

Newfound Landing

THURSDAY, SEPTEMBER 16, 2021

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COMPLIMENTARY

Lace up your running shoes – The NH Marathon is almost here

BRISTOL — The New Hampshire Marathon has been described as one of the most beautiful races in New England. The course moves around Newfound Lake during our most spectacular season, peak foliage. Races include a full marathon, half marathon, 10K and kids race and new for 2021 we also have a virtual race option.

First held in 1993 as a single race event, the NH Marathon has been New Hampshire's best kept secret for 27 years! This year the NH Marathon is being run on Oct. 2. The mission of the NH Marathon is to promote a world class running event and to support area child-centered organizations.

Over the years, donors' fees, race entry fees, and funds from related events have contributed over \$275,000 to three local organizations: the Tapley-Thompson Community Center, Circle Program, and Camp Mayhew. These groups provide important support to area youth through year-round programs touching and enriching the lives of more than 500 children a year. This would not be possible without the support of community partners and businesses. A special thanks goes to our title sponsor, Hannaford Supermarket in Bristol, which generously donated \$4,000.

Registration for the NH Marathon, half marathon, 10K, kids' run, and virtual race is now open. Access www.nhmarathon.com to complete the registration form. Not a runner but want to help the cause? Please use the registration link to sign up to be a volunteer. Jobs include helping with registration, parking cars, directing traffic, manning water stops along the route and assisting at the finish line. Many of these positions require only a few hours on the morning of race day. You can also contact race headquarters at race@nhmarathon.com or 603-744-2713.

Field hockey Bears snag pair of 3-0 wins



RC GREENWOOD

Adi Dolloff moves the ball up the field during her team's game with Laconia on Friday.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound field hockey team continued its strong start to the season with a pair of 3-0 wins last week.

The Bears hosted Winnisquam last Wednesday and won an evenly-matched contest with the Bears.

"This game went back and forth throughout the entirety of the game," said Newfound

coach Kammi Williams. "There were times we dominated and then there were stretches where Winnisquam controlled the game, then there was some back and forth.

"This was our first big challenge of the season," the Bear coach continued.

Newfound scored the game's first goal in the first half, with Savannah Bradley getting the goal on an assist from

Isabelle LaPlume. The Bears had seven shots and six corners in the half, while Winnisquam had just one attack.

Newfound got themselves some insurance in the fourth quarter, as Adi Dolloff scored off an assist from Lindsey Lacasse and Cassie Zick scored off the left post on an attack corner with an assist from Bradley.

"Our defense as a

SEE BEARS PAGE A6

Former Marine swims in memory of first responders



DONNA RHODES

On Sept. 11, a small crowd of local beachgoers gathered at Avery-Crouse Beach to congratulate former U.S. Marine Mike Welsch when he completed his swim from Wellington State Beach to the foot of Newfound Lake as a tribute to the First Responders who lost their lives that day 20 years ago. Welsch did the long distance swim, along with dozens of others in the past, having lost his left leg in an accident in the late 1970s.

BY DONNA RHODES
Contributing Writer

BRISTOL – As people all across the United States paid tribute to the thousands who lost their lives on 9/11, one Massachusetts man decided to travel back to Newfound Lake, where he had participated in Swim With a Mission a couple of years ago, and swim

from Wellington State Beach to Avery-Crouse Beach in honor of all who died in the terrorist attacks 20 years ago.

What made the swim extra meaningful is that 62-year-old U.S. Marine Corps veteran Michael Welsch of Shirley, Mass. has only one leg.

As a "grunt gunner" at Camp Lejeune in 1979, Welsch had time off one

night and decided to have some fun on his motorcycle. He had been drinking at the time and his day off ended with an accident from which he ultimately lost his left leg a few months later. It's been 33 years since he has had another drink.

"It's something I'll pay for the rest of my life," he told a Salmon

Press reporter in August of 2016 after swimming the length of Newfound Lake.

When he recovered and received his new prosthetic leg, Welsch set out on a personal challenge to swim as much and as far as possible to show others that, even when faced with adversity, anything is

SEE SWIM PAGE A7

Danbury community comes together for Grange Fair



DONNA RHODES

The High Street Heroes, shown here racing for the finish line, gave it their all in Danbury's traditional Bed Race last Saturday, but in the end it was the "Bed Wetters" who took home top honors for the competition at the Grange and Community Fair this year.

BY DONNA RHODES
Contributing Writer

DANBURY – This year marked the celebration of the 107th annual Danbury Grange & Community Fair, and after a somewhat subdued event due to the Covid-29 virus in 2020, residents past and present happy to join together once more on Sept. 11 to celebrate their rural com-

munity.

"It's Small Town America, and we love it that way. The Grange Fair is the spirit of Danbury," said event organizer Lisa Windsor.

Windsor was one of several volunteers who began nearly five months ago to bring the fair back to life this year.

The day began at 8:30 a.m. with the traditional

sale of breakfast sandwiches, burgers, hot dogs and fried dough that went on until 1 p.m. The Lee Knapp American Legion Post 59 opened their doors at 9 a.m. for their annual Attic Treasures Sale, while children's old time games, a bubble play area, craft tents and agricultural exhibits/

SEE FAIR PAGE A7

NLRA seeks volunteers for Grey Rocks clean-up



GROTON – Join the Newfound Lake Region Association at Grey Rocks Conservation Area on Sept. 23 from 10 a.m.-noon for an opportunity to get hands-on with conservation. Volunteers will help re-

COURTESY
NLRA relies on volunteers to conserve and protect the Newfound watershed.

move invasive terrestrial species and perform maintenance on the trails and in the gardens of Grey Rocks. Connect with nature and fellow conservationists, learn more about local conservation efforts, and give back to the community while surrounded by the beauty of Newfound. Snacks and coffee are provided, and volun-

teers are encouraged to bring a lunch to enjoy at the picnic area after the event. Learn more and register at: NewfoundLake.org/events.

Formerly a marina, Grey Rocks was donated to NLRA in 2011 and continues to be restored to more natural conditions to protect Newfound Lake's high-quality waters and serve as an example of responsible shorefront development. There is a non-motorized boat launch for access to the northern Newfound Lake and the Cockermouth River; a trail system with viewing platforms, fishing alcoves, and a picnic area.

NLRA Volunteer Days are held monthly June-September and are organized by NLRA's wa-

tershed stewards, AmeriCorps Service members that work to increase the capacity of NLRA and boost their efforts to protect the Newfound Watershed. Along with monthly volunteer days, NLRA relies on volunteers to collect water quality data, assist with programs and events, guard against aquatic invasive species, and more. Learn about all NLRA volunteer opportunities at NewfoundLake.org/volunteer. The Newfound Lake Region Association's mission is to protect Newfound Lake and its watershed. The Association - through education, programs and collaboration - promotes conservation and preservation of the region's natural, social, and economic resources.

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Bears fall in rainy day battle with Laconia



JOSHUA SPAULDING

Newfound keeper wraps up a loose ball, along with the leg of a Laconia attacker, in action last week.



Soraya Glidden moves the ball away from a Laconia attacker in action against Laconia last week.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound girls' soccer team took on the Laconia Sachems on Thursday, Sept. 9, battling Mother Nature in the process, as rain fell throughout the second half.

The Bears had some chances, but they were unable to find the back of the net and the Sachems walked off the field with a 4-0 win.

"We've talked about for the last couple of years, we have the skills, we have to have the mental part of the game," said coach Amy Smith. "It takes us 10 to 15 minutes to get into the rhythm of the game, we have to be ready to go."

The Bears and Sachems exchanged early chances, but the defenses held tight, with Soraya Glidden making a good defensive clear for the Bears.

The Sachems scored the first goal of the game less than four minutes into the contest, putting a shot past Lexi Bassett for the 1-0 lead. Newfound came back with a nice cross from Becca Dillon and Dillon had another shot that was stopped by Laconia's keeper. Bassett added a save at the other end.

Laconia had the game's first corner, but Newfound was able to clear the ball from the zone. MollyLu McKellar made a run down the

field for a chance, but again the Laconia keeper held tight. Elsa McConologue sent a nice ball up that just missed connecting with Rylee Barney and then had a good clear at the other end.

Taylor Mooney had a shot denied and McKellar sent one over the top of the net. Bassett had a couple of saves at the other end and McConologue had another clear. McKellar sent a shot wide of the net and Barney had a bid denied as well. Laconia had another corner kick, but Emily Huckins was able to clear the ball out of the zone.

With 7:05 to go in the first half, the Sachems got their second goal,

popping a shot past a charging Bassett. Isadora Robert had a good clear, Bassett had a good clear and Natalie Walker and McKellar had chances as the game went to the half with the Sachems up 2-0.

Like the first half, the Sachems got an early goal in the second half, finishing off a cross in front of the net just more than three minutes into the half. McKellar had a good run into the zone, but she was turned away and the Sachems had a bid at the other end that went wide of the net.

Perhaps the best chance of the day for Newfound came from McKellar, as she fired a shot off the cross bar.

She had another bid that was stopped by the keeper and Laconia had a corner at the other end, with Bassett making the save.

McKellar and Mooney made a good run into the zone, but they were turned away. Just about the midway point of the half, the Sachems were able to add their final goal, scoring off a cross in front and it was 4-0.

Mooney had a nice late bid that was denied, Laconia had a couple of chances that Bassett stopped and the two teams went back and forth for the final portion of the second half. Newfound had a late corner kick and Glidden had her shot blocked by

the defense as Laconia took the 4-0 win.

"Laconia is always a tough one," Smith said. "The first few games, we've been able to get some goals in.

"They've found ways to get the ball in and not just get down on themselves (after falling behind)," the Bear coach added.

The Bears are slated to be at Mascoma on Friday, Sept. 17, at 4 p.m. and will be at Fall Mountain at 4 p.m. on Tuesday, Sept. 21.

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

Bear boys run to third in Pinkham Notch



JOSHUA SPAULDING

Jeffrey Huckins finished third for Newfound at Saturday's race in Pinkham Notch.



Isabelle LaPlume crossed second overall for the Newfound girls Saturday at Great Glen Trails.



Ben LaPlume heads to the finish line for the Newfound boys on Saturday afternoon.



Julia Huckins rounded out the scoring for the Newfound girls at Saturday's Paul Letarte Invitational.

BY JOSHUA SPAULDING
Sports Editor

PINKHAM NOTCH — In a field filled with Division II and Division I teams, along with some strong Division III squads, the Newfound cross country boys more than held their own.

Newfound finished third overall in Saturday's Paul Letarte Invitational at Great Glen Trails in Pinkham Notch, finishing only behind Division I powers Pinkerton and Keene.

Connor Downes led the charge for Newfound, finishing in a time of 17:17 for fifth place overall.

Ryder Downes ran to 12th place in a time of 18:18 and Jeffrey Huckins was 22nd overall in 19:19.

Ben LaPlume was the fourth scorer for the Bears with a time of 19:52 for 28th place and Evan Foster finished out the scoring with a time of 20:08 for 30th place overall.

Romeo Dokus ran to 55th place overall with a time of 22:57 to round out the field of Bear boys in the varsity race.

For the girls, Chloe Jenness was the top Bear, finishing in a time of 24:32 for 25th place overall.

Isabelle LaPlume ran to 33rd place with her time of 26:13 and Leah Deuso finished in a time of 26:28 for 37th place.

Josie Halle finished in 27:15 for 45th place and Julia Huckins rounded out the scoring with a time of 28:17 for 51st place.

Jordan Edwards finished in 58th place with her time of 32:24.

In the JV race for the boys, Reuben Carruth finished in 22:37 for 12th place, Logan Hinton was 14th in 24:20, Caleb Anair was 17th in 25:59, Broderick Edwards finished 23rd in 27:29, Will Bednaz was 25th in 28:33 and Julian Field was 29th in 30:23.

The Bears are slated to run at White Mountains on Saturday, Sept. 18, at 9 a.m. and will be hosting a meet on Tuesday, Sept. 21, at 4 p.m.

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

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CADY Corner

Talking with your teen about alcohol

BY DEB NARO
Contributor

For many parents, bringing up the subject of alcohol is no easy matter. Your young teen may try to dodge the discussion, and you may feel unsure about how to proceed. To make the most of your conversation, take some time to think about the issues you want to discuss before you talk with your child. Consider how your child might react and ways you might respond questions and feelings. Then choose a time to talk when both you and your child have some “down time” and are feeling relaxed.

You don’t need to cover everything at once. In fact, you’re likely to have a greater impact on your child’s decisions about drinking by having several talks about alcohol use over time. Think of this talk with your child as the first part of an ongoing conversation. And remember, to make it a conversation, not a lecture. You might begin by finding out what your child thinks about alcohol and drinking.

Your Child’s Views About Alcohol. Ask what he or she knows about alcohol and what they think about teen drinking. Ask why he or she thinks kids drink. Listen carefully without interrupting. Not only will this approach help your child to feel heard and respected, but it can serve as a natural “lead-in” to discussing alcohol topics.

Good Reasons Not to Drink. In talking about reasons to avoid underage drinking, stay away from scare tactics. Most youth are aware that many people drink without problems, so it is important to discuss the consequences of alcohol use without overstating the case.

You want your child to avoid alcohol. Clearly state your own expectations about drinking. Your values and attitudes count with your child, even though he or she may not always show it.

Drinking is illegal. Because alcohol use under the age of 21 is illegal, getting caught may mean legal trouble. Even if getting caught doesn’t lead to police action, the parents of your child’s friends may no longer permit them to associate with your child.

Drinking can be dangerous. One of the leading causes of teen deaths is motor vehicle crashes involving alcohol. Drinking also makes a young person more vulnerable to sexual assault and unprotected sex. And while your teen may believe he or she wouldn’t engage in hazardous activities after drinking, point out that because alcohol impairs judgment, a drinker is very likely to think such activities won’t be dangerous.

You have a family history of alcoholism. If one or more members of your family has struggled with alcohol use disorder, your child may be more vulnerable to developing addiction.

Alcohol affects young people differently than adults. Drinking while the brain is still maturing may lead to long-lasting cognitive effects and may even increase the likelihood of developing alcohol dependence later in life.

How to Handle Peer Pressure. It’s not enough to tell your young teen that he or she should avoid alcohol—you also need to help your child figure out how. What can your daughter say when she goes to a party and a friend offers her a beer? Or what should your son do if he finds himself in a home where kids are passing around a bottle of liquor and parents are nowhere in sight? What should their response be if they are offered a ride home with an older friend who has been drinking? Brainstorm with your teen ways that he or she might handle these and other difficult situations and make clear how you are willing to provide support. An example: “If you find yourself at a home where kids are drinking, call me and I’ll pick you up—and there will be no scolding or punishment.” The more prepared your child is, the better able he or she will be to handle high-pressure situations that involve drinking.

For more tips on how to talk to your child about the risks of alcohol and underage drinking, 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.



RC GREENWOOD

Big win

Tyler Kulacz controls the ball during Newfound’s 1-0 win over Derryfield on Friday afternoon. The Bears will host Bishop Brady on Friday, Sept. 17, will be at Fall Mountain on Tuesday, Sept. 21, and at Somersworth on Thursday, Sept. 23, all with 4 p.m. starts.

North Country Notebook

In an age with little mercy, an expedition is marooned



By JOHN HARRIGAN
COLUMNIST

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

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

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

Under command of Lt. Adolphus W. Greely (5th Calvary, United States Army), the 25 expedition members set off from St. John’s, Newfoundland on July 4, 1881 aboard a sail-equipped steam-driven Coast Guard cutter, the USS Bear. The ship picked up two Native hunters and dog-handlers on the way to its over-wintering destination, Ellesmere Island, where it unloaded lumber and 350 tons of gear and supplies before heading south.

Expedition members built winter quarters 80 feet by 30 (inside dimensions) divided into three sections—officers, crew,

and kitchen—and named the outpost Fort Conger. The sun, meanwhile, was already setting earlier with each day, ever lower on the southern horizon.

One expedition goal was capturing the “farthest north” title, long held by the British. The crew accomplished this during that first winter, taking elaborate readings to determine the advance party’s position. They were unaware, however, that their easy voyage north, and the weather thus far, were the aftermath of one of the mildest winters on record. This caused a euphoria of dire implications.

Once winter quarters were built and instru-

was due as soon as the pack ice broke up in the spring of 1882, but this was not to be, and members spent July and early August scanning the waters for any sight of the ship, in vain. The vessel had been blocked by ice. The crew spent a second winter with dwindling supplies, brought along for that unlikely purpose.

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

Greely and a crew reduced by starvation abandoned Fort Conger and made for Cape Sa-



COURTESY

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

only enough for a few weeks. Nonetheless, they commenced building a hut for winter.

+++++

I’ve had enough experience with cold—real cold, down to 45 below

SEE **NOTEBOOK** PAGE A6



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



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

ments set up, there was too little work to keep the men busy, and restlessness and grumbling grew during the long, dark winter. A relief ship

bine, some 300 miles to the south, dragging a sledge and a boat. Supplies had supposedly been left there, but Greely and his men found

one memorable morning and -50 the next—in northern climes to make me hope I’ll never have to be that cold again.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Bristol

From what I can gather, school sports programs at NMHS and NRHS are off to a great start with many participating and the teams seem to be competitive with their opponents and giving strong and dedicated efforts to make their seasons fun and successful. Good luck to all the participants, coaches, volunteers and supportive parents and fans...

One of the biggest annual sporting events in the Newfound Area is the New Hampshire Marathon! The 28th Annual Event is scheduled for Saturday, Oct. 2 at 9 a.m. Over 500 runners are expected to participate in the 26.2 mile run and its fellow events, including a 13.1 half marathon, a 10K road race and kids race. Not only does the field feature many local runners, but also has attracted runners from 45 different states and 10 different countries!

For information regarding routes, entry fees and other concerns, call 744-2713 or race@nh-marathon.com.

On Saturday, Sept. 18, take a hike up to Inspiration Point for a chance to view the start of the annual fall hawk migration. Bring your binoculars, patience and sense of adventure while waiting to spot the movement of a hawk along the horizon. This event is free and open to the public.

Churches

Christian Science Society, Plymouth

We are happy to let you know that our Reading Room is open on Mondays from noon to 2 p.m., and has a wealth of materials which you can read, borrow or buy. We have all books published by the Christian Science Publishing Society, Bibles and reference books. You can read the Christian Science magazines, the Sentinel and the Journal, which have articles by members from around the world with helpful, practical thoughts on meeting everyday challenges, and accounts of healing experienced through prayer. We welcome you to stop in and browse what's available.

We'd love to have you join us at our Sunday services which are held at 10:00 each week in our church building at 7 Emerson St. in Plymouth. It begins with the comforting verse from Isaiah: "Fear thou not for I am with thee; be not dismayed for I am thy God." We hold Sunday school for children and young people up to the age of twenty at the same time. We welcome all youngsters who would like to participate. Students become famil-

This is a self-guided event and scheduled between 10 a.m. and 2 p.m. A tribute to Everett 'Slim' Baker will be on display for all to view on the porch of the Slim Baker Lodge.

TTCC Programs starting up in the Fall include: New Dance Classes at the TTCC on Saturday mornings from Sept. 25 – Oct. 30 for Ballet/Creative Movement, Fundamentals of Dance, ages three to five, grades K-2 for a fee. Jazz and Hip-Hop for grades 3-6 from 10:45 - 11:30 a.m.m also for a fee.

Youth Field Hockey for two divisions (K-2 and 3 - 6) Saturdays, Tuesdays and Thursdays on Kelley Park. The After School Program at the TTCC is full! If you wish to have your child added to the waiting list, use the online contact below.

The TTCC Fall Running Club for ages nine and up one or two days a week will start in early September and 'run' until mid to late October. All participants must register.

Adult Programs at the TTCC include: Shape Up Newfound on Mondays, Thursdays and Saturdays at the Bristol Elementary School.

Pick-up Sports include Badminton, Volleyball, Basketball, Pickleball and Pool.

Contact the TTCC at www.ttccrec.org or 603-744-2713 for more information on these and other programs.

The Minot-Sleeper Library is now open! Upcoming events in-

clude: Third Monday Book Group on Monday, Sept. 20 at 10 a.m. for a discussion of the book "The Lady and the Unicorn" by Tracy Chevalier, Home School Hang Out on Sept. 16 at 3 p.m. (a science experiment and then hang out with snacks provided. Contact the MLS to sign up), Bad Art Night will be held at the MLS on Sept. 22 at 2 p.m. (participants will be asked to create the 'worst' piece of art for special prizes. Contact the MLS to sign up), Movie Screening: Cinderella (live action) on Friday, Sept. 24 at 3:30 p.m. "Cinderella" on the big screen with popcorn and refreshments. Free and open to all ages.

The Bristol Historical Society Open House is held on Tuesdays from 6:30 – 8 p.m., and on Saturdays from 9 a.m. until noon.

Corrugated cardboard recycling is starting at the Transfer Station. Clean, flattened, corrugated cardboard will be accepted. Staples and tape do not have to be removed. Clean pizza boxes are also accepted. Cereal boxes or other thin-walled cardboard are not accepted now. These rules are important because the cardboard is baled and sold. If a bale includes contaminations or the wrong type of cardboard, it will be rejected and can not be sold. Paper mills in Claremont and New York state are currently accepting bundled cardboard and making rolled paper. Please start bringing your cardboard

to the Transfer Station and look for the green building to put it in.

Just a little saying of mine I used to get some students to think how important your health is:

"If you don't take care of your body, where are you going to live?"

Groton

Ann Joyce
AMJ8347@gmail.com

The upcoming Select Board meetings at the Town House are Tuesday, Sept. 21, Oct. 5 & Oct. 19 at 7 p.m. The work sessions are Tuesday, Sept. 21 at 5:30 p.m., Oct. 5 & Oct. 19 at 5 p.m. All are welcome to attend.

The Planning Board meeting is scheduled for Wednesday, Sept. 29 at 7 p.m.

The Select Board Office will be closed beginning at 11 a.m. on Thursday, Sept. 16 for a seminar.

The Select Board meeting, work session & non-public work session meeting minutes for Aug. 17 were all approved.

There is an update on the mold remediation project at the DPW garage building. Work on the mold removal & replacement of material in the affected area began on Sept. 7.

An offer on the town property on Halls Brook Road, Map 1, Lot 29 was received from an abutter. The Select Board accepted the offer & all paperwork was signed by all parties.

The due date for the

MS-1 was changed to Sept. 15, as the data was still being assessed because of the update by Avatar. The Select Board signed the completed MS-1.

An exemption letter for a Veteran's Tax Credit due to the re-evaluation was approved.

The Baker River Snowmobile Club Permission Form was approved for five years.

A report of cut / yield certificate for Map 1, Lot 49 was signed. The total amount due is \$2,002.45.

A building permit for Map 1, Lot 45 for a 24 x 33-foot structure with a roof & sides over a camper was signed.

Senator Giuda forwarded a letter asking if the select board would like to meet. Sara will reach out to Senator Giuda about dates he would be able to attend the Select Board meeting to speak with the select board & any citizen who has any questions for him.

The Warrant Articles submissions for the Town Report are due Dec. 30.

Two additional items were added. A supplemental intent to cut for Map 2-18 & Map 10-23 for the amount & types of wood as well as an amended septic approval for Map 6 53-12 were signed.

Robert (Bubba) Ellis stated paving will start on River Road Sept. 23. He will reach out to Bryant Paving on the 20th for confirmation as he needs to remove material over the culverts.

Chief Bagan received a complaint regarding the speed people are trav-

eling on North Groton Road. On four separate occasions, he observed people driving above the posted speed limit with a citation being issued. The Chief forwarded to the Select Board a request for additional speed limit signs on the Town portion of North Groton Road & the location where placement would be most effective to slow the rate of speed.

The Groton Historical Society has 2022 calendars for sale honoring Groton's heroes' part I, 1775 -1865. The cost of the calendars is \$10. These can be mailed to you for an additional cost of \$2.50 to cover the cost of mailing. Call Slim or Sherri 603-744-9744 to get a copy of this or to have it mailed to you. The Town Clerk also has copies.

A final note. The New Hampshire Town and City magazine has highlighted two of our town's employees in their September/October magazine. A section called Up Close & Personal in the field gives recognition to employees of municipalities. Sara Smith & Robert (Bubba) Ellis are being recognized for the service they provide to the town. Congratulations to both for their handling of the day-to-day operations as well as the unexpected devastating events the town has experienced in the last couple of years. If you're interested there is a copy of this at the Town House. A well-earned accolade.

If anyone has any town events you would like published let me know.

Plymouth Area Community Closet is still here with food, fuel, and financial aid

PLYMOUTH — Like many other local non-profit groups, the Plymouth Area Community Closet (PACC) has been affected by the covid pandemic. The Thrift Shop closed in March 2020, and Meals for Many held in the Plymouth Congregational Church has been cancelled till further notice. Boomerang, a local consignment store on South Main St. in Plymouth, has generously offered to share their proceeds from donated items in their shop with PACC which is helping immensely!

PACC still has office space on South Main St. where the Food Pantry is open on Tuesdays and Thursdays from 8-10 a.m.

(536-9889) under the management of Dawn Miller. Grocery gift cards from Hannaford (purchased by PACC) are also available. Fuel assistance through the Keep The Heat On program will re-start Tuesday, Oct. 12 by phone only at 536-1101 on Tuesdays and Thursdays from 9 a.m.-noon. All types of fuel are included from pellets, to propane, wood, oil, electric, and kerosene. You only need to be a resident of one of our catchment towns to request aid – fuel help is only given one time during the heating season.

Through the management assistance of Whole Village, PACC is sponsoring a new program for families by of-

fering clothing vouchers to Ladders and financial aid for new shoes with a gift card from Marshall's for their school-age kids! We are very excited to assist families help clothe their children as the new school year starts.

As winter and the holidays begin, PACC will again continue the Holiday Food Basket program in a different mode due to covid concerns where packing up and delivering some 300 baskets is not feasible at this time. Sources for funding this project are being sought and PACC will meet the remaining costs out of its general fund. Further information about completing an application to receive a basket will be

announced later this fall through this newspaper, social media, and Whole Village in Plymouth.

The PACC Board of Directors is committed to continuing its mission of meeting clients' needs throughout our region which includes Alexandria, Ashland, Bridgewater, Ellsworth, Campton, Dorchester, Groton, Plymouth, Rumney, Hebron, Holderness, Waterville Valley, Thornton, Wentworth, and Warren. Covid has upended our lives for well over a year and shows little sign of abating, but with our area partners and generous donors we will continue helping people's lives stay safe, warm, and food-secure.

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Edward Jones: Financial Focus


Plan ahead before joining the “Great Resignation”

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

make progress toward your long-term goals? Your first move is to look clearly at your financial situation. As mentioned above, it's best to have new employment in hand before you quit your job. Alternatively, perhaps you have a spouse or life partner who earns enough to sustain the two of you, or you've built up an emergency fund that gives you a cushion. However, if your short-term income is less than you previously earned or you need to go without a paycheck for a while, could you still pay your bills? If you are strapped for cash, you might be tempted to tap into your 401(k) or other employer-sponsored retirement plan. But this move will generally result in taxes and, if you are younger than 59 ½, a 10 percent penalty as well. Because of this, and because your retirement accounts are designed to be a financial resource after you retire, think twice before dipping into

these funds if you leave your current employer. If your employer allows it, you can leave your money in the 401(k) so you'll still be accumulating resources for retirement. You also have the option to roll those funds into an individual retirement account (IRA) or a new employer's retirement plan. And if you plan to work for yourself as a freelancer, consultant or business owner, you'll still want to save toward retirement. Possible retirement plans for the self-employed include an "owner-only" 401(k), a SEP-IRA or a SIMPLE IRA, all of which may be relatively easy to establish and offer tax benefits. A financial advisor can help you find a retirement plan that's appropriate for your needs.

Here's something else to keep in mind – an emergency fund. As mentioned above, if you already have one, you'll have some breathing room if you're thinking of leaving your job and might have a temporary gap in income. But as the name suggests, an emergency fund is there to help cover unexpected costs, such as a major home repair, without forcing you to take out a loan, or cash out part of your longer-term investments. So, if you are planning to tap your emergency fund, work to restock it as soon as possible. If you're participating in the "Great Resignation," it means you're feeling positive about your future employment prospects, which is great. But you'll want to support that optimism with a strong financial foundation.



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

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

Notebook

FROM PAGE A4

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

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

+++++

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

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

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

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

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

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

Sept. 20, 1883--"The crew's commander,

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

+++++

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

The men were down to tiny amounts of rancid bacon fat mixed with tiny and nutrient-deficient shrimp, and had eaten the leather uppers on their boots and their sleeping bag sacks.

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

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

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

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

Whole Village Family Resource Center distributes backpacks, school supplies



PLYMOUTH — Students went back to school this year with backpacks filled with essential supplies – and some series smiles on their faces.

Whole Village Family Resource Center hosted a school supply drive and filled nearly 60 backpacks for children to use this year. In addition to individual donors, the organization received financial donations, backpacks and school supplies from Bank of New Hampshire, Greater Lakes Region Children's Auction, and Emmanuel Episcopal Church. The New

Hampshire Electric Co-op sponsored an ice cream party the day of the backpack distribution.

"We were so fortunate to have support from this community in donating supplies for students," said Susan Amburg, Director of Whole Village Family Resource Center. "There are many families that are struggling right now, and we are committed to actively encourage education while supporting our local families."

In addition to the backpack distribution, the team at Whole Village worked with the Plymouth Area Community Closet and Bridge House to provider vouchers for back to school clothing as well.

"This was a true community effort," said Amburg. "The biggest reward was watching the children enjoy choosing their own backpacks and be excited to go back to school this year."

Whole Village Family Resource Center, an initiative of Granite United Way, houses 14 nonprofit organizations dedicated to supporting families in the Greater Plymouth area. Whole Village Family Resource Center provides family support services using the Strengthening Families model. Strengthening Families is a research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs, and communities.

For information on upcoming classes and resources, visit the Whole Village Family Resource Center Facebook page.

HIGH SCHOOL SLATE

Thursday, Sept. 16 NEWFOUND Unified Soccer at Plymouth; 3:15 PLYMOUTH Field Hockey at Souhegan; 4:30 Golf at Farmington CC; 3:30 Unified Soccer vs. Newfound; 3:15	Saturday, Sept. 18 NEWFOUND Cross Country at White Mountains; 9 Football vs. Bishop Brady; 2 PLYMOUTH Cross Country at Coe-Brown; 10 Football at Bow; 2	Girls' Soccer at Fall Mountain; 4 PLYMOUTH Boys' Soccer at Oyster River; 4:30 Cross Country at Newfound; 4
Friday, Sept. 17 NEWFOUND Boys' Soccer vs. Bishop Brady; 4 Girls' Soccer at Mascoma; 4 PLYMOUTH Boys' Soccer at Lebanon; 4 Girls' Soccer vs. Lebanon; 4 Golf at Claremont CC; 3:30 Volleyball at Manchester West; 5:45	Monday, Sept. 20 NEWFOUND Field Hockey vs. Mascoma; 4 Unified Soccer at Winnisquam; 4 Volleyball at Epping; 6:15 PLYMOUTH Golf Home Match; 3:30 Volleyball vs. Milford; 4:30	Wednesday, Sept. 22 NEWFOUND Field Hockey at Berlin; 4 Volleyball vs. Sunapee; 6:15 PLYMOUTH Field Hockey at John Stark; 4 Girls' Soccer vs. Oyster River; 4:30 Golf at Beaver Meadow; 3:30 Volleyball at Souhegan; 5:45
	Tuesday, Sept. 21 NEWFOUND Boys' Soccer at Fall Mountain; 4 Cross Country Home Meet; 4	Thursday, Sept. 23 NEWFOUND Boys' Soccer at Somersworth; 4 PLYMOUTH Boys' Soccer vs. Kennett; 4

All schedules subject to change.

Bears

FROM PAGE A1

whole showed so much grit and fight to keep that ball from seeing the back of the cage," Williams said.

Keeper Ali Norman-din saw eight shots in the first half and finished with 13 saves in goal.

"Seniors Maggie Bednaz and Cassie Zick real-

ly controlled the middle of the field where Winnisquam had all their strength," Williams continued. "The girls stood up to the test and showed D3 that we are here to compete and not a team to overlook."

Newfound continued the week with a 3-0 win over Laconia in convincing fashion on Friday.

"Coming off a big win, our team went into the first quarter a little flat and gave Laconia a really good look

and their only look at our goal for the game," Williams stated. "They had one corner and one shot."

The Bears, on the other hand, had 17 corners and 23 shots on goal in the contest and Williams noted that the Laconia goalie had a great game, making a number of strong saves in the net.

"Sometimes it's actually harder to play when you control the game because all 22 players are on one side of the field,"

Williams said. "It can get very crowded and hard to pass the ball."

"Our defense stayed strong and still has not allowed a goal this season," the Bear coach added.

Zick scored the first goal of the game, unassisted and Dolloff scored off a corner on an assist from Bednaz. Bradley added the third goal on an assist from Lacasse, and Williams pointed out that Lacasse had a very solid game at right

midfield, feeding the offense by supporting the attack circle and Bednaz played well, supporting both sides of the field.

The Bears are slated to be hosting Mascoma on Monday, Sept. 20, at 4 p.m. and will be at Berlin on Wednesday, Sept. 22, at 4 p.m.

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



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Ella MacDonald pushes the ball away from a Laconia player in action Friday afternoon.

Fair

FROM PAGE A1

judging got underway at 10 a.m.. At that time parade participants also headed to Restful Rd. were they were instructed on line-up procedures and judged for awards in several categories. This year's theme was "Outdoor Fun" and while an overwhelming number of entries went along with the theme, there was also a lot of Red, White and Blue in the parade this year, honoring not only local veter-

ans, but those who lost their lives in the 9/11 terrorist attacks on the nation that same day 20 years ago.

Throughout the morning and early afternoon hours, people shopped, ate and chatted with friends and neighbors while enjoying the music of Lindsey Schust and the Ragged Mountain Band.

"What was really special this year is that one of the members of the band has moved to North Carolina but came up

this weekend just to play with the band. That's how meaningful this event is to people from Danbury," aid Windsor.

The parade this year was led off by an Honor Guard from American Legion Post 59. Loud cheers were also heard for a convertible carrying military veterans Ed Roche, Danbury's current Boston Post Cane holder, Hayden Martz, and their driver Doug Colby who is himself is also a veteran. Behind them were dozens

of entries expressing their love for numerous outdoor sports, such as ATVs, bicycling, skiing, swimming, camping, fishing, off-road adventures and horseback riding. Days at the beach were also saluted with children building sandcastles in the back of one float.

Beautiful oxen and antique cars also made their way along the route to appreciative cheers and applause from the crowd.

Perhaps arguably the most anticipated afternoon event was the annual Bed Race. No one is

sure if any other towns hold annual bed races, but Danbury's Grange Fair is known for its years-long competition and crowds enjoy it immensely each time the old bed races down the street. This year four teams signed up to climb aboard the rusty old metal bedframe, which has been outfitted with a quilt and wheels. Rolling across the finish line with the top time this year was Team Bed Wetters.

Other events that day were a silent auction, a dutch auction, a horse-shoe tournament at In-

dependence Park and a tractor pull.

At 5 p.m. bluegrass music from the band Cardigan Mt. Tradition filled the air as people grabbed a take out meal from the grange hall then grabbed a seat around the bandstand set up across the street.

"It was a great time, and we were once again blessed with good weather. If you talk to people, many can't even remember if they ever even missed a year. It's really special to us," Windsor said.



Veterans Ed Roche (rear seat, Danbury Boston Post Cane holder), Hayden Martz (front seat) and Doug Colby (driving) were among the military members and first responders who were saluted in the Danbury Grange and Community Fair parade on Sept. 11.



With "Outdoor Fun" the theme for this year's Danbury Grange and Community Fair parade, Ruth Bidwell not only encouraged people to have fun in the sun; she also snapped photos from her bike as she enjoyed her love for outdoor photography.

Swim

FROM PAGE A1

possible if you put your heart into it.

Over the years, Welsch has swum all of New Hampshire's big lakes, including the length of Lake Winnepesaukee, and even a few smaller lakes in between. Being the cleanest lake in New Hampshire though, he has especially enjoyed distance swimming in Newfound Lake whenever the opportunity has arisen.

"I wanted to swim this lake again before the temperatures got too cold, and I especially wanted to do it on 9/11 for all the brave firefighters who ran into those towers to save lives then lost their own, too," he said last weekend.

On Friday evening, Welsch and his friend, Ken Hughes of Windsor, Vt., drove to Wellington Beach to determine where he would start this memorial swim. While there they met N.H. State Police Marine Patrol Officer John Johnson. Hearing about the proposed swim, Johnson gave Welsch a few tips then said he would try to be in the area while they were on the lake on Saturday.

At 12:30 p.m. the next day, Welsch waded into the lake with Hughes beside him in a kayak to provide him with any aid he might need along their trip. Leaving from the beach meant they had to first head out of that bay area then wind between islands while Hughes kept an eye out for boaters travelling in the vicinity. True to his word Johnson kept checking on the pair though, providing them with a safety barrier for any boats that came too close.

Three-and-a-half hours later, Welsch and Hughes arrived at Avery-Crouse Beach to find a small crowd of beachgoers who learned of his mission that day. With an "Alexa" coincidentally on hand, one beachgoer was even able to broadcast the Marine Hymn

("Halls of Montezuma") when Welsch finally grabbed onto a boat dock along the shore.

Surprised by the gathering, he said with a grin, "If I'd known people would be waiting here for me like this I would have picked up my speed!"

While the sun was shining and the sky was once again a brilliant blue on Sept. 11, Welsch said the lake conditions were not what he had hoped for as he set out on his swim. The air was pleasant but water temperatures were cold, warming up a bit only as he made his way past the islands.

"I wanted to quit many times on this swim, but I just kept going," he said later.

Much of what spurred him on were his thoughts of those who selflessly ran into the towers with no concern for themselves. Welsch said that when he took breaks along his swim, he and his friend Ken talked about that and it gave him the determination to swim on despite his own discomfort.

"They were wearing heavy gear marching all the way up into those two buildings and just kept going without thinking about what they were personally going through. I had to keep going, too," he said.

The impromptu welcoming crowd was excited to watch Hughes paddling the kayak as the duo grew closer to the beach and they could finally see Welsch's white swimming cap bob up and down in the water. Over the sounds of the Marine Hymn cheers and applause rang out as they all waited to greet him once he caught his breath on the dock, strapped his prosthetic leg back on and walked ashore. Officer Johnson pulled up and docked his boat for a moment to congratulate Welsch, too.

None of the three were certain exactly how far the swim had been, but Johnson said,

considering how they had to weave between the islands, it was most likely four to perhaps even five miles. Welsch joked that it seemed more like 10 miles with the temperatures. In either case, it was Mission Accomplished.

For now, he is putting aside any plans for future swims and will go back to bicycling around Quabbin Reserve back home in Massachusetts. Throughout the winter and spring however, his sights will still be set on other New England lakes he has yet to conquer.



While adults enjoyed many other activities at Danbury's Grange and Community Fair last Saturday, for three-year-old Kayelyn it was all about dancing in the bubbles.

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Find the words hidden vertically, horizontally, diagonally, and backwards.

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NAVIGATION, ORIENTEERING, PEAK, RIVER, RUCKSACK, SKI, TRACKS

**Fungi
workshop
led by Rick
Van de Poll at
Quincy Bog**

RUMNEY — This short seminar on Saturday, Sept. 19, from 9 a.m. to 1 p.m. will introduce participants to the intricate world of higher fungi in northern New England. A colorful introductory slide show presented by local ecologist and fungi expert Rick Van de Poll will be followed by a short, easy hike around Quincy Bog in search of what is “in bloom” and identifiable.

Participants should meet at Quincy Bog's Nature Center, 131 Quincy Bog Rd. in Rumney. We request that masks be worn during the indoor portion of the workshop. Registration is required, and there is a \$20 fee. To register, or for more information, visit www.quincybog.org or contact Betty Jo Taffe, bjtaffe@gmail.com.

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Fall Home & Garden Guide

Why excavation is best left to the professionals



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

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

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

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

Why hire an excavation professional? Even the most skilled DIYer might be better off hiring an excavation professional than going it alone. That's true for a number of reasons.

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

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

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

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

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Simple ways to save on heating costs this winter

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

According to estimates from the National Energy Assistance Directors' Association, homeowners spent an average of \$911 on home heating costs in the winter of 2019-20. The winter of 2020-21 could prove even more expensive, as

the COVID-19 pandemic continues to force much of the world to practice social distancing. That means many professionals are still working from home full-time, while even those who aren't are no doubt spending more of their free time at home. All those hours spent at home figure to increase reliance on heaters this winter, which means heating bills are likely to go up as the temperatures go down.

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

do just that.

- Add insulation. Extra insulation throughout the house can dramatically reduce home heating (and cooling) costs. According to the Environmental Protection Agency, adding insulation in attics, crawl spaces and basement rim joists can help homeowners save as much as 15 percent on heating costs.

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

- Close the flue on your fireplace. Fireplaces can keep a home's inhabitants warm in winter, but only when they're in use. When they're not

being used, fireplaces can allow heat to escape a home. When the fireplace is not being used, close the flue to prevent heat from escaping the house. Keeping all windows and doors closed throughout the day is another way to prevent unnecessary heat loss.

- Have your HVAC system serviced before winter begins. Inefficient HVAC systems cost homeowners considerable amounts of money each year. Annual maintenance performed by a certified HVAC professional can ensure filters are clean and operating at peak efficiency, saving homeowners the costly trouble of having to turn up the thermostat to overcome dirty systems.

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



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Fall Home & Garden Guide

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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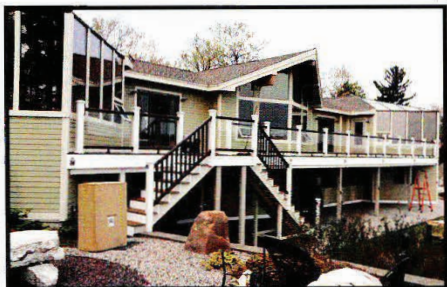
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