

# e-Ticker News of Claremont

[www.etickernewssofarclaremont.com](http://www.etickernewssofarclaremont.com)



**School Board Presents  
Proposed Budget at  
Public Hearing; page A8**

[etickernews@gmail.com](mailto:etickernews@gmail.com)  
[www.facebook.com/etickernews](https://www.facebook.com/etickernews)

January 7, 2019

## **Council Terminates City Manager's Contract; McNutt Releases Open Letter**

By Phyllis A. Muzeroll  
e-Ticker News

CLAREMONT, NH—Following a non-public session, as is required by state law regarding personnel matters, the Claremont City Council Wednesday night passed a resolution terminating Ryan McNutt as City Manager of Claremont. The Council cited a number of reasons for its decision. The resolution is effective on the 30th day following his receipt of this termination. He may request a public hearing if he so wishes. McNutt has been placed on administrative leave effective immediately. Police Chief Mark Chase served as acting City Manager for one day, Jan. 3, with the former City Manager of Keene, John MacLean, coming on board as acting manager on the 4th.

McNutt began the job as City Manager in Claremont on Feb. 1st, 2017.

In a statement released by the Council Wednesday night following the meeting, it was stated that "On January 2, 2019, the Claremont City Council, by majority vote, notified City Manager Ryan McNutt of its intent to terminate his employment. The City Council's action followed an extensive review of the City Manager's job performance and after consultation with legal counsel. The City Council's resolution notifying Mr. McNutt of the intent to terminate his employment describes a breakdown in effective communication between City Manager and the City Council. Mayor Charlene Lovett stated on behalf of the Council, 'Under the City Manager form of government, the City Manager is responsible for administering the day to day affairs of the City. But the City Charter makes clear that the City Council retains an important policy making role and Council members serve as the community's elected representatives. Effective city government requires collaboration between the City Manager and the City Council.'

The Council, in its statement, continued, "Under the terms of the City Charter and his Employment Agreement, Mr. McNutt's termination will be effective in thirty (30) days. The City Council has placed Mr. McNutt on paid leave for the balance of his employment. The City Council has contracted with Municipal Resources, Inc. to provide interim city manager services. Mayor Lovett said, 'The City Council will move quickly to establish a process for recruiting a new City Manager.'"



**Ryan McNutt (File photo)**

**(Continued on page A6)**

## **Motor Vehicle Accident on Chandlers Mills Road Leads to Charges; Car Found Over Embankment**

NEWPORT, NH—At 2:18 p.m., on Jan. 2nd, a Newport Highway Department employee reported that they had discovered a vehicle over the embankment along Chandlers Mills Road and near the Sugar River. According to Newport Police Chief James C. Burroughs, "It was learned that there was a single female occupant who had climbed out of the vehicle, but due to the steep bank and her injuries, was unable to get to the roadway. Newport Fire/

Rescue, EMS and police were dispatched to the scene. The Newport Fire/Rescue, EMS and Police had to perform a technical and challenging ropes rescue of the operator who was identified as: Jacquelyn A. Griep, age 51, of Troy, NH."

According to Burroughs, Griep had been traveling towards Claremont before she lost control of the 2004 Toyota Tundra that she was operating. Griep's vehicle rolled down over the

steep embankment approximately 30 feet before coming to rest on its side against several trees. Griep had only gone off the road minutes before being discovered. After Griep's rescue, she was transported by the Newport Ambulance Service to Valley Regional Hospital with non-life threatening injuries.

Burroughs said that the "investigation revealed that speed and alcohol are (allegedly)

**(Continued on page A2)**

**Embankment, from A1**

factors in the crash. Griep has subsequently been charged with Driving While Intoxicated and Operating without a valid license. Griep is scheduled to appear in the Newport Circuit Court on January 8th to answer those charges.”

Due to the location of the accident, Griep’s rescue and recovery of the vehicle, Chandlers Mills Road was closed to through traffic for nearly two hours. “The Newport Police Department would like to remind all drivers that secondary dirt roads often have varying road conditions and urge drivers to use caution and to travel at safe speeds,” said Burroughs.

**Fugitive Climbs Roof to Try to Avoid Arrest**

CLAREMONT, NH—On Thursday, January 3, Claremont Police received information that a wanted fugitive who had escaped from the Sul-

livan County House of Corrections on December 23, 2018, was at 16 Union Street. Apt #2 in Claremont, NH. The Claremont Police Department identified this person as: Geraldo Garcia, 36, a.k.a. Cheimy Fernandez.

According to Claremont Police Chief Mark Chase, “The Claremont Police Criminal Division applied for a search warrant to search 16 Union Street. While acting on the warrant, a subject that was soon identified as Garcia climbed out of a window and onto the roof of the residence and refused to comply with all commands to submit to arrest. Claremont Police, with the assistance of New Hampshire State Police, Sullivan County Sheriffs as well as the Claremont Fire Department, worked together to safely control the situation and take Garcia into custody.”

Garcia is currently being held without bail at the Sullivan County House of Corrections and will be arraigned on the new charges at a future date.

This incident caused a portion of Union Street to be closed for approximately 90 minutes while Garcia was being placed into custody, said Chase. Traffic was detoured until the road could be safely opened to the motoring public.

“Claremont Police would like to thank the public for the numerous tips on the location of Garcia,” said Chase.

The Sullivan County Sheriff’s Department had distributed information about Garcia as a fugitive a week ago last weekend. On Dec. 17, 2018, Garcia appeared in the 5th Circuit Court Claremont for a Violation of Probation. He was sentenced to the Sullivan County Department of Corrections to a period of 45 days. On Dec. 23, Garcia, a minimum security inmate, walked away from the Sullivan County Department



**Geraldo Garcia**

of Corrections while assigned to a work detail.

*e-Ticker News of Claremont LLC* is published Mondays

Phyllis A. Muzeroll

Publisher/Editor

Bill Binder

Photographer/Reporter

Les St.Pierre

Columnist

Eric Zengota

Contributing Writer/Photographer

[etickernews@gmail.com](mailto:etickernews@gmail.com)

Snail mail to:

6 Osgood Ave. Claremont, NH 03743  
603-542-7319

*e-Ticker News* reserves the right to reject/decline any material submitted that is deemed inappropriate for our publication.

*The opinions expressed in articles, Letters to the Editor or columns are those of the writers and do not necessarily reflect the opinion of the e-Ticker News*

Member, NH Press Association

Member, Greater Claremont Chamber of Commerce

**NH Lottery Numbers**

**01/05/2019**

**NH PowerBall**

**3 7 15 27 69 19**

**NH Mega Millions 01/04/2019**

**21 29 35 54 60 15**

**Tristate Megabucks 01/05/2019**

**3 4 14 17 39 4**

*For more lottery numbers,*

<https://www.nhlottery.com/>

**Index**

- Commentary.....A5**
- Classifieds.....A10-A11**
- Business News.....A15-A17**
- Recreation Roundup.....A22**
- Sports.....B1-B2**
- Inspiration.....B3**
- Calendar/Events.....B4-B8**
- Obituaries.....B9-B10**
- Claremont Fire Dept. Log.....B10**
- Claremont Senior Center.....B11**
- City Council Agendas.....B12**



**LAW OFFICE OF  
JAMES G. FELEEN, PLLC**

[WWW.FELEENLAW.COM](http://WWW.FELEENLAW.COM)

**JAMES G. FELEEN, ESQ.**  
EMAIL: [jim@feleenlaw.com](mailto:jim@feleenlaw.com)

TEL: (603) 504-6507  
FAX: (866) 862-6394  
CELL: (603) 477-4671

2 Pleasant Street, Suite 3, Claremont, NH 03743

Located in the Brown Block.



# YOU ARE INVITED!

THE SULLIVAN COUNTY COMMISSIONERS ARE  
HOSTING A QUESTION & ANSWER FORUM

ON

**RESTORING THE JSL BUILDING**



**When:** January 8, 2019 from 6-8 PM

**Where:** CSB Community Center 152 South Street, Claremont NH

**Why:** *We need neighborhood input!* Sullivan County would like to purchase the JSL and open it as a community activities and transitional housing facility.

Pizza and refreshments will be provided! Please call 863-2560 ext 105 to RSVP.

Please contact Derek Ferland, County Manager at 863-2560 or David Berry, DOC Superintendent at 542-8717 if you have any questions. Thank you!

**HAPPY NEW YEAR FROM STEVENS ALUMNI ASSOCIATION**  
**TO ALL OUR SPONSORS AND DEDICATED MEMBERS**

**THE STEVENS HIGH SCHOOL ALUMNI ASSOCIATION  
 THANKS THE FOLLOWING FOR MAKING THE 147TH  
 CONSECUTIVE REUNION WEEKEND A SUCCESS.**

Douglas and Carolyn LeBlanc  
 Beverly Janelle  
 Steve Smith – WCNL/Emcee  
 CCTV/Keith Druhl  
 Claremont Fire Department  
 Claremont Middle School Band  
 Claremont Police Department  
 Claremont Savings Bank – Parking for Band Formations  
 Country Kitchen Catering - Pat and Lisa Tremblay  
**Custodial Staff** - Albie Derosiers, Dale Bunnell, Cliff Blair,  
 John Bonneville  
 Bob and Elaine Stringer  
 Bill Binder  
 Richard and Pat Girard  
 Debbie Bond  
 Janet Eno  
 Lee Hoyt Collins  
 Paul Couture  
 David Hale  
 Alyse Crossman  
 Denise and Tom Liveston  
 Mary Woodman  
 Parade Judges  
 Stevens High School Band  
 Stevens High School A cappella Choir  
 Katja Klyensteuber – SHS Choir Director  
 Osgood Welding  
 Nick Koloski - Time-Out Americana Grill  
 Priscilla Hull/Rector Methodist Church  
 Stephen Fitch - Parade photos  
 The Tavern on the Square - Parade Fund Raiser  
**Parade Committee:** Dick Girard, Karen Broussard Allard,  
 Dale Girard Jr., Ray Bernard, Ross Girard, Mark Girard, Cam  
 Williams, Heather Girard and Todd Girard  
**Cars & Drivers:** Garret Girard, Annisa Girard, Jerry Moore,  
 Jim Boisclair, Steve Lizotte, Roger Hamel, Pat Girard, Buffy  
 Girard and Ron Whittemore  
 Richard Girard - NHMS Tram  
 Thomas Blanchette - N.H. Motor Speedway  
 Sullivan County ATV Club - Steve Wilkie and Staff  
 Sullivan County Sheriff's Department  
 Women of the Moose - Luncheon

**PARADE FLOAT CASH PRIZE SPONSORS AND  
 WINNERS**

The Insurance Center	1983
Golden Cross Ambulance Service	1978
LaValley's Building Supply, Inc.	1993
Gateway Motors WRJ, Vt	1968
Stringer Funeral Homes & Crematorium	1998

**TO BOB STRINGER AND HEATHER GIRARD FOR  
 CHAIRING THE ANNUAL XMAS POINSETTIA FUND  
 RAISER AND TO ALL THOSE WHO BOUGHT PLANTS.**

**FOR THE CONTINUED SUPPORT OF THE FOLLOWING  
 BUSINESS SPONSORS**

American Legion Post 29  
 APC Paper Group  
 Arrowhead Recreation Area  
 Asetex Tire and Auto  
 Buckley & Zopf Attorneys at Law  
 Casella  
 Century 21 Highview Realty  
 Claremont Opera House  
 Claremont Savings Bank  
 Claremont Family Dentistry - Leo T. Abbott DDS  
 Crown Point Cabinetry  
 Golden Cross Ambulance Service  
 Claremont Senior Center  
 Clark Mortenson Agency, Inc  
 Coldwell Banker Homes Unlimited  
 Country Kitchen Restaurant and Catering  
 Doolittle's Print Serve, Inc.  
 Eagle Times  
 EssCor Electronics  
 e-Ticker News  
 Fireside Beverage - Ross and Buffy Girard  
 Imperial Buffet  
 Ink Factory Clothing Co.  
 Joe's Family Car Care  
 Julie's Icare  
 Kiwanis Club of Claremont  
 Greater Claremont Chamber of Commerce  
 Golden Cross Ambulance, Inc  
 Horizon Financial Services  
 Hubert's Family Outfitters  
 Lake Sunapee Bank/Division of Bar Harbor Bank & Trust  
 LaValley's Building Supply  
 Leahy Denault Connair & Hodgman LLP  
 NH Community Federal Credit Union  
 NIMMA/National Institute of Modern Martial Arts  
 North Country Smokehouse  
 Pleasant St Restaurant & Lounge  
 The Insurance Center  
 Putnam's Colonial Florist  
 Ramunto's Brick Oven Pizza  
 Reed Trucking Services Inc  
 Revered Painting  
 Revolution Cantina  
 Running Bear Camping Area  
 Stone House Forge  
 Stringer Funeral Home & Claremont Crematorium  
 Town & Country Realty Associates  
 Valley Regional Healthcare  
 Wayne McCutcheon Associates

**TO THE ALUMNI MEMBERSHIP FOR THEIR CONTINUED  
 DONATIONS TO SUPPORT THE PARADE!**

**To All Those Mentioned And To Those Behind The  
 Scenes – A Big, Big Thank You!!**

## House of Representatives – Claremont

District 3/Ward 1: Andrew O’Hearne

[friendsofandrewohearne@comcast.net](mailto:friendsofandrewohearne@comcast.net)

District 4/Ward 2: Gary Merchant

603-542-2228

[gary.merchant@leg.state.nh.us](mailto:gary.merchant@leg.state.nh.us)

District 5/Ward 3: Walter Stapleton

603-542-8656

[WaltStapleton@comcast.net](mailto:WaltStapleton@comcast.net)

District 10/Wards 1, 2, 3: John Cloutier

603-542-6190

[jocloutier@comcast.net](mailto:jocloutier@comcast.net)

## Senate – Claremont

District 5: Martha Hennessey

603-271-3067

[martha.hennessey@leg.state.nh.us](mailto:martha.hennessey@leg.state.nh.us)

-----

## Washington, DC

Sen. Jeanne Shaheen

520 Hart Senate Office Building

Washington, DC 20510

202-224-2841

<http://shaheen.senate.gov/contact>

Sen. Maggie Hassan

B85 Russell Senate Office Building

Washington, DC 20510

Phone: (202) 224-3324

<https://www.hassan.senate.gov/>

Rep. Anne Kuster

137 Cannon House Office Building

Washington, DC 20515

phone: 202-225-5206

<http://kuster.house.gov/contact>

-----

To find out who your local state representatives/senators are in Sullivan County, please visit

<http://www.gencourt.state.nh.us/house/members/wml.aspx>

and click on “Who Is My Legislator”



Newly elected District 1 Executive Councilor Mike Cryans, fourth from left, was joined by his wife, Julie, Governor Sununu, Valerie Sununu, and son, Connor, for the recent swearing in of the Governor and new Executive Council (Courtesy photo).

## Hassan-Portman Bipartisan Bill to Bolster Cyber Defenses Signed into Law

WASHINGTON, DC—The President has signed into law bipartisan legislation introduced by Senators Maggie Hassan (D-NH) and Rob Portman (R-OH) that will help strengthen cyber defenses at the Department of Homeland Security (DHS).

The bipartisan Hack DHS Act establishes a bug bounty pilot program – modeled off of similar programs at the Department of Defense and major tech companies – that uses vetted “white-hat” or ethical hackers to help identify unique and undiscovered vulnerabilities in the DHS networks and information technology. Another bill introduced by the two Senators that was also signed into law, the Public-Private Cybersecurity Cooperation Act, complements the Hack DHS Act by requiring DHS to establish a cyber-vulnerabilities disclosure program so that vulnerabilities in DHS’ cyber systems can be easily reported and fixed.

“In the face of ever-evolving cyber threats, strengthening our country’s cyber defenses is vital to the safety, security, and privacy of Granite Staters and Americans,” Senator Hassan said. “Our bipartisan Hack DHS Act will help bolster cybersecurity by harnessing the skills and talent of ethical hackers across the country to help identify vulnerabilities in the Department of Homeland Security’s systems. I am thrilled to see this bipartisan legislation signed into law and commend Senator Portman for his partnership moving this bipartisan bill forward.”

“At a time when cyber threats are on the rise, I’m pleased that the United States government will be better prepared to protect itself thanks to this bipartisan cybersecurity legislation I worked on with Senator Hassan. Our legislation draws upon the vast expertise of hackers and security experts in our country to identify vulnerabilities and report them to the people in positions to fix those flaws in our systems. I applaud the president for swiftly enacting these common sense, bipartisan proposals,” Senator Portman said.

**McNutt, from A1**

The Council voted on the following two resolutions:

“Resolved,

“Ryan W. McNutt has been employed by the City of Claremont as its City Manager since 1 Feb 2017, under the terms of an Employment Agreement (“Agreement”) dated 1 Feb 2017. Section 3 of the Agreement provides that the City Manager may be terminated by a majority vote of the City Council, with or without cause. The City Council has had the opportunity to review and assess Mr. McNutt’s performance as City Manager since his date of hire. The City Council is not satisfied with Mr. McNutt’s job performance and conduct as City Manager. The City Council has informed Mr. McNutt of its dissatisfaction in the following areas:

1. Failure to keep the City Council informed as to matters effecting the City.
2. Failure to provide the City Council with advance notice of issues that are or that are likely to be of concern to the public.
3. Failure to communicate with the public and with members of the City Council in a respectful and courteous manner.
4. Failure to demonstrate improvement in these areas, despite having been given the guidance, time and opportunity to do so.
5. Failure to demonstrate a commitment to improvement in these areas.
6. These deficiencies have caused the City Council to lose confidence in the City Manager’s ability to work collaboratively with the City Council in furtherance of the best interests of the City

“While no legal cause is necessary to terminate Mr. McNutt’s employment, the City Council has determined that these performance and conduct issues are detrimental to the effective operation of City government and that they constitute good and sufficient reasons for termination.

“Therefore, by majority vote, the City Council hereby notifies Mr. McNutt that his employment as City Manager shall terminate effective on the thirtieth (30th) day following his receipt of this resolution. Pursuant to his Employment Agreement and the City Charter, Mr. McNutt may, within ten (10) days of his receipt of this

Notice demand a public hearing to discuss the matters set forth herein.”

The Council voted 7-2 in favor of terminating the City Manager. Councilors Nick Koloski and Claire Lessard were in opposition.

The second resolution was as follows:

“Resolved,

“That having voted this date to notify the City Manager of the City Council’s intent to terminate his employment, the City Council, in accordance with the City Manager’s Employment Agreement and the City Charter, hereby places him on paid administrative leave, effective immediately. The City Council hereby appoints Chief Mark Chase as acting City Manager for Jan 3, 2019, and then John MacLean, beginning Jan 4, 2019 as acting City Manager, former Keene City Manager.”

The Council voted 6-3 in favor of the above resolution. Councilors Nick Koloski, Claire Lessard and Scott Pope voted in opposition.

MacLean has an MPA from Western Michigan University and has over 40 years of public administration experience at the municipal and county level. In 2015, he retired as the City Manager in Keene, NH, after 20 years of service to the City. He previously served as the Deputy County Administrator in Sarasota, FL, City Manager in Venice FL, and City Manager in Montpelier, VT. He has extensive experience in all facets of municipal and county government including involvement in downtown redevelopment, the creation of an industrial corporate park, the establishment of a new municipal services complex for public works, fire and police operations, the planning of significant infrastructure improvements and many other initiatives spanning a wide spectrum of public sector interests that have resulted in new investment and jobs.

During his career, MacLean has overseen the regionalization and reorganization of city services and “is respected for his ability to successfully maintain positive working relationships with elected officials, employees, unions and the public.” MacLean joined MRI as a senior consultant upon his retirement in 2015. He serves as a management consultant, project team leader and in interim manager/administrator assignments.

In a phone call with the *e-Ticker News* on Thursday, McNutt said he learned of his termination following the Council’s return to Council Chambers from its non-public session on Wed-

nesday, to which he had been called, only to be told of the Council’s decision. He said he believed that it was “a short-sided decision by the Council” and that he had “effective communications skills”, adding that he felt the decision was “political” and that some members of the Council want to “control” and micromanage” running the City. He said the Council had held numerous non-public sessions to discuss his status but that he had not been able to address those issues that were cited involving his performance. He added that Claremont has “great City staff” that would continue to work hard for the community.

**Ryan McNutt’s Open Letter**

“I have been privileged to serve as Claremont’s City Manager for the last 2 years which has allowed me to serve alongside members of Claremont’s great municipal staff. Our mission was to continue the revitalization of our city. I was and continue to be inspired by Claremont and its potential to be a home for new residents and businesses. I believe in the revival of Claremont and am confident that the staff and department heads will continue making significant progress toward the future of Claremont.

“I am proud of the progress that has been made over the past two years on some of the key goals we as a community outlined: Claremont grew in retail, adding more stores in place of vacancies on Washington Street; we passed budgets that reduced expenditures and funded investments that were prioritized by the City Council, and Claremont experienced a bond rating increase as a mark of confidence in the ability to manage finances. Projects like the reconstruction of Main Street have gone very well and the City is planning to undertake a major reconstruction of Pleasant Street – a public planning process that is just getting underway.

“The past two years have underscored for me what is important to the residents of Claremont, that their management be responsive to them, and that we are transparent in how we conduct business. The relationship between the Council and my office has felt fractured, the differences in our approaches have caused needless hurdles for the city. My ability to mediate these differences is further hampered by the limited feedback the Council has provided and the lack of transparency to

**(Continued on page A7)**

**Letter, from A6**

ensure we are all working on the same understanding. During these times it is ever more important for all members of the Claremont community to work together.

“Our community deserves stability and an environment that attracts new businesses, residents and employees. Elected officials are responsible for setting the priorities for the municipality and staff has the know-how to make those priorities into realities. Dilemmas arise when these roles are diverted or ignored. One of the city’s many assets are its staff. Their knowledge and commitment to the city is indispensable, and it’s ever crucial they are not diverted from the top priorities they must accomplish. In every instance I and my staff have worked to further the goals and objectives set by the Council.

“With all that we have accomplished and still left to achieve, I am saddened and dismayed to learn that the City Council is seeking to act towards my removal as City Manager. I have always had a vision for Claremont. I urge the Council to develop one that can work towards progress and not a return to the past.

“Establishing and maintaining effective working relationships with councilors can be among the most important and challenging responsibilities for a professional manager. I pride my ability to adapt to local conditions and preferences. I have endeavored to build rapport and dialogue with each member of the City Council including the Mayor. I maintain many professional relationships with my staff and all city departments, area businesses, county officials, officials from neighboring communities and local non-profits. I have at all times displayed the comportment expected of the City Manager in public and in the media.

“While I am certainly grateful for the opportunity to serve the city and I am proud of this administration’s accomplishments, I cannot help but feel this move by the Council is unwise considering the progress that has been made and the challenges that remain. I did not resign. I believe it is important to have a public hearing and will request one. Regardless of the outcome I love Claremont and I will continue to support a smooth transition that ensures the needs of the Claremont community are met.

“Respectfully,  
 Ryan McNutt  
 City Manager  
 Claremont, NH”

According to terms of McNutt’s contract when he was hired in 2017, he was to be paid a salary of \$110,000, and his benefits package included items such as health insurance, the same options available to new city employees; retirement contribution, professional development expenses and vacation.

McNutt, who previously had served as Town Administrator for Lancaster MA, was the second top finalist in the City’s search for a new manager at the time. He was offered the position when David Johnston and the City were unable to come to agreement on a contract. Both McNutt and Johnston received high marks during the selection process which included interviews with MRI, the firm hired to help find a new manager, a selection screening committee and the City Council. McNutt has also served as Director of Housing and

Development for the City of Fitchburg and as Chief of Staff to the Mayor of Fitchburg.

**Coffee with the Chief in Sunapee**

SUNAPEE, NH—The next Coffee with the Chief will be on Thursday, Jan. 17, from 7:30 to 8:30 a.m., at the Safety Services Building.

Highway Director, Scott Hazelton, will be present to discuss recycling here in Sunapee. Join us for coffee, good eats and great conversation!



**JOZACH JEWELERS**  
 FINE DIAMONDS AND GIFTS

**GOLDEN MOON**

1 Pleasant St. Suite #101 • Claremont, NH 03743  
 603-542-2953 • [www.JozachJewelers.net](http://www.JozachJewelers.net)

GIA  
 GEMOLOGICAL INSTITUTE OF AMERICA

# School Board Presents Proposed Budget at Public Hearing

By Phyllis A. Muzeroll  
e-Ticker News

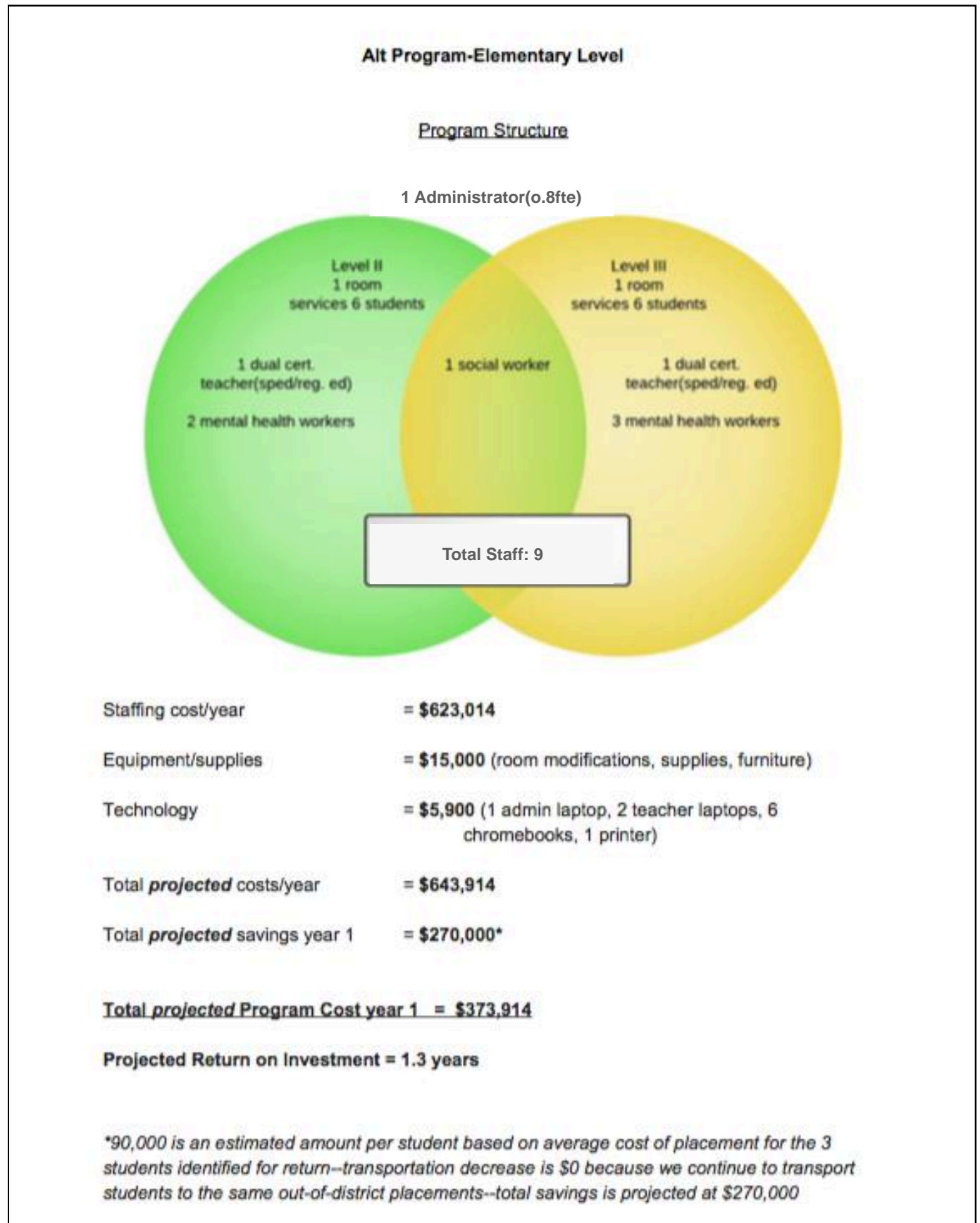
CLAREMONT, NH—The Claremont School District held a public hearing Wednesday night regarding the new proposed budget for '19-'20. The proposed operating budget came in at \$31,828,063. Fixed costs increases, including voter approved collective bargaining agreements, are projected to be \$813,780; there is expected to be a loss of revenue again this year. The new budget is an increase of some \$333,653 over the current one. Fixed rate increases also include non-CBA salary increases, benefit cost changes and out-of-district placement and contracted service. Total loss of state revenue is \$101,061, a combination of the continued loss of stabilization funding and loss of excess special aid.

The school board had set a target of increasing the budget by no more than half of the fixed cost increase and loss of revenue, or \$457,420.50, half of \$914,841.

The impact on the tax rate per \$1,000 of assessed property value would be 46 cents. In addition, there are several other warrant article totals which the public will see this year; they include upgrading the Disnard fire panel, districtwide radios and related infrastructure, cameras on busses, and estimated revenue changes, for a total of 90 cents on the tax rate if all warrants passed.

The district has recommended a number of reductions to meet its budget goals, including four full-time positions at the high school, 1.5 at the pre-school level, one at Bluff and six full-time positions district-wide. It also recommended cuts in supplies and related items to help lower budget needs, all of which came to a total reduction of \$632,752. Staff cuts would likely be achieved through attrition and reassignments.

Recommended additions included 0.4 FTE ROTC at the tech center, related supplies for that position, district-wide 0.2 FTW ESOL tutor, and spending for a district-wide Sp. Ed. Elem. Alt. Program. Total additions come to \$400,758. The elementary alt program is seen as a way of reaching kids with behavioral problems at an early age (see chart). "The idea is to start a program for these kids at the elementary level," said school board member Jason Benware.



This year, due to state changes in how default budgets are configured, the district default budget comes in below the proposed operating budget, at \$31,648,800. The default budget would take effect if the proposed budget is defeated. The impact, with the other warrant arti-

cles presented, would be 65 cents on the tax rate per \$1,000 of assessed property value. Board Chair Frank Sprague said he believed the proposed budget was a "responsible" one and he hoped that Claremont would support it.





### ***First Night Fun...***

Despite the cold rainy weather, First Night in Claremont attracted a large number of families to the venues to celebrate the arrival of the new year. The Claremont Savings Bank Community Center was busy with magic shows by local magician Dylan Tenney, Wunderle's Big Top Adventures in the gym, swimming in the pool and a great show recreating the golden age of radio by The Off Broad Street Players. Food was supplied by the Boy Scouts. At the Arrowhead Recreation Area, the tubing area was in full swing, and the rain didn't stop the fireworks show at 10:00 p.m. Downtown, the Claremont Opera House hosted the World Under Water theater company which gave Jedi light saber lessons, and a night of improv comedy was held later in the evening on the Opera House stage. All in all, a great fun night to usher in 2019. Clockwise: Wunderle's Big Top Adventures showed people how some circus tricks were done; Dylan Tenney wowed the kids and parents with his magic show; The Off Broad Street Players entertained with their Golden Age

of Radio skits; fireworks at Arrowhead lit up the sky (Photos by Bill Binder and Eric Zengotta).



# Classified Ads

## CONVENIENTLY LOCATED



**Claremont** - This 11-room home with attached barn/garage is all on nearly one acre! Conveniently located and within walking distance to town and its amenities. See **MLS# 4724693** for more info and photos. \$149,900.



**Homes Unlimited**  
112 Washington St.,  
Claremont, NH 03743

Call or text my cell:  
(603) 381-9611

**Bonnie Miles**

Office: (603) 542-2503

[bonnie@coldwellbankernh.com](mailto:bonnie@coldwellbankernh.com)



## Ann's Property Of The Week

**12 Kenyon St.  
Claremont, NH**



Century 21/Highview Realty,  
42 Summer Street, Claremont, NH  
03743

603-542-7766



## Turn Key Ready!

**An adorable doll house!** Many updates, too numerous to mention. Making this the perfect home for a "first time home buyer" single person, retirement home, 2nd home...and the list goes on. The lot is level and larger than it seems, great for children, pets or gardens, garage with auto open, and a wonderful front porch. This home has been lovingly cared for, and turn key ready!

**MLS # 4720020 \$119,900**

Ann  
Jacques

Call me  
for  
your  
real estate  
needs!



[annjacques1@comcast.net](mailto:annjacques1@comcast.net)



**Tammy Bergeron**  
Owner/Broker



[tammy@housetohomesnh.com](mailto:tammy@housetohomesnh.com)  
[ashley@housetohomesnh.com](mailto:ashley@housetohomesnh.com)  
[www.housetohomesnh.com](http://www.housetohomesnh.com)

131 Broad Street  
Claremont, NH 03743  
Office: 603-287-4856  
Fax: 287-4857  
Cell: 603-477-1872



**Ashley Bergeron**  
Agent



**Elegant home with seasonal views.** Offers open concept, master suite, 3 bathrooms, 3 bedrooms. Family room with built-in surround system. Attached two-car garage. **Call for your personal viewing.**

# Classified Ads



## Public Works Employee Skilled Labor

The City of Claremont is accepting applications and resumes for full time skilled laborer for the Department of Public Works. If you are a person who enjoys challenges, growth and advancement, you may be the person we are looking for. Applicants must possess knowledge of highway and utility maintenance, and have the ability to perform strenuous and physical work for extended periods of time in all weather conditions. The work schedule may fluctuate between a Tues.-Sat., and/or Mon. – Fri. workweek. Mandatory overtime may be required.

**Must be able to qualify and obtain a CDL Class B license within 6 months of employment.**

Starting wage \$16.77 per hour, with plenty of opportunity for overtime potentially increasing your annual salary 15% or more and enhanced with an excellent benefits package. Benefits include NHRS retirement benefits, paid vacation, sick, and holidays, health and dental insurance and more!

Position will remain open until filled. Applicants with a good work ethics (reliable, dependable, and eager to work) who will perform an honest day's work for an honest day's pay – may apply to:

Human Resources Coordinator  
58 Opera House Square  
Claremont, NH 03743  
or by email: to [hr@claremontnh.com](mailto:hr@claremontnh.com)

Offers of employment are conditional pending the successful completion of pre-employment requirements, which include physical, drug screening and background check.

The City of Claremont is an Equal Opportunity Employer.

**CLAREMONT, NH—2 Story Cape 4 Bed 1 Bath.** Covered patio. Replacement windows and boiler.

**MLS # 4723140 \$124,900**



**CLAREMONT, NH —3 Story Victorian 3 Bed 2 Bath.** Many updates inside and out. Very spacious home.

**MLS # 4664330 \$87,500**



**UNITY, NH —1.5 Story Cape 3 Bed 2 Bath.** Open concept. Deck with great flat yard.

**MLS # 4714990 \$279,000**



**BUY OR SELL WITH US AND  
USE THIS TRUCK FREE!**

**HOMES UNLIMITED**

112 Washington Street  
Claremont, NH 03743  
Phone (603) 542-2503

[www.coldwellbankernh.com](http://www.coldwellbankernh.com)



**TUESDAY, JANUARY 8**

**7:00 p.m.**

**Meriden Library**

**The PLAINFIELD/CORNISH ENERGY COMMITTEES** will meet Tuesday, the 8th, to develop a plan for reaching the goal of 100% renewables for electricity by 2030.

The opportunity to learn about heat pumps will take place on January 30.

And, as always, we need your help!

Seeking volunteers to work on exciting renewable energy projects, including solar siting, tabulating energy use, and learning about new technologies.

## Newport Opera House Assn. Announces New Executive Board

NEWPORT, NH—The Newport Opera House Association has announce its new slate of Board of Directors.

Christopher Jacobs and Alan “Buzz” Hague have taken on the roles of Co-Presidents, while Christopher Gardner has been elected Treasurer. Patricia “Paddy” DiPadova has been appointed Director of Strategic Planning.

Jacobs recently relocated from Chicago to Newport. He studied theatre at Eastern Michigan University. and was an actor, director and marketing director for various theater companies in Chicago. Since moving to Newport, Chris has performed on the Opera House stage in “Annie Get Your Gun,” “The Mousetrap,” and “Once Upon a Mattress,” in addition to directing “The Foreigner”.

Hague is a life-long resident of Newport, and works in the IT department at Valley Regional Hospital. He has appeared in over a dozen productions at the Opera House and is currently also taking on a technical role.

Gardner has lived in Newport/Croydon for his entire life, and is the owner of Gardner & Son Construction. He holds a B.S. in Business Administration from UNH. He has played many roles on the Opera House stage, and has built most of the sets in recent years.

DiPadova graduated from Newport High School, and earned her BA from Dartmouth and an MBA from UNH. Currently, she is a senior consultant at John Snow, Inc., a public health consulting firm. She was an elected member of the Newport School Board from 2003 to 2007, served as President of the Sullivan County Unity of the American Cancer Society, and served on the NH Governor’s Council on Cancer and Chronic Diseases for over ten years.

Other members of the Board of Directors include Alyssa Stevens, Erin Andersen, Karen Coutu, Neal Kling, and Peter Merritt.

Upcoming events, include Dancing With the Newport Stars (in partnership with The Newport Area Chamber of Commerce) on January 25 and 26; the Winter Carnival Pageant, on February 8; the Winter Carnival Dance featuring Club Soda on February 9; and auditions for our spring musical “Peter Pan,” to be held the third week in January. Performances will take place in April.

Tickets and more information are available by calling 863-2412, or at our website, [www.newportoperahouse.com](http://www.newportoperahouse.com).

### PUBLIC NOTICE PLANNING BOARD HEARING

Monday, January 14, 2019 7:00 p.m.  
Council Chambers, City Hall

Notice is hereby given that a public hearing will be held concerning the following application:

**A.(PL 2018-00009) Turning Points Network, 11 School Street:** Application for site plan approval for a new facility at **231 Broad Street**. Tax Map 132, Lot 54. Zoning District: PR.

Interested parties may review the applications at the City of Claremont’s Planning and Development Department, 14 North Street during normal business hours. Comments may be submitted in person at the hearing, or in writing at 14 North Street, Claremont NH 03743, or by email at [sosgood@claremontnh.com](mailto:sosgood@claremontnh.com).

Richard Wahrlich, Chair



LAMBERTAUTO.COM

# LAMBERT

CHRYSLER DODGE Jeep RAM

5 River Rd, Claremont, NH 03743 (844) 515-0278

[www.Lambertauto.com](http://www.Lambertauto.com)



# Valley Regional Annual Meeting

Tuesday, January 22, 2019  
5-7 PM

Claremont Savings Bank  
Community Center  
152 South Street, Claremont

**Turning Points**  
Network  
Preventing Violence • Promoting Respect • Strengthening Lives

## OUR TURN:

### From Past to Present – Changes

At the heart of downtown Claremont is a well-known community icon, Changes Thrift Store. Established in the early 80's, Changes is owned and operated by Turning Points Network (TPN), a private, nonprofit agency providing 24-hour crisis intervention, support, and advocacy services to victims of sexual assault, domestic violence, dating violence, and stalking in Sullivan County. TPN also offers violence prevention education to students and faculty in grades K-12 and to the community at large.

From one table of items for sale in TPN's office in 1983, Changes has grown through steady donations and loyal patrons to its present location on Pleasant Street, where it flourishes under the management of Sam Dubois and a crew of dedicated volunteers, many of whom have been with Changes long term and want to see the store flourish. Others utilize the opportunity to fulfill community service requirements and a way to give back. Sam, speaks passionately about Changes:

"I've been involved with Turning Points for almost 40 years, the last five managing Changes. I love what I do here because I know firsthand the impact the thrift store has on the lives of the survivors and children we help."

Changes is not only vital to TPN's work, but to the community at large, and is a favorite of local clientele. Thrifting, which has evolved into almost an artform, is one of the fastest growing retail sectors. Sam speaks of her customer base fondly:

"It's really amazing. We have our regulars who come in every day, anywhere from one to five times a day even, and they never miss a day. Whether resellers or experienced thrifters, once a week or the occasional shoppers, they all know the store, they know the layout, they know exactly where to look for new merchandise, and they wait eagerly to see what we might put out next. Inventory changes quickly. Customers come in looking for items in good to excellent condition and know they will leave with a fair bargain."

When you buy from Changes or make a tax-deductible donation of clothing or household

goods, you help end domestic and sexual violence in Sullivan County.

- All donated items are available to the public for sale, and 100% of the net proceeds go directly into supporting TPN's emergency shelter, direct services, and educational programming.

"If I could remind people of one thing, it would be that the funds generated by the thrift store do so much for TPN. When I shop, I want to know my dollars are going for a good cause. Changes gives me that, because I know I can help someone in crisis" according to a regular customer.

With 2019 upon us, Changes continues to grow. "We are always in need of new and gently-used donations. Buyers are looking for a higher-end thrift experience as well as great deals, and we keep the racks and shelves full. We also want to give a huge thank you to our donors and customers and look forward to seeing you all in the coming year."

Changes is located at 55 Pleasant Street in downtown Claremont, NH, and open Tuesday through Saturday from 9:30 am to 4:30 pm. Anyone interested in donating or volunteering should contact the store at 603-542-0004.

*OUR TURN is a public service series by Turning Points Network (TPN) serving all of Sullivan County with offices in Claremont and Newport. We provide wraparound supports for survivors of domestic and sexual violence, stalking and human trafficking and we present violence-prevention education programs in our schools. For more than 40 years, TPN has helped people of all ages move from the darkness of abuse toward the light of respect, healing and hope. For information contact 1.800.639.3130 or [www.turningpointsnetwork.org](http://www.turningpointsnetwork.org) or find us on Facebook.*

## Claremont Police Arrest Fugitive Wanted by US Marshals Service

CONCORD, NH—The U.S. Marshals Service announced Friday that fugitive James Perry, 30, was arrested Jan. 3rd by the Claremont Police Department and NH Probation and Parole Officers. According to the Marshals Service, "Perry was considered to be armed and dangerous based on the fact that he was wanted on an outstanding arrest warrant for parole violations stemming from his original



conviction and sentence for armed robbery with a gun."

Perry had been featured as 2018's last "Fugitive of the Week" on December 12th and was aired on *WTPL-FM*, *WMUR-TV*, *The Union Leader*, *The Nashua Telegraph*, *The Patch*, *Foster's Daily Democrat*, *Manchester Information*, *the Manchester Ink Link*, *The Rochester Voice* and prominently featured on the internet. The "Fugitive of the Week" has been a very successful tool that has resulted in the location and arrest of numerous fugitives since its implementation in 2007, said the Marshals Service in a statement. Additionally, the "Fugitive of the Week" is distributed statewide to all law enforcement officers.

After being featured as the "Fugitive of the Week," the Marshals Fugitive Task Force had received multiple tips pointing investigators to several different areas in Claremont. "All members of the task force conducted surveillance on these locations over a two-week period," said the Service in the statement. "It was not until (Thursday) morning, that multiple tips came in to the task force alerting investigators that Perry was in an apartment on Sullivan Street in Claremont. This information was relayed to the Claremont Police Department and NH Probation & Parole, who were able to quickly act on this information. Perry was located and arrested without incident."

Perry was processed at the Claremont Police Department on the outstanding arrest warrant and has been held at the Sullivan County Jail pending his return to custody at the NH State Prison for Men in Concord.

## e-Ticker Business News

### Ribbon Cutting Ceremony for 603 Metalworks and Collision

CLAREMONT, NH—Please join Jason Laffin and the City of Claremont in celebrating the opening of 603 Metalworks and Collision located at 174 Washington Street on Friday, January 11, at 12:00 p.m. 603 Metalworks and Collision provides auto body repair and refinishing, restoration and hot rod fabrication, metal fabrication and specialty welding. All insurance companies are honored. 603 Metalworks and Collision also offers free computerized estimates and uses an environmentally safe painting system.

### Cardiac Rehabilitation Program at Mt. Ascutney Hospital and Health Center Earns National Certification

WINDSOR, VT – Mt. Ascutney Hospital and Health Center (MAHHC) announced that the Cardiac Rehabilitation Program at its Rehabilitation Center has earned a certification from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This three-year certification recognizes MAHHC's commitment to improving the quality of life by enhancing standards of care.

The Cardiac Rehabilitation Program at MAHHC is designed to help people with cardiovascular issues such as myocardial infarction, coronary stent placement or bypass surgery, heart valve repair within a year, and, in some cases, congestive heart failure, to recover faster and improve their quality of life.

The Mt. Ascutney Hospital Cardiac Rehabilitation Program's AACVPR certification follows a three-year process in which key caregivers at the Hospital developed and implemented an expansion of cardiac rehabilitation capabilities, increasing program hours, while introducing a wealth of educational programming.

According to Dr. Ivan Levin, Medical Director of Cardiac Rehabilitation, MAHHC participated in an application process that requires

extensive documentation of program practices.

Levin noted, "three years ago, our cardiac rehabilitation program was staffed by one nurse who did an admirable job. But we saw the opportunity to expand and deepen our services to help more people. It's an important investment for us to make, because we know that effective cardiac rehabilitation saves lives."

Levin explained, "Studies from AACVPR show that people who attend all 36 sessions have a 47 percent lower risk of death and 31 percent lower risk of heart attack on average than those who attend only one session." He went on to say, "Unfortunately, only 10 percent of eligible patients with heart failure are referred to cardiac rehabilitation, and less than 3 percent of eligible patients attend at least one session." Moreover, women, minorities, older people, and those with other medical conditions are less likely to be referred to cardiac rehabilitation than other groups.

"Our goal is to give everyone who qualifies the opportunity to benefit from cardiac rehabilitation," said Levin.

MAHHC registered nurse Rita Rice played a key role in the program development that led to the certification. She became a member of AACVPR when she joined the cardiac rehabilitation program, and consulted with programs in Brattleboro, Vermont and Claremont, New Hampshire to build a road map toward certification. Also, RNs Maryanne Lillard and Kristen Frechette of MAHHC system partner Dartmouth-Hitchcock Medical Center, which is also AACVPR-certified, provided guidance and helped to develop policies. Levin said, "We receive many of our referrals from D-HH and the new certification enhances the continuum of care for our patients."

Others involved in MAHHC program development include Director of Staff Education Amy Visser Lynch, Staff Educator Robin

(Continued on page A16)

Claremont Savings Bank



# TIPS



## IDENTITY PROTECTION

**Examine all of your financial statements.**

Promptly reconcile your monthly bank account and credit card statements using online banking or paper statements. Report discrepancies between your records and monthly statements to your bank or credit card company. Also, order a free credit report once a year from all three credit reporting agencies and review your file for accuracy and to ensure it doesn't include debts or activities you haven't authorized or incurred.

**Check back next week for another tip!**

800-992-0316

claremontsavings.com

# e-Ticker Business News

## Cardiac, from A15

Hakala, Rehabilitation Center Director Belinda Needham-Shropshire, Quality and Compliance Coordinator Kristi Cooper; Community Health Director Jill Lord, Chief Nursing Officer Deanna Orfanidis, and CEO & Chief Medical Officer Dr. Joseph Perras. "It was a true team effort," said Levin.

Rita Rice said that today the program has gone from three to five days a week, offering numerous classes of up to four people, administered by three nurses: Rita Rice and fellow RNs Claire Krawiec and Emma Solomon, with educational support from Therapeutic Director Michael Denmeade, Diabetic Educator Nancy McCullough, Tobacco Cessation Educator Denise Dupuis, and Dietician Sarah Agnoli. Participants receive individualized care over 36 sessions, with personalized exercise routines, including both aerobic and strengthening exercise, as well as extensive education on topics such as nutrition, smoking cessation, and basic wellness. The program takes a systematized approach to health assessments, giving each participant regular evaluations, monitoring personal risk factors and helping them to track their physical and psycho-social progress. The program has also added new measures to assess outcomes and provide staff with continuing education.

The program was reviewed by the AACVPR Program Certification Committee, and certification was awarded by the AACVPR Board of Directors. AACVPR-certified programs are recognized as leaders in the field of cardiovascular rehabilitation because they offer the most advanced practices available.

## Audra Burns Joins Dartmouth-Hitchcock Media Relations Team

LEBANON, NH – Veteran communicator Audra Burns has joined the Dartmouth-Hitchcock staff as Media Relations Manager.

Burns, of Merrimack, started at Dartmouth-Hitchcock on December 3. As Media Relations Manager, Burns will work out of D-H offices in

Bedford and in Lebanon, developing and placing stories promoting the work of Dartmouth-Hitchcock with journalists locally, regionally and nationally. She will be a resource to journalists working on stories on health care in general and on Dartmouth-Hitchcock in particular.

"Audra brings a breadth of knowledge and experience in health care and with New Hampshire and Vermont media," noted Dartmouth-Hitchcock Senior Director of Media Relations Rick Adams. "We're fortunate to bring her onto the team, and we look forward to

partnering with her in broadly sharing the Dartmouth-Hitchcock story."

Prior to joining the D-H team, Burns was Community Relations Director for Southern New Hampshire Medical Center in Nashua, where she was involved in media relations, social media, community outreach, public relations, and community education. She has also served as Director of Communications for New Hampshire and Vermont for the American Heart Association, where she managed all media relations and coordinated media oppor-

**(Continued on page A17)**

*We are putting the care back in Healthcare!*

*We are excited & proud  
to be the #1 choice  
in healthcare in the area!  
We placed first in the  
Doctor category &  
Pediatrician!*



**KEADY**  
FAMILY PRACTICE

## Healthcare Reinvented

With our nurse practitioner focus on patient centered care.  
With a caring staff focused on keeping you at your best.  
We offer what matters most to keep you healthy.

**IT'S ALL ABOUT YOU!**

*Contact us at  
603-826-3434*

**KFPMed.com**



**3 Convenient Locations!**

71 Belknap Ave.  
Newport, NH

130 Pleasant St.  
Claremont, NH

157 Main St.  
Charlestown, NH



# e-Ticker Business News

## Burns, from A16



**Audra Burns**

tunities with partners like D-H, including the annual “Go Red for Women” event. Her resume also includes experience in sales and marketing, and as a production assistant at *WMUR-TV* in Manchester.

Burns is a graduate of Syracuse University and a native of Merrimack; she was named to the *NH Union Leader's* “40 Under 40” list in 2015, and has been the recipient of a gold MarCom Award, a gold AVA Digital Award, and a gold Hermes Creative Award.

## NH Joins in Settlement with Career Education Corporation for over \$550 million in student debt relief

CONCORD, NH— Attorney General Gordon J. MacDonald announced that for-profit education company Career Education Corp. (CEC) has agreed to reform its recruiting and enrollment practices and forgo collecting approximately \$493.7 million in debts owed by 179,529 students nationally. New Hampshire

joins 47 States and the District of Columbia in the settlement.

CEC agrees to forgo any and all efforts to collect amounts owed by former students living in the states participating in the agreement. In New Hampshire, 1,572 students will get relief totaling \$4,635,685.31. CEC has also agreed to pay \$5 million to the states and New Hampshire will receive \$50,000.

CEC is based in Schaumburg, IL, and currently offers primarily online courses through American InterContinental University and Colorado Technical University. Its brands have included Briarcliffe College, Brooks Institute, Brown College, Harrington College of Design, International Academy of Design & Technology, Le Cordon Bleu, Missouri College, and Sanford-Brown. CEC has closed or phased out many of its schools over the past 10 years.

A group of attorneys general launched an investigation into CEC in January 2014 after receiving several complaints from students and a critical report on for-profit education by the U.S. Senate’s Health, Education, Labor and Pensions Committee. Complaints centered on unfair and deceptive practices by students enrolled in CEC who would not have otherwise enrolled, could not obtain professional licensure, and were saddled with substantial debts that they could not repay nor discharge. That investigation revealed evidence demonstrating that:

CEC deceived students about the total costs of enrollment by instructing its admissions representatives to inform prospective students only about the cost per credit hour without disclosing the total number of required credit hours;

CEC misled students about the transferability of credits into CEC from other institutions and out of CEC to other institutions by promising on some occasions that

credits would transfer;

CEC misrepresented the potential for students to obtain employment in the field by failing to adequately disclose the fact that certain programs lacked the necessary programmatic accreditation;

CEC denied the allegations of the attorneys general but agreed to resolve the claims through this multi-state settlement.

Under the agreement, CEC must:

Make no misrepresentations concerning accreditation, selectivity, graduation rates, placement rates, transferability of credit, financial aid, veterans’ benefits, or licensure requirements;

Not enroll students in programs that do not lead to state licensure when required for employment, or that due to their lack of accreditation, will not prepare graduates for jobs in their field. For certain programs that will prepare graduates for some but not all jobs, CEC will be required to disclose such to incoming students.

Provide a single-page disclosure to each student that includes: a) anticipated total direct cost; b) median debt for completers; c) programmatic cohort default rate; d) program completion rate; e) notice concerning transferability of credits; f) median earnings for completers; and g) the job placement rate.

Establish a risk-free trial period.

# SHINE Mobile Ready to Hit the Road

CLAREMONT, NH—TLC Family Resource Center recently welcomed the arrival of the newly detailed SHINE Mobile. The vehicle will be used to expand the sexual health wellness education initiative of the Sexual Health Information Network and Education (SHINE) program and help promote all the programs at TLC throughout the community.



TLC Family Resource Center reveals the new SHINE Mobile (Courtesy photo).

SHINE is an inclusive health enrichment program for young people, to bring medically-accurate, comprehensive and inclusive sexual health information to locations throughout Sullivan County.

“There are 2,500 teens in Sullivan County, the SHINE program currently reaches about 75 students per year. We realized it was imperative for us to make a change so that we can start having the much-needed conversations about sexual health and wellness and reach more students,” said Executive Director Maggie Monroe-Cassel.

The idea of a mobile presence was first introduced by former SHINE coordinator Liza Draper. She had heard of other mobile units that spark conversations about sexual health and share information to help teens make responsible decisions about relationships.

“Studies show that if teens are educated about sexual health and relationships, they wait longer to start having sex. We need to educate our teens — not with another website but with face-to-face conversation, which we will be able to do with the SHINE

Mobile,” Monroe-Cassel continued. “Wouldn’t it be great if teens were able to be teens and not parents?”


Last March, TLC received a \$25,000 grant in the 2018 AMP NH Awards, sponsored by the New Hampshire Charitable Foundation’s Entrepreneur’s Fund of New Hampshire Grant Program, to help purchase a vehicle that will allow TLC to reach more teens to teach about sexual health and relationships.

“The grant process was challenging but the stakes are high to keep teens safe. In Sullivan County, the teen birth rates are twice that of the state and reported cases of gonorrhea have gone up 250%.

We felt compelled to take action,” said Monroe-Cassel.

TLC is looking for events the SHINE Mobile and program should be attending. If you have an event, please contact us at 603-542-1848 ext. 322 or [maggie@tlcfamilyrc.org](mailto:maggie@tlcfamilyrc.org).

TLC Family Resource Center supports and strengthens all families, children, and youth of Sullivan and Lower Grafton counties with a wide range of free programs, support groups, education, and events. Visit [www.tlcfamilyrc.org](http://www.tlcfamilyrc.org) for more information about SHINE and the agency.



**Sugar River Pharmacy**  
Claremont

**Carl Bannon RPh**  
Chad Beane RPh  
[SRPClaremont@gmail.com](mailto:SRPClaremont@gmail.com)

109 PLEASANT ST  
CLAREMONT, NH 03743

---

Mon - Fri 8AM - 6PM  
Sat 9AM - 2PM

Phone 603 542 6337  
542 - MEDS  
Fax 603 287 7139

FIRST  
CONGREGATIONAL  
CHURCH  
72 PLEASANT ST.  
CLAREMONT NH  
603-542-6342

COME WORSHIP  
WITH US  
SUNDAY MORNINGS  
@ 10:00  
WITH COFFEE HOUR  
FOLLOWING



## Wine & Gift Merchants

Bouteille ~ A unique, one stop destination in the heart of downtown Claremont. The perfect choice for wine, specialty foods, gifts, purses, scarves, baskets, etc.



**Closed Sun/Mon; Tues ~ Thurs 10-6;  
Fri 10-7; Sat. 10-4**

**603-287-8983**  
[bwg@bouteillenh.com](http://bwg@bouteillenh.com)

## Roth vs. Traditional 401(k): Which Is Right for You?

For many years, employees of companies that offered 401(k) plans only faced a couple of key decisions – how much to contribute and how to allocate their dollars among the various investment options in their plan. But in recent years, a third choice has emerged: the traditional versus Roth 401(k). Which is right for you?

To begin with, you need to understand the key difference between the two types of 401(k) plans. When you invest in a traditional 401(k), you put in pre-tax dollars, so the more you contribute, the lower your taxable income. Your contributions and earnings grow tax-deferred until you begin taking withdrawals, which will be taxed at your ordinary tax rate. With a Roth 401(k), the situation is essentially reversed. You contribute after-tax dollars, so you won't lower your taxable income, but withdrawals of contributions and earnings are tax-free at age 59-1/2, as long as you've held the account at least five years.

So, now that you've got the basics of the two types of 401(k) plans, which should you choose? There's no one right answer for everyone. You essentially need to ask yourself these questions: When do you want to pay taxes? And what will your tax rate be in the future?

If you're just starting out in your career, and you're in a relatively low income tax bracket, but you think you might be in a higher one when you retire, you might want to consider the Roth 401(k). You'll be paying taxes now on the money you earn and contribute to your Roth account, but you'll avoid being taxed at the higher rate when you start taking withdrawals. Conversely, if you think your tax rate will be lower when you retire, you might be more inclined to go with the traditional 401(k), which allows you to avoid paying taxes on your contributions now, when your tax rate is high.

Of course, you can see the obvious problem with these choices – specifically, how can you know with any certainty if your tax bracket will be lower or higher when you retire? Many people automatically assume that once they stop working, their tax liabilities will drop, but that's not always the case. Given their sources of retirement income from investment accounts and Social Security, many people see no drop in their tax bracket once they retire.

Since you can't see into the future, your best move might be to split the difference, so to speak. Although not all businesses offer the Roth 401(k) option, many of those that do will allow employees to divide their contributions between the Roth and traditional accounts. If you chose this route, you could enjoy the benefits of both, but you still can't exceed the total annual 401(k) contribution limit, which for 2019 is \$19,000, or \$25,000 if you're 50 or older.

You may want to consult with your tax advisor before making any decisions about a Roth or traditional 401(k) – or Roth and traditional 401(k) – but in the final analysis, these are positive choices to make, because a 401(k), in whatever form, is a great way to save for retirement. Try to take full advantage of it.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*



### Leaving Your Employer? Understand Your 401(k) Options.

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences.

**To learn more, call or visit your financial advisor today.**



**Martha Maki, AAMS®**

Financial Advisor

54 Opera House Sq  
Claremont, NH 03743  
603-542-7667

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

**MAURICE'S CARPORTS**  
**THE STRONGEST DELUXE CARPORT**  
 Custom sizes / colors available  
**FREE INSTALLATION**  
 on your level land  
**12' x 21'**  
 Starting prices \$995.00  
 Ph: 603-542-7769  
 www.mauriceat.com  
 299 Washington St., Claremont, NH 03743



**Maurice**  
**CAR & TRUCK PARTS**  
 New • Used • Rebuilt



**AUTO-TRUCK & TRAILER INC.**

*If We Don't Have It,  
We'll Find It!*

**Save \$ With Used Parts 603-542-7769**  
 299 Washington Street • Claremont, NH • www.mauriceat.com

# Dumpster Rentals

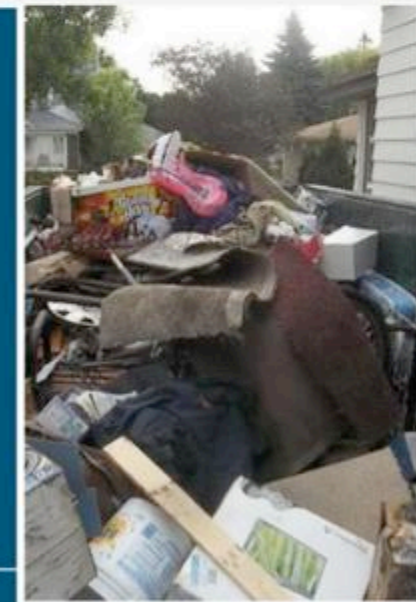
15 yard roll off dumpster

Starting at \$299

7 Day Rental  
 Trucking and disposal of 1 Ton of debris

**Book Today (603) 542-8050**

The right size dumpster delivered by a smaller sized truck, with 4X4 capability to reduce the risk of damage to your property



www.decamptrucking.com

**SAVE THE DATE****FRIDAY, FEBRUARY 8****SULLIVAN COUNTY CONSERVATION DISTRICT****72nd Annual Awards Dinner**

February 8, 2019, 6:00 - 8:00 p.m., Cornish Town Hall

Join us as we celebrate all the great work being done by volunteers, program participants, partner organizations and staff to conserve natural resources, support local agriculture and promote place-based education in Sullivan County.

Information about registration will be available in January.

Snowdate: February 22, 2019

**SUNDAY, JANUARY 13****4:00 PM****Installation of Pastor Chris Jordan**

Plainfield Community Baptist Church

1094 Rte. 12-A

Reception to follow

All are welcome!



**VALLEY OVERHEAD DOOR**

*We'll be there to keep you on track!*

**Valley Overhead Door, LLC**  
Claremont, NH 03743  
**(603) 543-0880**  
info@ValleyOverheadDoor.com

*Residential & Commercial • Sales & Service*  
**GARAGE DOORS & OPENERS**  
www.ValleyOverheadDoor.com

## It's About Food

**By Johnny Navillus**

### Soup

Before we get into the soup story, I wanted to pass something along. I've told you about putting French Toast on top of cooked bacon when cooking so that the bacon becomes part of the toast. This week someone told me that she slices a banana, caramelizes the slices in a skillet and then pours pancake batter over the banana slices. I haven't tried this yet, but every time I think of it, my salivary glands go crazy. I'll let you know.

I like soups and stews. Really. I make a pretty good stew. I like making stew. I like soup. I don't make soup. Every time I tried it, I got a mess. So I stopped trying. I know what the problem is, so by not trying I don't have the problem.

Recently I bought a family-size tray of boneless, skinless chicken breasts. They were to be cooked up in preparation for chicken salad and two other dishes that called for diced cooked chicken salad. So I boiled up seven breasts in water with basil, garlic powder, turmeric, thyme and some other stuff I can't remember. No Bay Leaves. All out. Shame on me. Bad Shopper award.

When they were done I packaged them up two in a pack and into the fridge they went. That left me with one breast and a lot of seasoned liquid. SOUP!

I cut the chicken into bite sized pieces, back into the pot. Baby carrots, leftover mixed veggies, leftover green beans and some Ditalini. Tiny circles of pasta. Sub-miniature Ziti kinda. Easy on the pasta. Let that simmer for a couple of hours. Lost some liquid to the pasta and evaporation. Added some vegetable stock.

In the end I had a very nice soup. The key was doing it myself. In the past I had someone looking over my shoulder and adding so much of the lentils or elbow macaroni so that all we had was mush.

The bottom line is, go easy on the lentils or pasta. Don't listen to that other voice and never turn your back on anything you have on the stove. I've had "help" in the past. Just because they think you need more of something, don't let them do it. Especially if they have a history of cooking a whole box of Angel hair for two people. "It didn't look like enough."

Unless asked, **STAY OUT OF MY KITCHEN!**

I came across a different way to brown meat. Heat your oven to 450° or 500°. Season and coat your meat with flour as usual. Place the meat in a pan with an edge. Cast iron skillet works. Place the meat in the oven for 5 minutes or until brown. Turn and put back in the oven for another 4 or 5 minutes. This cuts down on the mess and keeps the smoke detector quiet.

Play with your food. It pays off.

Write to Johnny at [etickernews@gmail.com](mailto:etickernews@gmail.com).

## Recreation Roundup



### 'Better Sports for Kids, Better Kids for Life' Motto of the National Alliance of Youth Sports (NAYS)

It's Saturday morning. You're hoping for a second cup of coffee. But your daughter is there with her backpack, saying, "Daa-aad, basketball starts in 20 minutes. You always drive me to practice." Or your son reminds you, "Mom, don't forget our first swim team meet is today."

Dad, Mom, you know what it's like to chauffeur your kids to their sporting events, no matter how early the hour. But you do it because you love it — and because they need your support as they start on a lifetime of enthusiastic sports involvement.

Youth sports have one of the largest participation rates among parks and recreation programs. Doug Beaupre, athletic director at Stevens High School, highlights their importance in young athletes' development. "Youth sports should help develop coordination, promote physical activity and strengthen bodies in a fun way that encourages healthy living habits. Research shows that a child's involvement in youth sports helps them to improve their social interaction, increases their confidence and even improves their listening."

His list of positive outcomes reaches beyond a sport itself. "In the right environment, a young child can learn valuable lessons including the importance of friendly competition, commitment to a program or cause, working together with other individuals to attempt to reach a goal that they have set by communicating with each other, and the importance of time management to make sure other important tasks get completed."

Coaches are the other vital element of youth sports. All of Claremont's youth coaches are volunteers who dedicate their time to working with young athletes, including getting to know why they've joined a team. Success in each child's mind is different from one to the next. Some children are looking to be part of a team and meet new friends. Some may be shy and lack confidence and are hoping for a chance to



**Busy Saturday morning at the Claremont Savings Bank Community Center. In addition to basketball, the Center offers youth sports programs in soccer, volleyball, baseball, softball, cheerleading and swimming (Eric Zengota photos).**

break out. Others set out to develop skills, score goals, make touchdown passes and score baskets. The recreation department and coaches have a responsibility to recognize these differences and meet all of these needs.

We have an opportunity to teach children sustainable life lessons including responsibility, respect, self-discipline, accountability and teamwork. Youth sports have the potential to teach kids how to work with others and to be a good teammate, be gracious in defeat and humble in success, be proud of small achievements, and work toward long-term goals.

Beaupre believes that "an ideal youth coach ensures that the individuals that they are entrusted with have a positive experience. If kids have that, they are more likely to continue in their sport and learn more skills to improve their play. The coach should teach and model respectful behavior, while emphasizing good sportsmanship. Trying to win is important, but it's secondary to learning at this level."

Justin Martin, our department's superintendent of recreation programs, earned the NAYS certification for youth sports administration. His perspective is also that "the importance of youth sports goes beyond wins and losses. Children need an outlet in which they can interact with one another and learn fundamental sport-specific skills, all while learning life skills that help build a foundation for the future." He

adds that "a youth coach should always remember that they are role models to their players. Actions, words and even emotion all feed into the minds of the young athletes. So it's important to always be setting a positive example on and off the playing field."

As we move toward another season of youth sports, it's important for all of us —coaches, parents and other community members — to be mindful of the various reasons that each child brings to a program. Let's make it a priority to support the children in our community with positive feedback and encouragement so that youth sports can be a fun time that our kids can look forward to.

We offer many youth sports programs, including soccer academy, volleyball skills & drills, Girls on the Run, baseball, softball, cheerleading and swim lessons.

For more information, call 603.542.7019. You may also visit [claremontparks.com](http://claremontparks.com) to register online.

**Mark Brislin — [mbrislin@claremontnh.com](mailto:mbrislin@claremontnh.com)**

