 2022." in a bold, sans-serif font. The entire graphic is framed by a thin black border.

FOOTBALL

CONTINUED FROM PAGE A1

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 continued 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 end 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.

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@salmon-press.news.



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LRCS is always seeking great employees to join our team, but we are currently specifically seeking the right candidates for the following positions:

Program Manager – oversee 6 residential homes in Plymouth and Laconia, reporting to the Director of Residential Services. Experience supervising staff and supporting those with developmental disabilities and mental health concerns, familiarity of medical procedures/terms, experience working with high risk individuals is ideal, and provide direct support as needed. Bachelor's degree or equivalent experience in Human Services or related field required.

Residential House Manager – provide assurance for regular and direct supervision, evaluation and staff development plans of staff; plan and facilitate monthly staff meetings; provide direct service as needed; demonstrate the competency and willingness to learn complex medical and/or behavioral procedures performed in the homes; maintain ability to administer medications; ensure that the homes meet all Agency policies and procedures and all state/federal licensure/certification requirements. Flexibility in schedule a must. Bachelor's degree or equivalent experience in Human Services field required.

Direct Support Professional (DSP) – provide support to individuals by providing support in the community, know and adhere to wheelchair and other medical equipment safety guidelines, provide medical and personal care as needed, meal prep, light housekeeping. High school diploma or GED required.

Therapeutic DSP – provide 1:1 and/or group support and intervention through crisis de-escalation and proactive behavior modification, monitor approved activities, provide staff modeling and monitoring to ensure therapeutic skills are implemented, behavioral logs are maintained and attend weekly clinical consultation/treatment team meetings. Associate degree or 60 credits towards Bachelor's with 3 year's work involving high risk individuals required.

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For more information about these jobs or to apply please visit www.lrcs.org, or contact Jessica Littizzio, HR Coordinator and Recruiter by calling 581-1525 or emailing jessica.littizzio@lrcs.org.



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Help Wanted

Comfort Keepers

In-home care can help reduce readmission

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

People over the age of 65 are more likely to be readmitted than younger patients, and readmission can be more serious for seniors.

Readmission after an illness or injury is a serious health issue for seniors. However, it is important for seniors and their loved ones to remember that in many cases, readmission is avoidable and can be prevented with a thoughtful post-hospital care plan.

Nearly one-fifth of all Medicare patients in the

United States who are discharged from the hospital end up returning within 30 days.

There are many reasons seniors may need to be readmitted to the hospital, but healthcare agencies are focused on finding ways to reduce these numbers and educate patients about how to have a healthier recovery at home.

For many seniors, this means having a quality caregiver that can help them overcome some of the main preventable causes for returning to the hospital. Consider the following:

Medication is critical: Some seniors need assistance taking medication in the right amount on the correct schedule. When you consider that, on average, seniors with chronic conditions fill 50 different prescriptions annually, it is not difficult to imagine how someone could get confused when a new medication is added to their regimen. Caregivers can not only remind seniors to take medications as prescribed, but they can also help seniors keep a list of those medications and their dosages so the information is readily

available for healthcare professionals. Managing medications is one of the best ways a caregiver can help seniors during their recovery.

Follow up visits prevent readmission: A full two-thirds of patients readmitted to the hospital would have avoided that trip if they had seen their physicians within two weeks for follow up. The reasons for not following up vary but can include transportation difficulties and forgetting to make or keep appointments. Hospital staff can aid the senior by setting up appoint-

ments for the individual before discharge, but getting to the appointment can still be a challenge. In addition to a host of uplifting care services, caregivers can provide transportation to appointments and keep track of any post-care visits.

Discharge plans only work when implemented properly: Having a discharge plan for the patient before he or she leaves the hospital can be crucial for recovery, but it can be difficult for seniors and their family members to focus on the plan during the stress of the illness and discharge. Caregivers can help the senior follow the instructions, and will connect with family or other approved individuals when there are problems or change in condition during recovery. They can also help explain the information or ensure that the appropriate person is notified if the older individual has questions about his or her course of treatment. This takes the stress off the family and the patient so he or she can focus on recovery.

family can benefit from a professional caregiver to provide respite care and support.

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To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

N.H. Humane looks to support Louisiana animal shelters in crisis

LACONIA — Due to lack of running water, large scale power outages and disruptions of energy due to a lack of gasoline, animal shelters are struggling to care for the animals under their charge. The N.H. Humane Society is encouraging individuals to help out in this time of need by making cash donations that can be used to address the most critical needs.

“We’re collecting donations to send down south so shelters can buy food, supplies and gas to power generators, among other needs,” said Charles Stanton, executive director of the N.H. Humane Society. “This massive storm caused such severe disruption and the stories coming in from Louisiana report that they are in a

crisis situation. We’re hoping the friends of the N.H. Humane Society will extend their generosity to those in need down south to help them through this extremely challenging time.”

Donations can be made to N.H. Humane Society through the online portal. To ensure that donations are directed to shelters in Louisiana, donors should click on the “I would like to dedicate this donation” box at the bottom of the page and select “in honor of” in the “tribute” box and then type in “Louisiana” in the “tribute name” box. Donations can also be made directly to the Humane Society of Louisiana and their Hurricane Ida disaster relief fund and to the Villalobos Rescue Center, which has sig-

nificant needs right now and has launched a GoFundMe campaign.

“While we know that people often want to donate food, blankets or other supplies, right now these shelters need to have the flexibility to purchase what they need the most and this is why we are asking people to consider a cash donation,” Stanton said. “We’d like to be able to report on what we’ve been able to do in support of this and ask those who donate directly to a Louisiana cause to let us know by email me at charles@nhhumane.org.”

Many shelters relocated animals to other states ahead of the storm, but many others were unable to and given the storm’s impact on

New Orleans and other regions, more animals need shelter. Support is expected to be needed for several weeks due to expectations that power outages and disruptions could last for a month or more in some places.

About N.H. Humane Society

Founded in 1900, NH Humane Society (NHHS) is dedicated to finding loving homes and providing shelter for lost, abandoned, and unwanted animals. NHHS works tirelessly to prevent cruelty to animals, implements educational programs, and provides services to promote responsible pet ownership and the human-animal bond. Located in Laconia, NHHS has the fourth highest adoption rate in New England.

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Fall Home & Garden Guide

Why excavation is best left to the professionals



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 off hiring an excavation professional than going 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 permits homeowners will need to go forward with the project. In addition, professionals 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 concept to understand 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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Fall Home & Garden Guide

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

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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-to-wall 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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