

Golden Eagles battle, but fall in Division III finals

BY JOSHUA SPAULDING
Sports Editor

HUDSON — It wasn't the results that the Gilford girls' tennis team was looking for, but the experience of playing in the Division III finals was something that coach Herman Defregger hopes will serve the team well in the coming years.

The Golden Eagles dropped an 8-1 decision to Littleton on Friday, June 4, at Alvirne High School in Hudson, bringing the season to a close.

"We got them to experience what I knew was coming," said Defregger. "You can't prepare players for this, you have to experience it."

"We've seen teams



JOSHUA SPAULDING

The Gilford girls' tennis team finished as the Division III runners-up, falling to Littleton in the finals.

that play the ball less precise, but today shows what tennis is all about," the veteran coach continued. "Our goal was to get to the semifinals, it's been a long time, so to be in the finals is unbelievable."

Littleton took all six singles matches to take the drama out of the championship match early on. Kathryn Osborn was first off the court with an 8-3 loss in the sixth spot, with Alexa Leonard dropping an 8-1 decision in the fifth spot.

Ashley Kulcsar was next off the court, dropping an 8-2 decision in the third spot while Avery Marshall fell by an 8-4 score in the fourth spot in the lineup.

Next off the court was Alyssa Gosselin in the second spot, dropping an 8-2 decision and in the closest match of the day, Alyssa Craigie dropped a 9-8 decision (7-3 in the tie-breaker) at number one.

In doubles play, Gilford got its lone win at number one, where Craigie and Kulcsar finished with an 8-2 win. Leonard and Marshall dropped a

SEE **TENNIS** PAGE A12

Local trainer creating partnerships between people and service pups

BY ERIN PLUMMER
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Service and emotional support animals, who save lives and make life easier for so many people, are being trained right in Gilford thanks to the work of a trainer with a passion for animals and helping people.

For the past seven years, Kaarla Weston has been working to train service and emotional support animals for people of all ages with a wide variety of medical conditions. Recently she started working with a Strafford girl who has type 1 diabetes and was able to get a dog thanks to a Meredith-based effort by the family of Man-cy Grier, whose life was changed by her own diabetic alert dog. Weston joined Man-dy's family in present-ing a golden retriever

named Luna to Norah Boissonnault at a special presentation at the Meredith town docks.

Norah and Luna are just one of over 43 partnerships between human and dog that started at Gilford's Golden Guardians.

Gilford's Golden Guardians combines Weston's passions for working with people and animals.

Weston's interest in working with animals started when she got a golden retriever in fourth grade.

She studied Human Services Administration and Community Psychology and has a background in developmental services. She combined her back-ground with her love for dogs into Gilford's Golden Guardians, a business she started in 2014.

SEE **GUARDIANS** PAGE A10

GHS honors senior athletes



ERIN PLUMMER

Gilford High School's senior athletes were honored at a special breakfast a week before graduation.

BY ERIN PLUMMER
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Gilford High School honored its senior athletes with a special breakfast and some special recognitions.

Senior athletes were invited to a breakfast in the cafeteria on Wednesday, an event to honor senior athletes and all the work they have done both in sports and in the school.

"Were obviously just want to do something that's a little bit special," said Athletic Director Rick Acquiliano. "We hope to grow this in the

future. These kids are backbone of what we do here because they do it all: both in the classroom and certainly athletics and we'll miss them."

Acquiliano praised the students for their abilities to play sports, many of whom are playing multiple sports a year, and be successful academically and continue the work they do in their families and the community.

"If someone were to ask me what's Gilford all about, I would show them you," Acquiliano said.

He praised the students for how they conduct themselves on the field and in the classroom.

He also noted how the students missed out on a lot of school milestones last year because of the pandemic and students

SEE **ATHLETES** PAGE A11

Graduation kicks off end of year events

BY ERIN PLUMMER
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Gilford students are getting ready for the end of the school year with Gilford High School's graduation this weekend, leading to the start of summer vacation around June 21 and 22.

GHS seniors will be graduating on Friday and fourth and sixth graders are getting ready for their moving on celebrations



FILE PHOTO
(Right) Gilford High School's graduation will take place this Friday, and will return to Bank of New Hampshire Pavilion.

as well. The school year will tentatively end for all students around June 21 and 22.

Gilford High School seniors will have two last big celebrations before moving onto their futures.

The Senior Awards Night is scheduled for June 10 at 6 p.m. in the GHS auditorium. Seniors who are invited to the event will be able to bring four guests.

Graduation will take place on Friday, June 11 at Bank of New Hampshire Pavilion. Seniors

SEE **GRADUATION** PAGE A10

ALMANAC

What's new at the Gilford Public Library?

After a crazy end of May with new hires and changing roles, we have reached the calm before our summer frenzy. Mark your calendars for June 8 at 6:30 p.m., when we'll be inviting guest virtual speaker Steve Hale of Open World Explorers to talk about the breeding season of tons of backyard birds.

A few weeks later, on June 25 at 10:30 a.m., the library and the Gilford Neighbors are inviting the State of New Hampshire Division of Parks and Recreation for a presentation about the diversity of our state park system and cost-savings available to our patrons.

In the Children's Room, we're also grinding out the last details of Tails and Tales, our 2021 Summer Reading Program. There will be a kickoff party for kids and families on June 23rd with ice cream, dancing, face painting and more! We would like to thank the Friends of the Gilford Public Library for their fundraising efforts and continued support of the library that allows us to provide such a slate of programs. We'd also like

to welcome Miss Megan onto the library team. She will be joining Miss Jill on the first floor as a new Children's Librarian. Stop in and say hi! We can't wait to see how this summer shakes out and we couldn't be more excited to share our programming with you all.

Classes & Special Events June 10 - June 17 *Sign up required

Thursday, June 10

*Geri Fit, 9-10 a.m.

French, 4-5 p.m.

Friday, June 11

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

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

Join Miss Jill for a fun filled storytime! Registration is required as space is limited.

Knit Wits, 1:30-2:30 p.m.

*Advanced Conversational German, 2:30-3:30 p.m.

*Lower Intermediate Line Dancing, 4-5 p.m.

Monday, June 14

*Geri Fit, 9-10 a.m.

Mahjong, 12:30-3 p.m.

Tuesday, June 15

*Geri Fit, 9-10 a.m.

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

Baby Storytime, 10:30 a.m.

Join Miss Megan for a storytime fun with your baby.

Wednesday, June 16

Check out an Expert, 10 a.m.-noon

Father's Day Craft: Personalized Puzzles, 10:30 a.m.

Come and join us and make a personalized puzzle for your favorite guy in your life for father's

day. Can't make it? No problem, pick up and make at home. *Available while supplies last.

*Preschool-4th

Thursday, June 17

*Geri Fit, 9-10 a.m.

1000 Books Before Kindergarten Graduation, 10:30-11:30 a.m.

If you are currently a 1000 Book Before Kindergarten participant join us for a celebration. All participants will be

recognized along with celebrating our 2021 graduates. An event not to be missed.

French, 4-5 p.m.

Open Mic Night, 5:30-7 p.m.

Calling all musicians, poets, comedians, storytellers, spoken word authors, dancers and more! Do you have a talent and want to show it off? Join us for an open mic night at the Gilford

Public Library outdoor amphitheater.

Bring whatever equipment you need (we have speakers and a microphone) and come perform a short set. Not a performer? Come to watch and have a nice night out. Performers: please email gilfordlibrary@gmail.com to sign up for a time slot. We can't have the event without performers!

Opeechee Garden Club Plant and Bake Sale June 12 at Laconia Public Library

LACONIA — The Opeechee Garden Club will be hosting a 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.

"We are expecting over 200 perennials, grown locally by Garden Club members, to be available," said Judy Robertson. "We have a nice assortment to fit most needs."

"It's the perfect opportunity to purchase plants, to fill in, or expand your flower beds," added Linda Belcher. "We are able to offer perennials, along with a selection of herbs, at a great price of \$5 to \$15."

If you're not a gardener, come select from a wide assortment of craft items. Members have been busy decorating birdhouses, signs and Tofa Pots for your enjoyment or gift giving. The beautiful tofa garden pots are filled with succulents. They can be brought indoors and will last for years.

Members of the Opeechee Garden Club



COURTESY

Left to Right: Randy Brough, Director Laconia Public Library; Hollis Thompson, Opeechee Garden Club President; Judy Robertson and Linda Belcher, Plant Sale Co-Chairs; Barbara Sargent and Ginny West, Raffle Co-Chairs; John Moriarty, Chairman Laconia Public Library Trustees. Absent Carmel Lancia, Bake Sale Chair.

are preparing homemade baked goods.

"We have some of the best bakers in our Club," said Carmel Lancia. "We will have a great selection of cookies, muffins, cakes and other specialties."

While you are there, purchase some raffle tickets.

"We are so grateful for our community members who have been so generous donating the raffle items," said Barbara Sargent. "Community donors include Lowes, Lilies at the Parsonage, Pedal Pushers Farm, and Agway at Winnisquam." Five (5) names will be drawn to win one of the following: a Woods Outdoor Collapsible Utility

Wagon with dimensions measuring 39.5 by 21 by 26 inches. The heavy duty frame allows loads up to 225 pounds. The wagon will be filled with lots of yard and garden supplies with a total value of over \$200. Other items include a gift certificate to Lillies at the Parsonage, Root Assassin Shovel and Saw, Large ceramic pot of annuals, and a birdhouse with birdseed. Winners do not need to be present to win.

"The Opeechee Garden Club's Plant and Bake Sale allows us to raise funds to maintain several Community Gardens," said Hollis Thompson, Club President. "The Club also provides finan-

cial support to the Lakes Region Scholarship Foundation, Loon Preservation and other local non-profits."

"If anyone would like to see an example of the great work done by the Garden Club Members. I invite them to stop by The Laconia Public Library," said Randy Brough. "You will be amazed at the gorgeous gardens around our property."

For more information regarding the Opeechee Garden Club, visit our website Opeecheegardenclub.com. If you are interested in joining the Opeechee Garden Club, please send an email to Opeecheegardenclub2012@gmail.com.

Gilford Public Library Top Ten Requests

1. "21st Birthday" by James Patterson
2. "The Four Winds" by Kristin Hannah
3. "The Palm Beach Murders" by James Patterson
4. "A Gambling Man" by David Baldacci
5. "Golden Girl" by Elin Hilderbrand
6. "Ocean Prey" by John Sandford
7. "Legacy" by Nora Roberts
8. "The Final Twist" by Jeffery Deaver
9. "Sooley" by John Grisham
10. "Jackpot" by Stuart Woods

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GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from May 17 to June 3.

Stephen M. Surette, age 31, of Bedford, Mass. was arrested on May 19 for Domestic Violence-Simple Assault-Physical Contact, Simple Assault-Physical Contact or Bodily Injury, and multiple counts of Resisting Arrest or Detention.

Trevor M. Rice, age 19, of Chelmsford, Mass. was arrested on May 22 for Unlawful Possession of Alcohol and Possession of Marijuana. Two juveniles, both age 16, were arrested during the same incident, one for Unlawful Possession of Alcohol and the other for Trans-

porting Alcoholic Beverages and Possession of Marijuana.

A 23-year-old male and 23-year-old female from Mansfield, Mass. were taken into protective custody for intoxication on May 23.

Corrine K. Brown, age 40, of Rochester was arrested on May 23 for Breach of Bail and Violation of a Protective Order.

William E. Sears, Jr., age 84, of Gilford was arrested on May 23 for Criminal Threatening.

Audrey Michele McLeod, age 49, of Andover was arrested on May 25 for Unauthorized Use of a Vehicle valued at less than \$1,000.

Eric T. French, age 36, of Gilford was arrested on May 28 for Criminal

Mischief and Domestic Violence-Simple Assault-Physical Contact.

A 19-year-old female from Plaistow and a 20-year-old male from New Boston were taken into protective custody for intoxication on May 29.

A 36-year-old from Revere, Mass. was taken into protective custody for intoxication on May 29.

Jessica A. Lurvey, age 27, and Matthew P. Schofield, age 29, both identified as transients, were arrested on May 30 for Criminal Trespassing and Breach of Bail.

Robert Glenn Cyra, age 51, of Laconia was arrested on June 1 for Theft By Unauthorized Taking or Transfer (Larceny).

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Celebrating a legacy and a new canine companion

Local family presents diabetic alert dog to young girl

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH – A young girl with diabetes now has a medical support dog thanks to the efforts of a local family in memory of their loved one whose life was improved by her own canine companion.

The family of Mandy Grier has been working to raise money to get a child a diabetic alert dog and was able to achieve that goal much earlier than expected thanks to the generosity of many people. On Saturday Mandy’s family celebrated this milestone with an event at the Meredith town docks that formally presented a golden retriever puppy named Luna to Norah Boissonnault of Strafford.

Mandy Grier was diagnosed with type 1 diabetes at 7-years-old and she struggled with it her whole life. About eight years ago her family raised money to get her a diabetes alert dog named Mylo.

Diabetic alert dogs are trained to recognize when their handler is having low or high blood sugar and is able to alert them so they can take actions before their blood sugar gets to dangerous levels. Mylo was trained to recognize when Mandy’s blood sugar level went below 80, and she would alert her before she even knew something was going on. Her family said Mylo gave Mandy a healthier and more independent life without as many trips to the hospital.

“We knew from the beginning Mylo just changed her life,” said Mandy’s sister Kelly McAllister. “Mylo was about to add a lot of independence for Mandy that she didn’t have. She changed her life in ways that we never could.”

Mandy died on Feb. 22, 2019 from complications with diabetes at the age of 42. The family wanted other people to have this opportunity Mandy had.

The family started an



ERIN PLUMMER
Kevin Morris formally presents a golden retriever puppy named Luna to Norah Boissonnault as a diabetic alert dog.

endeavor to raise money to provide children with diabetic alert dogs. Mandy’s dad Kevin Morris bought a boat and started M&M Island Cruises, that will offer charter cruises around the lake with money going to a dog for a child.

Kevin said they thought it would take two or three years to get enough money to get a child a dog. Mandy’s sister Anne Grier started a GoFundMe that so far has raised \$22,885 and was able to get a dog now for a child.

Kevin was put in contact with Gilford’s Golden Guardians Service Animal Training, a Gilford-based company founded by Kaarla Westin to train golden retrievers to be medical alert animals, service animals for people with autism, and emotional support animals. Kevin said he learned Weston already knew a lot of the answers he was looking for, including connections to different hospital’s endocrinology departments and contact with five different breeders around New England. Soon he was in contact with a dog breeder and the endocrinology department at Wentworth-Douglass Hospital in Dover.

“This is really true in honor of Mandy,” Weston said. “We’re delighted that we can support Kevin and his dream.”

The endocrinology department found the perfect candidate with Norah.

Norah was diagnosed

with Type 1 Diabetes just before her fourth birthday.

“It was a big adjustment period all of us,” said Norah’s dad Aaron Boissonnault. “That was sort of a scary period of time.”

Norah goes to Children’s Hospital at Dartmouth (CHaD) at Wentworth-Douglass. Her mom Amanda Boissonnault said the doctor’s office called and said they had the opportunity to get the dog.

“We were shocked and beyond excited about the opportunity,” Amanda said.

Norah said her mom told her she was getting a dog, saying she was really excited hearing the news.

As the process went on, the name Mandy became prevalent. Luna’s mom’s name is Mandy and Norah’s mom is Amanda.

“It just came full circle with this incredible story,” Weston said.

She said the family is grateful to get Luna.

“It’s been an incredible honor to come and meet these folks and be the beneficiary,” Aaron said.

He said they’re looking forward to how this is going to help Norah and the whole family.

Norah started working with Luna before Saturday’s presentation. Luna started her training at 8-weeks-old. The training requires a lot of work for both



ERIN PLUMMER
Norah with her puppy Luna, who she has been training with to help her manage her diabetes.



ERIN PLUMMER
Mandy Grier’s father Kevin Morris and sisters Kelly McAllister and Anne Grier join service dog trainer Kaarla Weston at the special presentation at the town docks.

Luna and Norah, taking about an hour and a half a day over a 10-month period. Luna is being trained to recognize when Norah’s blood sugar gets under a certain level and she will nudge her and circle around to alert her.

Anne said this is a dream come true and something every family who lost someone would love to do for another.

Kelly said so many pieces came together for this to happen.

“It’s really kind of unreal,” Kevin said.

He said they received a lot of generosity from friends, family, friends of family, and so many local businesses. Some businesses that helped out were Red’s Shoe Barn of Dover, Alec’s Shoe Store of Nashua, and Lahout’s Summit Shop of Littleton.

“We couldn’t have even dreamt of doing it without everyone helping here,” Kelly said.



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United we stand,
divided we fall

In the 6th century B.C., Aesop shared a fable about the Lion and The Four Oxen. The story, if you have not heard it, goes like this:

A lion used to prowl around a field where four oxen dwelled. Several times he would try to eat them but whenever he approached the four oxen would back their tales up to each other with their bodies pointed outward in different directions. No matter what direction the lion approached, he was met by the horns of one of them and could do nothing. Finally, the oxen began quarreling amongst themselves and so each went off to a pasture of their own in a separate corner of the field. Then the lion attacked them one by one and soon made an end to all four.

The moral to Aesop’s tale has become one of the most well known sayings of our time — United we stand, divided we fall. President Abraham Lincoln parroted the sentiment in his acceptance speech, during this same month in the year 1858: “A house divided against itself cannot stand.”

As of late, it seems the division amongst the country and even in our small communities has grown deeper. What this Editor noticed, however, is that most well minded, kind, compassionate, intelligent people all want the same things. To be happy and successful. The arguments ensue, when people have different ideas on how to reach such a state of success in our government, and even in our own lives. When one person thinks we should reach A by doing x and y, and another thinks we should reach A by doing z, tempers flare. We want to remind you, that there is no reason to get heated when talking to a friend or colleague. Getting heated at a stranger is even more inappropriate. It’s ok if someone disagrees with you. Remain calm.

What needs to unfold, is the ability to hear each other out with a listening ear. Where one person’s experience ends, another’s begins. Solutions always appear in that middle area, where compromises are made.

To be steadfast in your beliefs is important, but it’s even more important to exercise some flexibility, that is where growth takes place. This is where we can learn from someone who doesn’t think the same way we do. It does not make a person weak, when there is a mind shift. It makes them smart.

We’re seeing a lot of arguing on social media, people publicly going back and forth, and the thread never ends with any real change being made. If you want to have a meaningful, productive conversation with someone online, take it to a private message, where the world isn’t watching. In the public eye, we all can be defensive.

Now, there are extremists on both sides of any argument, in those cases, there’s not much you can do. There are people who want to see things through one lens and one lens only. Fine, let them. You will also see ignorance and evil come flying out of the mouths of those you never thought capable, fine let them. Remember that the majority of the people in this country want to unify. It comes down to common sense. United we stand, divided we fall. That statement could not ring truer.

Be strong enough in character, where you are a leader, whether that be in your own community, at work or in your own family. Unity should always be the end goal. Therefore, if you see someone that disagrees with you, and you want to unify, have a conversation that will do just that.

Sometimes, try simply saying, “Hey the country is really divided right now, how can we start to unify on a small scale?” That question puts both people in a position to come up with a solution that works for everyone. Then the domino effect takes hold. Then unity happens, then change, then success.

“None of us is as smart, as all of us.” Ken Blanchard



COURTESY

Shaw’s partners with Lakes Region
Scholarship Foundation for the month of June

The Gilford Shaw’s has selected Lakes Region Scholarship Foundation as their non-profit beneficiary for the month of June. This selection is part of Shaw’s supermarket’s Give Back Where it Counts reusable bag program. Each month the leadership, of the individual Shaw’s markets, may choose a local charity to benefit from the program. The program is designed to make it easy for shoppers to give back to their local community, while supporting the environment. Every time a shopper purchases one of the \$2.50 Give Back Where it Counts bags (with the Giving Tag) a \$1 donation goes to a local charity. Assistant Director, Amanda Dudek (center) was on hand recently to thank Gilford Shaw’s manager, Colleen Benavides (left), along with LRSF Administrative Assistant, Maggie Gibbs (right).

NORTH COUNTRY NOTEBOOK

We raise it on our trash, and then kill it in the road



By JOHN HARRIGAN
COLUMNIST

The raccoon is the bane of people who love ground-nesting birds. It relishes eggs, as any chicken-cooper knows. So do skunks.

Staff members and volunteers at the Loon Preservation Center have made great strides in protecting and restoring New Hampshire’s loons. They put signs out to warn boaters about sensitive areas. They build rafts for defensible nests.

Raccoons were always among the major problems the LPC faced. Loons are awkward on land, but are ground-nesters nonetheless. They try to select places they can protect.

People sharing the shoreline generate garbage and trash. Raccoons are supreme opportunists, and are omnivorous to boot. Thus, people can be tied directly to the attraction and proliferation of raccoons, just as people behind the wheel are among the leading causes of raccoon deaths.

+++++

Raccoons, while not quite having opposable thumbs, come the closest to it save for the newcomer opossum, a close runner-up in the dexterity department. Either one of them seems to consider a box, bottle, or can an insult to intelligence and



COURTESY FREEIMAGES.COM

Not so fast: It might look cute and cuddly, but the raccoon exploits our bad habits, is a major carrier of rabies, and is most likely to get hit in the road.

ability.

Raccoons and skunks have always led the “problem animal” list for conservation officers. Bats and snakes are right up there, too. Let’s not forget the errant swarm of bees.

Whatever it is, someone is supposed to “do something.” And if it’s anything even remotely to do with the word “wild,” it’s Fish and Game.

+++++

Raccoons resume full activity in early spring, after something—the sun, or the magnetic field, or a sale on sunglasses—wakes them up from a light on-and-off sleep that is something shy of hibernation.

Mating season is January to March, a long time until you consider the three-week disparity between the Seacoast and the high country of Pittsburg. Newborns arrive in April and May.

From mating season on, raccoons become one of the more, if not the most, common mammals to get killed in the road. This is not counting the innumerable moles and voles. Why their little feet

don’t burn off from the friction is beyond me (the moles and voles, not the raccoons). I mean, just watch how fast they go.

+++++

If there is one creature you don’t want loose in your house or kitchen, it’s (pick one) a bear, a squirrel, or a raccoon. I’ve had experience with all three in one way or another, several times over, and don’t wish them on anyone. Far better to be careful.

Food is always the issue. All three animals are omnivorous. Their every waking moment is spent looking for food. This is why we’re so careful about never leaving food at camp, and why I’m cautious at home.

Just once, I let my guard down, and hurried downtown on some errand and neglected to close an overhead door. A bear got in during the half-hour I was gone and trashed shed, shop, and barn.

One of the neat things during my years at Clarksville Pond was the fly-tying vise. It was always set up and ready to go, right there near the porch door in the main

room, various sizes of tying-thread on the table, and hackles and body and wing material in drawers just below.

One early summer day when we were all out of the house, doing outside work, a red squirrel got into the camp. When we returned, the fly-tying bench was an unholy mess—a tangle of thread, feathers, hackles, and multiple shades of chenille. It was, as Shatney called any ball of short branches in a spruce tree, “a hoorah’s nest.”

+++++

This last goes into the “Just when you think you know it all” category.

Some of my supposed expertise on things wild is gleaned from youthful experience, and like anything based on memory, it bears checking. Ergo, I visited New Hampshire Fish and Game’s website, which (as always) I found informative and easy to use.

Among things I didn’t know about raccoons were that the name is from the Algonquin “aroughcoune,” which translates to “he scratches with his hands;” that the “a” was dropped in the 1700s, giving us the word-sound as we know it today; that the species name translates to “washer”; and that a raccoon can rotate its hind feet 180 degrees.

For this and who knows how much more, I have to thank Public Affairs intern Kat Bagley, and the untold souls who make the Department’s site a breath of fresh air.

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

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Lacrosse girls get first playoff win in program history



RC GREENWOOD

Ashley Hart had a pair of goals in each of the Gilford girls' lacrosse team's playoff games.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford girls' lacrosse team reached a program milestone last week, as the Golden Eagles picked up the first tournament win in program history. Gilford hosted the Inter-Lakes/Moultonborough girls on Monday, May 31, and emerged with an 11-7 win to advance to the next round of the tournament.

"This year's goal was to get the 23 freshmen and sophomores who never played a high school game to learn to be competitive and develop skills for the high school level," said coach Dave Rogacki. "The team took a major step toward that goal as they defeated Inter-Lakes/Moultonborough 11-7 for the school's first state tournament win in history." Five players each tallied two goals to lead the Golden Eagles, as Ashley Hart, Molly McLean, Lexi Shute, Aly Pichette and Taryn Fountain all put the ball in the net twice. Lauren Gallant added a single goal and also chipped in with two assists.

Rogacki noted that the scoring was supported by the defense of Ashley Sanderson, Bethany Tanner, Sophia Lehr, Julia Spooner and Geena Cook-



RC GREENWOOD

Aly Pichette fires a shot on net during action against Inter-Lakes/Moultonborough last week.

inham. The win put the Golden Eagles into the next round of the playoffs, where they lost to an experienced Laconia team by a 9-6 score. "The 7-3 halftime lead by the Sachems was something the Eagles didn't adjust to and couldn't get themselves back into the game," Rogacki said. Hart scored twice and McLean, Pichette, Fountain and Gallant each added a goal. "The goals for the development of the foundation for the program are headed in a positive direction and how the players have to apply their learning experiences to the next high school season," Rogacki added.

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

Local students named to Clarkson University Dean's List

POTSDAM, N.Y. — Students have been named to the Dean's List for the spring 2021 semester at Clarkson University. Micaela Paige Niskala of Gilford, a senior majoring in civil engineering, was named to the Dean's List for the spring 2021 semester at Clarkson University.

Aria L Stephan of Gilford, a senior majoring in chemical engineering, was named to the Dean's List for the spring 2021 semester at Clarkson University. Maxwell Stephan of Gilford, a freshman majoring in mechanical engineering, was named to the Dean's List for the spring 2021 semester at Clarkson University. Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours. As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

Registration open for Got Lunch program

Gilford Got Lunch is now accepting registration for its 2021 Summer Program. All families must register for Summer Program even if you were registered for last year's summer or the 2020 / 2021 school year weekend program. Families can register for the summer program by visiting the Gilford Got Lunch website. The program begins June 28 and ends Aug. 23. Gilford Got Lunch needs volunteers. If you are interested to serve as a volunteer, please send us an email through the Gilford Got Lunch Web site (www.gilfordgotlunch.com).

About Gilford Got Lunch
Gilford Got Lunch was started in 2014. The program provides meals not only during the summer school vacation, but also on weekends during the school year. This program is made possible by active support of volunteers, in conjunction with the Gilford School System and has made a real difference to those families in need. If you are interested in more information about the Gilford Got Lunch program, visit our Web site at www.gilfordgotlunch.com.

Locals star at Meet of Champions

BY JOSHUA SPAULDING
Sports Editor

KINGSTON — The top local athletes traveled to Sanborn Regional High School on Saturday for the annual track Meet of Champions, and there were a number of solid finishes on the day. A pair of second place finishes led the way for the locals. Kennett freshman Aida Wheat finished second in the 200 meters with a time of 25.37 seconds, with Plymouth senior Tara Smoker in fourth place in 25.99 seconds and Plymouth's Katherine Luehrs in sixth place in 26.38 seconds. The other second place came in the javelin, where Plymouth senior Sam Meier finished second at 111 feet, six inches, with Bailey Fairbank of Newfound in seventh place at 102 feet, eight inches. Smoker added a fourth place in the 100 meters with a time of 12.73 seconds after finishing fifth in the preliminaries in 12.77 seconds. Alissa McCarthy of Inter-Lakes finished in 11th place in the preliminaries in a time of 13.25 seconds. Luehrs added a fourth place in the 100-meter hurdles with a time of 15.78 seconds after finishing fifth in the preliminaries in a time of 15.92 seconds, with MollyLu McKellar of Newfound placing ninth in a time of 17.25 seconds. The Plymouth 4X100-meter relay team of Luehrs, Meier, Smoker and Sophia Sweet finished in fourth place in 51.05 seconds while the Kingswood 4X400-meter team of Brooke Tasker, Lauren MacPhee, Anabelle Nelson and Carolyn Day finished fourth with a time of 4:13.03. The Kennett 4X800-meter team of Grace Perley, Shannon Abrams, Autumn Verran and Molly Dellavella finished seventh in a time of 10:50.43. Newfound's Paulina Huckins finished third in the shot put with a toss of 36 feet, seven inches, with Meier finishing in ninth place with a distance of 31 feet, 1.25 inches. Sierra Parsons of Kennett finished fifth in the discus with a toss of 101 feet, two inches. Adah Chapman of Moultonborough finished in sixth place in the 3,200 meters, crossing with a time of 11:53.07. Amy Burton of Kennett finished in eighth place in the 800 meters with a time of 2:26.36, while in the 1,600 meters, Catherine Stow of Gilford finished in 11th place in 5:36.41. Autumn Braley of Newfound finished ninth in the 300-meter hurdles with a time of 51.12 seconds and Gwen Pelchat of Berlin finished in 10th place with a time of 51.14 seconds. In the long jump, Malina Bohlmann of Newfound was eighth at 15 feet, 10 inches and Luehrs finished 10th at 15 feet, 7.75 inches. For the boys, Owen Carney of Inter-Lakes came through with a

third place finish in the 400 meters with a time of 51.03 seconds. Patrick Gandini of Gilford ran to third place in the 3,200 meters with a time of 9:22.97, with William Riley of Belmont placing 10th in a time of 10:23.18. The Winnisquam 4X800-meter relay team of Riley Mann, Joseph Damato, Dylan Robert and Jacob Seavey finished in sixth place with a time of 8:37.46. Kingswood's David Hartley finished third in the discus with a toss of 137 feet, one inch and Belmont's Brian Miles was right behind in fourth place with a distance of 131 feet, four inches. Forrest Pribbernow of White Mountains placed ninth in the 110-meter hurdles in 16.07 seconds and was also eighth in the javelin with a toss of 142 feet, seven inches. Bryce Hall of Belmont finished 11th in the high jump at five feet, eight inches and Jacob Blouin of Newfound was ninth in the shot put at 41 feet, eight inches. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

June is Effective Communications Month. And it's a good idea to recognize the importance of good communications because it plays a role in almost every aspect of living – including your finances. You'll want to clearly communicate your financial goals to your loved ones – and you'll want to hear theirs, too. Let's look at some of the communications you might have with family members:

- **Your spouse** – You and your spouse may have different thoughts about a range of financial topics – how much to save, how much to spend, the level of debt with which you're comfortable and so on. Try to reach some type of consensus on these issues. However, in regard to investing, you don't necessarily have to act in unison all the time. You each may have different investment styles – one of you may be more aggressive, willing to take on more risk in exchange for potentially higher returns, while the other would rather invest with an eye toward mitigating risk, even it means accepting a lower return. Of course, there's nothing stopping each of you from pursuing your individual investment strategies in your own accounts – IRA, 401(k) and so on. Still, if you are going to work toward common goals – especially toward a shared vision of your retirement lifestyle – you each may want to compromise in your investment choices. And this accommodation is even more necessary in your joint accounts.
- **Your parents** – If you may someday be involved with your parents' financial plans – which is highly likely – you should know in advance what to expect. This may not be the easiest conversation to have, but it's an important one. So, for example, ask your parents if they have a durable power of attorney, which allows them to designate someone to manage their financial affairs if they become physically or mentally incapacitated. You might also inquire if they have protected themselves against the potentially enormous costs of long-term care, such as an extended nursing home stay. If not, you might suggest that they contact a financial advisor, who can offer solutions. Once you begin communicating about these issues, you may well want to go further into your parents' estate plans to determine what other arrangements, if any, they have made. If it seems that their plans are not fully developed, you may want to encourage them to contact an attorney specializing in estate planning.
- **Your grown children** – Just as you talk to your parents about their estate plans, you'll want to discuss the same topic with your own grown children. Let them know who you have named as a durable power of attorney, what's in your last will and testament and whether you've established a living trust. If you're already working with a financial advisor and an estate planning professional, make sure your children know how to contact these individuals. Of course, you don't have to confine your communications to estate plans – if you want to help your children financially, such as loaning them money for a down payment on a home, let them know. By talking with your loved ones about key financial matters, everyone benefits. So, keep those lines of communication open.

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Edward Jones: Financial Focus

Discuss financial goals with your family

June is Effective Communications Month. And it's a good idea to recognize the importance of good communications because it plays a role in almost every aspect of living – including your finances. You'll want to clearly communicate your financial goals to your loved ones – and you'll want to hear theirs, too. Let's look at some of the communications you might have with family members:

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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.

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Gilford boys battle past Prospect in quarterfinal battle



JOSHUA SPAULDING

Joseph Schelb returns a shot in action against Prospect Mountain last week.



JOSHUA SPAULDING

Izaak Walton charges in to put the ball over the net in action last week in Alton.



JOSHUA SPAULDING

Bradley McIntire returns a shot in action against Prospect Mountain in the Division III quarterfinals.

BY JOSHUA SPAULDING
Sports Editor

ALTON — After both teams won their respective opening round matches in the Division III tournament, the Pros-

pect Mountain and Gilford boys' tennis teams met up in Alton on Tuesday, June 1, for the quarterfinal match.

After the Golden Eagles won four of the six

singles matches, they took a pair of doubles matches to get the 6-3 win to advance to the Division III semifinals.

The first match off the courts in Alton was at number three singles, where Izaak Walton of Gilford picked up the 8-1 win over Cameron Gagnon of Prospect Mountain. The Timber Wolves evened the score when Jaren Unzen got an 8-6 win over Alden Townsend of Gilford.

The next match off the

court was at number one singles, where Bradley McIntire of Gilford survived a strong rally from Joey DeJager of Prospect Mountain for the 8-6 win. Again, the Timber Wolves answered, with Asa Guldbrandsen getting an 8-0 win over Matteo Giovanditto at number five.

Gilford won the final two matches off the court in singles, as Joseph Schelb won a battle with Dalton Lawrence at number two by a 9-7 score in

a match that lasted just about an hour and a half. Aydyn Berube walked off the court with the 8-4 win in the sixth spot in the lineup over Liam White to give the Golden Eagles a 4-2 lead heading to doubles.

The Prospect team of Guldbrandsen and White got an 8-5 win over Giovanditto and Berube in the third spot in the lineup to pull the Timber Wolves within a 4-3 score, but Gilford won the final two doubles matches off

the court. At number one, McIntire and Schelb got an 8-4 win over DeJager and Unzen and at number two, Walton and Townsend beat Lawrence and Gagnon by an 8-3 score.

The win propelled the Golden Eagles into the Division III semifinals, where they dropped a 7-2 decision to Trinity to close out the season.

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

Local students named to President's List at Plymouth State University

PLYMOUTH — A total of 911 students have been named to the Plymouth State University President's List for the Spring 2021 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Spring 2021 semester and must have attempted at least 12 credit hours during the semester.

- Brianna Bailey of Laconia
Rebecca Bladecki of Laconia
Ashley Gagne of Laconia
Luke Harding of Gilford
Cassidy Keyser of Gilford
Devon Mello of Laconia
Bailey Hildreth of Gilford
Monique Legassie of Laconia
Abigail Bailey of Laconia
Emily Baird of Laconia
Antoinette Tarara of Laconia
Brooke Beaudet of Gilford
Delaney Ross of Laconia
Ashley Loureiro of Gilford
Alexander Rives of

- Gilford
Olivia Salesky of Gilford
Jason Sandifer of Laconia
Laura Scribner of Gilford
Callie McGreevy of Gilford
Jack Henry Bosies of Laconia
Julien Davis of Gilford

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Gilford Parks and Recreation News

BY HERB GREENE
Director

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 website at www.hogancamps.com.

Cost: \$85 per session before June 1st, \$90 starting June 1
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 one through 12, from 9 a.m. - 4:30 p.m. on Aug. 2 and 3. 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 surroundings by using AI (artificial intelligence), I/R (infrared sensor), and six legs which allow it to turn 360 degrees and seamlessly com-

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

Seacoast United Soccer Camp

The Gilford Parks and Recreation Department is sponsoring a week-long Seacoast United Soccer Camp from Aug. 2 - Aug. 6 at the Gilford Village Field. This camp offers a 3-hour program for children ages six to 14 and a 45 minute program for children ages three to five. Participants may register by accessing a registration link through the Parks and Recreation Web site at www.gilfordrec.com.
Cost: \$135 for ages six to 12 and \$70 for ages three to five
For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

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 19th 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 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.

PETS OF THE WEEK



Sasha

Sasha is a wonderful girl who loves to play! She is perfect if you are looking for lots of personality in a medium sized package! Sasha loves to play with her toys, and already has excellent house training habits. Sasha is working on her leash skills, impulse control skills, and sharing her things. She is looking for a quiet home, where she can continue building her skills with positive reinforcement, and get lots of play time and walks! Sasha would do well in a home with adult humans, no cats, and no dogs- she wants to be your one and only four legged friend!



Zephyr

My face says it all! I am a man of mystery and adorableness, and yes that is a word. The world is a big, loud place my friend and I am not sure I am a fan of those words. Small and quiet win me any day. I think that my future home understands that. Perfect cats like myself need to have the most perfect home. I want a hideaway that consists of a warm bed and the time that I need to come out of my shell. I want attention, I just don't know how to ask for it. I may hiss at first, but don't let that fool you I like the pets! In the spirit of honesty, I do have a medical history that should not imply-CAT me at all, if you are interested in learning more fill out an application or inquire with the lovely adoptions team, they know exactly what I am looking for!

Golden Eagles win two, fall in quarterfinals

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford softball team played its way to a pair of wins in the Division III tournament last week before falling to a strong Campbell squad in the quarterfinals on Saturday afternoon.

The Golden Eagles opened the tournament on Memorial Day, May 31, picking up a 5-1 win on the road in Somersworth. Gilford had 10 hits on the day, while Gilford pitcher Ella Harris held the Hilltoppers to just one hit and one run. Harris struck out 14 in the win.

Jaiden McKenna had two hits, including a triple, Mady Cusello had two hits and two RBIs, Paige Meserve had a pair of hits, while Kim Daigneault



Kim Daigneault stretches to take a throw at first in action Saturday against Campbell.

drove in a run and had a double.

Gilford's first run came in the second inning when Daigneault doubled and scored on a base hit by Cusello. Gilford scored three more in the fifth. Millie Caldon singled and

scored on a Daigneault bases loaded walk. Maddie McKenna walked and Jaiden McKenna got on a fielder's choice and both scored on Cusello's line drive single to center. Gilford added a run in the seventh when Jaiden McKenna singled, stole second and scored on a double by Harris.

The win moved Gilford on to the next round, where they faced off with Raymond on Wednesday, June 2, and picked up a 16-5 win, knocking out 20 hits on the day. Harris recorded 15 strikeouts on the day, walking just two.

Jaiden McKenna led the offensive attack with four hits, including a couple of triples and a double and drove in four runs. Harris and Daigneault each had three hits, with Harris driving in two and Daigneault driving in one. Caldon, Maddie McKenna, Cusello and Lauryn Nash-Boucher each had two hits.

Gilford scored three in the first inning, with Jaiden McKenna leading off with a triple and scoring on a squeeze play by Caldon. Maddie McKenna singled and Harris had a two-run single to drive in both runners.



Millie Caldon comes up firing with a throw in playoff action this weekend.

Harris was hit by a pitch in the third and scored on a Cusello single.

After Raymond scored three times in the bottom of the fourth inning to cut the lead to one, Gilford came back with five in the fifth. The inning was highlighted by back-to-back triples by Jaiden McKenna and Caldon. Gilford scored three in the sixth, with the inning starting with three singles in a row by Harris, Daigneault and Cusello. In the

seventh, Gilford added four more, with Harris scoring on a single by Daigneault, and after a Meserve fielder's choice, Nash-Boucher and Maddie McKenna singled and Jaiden McKenna doubled.

The season came to a close on Saturday when the Golden Eagles hosted Campbell and dropped an 11-1 decision.

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

Madisyn Skeats graduates from York County Community College

WELLS, Maine — Madisyn Skeats of Laconia graduated with a/an Associate in Applied Science in Veterinary Technology from York County Community College. The College held its 26th Annual Commencement Ceremony at the Sanford Performing Arts Center on Friday, May 14. All 2020 and 2021 graduates had the option to participate in person. Those that chose to attend following all Covid-19 guidelines and mandates. The event was livestreamed for family,

friends and the community.

York County Community College, established in 1994, is one of seven community colleges in the Maine Community College System. The college annually enrolls nearly 2,000 students in certificate and associate degree programs, continuing education, career & professional development and business training. To learn more about the College visit www.yccc.edu or www.findthefearlessyou.com or call 207-646-9282.



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Gilford tennis girls battle into semifinals

BY JOSHUA SPAULDING
Sports Editor

GILFORD — It took a couple of days, but the Gilford girls' tennis team was able to get my local rival Inter-Lakes in the quarterfinals of the Division III tournament last week.

The match started on Memorial Day, Monday, May 31, with the Lakers traveling to Gilford to take on the Golden Eagles.

Alyssa Craigie of Gilford got the win at number one, defeating Amelia Brown of Inter-Lakes by a score of 8-3, while at number two, Julia Pendergast of Inter-Lakes picked up an 8-0 win over Alyssa Gosselin of Gilford.

At number three, Ashley Kulcsar of Gilford got an 8-5 win over Raven Strother and over Inter-Lakes and



KATHY SUTHERLAND
Avery Marshall returns a shot during action in the opening round of the Division III tournament against Prospect Mountain.

at number four, Avery Marshall of Gilford got the win over Caitlin Harris of Inter-Lakes by an 8-3 score.

In the fifth spot in the lineup, Alexa Leonard of Gilford



KATHY SUTHERLAND
Ashley Kulcsar returns a shot in action against Prospect Mountain in the opening round of the Division III tournament.

picked up an 8-2 win over Danielle Donahue of Inter-Lakes and in the sixth spot, Jess Woodaman of Inter-Lakes came through with an 8-2 win over Kathryn Osburn of Gilford.

The doubles matches took the court next, but a rain shower brought the match to a close and the courts didn't dry up quick enough for the match to resume, with Gilford up 4-2.

The two teams returned the next day and Gilford clinched the win with a win from Craigie and Kulcsar at number one over Brown and Pendergast of Inter-Lakes

by an 8-4 score.

The number two doubles team of Marshall and Leonard of Gilford got an 8-5 win over Strother and Harris from Inter-Lakes, while Gosselin and Osburn won by default over Donahue and Woodaman when both players could not stay for the entire match.

Inter-Lakes coach Jocelyn Judge thanked Gilford coach Herman Defregger for being flexible in rescheduling the match, which they restarted at 1 p.m. to help work around people's schedules around end-of-the-year commitments and other issues.

The Golden Eagles went on to record a 5-4 win over Conant in the Division III semifinals the next day, advancing them to the Division III finals against Littleton.

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

Bryna Wilson of Laconia named to Dean's List at Grove City College

GROVE CITY, Pa. — Bryna Wilson, a English major at Grove City College from Laconia, has been named to the Dean's List with High Distinction for the Spring 2021 semester. Bryna is a 2020 graduate of Homeschool and is the daughter of Rev. and Mrs. Andrew Wilson

(Jonelle) from Laconia.

Students eligible for the Dean's List have a GPA of 3.40 to 3.59; for the Dean's List with Distinction a GPA of 3.60 to 3.84 and for the Dean's List with High Distinction a GPA of 3.85 to 4.0.

Grove City College (www.gcc.edu) is a highly ranked, national Christian liberal arts and sciences college that equips students to pursue their unique callings through an academically excellent and Christ-centered learning and living experience distinguished by a commitment to affordability and promotion of the Christian worldview, the foundations of a free society and the love of neighbor. Established in 1876, the College is a pioneer in independent private education and accepts no federal funds. It offers students degrees in more than 60 majors on a picturesque 180-acre campus north of Pittsburgh, Pa. Accredited by the Middle States Commission on Higher Education, Grove City College is routinely ranked as one of the country's top colleges by U.S. News & World Report, The Princeton Review and others based on academic quality and superior outcomes.

Local students named to Dean's List at Plymouth State University

PLYMOUTH — A total of 376 students have been named to the Plymouth State University Dean's List for the Spring 2021 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Spring 2021 semester and must have attempted at least 12 credit hours during the semester.

Savanna Brunelle of Laconia

Ashley Hill of Laconia

Emily Lafond of Gilford

Emily Perry of Laconia

Joshua Chandler of Laconia

Owen Day of Gilford

Andrew Nelson of Gilford

Connor Perkins of Gilford

Alexis Plunkett of Gilford

Meghan Hogg of Laconia

Emily Sherman of Gilford

Cheyenne Wright of

Gilford

Megan Gaspa of Laconia

Matthew Boschi of Laconia

Reese Clark of Gilford

James Salta of Laconia

Lydia Walker of Laconia

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

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GUARDIANS

(Continued from Page A1)

Community Psychology and has a background in developmental services. She combined her background with her love for dogs into Gilford’s Golden Guardians, a business she started in 2014.

“I pair my passions,” Weston said. “I absolutely love golden retrievers and I love making sure that the kids have a happy connection with their dogs.”

Weston works with a number of different dog breeds, mostly golden retrievers, Labradors, poodles, and any combination such as golden doodles and labra doodles. Most of the dogs come from breeders.

She developed a training curriculum that incorporates Kohler’s Methods of Dog Training, Hands Free Systems, and Clicker Training. She only uses positive reinforcement during training.

Training starts when the dog is around eight-weeks-old and training usually lasts around a year. The dog will be sent home with the family where training will take place, returning to Gilford a few times a week for training sessions.

According to the company website dogs will be given basic training including escorting 18 inches off their handler’s left hip, be able to take down and stay commands for 45 minutes in a distracting environment, kennel training, respond to sign and verbal commands, and others. They are also trained specifically to work with their handler’s medical condition.

Diabetic alert dogs will go through a series of testing and training. Diabetic alert dogs are trained to recognize when their handler’s blood sugar gets above or below a certain level.

“For Norah, she’s collecting her spit and the dog is being scent trainer top identify is she has low blood sugar,” Weston said.

She said by the time the dog is a year old they are able to recognize when their handler’s blood sugar is not in a good level and alert them.

She also trains dogs to work with people with seizure disorders and alert them when a seizure is imminent.

Many of the dogs she trains work with kids with autism, especially to help kids with sensory processing issues.

Additionally, she also trains dogs to be emotional support animals for people of all ages. She has trained animals to work with people with post-traumatic stress, including veterans. She has also trained dogs for people with debilitating anxiety, people in the process of gender transition, and others.

Weston has an extensive list of contacts with dog breeders as well as hospitals and healthcare providers. When Mandy’ Griener’s dad Kevin Morris contacted her about getting a dog for a child, she contacted the endocrinology department at Wentworth-Douglass Hospital in Dover and Norah was identified as the ideal candidate.

Weston said it was heartwarming to see Norah get her dog.

For more information on Gilford’s Golden Guardians, visit gilfordsgoldenguardians.com.

GRADUATION

(Continued from Page A1)

will sit socially distanced and their families will sit behind them. All seniors will receive photos of them crossing the stage with their diploma jacket at no cost.

Both the awards night and graduation will be livestreamed, links will be posted on the school’s website ghs.sau.org.

Juniors will receive their own book scholarships with the Junior Book Awards scheduled for June 14 at 11 a.m. at the Gilford Public Library.

Underclassmen final exams will run from June 17-18 and June 21, which will be the last day of the year for underclassmen.

Staff at GHS will have their last school day on June 22.

At Gilford Middle School, the sixth grade moving up day will take place on Monday, June 21 at 9 a.m. at GMS. The tentative last day for GMS students is June 22.

At Gilford Elementary School, the last day for kindergarten students will be this Friday, June 11.

Fourth graders will have a special family picnic on Tuesday, June 15 at 6 a.m.

The last day of the school year for GES students is Monday, June 21, which will be a half-day.

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ATHLETES

have their own difficulties in their lives they have to work through.

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Acquiliano also recognized Jack McLane, Curtis Nelson, Lindsey Sanderson, and Bethany Tanner for playing sports all four years and for lettering in three sports for at least three years.

Tanner took part in cross-country, skiing, and lacrosse. She talked about the work to maintain all three sports while maintaining all her other commitments.

“Cross-country wasn’t too difficult because it’s already after school, skiing was a lot more difficult because I ski outside of school,” she said.

She would sometimes be in practice all day and do schoolwork as soon as she got home.

She will go to Clarkson University in Potsdam, New York, where she will major in Biology and play lacrosse.

Nelson played basket-



ERIN PLUMMER

Gilford athletic director Rick Acquiliano speaks to senior athletes at a breakfast in their honor.

ball, lacrosse, and football.

“It was difficult having to go to practice every day, staying up late to do assignments late at night,” Nelson said.

He will attend Franklin Pierce University majoring in Business Administration and will play lacrosse.

Sanderson plays volleyball, basketball, and outdoor track.

“I think the sports

kept me motivated to do my academics,” she said. “I really care about sports, it just pushed me harder.”

Sanderson will attend Plymouth State University and study Healthcare Management while playing on the volleyball team.

McLane plays baseball, basketball, and football.

“It’s always tough to get the academics down, but I love playing sports,” he said. “I love every sport I play.”

This motivates him to keep up his grades so he can keep playing and keep going.

He will attend the University of New Hampshire and plans to study Business Administration. UNH doesn’t have a formal baseball team, though he’ll be playing club baseball at school.

At the end of the breakfast Acquiliano handed the students their sports certificates.

“You’re the best of the bunch in this building, in my opinion,” Acquiliano said. “We wish you luck as you leave this building and go on in your lives.”

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