

Gilford Steamer

THURSDAY, APRIL 30, 2020

GILFORD, N.H.

Public hearing planned on acceptance of COVID response funds

BY ERIN PLUMMER
mnews@salmonpress.news

A public hearing has been scheduled for May 13 to accept a grant of more than \$10,000 from the federal government toward COVID-19 response.

The town has received a grant of \$10,143.91 from the government through the Department of Health and Human Services towards the response and prevention of the coronavirus in Gilford. Town Administrator Scott Dunn talked about the grant and its requirements with the selectmen during Wednesday's meeting.

Dunn said the money was deposited into the town's checking account. He said while they hoped it could stay in the general fund, the

grant comes with about several pages of federal regulations for its acceptance and use.

The money is intended to prepare for and respond to the coronavirus and has to be used for healthcare related expenses or lost revenues from the disease. Dunn said he thinks the town can meet all the requirements for this and will work with department heads to put together a plan for how the money will be used. He recommended the board schedule a public hearing to accept unanticipated revenue over \$10,000 per town policy.

So far, the town has spent more than \$3,000 on COVID-19 response: \$2,000 for protective glass at the town clerk's office and \$1,000 for var-

ious supplies.

Selectman Gus Benavides asked if it can be used for the staff labor involved in sanitizing areas in town buildings and property. Dunn said it cannot be used for costs that have already been budgeted for, such as labor. Board Chair Chan Eddy asked if it could be used for materials. Dunn said it can be used for the supplies and materials involved with \$1,000 having been spent already.

The selectmen agreed to hold a public hearing to accept these funds. Dunn said he would have a plan ready for that meeting on how the funds would be used.

The hearing has been scheduled for Wednesday, May 13 at 7 p.m.

Equipment purchases delayed due to revenue concerns

BY ERIN PLUMMER
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The town will delay purchasing some pieces of Public Works equipment for a few months due to concerns about how the coronavirus pandemic and economic hardships will impact tax revenue.

The selectmen agreed to delay the purchase of

a pickup truck with a plow and a forklift until at least July when tax revenues start coming in, giving an indication of how much is being received. The Public Works director, however, said not getting this equipment now could create significant delays and the possibility of continuously stretching

the use of older equipment.

Public Works director Meghan Theriault spoke to the selectmen during Wednesday night's meeting about the prospective purchases.

The department is currently using a 2012 Ford F550 that is start-

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PHOTO BY ERIN PLUMMER

Town officials are still planning a Memorial Day observance, even if the town cannot have its traditional parade because of social distancing. Suggestions have included a small ceremony by the town memorial (pictured) and the village cemetery.

Social distancing concerns affecting Memorial Day plans

BY ERIN PLUMMER
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Gilford officials are discussing options for Memorial Day observances, including a car parade or a small gathering if a full parade isn't possible this year.

Town Administrator Scott Dunn told the selectmen during Wednesday's meeting that usually this time of year

they're in the planning stages for the Memorial Day parade and ceremony. This year, with the threat of the pandemic, they haven't been making any plans.

"We just simply don't know if we're going to have a parade or if we need to plan for it," Dunn said.

Selectman Gus Benavides said they probably

are not going to know anything unless the police and fire chiefs have any more information before the Stay at Home order expires. The Stay at Home order is still set to expire on May 4. This week, Gov. Sununu extended the state of emergency through May 15 but hasn't announced

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Building permits up despite coronavirus

BY ERIN PLUMMER
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The number of building permits is up from this time last year, with the Coronavirus outbreak having only minor impacts on building projects.

Planning and Land Use Director John Ayer have the selectmen a regular department update on Wednesday night, reporting that building permits are significantly up in the past six months from this time last year. So far this year 107 permits have been issued, a jump from 83 from last year.

Selectman Gus Benavides asked how those numbers have been in the past 30 days with the COVID-19 crisis going on. Ayer said the figures are around the same from this time last year but slightly down in places.

"It's down a little here, down a little there, but we've stayed open to the public," Ayer said.

He said people have still been submitting

applications, whether through the mail or by other means and the office has kept up.

A total of 16 permits have been issued in the past 30 days, whereas last year at this time there were 25 permits. Benavides asked Ayer if he thought the pandemic had impacted the number of permits positively, negatively, or has no change. He said there could be a situation where a lot of people are at home and looking to do home projects. Ayer said it seems still a little early to tell the full impact.

"We've had people who are up from south of the border working on projects they wouldn't have started quite yet," Ayer said.

He said there are also a lot of people who think the office is closed and seem surprised when someone answers the phone, which has resulted in some people not applying for permits. Building permits are still coming through and

electrical contractors have been moving forward with projects.

"I think things have slowed down a little, it feels like it," Ayer said. "We don't have as many people coming into the office. I think that's still pretty good then even though we've had a month of slowness, it certainly feels slower. I think the fact that our permits are up so much over last year is good."

Some projects in the pipeline include work at Gilford Airport Plaza, the construction of the Coors Lite VIP Club building at Bank of New Hampshire Pavilion, a motorcycle repair shop moving from Laconia to Gilford, and a cottage colony on Scenic Drive getting a makeover.

Benavides credited Ayer with how things have been done under the circumstances. While people normally have to come in the office for things like plans, the planning team has

SEE **PERMITS** PAGE A12



PHOTO BY ERIN PLUMMER

Rec facilities closed due to Coronavirus

The Village Field Bandstand, basketball court, tennis court, and playground are closed and barricaded to prevent the spread of COVID-19 and encourage social distancing. The rest of Village Field is open for use.

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Your story has value. That's one of the statements in Jen A. Miller's compelling article called "Why You Should Start a Coronavirus Diary." So many of us have thoughts and experiences related to the impact of COVID-19 that dwell, unorganized and private. Miller summarizes her argument in favor of recording your thoughts and experiences, "It'll

help you organize your thoughts during these difficult times, and may help educate future generations."

Writing down one's thoughts can help to process them. So much of our lives over the past month and a half have been confusing. We've heard how people have lost confidence in things they used to rely on, others have rediscovered where their priorities are, and others still have found new meaning in social connection. Whatever you've thought or felt lately, taking notes in any form can help to work through them, and they can be useful to others too.

We may think that our stories are insignificant, or ordinary, but those stories matter too. History is not just made by world leaders, but by the people living in the world, day in, day out. The next generation will want to know what it was like when the world closed half their doors, and your story can help your children, grandchildren, neighbors, and historians to understand what happened.

what happened.

We're collecting writings, poems, art, and any other creation related to the pandemic to compile as Gilford history. After you've made something to work through or express your experience, consider sending it to the Library to add to the collection. Whether or not you share your writings, remember that they can be a useful tool. Use any method that works for you, and don't let gravitas slow you down. It's just you and your thoughts, after all.

Virtual Events
April 30-May 7

Thursday, April 30
Tea Time with Maria, 10:30 a.m.
Sign up to join Maria for Tea on Zoom!

Teen Discord Game Club, 2:30-3:30 p.m.

Friday, May 1
Miss Jill's Storytime, 10:30-11 a.m.
Storytime live on Facebook.
Teen Discord Game Club, 2:30-3:30 p.m.

Monday, May 4
Geri Fit: New Classes Weekly. Call the library for login information.

Miss Maria's Storytime, 10:30 a.m.
Storytime on Facebook Live.
Teen Discord Game Club, 2:30-3:30 p.m.

Tuesday, May 5
Miss Maria's Storytime, 10:30 a.m.
Storytime on Facebook Live.
Teen Discord Game Club, 2:30-3:30 p.m.

Wednesday, May 6
Check out a Virtual Expert, 10 a.m.-noon
Work out your tech problems by calling an expert at the Library.
Teen Discord Game Club, 2:30-3:30 p.m.

Thursday, May 7
Tea Time with Maria, 10:30 a.m.

Sign up to join Maria for Tea on Zoom!
Teen Discord Game Club, 2:30-3:30 p.m.

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of April 20-26.

Deborah Wallace, age 50, current address unknown, was arrested on April 20 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Mark S. Cresci, age 32, of Laconia was arrested on April 23 for Driving After Revocation or Suspension (subsequent).

Christopher Lee Copp, age 34, of Laconia was arrested on April 24 for Possession of a Controlled Drug and in connection with a bench warrant.

A juvenile, age 16, was arrested on April 25 for Reckless Operation.

Mount Washington Cruises delays opening date

LACONIA — Since 1872, the M/S Mount Washington and her sister ships have invited passengers to experience the beauty of Lake Winnepesaukee. We've been here through some of our country's greatest challenges, including world wars, cold wars, depressions, recessions, the Spanish flu and the 9/11 terrorist attacks.

Although the COVID-19 crisis is unlike anything we've seen before, we remain confident that our country will come through this situation stronger than ever. Mount Washington Cruises has always held the safety of our passengers and crew as our top priority. We recognize that in the short term, changes are needed to keep everyone safe.

We are committed to following all guidance from public health officials regarding the hosting of public events. Though the current mandate expires on May 4, we are delaying the start of our operating season until June. As we get more information regarding the success of our community efforts to combat COVID-19, we will continue to evaluate what additional delays — if any — may be required.

In the meantime, we are reinventing our cleaning procedures, reevaluating our onboard services and implementing new systems to maintain social distance on board. This crisis will pass and when it does, we want you to know that we're doing everything we can to keep everyone healthy. We look forward to seeing you on the big lake, but until then — stay safe!

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OPINION

Where was the “Shot Heard ‘Round the World?” fired?

April 19, 1775 — a short 243 years ago, right around this time — marked the start of the Revolutionary War after the battles of Lexington and Concord. Normally, the event is commemorated with reenactments and various other celebrations; however, due to social distancing requirements, that did not happen this year.

The debate continues to heat up, however, as to whether or not “The Shot Heard Round’ the World’ took place in Concord, or in neighboring Lexington.

This time in our history, while brutal and necessary, brings with it much intrigue for many. The tenacity and bravery of those who fought for our independence is beyond admirable. The events that took place during the Revolutionary War, read like a novel in modern times and have been brought to life through books and films where we need to be reminded that this story is not fiction.

On that spring morning, more than 700 British soldiers who were given a secret tip on the whereabouts of colonial military supplies in Concord, marched towards town to confiscate the lot. The Patriots who had developed a top notch intelligence network, largely the work of George Washington’s Culper Ring, and the Sons of Liberty, had received notice weeks in advance and were able to move the supplies to safety.

Paul Revere and William Dawes had plans to ride ahead of the British troops to warn other Patriots. Knowing the task was risky, Revere secured the help of about 30 other men to make sure word reached Lexington and Concord if the two were captured. Revere told militia leaders to look at the steeple of the Old North Church each night for a signal. One lit lantern meant the Regulars would come by land through the Boston Neck. Two lanterns meant the British would come via the Charles river on row boats into Cambridge, ‘One if by land, two if by sea’.

The night before the famous battle, Dr. Joseph Warren sent Dawes to Lexington where he was joined with Revere to warn Sam Adams and John Hancock that the British were coming.

It was midnight in Lexington when Revere and Dawes were joined by a third rider, Dr. Samuel Prescott. Prescott had been courting a woman in Lexington and met Dawes and Revere by chance. Because he believed in the cause, Prescott joined the men. The three riders were stopped by a British patrol not long after. Dawes was able to escape by reversing his direction. Prescott jumped a stone wall and fled using a short cut only locals knew about. The doctor was the only rider to reach Concord. Revere who was now captured, was surrounded by six Regulars and was searched and interrogated.

“An officer clapped his pistol to my head, called me by name and told me he was going to ask me some questions, and if I did not give him true answers, he would blow my brains out,” Revere wrote in his diary.

The Regulars were spooked by the sound of gunfire in the distance, and let Revere go after asking him for an alternative route to town. Revere made his way back to Lexington where he regrouped with Hancock and Adams, who planned an escape to Woburn.

Throughout the night, the ‘Rebels’ gathered to intercept the British. When the red coats were seen marching onto the Lexington green, the local minutemen knew they were outnumbered. Out of the dawn a shot was fired, and no one knows to this day which side was responsible for it. After the scuttle on the green, eight minutemen and one British soldier were killed. There were accusations from both sides laying blame on one another.

William Sutherland, a British soldier, is on record saying, “I heard Major Pitcairn’s voice call out. ‘Soldiers, don’t fire, keep your ranks, form and surround them.’ Instantly some of the villains who got over the hedge fired at us which our men for the first time returned.”

Sylvanus Wood, a minute man had recalled something different, “he swung his sword, and said, ‘Lay down your arms, you damned rebels, or you are all dead men – fire!’ Some guns were fired by the British at us from the first platoon, but no person was killed or hurt, being probably charged only with gunpowder. The company immediately dispersed; and while the company was dispersing and leaping over the wall, the second platoon of the British fired, and killed some of our men. There was not a gun fired by any of Captain Parker’s company, within my knowledge.”

While the British soldiers continued to search for supplies, the colonial militia was able to regroup in Concord where they later met the red coats at the North Bridge. The British were outnumbered this time and retreated to South Boston after losing several soldiers.

Some say the Shot Heard Round the World hap-



PHOTO BY ERIN PLUMMER

Bare trees, wide view

The Belknap Range (including Gunstock) and Lake Winnepesaukee can be seen from behind the Carriage House at the Castle in the Clouds property in Moultonborough with the leaves yet to bud on the trees.

FROM OUR READERS

The short winter season and the no-sports spring season

To the Editor: Sadly, the Gilford High School winter sports season came to an abrupt conclusion, as the Coronavirus proved to usurp the athletes. The athletes will remember being a part of world history (see Black Plague), and it probably changed their perspective of sports. Appropriately a capsule review can refresh us as to the achievements of the young athletes. In indoor track, Natalie Fraser was the state champion in the D-2 girls 300 meter race- her fifth gold medal in her H.S. track career. She was the first Gilford girl ever to qualify for the New England Meet of Champions. In cross-country skiing, Kat Stowe (freestyle), Vanessa Genakos (classic), and Mitchell Townsend (freestyle and classic) were also State D-3 Champions. Kat Stowe was also the overall state champion. Being sophomores, their future is bright.

The girls’ Nordic skiers were D-3 State Champions, just edging out Hopkinton, while the boys team was the D-3 runner-up to Kearsage. The State Skimeister was Bethany Tanner.

In boys’ basketball, the Golden Eagles were D-3 co-champions with Mascenic High School, as both teams were bested by the powerful Corona Viruses, and it is a given that the boys wanted to have sole ownership of the title. Adrian Sirano was chosen as the Player of the Year, and coach Ric Acquilano was voted as the Coach of the Year.

The boys’ hockey team had an 14-4 season, but were upset by Conval-Conant in the state quarterfinals. The Varsity Girls had an 13-5 season, but were also upset by Monadanock High School in the quarterfinals. Additionally Shelby Colby became a member of the 1,000 point club.

Likewise, the Gilford Swim Team had an outstanding season, and was led by the consistent performances of Laurel Gingrich, a four year veteran. All in all, all of the winter athletic teams had memorable seasons. Unfortunately, the spring teams had memorable “unsports” seasons. As the seniors move on, the underclass athletes have next year. Congratulations to all, and apologies to that which I did not remember.

FRANK M. WEEKS
GILMANTON

Help the Postal Service avoid a bleak future

To the Editor: We are retired letter carriers, and we are writing to warn you of a potential bleak future for the US Postal Service. COVID-19 has halted most first class and marketing mail, depriving The USPS of much needed revenue. The Federal government must act quickly to pass relief legislation for The USPS or, by Sept. 30, they will be out of money. Our Letter Carriers, a quarter of whom are Veterans, have never stood taller than during this pandemic! Delivering our nation’s mail seven days a week despite grievous risks to their health and safety, they have shown their dedication to public service. As foot traffic plummets, small businesses depend on the Postal Service to deliver the packages that generate revenue for them. Our health care industry depends on the Postal Service to deliver 4 million prescriptions each day, in addition to medical supplies, lab tests, and hopefully COVID-19 tests. Absentee voting will not be possible without the USPS. Pew Research Center polling finds that The USPS is consistently America’s most admired Federal agency, with 91% of all Americans, Democrats and Republicans alike, giving it this favorable rating. In good times and bad the Postal Service is a trusted public service. It truly ties our great nation together, connecting 160 million homes and businesses from every corner of our country. It is the community hub for most of small town America, essential for their businesses, government, and community. A letter mailed in Colebrook is delivered in a very few days to Hayden, Idaho, all this for only 55 cents.

A true public service. Though American leaders, both Democrats and Republicans, worked together to add a \$13 billion direct grant for Postal Service relief, much less than is needed but all that was offered at the time, to the \$2 trillion Coronavirus Aid, Relief, and Economic Security Act, or CARES Act, it was removed at the last minute because Treasury Secretary Steven Mnuchin told lawmakers that President Trump would not sign the Act if any money for The USPS was included. So it was removed, as the Act was immediately necessary and could not be delayed. In its place, over Mnuchin’s objections, a \$10 billion loan for the Postal Service was added. This will barely extend The USPS operations into September and will be added to the Postal Service debt that must be paid back. The Trump administration has shown eagerness to privatize the Postal Service and this pandemic is giving them an opening to starve the Postal Service of funds. In addition, the President has an ongoing feud with Jeff Bezos of Amazon, and with The USPS delivering millions of Amazon’s packages this is another opportunity for the President to interfere. Please contact your Senators and Representative and ask them to support any current or future bills that will give relief to the Postal Service.

Thank you,

LEW HENRY,
GILMANTON
JIM FUCELLA,
MANCHESTER
TERRY GESEL,
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ALL WE KNOW IS LOCAL ~ SalmonPress.com



North Country Notebook

When measuring a river, you do it with a smile



By JOHN HARRIGAN
COLUMNIST

If tiny Fourth Connecticut Lake, reachable only by international footpath, is accepted as the true source of the Connecticut River, then the river drops 2,670 feet on its alleged 406-mile journey to the sea.

Now, “alleged” is a fuzzy yet powerful term. It means you’re not quite sure, or “maybe,” and is thus fuzzy. In legal terms it means no-man’s land—not proved, or unproven. In social circles, however, it is a powerful word, because it can connote something not quite right. It’s like using “claimed” instead of “said.”

One day after the paper had come out, I was running a job-printing press in the back shop when a logger came straight off his logging job, still in his chaps and hard-hat, madder than a hatter, and backed me right up against the wall. He told me, through clenched teeth, that it was wrong to report that he “claimed” this or that, instead of “said”—and he was dead right. “Claimed” carries an air of suspicion. The two terms are not interchangeable.

But in the case of the Connecticut River, I can use “alleged” fairly, because how do you measure a river at 406 miles? Any good river with a broad valley to roam in forms meanders and then cuts them off. There are several old cut-off meanders known as “Horse-Shoe Pond” along the river’s course.

Anyway, I’ve seen the Connecticut’s length given as 412 miles. If you Google it, and go with Wikipedia’s map notes, you get 410. It’s all in where you look.

+++++

The trail into Fourth Connecticut Lake alternates from boulder and bedrock to bog, and is an absolute delight. The “delight” part is because in places you are literally hopping back and forth from New Hampshire to Quebec, or from the United States to Canada and back, all this in order to keep from going into mud over your boots.

Where else can you do that? Well, somewhere along the wild and lengthy Maine border, I’d bet, and maybe in the Boundary Waters.

Some of the guide books over the years have described Fourth Lake as “little more than a mud puddle,” or “not much more than a beaver pond,” or an outright disappointment.

I don’t get this. To me it’s a pretty little pond that has bragging rights as the source of the mighty Connecticut,

which also happens to be New England’s longest river.

If you bushwhack south-southwest around the lower end of Fourth Lake (Fourth Pond), and follow the little brook that issues forthwith, and hurl yourself through some pretty thick spruce along the shoreline, you emerge at Third Connecticut Lake.

This is a far more substantial body of water, at 231 acres. The deep hole, at just over 100 feet, is in the northwest corner of the lake, just offshore from a large outcropping of granite ledge.

A faint trail can be seen there leading north into the Province of Quebec, or better put, from Chartierville down into Pittsburg, kept up as a path, more or less, by people who derive a certain amount of distinction by doing a little international fishing. I would be shocked, do you hear, shocked, if such a thing were still going on today.

Third Lake’s outlet is barred (sort of) by a series of beaver ponds, but the dams are low enough for two people to push and pull a canoe over, or at least they were back when I was foolish enough to be doing those things.

+++++

From West Stewartstown all the way down to the Maidstone Bridge, the Connecticut is a fine river to canoe. The current is swift enough to



JOHN HARRIGAN

The Connecticut River runs wild and free from the outlet of Lake Francis all the way to the Gilman Dam. This stretch is just below Pittsburg village.

carry you right along, with only perhaps a dozen or so stretches where you’d better be paying close attention.

Over the years, I’ve had up to five boats along for a trip, and there are many stretches where on a hot July day you can let the kids wade right alongside or trailing the canoes. The bottom is all sand and fine gravel, with no pain for little piggies.

My brother Peter and I did that one summer day with the collective cousins in tow, and they frolicked about in these clear and shallow stretches, splashing around with the utmost freedom and glee.

All you have to do is beware the deep pools, for which the Connecticut is infamous.

+++++

The Connecticut River runs along a major fault-line for much of its course, a meeting place of tectonics. Our plate (New Hampshire) is taking a geological slow-motion nose-dive under their plate (Vermont).

This means that the Connecticut River, running on a slightly tilted plate, is abrading against the Vermont shore, all the time, 24-7, meaning 365 days a year, 366 in a Leap Year, and so on, give or take a millennium.

This means that Vermont is losing an acre or two every so many years, to New Hampshire’s gain. As a New Hampshire guy, I like this equation. There is always some good-natured give and take going on between New Hampshire and Vermont. Once in a while, it’s nice to win.

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

EDITORIAL

(Continued from Page A4)

pened on the bridge in Concord, while residents in Lexington have long said the first shot to kick off the revolution took place on their green.

The phrase ‘Shot Heard Round the World’ was coined by author Ralph Waldo Emerson 62 years after the battle. His poem, titled “Concord Hymn,” was about the Battle of Concord.

By the rude bridge that arched the flood,
Their flag to April’s breeze unfurled,
Here once the embattled farmers stood,
And fired the shot heard ‘round the world”

Some historians say that because the Battle of Concord was the first real American victory in the Revolutionary War, that shot, should be considered the one heard ‘round the world’.

Other historians say that because the first shot took place in Lexington, that should be the famous “shot heard ‘round the world.”

In his diary, Paul Revere wrote about the battle, “I heard the report, turned my head, and saw the smoke in front of the British troops, they immediately gave a great shout, ran a few paces, and then the whole fired. I could first distinguish irregular firing, which I suppose was the advance guard, and then platoons. At the time I could not see our Militia, for they were covered from me, by a house at the bottom of the street.”

In Concord, British Lt. Col. Francis Smith, in a report to General Thomas Gage, said that the British were the first to fire in Concord.

“While at Concord we saw vast numbers assembling in many parts; at one of the bridges they marched down, with a very considerable body, on the light infantry posted there. On their coming pretty near, one of our men fired on them, which they returned,” Smith wrote.

The debate has

continued between the towns of Concord and Lexington, as to which is the birth place of American Liberty. Even though the first shots took place in Lexington, Emerson’s ‘Shot’ was fired in Concord.

In 1875, President Ulysses S. Grant wanted to forgo attending the centennial to avoid conflict between the two towns. In 1894, the Lexington Historical Society sought to name April 19, ‘Lexington Day’ to the outright objections of Concord citizens. To ease both towns, a compromise was made where April 19 is now referred to as “Patriot Day.”

BY LARRY SCOTT

The First Amendment to the Constitution of these United States American says that “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof.” And that, I am told, is justification for such a “separation” of religious activities in the public arena that my grandchildren cannot read their Bible or pray in class? You have to be kidding! That is not what

it says.

The conflict between the Church and the State is not a new phenomenon. When the Rev. John Greenwood (1556-1593) challenged the right of Queen Elizabeth, King Henry VIII’s daughter, to be head of both the State and the Church, she had him executed. When Parliament passed laws targeting those who, like Greenwood, wanted to separate the State from the Church, most of the Pilgrims fled England, first to Holland and then

to America.

Our Founding Fathers established the separation clause to prevent the State from meddling in Church affairs. But in modern America, the reverse has taken place. The First Amendment has become a limit to individuals, rather than the State. As it now stands, the Bible has been removed from the classroom library, the school choir can no longer sing Christian songs, and individual students

SEE STRATEGIES PAGE A12

STRATEGIES FOR LIVING

On the Separation of Church & State

Shaker Regional School District
Bathroom Partition Proposal Request

Shaker Regional School District is seeking proposals for bathroom partition replacement in 2 bathrooms at Belmont Elementary School. A site visit will be held on May 4, 2020 at 9 am. Proposal specifications can be found on the District website, www.sau80.org or by contacting Steve Dalzell via email sdalzell@sau80.org or by phone at 603-267-9223 x5309.

Shaker Regional School District
Marlite FRP Wall Panel Proposal Request

Shaker Regional School District is seeking proposals for purchase and installation of Marlite FRP Wall Panels at Belmont Middle School. A site visit will be held on May 4, 2020 at 11 am. Proposal specifications can be found on the District website, www.sau80.org or by contacting Steve Dalzell via email sdalzell@sau80.org or by phone at 603-267-9223 x5309.

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Alton couple promote food security in the face of COVID-19



CATHY ALLYN

As part of an effort to sow high-yielding seeds that grow well in this particular climate, Denise and Paul Pouliot are partial to Cherokee skunk beans for their garden. The leaders of the Cowasuck Band of the Pennacook Abenaki People are involved in a variety of organizations focused on supporting local food producers.

BY CATHY ALLYN
Contributing Writer

ALTON – Alton residents Paul and Denise Pouliot lead two of the most interesting lives around. As sag8mo (sagamore) and sag8mosquaw (head female speaker) of the Cowasuck Band of the Pennacook Abenaki People, their input is in constant demand from universities, policy-making think tanks, the state, and Native American tribes across the country.

They bounce from leading indigenous crafts with children, to anthropology lectures, to singing and storytelling at conferences.

They’ve made offerings of tobacco and performed Abenaki prayers and songs to appease “Glennie,” the Great Abenaki Serpent (Gitaskog) before the International Swim Meet at Glen Lake in Goffstown, and they’ve consulted on the use of indigenous artistic themes and symbols at two buildings’ entry ways.

Although their interests and expertise run the gamut, sometimes a wave of opportunities arises on a general theme. For instance, Paul lectured to the Sustainability Class at UNH and he and Denise conducted an In-

digenous Plant Walk for Plains Portsmouth on medicinal and edible plants, and presented a program on indigenous food ways to the NH Fish and Game department.

“It seemed we were getting pigeonholed in issues concerning food,” Paul said.

Their efforts have resulted in indigenous foods being served at the University of New Hampshire’s (UNH) Durham campus on occasion, and they are also actively involved in the school’s participation in the international Slow Food, Slow Fish movement.

“We’ve been collaborating with Strafford County farmers,” Paul said, “trying to go more local for produce and meats.”

Slow Food, Slow Fish, begun in Italy, promotes local food and traditional cooking. UNH dining areas have been in the process of serving local seafood and underutilized species of fish because of the campaign.

Paul noted there are only about 100 dairies functioning in the state, “only seven fishermen still fishing, and too few farmers. So, how do we change the paradigm and bring back and support our local food producers?”

Food is central to their place in the Green New England Deal, too, a regional segment of the Green Deal movement that includes Rhode Island, Massachusetts, Vermont, and New Hampshire, concerned with lowering carbon footprints and providing affordable housing, among other problems facing the country.

“We became the local food insecurity issues people.”

But art and history are usually their bailiwick, so when a new exhibit at the Currier Museum of Art was due to open in October of 2019, the Pouliots were on board.

“We Are For Freedoms” was comprised of a participatory exhibition at the museum, public art installed in Manchester, and a series of town hall discussions with the goal of showing how art can spur dialogue regarding values, place, and patriotism.

For Freedoms is an artist-led platform for civic engagement founded in 2016 to highlight America’s diversity. Now a 50 state initiative, For Freedoms was inspired by Norman Rockwell’s paintings of the four universal freedoms spoken of by Franklin D. Roosevelt in 1941 – freedom of speech, freedom of worship, freedom from want, and freedom from fear. The artists transformed those iconic images to represent more up-to-date views of the country’s population.

“We were involved in the freedom of worship piece,” Paul explained. “We were brought in to



Indigenous foods and traditional cooking are specialties of Alton residents Denise and Paul Pouliot. During the Covid 19 crisis, they have been serving on the New Hampshire Covid 19 Equity Task Force crisis team, within the Food Security work group, to discuss ongoing proposed projects and social policies. Here, they dig up sunchokes in one of their raised bed gardens at their home.

talk about how indigenous cultures have been repressed since Colonial days. It wasn’t until 1978 that indigenous people were granted the right to practice their religious beliefs.”

The art projects he and Denise were doing with the museum, however, had another purpose.

“Turns out we were being vetted for a bigger project.”

That venture was the For Freedoms Congress, held in Los Angeles at the end of February. The Pouliots were invited to attend the week-long event as representatives of the Cowasuck People, and joined more than 550 community artists and leaders.

“It was held in Chinatown and tied to all of the major art museums out there,” Paul said. “This is a political movement to use art to practice our freedoms. There’s a deeper meaning to this; it’s setting policy for the future.”

But a problem was looming. One second, they were hobnobbing with A-list producers and artists, and the next, they ran smack dab into one of the earlier outbreaks of Covid 19.

“We were right in the thick of it,” Paul said. “We saw the inner city problems with a pandemic coming.”

They flew home on schedule, the first week of March.

“There was no PPE anywhere,” Paul said, “because no one realized what was going on.”

Thinking they had been exposed, they self-quarantined.

“When we got back,

every video conference run by the groups we are involved with was about setting new policies,” Paul said. “Everything tied in to what we did with For Freedoms.”

“The state initiated a committee of leaders throughout the state for emergency response,” Denise said. “We serve on that as indigenous voices.”

The NH Covid 19 Equity Task Force crisis team is in place to ensure every resident, especially those who may be marginalized, has equal access. The Pouliots work within the Food Security group.

“We’re small fish in a big pond,” Paul said.

“Other fish have been jumping in,” Denise said, citing the team has gone from six to 45 participants. “The goal is to formulate a system of addressing long-time need that may be neglected by other efforts.”

She said growing food for individual needs is encouraged, adding “We have to figure out a term different from ‘victory garden,’ but the revitalization that whole project accomplished is what we need to do. Everyone needs to be thinking about long-term survival. We need to build relationships with our neighbors, so we can barter rather than constantly be buying.”

“We need to move to sustainable and equitable,” Paul said. “Everyone should be given a fair shot to survive.”

“We want to remove the panic that goes through people’s heads when they see stocks are limited, and let them

know they can take care of themselves on their own and in a more environmentally-friendly way,” Denise said.

The Pouliots are practicing what they preach.

“We had a gentleman’s garden,” Paul said, “and we’re expanding it to a survival one. We’re picking seeds that will give us the most bang for the buck.”

Denise said they are focusing on indigenous crops, such as Cherokee beans, carrots, sun chokes, celery, spinach, wax beans, white squash, chives, onions, shallots, blueberries, and grapes.

“We’re changing our whole thought process,” she said.

That includes how they are consuming food. Lately they are using a technique they saw in Hawai’i and adopted.

“Japanese barbecue is searing meat and vegetables over an open flame so hot the food cooks in a couple of seconds,” Paul said. “You cook and eat simultaneously.”


“It takes longer to eat a full meal because you cook as you go,” Denise added, “so you process nutrients better.”

They also brought home a cooking idea from their time in Los Angeles; the technique cooks everything in boiling water.

“You dip as you go,” Paul said. “It’s another way of eating with no oils.”

With their backgrounds in plants, the Pouliots say they are often asked about foraging.

SEE **POULIOTS** PAGE A7



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Drive-by birthday lifts spirits

BY KATHERINE LESNYK
Contributing Writer

ALTON — In an effort to lift spirits during the coronavirus (COVID-19) pandemic, people around the country have been planning “drive-by birthday parties” for friends, neighbors and loved ones, and the Alton community is no exception. On Saturday, April 11, one community in Alton gathered 10 cars for a beloved neighbor, who wished to remain anonymous, according to Judi Glidden, a resident of the neighborhood who helped to coordinate the parade.

Glidden said that planning the “party” was a quick process – the day before, Glidden, neighbors and friends coordinated the event over email. The cars were decorated in front of a nearby friend’s house and from there the procession started. In total, about 10 cars decorated with signs and balloons participated in the parade, amounting to about 20 people.

Glidden said that her neighbor is “such a help to our neighborhood” and that “everybody trusts her” if they need a helping hand. Glidden noted that even the shyest mem-

bers of the community came out to celebrate and connect for the happy occasion.

“Everyone jumped on the bandwagon,” she said.

This is not the only birthday celebration of its kind to happen locally in the last few weeks. The Concord Monitor has reported on at least two birthday parties for young children in the Concord area that had to be modified because of the pandemic, and more have happened in Alton since the one in Glidden’s neighborhood.

David Glidden, Judi’s husband, noted that the neighborhood, which has 36 houses but the number of residents drops significantly in the winter, is getting closer than they have ever been while still maintaining social distancing.

Judi added that people are “meeting and talking to people on a different level,” discussing the pandemic and fears or concerns about the changing situation with people who they weren’t close with before. She gave the example of members of a class she is in at church who don’t know each other well



COURTESY

On Saturday, April 11, a community in Alton gathered a birthday parade of 10 cars for a beloved neighbor.

outside of the class, but who are now continually checking in on each other.

“We have not had times like this,” she said.

“We’re building relationships with neighbors who we never really had relationships with,” David said. The pair agreed that neighbors in their community have been more “visible,” and they catch up from across the street while on walks or

spending time in their yards, making sure that everyone is healthy and

doing well, especially those with family members who live far away.

“We’re a very friendly neighborhood,” she said.

M/S Mount Washington launches community gallery

LACONIA — The M/S Mount Washington is asking its passengers to help document its long history. This season, the ship will post photos taken by members of the public to its public areas.

“We invite everyone to look through their personal photos to find the best snapshots, and to submit them to us,” the M/S Mount Washington posted to its Web site, www.Cruisenh.com. “Our favorites will be hung on the ship, including your name and hometown. We’ll even provide a voucher for up to four cruise tickets so you can come see your photo in person.”

The M/S Mount Washington has welcomed millions of passengers from around the world 148 years. It is considered a symbol of New Hampshire. While the ship may be large, not every photo can be posted. If a photo isn’t selected it will be added to a new archive of photography for 2022 when the Mount celebrates its 150th anniversary. All photos received will be displayed online in a special gallery commemorating the anniversary.

Find out more at <https://cruisenh.com/pages/community-gallery>.

POULIOTS

(Continued from Page A6)

ing.

“You have to know how to wild harvest,” Paul said, “or it could be dangerous, both for the forager and for endangered plants.”

They are comfortable with directing people to check out recipes for fiddleheads and tea made from white pine needles, both healthy and easily accessed food sources.

Paul said all of the video conferences they participate in can “seem like chaos, but everyone

is just trying to figure it all out.”

He believes it comes down to sustainability.

“One key thing is to think less beef and more fish,” he said. “Fish was the primary protein the Abenakis lived off of.”

He said food co-ops would be another way to go.

Denise pointed out that with climate change, the indigenous seeds she has grown in the past no longer produce as well.

“Everything is shifting, so we have to retrain ourselves to plant what will grow in this region. We’re taking indigenous seeds from other tribes to figure out the best ones to grow here now.”

She said that next spring, UNH will begin that experiment in earnest.

“We want to focus on what crops are worth our time and resources to continue to propagate,” she said.

Instead of traveling, now, the Pouliots are in video conferences most of each day, but the pandemic hasn’t slowed them down at all.

“We’re still busy,” Paul summed up. “We’ve just gone different directions.”

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THIS DAY IN...

HISTORY

- **1788:** MARYLAND BECOMES THE SEVENTH STATE TO RATIFY THE UNITED STATES CONSTITUTION.
- **1969:** CHARLES DE GAULLE RESIGNS AS PRESIDENT OF FRANCE.
- **1986:** THE SOVIET UNION ANNOUNCES THE NUCLEAR DISASTER AT CHERNOBYL AFTER HIGH LEVELS OF RADIATION ARE DETECTED IN SWEDEN.

How they SAY that in...

ENGLISH: Breath

SPANISH: Respiraci3n

ITALIAN: Respiro

FRENCH: Souffle

GERMAN: Atem

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ANSWER: CAR AIR FILTER

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CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to landscaping.
Each number corresponds to a letter.
(Hint: 16 = n)

A. 22 3 17 16
Clue: Contains grass

B. 23 3 12 7 24 16
Clue: Organized plants

C. 26 22 3 16 9 19
Clue: Living organisms with roots

D. 7 24 19 8 23 16
Clue: Plan or drawing

Answers: A. lawn B. garden C. plants D. design

SUDOKU

	4						9	1
			4			6		
8	2				5	4		
7					3			
3						5		
		9	7				3	
4		1				7		
	6							
				8	6	2		

Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4	1	2	6	8	3	5	7	9
9	5	3	4	7	1	8	6	2
6	8	7	9	2	5	1	3	4
8	3	1	2	4	7	9	5	6
7	4	5	1	6	9	2	8	3
2	9	6	3	5	8	1	4	7
3	7	4	5	1	6	9	2	8
5	2	6	8	3	4	7	9	1
1	8	9	7	2	6	3	4	5

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~ Comfort Keepers ~

Diabetes management

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

The American Diabetes Association has stated that 25 percent of seniors have some form of diabetes, and that number is expected to increase as the population of adults 60 and over grows.

As you know, diabetes is a condition that prevents someone's body from properly processing sugars, leading to elevated blood sugar levels and negative health effects as a result. While diabetes has its own signs and symptoms, it can also make other conditions worse – conditions like heart and kidney disease.

Diabetes can be effectively managed by seniors, but it's often im-

portant for older adults to seek help from their care team, including their family, physician, nutritionist and caregiver. Here are some strategies for people dealing with diabetes:

Education – There is a lot for someone to learn when they receive a diabetes diagnosis. Depending on the physician's recommendation, changes may need to be made to a senior's diet, exercise, medication and treatment plan. There are also new symptoms, risk factors and medical needs that a person may have. It's important for older adults to learn everything they can about their diabetes and how to treat it.

Diet – Diet plays a huge part in diabetes management. A nutritious diet that is low in sugar is important

for reducing symptoms and complications from the disease. Sugar from fruit should typically be avoided too, along with saturated fats. Diabetes educators can help seniors plan meals that will successfully help them maintain their health.

Exercise and activity – Seeking advice from a health care professional is the best first step for seniors that want to create an activity or exercise plan. While the American Diabetes Association recommends 30 minutes of exercise per day, five days per week, that level of activity isn't always possible for some. However, shorter periods of activity, done throughout the day, can be just as helpful when managing diabetes. Seniors should always speak to their physician

before starting any exercise program.

Prescribed medication is critical – Missing a dose of medication can have negative effects on diabetes sufferers. Seniors that have a hard time keeping track can set up a system of reminders, whether that's a pill box, an alarm, a checklist, or a caregiver or helper that can prompt them to take medications. In addition to prescribed medications, vaccines can also be a useful tool in diabetes management – for example, complications that are caused by the flu can be more severe for those with diabetes.

Check glucose and other levels – Most seniors with diabetes will need to keep an eye on their glucose levels. A physician will typically let someone know

how often they should be checking, and what to watch out for. Blood pressure and cholesterol levels can also indicate a problem – those should also be checked on a regular basis by a healthcare professional.

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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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Village Players spring production postponed until next year

April movie presentation cancelled at Wolfeboro theater

WOLFEBORO — Last month, the Village Players Theater in Wolfeboro announced the cancellation of the March movie presentation as well as the postponement of the spring show, Neil Simon’s “Broadway Bound,” which was set to open this past weekend.

With the pandemic

situation still very much unresolved, the Village Players Board of Directors made the tough decision at the most recent board meeting to put off the production of Broadway Bound until next April. Director Bob Tuttle has committed to directing the show next year and any cast members who wish to con-

tinue their role will be allowed to do so.

The board also made the decision to cancel the April movie presentation of “Public Enemy,” which was scheduled for April 24 and 25.

The board has put off a decision on the May movie presentation of “Caddyshack” (May 15 and 16). Additionally, au-

ditions and a show date for the scheduled summer production, Laughing Stock, have not been officially scheduled and will be announced as soon as a decision is made.

All tickets that have been sold will be honored at makeup dates or refunds are available. Be sure to visit the theater

web site at village-players.com for the latest updates on movies and productions and ticket refund options.

The Village Players offer a sincere thanks to all of their patrons who have continued to sup-

port the theater over the past 40-plus years and they look forward to entertaining the residents of the Lakes Region as soon as it is safe to do so.

WFOM gives back to advertisers and sponsors

WOLFEBORO — The Board of the Wolfeboro Friends of Music appreciates the longstanding support it has received from its advertisers and sponsors.

Each season, we recognize our advertisers and sponsors in our brochure, program booklet, advertisements, poster and concert banners as well as posters and PowerPoint projections during the concerts. The Board recognizes that the COVID-19 pandemic has created both a medical and an economic crisis for many individuals and for many businesses. The Board has unanimously decided to return the support given to us by offering each and every advertiser and sponsor from our abbreviated 2019-2020 season the same level of advertisements and sponsorship recognition for our coming season at no cost. We are in process of constructing our season brochure and program booklet and intend to repeat the ads and sponsor recognition. E-mails and letters are being sent to all.

Even in the midst of this horrible pandemic, we are planning our 2020-2021 season beginning in the Fall with Fred Moyer’s Classical/Jazz Program and ending in June with The Kingston Trio. We also have six other wonderful artists under contract. We are hopeful that all of this will happen as planned.



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5 outdoor projects that add value

Exterior renovations can enhance the appearance of a property and make it more enjoyable for homeowners. Certain renovations have the potential to add value to a home, while others may do the opposite. Learning which one have the largest return on investment can help homeowners select features that will have the most positive impact. Curb appeal goes a long way toward attracting potential buyers. According to the National Association of Realtors, first impressions of a property have a strong influence on buyers. Landscaping and external features can do much to influence such impressions.

- **Lawn care program:** Investing in a lawn care program that consists of fertilizer and weed control application and can be transferred over to a subsequent home owner is an attractive feature. NAR says such a care program can recover \$1,000 in value of the \$330 average cost, or a 303 percent ROI.
- **Low-maintenance lifestyle:** When choosing materials for projects, those that offer low-maintenance benefits can be preferential. These include low-maintenance patio materials, composite decking, vinyl fencing, and inorganic mulched beds.
- **Fire pit:** A fire pit can be used for much of the year. In the spring and summer, the firepit is a great place to congregate to roast marshmallows or sip wine and gaze into the fire. In the fall, the fire pit can make for a cozy retreat. A fire pit that has a gas burner is low-maintenance, and the National Association of Landscape Professionals says that most can recoup about \$4,000 of their \$6,000 average price tag.
- **Softscaping:** Hardscaping refers to structures like outdoor kitchens or decks. Softscaping involves the living elements of the landscape. Hiring a landscape designer to install trees, shrubs, natural edging, and rock elements can do wonders toward improving the look and value of a home.
- **Pool or water feature:** In certain markets, particularly hot climates, a pool or another water feature is a must-have. However, in other areas where outdoor time is limited, a pool or water feature can actually lower the value of a home. Speaking with a real estate professional can give homeowners an idea of how a pool will fare in a given neighborhood.

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



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3 perennial gardening pointers

Gardening is an engaging hobby that can provide a host of benefits, some of which may surprise even the most devoted gardeners. For example, the Harvard Medical School notes that just 30 minutes of gardening activities burns 135 calories, making gardening a fun and simple way to incorporate more exercise into your daily routine. In addition, scientists have long proven that gardening releases the hormones serotonin and dopamine in the brain, each of which are associated with improved mood.

Perennial gardens can be especially attractive to seasoned gardeners and novices. Perennials are plants that come back year after year, and committing to a perennial garden can ensure people stick with gardening for the long haul, reaping all of the rewards that come with making such a commitment.

Before planting a perennial garden, those new to gardening may want to consider these three tips.

1. Make a plan.
A perennial garden comes back year after year, which means any mistakes you make when planting are likely to haunt you year after year as well. Factors like space and location must be considered before planting. Many gardeners utilize garden planning applications like GrowVeg to make the process

- of planning a garden simpler and more organized. Such applications can be especially useful for novices.
 2. Consider aesthetics.
Gardens can be awe-inspiring, especially when gardeners consider aesthetics prior to planting. The DIY Network advises gardeners to consider scale before choosing which perennials to plant. Tall plants and wide beds tend to look best outside large homes, while short plants in small beds tend to look better outside small homes.
 3. Work with a professional.
Local garden centers can be excellent resources when planning perennial gardens. Representatives at such businesses can offer tips on native plants, which will be more likely to thrive year after year than non-natives. Such representatives also can help you choose the right plants based on the amount of sunlight the plants will likely get after being planted. Each of these factors can be easily overlooked by people without much gardening experience.
- Perennial gardens can provide years of joy and inspiration, especially when gardeners give ample attention to certain details prior to planting.

What to expect during a bathroom remodel

There are many reasons to renovate a home. Some homeowners purchase fixer-uppers and commit to making major renovations before they even move in, while others may renovate their homes with an eye on resale value. But many homeowners also take on renovation projects to make the homes more livable for themselves.

Bathroom renovations are popular projects. In fact, a 2018 survey from the National Association of Home Builders found that bathroom remodels are the most popular remodeling projects. But just because bathroom remodeling projects are popular doesn't mean they're easy to endure. Knowing what to expect during a bathroom remodel can help homeowners get through the renovation process.

Cost
Bathroom remodeling projects can be expensive. According to Remodeling magazine's "Cost vs. Value 2019" report, a mid-range bath-

room remodeling project cost an average of \$20,420 in 2019, while an upscale remodel cost just under \$64,000. Homeowners should develop budgets for their bathroom renovation projects to determine which type of project they can afford. In addition, setting aside a little extra money for overruns is a wise move that can help homeowners handle any unforeseen expenses that arise during the project.

Noise
Few home renovation projects can be undertaken quietly, and bathroom renovations tend to generate a lot of noise. The noise can be difficult to overcome for professionals who work from home full-time, and it also can be hard on parents of young children who still nap and don't yet go to school. Parents of young children may find it best to delay bathroom renovation projects until their children are school-aged and out of the house for most of the day on weekdays.

Mess
The debris generated by bathroom renovation projects is another thing homeowners must prepare for. In addition to preparing for the waste generated by the project, first-time renovators must realize that dust might be a big issue once the project begins. Dust can pose a threat to residents' overall health, particularly the health of youngsters whose bodies haven't yet fully developed. As a result, parents of young children may want to schedule renovations during family vacations so their children are exposed to as little dust as possible.

Changes
Few renovations go



off without a hitch. Once a project begins, contractors often uncover issues that weren't noticeable to the naked eye. These issues may increase the cost of completing a project or force homeowners to change their plans to make the project stay as close to their budgets as possible. Recognizing that these decisions may have to be made on the fly can help homeowners feel more prepared when unexpected issues arise.

Bathroom renovation projects are worthwhile investments. Knowing what to expect during a bathroom renovation project can help homeowners handle all the twists and turns that may arise.



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Nicole Herbst joins NHTrust as Vice President, Senior Trust Officer

REGION — Nicole Herbst has recently joined NHTrust as Vice President, Senior Trust Officer. Herbst is a CTFA (Certified Trust and Financial Advisor) and CFP® (Certified Financial Planner), and specializes in trust, estates and wealth management.

“We’re excited to have Nicole’s expertise and leadership at NHTrust, and enthusiastically welcome her to the team,” said Mark Cross-Powers, Senior Vice President, Senior Trust Officer. “With more than twenty-four years of experience, she pulls from an incredible depth of knowledge in wealth management, financial planning and client relationships. This will be beneficial to our clients, and to our colleagues.”

“I’m passionate about helping clients reach their financial objectives. It gives me peace of mind when they feel confident in their plans and meet their goals,” noted Herbst. “I was drawn by the reputation of NHTrust and their sister banks (Merrimack County Savings Bank, Meredith Village Savings Bank, Savings Bank of Walpole). For over 150 years, these organizations have been serving the people, businesses and nonprofits in



Nicole Herbst

their neighboring cities and towns. And because they are mutual banks without stock-holders, profits are reinvested in the local community. I’m excited to work for a community-focused organization that wants to offer the best for their customers.”

Prior to joining NHTrust, Herbst held leadership roles at Mass-Mutual Trust Company, People’s United Bank, Wachovia Bank and Citizens Bank. She earned her Juris Doctorate from the Gonzaga University School of Law, Bachelor of Arts in Economics from Boston College and successfully completed the course curriculum for Cannon Trust I, II and III from the Cannon Financial Institute. These complex programs included topics such as foundations of retirement plans and planning; estate planning; income tax issues

and strategies; advanced trust; advanced marital deduction planning; generational wealth transfer planning and investment management.

Herbst is a member of the American Banking Association, NH Estate Planning Council, Connecticut Bar Association and Washington State Bar Association. She serves on the Finance Committee for the town of Weare and frequently volunteers at the Pope Memorial SPCA in Concord. She resides in Weare with her family.

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