

Bear boys, girls win in return to action on their home track



BY JOSHUA SPAULDING
Sports Editor

BRISTOL — For the first time since 2018, there was a high school competition on the Newfound track on Saturday, as the Bears hosted Plymouth and Franklin. The meet marked the first meet of the season on the facility, which was under renovation the last time a high school track season took place. Prior to the start of the meet, there was a ceremony near the shot put pit, where a marker was installed honoring Leo Ntourntourakes, who won the state championship in the 2017 season and set the school record in the event. Ntourntourakes tragically passed away last summer and in his honors, the shot put pit was named Leo's Pit.

In the actual competition, the Bears took top honors for both the boys and the girls, with Plymouth in second place in both competitions. Autumn Braley won the 300-meter hurdles with a time of 51.63 seconds and Stacia Paul finished in second place in



Above: Jeffrey Huckins clears the pole vault bar in action Saturday.

At left: Paulina Huckins fires the shot put during action Saturday.

At right: Evan Foster ran his way to the win in the 1,600 meters on Saturday morning.



NANA/LRVNA announces scholarship awards

BRISTOL — Each year, it has been the tradition of the Newfound Area Nursing Association (NANA) to award scholarships to qualified students who live in the surrounding communities and who are accepted into an accredited educational program in the health care field. “I am pleased to announce the two recipients of this year’s scholarships,” stated Kevin Kelly, the CEO of the newly merged NANA and Lakes Region VNA. “They are Hayleigh Pabst of Bristol and Tiffany Doane of Alexandria. Each individual is an outstanding student who plans a career in nursing. They possess the personal attributes and commitment to excellence that will make them an asset to the profession.” Pabst, the recipient of last year’s scholarship, is completing her first year at Plymouth State University, where she made the Dean’s List. She will continue her studies there in the fall towards her BSN. Hayleigh is currently a part-time home health aide at NANA. Doane ranks near the top of her senior class at Newfound Regional High School, is a member and officer of the National Honor Society, and has been a varsity athlete in field hockey, basketball and softball. She was named to the All-Academic Team. She also has served as a community volunteer. In the fall, she will pursue a BSN at the University of Tampa in Tampa, Fla.

a time of 53.11 seconds. Shyann Seymour ran to the win in the 100 meters with a time of 13.67 seconds, with Rylee Barney in 15.35 seconds, Isabelle Braley in 15.51 seconds and Ashley Lewis in 15.77 seconds. Chloe Jenness ran to the win in the 1,600 meters with a time of 7:02.32, Leah Deuso was second in a time of

7:10.02 and Julia Huckins was third in a time of 7:37.65. In the pole vault, Maggie Bednaz took first place and Malina Bohlmann took second place, both clearing seven feet. Isabelle LaPlume won the discus with a toss of 86 feet, 11 inches, Bailey Fairbank was second at 77 feet, nine inches, Paulina Huckins was

third at 71 feet, five inches, Hannah Owen was seventh at 43 feet, seven inches and Gretchen McGowan was eighth at 40 feet, one inch. Huckins won the shot put with a toss of 35 feet, four inches, MollyLu McKellar was second at 29 feet, six inches and McGowan was seventh at 15 feet, .5 inches. Fairbank won the javelin with a toss of 106 feet, seven inches, Makayla Ulwick was second at 73 feet, 9.5 inches and Owen was fourth at 73 feet, 9.5 inches. McKellar was also second in the 100-meter hurdles in a time of 17.84 seconds, while in the 200 meters, Seymour finished in second place in 28.66 seconds, Rebecca SEE TRACK PAGE A6

Voting opens in NHEC board election

PLYMOUTH — Voting is underway in the New Hampshire Electric Cooperative (NHEC) annual Board of Directors election. NHEC members vote each year on the organization’s Board of Directors. This year NHEC members are voting to fill four seats on NHEC’s Board of Directors. NHEC members have until Thursday, June 10 to return their completed paper ballot or cast their electronic ballot via a secure, online portal. Election results will be announced at the 82nd Annual Meeting of Members, to be held at 10 a.m. on Wednesday,

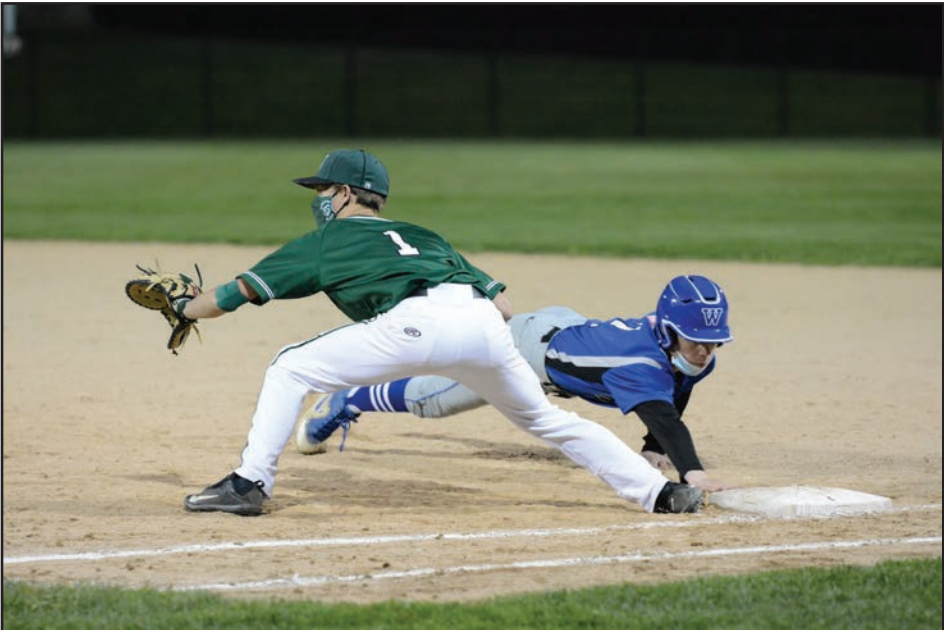
June 16, 2021. Due to ongoing restrictions on public gatherings, the annual meeting will be conducted online, with no physical location. To register to attend the online meeting, please visit <https://www.nhec.com/2021-annual-meeting/>. All NHEC members are welcome to attend and will be able to interact with presenters. Six candidates are seeking election this year to four seats on NHEC’s 11-member Board of Directors. All six candidates were selected by the NHEC Nominating Committee, which reviews the qualifications of each can-

didate and recommends those it feels would best contribute to the successful operation of NHEC. This year’s candidates selected by the Nominating Committee include Brenda Boisvert of Campton, Edward French of Raymond, John Goodrich of Littleton, Jeffrey Morrill of Holderness, Carla Muskat of Center Sandwich and Daniel Senie of Charlestown. NHEC members are receiving written statements from the candidates in support of their candidacies, along with a ballot. All members will have the opportunity to vote

online instead of returning a paper ballot, using unique login codes provided in their ballot mailing. About New Hampshire Electric Cooperative NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 118 New Hampshire communities. Headquartered in Plymouth, NH, our mission is to provide Co-op members the ability to access affordable, reliable electric service options that support and simplify their lives. Learn more about NHEC at www.nhec.com.

Newfound baseball comes up short against Winnisquam

BY JOSHUA SPAULDING
Sports Editor
LACONIA — The game between the Newfound and Winnisquam baseball teams on Wednesday, May 12, had a special feel to it. The game was being contested for the Coaches Cup, which is named in honor of Newfound’s Ron Bucklin and Winnisquam’s Scott Cote, and took place at Robbie Mills Field in Laconia, mostly under the lights. Winnisquam coach Fred Caruso hoped to have ace Phil Nichols on



Kyler Bourdeau of Winnisquam dives back to first base as Newfound’s Hayden Dolloff takes the throw in action last Wednesday night.

PSU to honor Zeliff, D’Allesandro with Raymond S. Burton Public Service Award



COURTESY
Bill Zeliff

PLYMOUTH — Plymouth State University (PSU) and the Raymond Burton Legacy Fund will recognize former U.S. Congressman Bill Zeliff, New Hampshire State Senator Lou D’Allesandro,



Lou D’Allesandro

and Amanda Grappone Osmer of Grappone Automotive Group at an event honoring the legacies of Raymond S. (Ray) Burton, PSU class of 1962 and long-serving member of the New Hampshire Executive Council, and of Robert Frost,



Amanda Grappone

poet laureate and former Plymouth State teacher. The event on Thursday, June 3 will benefit student scholarships at PSU. Donors created the Raymond Burton Public Service Award in memory of Ray Burton, a former schoolteacher and

principal, and long-serving executive councilor who represented the North Country. The award honors individuals who, according to Burton’s lifelong friend Duane Baxter, “...like Raymond, loved and respected the role of education, cared deeply about New Hampshire and its citizenry, and devoted their public service to public good.” The PSU Alumni Association’s prestigious Robert Frost Contemporary American Award recognizes individuals whose service to the people of northern New England best exemplifies Frost’s values of individuality, hard work,

humanitarianism and devotion. Acclaimed poet Frost taught in PSU’s historic Rounds Hall and lived on campus from 1911 to 1912. “We are truly honored to recognize former Congressman Zeliff and Senator D’Allesandro with the Raymond Burton Public Service Award, and to recognize Amanda Grappone Osmer with the Robert Frost Contemporary American Award,” said John Scheinman, Director of Development at Plymouth State University. “All have made significant contributions to the state of New Hampshire and their devotion to our people and communities

is an inspiration to all.” The event will take place on Thursday, June 3, at the Barn on the Pemi in Plymouth, beginning with a garden reception at 6 p.m., followed by dinner and entertainment by PSU piano faculty members Adam Mayon and Zi Liang at 7 p.m. Alex Ray of the Common Man Family of restaurants will offer opening remarks along with PSU President Donald L. Birx, Ph.D. For information about the Burton-Frost Legacy Award event and to purchase tickets, contact Lesley McGowan at 535-2428 or lmcgowan@plymouth.edu.

Comfort Keepers What is respite care?

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Respite care is defined as the transfer of primary caregiving responsibilities to another person, typically a professional caregiver, relative or friend, in order for primary caregivers to receive temporary relief from caregiving responsibilities. Respite care takes many forms – some family caregivers

choose to have someone take on caregiver duties for a few hours a week or a few hours a day. Or, some schedule respite care for longer periods of time to accommodate an extended break or vacation. What You Need to Know When Caring for a Senior Loved One In its Caregiving in the U.S. report, AARP estimates that 39.8 million family members provided unpaid care to

an adult in 2014 and 2015. And, the Centers for Disease Control reports that over half (53%) of caregivers indicated that a decline in their health compromises their ability to provide care. Caring for a senior loved one is both rewarding and challenging. Family caregivers need to remember that it’s important to take necessary breaks and practice self-care so they can ensure that they continue

to find joy in their role. This can be particularly important for those caring for a senior that has a severe illness. A study led by the Stanford Center on Longevity and Stanford University Psychology Department, which was conducted with assistance from Comfort Keepers and Clear Care, found that for older family caregivers: Caring for a loved one with a mild illness generally leaves them in the same emotional state as their peers – with emotional well-being generally greater than that of younger adults. When responsible for a loved one with a severe illness, reported emotional well-being tended to be lower than those of their peers. The cause of a decrease in emotional well-being is attributed to caregiver’s inability to pursue their social goals and friendships. The purpose of this study was to help identify the unique challenges and stressors that family caregivers face. As a partner in this research study, we reached out to the family members and decision-makers of approximately 2,000 Comfort Keepers clients. These results suggest that older people have higher emotional well-being than younger people but not when they have a relative with a severe illness. Not all older people with ailing rela-

tives have low well-being; rather, it depends on the severity of the relative’s ailment. Caring for a senior loved one can be fulfilling and can strengthen bonds within a family. But it’s important to recognize that being a family caregiver can come with feelings of loss, stress and physical strain. Caregivers risk their own health and wellbeing when they don’t account for their own needs or take a break when necessary, and respite care provides a convenient solution for many families. Comfort Keepers® can help Trusting your loved one with someone else can be difficult, but with Comfort Keepers®, you can trust that he or she will be in capable hands. Our specially trained caregivers will stay with your loved one while you take care of yourself, for as much or as little time as you need. And, every client receives a

custom care plan that aims to engage them in intellectual, physical and emotional exercises and activities. To learn more about our uplifting in-home and respite services, contact your nearest Comfort Keepers® office 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.

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RC GREENWOOD

Bears win

Bailey Drapeau fires a pitch during her team’s win over Winnisquam last week. The Bears got a pair of wins over the girls from Winnisquam and will wrap up the regular season against Berlin, at home on Monday, May 24, and on the road on Wednesday, May 26.

Mental Health Month at Mid-State Health Center

BY JOANNA SULLIVAN, MA AND
TONYA WARREN, PSY. D.
MID-STATE HEALTH CENTER

PLYMOUTH—May is National Mental Health Month, but this will not be an article telling you how much you need us during “these challenging times.” Times are challenging, true, but that didn’t just start in March 2020. What we never hear talked about through all of these challenges is the incredible ability of the human spirit to adapt, even to the most trying of circumstances. This is not to discredit the stress, un-comfortability, and even pain many are experiencing. But it’s important not to end the

story there.

Many of us feel overwhelmed by a sense that the world is out of our control. We live zoomed out, watching drama and heartache play out on a national (or even global) scale. The further we zoom out, the smaller and more helpless we feel. Sometimes too much time looking at the big picture can paralyze us completely. So what’s the answer? Should we all unplug permanently?

We have found in our work, and in our own lives, that spending more time zoomed in is the way to counteract this feeling of hopeless-

ness. Instead of looking at the big picture, look close to home for an achievable and meaningful goal. For some, that might be spending time advocating for changes in the local community. For others, it might be reconnecting with family members who have grown distant. It can look like mindfulness, observing the present moment without judgment. It can also look like cleaning and rearranging the living room or finishing a procrastinated outdoor project. Changing a piece of our own corner of the world, even just a little, is enough to counteract that sense of helplessness.

ness.

Self-care is another element we’ve found to be vital to mental health and wellness. So many times people think that trying harder is the answer when they feel like they’re struggling. In our experience, when people are struggling, it’s that much more important to take time for self-care. Connecting with others or taking time to do things we enjoy sends a message to ourselves that we matter. We’ve never needed to feel that more.

That being said, self-care might look a little different right now and

that’s okay. It’s important to acknowledge that anything we can do is infinitely better than doing nothing at all. Take a walk outside even if you can’t go to the gym. Call a friend even if you can’t meet them for dinner. Take some time for things you love, even if it’s not as much as you’d like.

Finally, sometimes even the strongest people need some extra support. If you feel like you’re struggling, you’re not alone. Reach out to friends and family for support. Consider spending some time talking to a therapist. Asking for help isn’t a

weakness, just another way to make it through.

About Mid-State Health Center
Mid-State Health Center delivers primary care and supportive services at both its Bristol and Plymouth offices, offering medical services, dental services, behavioral health counseling and care management for the entire family. The mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all regardless of the ability to pay.

NHEC, ENGIE North America announces completion of battery storage project

PLYMOUTH — New Hampshire Electric Cooperative (NHEC) announced the completion of its first utility scale energy storage project. The 2.45 megawatt (MW) battery project was developed in partnership with ENGIE North America (ENGIE), a leading provider of energy storage services.

ENGIE will own and operate the battery unit, which is located on the site of NHEC’s 2 MW solar array in Moultonborough. The battery unit will charge from NHEC’s distribution system during times of low demand and discharge during periods of peak regional electricity use. By discharging during hours of peak electric usage, the battery will save NHEC’s members on regional market and delivery charges while reducing demand on the grid.

As part of the innovative partnership agreement with ENGIE, NHEC will discharge the battery to supply energy to its members up to 70 times per year. These discharges will be used to reduce NHEC’s transmission charges and regional capacity payments. The battery project will provide NHEC with insight and direct experience into how battery storage technologies respond to price signals and interact with its electrical system. NHEC estimates these discharges will save its members \$2.3 million over the next 12 years.

“Energy storage is a rapidly evolving technology that has a key place in our strategic vision for our business model of the future. It’s important for NHEC to gain firsthand experience with batteries so we

can better understand the benefits they have to offer our members and the operation of our system,” said Steve Camerino, President and CEO of NHEC. “As more Co-op members install their own batteries, NHEC needs to be ready to support them with a flexible, responsive grid. We are excited to make significant progress on our strategic vision through this innovative partnership with ENGIE, which will provide benefits to all NHEC’s members.”

“We are delighted to have completed this leading-edge storage project alongside NHEC,” said Laura Beane, Chief Renewables Officer of ENGIE North America. “The addition of battery storage systems such as these are not only delivering real value to customers today, but also helping to accelerate the energy transition.

NHEC’s leadership in commissioning this project reflects their commitment to innovation in supporting cost effective, clean energy for their members,” she continued.

The battery storage unit is the largest in New Hampshire and can fully charge or discharge within two hours. The battery is housed in a pre-fabricated 40 foot container located within the fence line of NHEC’s solar facility in Moultonborough, New Hampshire. The battery unit has on-site fire suppression equipment and will be monitored 24 hours a day, year-round.

About New Hampshire Electric Cooperative

NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 118

New Hampshire communities. Headquartered in Plymouth, NH, our business is to maintain and service our 6,000 miles of energized line in order to provide our members with the highest level of service.

About ENGIE North America

ENGIE North America Inc. offers a range of capabilities in the United States and Canada to help our customers achieve their sustainability goals as we work together to shape a sustainable future. Our comprehensive services include helping run facilities more efficiently and optimize energy and other resource use and costs; clean power generation; energy storage; and retail energy supply that includes renewable, demand response, and on-bill financing options. Nearly 100% of the com-

pany’s power generation portfolio is low-carbon or renewable. ENGIE S.A. is a global organization focused on low-carbon energy and services, that relies on its key businesses (gas, renewable energy, services) to offer competitive solutions to its customers. With 170,000 employees, along with its customers, partners and stakeholders, the group is committed to accelerating the transition to a carbon-neutral world through reduced energy consumption and more environmentally-friendly solutions.

For more information on ENGIE North America, please visit our LinkedIn page or Twitter feed, <https://www.engie-na.com/> and <https://www.engie.com>.



COURTESY

Don’t miss the Lakes Region Spring Craft Fair

Don’t miss the Lakes Region Spring Craft Fair on May 22-23 at Tanger Outlets, 120 Laconia Rd., Tilton. Fair hours are Saturday 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m. One hundred fabulous exhibitors are expected! A special feature will be demos of chainsaw wood carvings by Elise, and special demos of macrame chairs and scroll saw decor. Some of the exhibits will include cedar wood creations, Moose Man photos, amazing hand painted decor, fairy gardens, fused glass, nuts & bolts art creations, leather jewelry, marquetry with inlaid furniture, hand poured soaps and personal care products, soy candles, handknitted items, various jewelry styles, metal art work, home decor, resin window art, children’s items, quilts, pandemic masks, handcrafted wooden spoons, kettle corn, towels & quilts, Bling Bling artwear, gourmet honey, New Hampshire maple syrups, handcrafted pocketbooks, & lots more! Rain or shine outside under canopies! Please social distance! Friendly, Leashed Pets Welcome! For more information, call Joyce at 387-1510. Directions: Take I-93 Exit 20 & go left at lights. See you there!

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CADY Corner

Preventing teen drug use: Bonding with your teen

BY DEB NARO
Contributor

According to the U.S. Substance Abuse and Mental Health Administration, more teens start using drugs and alcohol in June and July than in any other month. A strong bond with your child, especially during the teen years, helps reduce the chances of engaging in risky behavior and helps set the stage for preventing substance use. Even if your children might be pulling away and itching for more independence, deep down they want to be involved in the family and know that you still love and care for them.

“Bonding is important throughout the life course and particularly important during adolescence,” says Richard Catalano, Ph.D., Professor and Director of the Social Development Research Group at the University of Washington’s School of Social Work. “We know that kids who are bonded to parents who hold healthy beliefs and clear standards — particularly about drug use or alcohol use — are much less likely to get involved in any kind of problem behavior.” Bonding helps reduce the chance that your child will engage in a range of risky behaviors, including risky sexual activity, crime, trying drugs or alcohol, or dropping out of school. According to Catalano, there are three main building blocks to encouraging a strong relationship:

Provide teens with opportunities. Household chores work great with younger kids, but teens require a higher level of family involvement and responsibility. They need the chance to help with family decision-making. It can be as simple as involving them in planning an upcoming family vacation or asking them to help you research any upcoming purchasing decisions for the family, like a new TV or changes to a cable subscription.

Teach them skills. If you are giving your teen new opportunities and responsibilities, give them the skills to succeed. If he or she is thinking about a new purchase or family event, explain the criteria needed to make an informed choice. They need support and structure from which to build new skills. After your child finishes a task, or at least shows that they really tried, make sure you recognize the effort in a way that fits their needs. Recognition provides the motivation for kids to continue making positive effort. Stay involved. As annoying as it can sometimes be to teens, keeping tabs on their activities — both online and off — is one of the most important things we can do as parents. Monitoring is another way of demonstrating that we care, and of developing a stronger parent-teen relationship.

With teens we’re often between the proverbial rock and hard place. We need to respect their growing independence, but they still need boundaries. We need to keep them safe, but they want us to mind our own business. Finding the right balance requires flexibility and staying in touch with what is going on in their lives. Your teen may push back, but that’s not a reason to back off. Help them understand that you’re involved because you love and care, not because of a lack of trust.

Catch Early Warning Signs. If your teen simply refuses to talk about his or her life or you suspect something is wrong, don’t wait to take action. Pay more attention at home and when they are out, make sure they are where they said they would be. Set strict rules about parties. Find out where the party is and whether there will be adults present (if not, don’t let them go). Have them call to check-in periodically (this can be a real deterrent to using any drugs or drinking if they’re worried you’ll hear a change in their voice).

For prevention information, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



Bears of the Week

Newfound Memorial Middle School’s Bear of the Week Student & Staff Winners for the week of May 14 are Tucker Sumner and Kristin Paterson for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to NMMS Parent Erica LeBrun for sponsoring prizes to this week’s winners!

COURTESY

Letters to the Editor

Valuable classroom time should not be wasted on Critical Race Theory

To the Editor:

Should we be teaching Critical Race Theory (CRT) in our schools? Our country has been evolving for the last couple hundred years, and is still evolving. To have our teachers teach a “theory” is time spent away from teaching what is really missing in our schools (OK, some schools) like Civics, Eco-

nomics, integrity, moral behavior, along with Reading, Math/Technology/Science, and History.

According to the dictionary, theories are just that — unproven assumptions. Why should we waste our kids’ minds on unproven assumptions? We have one shot at educating the next generation, and a limit-

ed time to do so, so let’s not waste it on ideals, beliefs, or assumptions you may have. Let’s educate our kids so we can be proud of them. After all, it will be them that care, lead, protect, and help us in the future.

If you want to teach CRT, do it on your own time with your own kids, and do not force everyone to be exactly like

you. Also, from my point of view the US overall is not racist or privileged. Ask yourself this — if the US is so bad, why do so many from other countries still want to come? After all, those coming to the US are of all nationalities, religions, and races.

John Sellers
Bristol

Employing people with disabilities

To the Editor:

Individuals with disabilities are an untapped resource in our local communities, and are vastly underrepresented in the workforce.

1990 heralded the passage of Title One of the Americans with Disabilities Act, which protects individuals with disabilities from discrimination in the workforce and promotes inclusion. However, employers often still have misconceptions and fears about hiring persons with a disability. Many employers have concerns about potential costs of accommodations, but most disability accommodations cost little to nothing at all. In fact, hiring someone with a disability can result in a business becoming eligible for the \$2,400 Work Opportunity Tax Credit. Misconceptions about disabilities and an individual’s ability to work are another factor when in reality, inclusion in the workforce creates stronger morale, higher rates of employee retention, and less absenteeism. Additionally, multiple studies have also concluded that consumers look upon businesses that hire individuals with disabilities more favorably.

While individuals with all types of disabilities are underrepresented in the workforce, some of the most sig-

nificantly impacted are those with serious mental illness. Individuals with physical disabilities are twice as likely to find employment in their communities as opposed to those with mental illness. According to a study by the NH Department of Health and Human Services, 45% of all persons with serious mental illness cite fear of stigma and discrimination as the number one reason why they are afraid to seek employment. We, as a community, have the ability to enact social change, eliminate barriers to employment, remove the stigma of mental illness, and create a more inclusive workforce in our region of the state.

Henry Ford once said, “Whether you think you can or think you can’t, you’re right.” The Individual Placement Services -Supported Employment Program at Northern Human Services is built around the concept that everyone can obtain meaningful employment. Currently, the IPS - Supported Employment Program at NHS has sites at four of our community mental health centers; Conway, Wolfeboro, Berlin and Littleton. We serve all of Carroll and Coös counties and 17 towns in upper Grafton County. NHS is committed to helping individuals be-

come part of their communities through work. Supported Employment is an evidenced based practice embedded in services for individuals with serious mental illness and it is available to clients meeting certain criteria at NHS. Roughly 22 percent of people with serious mental illness are employed, but that number jumps to 60 percent when someone is engaged in a vocational program such as IPS - Supported Employment. One of the principles of our program is Zero Exclusion. Simply put, Zero Exclusion means that no one else has the right to determine whether a person is “ready to work.” If that individual says they are ready to work, then they are ready to work.

Individuals with serious mental illness who work have decreased rates of hospitalization, are less symptomatic, and less likely to use substances. The Supported Employment program also offers pre-employment supports, benefits counseling and unlimited follow along support. Follow along supports are whatever an individual might need in order to be able to maintain employment such as: helping someone speak with a supervisor to explain a disability; practice relaxation strategies to decrease symptoms,

and assisting someone with getting on a regular schedule. While these supports are specifically provided to our clients, we are also a resource to the business community as we can help problem solve any issues that may arise on the job. We also spend quite a bit of time in the business community networking and building relationships so that we can find jobs that best match our clients’ interests and we like to work with local businesses to help them meet some of their hiring challenges.

The pandemic has created hiring difficulties for many local businesses, and it is my hope that businesses begin to see the value of the untapped resource that individuals with disabilities present. No one should ever be denied the opportunity to shine, to learn new skills, or to flourish doing work they find enjoyable and meaningful. Work really matters!

If you are interested in learning more about how you might collaborate with Northern Human Services, please contact me.

Jennifer Taylor
Regional IPS-Supported Employment
Coordinator
Northern Human Services

Newfound Landing

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Snow’s nothing too unusual; we got a good charge in April



By JOHN HARRIGAN
COLUMNIST

It barely bears mentioning, I suppose, that it snowed one day last week--I think it was Wednesday. More precisely, it sleeted. As I watched the crystalized droplets bounce off the windshield, I thought, oh well, it's only May 12th. Spring, which is more a state of mind anyway, has scarcely begun.

It was a short run for sugaring. The buds have seemed ready to burst since before the Mud Season we barely had. The season of settling snow, before the leaves come out, is one of the few times you can really see the lay of the land. Now that too is gone, save for the northernmost tip of the state.

Old foresters have always enjoyed pointing out the remains of root systems of trees that were felled by the fabled Hurricane of '38. Because the trees fell backwards, contrary to the prevailing winds, their root systems all lined up in the same direction. Because their remains left humps, even today a practiced eye can point them out.

+++++

Just where they were when they saw wildlife always seems to stick in people's minds. They can't remember their kids' birthdays, but they can tell where they were when they saw a bobcat.

I was talking about this kind of selective memory with a friend in Alaska when I remembered a bear I once saw in Landaff.

I was headed up a back road when I caught just a glimpse, out of the corner of my left eye, of a sitting bear. Now, you don't often see a bear sitting down, unless it's fishing in the middle of a stream in Alaska.

So I backed up, and there it was, a bear sitting down, and a pretty big bear too. It looked over at me, and then resumed what it was doing, which I concluded was eating ants. "It was probably into the larvae by then," observed my friend in Alaska. "The good stuff."

Even still, as everyone says, I had to wonder about the energy derived versus the energy expended. It must go into what people in business call overhead.

+++++

Cameron is an old name that lives on in the greater Errol and Magalloway territory, north of Berlin, and I had great fun a couple of weeks ago looking over photographs taken during President Dwight D. Eisenhower's visit to the region in 1955.

Ike fished at various places on that trip, among them Little Boy Falls, a place that is still there. Now, doesn't that sound ludicrous? Yet there are many places that aren't, and even where such places are left, there are many differences since the turn of the last century (the Nineteen-Aughts) when men poled boats upstream to help visitors



“My Neighbor’s Barn” is what I’d probably call this scene if I could paint it, which a longtime artist friend actually did. This was how it looked on April 21.

of every stripe get there.

Several of the photos showed Don Cameron, Ike's official guide, standing by with net at the ready as the President got a strike, or what we called a hit when I was tending boats and such at Clarksville Pond.

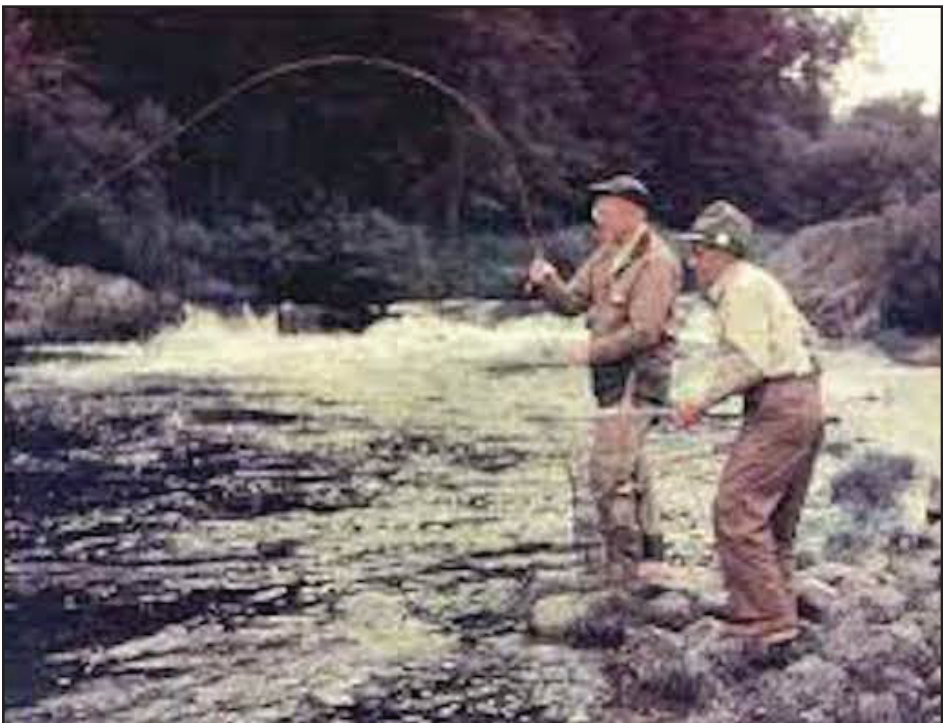
I studied the photographs carefully. There was something about the way Don Cameron stood. I'd know that stance anywhere, I think. And then, of course, there was the felt hat.

+++++

Guides work hard for their money, to put it mildly, and in places in the Far North where the law said we had to have a guide, we never begrudged his pay. In fact, whenever we could, we made the guide's life easier:

In days past, one of the rituals of a day on the water in Labrador was a shore lunch. This is definitely the opposite of eating a bologna sandwich in the boat.

In anticipation of a shore lunch, each of us



“The President Has a Fish on” is what someone would probably call this photo, which the President did, back in 1955 at Little Boy Falls. That’s guide Don Cameron tending to business. (Courtesy Margaret Chase Smith Library)

carried a potato in one pocket, an onion in another. During the morning's fishing, we kept a lake trout and a pike and a landlocked salmon alive on a stringer.

At lunchtime two or three boats headed for shore (naturally), where one of us started a fire, and others scrounged for wood and scouted the shore for flat rocks to wash up for plates. Meanwhile, the guide

knocked the fish on the backs of their heads and cut them into palm-sized filets. Ice-cold Molson's had long since appeared on the scene.

Into a huge frypan went onions and potatoes, out came the bread and butter, and at the last minute, when everything else was ready, in went the filets of fish. After three minutes or so per side, out came the fish, all to be consumed

with alder forks from flat-rock plates.

Which is why, as any reader will have figured by now, a shore lunch will always beat a bologna sandwich in a boat, hands down.

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

Sustainable Bristol

By Lauren Theriault

Upon first hearing the term “rewilding” images of racoons roaming streets and wolves sleeping in backyards were conjured in my over imaginative mind. Once I figured out what it really meant my imagination was filled with bucolic whimsy instead. The term rewilding refers to a new environmental movement to reintroduce lost plant (or animal) species back into an area from whence they came. For simplicity this article is only about plants, but look for more information about rewilding

animals in the future. Rewilding with plants will help reduce the impact of climate change, create easier to manage and self sustainable areas, connect previously segregated areas for pollinators, and add beauty to our town.

If you have some open areas of your property, you can rewild them by planting native plants and trees. These types of plants require less water, are adapted to the climate we live in, and usually self seed or grow back each year. Native trees and plants provide food for wildlife. If you are looking to rewild an area that already has plants growing you can add in native seeds or plants and phase out

plants that are not native or not pollinator friendly. Reducing or eliminating your usage of pesticides and fertilizers, or using only all natural ones is also a big step in rewilding your area. Reducing the size of your lawn and letting wildflowers grow helps as well. Add water features for birds and bees to safely drink.

Want to learn more? This month's edition of Locally Produced features Sustainable Bristol Member Jamie Bemis talking about Rewilding. You can watch the video (Search “Locally Produced: Rewilding” on YouTube) and then join the community discussion on May 24 at 6:30 p.m. To do so email

the Minot Sleeper Library and register for the zoom link.

If you are still interested, or learn better with a hands-on approach, you can join the newest rewilding project in Bristol. Members of Sustainable Bristol will be creating a rewild garden outside the Newfound Area Nursing As-

sociation at 214 Lake St. on June 5 at 10 a.m. All hands and skill levels are welcome. We hope to get the garden started and seeded to offer a respite for hungry bees and offer an example and inspiration for your own rewild garden. Be sure to check it out.

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A6 NEWFOUND LANDING, THURSDAY, MAY 20, 2021

FROM PAGE A1

Elsa McConologue finished in second place in the high jump at four feet, four inches, Mika Austen was third at four feet, two inches, Reynolds was fifth at four feet and Jenness was sixth at

Tyler MacLean won the long jump with a distance of 18 feet, Van Lingen finished second at 14 feet, 10.5 inches, Ta-

In the 100 meters, Ty-



Huckins finished second in the pole vault at seven feet, with Bednaz in second at six feet,



Autumn Braley won the 300-meter hurdles during her team's home meet Saturday morning.



Newfound was slated to end the regular season on Tuesday, May 18.



The shot put pit at Newfoundland was named in honor of former Newfoundland star Leo Ntourtourakes prior to Saturday's home meet.

at Laconia.

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

FROM PAGE A1

“It was a little bit of mental stuff and we couldn’t hit the ball that

Adrian Ehmann led off the top of the sec-

Ehmann worked a walk in the top of the fourth and took second



Luke Gordon led off the top of the sixth inning with a base hit, but Hibbert gunned him down stealing second. Ehmann worked a walk and moved up to third on a passed ball and a wild pitch, but Burns settled

“And the kid who threw against us (Davis) was great,” Caruso said. “We were aggressive on the bases and created some stuff.”

Moreau noted it was

Newfound is slated to end the season against Berlin, on the road on Monday, May 24, and at home on Wednesday, May 26.

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

**Deadline is May 21st at noon.
Please contact Tracy or Lori at 444-3927
or email lori@salmonpress.news**



THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bridgewater	Point Road	N/A	\$137,533	Frederick E. and Denise L. Schneider	David and Karen Panetta
Bristol	N/A (Lot 33)	N/A	\$649,000	Thomas & J. Guarino Fiscal Trust	Hao Chen and Yingxia Wen
Bristol	N/A (Lot 18)	N/A	\$150,000	Theodore Nickole	Christopher M. and Patricia A. Haftel
Campton	Ellsworth Hill Road (off Lot	Residential Open Land	\$110,000	Louis E. Wyman and Joann W. Coughlin	Michael T. and Kathy M. Wilson
Campton	Page Road	Forest Use	\$160,000	Richard A. Dearborn RET and Gail S. Beaulieu	Danny and Laura Bergerson
Plymouth	Loon Lake Road (es) Lot	Residential Developed Land	\$37,500	John W. Kiley III Estate and Kathleen Kiley	Paul M. Tofuri
Plymouth	89 Morse Rd.	Single-Family Residence	\$3,000,000	Alice Bussiere	Jesse D. Anser and Nicole L. Vermette
Plymouth	718 Tenney Mountain Highway	Mixed Use (Residential/Commercial)	\$640,000	University RT and Jeffrey A. Therrien	Bristol Central Sq. LLC
Plymouth	14 Winter St.	Comercial Building	\$214,000	White Mtn. Holdings LLC	Hason and Sarah Mailhot
Plymouth	N/A	N/A	\$92,000	Wassett Investment Fund LLC	Scott and Amey Bailey
Thornton	1 Snowood Dr.	Residential Open Land	\$380,000	David W. Sanborn	Joseph R. and Dore Rossi
Thornton	N/A	N/A	\$65,000	B. Kramer Culhane 2017 Trust	Mark and Kim Siner
Warren	Main Street	N/A	\$144,666	Bryan and Suzanne Flagg	Moosilauke View LLC
Warren	Studio Road	N/A	\$40,000	Kimberly Bancroft and Sharon L. Pushee	Joseph S. and Jessica R. Riscolo
Waterville Valley	22 Bobcat Way, Unit 1	Condominium	\$600,000	Brian r. and Nikki L. Miller	Karin E. and Peter B. Settlet
Waterville Valley	3 Forest Rim Way, Unit 2	Condominium	\$310,000	Farouk A. and Natalie F. Pirzada	Morrison 2018 Fiscal Trust and Carol M. Bingham
Waterville Valley	N/A (Lot 11)	N/A	\$435,000	Wiley D. Peckham	Andrew and Katherine Sveen

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

When I was a teen, a highlight of my week-ends was attending a rod and custom car show at a local marketplace parking lot on a Sunday afternoon. (The stores closed on Sundays back then). I am excited to see so many rods and customs around again as the new venue for these 'shows' is our local diners. Cruise Nights in Bristol are an example every Friday night at the Village Pizza from May 28 until Sept. 10! It is free; show time is from 5:30 - 8 p.m. with 50/50 raffles and prizes. It features antique, classic, hot rod and special interest cars. Parking can be limited as interest grows. The car enthusiasts put a lot of time and effort in their hobby and would appreciate your interest.

The Bristol Events Calendar is now available at various locations around town including the TTCC, the Library and the Town Hall. There will be much to see and do over the summer season. I urge you to get your copy soon. The Fourth of July Parade Entry Forms are also available along with the July 4th Celebrations flyer online. Visit: www.townofbristol-nh.org, www.ttcrc.org, or www.facebook.com/Bristol-Community-Events. Information includes a boat parade, fireworks, the Firecracker 5K and the parade. Let's celebrate!

The Order of Eastern Star will hold a Town Wide Yard Sale on July 24 to benefit local charities and more. A \$10 donation will put participating parties on the town map. Maps will be available for a \$3 donation at the Lodge and some space

will be provided in the Lodge parking lot for \$20 for those wishing to use it for the sale. Registration forms will be available soon for those who wish to take part. This is early, but a heads up to get ready for this fun event can't hurt! For more information, call 744-3321.

The TTCC Summer Camps will take place from June 28 until Aug. 20. There is a registration fee of \$20 to be paid upon registration and weekly tuition to be billed weekly is \$85. The camps will be from 9 a.m. until 4 p.m. daily. Care will be available on a limited basis for an additional fee before and after camp hours: before (7 - 9 a.m.) and after (4 - 5:30 p.m.). Project Play for kids K-2, Project Streams for kids entering grades 3 - 5 and Project Knots for kids entering grades 6 - 8.

When registering online, you will: pay the \$20 registration fee, indicate which weeks you are interested in, indicate if you need before and after care and answer other important registration questions. Space is filling up fast! www.ttcrc.org.

The Minot-Sleeper Library has launched a Tech-To-Go program that will allow library cardholders to borrow a laptop computer or a tablet. Borrowing is as simple as agreeing to the library's technology lending policy and checking a computer or tablet out for two weeks. This program is made possible thanks to a \$10,000 grant received from the Coronavirus Aid, Relief and Economic Security (CARES) Act. The MSL offers new monthly newsletters with a listing of new books for adults

and families as well as monthly newsletters with reading recommendations. Sign up at: https://forms.gle/66g2n8wNmXYj-T3yF6. The library offers free vegetable and herb seeds to community members through its Seed Library. The seeds are new heirloom seeds from Baker Creek Heirloom Seeds.

My friend had captured a pesky red squirrel in her garage in a have-a-heart trap. She asked me if I could take it far away and release it. I assured her I

would do that. I drove to the very back of Homeland Cemetery next to some woods and let the critter go. About 20 minutes later, as I placed the trap outside on my deck to 'air out', a loud 'boom' was heard from the direction a bit beyond the cemetery! There were a few more 'booms' before the evening was over. In the morning, there on my deck was...a red squirrel! Right beside the trap! I'll let you draw your own conclusions...

Churches

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

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Sarah Dan Jones, Music Director

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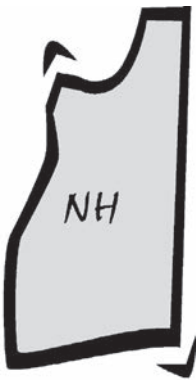
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Margaret Gillespie recognized as Environmental Educator of the Year



Margaret Gillespie with a coyote.

H O L D E R N E S S — Margaret Gillespie was recognized as New Hampshire Environmental Educator of the

Year at the New Hampshire Environmental Educators annual meeting on May 6.

Margaret began her career with Mass Audubon's Wildwood Nature Center in 1979. In 1980, she became Outdoor Education Coordinator for the Society for the Protection of New Hampshire Forests, a position she held for five years. Margaret's connection to the Science Center began in 1986 when she became a half-time Naturalist. The other half of her time was spent as Coordinator for New Hampshire Project Learning Tree for the next 11 years.

Over her 35-year career with the Science Center, she has inspired countless thousands of students and families and shared her passion for the outdoors through

engaging and innovative outdoor education experiences. Margaret has also reached an even larger audience through her writings. She has authored the natural history column for the Science Center's quarterly Tracks and Trails newsletter for more than 30 years. In 2016, the Science Center, as part of their 50th anniversary celebration, published a selection of her nature writings in a book entitled, "Nearer to Nature."

When the Blue Heron School opened in 2010, the preschoolers gave Margaret a nature name "Margaret Moose" and now current and former students know her fondly by that moniker.

Margaret continues to teach programs, write, help create interpretive exhibit messaging, and inspire the next generation of environmental stewards.

The Science Center is proud to announce this special recognition for Margaret Gillespie's many contributions from her peers throughout the environmental education community as New Hampshire Environmental Educator of the Year.

"Nearer to Nature" is available to purchase at nhnature.org/books or at the Howling Coyote Gift Shop at the Science Center.

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LACONIA — Progressive Laconia Motorcycle Week® returns to the Lakes Region this June 12-20 for its 98th year. More than a quarter of a million riders are expected to attend this year after a pandemic-induced postponement to last year's rally. The event is host to a full week of music, vendor exhibits, racing and, of course, riding.

Although Motorcycle Week centers around Weirs Beach, you'll find riders in every corner of the state, from the seacoast to the White Mountains. That's because New Hampshire's scenery, fresh air and accessibility are unmatched. Riders can cruise through the mountains, the state's famed covered bridges, iconic lakes and along the seacoast, all within a matter of hours. Try that anywhere else! And unlike other events that draw such large crowds, and with that- traffic, residents and businesses embrace this uniquely New Hampshire tradition. By conservative estimates, the week-long event brings more than 100 million dollars to the state's economy each year. Restaurants, hotels, fuel & liquor sales across the state see a huge boost. It is a catalyst for countless tourism dollars, especially helpful because it occurs during the spring season, before the bustle of summer kicks in.

Whether you're a Motorcycle Week veteran or a first-time attendee, Laconia Motorcycle Week® invites you to experience the thrill of the world's oldest motorcycle rally®. Come see history in the making as we count down to 100. Come ride in New Hampshire!

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Laconia Motorcycle Week® gives great appreciation to all of our sponsors, especially our Presenting Sponsors: Progressive, AMSOIL and Team Motorcycle, as well as the State of New Hampshire for their large financial support of our rally each year. For more information about visiting the state of New Hampshire, check out visitnh.gov.

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PLYMOUTH: Tenney Mt. Store
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A full description of this position is available on the Town of Thornton's website at www.townofthornton.org.

To apply, please forward a letter of interest and resume by Friday, June 18, 2021 to:

Town of Thornton
Attn: Debra Shepard, Town Administrator
16 Merrill Access Road
Thornton, NH 03285

Re: Zoning Compliance Officer

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5 outdoor projects that add value

Exterior renovations can enhance the appearance of a property and make it more enjoyable for homeowners. Certain renovations have the potential to add value to a home, while others may do the opposite. Learning which one have the largest return on investment can help homeowners select features that will have the most positive impact.

Curb appeal goes a long way toward attracting potential buyers. According to the National Association of Realtors, first impressions of a property have a strong influence on buyers. Landscaping and external features can do much to influence such impressions.

- Lawn care program:

Investing in a lawn care program that consists of fertilizer and weed control application and can be transferred over to a subsequent homeowner is an attractive feature. NAR says such a care program can recover \$1,000 in value of the \$330 average cost, or a 303 percent ROI.

- Low-maintenance lifestyle: When choosing materials for projects, those that offer low-maintenance benefits can be preferential. These include low-maintenance patio materials, composite decking, vinyl fencing, and inorganic mulched beds.
- Fire pit: A fire pit can be used for much of the year. In the spring and summer, the firepit is a great place to congregate to roast marshmallows or sip wine and gaze into the fire. In the fall, the fire pit can make for a cozy retreat. A fire pit that has a gas burner is low-maintenance, and the National Association of Landscape Profes-



sionals says that most can recoup about \$4,000 of their \$6,000 average price tag.

- Softscaping: Hardscaping refers to structures like outdoor kitchens or decks. Softscaping involves the living elements of the landscape. Hiring a landscape designer to install trees, shrubs, natural edging,

and rock elements can do wonders toward improving the look and value of a home.

- Pool or water feature: In certain markets, particularly hot climates, a pool or another water feature is a must-have. However, in other areas where outdoor time is limited, a pool or water feature can actu-

ally lower the value of a home. Speaking with a real estate professional can give homeowners an idea of how a pool will fare in a given neighborhood.

Outdoor improvements can improve the marketability of a home, as well as enhance its appearance and function.

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Stay safe when working in the yard this spring and summer

A day spent working in the yard is an ideal way to pass the time on spring and summer afternoons. A pristine landscape can add value to a property and instill pride in homeowners who put a lot of thought and effort into their lawns and gardens.

A sun-soaked day can make it easy to overlook potential threats when working in a lawn or garden. But safety precautions are of the utmost necessity when working in the yard, where the risk for serious injury is

considerable. For example, the American Academy of Orthopaedic Surgeons reports that, in 2016, more than 90,000 patients, including nearly 5,000 children, were treated in hospital emergency rooms for lawn mower-related injuries.

Lawn- and garden-related injuries can be prevented without going to great lengths.

- Know your terrain before mowing. Knowing the terrain in your own yard can reduce the risk for accident or injury. This can be especially important when mowing the lawn with a riding mower. Adhere to manufacturers' recommendations regarding inclines to reduce tip-over accidents that can pin riders beneath the mower. Study hilly areas of the yard prior to mowing so you know which areas are safe to mow with a riding mower and which areas are best mowed with a walk-behind mower. For greater control when using a walk-behind mower on an incline, mow parallel to the slope.
- Apply and reapply

sunscreen. Sunburns may not require trips to the emergency room, but they can still be serious. In fact, the Skin Cancer Foundation notes that sunburn is a leading cause in the majority of cases of basal cell carcinoma, squamous cell carcinoma and melanoma, which is the deadliest form of skin cancer. The SCF recommends applying sunscreen 30 minutes before going outside to allow the sunscreen to bond to your skin. Reapply sunscreen at least every two hours, and more often if you're sweating excessively. The SCF recommends broad spectrum sunscreens, which protect the skin from both UVA and UVB rays. Though a product with a sun protection factor (SPF) of at least 15 is acceptable when walking the dog or driving to work, the SCF advises using a product with an SPF of 30 or higher when engaging in extended outdoor activities like gardening or mowing.

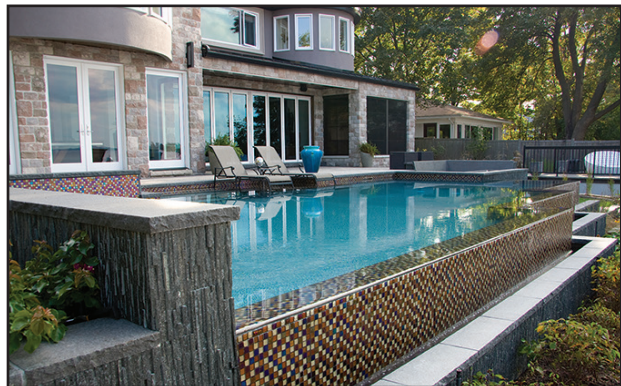
- Employ the buddy system. Use the buddy system when pruning tall trees or performing any tasks that require a ladder. The Orthopedic Institute of Pennsylvania reports that more than 164,000 people are

injured each year falling off a ladder. Ask a significant other or neighbor to hold the ladder in place while you climb up to reduce your risk of falling. If cutting large branches, cut them piecemeal to reduce the risk of being injured by heavy falling branches.

- Inspect the property for insect hives. The OIP notes that the most common insect stings in spring come from bees, wasps and hornets. Homeowners who are not careful can inadvertently come across hives when doing spring clean-up, making them vulnerable to bites and stings. That can be very dangerous for anyone, and especially so for people with a history of allergic reactions to insect bites or stings. Inspect areas where you'll be working to make sure insects haven't put down roots in your property. If you discover any hives and are hesitant to remove them on your own, contact a local landscaping firm.

Lawn and garden accidents and injuries can be serious. Thankfully, accidents and injuries are easily prevented when homeowners take a few simple safety precautions while tending to their lawns and gardens.

Spring HOME



Top 5 hottest home building trends

(MS) — These days, home trends are about more than good design and aesthetics — they're about creating spaces that reflect our values and are more comfortable and enjoyable to live in. From net-zero and net-positive construction to tiny minimalist homes, trends are all about your family's lifestyle.

Whether you're shopping for a new home, renovating your own or creating a new build from scratch, here are some of the biggest trends you need to know for inspiration.

Sustainable design: This one has been popular for a long time, but green design has evolved to be about much more than energy-efficient appliances and LED light bulbs. Now, it's all about making sure everything in your home reduces your carbon footprint and minimizes any impact on the environment.

To try the trend yourself, think big and get creative — install solar panels on your roof, choose building materials that don't require deforestation and upcycle old furniture for decorative elements instead of buying

new.

Disaster resiliency: Climate change affects us in so many negative ways, and one of the top concerns is the increase in natural disasters. From wildfires that last for months to major floods that affect entire cities, we now need to prepare for the worst when building our homes.

Switching to disaster-resilient materials is an important first step. Many builders now prefer to use stronger, more energy-efficient materials like insulated concrete forms (ICFs) instead of more traditional materials like wood. For example, Nudura ICFs can withstand winds of up to 250 miles per hour (equivalent to an F4 tornado) and offer a fire protection rating of up to four hours.

Outdoor living: Many of us are now choosing to forgo getting a cottage or summer home and recreate the experience in our own backyards. This trend helps you make the most of your existing space and take full advantage of your yard or patio during the summer months.

You can design a full living space outside,

complete with an outdoor television and comfy couches, as well as a kitchen and refrigerator for entertaining. Consider adding a fireplace or firepit to keep warm during cool summer nights and enjoy the outdoors through spring, fall and even winter if you're brave.

Home automation: This is another long-standing trend that shows no signs of slowing down. It has also evolved to encompass more of the home to make life even more comfortable and convenient. From an oven that can be turned on remotely to preheat, to skylights that can open and close automatically to create the perfect ambient temperature, there are more ways than ever to integrate smart home technology into your living space.

You can start small with voice assistant and smart light bulbs and work your way up to a total smart home system that includes home security, temperature controls and all your electronic devices.

Customization: You don't have to settle for what mass manufacturers decide to build, or what works for everyone else. Creating a home that's as unique as you

are is the latest trend, with custom-built storage and personalized architectural features to make your space stand out.

You can even go as far as building a custom home that's suited to your family. Older home demolitions and purchasing land-only properties is becoming more common, allowing you to work with an architect to create exactly what you want with a new build.

Find more information about the benefits of building a home with ICFs at nudura.com.



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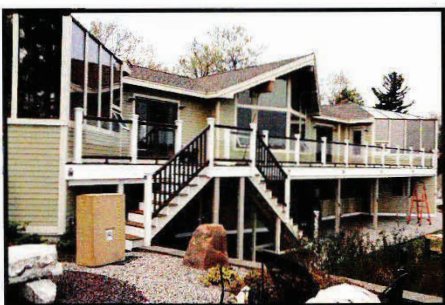
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BEFORE

AFTER



Mulching mistakes to avoid

Landscape features vary significantly from house to house. Some homeowners may prefer water features on their properties, while others focus on flowers that would be the envy of a botanical garden. Regardless of those preferences, lawn and garden enthusiasts who want to make their properties as idyllic as possible may eventually look to mulch to help them ac-

complish that goal. Mulch helps soil retain moisture, which promotes strong, healthy flowers, plants, trees, and shrubs. And because soil beneath mulch retains more moisture than soil that's not protected by mulch, homeowners won't have to spend as much time watering mulched landscapes. That saves time and conserves water, which can be a big benefit in areas prone to drought and/or especially hot summers. Mulch also helps to suppress weed growth, which can ensure all that hard work needed to create an eye-catching garden won't be compromised by the presence of unsightly, thirsty weeds.

Mulching seems like a simple task, and it can be. But that does not mean homeowners cannot make mistakes when mulching. The following are some common mulching mistakes to avoid as lawn and garden season hits full swing.

- Not enough mulch: Mulch is ineffective when spread too thin. The Virginia Cooperative Extension at Virginia Tech and Virginia State University recommends applying mulch no less than two inches in depth. Anything less than that will prove in-

effective at preventing weed growth and helping the soil retain moisture, and that means you will need to water more often.

- Poorly located mulch: Mulch should not be placed too close to plant stems or tree trunks. When it is, tissue is so wet that it makes for a perfect environment for disease and insect infestation.
- Failing to mulch to the drip line: The drip line of a tree refers to the outermost circumference of the tree's canopy from which water drips onto the ground. The VCE recommends mulching to the drip line of a plant or tree, which ensures the plant or tree will get the most out of the mulch. Mulching to the drip line also minimizes competition from the grass, leading to stronger plants and trees.
- Failing to weed before mulching: Weeds should be removed prior to mulching. If they're not, the mulch can provide the same growing environment for weeds that you're trying to create for your plants and trees.

Mulching benefits a landscape in myriad ways, especially when homeowners avoid some common mulching mistakes.



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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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