

Town seeking more lifeguards

BY ERIN PLUMMER
mnews@salmonpress.news

The town is in dire need of more lifeguards, and is raising the pay rate for lifeguards with the hope of attracting more candidates.

Parks and Recreation director Herb Greene sent a memo to the selectmen about the staffing shortage for lifeguards and suggestions for hiring as well as changing some beach operations given the circumstances.

Greene told the board at Wednesday's meeting that Gilford typically has around 14 lifeguards each summer, though so far five are on staff. Gilford is one of a number of local communities who are short-staffed on lifeguards: Laconia and Moultonborough had three lifeguards when they usually have a lot more each summer.

"I think it's sort of an issue across the board," Greene said.

Pay for lifeguards started at \$11.75 an hour but would go higher with seniority. There was an additional dollar an hour for those who have gone through Water Safety Instruction (WSI) certification.

Board Chair Gus Benavides asked about the possibility of increasing wages and if that might attract more candidates. Greene said it might help, but it won't solve the problem.

Greene said one factor that seems to have hurt these numbers is a lack of Red Cross lifeguard training and certification classes last year because of the pandemic. Those courses are back up this year, though with limitations. He also

SEE LIFEGUARDS PAGE A10



COURTESY PHOTO

The Gilford Parks and Recreation Department is advertising on its Facebook page and other locations for more lifeguards. Recently, the board of selectmen approved a pay increase for lifeguards to attract more candidates.

State lists conditions for seasonal speed limit on Route 11

By Erin Plummer
mnews@salmonpress.news

The state has given the town a list of conditions that need to be met before approving a seasonal speed limit on a section of Route 11.

Last November, the board of selectmen approved a motion to petition the Department of Transportation for a seasonal speed limit on Route 11 between Riley Road and the Ellacoya Bar and Grille, lowering the speed from 40 miles per hour to 30 in the period of Memorial Day and Labor Day. Police chief Anthony Bean Burpee presented the proposal to the selectmen after meeting with Public Works director Meghan Theriault and Planning and Land Use director John Ayer.

The town didn't receive any response on the petition for months and Executive Councilor Joe Kenney agreed to talk with the DOT about the proposal.

The state did get back to the town on the matter, giving a list of conditions that would need to be met before the request was approved. The selectmen reviewed the list during Wednesday's board meeting.

"I think several of those things went far beyond what we were looking to do," said Town Administrator Scott Dunn

Dunn said he had mixed emotions about the things on the list though

SEE SPEED PAGE A10

Highway Department preparing for road work

BY ERIN PLUMMER
mnews@salmonpress.news

After a heavy winter, the Highway Department is now working on spring cleanup and getting ready for this year's roadwork.

Public Works director Meghan Theriault gave the selectmen an update on her department during Wednesday's meeting, which included updates on Highway Department work.

Over the winter the department pre-wet the roads with a brine solution, which Theriault said has great results against icing.

"It looks like almost a 50 percent reduction," Theriault said. "It's hard to say because every

route is a little different. They're all of similar length."

They also picked up a few more routes to use the solution on with great results. She said they will put the brine on newer vehicles as they get them.

The department is now focusing on spring maintenance and getting ready for regularly scheduled roadwork. The Highway Department has been sweeping out potholes, doing some maintenance on dirt roads, cleaning up brush downed by heavy storms, and other tasks.

Theriault said the department is now working on implementing the

road plan.

The selectmen awarded the contract for road work to GMI Asphalt if Belmont. Theriault said they met with GMI and are already planning paving work on Scenic Drive, Cotton Hill, and Boyd Hill this coming week. She said the company's paving schedule would come out on Thursday and they would know what days they would be there the week after.

She said the work on Scenic drive would likely take a few days. A drag and shim layer would be done first, structures would be raised, then

SEE WORK PAGE A10

Seniors lead Gilford softball past Plymouth

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford and Plymouth softball teams engaged in their second solid battle of the week on Wednesday, May 12, with the host Golden Eagles coming up with a 7-4 win over the Bobcats.

"This softball team amazes me," said Gilford coach Joan Forge. "They have improved tremendously both offensively and defensively."

"We swung the bat better this time than the first game," said Plymouth coach Brian Blanchard. "Their pitcher (Ella Harris) is really good, I was very happy with the way we hit the ball."

Harris struck out the side in the first inning, working around an infield hit from Alexis Thompson. In the bottom half of the inning, Jaiden McKenna led off with an infield hit, moved up on a sacrifice bunt by Maddie McKenna. After Plymouth pitcher Riley Flaherty got a strikeout, the Bobcats were able to catch Jaiden McKenna rounding third a little too far on a wild pitch, closing out the inning.

Harris set the Bobcats down in order in the top of the second and Gilford got on the board in the bottom of the inning. Cierra Moore made a nice play at second base when a grounder down the first base line hit the bag and deflected over first baseman Keirsha Comeau's head. Moore was there to back up the play



JOSHUA SPAULDING

Gilford seniors (front row, l to r), Madi Heyman, Paige Meserve, Kim Daigneault and Ella Harris were honored before their game last week with Plymouth.

SEE SENIORS PAGE A10

ALMANAC

Notes from the Gilford Public Library

Classes & Special Events
May 20 - May 27
*Sign up and face masks required

Thursday, May 20
*Geri Fit, 9-10 a.m.
*Bridge, 10:30-11:30 a.m.
Storytime Shorts, 10:30 a.m.
Join Miss Maria on FB Live for a quick storytime! Missing storytime and finding the virtual ones too long? Hop on to experience one story and maybe a few songs in 10 minutes or less!
French, 4-5 p.m.
Rice Krispies Check-outs, All Week
Teens and Tweens that check out a Young Adult or Middle Reader book at the front desk

can also pick up a little take-and-make Rice Krispies Treat kit while supplies last! Reading is sweet!
Friday, May 21
Coffee Clutch, 10:30-11:30 a.m.
Brought to you in conjunction with Gilford Neighbors, these mornings, will be filled with a chance to socialize with your neighbors, round table discussions, speakers, programs, and celebrations all designed to let you know what is going on, what is available to you and what might interest you, right here in your neck of the woods. This will also be a time for you to ask questions, and find resources to help you

maneuver through this new phase of your life. Weekly group sizes will be limited to 20 people, so please RSVP by contacting the library.
Preschool Storytime, 10:30-11:30 a.m.
*Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30 p.m.
*Lower Intermediate Line Dancing, 4-5 p.m.
Monday, May 24
Geri Fit, 9:45-10:45 a.m.
Mahjong, 12:30-3 p.m.
Tuesday, May 25
*Geri Fit, 9:45-10:45 a.m.
Mother Goose on the Loose, 10:30-11 a.m.
Join Miss Maria to enjoy rhymes, songs, and a

book with your child. Meet other caregivers too! Recommended ages of three and under. *Call or stop by to register, space limited. Pack a blanket just in case we have story time outside.
Line Dancing-Lower Intermediate, 4-5 p.m.
Wednesday, May 26
Check out an Expert, 10 a.m.-noon
Crafternoon, 1-3 p.m.
That's right, Crafternoons is returning - in person. Bring your own project to work on, bring an idea for a community project, and once a month look forward to working with our younger patrons, as they tap into their creativity. We will also be using this as an opportunity,

to bring in local artisans to demonstrate their unique crafts and skills. Group sizes will be limited to 20 people, so please RSVP by contacting the library.
After School Teen Club, 2:30-3:30 p.m.
Hangout with friends, play games, and make stuff. This club is whatever you want it to be! 5th-12th grade.
Science @ Home, 3:30-4:30 p.m.
Join Miss Jill in learning how to make your own observation blind on your night exploring trail! More details to follow.
Thursday, May 27
*Geri Fit, 9:45-10:45 a.m.

*Bridge, 10:30-11:30 a.m.
Storytime Shorts, 10:30 a.m.
Join Miss Maria on FB Live for a quick storytime! Missing storytime and finding the virtual ones too long? Hop on to experience one story and maybe a few songs in 10 minutes or less!
Book Discussion, 1-2 p.m.
This month's book is "White Ivy" by Susie Yang, a story of love, lies, and dark obsession. The discussion will be led by Maria Suarez, and copies of the book are available at the front desk. Sign up to join us in person at the library.
French, 4-5 p.m.

Lifeguard shortages will mean some beach changes

BY ERIN PLUMMER
mnews@salmonpress.news
Lifeguard shortages will mean some changes to the town beach this year, including not putting out the raft and no staff stationed at the guard towers.
Parks and Recreation Director Herb Greene and the selectmen discussed the lifeguard shortage during Wednesday's meeting, including some changes in service due to the staffing issues.
Greene recommended not installing the wooden raft this year because they don't have the staff to actively guard it. He said around 95 percent of active rescues involved people trying to swim out to the raft or people swimming back to the beach from the raft, whether they were inexperienced swimmers or experienced swimmers caught in wind and choppy waters. Greene said of the five to nine

rescues a season, most involve the raft. Because of the lack of lifeguards, he said having the raft out in the water would be a hazard.
"If we don't have staff actively monitoring the water, is there going to be anyone to assist them?" Greene said.
At the same time, Greene said he's concerned about the raft being a hazard on the beach even if it's fenced off. Selectman Kevin Hayes asked if they could move it into the woods. Greene said it would be a challenge for one loader to lift it and he was concerned about damaging the metal frame. Hayes asked if a local marina could lend a large lift to move it. Greene said they could see if it's feasible, though was still concerned about possible damage.
The selectmen agreed by consensus to not put out the raft this year.

Board Chair Gus Benavides said as much as they like the raft and advocated for putting it in as soon as possible last year, they got behind Greene's recommendations for this year.
Another issue was beach coverage. Greene recommended having two guards a shift walking the beach to make sure the rules were being followed and respond to emergencies, possibly adding a third guard at peak times. The guard stations, however, wouldn't be staffed.
The board and Greene discussed putting up signs advising people no lifeguards would be on duty and it was generally agreed to have signs up.
"I think it's critical that people understand from a liability standpoint," said Benavides. "As soon as they're coming in that they see that." Greene said the signs

at the guard stands already say that no lifeguard is on duty with an extra sign out on top of it when a lifeguard is on duty. Dunn said he recalled those signs were approved by the town's insurance company, so they should work. Signs will be placed at the gate as well.

Gilford Public Library Top Ten Requests

1. "A Gambling Man" by David Baldacci
2. "The Four Winds" by Kristin Hannah
3. "21st Birthday" by James Patterson
4. "The Palm Beach Murders" by James Patterson
5. "Ocean Prey" by John Sandford
6. "The Red Book" by James Patterson
7. "Sooley" by John Grisham
8. "The Final Twist" by Jeffery Deaver
9. "Win" by Harlan Coben
10. "The Rose Code" by Kate Quinn

Rylie Treat of Laconia achieves Spring 2021 Dean's List at Belmont University

NASHVILLE, Tenn. — Rylie Treat qualified for the Spring 2021 Dean's List at Belmont University. Eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.
Approximately 53 percent of Belmont's 6,170 undergraduate students qualified for the Spring 2021 Dean's List. Belmont Provost Dr. Thomas Burns said, "Students achieving the Dean's List recognition at Belmont have clearly demonstrated enormous commitment to their educational endeavors - they have invested deeply in their studies and in their future. We are happy to celebrate their success and know that their continued, consistent and comprehensive dedication to their academic work will equip them to embrace future oppor-

tunities to engage and transform our world." About Belmont University
Belmont University-home of the October 22, 2020 Presidential Debate, the final in the election season-is made up of more than 8,200 students who come from every state and 28 countries. Nationally ranked and consistently recognized by U.S. News & World Report for its innovation and commitment to teaching, Belmont brings together the best of liberal arts and professional education in a Christian community of learning and service. The University's purpose is to help students explore their passions and develop their talents to meet the world's needs. With more than 100 areas of undergraduate study, 27 master's programs and five doctoral degrees, there is

no limit to the ways Belmont University can expand an individual's horizon. For more information, visit www.belmont.edu.



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The pitfalls of ‘senioritis’

We’ve all heard the term ‘senioritis’ — perhaps even experienced a case of it ourselves — but is this diagnosis real? After some lengthy research, we say absolutely.

Senioritis is defined as, “A supposed affliction of students in their final year of high school or college, characterized by a decline in motivation or performance.” The end is near, with graduation just around the corner, and many seniors can taste freedom, but aren’t quite sure what to do with it. Even with some students heading off to college, the fear of the unknown combined with a complete change in the cadence in life is enough to make several seniors come down with a serious case of senioritis. The senioritis is a way to break away from the stress and rigors of 13 years of schooling.

Some signs of the affliction include a lack of motivation, a decline in grades, or feeling as though nothing they do in the final months leading up to graduation really matters much. Most students’ entire senior years of high school are spent trying to plan for the future, this can be daunting and stressful for these kids, who are still really, just kids. Some symptoms parents should look for include extreme laziness, apathy, spending all of their free time with friends away from home.

Unfortunately, the rapid decline in motivation does not go unseen by universities. After being accepted, many schools will look at a student’s last semester, and a substantial decrease in grades raises a red flag. This has admissions offices questioning a prospective student’s level of commitment and the question of maturity is also put on the table. If the situation is bad enough, a college or university can rescind an acceptance. Each year, thousands of students receive such letters. Sometimes a student will enter their freshman year of college already on academic probation. If a student was issued merit aid from an institution, they risk losing those funds.

There are things that can be done to help offset senioritis. One thing a student can do is to set tiny goals such as getting a B or higher on the next quiz or test, or to finish an assignment ahead of time. Working on better ways to study for tests is also crucial. Too much pressure can cause students to shut down so taking some time to relax and have fun with family and friends is a great idea.

Another idea is for parents and teachers to reassure students that life after high school is an exciting time and that not every graduate needs a definitive plan right away. Explain different opportunities for a gap year, including the pros and cons of taking one.

If your child becomes too self-destructive handing out consequences is key. Finding their currency and removing it may change their perspective and keep them on track. Remembering to reward good behavior is a must. If your child is behaving in such a way that they become emotionally removed, disobedient and disrespectful taking a gap year might be the best option as college is expensive and tuition should never go to waste. Sometimes when students see their friends off at school while they are left behind can be motivation to get back into the swing of things.

Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

Send your letters to:

Gilford Steamer
5 Water Street • Meredith, NH, 03253

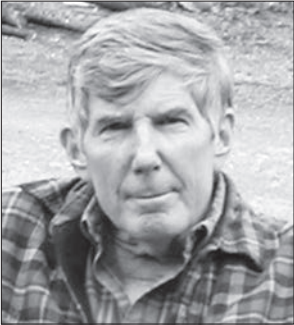
Our fax number is 279 3331.
E-mail us at brendan@salmonpress.news.
We’re looking forward to hearing from you!



RC GREENWOOD

Golden Eagles lax

Curtis Nelson battles his way through the Plymouth defense in action last week. The Golden Eagles dropped a 10-4 decision to the Bobcats on their home turf. No other information was available as of press time. Gilford is slated to be at Kingswood today, May 20, at 6 p.m., will be hosting Laconia on Tuesday, May 25, at 4 p.m. and will be at Laconia on Thursday, May 27, at 7 p.m.



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 sit-

North Country Notebook

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



JOHN HARRIGAN

“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.

ting 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 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



COURTESY

“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)

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 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.)

WinnAero hosting space-themed workshop series

GILFORD — “Fly Me to the Moon” was a popular song for the late crooner Frank Sinatra, but it has new meaning for the STEM education non-profit group WinnAero.



Teacher Helene Wherry puts the finishing touches on her model rocket assembly at WinnAero's Rockets Workshop for teachers.

The group recently completed the first in a series of space-themed workshops using the

facilities at Laconia's Rogue Space Systems. Shown in this workshop photo is participant and Science and World Language teacher Helene Wherry from Manchester's Founders Academy, a public charter school. The first workshop, entitled “Rockets” will be followed by one day sessions in the series starting with “The Space Environment” on May 18, “Aerospace Activities for Grades K-6” on May 26 and “Spacecraft” on June 3.

Any teacher or home school parent interested in taking one or more in the series is encouraged to contact WinnAero Education Director, Dan Caron, at dan.caron@winnaero.org.

A donation to WinnAero is requested at \$5 per person or \$20 per family. CR Helicopters will be available to offer helicopter flights to the public for a fee. Event sponsors include Bank of New Hampshire, German Motorsports, Fire-side Inn and Suites, The Insurance Outlet, E.M. Heath's and Granite State Glass.

Gilford puts together strong game in win over Plymouth

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — In what coach Joan Forge called her team's best game of the year, the Gilford softball team defeated Plymouth 6-3 on Monday, May 10.

Gilford scored once in the first, added three in the fifth and finished with two in the seventh inning on 11 hits. Plymouth plated its first run in the fourth inning and added two more in the sixth inning.

Ella Harris was on her game for the Golden Eagles, striking out 16 and giving up just four hits, while the defense

was strong behind her, not picking up a single error.

Madison McKenna ripped a double down the left field line in the first inning, moved to third on a Harris single and scored on a fielder's choice by Kim Daigneault.

In the fifth, Lauren Nash-Boucher started the inning with a single and moved up on a Jessica Gannon sacrifice bunt. Maura Hughes reached on an error and Jaiden McKenna ripped a double to left to plate a pair of runs. She then scored on a base hit by Daigneault for the 4-1

lead.

The Golden Eagles added some insurance in the top of the seventh after Plymouth had cut the lead to 4-3. Madison McKenna and Harris had back-to-back singles and Daigneault was hit by a pitch to load the bases. Madison Cusello then drew a walk to plate another run.

Shortstop Millie Caldon made a great play in the bottom of the seventh inning, fielding a grounder in the hole between short and third and made the long throw across for the out. Hughes also made a couple of good catches in right field to help seal the win.

Gilford is scheduled to take on Laconia in the final week of the season, visiting the Sachems on Monday, May 24, at 6 p.m. and hosting the Sachems on Wednesday, May 26, at 4 p.m.

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

HIGH SCHOOL SLATE

Thursday, May 20

GILFORD
Boys' Lacrosse at Kingswood; 6
Boys' Tennis vs. Kingswood; 4
Girls' Lacrosse vs. Kingswood; 4
Girls' Tennis at Kingswood; 4

Saturday, May 22

BELMONT
Track Home Meet; 4
WINNISQUAM
Track Home Meet; 10
Monday, May 24
BELMONT
Baseball vs. Kingswood; 4
Softball vs. Kingswood; 4
GILFORD
Baseball at Laconia; 8
Softball at Laconia; 6
WINNISQUAM
Baseball at Plymouth; 4
Softball at Plymouth; 7

Tuesday, May 25

GILFORD
Boys' Lacrosse vs. Laconia; 4
Girls' Lacrosse at Laconia; 6

Wednesday, May 26

GILFORD
Baseball vs. Laconia; 4
Softball vs. Laconia; 4
WINNISQUAM
Baseball vs. Plymouth; 4
Softball vs. Plymouth; 4

Thursday, May 27

BELMONT
Baseball at Kingswood; 4
Softball at Kingswood; 4
GILFORD
Boys' Lacrosse at Laconia; 6
Girls' Lacrosse vs. Laconia; 4
All schedules are subject to change.

Eric A. Niskala, 50



GILFORD- Eric A. Niskala, 50, of Old Lakeshore Road, passed away at his home after a long illness, on Sunday, May 9, 2021, with his wife and son by his side.

Eric was born on July 7, 1970, in Laconia, the son of Arthur and Carol (Kolapakka) Niskala.

He lived in Gilford most of his life and graduated from Gilford High School. He was a stone mason by trade and built a beautiful stone wall for his parents at their home. Eric loved being outside, as he was a hunter and fisherman all of his life, and spent a lot of time enjoying the outdoors with his dad.

Eric is survived by his beloved wife, Lyn (Archambault) Niskala of Gilford, his two children whom he loved dearly, Matthew Niskala, Gilford, and Micaela Niskala, Gilford, his parents, Arthur and Carol Niska-

la, Gilford, his sister-in-law Carrie Jayne Niskala, Milford, his nephews Asa and Cooper Niskala of Milford, his in-laws, Jane and Kenneth Archambault of Pittsfield, his stepdaughter Katie Archambault, and her fiancé DJ Green, of Chichester, his step-granddaughter Kayleigh Green, Chichester, and several brothers-in-law and sisters-in-law on his wife's side of the family. Eric was predeceased by his brother Larry A. Niskala.

Eric's family would

like to thank the Lakes Region Visiting Nurse and Hospice Association, of Meredith, NH.

A Private Family Memorial Service will be at a later date.

For those who wish, the family suggests that memorial donations in Eric's name be made to any Alcoholics Anonymous Meeting House of your choosing, or to the Lake's Region Mental Health Center, Attn: Development Office, 40 Beacon Street East, Laconia, NH, 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services and 603Cremations.com, 164 Pleasant St., Laconia, NH, 03246, is assisting the family with arrangements. For more information and to view an online memorial, please visit www.wilkinson-beane.com.

Opechee Garden Club maintains Rowe House Community Garden



COURTESY

Opechee Garden Club Members Restore Rowe House Community Garden

Members of the Opechee Garden Club are revitalizing the Rowe House Community Garden, in conjunction with the Thompson Ames Historical Society. Many of the perennial plants require thinning in order to maintain a healthy garden.

These plants, along with other perennials and herbs locally grown by Garden Club Members, will be available at the Opechee Garden Club's Plant and Bake Sale on June 12 from 9 a.m. to 2 p.m., rain or shine, at the Laconia Public Library, 695 North Main St., Laconia. Most perennials will cost between \$5 and \$12 each. You will find many plants to fill your garden along with homemade baked goods, raffle and garden decorations.

The Club provides funds to support local Community Gardens, the Lakes Region Scholarship Foundation, Loon Preservation and other local non-profits. For more information regarding the Opechee Garden Club, visit our Web site Opecheegardenclub.com.

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Edward Jones: Financial Focus

What to expect from a financial review

The COVID-19 pandemic may have unsettled many aspects of your life – including your financial situation. Even if your employment and earnings were not directly affected, you might have concerns about whether you've been making the right investment moves in such a stressful environment. The pandemic is, hopefully, just a once-in-a-lifetime occurrence, but different events can rattle financial markets. And changes in your own life also can affect your plans. To prepare yourself for whatever tomorrow may hold, you may want to get some professional help – but what, really, can you expect from a financial advisor? A financial advisor will look holistically at your life – your family composition, your career, your hopes and dreams, your instincts about saving and spending money, your risk tolerance and other factors. So, during your initial meeting, and at subsequent reviews afterward, here are some of the key areas you'll discuss:

- Feelings about your financial situation

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.

- Numbers are important to financial advisors, but what's most meaningful to them is understanding what's important to their clients. Are you confident about your overall financial outlook? Are you worried about your cash flow? Are you distressed over volatility in the financial markets? Do you have concerns about your career? By getting at the answers to these and similar questions, a financial advisor can gain a clear sense of who you are and what matters to you. You can then follow an established process to build your personalized strategies and take the specific actions needed to achieve your goals.
- Progress toward your goals – It takes patience and discipline to achieve long-term goals, such as helping send your kids to college or enjoying the retirement lifestyle you've envisioned for yourself. As you save and invest for these goals over the years, you'll want to... measure your progress regularly. If you seem to be falling behind, your financial advisor

can suggest moves such as increasing your investments or adjusting your investment mix.

- Changes in your family situation – Marriage or remarriage, the arrival of new children, the departure of children for college, caregiving responsibilities for older parents – any and all of these events can make a big difference in your goals and, as a result, your investment plans. During your reviews, your financial advisor will consider these changes when making suggestions or recommendations. (Changes in your family's status may affect your estate plans, so you'll also need to work with your legal advisor or other estate-planning professional.)
- Changes in your retirement plans – As you near retirement, you might decide that your original plans for this time of

your life no longer suit you. For example, you might have once thought that, when you retired, you would stay close to home, volunteering and pursuing your hobbies. But now you're thinking how much you would enjoy traveling, or perhaps even living abroad for a while. To accommodate your change in plans, a financial professional may recommend certain moves, such as working a couple of years longer or adjusting the amount you eventually withdraw from your 401(k), IRA and other retirement accounts. As you work toward your goals, you may find it challenging to navigate the financial markets and respond to the changes in your life – but you don't have to go it alone. And knowing what to expect from a financial advisor can help smooth your journey.



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Helen Tautkus of Laconia graduates from Assumption University

WORCESTER, Mass. — Helen Tautkus, of Laconia, was one of nearly 400 graduates to receive a bachelor’s degree during Assumption University’s 104th Commencement exercises on Sunday, May 9, at the DCU Center in downtown Worcester. Pulitzer Prize-winning and nationally syndicated Washington Post columnist George F. Will, Ph.D., delivered what he called the “last Assumption lecture for which you will be a captive audience” to the Class of 2021, in which he urged the graduates to live in the present while also imagining the past. The Class of 2021 is the first to graduate from Assumption University, which transitioned from Assumption College last year.

“Mr. Will’s influence as an author, newspaper columnist and journalist, particularly for the Washington Post as well as a political commentator on ABC and MSNBC, cannot be overstated,” said Salutatorian Maeve McDonald ‘21 in her introduction of the speaker. «In speaking with Mr. Will about the value of such an education, he noted that, «the point of a liberal arts education is to teach you to open your mind to question, not to reject, but to question received opinions.» He argued that this is a particularly important skill for graduates today as we enter a world that is fraught with political turmoil and moral relativism.»

In his commencement address, Will shared an example of just how one’s liberal education

can help one better understand the world. He prompted graduates to consider the political unrest in America and the “mudslinging” against “past Americans who played large roles in the creation and preservation of our nation,” whose statues are being toppled and names scrubbed from public buildings and places for what mudslingers deem moral and political failures.

“No one says our nation was, or those who passed it on to us, were without sin,” he shared. “Rather, I am here to warn against the sin of pride. This is the sin of those who today so much enjoy rendering harsh judgments against those who acted in earlier days. In harshly judging those who produced our nation, today’s unforgiv-

ing critics are guilty of their own sin. It is the sin of presentism.”

Will explained that presentism is “the fallacy of judging by our standards the behavior of those who acted in circumstances very different than ours,” and that the only cure is a deep historical knowledge.

“Only such knowledge can give us the ability to imagine what it was like to have been America’s leaders trying to act morally, as we all must try, in situations not of their choosing or of their making,” he said.

“What I’m asking for, what I’m pleading for, is imagination. Usually when we speak of imagination, it is prospective imagination, imagination of the future. But what we urgently need now is retrospective imagination. The ability to imagine the past,” he said, adding that we need to reimagine the textures of a time long ago, with social settings, customs, political practices, and institutions and ethical standards much different than we have today.

He asked those in attendance “on this 21st century Sunday morning» to return in their imaginations to 167 years ago when the Kansas Nebraska Act became law. It allowed popular majorities in Kansas and Nebraska to decide whether to permit enslavement.

Will asked the audience to imagine the scene as politically engaged Americans in 1954, and asked “What would you have advocated? What would you have done?”

Will shared that while Lincoln was against enslavement, he was also opposed to allowing the Union to dissolve, which would have called self-government into doubt. He “adopted the ethic of responsibility and committed himself to the patience of politics, to the long path of maneuver and persuasion.” Will said that to understand such dilemmas that politicians confronted in the past requires more than just the grounding of facts in history; it requires imagination and the empathy that imagination can nourish.

“Our nation today needs the empathy that can only come from imagination and the ability to imagine oneself in other people’s shoes. The ability to reason, and maneuver, and compromise as they had to do,” he stated.

Will called presentism a “pandemic of vindictiveness,” and a pandemic, though not of a virus, but something for which there is no vaccine.

“Historically-grounded empathy inoculates us against the sin of pride that is at the cold heart of presentism,” said Will.

Will said that he hoped that the graduates’ time at Assumption had provided them with two talents that would make them immune to such moral vanity—a talent for gratitude and a talent for praising.

“Having gratitude for those men and women in the American past, who, like all of us, were flawed but who nevertheless handed on to us a na-

tion that had fewer flaws than when they inherited it,” he said. “Praising is an act of humility, an act of homage to those who have been in the arena and who have distinguished themselves there.”

He concluded his “final lecture” with an old English couplet:

“The couplet is: ‘All men are created equal. They differ only in the sequel.’ You are the sequel to this excellent University’s fine touch,” he said. “You will go forth from here and live in the present. But you will, I hope and expect, leave the nation better, because you will avoid presentism. You will do so by appreciating the always crooked road we Americans are always traveling toward a more perfect Union.”

Assumption President Francesco C. Cesareo, Ph.D., also emphasized the enduring importance of a liberal arts education.

“While so much changed this past year, what did not change was the essence and value of your Assumption education,” he said. “The pandemic has made more evident the value of the Catholic liberal education you have received in the last four years. You have come to appreciate that enduring ideas matter and provide a framework for understanding our contemporary world. You have explored the deepest questions of the human heart, which transcend time and place.”

President Cesareo added that these questions include understanding the common good, cultivating good judgment and understanding complexity, finding one’s purpose in life, and understanding the responsibilities we have to one another, especially among the most vulnerable.

“A Catholic liberal education engages these questions and has prepared you to live out your vocations, professions and to be lifelong learners,” he said. “It has provided you with the wisdom and courage to confront the challenges we face during a time like this and that you will face throughout your life.”

Valedictorian Hannah White ‘21 also spoke of Assumption’s emphasis on vocation and its importance as she and her classmates enter “a pandemic-stricken workforce with no guarantee that we’ll find our ideal entry-level job, much less a clear career path,” she said.

“Over the past four years we have become familiar with the tagline, ‘Light the way.’ How can we be a light for others when we ourselves cannot see through the darkness of the unknown?” she said.

White shared her experience in the SOPHIA program as one example in how Assumption helps its students understand what it means to choose a vocation.

“Our vocations-our life callings-affect all aspects of how we live, work, and engage with the world around us,” she said. “Although we find it difficult to discern our future through the haze of uncertainty, remember this: our life purpose is not some far

off goal that will allow us to be happy forever. Vocation is an ever-on-going process of self-discovery. It is living magnanimously, striving for the greatest good, especially in the day to day. It is using what gifts we have to serve others who have nothing. It is living in authentic community with others, where we help each other bear our burdens. Even if our futures are shrouded in darkness, in our vocations we have the light we need to see the next right step.”

In closing, President Cesareo reminded the graduates that they are the first class to graduate from Assumption University, representing a milestone in the history of Assumption.

“Throughout its history, Assumption has shown itself to be a resilient institution, overcoming challenges that on the surface seemed insurmountable,” he shared. “This year, you have also shown yourself to be resilient as you adapted to the changes that were necessary as we addressed the impact of the pandemic. The sacrifices you made have allowed you to grow as a person in ways that were unexpected. In this way, the pandemic shaped your education as it shaped you as well. Thank you for the many ways you contributed to making Assumption a better place over the last four years. As you move on to the next chapter of your journey, I congratulate you on all that you have accomplished as students at Assumption. We look forward to the many contributions you will make to our society because of your education at your alma mater.”

During the ceremony, Will and Vincent Strully, Jr., founder and CEO of the New England Center for Children, received honorary degrees. Will was honored for his “steadfast pursuit of knowledge and distinguished commentary [that] has enriched the American media landscape,” while Strully was recognized for his “four decades of selfless service” in which he has dedicated himself to “empowering those in the autism community.”

Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England’s premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master’s and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.

Gilford Parks and Recreation News

BY HERB GREENE
Director Gilford Parks and Recreation

Adult Spring Hiking Program continues on Tuesday mornings. The Gilford Parks and Recreation Department is sponsoring a series of spring hikes for any adults looking for fresh air, fun and exercise. The hikes will be held on Tuesday mornings throughout the spring. Participants will gather at 9:30 a.m. in the Gilford Town Hall before departing for the hike. Participants should bring a mask to wear during check in and for any times when stopped on the trail where we cannot practice social distancing. There is no cost for this program, but all interested participants are asked to RSVP at least one day in advance to each trip.

For more information or to RSVP, please contact the Gilford Parks and Recreation Department at 527-4722.

Shooter’s Gold Basketball Camp
The Gilford Parks and Recreation Department is once again sponsoring the Shooter’s Gold Basketball Camp in Gilford this summer! The camp will be held on the Gilford Middle School Outdoor Basketball Court from June 28 - July 1. Session 1 for children entering grades 1-4 will be run from 8 - 10 a.m. Session 2 for children entering grades 5-8 will be run from 10 a.m. - noon. Participants may register through the Hogan Camps Web site at www.hogancamps.com. Cost: \$85 per session before June 1, \$90 starting June 1.

For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Challenger British Soccer Camp
The Gilford Parks and Recreation Department is again sponsoring a week-long Challenger British Soccer Camp. This camp will be held from July 12 - July 16 at the Gilford Village Field. This camp offers a three-hour program for children ages six to 14 and a one-and-a-half-hour program for children ages 3-5. Participants may register by picking up a form from the Parks

and Recreation office or by visiting the Challenger Web site at www.challengersports.com. Cost: \$132 for ages six to 12 and \$97 for ages three to five.

For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

WICKED COOL FOR KIDS - Lego Robotics Camp
The Gilford Parks and Recreation Department is sponsoring a one-week Lego Robotics We Do 2.0 camp the week of July 19 - July 23. The camp is open to children entering grades 1-5 in the fall and will take place in the Gilford Middle School Cafeteria from 9 a.m. - 4 p.m. Participants will learn to program free roaming LEGO robots and make science come to life and see science ideas grow from design to action. Get in gear with LEGO’s new updated software to build and use an iPad to program, Milo the Science Rover and other fun untethered robots. In the morning, explore guided robotics projects to create an earthquake-shake table to test house designs. Next, create a bot to sort and recycle items. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Gilford Parks and Recreation Web site at www.gilfordrec.com. Cost: \$300

For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Minds in Motion “KIKO.962 Robot Workshop!”
The Gilford Parks and Recreation Department is Sponsoring a workshop through Minds in Motion for children ages 1-12, from 9 a.m. - 4:30 p.m. on August 2nd and 3rd. Participants will have the opportunity to build and take home their very own KIKO.962 robot! This infrared sensor detecting, obstacle-exploring robot has spent life traveling the galaxies and surveying uninhabitable regions! KIKO.962 loyally follows any object that approaches it and won’t stop until switched back into explore mode. KIKI.962 has two pre-programmed modes (Follow-me and Explore) and scans its surround-

ings by using AI (artificial intelligence), I/R (infrared sensor), and six legs which allow it to turn 360 degrees and seamlessly complete obstacles! Once you construct this 192-piece STEAM kit, you will realize this is no ordinary robot. KIKO.962 offers a wonderful sound and light effect, which develops its own emotions and gestures! Create challenging mazes for KIKO.962 to navigate around, or just select Follow-me and enjoy having the adorable robot pursue you! Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at www.gilfordrec.com. Cost: \$115.00 per participant

For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Gilford Old Home Day – Town Wide Yard Sale on June 19

The Gilford Old Home Day Committee will be sponsoring a Town Wide Yard Sale on Saturday, June 19 from 9 a.m. – 1 p.m. (rain or shine). Participants can register for a spot at the Community Yard Sale Site, which will be located at the Gilford Village Field or can host a sale at their own house and register to be added to the Town Wide Yard Sale location map. Each registered yard sale site for the Town Wide Map, will have a number and address listed on the map to help shoppers find the location of their sale.

Cost to Register:
Community Site - \$20
Town Wide Map Listing - \$10

Maps will be sold for only \$2.00 at Community Site at the Village Field on the day of the sale. All proceeds will help support Gilford Old Home Day.

Additional information and registration forms can be found in the Gilford Parks and Recreation Office or on the Parks and Rec Web site at www.gilfordrec.com. Deadline to register for a site is Friday, June 11.

For more information, please contact the Gilford Parks and Recreation Office at 527-4722.

Gilford baseball falls short against Plymouth



JOSHUA SPAULDING

Catcher Caleb Giovanditto fires a throw to second during action against Plymouth last week.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Plymouth baseball team got out to an early lead and made it stand up in earning a 10-1 win over Gilford on Wednesday, May 12.

“We played a pretty clean game defensively and had some great at-bats, especially from the bottom half of the order,” said Plymouth coach Mike Boyle. “We

put the ball in play and forced Gilford to make plays, which was nice to see.”

“We hit them for a little while,” said Gilford coach Tom Carr. “But once they brought (Cole Johnson) in, he was lights out.”

Plymouth scored four times in the first two innings, including an RBI base hit from Charlie Comeau in the first inning and a homer from Jake Crowley in the second



Connor Caldon throws a pitch for Gilford during action last week against Plymouth

inning.

Parker Keeney got the start on the hill for Plymouth and pitched into the second inning, giving up Gilford’s one run on two hits before Johnston took over. He went the rest of the way, allowing two hits and striking out 10 without walking a single batter.

Plymouth added three runs in the fourth inning, starting with a long double from Brock Tanner and a Crowley base hit drove him in. Henry

Shaw followed with a base hit and though Gilford turned an 8-6-4 double play, started by Tyler Lafond in center field, the Bobcats did plate a run. Johnston reached on an error to keep the inning alive and after Andrew Baxter was hit by a pitch, a base hit from Cam Stratton plated Plymouth’s seventh run.

Plymouth scored their final three runs in the seventh inning. Shaw and Comeau pow-

ered that inning with RBIs as the Bobcats closed out the 10-1 win.

Connor Caldon started on the hill for the Golden Eagles and pitched into the sixth inning, striking out six and walking just one batter. Gavin Clark finished up on the mound for the hosts, striking out three and walking two.

Plymouth finished with 12 hits on the day, led by three hits from Shaw, while Crowley and Comeau each had a pair of hits. Comeau drove in four runs and Crowley drove in three runs.

Plymouth opened the week with a 9-2 win over Gilford. The Bobcats scored three times in the bottom of the first inning and added six runs in the bottom of the fourth.

Baxter got the start on the mound and went six innings, allowing two runs on five hits while striking out four. Kurtis Cross came in and finished the game out

with an inning of relief. Riley Marsh itched into the fourth inning for the Golden Eagles, allowing six hits and striking out six. Lafond came on to finish out the game for the Gilford boys. Crowley had three hits to lead the Plymouth offense, while Johnston and Kyle Joyce added two hits. Johnston had three RBIs, while Joyce added two.

Plymouth is scheduled to host Winnisquam on Monday, May 24, and will be at Winnisquam on Wednesday, May 26.

Gilford is scheduled to wrap up the season against Laconia, 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.

Golden Eagles rally, but Bobcats get the win

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth girls’ lacrosse team opened up a three-goal lead on Gilford at halftime on Thursday, May 13. The Golden Eagles were not to be denied, as they rallied to take the lead midway through the second half.

But, Plymouth charged back, pulling even and eventually earning the 9-8 win.

“The 23 sophomores and freshmen on participated in a very good learning lacrosse week,” said Gilford coach Dave Rogacki. “The physical Plymouth Bobcats provided the high school learning experience for the young Eagles and Gilford responded in an above average way.”

After Plymouth scored the first goal of the game, Gilford netted the next three goals to take the lead, but Plymouth battled and scored the next five goals for the 6-3 lead. Anna Aprilliano had three goals

for the Bobcats while Emma Webster, Chloe Boschard and Ellie Means each tallied a goal. For Gilford, Molly McLean, Aly Pichette and Lexi Shute all found the net for Gilford in the first half.

Megan Metivier and Aprilliano got in close for a couple of chances for the Bobcats late in the first half, but Gilford keeper Julia Spooner held tight in the net and the game went to the break with the Bobcats up 6-3.

Metivier had a free shot to open the second half but was denied by Spooner while Shute had a chance go wide for the Golden Eagles.

Gilford cut the lead to 6-4 with just more than a minute gone in the second half, as Ashley Hart fired the ball past Plymouth keeper Ashley Bannon. Plymouth came back with chances from Anya Barach, Laurel Mason and Means, but they could not get the ball in the net, while McLean got a nice run in



JOSHUA SPAULDING

Gilford’s Lexi Shute tries to squeeze between Plymouth’s Megan Metivier (left) and Chloe Boschard in action last week.

the zone for Gilford, only to see the Plymouth defense converge.

Gilford cut the lead to 6-5 with 22:48 to go in the game, as Hart made a nice move through the defense and fired the ball into the net. Gilford had a couple more chances, but couldn’t convert as Bannon held tight.

However, with 21:26 to go in the game, Gilford tied the game on another goal from Hart. Plymouth got a free shot from Brooke Austin and shots from Aprilliano and Mason, but Spooner held her ground. Gilford got a free position shot from Shute that Bannon corralled.

With 17:07 to go, Plymouth took the lead back when Mason picked up a loose ball and ran into the zone, firing the ball into the net to give Plymouth the 7-6 lead.

Gilford wasted little

time getting the goal back, just a few seconds later, right off the faceoff, as Emily Watson raced into the zone and buried the ball, putting Gilford even at seven. Sophie Collins had a free position shot for the Bobcats, as did Boschard, but Spooner kept things in front of her.

The Golden Eagles took the lead with 14:55 to go, as Hart scored her fourth goal of the game to give Gilford the 8-7 lead. Aprilliano came back with a chance and Sydney Irons had a nice defensive stop for the Golden Eagles.

With 12:50 to go, the Bobcats got a tally from Webster, who came from behind the net and fired the ball into the net, tying the game at eight.

Then, less than a minute later, Webster scored on a free position shot to give her team the 9-8



Lauren Gallant fires a shot point blank during action at Plymouth last week.

lead.

From there, neither team was able to score again. Gilford had a nice run into the zone from Pichette, but the Plymouth defense held tight. Aprilliano had a shot go wide and Mason had a shot stopped by Spooner. Pichette had another couple chances go wide at the other end, while the Plymouth defense continued its strong play.

Bannon made a huge save on a shot in close from Lauren Gallant as time was winding down. Hart also had a shot denied and Plymouth held on for the 9-8 win.

Earlier in the week, the two teams were tied at five at halftime before Plymouth pulled away for the 13-10 win. Gallant had three goals and two assists for her best game of the season. Shute added two goals and Hart had two.

“I am very pleased with the growth this young group continues to show on a weekly basis with all the distractions over the past two years,” Rogacki said.

Plymouth is scheduled to be at Inter-Lakes today, May 20, at 5 p.m., will be at Kennett on Tuesday, May 25, and will be hosting Kennett on Thursday, May 27.

Gilford is scheduled to be hosting Kingswood today, May 20, will be at Laconia on Tuesday, May 25, at 6 p.m. and will be hosting Laconia on Thursday, May 27, at 4 p.m.

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

Golden Eagle girls drop close one in Plymouth

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Gilford girls’ tennis team traveled to Plymouth on Thursday, May 13, putting up a good fight against the Bobcats, but coming up on the short end by a 5-4 score.

“Every chance you have to play and practice is a building block,” said coach Hermann Defregger. “This year, we’ll take it as a bonus.”

Plymouth was able to take four of the singles matches, but the Golden Eagles did win two of the doubles matches to keep things close.

In singles, Avery Marshall got an 8-3 win in the fourth spot in the lineup and Alexa Leonard won by an 8-3 score at number five.

Alyssa Craigie dropped an 8-2 decision at number one, Alyssa Gosselin fell by an 8-3 score in the second spot, Ashley Kulcsar lost 8-4 in the third spot and Kathryn Osborn fell by an 8-5 score in the sixth spot.

In doubles play, Craigie and Kulcsar teamed up at number one and got an 8-2 win and Gosselin and Marshall played at number two and got the 8-2 win as well. Leonard and Osborn played in the third spot and dropped an 8-4 decision.

The Golden Eagles are slated to be at Kingswood today, May 20, to wrap up the regular season.

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



JOSHUA SPAULDING

Avery Marshall returns a shot during her team’s game in Plymouth last week.

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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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Top 5 hottest home building trends

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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TEXT: These days, home trends are about more than good design and

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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 accomplish 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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