

e-Ticker News of Claremont

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**Arrowhead Opens
for the Season;
page 14**

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Jan. 17, 2022

NH Delegation Applauds Historic \$225 Million Investment to Repair & Replace Bridges in NH

WASHINGTON, DC)—U.S. Senators Jeanne Shaheen (D-NH) and Maggie Hassan (D-NH) and Representatives Annie Kuster (NH-02) and Chris Pappas (NH-01) welcomed the Department of Transportation's announcement Friday of \$225 million from the bipartisan infrastructure law dedicated for bridge repairs and replacements across New Hampshire. This funding is part of \$26.5 billion heading to states over the next five years – the largest investment ever to improve the safety and performance of bridges. Shaheen and Hassan were key negotiators of the Infrastructure Investment and Jobs Act. In 2022, New Hampshire is expected to receive a first installment of \$45 million.

"I'm thrilled to welcome a record \$225 million from the bipartisan infrastructure deal to New Hampshire to update our bridges. No Granite Stater should ever worry about the safety of the bridges they drive across, which is why these once-in-a-generation investments are needed to update red-list bridges and crumbling infrastructure across the state," said Shaheen. "This announcement is a boon for Granite Staters, who will soon see projects underway and increased job creation in their communities. As a lead negotiator of the bipartisan infrastructure law that made possible this funding – the largest investment in fixing bridges ever – I'm excited to see these resources swiftly delivered to New Hampshire."

"Ask any Granite Stater about their daily commute, or the wear and tear of their car, and they will tell you that our bridges, roads, and highways are long overdue for repairs," said
(Continued on page 2)

Honoring Two Quarter-Centuries of Service

City Council Presents Proclamations to Long-Time Employees

By Eric Zengota
e-Ticker News

CLAREMONT, NH—The Claremont City Council presented proclamations to two employees, each of whom has served the City for 25 years, at the council meeting on January 12.

Christopher Pixley joined the City of Claremont Fire Department in 1996 as a call fire fighter and became a career fire fighter in 2005. He was promoted to the rank of fire lieutenant in 2008 and to the rank of fire captain in 2014, the position from which he is retiring. His last day was January 15.

Pixley was especially cited for seeking out formal education in the field of fire cause and origin. He used those skills to determine the causes and origins of many fires in the City as the department's fire cause investigator.

Fire chief Bryan Burr said he hadn't much more to add, except that "Chris brought fire investigation to a high level not seen before in this department. And now we're losing that asset. We wish you the very best in retirement."

Marcelia "Marcy" St. Pierre joined the City of Claremont in 1997 as a part-time com-

(Cont. on page 16)



Fire chief Bryan Burr congratulates Chris Pixley, saying that "he'll be missed by the members of the Claremont Fire Department for his seemingly endless knowledge of the fire service." (Eric Zengota photo).

Investment, from page 1

Hassan. “That’s why I worked with a bipartisan group of Senators to make critical investment in our country’s infrastructure. Thanks to our bipartisan infrastructure law, New Hampshire will now be able to make desperately needed repairs to our bridges, which will improve the safety of our roads and make it easier for our businesses to transport goods. I look forward to seeing how this funding will revitalize our bridges and in turn, strengthen our entire economy.”

“New Hampshire’s bridges represent more than just a way to get from point A to point B, they are a critical component of our state’s economy and economic competitiveness,” said Rep. Kuster. “That’s why I was proud to secure funding for New Hampshire bridges in the Bipartisan Infrastructure Law, which will deliver more than \$225 million to preserve and upgrade our historic bridges for public use. I look forward to seeing the impact of these funds on

our communities and will continue working to deliver critical support to the Granite State.”

“Smart investments in our roads and bridges are crucial to building a better future for New Hampshire’s workers, small businesses, and families,” said Rep. Pappas. “We have over 215 bridges that are in poor condition, and many of those need immediate attention. These federal funds will create new good-paying jobs all across our state, ensure the safety of our infrastructure, and save Granite Staters time and money by decreasing traffic and vehicle wear and tear.”

Shaheen served as a lead negotiator of the historic infrastructure bill, leading provisions on broadband and water infrastructure. In June, She joined President Biden and a bipartisan group of Senators to announce the framework of the package. Shaheen joined members of the bipartisan group on the Senate floor to unveil bill text of the legislation in August. One of the 22 Senators who negotiated the Bipartisan Infrastructure Law, Hassan led key provisions that address “coastal resiliency, high-speed internet expansion, passenger rail and cybersecurity. This package will provide a significant investment in our nation’s core infrastructure priorities – including roads and bridges, rail, transit, ports, airports, the electric grid, water systems and broadband.”

Sunapee Skating Rink Opens

SUNAPEE, NH—The Town of Sunapee announced that its skating rink is open as of today. Masks are required in the warming hut; skates may be used and returned to their cubby. Please make sure to keep the hut clean. There are benches outside for those who wish to use them.

If the weather and conditions change and the closed sign goes up, please be respectful and stay off the ice until it is safe to reopen.

Sunapee Seats Open for Election

SUNAPEE, NH—Candidate for Office Forms may be obtained at the Town Clerk’s Office from January 19 - January 28, 2022, during regular business hours.

The following offices are due for election:

2 Selectmen	3 Year Term
1 Town Moderator	2 Year Term
1 Treasurer	1 Year Term
1 Cemetery Commissioner	1 Year Term
1 Cemetery Commissioner	2 Year Term
1 Supervisor of the Checklist	6 Year Term
2 Library Trustees	3 Year Term
1 Library Trustee	2 Year Term
1 Trustee of Trust Fund	1 Year Term
1 Trustee of Trust Fund	2 Year Term
1 Trustee of Trust Fund	3 Year Term
2 Planning Board Members	3 Year Term
3 Water & Sewer Commissioners	3 Year Term
2 Zoning Board Members	3 Year Term

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NH Lottery Numbers

01/15/2022

NH PowerBall

3 18 37 51 59 13

NH Mega Millions 01/14/2022

5 8 13 22 48 25

Tristate Megabucks 01/15/2022

3 10 11 12 26 2

For more lottery numbers,
<https://www.nhlottery.com/>

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Claremont Walk-in COVID Vaccination Clinics



Friday, January 21

11AM - 1PM

Claremont Soup

Kitchen

53 Central Street

Claremont, NH

Wednesday, January 26

3PM - 6PM

Claremont Savings Bank

Community Center

152 South Street

Claremont, NH

Vaccines and boosters available for everyone age 5+



Greater Sullivan County
Public Health Network

in partnership with



Dartmouth-Hitchcock

Commentary

NH House Happenings

By Rep. John Cloutier

Dental Care for Adults on Medicaid Health Program Advances



Dental coverage for Granite State adults on the Medicaid Health Insurance Program may soon become available if a measure adopted earlier this month by the New Hampshire House of Representatives becomes law.

On Jan. 6, by a 225-127 roll vote, the House gave preliminary approval to an amended version of retained House Bill 103, which would establish an adult dental benefit for those adults enrolled in the Medicaid Program. Approval came after a spirited floor debate, two unsuccessful tabling motions, as well as a recommendation by an overwhelming 19-1 majority of the House Health & Human Services Committee to approve the measure. The bill now goes to the House Finance Committee for more review on how it would impact New Hampshire's Operating Budget, and a second vote by the full House no later than March 24, 2022. It is sponsored by a group of five Democratic legislators led by Keene Rep. Joe Schapiro, who is also a member of the Health & Human Services Committee.

House Bill 103's amended version, a bipartisan compromise, would take effect April 1, 2023. But first, New Hampshire's Dept. of Health & Human Services would have to contract with a dental managed care company or organization to administer the program that would cover individuals over age 21 and pay for preventive dental care like regular checkups. The Health & Human Services Dept. would also have to gain approval from the federal Centers for Medicare & Medicaid Services in order to begin offering adult dental coverage. According to the bill's fiscal note as prepared by the same department, the projected share of state costs could be as low as \$6.4 million or as high as \$11,060,000 depending on how many eligible adults use Medicaid's dental coverage. But the fiscal note also assumed such coverage would begin April 1 of this year—an event unlikely to occur because the New Hampshire Senate would still have to approve the bill, even if the full House gives final approval by March 24. From my legislative experience, the Finance Committee will likely update the fiscal note before recommending final approval to the full House.

I did vote for House Bill 103 as amended. I supported this modest bipartisan compromise because I believe it will help many lower-income New Hampshire citizens, including many Claremonters, to obtain proper dental care, especially preventive care, that should improve the overall dental as well as physical health of citizens and be less costly in the long run.

Additionally on Jan. 6, the House by voice vote gave final approval to House Bill 91, which would pay a \$100,000 death benefit from state government to any first responder's family who loses their first responder to suicide. There was no floor debate on this bill, which was unan-

imously recommended by a 21-0 vote of the Finance Committee. The bill now proceeds to the Senate for further examination. It is sponsored by five Republican representatives led by Salem's Daryl Abbas, who is also Chair of the House Criminal Justice & Public Safety Committee. For the record, I voted for this bill, not just for the sake of our state's first responders, but more importantly for their families who often have enough trouble dealing with the aftermath of their loved one's suicide, let alone the financial consequences of losing that responder's paycheck. I believe our state relies on the dedication of first responders so much in helping protecting us all during emergencies. Such dedication has often put a strain on responders' physical, mental, and emotional health, and often negatively impacted their families. The \$100,000 death benefit is the least we can do for such families tragically affected by these suicides, in my opinion.

In other Jan. 6 business, representatives adopted an amended version of House Bill 490, which permits the use of live action game cameras, including computer or smartphone cameras, by hunters. The bill was adopted on a 195-159 division vote after some floor debate, and a recommendation by a 14-7 vote of the House Fish & Game & Marine Resources Committee to adopt it. While the bill's amended version would allow the use of game cameras, it would prohibit the taking of game or fur-bearing animals within 10 hours of remotely viewing any images of such animals from a game camera with the viewed hunting area. Furthermore, hunters would be prohibited from placing such game cameras on any private property used for hunting without the written consent of the property owners in question or if the owners have posted signage on their property allowing for the placement of such cameras. The bill now goes to the Senate for more review. It is sponsored by a trio of Republican lawmakers led by Deerfield's Terry Roy.

House Bill 490 proponents such as Sanbornton Rep. Timothy Lang, a Republican, said live action game cameras should be permitted by state government stating, "As technology changes, so must the world." He added the bill as amended protected the "fair chase" concept of hunting by "placing some time restriction on the use of game cams to assist in the taking of wildlife." He added that amended version also protected private property rights by treating the placement of game cams on private property the same as the current placement of hunters' tree stands on such property. Opponents like Spofford Rep. Cathryn Harvey, a Democrat, said the allowance of game cameras, especially several on one owner's property "could be impossible to regulate." More importantly, she declared that using "live action cameras to locate animals for a hunter to harvest, even with the time delay, does not support fair chase hunting."

I voted against House Bill 490 because I believe the bill violates the "fair chase" concept of hunting. While I'm not a hunter myself, I think if I did go hunting, I'd actually enjoy the actual stalking of the wild game in question that I'm trying to harvest better than the killing of such game. A lot of hunters that I've talked with over the years usually agree with me. If this bill becomes law, the thrill of hunting might be spoiled

(Continued on page 5)

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

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

Rep. Cloutier, from page 4

for many hunters.

Finally, on Jan. 6, the House by voice vote adopted House Bill 84, which would declare May 21, 2022 as Ona “Oney” Judge Day as well as name the new terminal at the Portsmouth International Airport at Pease in her honor. Adoption of this naming bill occurred after a 15-3 majority of the House Executive Departments & Administration recommended the bill. For readers unfamiliar with Ona “Oney” Judge, she was an enslaved African-American woman who worked for George & Martha Washington. In the 1790s while George was U.S. President & Martha, First Lady, Ms. Judge escaped from their Philadelphia, PA, home and eventually made her way to Portsmouth, where she married and lived out the rest of her life as a free individual. The measure now proceeds to the Senate for further examination. It is sponsored by five Democratic lawmakers led by Hampton Rep. Renny Cushing. I did vote for House Bill 84 because I think it is important way of honoring a courageous individual who teaches us that freedom can never be taken for granted. **Email: jocloutier@comcast.net**

Kuster Votes With Members Across the Aisle To Ensure U.S. Service Members Receive the Benefits They Have Earned

WASHINGTON, D.C.—Wednesday, Rep. Annie Kuster (NH-02) voted for H.R. 1836, the Guard and Reserve GI Bill Parity Act, bipartisan legislation which would level the playing field for National Guardsmen and reservists and ensure that they have the same access to GI Bill benefits as their active duty counterparts.

“The bipartisan Guard and Reserve GI Bill Parity Act passed by the House today takes an important step toward ensuring that all members of the armed services receive the benefits they have earned,” said Rep. Kuster. “Since the GI Bill was enacted, reservists have not been eligible for benefits equal to active duty service members, even though they often serve side by side, doing the same jobs. I was proud to vote for this bipartisan legislation today to correct this oversight, and will continue working in Congress to deliver our veterans and service members the support they deserve.”

The National Guard has been utilized at unprecedented levels in recent years — in 2020, Guardsmen were used more and for longer than any time period since World War II. But, as these service members increasingly take on the same jobs with the same risks as their active duty counterparts, National Guard and reserve members do not earn the same GI benefits. The bipartisan Guard and Reserve GI Bill Parity Act corrects this oversight.

Senate Passes Hassan-Backed Supply Chain Security Training Act

WASHINGTON, DC – The U.S. Senate passed bipartisan legislation cosponsored by Senator Maggie Hassan (D-NH), Chair of the Emerging Threats Subcommittee, to help protect the United States against cybersecurity threats and other technological supply chain security vulnerabilities that arise when the federal government purchases services, equipment, or products. The Supply Chain Security Training Act, which was introduced by Senators Gary Peters (D-MI) and Ron Johnson (R-WI), would create a standardized training program to help federal employees responsible for purchasing services and equipment identify whether those products could compromise the federal government’s information security.

“The Senate took an important step to help protect our critical systems from attack by passing our bipartisan bill to help ensure that the federal government does not purchase compromised technology,” Senator Hassan said. “I urge my colleagues in the House to pass this common sense legislation to help strengthen our supply chain security across the federal government.”

Training and preparing federal acquisitions employees to recognize and mitigate these growing threats is an essential step in preventing hostile actors from compromising America’s national security, said the Senators. Recent cybersecurity supply chain attacks targeted vulnerabilities in SolarWinds and Microsoft Exchange software, highlighting the need for robust technological supply chain security.

Newport Community Forum Held on NH School Funding

By Phyllis A. Muzeroll
e-Ticker News

NEWPORT, NH—The NH School Funding Fairness Project, along with local community leaders, hosted a community forum in Newport on school funding Wednesday, Jan. 12, from 6:00 – 7:30pm. Originally scheduled to be held at the Richards School Gymnasium, with a live-stream featured on NCTV, the program was turned into a Zoom event due to the surging number of COVID cases in the state.

The Newport forum was the first stop on NHSFFP’s “Get on the Bus” tour, a series of events across 25 communities in five months to “educate and empower hundreds of Granite Staters on the twin crises of school funding and property taxes, and solutions for greater equity.” Currently, the state of New Hampshire pays, on average, \$4,700 per pupil for public education but localities spend, on average, more than \$19,000 per pupil. “The burden for funding public education falls most heavily on local taxpayers, and disproportionately on residents of property-poor communities,” said the NH School Funding Fairness Project.

SAU43 superintendent Brendan Minnihan opened the event, saying that the tour starting in Newport was not a bad thing since “Newport has one of the challenges” of funding education. “Our property taxes fund at least 73% of all of our education expenses here in Newport and around the state.” Property taxes, he said, are what are considered a “regressive tax” that especially impact those who are older, retired or living on a fixed income. Property taxes, he added, are “going to be a little more challenging for you with less income than they would be for someone who has a lot more wealth...” He added, “The process is stacked against communities with less property wealth...a more equitable system would be better focused on kids, would be better for working families and the retired.”

Jeff McLynch, NH School Funding Fairness Project director, opened his segment of the event saying, “The people of Newport care about education and our kids and are just looking for some fairness.”

Sizable Disparities in School Property Taxes Too

Equalized Valuation and Tax Rates, 2020-2021

Town	Pupils	Equalized Value Per Pupil	Equalized School Tax Rate	Amount Raised Per Pupil
Moultonborough	429	\$8,987,902	3.59	\$32,267
Portsmouth	2,117	\$3,399,350	6.10	\$20,736
Salem	3,617	\$1,664,786	10.74	\$17,880
New Hampshire	165,967	\$1,364,912	11.21	
Concord	4,005	\$1,139,543	13.81	\$15,737
Manchester	13,021	\$992,971	8.43	\$8,371
Milford	2,092	\$902,842	16.21	\$14,635
Newport	792	\$649,873	15.47	\$10,054
Claremont	1,609	\$523,285	20.37	\$10,659



Source: NH School Funding Fairness Project

While saying that New Hampshire has a lot of good things to offer, “If we’re honest with ourselves, we have to admit New Hampshire has its problems, too”, especially those linked to school funding. He went on to say that Newport property values are about half that of the state. If towns lose, say \$1,000 per student for example, that impact is felt much more strongly in communities with lower property values. “These disparities can really impede economic development in property-poor towns,” he said.

McLynch said that “New Hampshire’s failure to meet its fundamental responsibility to provide an adequate education to every child in the Granite State” has led to two injustices: Deep and enduring inequities in educational opportunity and – enormous differences in the property taxes we pay as residents and business owners.

Using the town of Pittsfield as an example, McLynch said that “The State of New Hampshire said that for Pittsfield’s 581 students, an adequate education should cost \$2,690,333 or \$4,630 per student in 2018-19. The Pittsfield School District budget for 2018-19 was \$10,302,402 or \$17,732 per student.” Paring that budget down to the state’s level of funding would mean making significant cuts, he said,

and could affect a wide range of areas, from cutting a third of the teachers to eliminating art, music, and physical education classes in all grades, all building and grounds maintenance and repairs, both counselor/behavioral professionals and support staff, health insurance and other benefits in current teacher contract, athletic programs, increasing class size to an average of 60 students per teacher and more.

He added that the State’s share of school funding in NH is the smallest in the country, according to state sources, 2018-19, while a reliance on local property taxes has grown over time. The heart of the solution, he said, is to “shift responsibility for providing an adequate education back to where it belongs: the State of New Hampshire.”

The NH School Funding Fairness Project (NHSFFP), is a nonpartisan, nonprofit advocacy organization that seeks to educate the public and elected officials about New Hampshire’s public school funding system. To learn more about the organization and the greater issues related to school funding such as property taxes, please visit www.fairfundingnh.org for more information.



NH DHHS COVID-19 Update January 14, 2022

On Friday, January 14, 2022, DHHS announced 2,177 new positive test results for COVID-19 for Thursday, January 13. Those results included 1,826 people who tested positive by PCR test and 351 who tested positive by antigen test. DHHS also announced an additional 33 new cases from Wednesday, January 5 (17 by PCR and 16 by antigen test) for a new total of 3,100; an additional 126 new cases from Thursday, January 6 (58 by PCR and 68 by antigen test) for a new total of 2,484; an additional 23 new cases from Friday, January 7 (9 by PCR and 14 by antigen test) for a new total of 2,796; an additional 1 new case from Saturday, January 8 (0 by PCR and 1 by antigen test) for a new total of 3,347; an additional 3 new cases from Monday, January 10 (0 by PCR and 3 by antigen test) for a new total of 1,672; an additional 3 new cases from Tuesday, January 11 (1 by PCR and 2 by antigen test) for a new total of 2,492; and an additional 8 new cases from Wednesday, January 12 (0 by PCR and 8 by antigen test) for a new total of 3,826. Test results for previous days are still being processed and updated case counts for prior days will be reflected on the COVID-19 interactive dashboard.

There were 21,291 current COVID-19 cases diagnosed in New Hampshire.

Several cases are still under investigation. Additional information from ongoing investigations will be incorporated into future COVID-19 updates. Of those with complete information, there are five hundred and two individuals under the age of 18 and the rest are adults with 51% being female and 49% being male. The new cases reside in Rockingham (480), Hillsborough County other than Manchester and Nashua (338), Strafford (257), Grafton (217), Merrimack (200), Carroll (94), Belknap (65), Cheshire (57), Sullivan (36), and Coos (29) counties, and in the cities of Manchester (296) and Nashua (162). The county of residence is be-

ing determined for one hundred and forty-three new cases.

DHHS also announced twenty-eight additional deaths related to COVID-19.

- 3 male residents of Belknap County, 60 years of age and older
- 1 female resident of Cheshire County, 60 years of age and older
- 1 male resident of Cheshire County, fewer than 60 years of age
- 1 female resident of Grafton County, 60 years of age and older
- 1 male resident of Grafton County, fewer than 60 years of age
- 3 female residents of Hillsborough County, 60 years of age and older
- 3 male residents of Hillsborough County, 60 years of age and older
- 1 male resident of Hillsborough County, fewer than 60 years of age
- 1 female resident of Merrimack County, 60 years of age and older
- 3 male residents of Merrimack County, 60 years of age and older
- 1 male resident of Merrimack County, fewer than 60 years of age
- 5 female residents of Rockingham County, 60 years of age and older
- 2 male residents of Rockingham County, 60 years of age and older
- 1 male resident of Rockingham County, fewer than 60 years of age

- 1 female resident of Rockingham County, fewer than 60 years of age

There were currently 426 individuals hospitalized with COVID-19. In New Hampshire, since the start of the pandemic, there have been a total of 235,898 cases diagnosed.

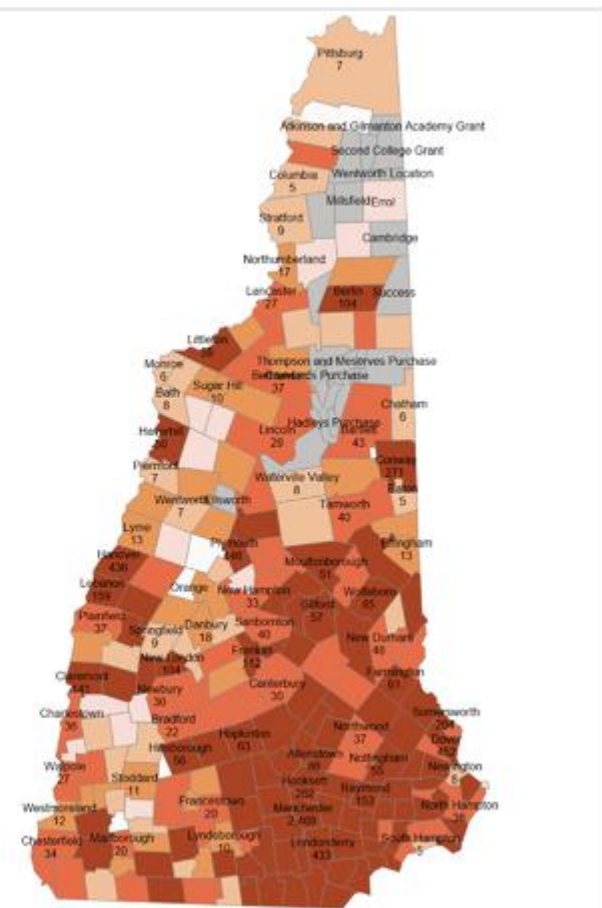
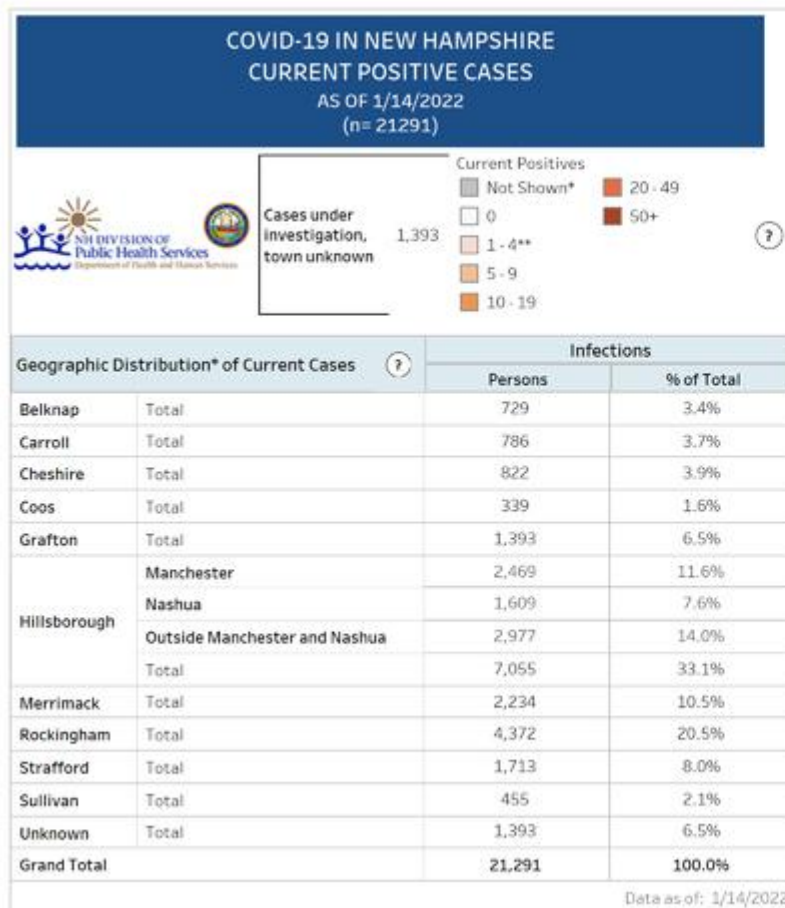
As of Friday, the 14th, there were 141 current positively identified cases in Claremont, 36 in Charlestown, and 63 in Newport, with additional cases identified in other county communities, including 10, Cornish; 80, Grantham; 52, Sunapee; 37, Plainfield; 6, Croydon; 9, Springfield; 7, Washington; and 1-4 in other Sullivan County communities. DHHS reported 455 currently positively identified cases in Sullivan County, up from 294 the previous Friday.

COVID-19 Hotline

211NH has been mobilized to handle all COVID-19 related calls from New Hampshire residents. All residents with questions or concerns regarding COVID-19 can call 2-1-1.

Vaccine Information in NH

For vaccine information, please visit <https://www.covid19.nh.gov/resources/vaccine-information>.



Exercise Caution on the Ice All Winter Long

CONCORD, NH – New Hampshire Fish and Game Department officials urge outdoor enthusiasts to exercise caution when enjoying winter activities near the ice, especially after this season's fluctuating temperatures. Parents are also urged to educate themselves about ice safety and share this knowledge with their children to help prevent accidents.

"Caution is in order for those going out onto any ice, especially following the recent extreme fluctuations in temperature and precipitation," said Colonel Kevin Jordan, Chief of Fish and Game's Law Enforcement Division. "With erratic weather conditions, some areas of ice may look safe, but may not be. We are urging people to check the ice thickness before going out onto any frozen waterbody."

Because of changeable ice conditions, it is never advisable to drive vehicles onto the ice. Those on foot should carefully assess ice safety before venturing out by using an ice chisel or auger to determine the thickness and composition of the ice. Continue to do this as you go further out because the thickness of the ice will not be uniform over the entire waterbody. Snow-covered ice can be deceiving and should always be inspected carefully.

Though all ice is potentially dangerous, the U.S. Army Cold Regions Research & Engineering Laboratory in Hanover, NH, offers this advice on ice thickness: There should be a minimum of 6 inches of hard ice before individual foot travel and 8–10 inches of hard ice for snow machine or Off-Highway Recreational Vehicle travel.

Keep in mind that thick ice does not always mean safe ice. It is possible for ice to be thick, but not strong, because of varying weather conditions. Weak ice forms when warming trends break down the ice, then the surface refreezes. Be especially careful of areas with current, such as inlets, outlets, and spring holes, where the ice can be dangerously thin.

Tips for staying safe on the ice include:

- * Don't venture onto any ice during thaws.
- * Stay off the ice along the shoreline if it is cracked or squishy. Docks, rocks, and downed trees absorb the sun's heat and can cause the ice around them to be thin.
- * Watch out for thin, clear, or honeycombed ice. Dark snow and ice may also indicate weak spots.
- * Small bodies of water tend to freeze thicker. Rivers and lakes are more prone to wind, currents, and wave action that weaken ice.
 - Never gather in groups on less than 8–10 inches of hard ice.
- * Always bring along a rescue rope, ice picks, and a personal flotation device such as a float coat or life preserver.
- * If you do break through the ice, stay calm. Move or swim back to where you fell in, where you know the ice was solid. Lay both arms on the unbroken ice and kick hard. This will help lift your body onto the ice. A set of ice picks can help you pull yourself out; wear them around your neck or put them in an easily accessible pocket. Once out of the water, roll away from the hole until you reach solid ice.
- * If someone you are with breaks through the ice, don't rush over to the hole—keep yourself safe. Look for something to throw or to use to reach out to the person such as a rope, tree branch, or ice spud. Lie down flat and reach out with your tool. After securing the person, do not stand—wiggle backwards on the solid ice pulling the person with you.
- * Ice safety is also very important for snowmobilers. Don't assume a trail is safe just because it exists; check out trail conditions before you go at <http://www.nhstateparks.org/activities/snowmobiling/trail-information.aspx>.

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PUBLIC NOTICE CLAREMONT SCHOOL DISTRICT, Claremont, NH

Filing dates for the Claremont School Board and other Claremont School District Offices are January 19, 2022 to January 28, 2022.

Filing is done at SAU #6,
165 Broad St., Claremont, between the hours of 8am-4pm, Monday through Friday.

School District Moderator	1-year term
School District Treasurer	1-year term
School District Clerk	1-year term
School Board Members (2)	3-year term

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Consumer Alert - Attorney General Warns Public About New COVID-19 Related Smishing Scam

CONCORD, NH – Attorney General John M. Formella has issued a Consumer Alert warning New Hampshire residents about recent reports of scammers impersonating both the New Hampshire Department of Health and Human Services as well as the New Hampshire Division of Motor Vehicles in order to obtain personal identifying information from consumers.

The scam is a COVID-19 themed smishing campaign. Smishing is the fraudulent practice of sending text messages purporting to be from a reputable company or agency in order to induce individuals to provide personal identifying information.

In this smishing scam, consumers receive a text message containing a link that prompts the receiver to access a fraudulent website entitled “New Hampshire State Covid-19 Vaccine Status Validation” with the ultimate goal of harvesting personal information. Once on the site, the consumer is directed to enter personal information including their social security number, date of birth, and to upload images of their driver’s license. The scammers incorporate the seals of the Department of Health and Human Services and Division of Motor Vehicles in an attempt to increase the legitimacy of the website.

Formella offers the following advice to avoid falling victim to text message scams:

- * Do not reply to an unsolicited text message from someone you do not know.
- * Do not click on a link contained in a text message from someone you do not know.
- * Any unsolicited text message, phone call or email that claims you have won or are entitled to money or a prize should be considered to be a scam.
- * Do not provide money or personal information over the phone or by email to someone you do not know.

Anyone looking to obtain records of their vaccine status should visit the New Hampshire Immunization Information System website at <https://www.dhhs.nh.gov/dphs/immunization/nhiis.htm>.

WEDNESDAY, JANUARY 26

Cornish Conservation Commission Meeting
7pm, second floor of the Town Offices at 488 Town House Road.

This is a public meeting; everyone is welcome. Social distancing will be respected, and masks are strongly advised.

A remote option through Zoom at (on the Cor-

nish website at http://www.cornishnh.net/?page_id=214) is available.

Email any questions to conservationcommission@cornishnh.net.

Meetings are on the 4th Wednesday of each month, time and location posted on the site and at the town offices prior to the meeting.

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Charlestown Rd, Claremont
John Stark Hwy, Newport

Classified Ads

Of my sales last year,
64% of the Buyers
were from out of town
and offering
above-list price.

This year is expected
to be similar to 2021.
This may be the
perfect time to sell
that vacation home
you no longer use.

Please call me if you
have questions or are
looking to sell or buy.



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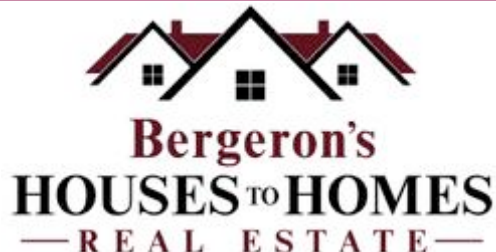
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(603) 381-9611

Office: (603) 542-2503

bonnie@coldwellbankernh.com



Tammy Bergeron
Owner/Broker



tammy@housetohomesnh.com
Ashley@housetohomesnh.com
www.housetohomesnh.com

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



Ashley Bergeron
Agent



A diamond in the rough. Located in the quaint historical town of Charlestown. This 1860 cottage offers lots of character, wide pine and solid hard wood flooring, built-in hutch in the formal dining room, French doors leading to the den/ office. Kitchen offers portable island and the original walk-in pantry. Every level offers a bathroom with a bonus of a 1/2 on the first floor. Attic has been finished for more living space. Enjoy relaxing on the enclosed front porch. Fenced-in level in town lot with outbuildings. **\$159,000**

Clinical Mental Health Provider \$30.00 - \$35.00 per hour



TLC Family Resource Center is seeking a Licensed Clinical Mental Health Provider. The LCMH will be a key partner in providing intensive services to families and children who have experienced trauma and/or are impacted by substance use, child abuse, and neglect. The LCMH will be responsible for child and family screenings, assessments and follow up, Child Parent Psychotherapy (CPP) or similar parent-child therapy, responding to and making referrals as needed, actively participate in team meetings about wraparound services for TLC clients receiving or referred for CPP and prepare reports as needed for court hearings.

TLC is offering this position at 20-40 hours per week with evening and weekend hours available to provide maximum flexibility to potential applicants who may have another part-time position or applicants who desire a full-time schedule but need flexibility in their work hours.

In addition to a competitive salary, TLC Resource Center offers health insurance for eligible employees, a retirement contribution, paid trainings and certifications, mentorship and orientation for new employees, a flexible work schedule, supervision towards licensure, and generous paid time off within a supportive team environment. To learn more and apply, please visit: <https://www.tlcfamilyrc.org/mental-health-clinician.html>.



New London Police Department Full-time Communications Specialist

The New London Police Department has an immediate opening for a full-time Communications Specialist. Qualified applicants must have a high school diploma or equivalent, possess excellent oral and written communication skills, be able to work in a fast-paced, high stress environment, and have the ability to multi-task. Communications Specialists work a variety of shifts including nights, weekends, and holidays. Responsibilities include dispatching and relaying information to Police, Fire & Medical personnel for emergency & non-emergency situations. An extensive background check will be required prior to hiring.

The pay range for this position \$19.82 - \$27.88/hour, and the Town of New London offers an excellent benefits package. Applications are available on the Town of New London website at www.newlondon.nh.gov.

Click on Our Town > Employment Opportunities.

Please send a completed application and resume to Communications Supervisor Kim Lavin via email at k.lavin@newlondon.nh.gov, or mail at 375 Main St, New London, NH 03257. The position will remain open until filled. New London is an equal opportunity employer.

JUST LISTED



Double wide mobile home, 2001 construction, all set up in Pine Hill Mobile Home Park! It's bright and cheery with a quiet setting looking into the woods behind the home. A nice floor with 3 bedrooms and 2 full baths. It includes a carport and a shed, central air, and appliances, including a washer and dryer. The park rent is \$387.
CLAREMONT MLS 4894881 \$74,900



Pristine custom-built 2003 ranch with spectacular distant western views! Cathedral ceiling living room with large windows for beautiful sunsets, hardwood floors, open concept living dining room. Large first floor master suite, first floor laundry, this home has it all! Large back deck, to enjoy the distant views, 2+acre private lot, access to snow-mobile trails and an oversized 2-car garage with storage above!
CLAREMONT MLS 4894747 \$359,900



Justin Ranney
Owner



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Mollie Ducharme



www.coldwellbankernh.com

Putting the Squeeze on Hunger

NH Food Bank Continues to Deliver the Goods at Mobile Food Pantry

By Eric Zengota
e-Ticker News

CLAREMONT, NH—Every month, a huge trailer from the New Hampshire Food Bank in Manchester filled with boxes of food pulls into Claremont. Volunteers stand ready to load the boxes into vehicles that are parked in long lines with patient drivers at the wheel.

Last Wednesday, the parking lot was at Runnings on Washington Street. The volunteers — braving gloomy, below-freezing weather — came from the Claremont-Sugar River Rotary Club, Upper Valley Haven, Claremont Soup Kitchen and Hypertherm. The sponsor was the Bank of New Hampshire.

In response to the COVID-19 pandemic and concerns over an increase in food insecurity, the NH Food Bank started hosting modified mobile food pantries back in the spring of 2020, dropping off the truckloads of food with partner agencies for distribution.

In two hours, the volunteers had stuffed the trunks, pick-up beds and back seats with free food for nearly 350 families. That's the average monthly number, said Stacey Garron, the Food Bank's agency relations coordinator.

Garron schedules the events at 400 fixed-site and mobile food pantries throughout the State all year long. Claremont's usual day is the second Tuesday, but last week's severe wind-chill postponed the event to the next day.

Each family gets two boxes. (Drivers can request boxes for more families, if needed.) Last week's produce boxes, which came from the Mid-Atlantic Regional Cooperative in Philadelphia, contained potatoes, apples, squash, onions and cabbage. Inside the dry goods boxes, originating at the Second Harvest Food Bank of Middle Tennessee, were items to make at least three meals: pancake mix, chunk chicken, canned vegetables and fruit, milk, pasta and spaghetti sauce.

The Food Bank notes, "This is a drive-thru distribution model. Please remain in your car and we will distribute fresh produce, non-perishable items and more, right to you. These events are open to anyone in need — please share and help us to spread the word!"



Upcoming dates and locations are posted on the City of Claremont's weekly News and Events email and at nhfoodbank.org.

The New Hampshire Food Bank is a program of Catholic Charities New Hampshire. Its mission is to feed hungry people by soliciting and effectively distributing grocery products and perishable foods, and offering innovative programs through a statewide

network of approved agencies; by advocating for systemic change; and by educating the public about the nature of, and solutions to, problems of hunger in New Hampshire.



PUBLIC MEETING NOTICE
For a meeting of the
CLAREMONT PLANNING BOARD

To be held on
Monday, January 24, 2022 7:00 PM
Council Chambers, City Hall
Claremont, NH
For the discussion of the 2023-2028 CIP
Richard Wahrlich, Chair

PUBLIC NOTICE
For a meeting of the
Claremont Development Authority
Full Board

To be held on
Thursday, January 27th at 7:30 am
At the
Visitor Center, 14 North Street, Claremont NH

WEDNESDAY, January 26,
Present Moment, Prolific Moment: Using

Mindfulness to Write with Alexandria Peary,
NH Poet Laureate
6:30 pm, Virtual

Writing can become much more fulfilling if we think of it as happening right now. Much is lost when we overlook the present moment because we forfeit rewarding writing experiences in exchange for stress, frustration, boredom, fear, and shortchanged invention

and creativity (it's a poor bargain). Through mindfulness, we can reduce our writing apprehension and the writing blocks that come from future- or past-oriented thinking. Every moment can become a prolific moment.

A program of the New Hampshire Humanities.

Email mary.king@plainfieldlibraries.org to register

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Chill!

Arrowhead Opens for the Season

CLAREMONT, NH—Temperature of 6F? “Feels like” -4F?

No problem for New Englanders who enjoy winter sports and activities. No problem at all for visitors to Arrowhead Recreation Area in Claremont on Sunday. The slopes were groomed, the skating rink was frozen, the tubing lanes stretched downhill in all their inviting whiteness.

Chuck Allen and his son, Spencer, who run Arrowhead all year long, welcomed the skiers, sledders, skaters and tubers. Out in the crisp air, volunteers helped folks into the tubes (one person per tube is the rule) and coached first-timers on safety before they were towed up to the top. Coming down, tubers could link to others — a caravan of seven started the day

off right — as they made their laughing, whooping, cheering, screaming-in-joy, arms-flung-up way to the bottom.

Arrowhead is 100% volunteer operated. Chuck Allen is always looking for more volunteers, saying, “We expect a lot of business this season, especially during winter break. The more volunteers we have, the longer we can stay open and the more fun we can provide our visitors.”

Unlike last season, visitors do not have to reserve times online. They can just come to the lodge to buy passes (season passes and gift cards available). In terms of COVID-19, masks are recommended but not required, and social distancing is encouraged.

Arrowhead has a concession service, offers ski and snowboard lessons, and provides ski and board equipment rentals. The 14th Annual Cardboard Sled Race will be held on February 19.

Anyone interested in volunteering can call (603) 542-7016.

Arrowhead Recreation Area is located at 18 Robert Easter Way in Claremont. For complete information on hours of operation, ticket prices, the Responsibility Code, and more, visit arrowheadnh.com.



Clockwise: Chuck Allen enjoys a freshly grilled lunch. Fun on the tubing lanes; Jillian Knotts makes sure that tubers are safely seated before sending them on the tow. There's free skating (and plain old sliding for those in boots) at the rink; Marc, Gus and Piper Reynolds



of Greenwich, CT, were visiting the region on the holiday weekend.

Text and Photos by Eric Zengota



Business News

Federal Grant to Fund Program for New Hampshire Behavioral Health Workforce Training, Improving Access in Rural Communities

LEBANON, NH – The Human Resources & Services Administration (HRSA) has awarded a three-year grant totaling \$1.365 million to Dartmouth-Hitchcock (D-H), to fund a project for training New Hampshire's behavioral health workforce. The project will assess workforce needs and provide important behavioral training and mentoring to behavioral health clinicians, para-professionals, and other partners and residents of rural New Hampshire communities in Cheshire, Grafton, Coos, Sullivan, Carroll, and Belknap counties, in order to strengthen and support the skill and capacity to address the mental health and substance use disorder needs of residents.

"Rural residents in New Hampshire experience higher-than-average rates of most mental illnesses and substance use disorders, are disproportionately impacted by opioid issues, and have elevated risk of suicide compared to other parts of our state and to the United States," said Sally A. Kraft, MD, MPH, Vice President of Population Health at D-H and project sponsor. "Rural isolation, distance from behavioral healthcare providers, a shortage of all types of workforce providers in behavioral health is especially dire, and high turnover rates in these roles poses a distinct barrier to those who need this care being able to access it. The quality of care available as experienced rural workforce members leave these roles is impacting patients across the region. This important grant from HRSA and the program it will fund are critical to closing gaps for our Granite Staters living in rural communities."

Partners for this project include Dartmouth-Hitchcock Health member hospitals Cheshire Medical Center and New London Hospital, as well as North Country Health Consortium and Community Health Services Network, LLC. Each partner represents a rural participant in the New Hampshire Integrated Delivery Network demonstration project, a five-year project to improve care for Medicaid patients with mental health and substance use disorders.

Staff from JSI Research & Training Institute, Inc., and the Geisel School of Medicine at Dartmouth will provide specific staffing and consulting support services for the project. The D-H Department of Psychiatry will have a significant role providing training and consulting for this project, and the D-H Population Health Project ECHO program will serve as a learning platform for participants across the state.

This grant reflects D-H's increasing focus on health equity in rural environments and will be supported through the Center for Advancing Rural Health Equity. This new resource, currently in development, will bring the power of the academic health center together with the expertise and wisdom of the community to eliminate unjust variations in health outcomes for rural populations in northern New England.

Online Tuition-Free WorkReadyNH Professional Career Training Program

Build skills, build confidence, build your career in the online tuition-free WorkReadyNH professional development program through River Valley Community College starting Tuesday, January 18th – Thursday, February 3rd, from 9:00am – 1:30pm. Practice the skills that employers want most: communication, problem solving, conflict resolution, team-building, and so much more. Upgrade your resume and interview skills and test your reading, math and critical thinking skills. Earn 2 certificates, including a National Career Readiness Certificate. Register now by emailing workreadyrvcc@ccsnh.edu or go to www.rivervalley.edu/workreadynh. For other

scheduling options or to attend a Zoom Information Session, go to www.ccsnh.edu/workreadynh or www.facebook.com/workreadynh.



McDonald's on Fisherville Road in Concord hosted a check presentation event of \$51,315.78 to the New Hampshire Association of Chiefs of Police on Monday, Jan. 10. All 54 McDonald's restaurants across New Hampshire participated in the third statewide fundraiser on October 6, 2021 to support local Police Departments. NH Governor Chris Sununu and McDonalds Owner/Operators Peter and Sal Napoli presented the check to representatives from the NH Association of Chiefs of Police (Courtesy photo).

Leahy, Denault, Connair & Hodgman, LLP Attorneys at Law

- | | |
|-------------------|------------------|
| - Personal Injury | - Family Law |
| - Probate | - Auto Accidents |
| - Wills & Trusts | - Wrongful Death |

**Thomas P. Connair, Esq., Jessica J. Hodgman, Esq.
Anthony J. Lenhart, Esq.**

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Mayor Dale Girard reads the City Council’s proclamation to Chris Pixley, noting “his commitment, leadership and strong dedication to the City.” (Eric Zengota photo).

Honoring, from page 1

munications specialist in the Emergency Dispatch Center, and was hired as a full-time specialist six weeks later. In 1999, she undertook rigorous training and was appointed to also serve as a part-time police officer. In 2006, she was promoted to communications & records manager.

Through the years, St. Pierre was recognized for her outstanding service and received numerous awards, including Good Conduct, Honorable Service, Exceptional Duty, Grand Cordon, Unit Citation, Chief’s Award, Drug Enforcement and Patriot medals.

She was willing to go the extra mile, helping citizens in peril, and bringing help and compassion to them on what might have been the worst days of their lives.

Police chief Mark Chase said he appreciated St. Pierre for being “the ‘Den Mother’ and caring individual that the department needs. Marcy will be back on a part-time basis, but we’ll miss having her here 40 hours a week. We’re extremely happy for her.”

St. Pierre, who attended the meeting via telephone, said, “I’ve loved almost every minute of my time there. I met so many awesome people. I appreciated all the opportunities to grow. Chief Chase, with you at the helm, you’re a great leader as well as a very good friend.”



**SATURDAY, JANUARY 29
Winter Tree Identification Workshop**

10am-11:30am

Location: Meet at Blow-Me-Down Farm at Saint-Gaudens National Historical Park, Beaman Drive, Cornish, NH

Registration required: Email Joey Sullivan at joseph_sullivan@partner.nps.gov or call 802-457-3368, ext. 218.

Registration is required and limited to 25. The leaves have fallen and identifying the trees in your backyard has become more difficult. Join us for a tree identification workshop, led by our Natural Resource team, to learn the three B’s (buds, bark, branches) for identifying different species of trees in the winter and learn some fun facts about each tree. By the end of this workshop, you will have foundational knowledge in examining trees holistically and be able to show your friends and family a new skill!

Please dress appropriately for weather. Snowshoes are encouraged, limited pairs will be available to borrow. Co-sponsored by Vermont Woodlands Association and Vermont Coverts.

Claremont
New Hampshire School District

To the Citizens of Claremont:
The Supervisors of the Checklist will be meeting at the City Clerk’s office, **January 18, 2022 from 7pm to 7:30pm** to register voters who are unable to register during regular City Clerk’s Office business hours.

Unity
New Hampshire School District

Unity, N.H.

Filing for Unity School District Officers
Voters will elect six (6) Unity School District Officers on March 8, 2022. Filing dates for Unity School District Officers are January 19, 2022 to January 28, 2022. You may file with the Unity Town Clerk Mon.-Tues. 7am-4pm, Wed. 7am-6pm or Thurs. 7am-12pm. You may also file at the SAU Office, 165 Broad Street, Claremont, NH, Monday through Friday from 8am–4pm.

School District Moderator	1-year term
School District Treasurer	1-year term



Jack Frost took advantage of the extremely cold temps over the weekend to paint some beauty.

Photo by Phyllis A. Muzeroll



The Claremont City Council will hold a public meeting on Wednesday, January 26, 2022, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA

- | | | |
|--|-----|--|
| 6:30 PM | 1. | PLEDGE OF ALLEGIANCE |
| 6:32 PM | 2. | ROLL CALL |
| 6:34 PM | 3. | AGENDA CHANGES |
| 6:35 PM | 4. | REPORT OF THE SECRETARY |
| Minutes of January 5 and 12, 2022, City Council Meeting(s) | | |
| 6:37 PM | 5. | MAYOR'S NOTES |
| 6:42 PM | 6. | CITY MANAGER'S REPORT |
| 6:45 PM | 7. | CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 24)) |
| | 8. | OLD BUSINESS |
| 6:55 PM | A. | Legislative Update |
| | 9. | NEW BUSINESS |
| 7:00 PM | A. | Charlestown Road Safety Audit (City Manager/Planning & Development Director) |
| 7:20 PM | B. | Pleasant Street Easements (City Manager/Planning & Development Director) |
| 7:35 PM | C. | Resolution 2022-15 Proceeds from First Night Button Sales – Public Hearing (City Manager/Parks & Recreation Director) |
| 7:45 PM | D. | Resolution 2022-16 Accept \$8,000 from McGee Toyota for July 4th Fireworks Display – Public Hearing (City Manager/Parks & Recreation Director) |
| 7:55 PM | E. | Resolution 2022-17 Accept \$10,000 from John Ring for Timing System at CSBCC – Public Hearing (City Manager/Parks & Recreation Director) |
| BREAK | | |
| 8:15 PM | F. | Resolution 2022-18 Airport Grant for Obstruction Removal (Construction) – Public Hearing (City Manager/Fire Chief) |
| 8:30 PM | G. | Resolution 2022-19 Overspend Airport Budget – Public Hearing (City Manager/Fire Chief/Airport Manager) |
| 8:45 PM | 10. | FUTURE AGENDA ITEMS AND DIRECTIVES |
| 8:50 PM | 11. | CONSULTATION WITH LEGAL COUNSEL |
| 8:55 PM | 12. | ADJOURNMENT |

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, February 9, 2022, at 6:30 p.m. in the Council Chambers of City Hall.

Should Inflation Affect Your Investment Moves?

As you know, inflation heated up in 2021, following years of pretty stable – and low – numbers. And now, early in 2022, we're still seeing elevated prices. As a consumer, you may need to adjust your activities somewhat, but as an investor, how should you respond to inflation?

First, it helps to know the causes of this recent inflationary spike. Essentially, it's a case of basic economics – strong demand for goods meeting inadequate supply, caused by material and labor shortages, along with shipping and delivery log-jams. In other words, too many dollars chasing too few goods. Once the supply chain issues begin to ease and consumer spending moves from goods to services as the COVID-19 pandemic wanes, it's likely that inflation will moderate, but it may still stay above pre-pandemic levels throughout 2022.

Given this outlook, you may want to review your investment portfolio. First, consider stocks. Generally speaking, stocks can do well in inflationary periods because companies' revenues and earnings may increase along with inflation. But some sectors of the stock market typically do better than others during inflationary times. Companies that can pass along higher costs to consumers due to strong demand for their goods – such as firms that produce building materials or supply steel or other commodities to other businesses – can do well. Conversely, companies that sell nonessential goods and services, such as appliances, athletic apparel and entertainment, may struggle more when prices are rising.

Of course, it's still a good idea to own a variety of stocks from various industries because it can help reduce the impact of market volatility on any one sector. And to help counteract the effects of rising prices, you might also consider investing in companies that have a long track record of paying and raising stock dividends. (Keep in mind, though, that these companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

Apart from stocks, how can inflation affect other types of investments? Think about bonds. When you invest in a bond, you receive regular interest payments until the bond matures. But these payments stay the same, so, over time, rising inflation can eat into your bond's future income, which may also cause the price of your bond to drop – a concern if you decide to sell the bond before it matures. The impact of inflation is especially sharp on the price of longer-term bonds because of the cumulative loss of purchasing power.

However, Treasury Inflation-Protected Securities (TIPS) can provide some protection against inflation. The face value, or principal amount, of each TIPS is \$1,000, but this principal is adjusted based on changes in the U.S. Consumer Price Index. So, during periods of inflation, your principal will increase, also increasing your interest payments. When inflation drops, though, your principal and interest payments will decrease, but you'll never receive less than the original principal value when the TIPS mature. Talk to your financial advisor to determine if TIPS may be appropriate for you.

Ultimately, inflation may indeed be something to consider when managing your investments. But other factors – especially your risk tolerance, time horizon and long-term goals – should still be the driving force behind your investment decisions. A solid investment strategy can serve you well, regardless of whether prices move up or down.

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



Martha Maki, AAMS®
Financial Advisor

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Claremont, NH 03743
603-542-7667

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MAKING SENSE OF INVESTING

Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of **December, January, and February.**



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Sports/Recreation

Lebanon-Stevens-Kearsarge Girls Ice Hockey

12/21/21	at St. Thomas-WNC-DOV	W 4 - 1
12/29/21	Bishop Brady-Trinity	W 4 - 1
01/08/22	at ConVal-Conant	W 9 - 0
01/17/22	Bedford	Postponed
01/21/22	Hanover	07:30 PM
01/24/22	at Bishop Guertin	03:30 PM
01/26/22	at Hanover	06:00 PM
01/29/22	at Man. Central-Memorial	04:20 PM
02/01/22	Concord	04:40 PM
02/04/22	at Pinkerton	07:50 PM
02/05/22	Keene-Mon-Fall Mountain	04:20 PM
02/07/22	at Berlin-Gorham-Kennett	04:00 PM
02/09/22	at Kingswood	07:00 PM
02/14/22	Berlin-Gorham-Kennett	04:40 PM
02/16/22	Exeter	05:10 PM
02/19/22	Oyster River-Portsmouth	07:30 PM
02/23/22	Souhegan	05:30 PM

It was back to back wins for the Lady Cardinals on the hardwood Wednesday night against the Campbell Cougars. JVs won 33-23, and the Varsity squad prevailed by a score of 61-24 (Courtesy photo).



SHS Girls Basketball

12/10/21	Inter-Lakes	W 64 - 7
12/14/21	Fall Mountain	L 35 - 47
12/20/21	at Winnisquam	W 47 - 14
01/03/22	at Belmont	W 73 - 35
01/05/22	Gilford	W 64 - 38
01/10/22	at Hopkinton	W 42 - 35
01/12/22	Campbell	W 61 - 24
01/19/22	Kearsarge	07:00 PM
01/21/22	Newport	07:00 PM
01/25/22	Conant	07:00 PM
01/26/22	at Mascenic	06:30 PM
01/28/22	at Newport	07:00 PM
01/31/22	at Fall Mountain	05:30 PM
02/02/22	Mascoma Valley	07:00 PM
02/04/22	at Kearsarge	06:00 PM
02/07/22	at Newfound	06:00 PM
02/09/22	Hillsboro-Deering	07:00 PM
02/11/22	at Monadnock	06:00 PM

SHS Boys Basketball

12/14/21	Fall Mountain	W 58 - 25
12/17/21	at Gilford	L 36 - 63
12/20/21	Winnisquam	W 45 - 39
01/03/22	Belmont	W 41 - 32
01/05/22	at Hillsboro-Deering	W 57 - 29
01/10/22	Hopkinton	L 36 - 47
01/11/22	Mascenic	W 40 - 26
01/14/22	at Campbell	W 48 - 47
01/18/22	at Kearsarge	06:00 PM
01/21/22	at Newport	07:00 PM
01/25/22	at Conant	06:30 PM
01/28/22	Newport	07:00 PM
01/31/22	at Fall Mountain	07:00 PM
02/02/22	at Mascoma Valley	06:30 PM
02/04/22	Kearsarge	07:00 PM
02/07/22	Newfound	07:00 PM
02/09/22	at Inter-Lakes	06:00 PM
02/11/22	Monadnock	07:00 PM

Lebanon-Stevens-Mount Royal Boys Ice Hockey

12/15/21	at John Stark-Hopkinton-Hillsboro-Deering	W 3 - 2
12/30/21	Berlin-Gorham	L 1 - 4
01/06/22	at Mon-Fall Mountain	W 5 - 0
01/08/22	Belmont-Gilford	W 5 - 2
01/10/22	John Stark-Hopkinton-Hillsboro-Deering	W 4 - 2
01/12/22	Hollis Brookline-Derryfield	W 7 - 3
01/17/22	at Kennett	02:00 PM
01/22/22	at Laconia-Winnisquam-Inter-Lakes	03:00 PM
01/29/22	at Berlin-Gorham	06:00 PM
02/02/22	Mon-Fall Mountain	07:00 PM
02/05/22	Sanborn-Epping	06:20 PM
02/09/22	at Kearsarge-Plymouth	TBA
02/12/22	Pembroke-Campbell	07:30 PM
02/16/22	Kearsarge-Plymouth	07:10 PM
02/19/22	at Hollis Brookline-Derryfield	04:20 PM
02/23/22	ConVal-Conant	07:30 PM
02/26/22	at Pembroke-Campbell	07:30 PM

Fisher Cats Announce Game Times for 2022 Schedule

MANCHESTER, NH—The New Hampshire Fisher Cats (Toronto Blue Jays Double-A affiliate) have announced game times for their 2022 schedule, starting with a 6:35 p.m. home opener on April 12, which features an Atlas Fireworks show and a magnet schedule giveaway from Eastern Propane & Oil.

For more information about the 2022 schedule and other highlights, visit <https://www.milb.com/new-hampshire>.

Inspiration

Lonely

By Priscilla Hull

Years ago Elvis sang a song, “Are You Lonesome Tonight?” He was just leaving his time in the service and one wonders if his time serving made the song more significant. Having never been in the service, I can’t definitely say that it must be a lonesome experience. All of my instincts cause me to think that it is. So many of the men and women join the armed services at a very young age. They leave right after school, Mom’s cooking, family and friends. It must be a difficult. Once again I assure you that I am not anti-armed services, just realistic about difficulties encountered by young recruits.

In the “real world”, we can find the same thing happening. We are in the middle of a lecture hall of 250 people and we are alone.

“I don’t know a single person here”.

“I am all alone.”

“I wish someone would speak to me.”

We don’t know to whom we can turn for companionship, or a friendly word or two, or even a trip to the restroom.

During the past two years I expect we’ve all experienced an over abundance of loneliness. Whether it is remote meetings or virtual church or worst of all—canceled family reunions. Sisters who live on the other side of the country or in the middle of the country, we long to see, to touch, to hug.

As humans, we are social creatures. We not only get enjoyment from being with others but we depend on being together. We share experiences, ideas, concerns. It is comforting to be able to meet “over lunch” and talk. The talk can be anything from the weather to the grandchildren to (Lord help us) politics. Just sharing with others gives us some pleasure.

So the question is, how do we get through this time of loneliness? I guess if I knew the answer to that I’d hold a seminar and people would come, masked and properly distanced! What I can say is to use the phone or text or whatever media you prefer to maintain contact with someone who, say, lives in Lempster but may as well live in Kansas! Maybe send a card to an elderly shut in! It’ll make him feel good and it’ll make you feel good.

“Are you lonesome tonight?” Are you missing someone tonight? Do something; write a letter; write an email; pick up the phone; send a text. All of these things help. Reach out to others! It’s a given that if you’re lonesome, someone else is too.

Therefore encourage one another and build one another up, just as you are doing.
1 Thessalonians 5:11

Priscilla Hull is the Lay Leader of the First United Methodist Church in Claremont, NH.



Calendar Of Events

Town of Cornish- Filing period January 19- January 29th is the filing period for Town offices

Please sign up during Clerk hours. Any questions, please call the Town Clerk.

No fees.

Positions are:

Selectman(2 positions)

Tax Collector

Treasurer

Town Clerk

Moderator

Library Trustee

Trust Fund Trustee

General Assistance

Sexton

Supervisors of the Checklist

News from the George H. Stowell Free Library, CORNISH

NEW book club: Active Hope is a short, four session book discussion series for winter hosted by Cindy Heath. Titles chosen are about the environment and the hopeful things that are happening to help mitigate the effects of climate change.

Discussion dates and titles: Thursday, February 3 (all meetings at 6:30PM): *Nature's Best Hope* by Douglas W. Tallamy

February 24: *Islands of Abandonment* by Cal Flyn

March 17: *Cradle to Cradle: Remaking the Way We Make Things* by Michael Braungart and William McDonough

April 7: *The Book of Hope* by Jane Goodall

Copies of Feb 7's choice, *Nature's Best Hope*, are available at the Cornish Library.

Email stowelllibrary@comcast.net for more information and the link to the Zoom discussion.

Craft time with Lisa

January's theme is penguins! We'll have a penguin craft and stories. Stop by the Cornish Store between 10:30 and 11:30 on Saturday, January 15. Masks and social distancing will be required, thank you for your cooperation!

Dozens of new children's books arrived over the past few weeks. This past week even more adult fiction and nonfiction titles arrived and are being processed. Come by:

Monday 4-6

Wednesday 3-6

Saturday 9-1

e-mail: stowelllibrary@comcast.net

603-543-3644

American Legion Oratorical Competition and Scholarships

The 2022 American Legion Oratorical Competition is offering up to \$32,500 in scholarship awards for high school students under the age of 20.

The overall national contest winner is awarded a \$25,000 scholarship. Second place takes home \$22,500, and third gets \$20,000. Each department (state) winner who is certified and participates in the national contest's first round receives a \$2,000 scholarship. Those who advance past the first round receive an additional \$2,000 scholarship. The American Legion's National Organization awards the scholarships, which can be used at any college or university in the United States. However, last year due to Covid challenges the National competition was cancelled and rather each State winner received a \$5,000 scholarship in addition to the \$2,500 that had been awarded for each state winner.

Competition begins at the post level where winners advance to a district level, then a state competition. Each post winner may receive up to a \$100 scholarship for those that advance to the district level. Each district awards up to \$300 for participants and each district winner then moves to the New Hampshire State competition. New Hampshire competition for district winners will be held March 12th beginning at 9AM at St. Anselm's College. New Hampshire awards \$2,500 to the first place winner who will then participate in the national competition, \$750 for second place, and \$500 for third place.

Speaking subjects must be on some aspect of the U.S. Constitution, with some emphasis on the duties and obligations of citizens to our government. Speeches are eight to 10 minutes long; additionally, a three- to five-minute speech on an assigned topic is also part of the contest.

For additional information please see <https://www.legion.org/oratorical> or contact the District 6 Oratorical Committee chair Liz Hennig at Lhennig878@gmail.com (603-454-8658), or your local American Legion Post.

Croydon Ladies Auxiliary Bingo

Croydon Ladies Auxiliary Bingo is back

Public Notice

**The Claremont School Board will be holding a Public Hearing for the
FY23 Budget**

Tuesday, January 18, 2022 at 6:30pm.

Location Sugar River Valley Regional Technical Center

The Claremont School Board will be holding an in person public hearing meeting following Covid 19 guidelines. Those in attendance may need to adhere to safety rules which include: temperature check, hand sanitizer, wearing a face mask, social distancing, and others deemed necessary.

.The meeting will also be available on CCTV Channel 8 and online using one of these links. You can watch channel 8 at anytime LIVE here:

<https://reflect-claremont.cablecast.tv/CablecastPublicSite/watch/1?channel=1>

Or channel 10 here:

<https://reflect-claremont.cablecast.tv/CablecastPublicSite/watch/2?channel=2>

Please visit our website: www.sau6.org
under School Boards to review agenda.

Every Thursday, doors open at 4:00 pm and games starts at 6:00 pm

Check out our new hall at 183 Plains Road in Claremont, NH.

Lots of pull tickets for chances to win more money. 50/50 raffle and lots more.

Sandwiches and snacks available and drinks.

Questions: call Sandy at 603-543-7118.

Open to those 18 and older.

Big Money Bingo

Every Sunday, Doors open at 11:00 and games start at 1:00pm

Check out our new hall at 183 Plains Road, Claremont, NH.

Pay out depends on the number of people who show up. Lots of pull tickets for chance to win more money.

Lots of raffles including a big raffle of cash and scratch tickets.

Sandwiches and snacks available and drinks

Questions: call Sandy at 603-543-7118.

Open to those 18 and older.

Lake Sunapee VNA Offers Three Grief Support Groups

NEW LONDON, NH – Lake Sunapee VNA offers three virtual grief support groups for the community. The “Newly Bereaved Widows Group” is for women who have experienced the loss of their husband within the last year and is held on the second and fourth Thursday of every month from 10:00-11:00am. The “Widow to Widow Group” is for women in all stages of grief and meets on the first Monday of every month from 3:30-5:00pm. Newly bereaved widows are welcome at this group as well, especially if they are feeling the need for more frequent support.

In addition, a “Bereavement Check-in” group is available for men and women experiencing a loss of any kind on the third Wednesday of every month from 4:00-5:00pm.

All of these groups provide an opportunity for participants to come together in a safe place of compassion and confidentiality.

Attend once, multiple times or as needed.

If interested, email your contact information to Elizabeth Gantner at egantner@lake-sunapeevna.org and a member of the Lake Sunapee VNA bereavement team will call you with further details.

Charlestown VFW Bingo Schedule

CHARLESTOWN, NH—Charlestown VFW Bingo is offering a weekly opportunity for some entertainment and socializing while helping us to raise funds for our many Veterans programs. Wednesday nights at 5:00 p.m. for early birds and 6:30 p.m. for regular fun and games. Currently, we play 12 regular and two 2 part games, as well as a 50/50 game, Winner-take-all game, Carry Over Coverall game and a Jackpot game. The Governor’s emergency order concerning COVID has expired.

It is now time to take the lessons we have learned over the past year plus and act accordingly. If you’re sick – stay home. Cover your nose / mouth when you cough, wash and / or sanitize your hands frequently, and we’ll all be healthier. The attendance limitation has also ended. In keeping with the state CDC recommendations, if you have a compromised immune system you may still wear a mask for your own protection. We still have masks and hand sanitizer for anyone that may desire either product.

The Charlestown VFW Post is located at 365 Lover’s Lane Rd, Charlestown, NH.

Updates to our schedule and the weekly carry over coverall game can be found on our Facebook page.

Claremont Senior Center News

The Claremont Senior Center Board has voted to re-open the center on a trial basis starting Monday, January 17th. Due to the high number of Covid cases in our area, masks are required if non-vaccinated. Lunches will continue as drive-thru for now. We hope to see our female pool sharks on Mondays and our bingo players on Wednesdays.

We have many activities. There are sign-up sheets at the reception desk and the calendar in the lobby. Activities can be done anytime, including pool, knitting, hand and foot, mahjong, corn hole, and quilting. Socializing is always an option. We are open every Monday thru Friday from 9 am to 3 pm. We are also open Tuesday and Thursday evenings from 6pm to 9 pm. As many of us do not like having to drive in the dark, a new game afternoon has

Deliver care and assistance to people where they are most comfortable – at home.



Help at Home employees have access to comprehensive onboarding, continuing education and dementia training, and competitive pay - \$17/hr starting.

As a home caregiver, you'll work one-on-one with patients. Develop lasting relationships and work in the community you live in. If you're seeking a more fulfilling career, you'll find what you're looking for in our home health care jobs in Vermont and New Hampshire.

We are currently looking for:

- Personal Care Assistants***
- Personal Care Specialists***

We offer paid time off, as well as competitive pay.

Have questions about a position at VNH?

call 1-888-300-8853 or visit

careers.vnhcare.org

started on Tuesdays and Thursdays from 1 pm to 3 pm.

Miracle Ear, Blood Drive and VNA Foot Clinic will continue as scheduled.

We are still holding our drive-thru meals on Tuesdays and Thursdays. Tuesday, Jan 18th - Soup, handmade salisbury steak, egg noodles with gravy, vegetable, dessert. Thursday, Jan 20 – Birthday Dinner – soup, homemade meatloaf, mashed potatoes, vegetable, cake. Must call 603-543-5998 by 10:30 to reserve your meal. Price is \$4 for members and \$5 for non-members. Drive-thru pickup is from 11:45 am to 12:15 pm. Meals are always subject to change.

Foot Clinic - Our January foot clinics will be held on January 19 and 26th. You MUST call 603-748-1731 to make an appointment with them. The fee is \$25.

AARP will be doing taxes at the center on Fridays beginning February 4th thru April 8th. Please call 802-345-5414 to make an appointment. DO NOT call the senior center for appointment.

We are searching for a Kitchen Manager. If anyone is interested in this volunteer, no pay job, please come and talk to us.

We are also seeking an Executive Director. If anyone is interested in this paid position, please contact us at the center.

Have you seen our 1st Annual Claremont Senior Center Car Show Calendar for 2022? We have a few left. It features winners of this year's 2021 car show with each month featuring a picture of a different class winning vehicle. Only \$12 when picked up at the center, add \$6 shipping and handling for each calendar if we mail to you.

"Men are disturbed, not by the things that happen, but by their opinion of the things that happen." Epictetus

Claremont Senior Center, 5 Acer Heights Road, Claremont, NH. Phone 603-543-5998

Claremont Fire Dept. Log

Sunday 1/9/22

0100- Engine 4 responded on Broad St. for a medical call

0410- Engine 4 responded on Main St. for a medical call

Monday 1/10/22

0935- Engine 4 responded on Main St. for a medical call

1101- Engine 4 responded on Madison St. for a medical call

1800- Engine 4 responded on West Terrace St. for a medical call

Tuesday 1/11/22

1624- Engine 3 responded Mutual Aid to Unity for smoke in a basement

1832- Engine 4 responded on Park Ave for an alarm sounding

1923- Engine 4 responded on Park Ave for an odor investigation

Wednesday 1/12/22

1146- Engine 4 responded on Clay Hill Rd. to assist Golden Cross

1838- Ladder 2 and Engine 4 responded on Beauregard St. for a chimney fire

2257- Engine 4 responded on Pawtucket Ave for a medical call

Thursday 1/13/22

0936- Engine 4 responded on Upham Pl. for a medical call

1656- Engine 4 responded on Main St. for a Box Alarm

1739- Engine 4 responded to Heritage Dr. for a medical call

2133- Engine 4 responded on Central St. for an alarm sounding

Friday 1/14/22

1602- Engine 4 responded on Walnut St. for a well-being check

1905- Engine 4 responded on Green St. for a medical call

Saturday 1/15/22

0614- Engine 4 responded on Alden Rd. for a medical call

1033- Engine 3 responded Mutual Aid to Unity for a building fire

1348- Engine 4 responded to Wall St. for an odor investigation

Get a Healthy Start in 2022 With Billings Backyard

Kimchi, Kraut & More Fermented Food Workshop with Chef Emery
Presented by Billings Farm & Museum
Live on Zoom, Saturday, January 22 from 10-11:30AM

WOODSTOCK, VT—According to scientists, fermented foods like kimchi, sauerkraut and

kombucha increase the diversity of gut microbes and lead to lower levels of inflammation. It turns out these can be easy to make at home and be fun, too!

Anyone can learn to make these fermented foods with Billings Farm's Chef Emery as she leads our next Billings Backyard Series cooking workshop, Kimchi, Kraut, and More!, on Saturday, Jan. 22. The workshop will take place live on Zoom from 10-11:30am.

In this class Chef Emery will demonstrate how to make your own sauerkraut and kimchi. She will discuss other "lacto-fermented" foods, and how they can be used in unique and delicious ways in everyday life as participants make a multi-purpose sauce using Kombucha!

This live Zoom presentation is followed by a 30-minute Q&A period. The workshop costs \$15/person; \$10/BF&M Member. Space is limited.

Registration is required by January 19 for participants to receive advance instructions, recipes and preparation details. Registered participants will receive a recording following the live presentation. Visit billingsfarm.org to register.

About Chef Emery

Emery Gray, Farm to Table Manager at Billings Farm & Museum and former Pastry Chef de Partie at the Woodstock Inn and Resort, had a passion for food at a very young age. Seeing the way that people connected through the growing, sharing and cooking of food, inspired her to make a career in the kitchen. She attended The Culinary Institute of America in Hyde Park, NY, earning her Associates Degree in Baking and Pastry Arts and her Bachelor's in Business Management. Traveling the country and the world has translated into a deep appreciation for sustainability of local food systems, and all types of outdoor pursuits year-round.

Make the most of your library card Wednesday, January 19, at 6 pm

Start the New Year by learning how to access the digital resources available for free through the Plainfield Libraries. Have you wanted to stream videos with Kanopy or download ebooks and audiobooks with Hoopla or NH Downloadable Books but don't know how to get started? Join staff for a virtual demonstration of our digital resources and more.

Email mary.king@plainfieldlibraries.org to register.



FREE COVID-19 PCR TESTING



River Valley Community College
1 College Place, Claremont, NH 03743
9AM-3PM, 7 DAYS A WEEK

Offered through partnership with the State of NH, our Claremont pop-up testing site offers the gold standard PCR testing for SARS-CoV-2, the virus that causes COVID-19. Test results will be provided in 48 hours of your visit.

Who can receive free testing at our Claremont pop-up location?

Free COVID-19 PCR testing offered in partnership with the State of NH is available to:

- Patients of all ages
- Symptomatic and asymptomatic
- NH residents and tourists alike

What do I need to bring with me when visiting a pop-up testing site?

- Identification, recommended to help expedite the registration process
- Your phone number
- An active email address, recommended but not



For additional information about free COVID-19 PCR testing at our pop-up locations, please visit us on:

<https://ccmdcenters.com/state-of-nh-covid-19-testing>

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URGENT CARE

Remembering Loved Ones...

Life Tributes **Obituaries May Be Found On Our Website**

We post obituaries on our website to make them available in "real time," as they are released by funeral homes.

We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewssofclaremont.com

Evangeline M. Lambert

Evangeline M. (Couture) Lambert passed away on Thursday, January 13, 2022, after a brief illness.

She was born on July 3, 1925, to Auguste and Leona (Bonneau) Girard. Vangie married Robert O. Couture on June 9, 1945, and they had many happy years together until his passing on September 18, 1978. Vangie continued to work in Shamburg, IL, as a traffic manager until her retirement and then she moved back to Claremont to be near her family and friends where she met and married Raymond Lambert some years later. They enjoyed years together traveling, and pursuing their hobbies until his passing. Vangie was a skilled quilter, knitter and enjoyed playing Manjong. She loved teaching quilting and volunteered her time to charities.

She is survived by her daughter, Patricia Amidon, her husband Fred, her granddaughter Raquel Chase-Kelly and her husband John, her grandson Thomas LaFountain, one brother Donald Girard (Carol) and sister Florine Breault, great grandchildren Graham Kelly, Claire Kelly and Aria LaFountain and several nieces and nephews.

She was preceded in death by her daughter, Paula LaFountain, brothers Herman Girard, Leon Girard and Clement Girard.

A graveside service will be held in the spring and announced at a later date. In lieu

of flowers, memorial contributions may be made to Upper Valley Humane Society or St. Judes Hospital.

The Stringer Funeral Home is assisting with arrangements.

Donald L. Richardson, 73

Donald L. Richardson, 73, of Claremont, NH, passed away on January 12, 2022, after several years of declining health.

He was born in Glens Falls, NY, the son of Donald and Betty (Gifford) Richardson. He was a graduate of South High in S. Glens Falls, NY and attended Hudson Valley Community College in Troy, NY. Don served in the Army and was stationed in South Korea during the Vietnam era.

Don was employed by Grand Union until retirement. He enjoyed hunting, fishing, bowling, golf and watching Red Sox baseball. In his younger years, he played in area softball leagues and always "aimed for the fence" with much success. He was a self-taught handyman and loved being asked to do a project for friends and family. Don enjoyed raising

Labrador Retriever puppies. He loved spending time with his family and took great pride in planning family vacations. He took his whole family on his dream vacation to Alaska in the summer of 2017.

He is survived by his wife, Shery; son, Scott Richardson (Faith McKinney); daughter, Christy Loiselle and son-in-law, Damon; grandson, Sawyer; brother, Gary (Melissa); sister, Heather Lareau (Peter); several nieces and nephews and lifelong friend, Bill Merritt.

He was predeceased by his parents, brother Jeffrey and many aunts and uncles.

In his honor, please consider organ donation. In lieu of flowers, please donate to the American Heart Association, American Diabetes Association or National Kidney Foundation.

The family wishes to thank the nurses and techs at Fresenius Medical (Kidney) Care, especially Don's home healthcare nurse, Jenn and Dr. Hopley for the excellent care he has received.

Visiting hours will be held at Stringer Funeral Home, 146 Broad Street in Claremont on Wednesday, January 19th, from 1 to 2PM. A memorial service will follow at 2 PM.

“Eye doctors shouldn't have fine print.”

-Dr. Sam Given

At Doctor Sam's Eye Care, everything is right up front. From eye exams to glasses to contact lenses to whatever treatment you need, our prices are as comfortable as our chair-side manner. Visit Doctor Sam's and see for yourself.

DOCTOR **SAM'S**
EYE CARE

(603) 543-2020
9 Dunning St, Claremont
(we're right there by the hospital)





~ Eric Zengota