

e-Ticker News of Claremont

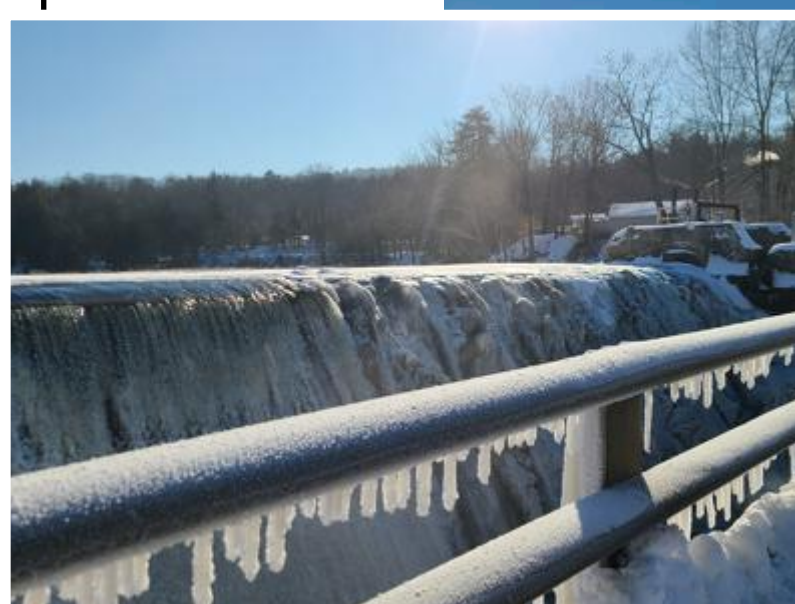
www.etickernewssofarremont.com



**Work on Sullivan
House Continues;
page 6**

etickernews@gmail.com
www.facebook.com/etickernews

Jan. 24, 2022



N'ice View

Recent frigid
temps brought on
the ice in the
region, including
Claremont.

Photos by
Eric Zengota

Greater Claremont Chamber of Commerce Announces President's Awards Recipients

CLAREMONT, NH – The Greater Claremont Chamber of Commerce's (GCCC) 65th Annual President's Awards ceremony will take place Saturday, May 21, at Arrowhead Recreation Area. The Chamber is pleased to announce the following recipients of its 65th Annual President's Awards:

Business of the Year – Liberal Beef Company

Non-Profit Organization of the Year – Claremont Soup Kitchen and Food Pantry

Citizen of the Year – Rob Walker

Young Professional of the Year – Michael Puksta

Model Youth of the Year – Dylan Chambers

Each year, nominations are accepted from community members and then chosen by a committee of GCCC members and past recipients. GCCC membership is not required to be selected as an award recipient.

(Continued on page 4)

Head-On Collision Claims Life of Claremont Woman Friday

CHARLESTOWN, NH—On January 21, at approximately 4:40 p.m. the Charlestown Police Department received a report of a head-on collision on Claremont Road, otherwise known as Route 12, near Shutter’s Way in the Town of Charlestown, NH.

According to the Charlestown Police Department, “The initial investigation revealed that a 2020 Toyota Rav 4 driven by Charity Dyer, 51, of Claremont, NH, was traveling southbound on Claremont Road. Dyer’s vehicle crossed the centerline of the roadway and struck a 2012 Honda CRV being driven northbound by a 63-year-old female from Claremont, NH. This collision was head-on. The driver of the CRV was transported to Valley Regional Hospital then transferred to Dartmouth

Hitchcock Medical Center with serious injuries; she is expected to recover. Dyer was pronounced dead at the scene.”

Charlestown Police Chief Patrick Connors also said that “During the course of the investigation a significant amount of illegal narcotics were [allegedly] located in Dyer’s car and in her possession.” Toxicology results for Dyer were pending over the weekend.

Assisting the Charlestown Police and Fire Departments at the scene was the New Hampshire State Police, Sullivan County Sheriff’s Department, Golden Cross Ambulance and the New Hampshire Office of the Chief Medical Examiner.

Anyone with further information is asked to call Lt. Jonathan Graham at 603-826-5747 or email to jgraham@charlestown-nh.gov.

TUESDAY, JANUARY 25

**Poetry and the Land
7PM – 8:15PM**

Cheryl Savageau, Poet

New Hampshire/N’dakinna has been Abenaki land since time immemorial. Savageau brings the attention of scientist and artist as well as her Abenaki perspective to her poetry. She will discuss how Native understanding and science come together in her poetry, and how poetry can be a practice that brings us into a closer relationship with the Land.

Join Savageau for the poetry reading and discussion.

Please register at https://us02web.zoom.us/join/register/WN_YaE18I0CSQOJXe3-fu1ix1A.

Got news or photos?

Send them to etickernews@gmail.com

Sunapee Seats Open for Election

SUNAPEE, NH—Candidate for Office Forms may be obtained at the Town Clerk’s Office through 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 Commissioner	3 Year Term
2 Zoning Board Members	3 Year Term

e-Ticker News of Claremont LLC
is published Mondays

Phyllis A. Muzeroll
Publisher/Editor

Eric Zengota
Contributing Writer/Photographer

etickernews@gmail.com

Snail mail to:
6 Osgood Ave. Claremont, NH 03743
603-542-7319

e-Ticker News reserves the right to reject/decline/edit 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*

Advertisers are solely responsible for the content of their advertising.

Member, NH Press Association

Member, Greater Claremont Chamber of Commerce

NH Lottery Numbers

01/22/2022

NH PowerBall

8 14 33 36 67 17

NH Mega Millions 01/21/2022

38 45 46 55 67 18

Tristate Megabucks 01/22/2022

2 4 11 24 32 1

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

Index

Commentary.....	5
Classifieds.....	10-12
Business News.....	15
Sports.....	28
Inspiration.....	21
Calendar/Events.....	22
Claremont Senior Center.....	24-25
Claremont Fire Dept. Log.....	25
Obituaries.....	27
City Council Agenda.....	28



**LAW OFFICE OF
JAMES G. FELEEN, PLLC**
WWW.FELEENLAW.COM

JAMES G. FELEEN, ESQ.
EMAIL: 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.



for

Marta Smith

Open House
Fiske Free Library
Thursday, January 27, 2022
12pm - 6pm

ALL CITY STAFF
& the GENERAL PUBLIC
are cordially invited
to stop by the Fiske Free Library
to wish Marta Smith,
(Children's Librarian & former Adult Services Librarian),
Best Wishes on her retirement

Light refreshments served.

Awards, from page 1

This year's **Business of the Year**, Liberal Beef Co., has been a staple of the Claremont community since 1978; Jeff & Cindy Jangel took over the reins of this family-owned business in 2005. As Stevens High School graduates, they recognized the importance of staying true to what they know and have dedicated their lives to promoting the economic growth and stability of our community. During the recent COVID pandemic, not once did they fully close down. They adapted their services to meet the standards of the CDC while ensuring the safety of their staff and customers. When one of the Jangels' employees felt unsure of what COVID might mean for their well-being, both Cindy and Jeff stepped up to honor those fears and ensure that at the end of the day, they did not lose their job.

Non-Profit Organization of the Year honors will be awarded to Claremont Soup Kitchen and Food Pantry. The Claremont Soup Kitchen impacts many, providing individuals with the peace of mind knowing that family and neighbors can rely on them for meals, products, and services. They are the backbone to daily survival for so many families and individuals. More and more people rely on the assurance and the security that the Claremont Soup Kitchen is there to support them in countless ways. Within the last 5 years following the direction of Executive Director Cindy Stevens, the Claremont Soup Kitchen has grown from serving nightly meals Monday-Friday to serving family-friendly breakfasts, lunches and dinners Monday-Friday and dinners on Saturdays and Sundays.

This year's **Citizen of the Year** is Rob Walker, in recognition of his years of volunteer work building, rebuilding, and maintaining trails in the parks of the City of Claremont. This past year, Rob has gone above and beyond what would be expected from any volunteer. He coordinated a team of trail builders and rehabilitated some old mountain bike trails and built new trails on the City of Claremont's Arrowhead Recreation Area. Besides hand building an entire enduro mountain bike park, Rob worked with race promoters from Eastern States Cup (ESC) to bring a race to the City of Claremont. This race was not a typical race but was a world series qualifying event, which drew participants from all across the country and internationally. It takes volunteers such as Rob to make a robust recreation community, and Rob is an example of someone that took

their volunteer role to the next level by creating a whole new park experience for those who live in or near Claremont. Not only did his work create a world class enduro park for our residents to enjoy, but it brought the world to Claremont to participate in an event that showcased the city. This mountain bike event was a much-needed economic stimulus for the businesses of the city, and a generator of economic impact much past the weekend of the event.

The **Young Professional of the Year Award** will recognize Michael Puksta as he exemplifies the attributes of selflessness and giving back to his community. As a police officer with the Claremont Police Department, he has represented our community in the Battle for the Badges fundraising events for the Children's Hospital at Dartmouth over the last three years. Michael regularly champions our community organizations through additional fundraising as well. His nomination letter states, "How lucky we are that an ambitious, smart, and caring young man has chosen to stay in this community and become a fantastic example of how we all spend time and energy giving back to others." All of Michael's actions both on and off duty have led to big impacts in our community and we can't wait to see what is to come.

Model Youth of the Year will celebrate Dylan Chambers this year. Dylan is a senior at Stevens High School, currently placed fifth in his class. Dylan excels outside of the classroom as well. As a year-round athlete and a three sport captain, Dylan believes in leading through the small things and that he doesn't always need to be the big star. Dylan was recently featured on an episode of Hometown Heroes on *WMUR*. Stevens High School soccer coach, Jason Stone, shared

that if his kids grow up to be like Dylan, he'd be really proud. In addition to soccer, basketball, and baseball, Dylan is also a 'partner' with the Stevens High School Unified Basketball Program, where he motivates others to be leaders on the court. Dylan is a longtime volunteer for the Claremont Parks and Rec soccer program. Through his roles as a referee and a mentor, Dylan believes that lending a helping hand to the youth of our community will prepare them for what's in store as they grow older.

Tickets will go on sale in March and will be available on the Chamber's website: www.greaterclaremontnh.org

About the Greater Claremont Chamber of Commerce:
 Since 1917 the Greater Claremont Chamber of Commerce has been playing a major leadership role in shaping the economic and social growth of the city by encouraging residents and visitors to do business locally. Today over 140 member businesses and individuals continue that tradition of regional engagement. Over the years the Chamber has developed unique and innovative partnerships with the city's business, civic and nonprofit communities to maintain a strong, safe, and viable Region. The Greater Claremont Chamber of Commerce is a non-profit 501(c)(6) organization formed to enhance, promote and support the economic stability and growth within the communities it serves.

MONOCLONAL ANTIBODY INFUSION LOCATIONS

for Persons Who Have Contracted COVID-19 and are At-Risk of Severe Outcomes

STEP 1:
 If you test positive for COVID-19, contact your Primary Care Provider to determine if you are at high risk of severe outcomes and eligible for monoclonal antibody treatment. If you do not have a primary care provider, you may contact ConvenientMD or other health providers. If you require emergency care, you may be seen in person at an emergency room.

Step 2:
 If your healthcare provider determines you are eligible for the treatment, they will contact a Monoclonal Antibody Infusion Site to request an infusion appointment.


Step 3:
 The Monoclonal Antibody Infusion Site will contact you. If it is determined you meet clinical criteria, the site will provide specific instructions on your appointment.

HOSPITAL LOCATIONS

1	Alice Peck Day Memorial Hospital	Lebanon
2	Androscoggin Valley Hospital	Berlin
3	Catholic Medical Center	Manchester
4	Concord Hospital	Concord
5	Concord Hospital - Laconia	Laconia
6	Cottage Hospital	Woodsville
7	Derry Medical Center	Derry
8	Dover Freestanding ER	Dover
<small>Operated by Portsmouth Hospital</small>		
9	Elliot Hospital	Manchester
10	Littleton Regional Hospital	Littleton
11	Memorial Hospital	North Conway
12	Monadnock Community Hospital	Peterborough
13	Spear Memorial Hospital	Plymouth
14	St. Joseph Hospital	Nashua
15	Upper Connecticut Valley Hospital	Colebrook

ConvenientMD LOCATIONS

1	Bedford	6	Merrimack
2	Belmont	7	Nashua
3	Concord	8	Portsmouth
4	Dover	9	Windham/Salem
5	Exeter/Stratham		



Please click highlighted locations for website link. Map is for graphical purposes only, it does not represent a legal survey. 11/22/21

House of Representatives – Claremont

District 3/Ward 1: Andrew O’Hearne

friendsofandrewohearne@comcast.net

District 4/Ward 2: Gary Merchant

603-542-2228

gary.merchant@leg.state.nh.us

District 5/Ward 3: Walter Stapleton

603-542-8656

WaltStapleton@comcast.net

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

603-542-6190

jocloutier@comcast.net

Senate – Claremont

District 5: Suzanne Prentiss

suzanne.Prentiss@leg.state.nh.us

District 1 Executive Councilor

Joe Kenney

(603) 271-3632

joseph.Kenney@nh.gov

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/>

Letter to the Editor

Thank You From 4-H

To The Editor:

The 4-H Youth Leadership Team would like to thank everyone who helped make our December Food Drive a success! This includes the Fiske Free Library where a collection bucket was located, and our supportive community members who donated non-perishable food items. We collected many non-perishables that were delivered to the Claremont Soup Kitchen.

4-H is a youth development organization—empowering young people with the skills to lead for a lifetime. In all New Hampshire communities, 4-H helps young people acquire knowledge, develop life skills and form attitudes that help them become self-directed, productive, contributing members of society. 4-H leaders guide youth through the fun learning process. If you would like more information about 4-H, you can email laurie.field@unh.edu.

Thank you,

4-H Sullivan County Youth Leadership Team

Shaheen & Bipartisan Group Introduce Legislation to Counter Russian Aggression Toward Ukraine

WASHINGTON, DC—On Thursday, U.S. Senator Jeanne Shaheen (D-NH), a senior member of the Senate Armed Services and Foreign Relations committees, introduced the Ukraine Democracy Defense Lend-Lease Act with Senators John Cornyn (R-TX), Ben Cardin (D-MD) and Roger Wicker (R-MS). This legislation would provide the President with the enhanced authority to more swiftly enter into lend-lease agreements directly with Ukraine and expedite the delivery of military equipment necessary to protect vulnerable civilian populations from a Russian military invasion.

“On the heels of a bipartisan delegation I helped lead to Ukraine, it’s clear the U.S. must take decisive and urgent action to support our Ukrainian partners and deter a Russian incursion. This legislation shows there is bipartisan unity in Congress to provide President Biden with the tools needed to swiftly deliver critical defense capabilities to Ukraine and stand firm against the Kremlin,” said Shaheen. “This bill ensures bureaucratic hurdles won’t hinder the administration from acting quickly to provide Ukraine with the tools needed to protect civilians should Putin decide to invade. The Kremlin will pay a hefty price if they escalate this crisis, and the U.S. will put its money where its mouth is to help Ukraine defend itself. There is too much at stake; Congress must act swiftly, and most critically – work together – to get legislation across the finish line.”

Shaheen has long led efforts in the Senate to hold Russia accountable for its malign activity against the U.S. and our allies. This past week, Shaheen and Senator Rob Portman (R-OH) led a bipartisan delegation to Ukraine to reaffirm the U.S.’ commitment to Ukraine as it faces an increasingly belligerent Russia.

On Wednesday, Shaheen participated in video call with President Biden to debrief on the delegation and discuss next steps. On Christmas Eve, Shaheen participated in a video conference call with President Zelenskyy to discuss the security situation in the country. And the previous week, Shaheen helped introduce the Defending Ukraine Sovereignty Act of 2022, which would impose crippling sanctions on the Russian banking sector and senior military and government officials if President Putin escalates hostile action in or against Ukraine. Through her leadership on the Senate Appropriations Committee, Shaheen and Portman announced that through the FY22 NDAA bill, the Ukraine Security Assistance Initiative has been extended through 2022 with funding increased from \$250 million to \$300 million per year, with at least \$75 million specifically for lethal assistance, as part of the FY 2022 National Defense Authorization Act (NDAA). Shaheen also authored an op-ed in the *Washington Post* with Portman in December. A member of the Ukraine Caucus, Shaheen previously led a bipartisan delegation to Eastern Europe, which included a stop in Ukraine, in June 2021.

From the Inside Out

Sullivan House Work Continues Through Bitter Winter

CLAREMONT, NH—No matter how low the outside temperature drops in Claremont, construction crews have been busy with interior work in Sullivan House, the transitional housing building on Sullivan Street.

In spite of supply-chain problems that have caused delays in some of the work-spaces, progress continues in others. Crews have sheet-rocked the 10-foot walls of dormitories and offices on the first (men’s) and second (women’s) floors, installed glass panels along the top portion of those walls, given finishing touches

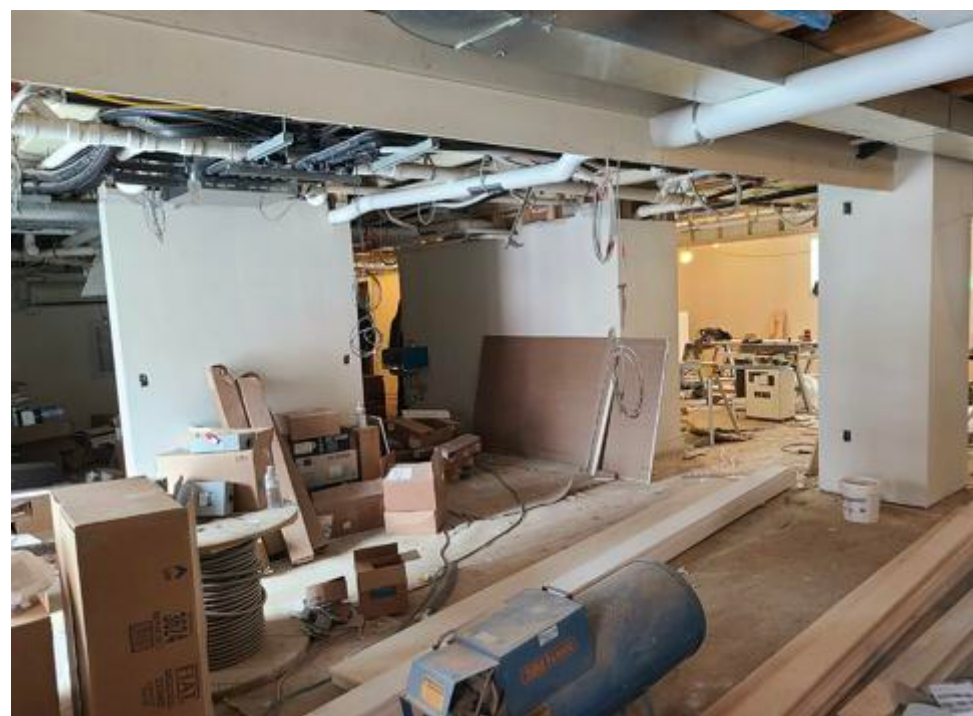


to new maple windowsills, and tiled the bathroom/shower facilities. Appliances in the ground floor kitchen/dining area will soon be hooked up to power and plumbing. The upcoming delivery and connection of an Ever-source transformer on the new utility pole will provide the full power needed to run high-voltage equipment such as computers and the energy-saving solar panels on the roof.

Sullivan House will provide transitional housing to 14 men and 14 women who will have been recently re-

there — the ground floor kitchen/ dining area. Each resident will have a food storage locker and be responsible for preparing their own meals. This November 2021 view of Sullivan House highlights the design that matches traditional brick with industrial metal. On the roof are cases of solar panels; when installed, they are “projected to take care of the summer months, so we’ll be paying zero for electricity,” said Matt Blanc of Blanc & Bailey Construction. Gabe Bailey, of Blanc & Bailey Construction, stands under the glass panels that bring extra light into dormitories and offices.

Text and Photos by Eric Zengota



leased from the county’s community corrections center. Staff from the department of corrections will work at Sullivan House 40 hours a week; the clinical team, 15 hours. A recovery coach living in an onsite apartment will serve as a 24/7 supportive presence.

Clockwise: Sullivan County manager Derek Ferland (left) and David Berry, superintendent of the department of corrections, constantly monitor construction progress. Halfway





NH DHHS COVID-19 Update January 21, 2022

CONCORD, NH – The New Hampshire Department of Health and Human Services (DHHS) has issued the following update on the new coronavirus, COVID-19.

On Friday, January 21, 2022, DHHS announced 2,258 new positive test results for COVID-19 for Thursday, January 20. Those results included 1,741 people who tested positive by PCR test and 517 who tested positive by antigen test. DHHS also announced an additional 177 new cases from Monday, January 10 (11 by PCR and 166 by antigen test) for a new total of 2,270; an additional 160 new cases from Tuesday, January 11 (92 by PCR and 68 by antigen test) for a new total of 3,193; an additional 108 new cases from Wednesday, January 12 (54 by PCR and 54 by antigen test) for a new total of 4,019; an additional 21 new cases from Thursday, January 13 (13 by PCR and 8 by antigen test) for a new total of 2,394; an additional 7 new cases from Friday, January 14 (7 by PCR and 0 by antigen test) for a new total of 2,957; an additional 10 new cases from Monday, January 17 (0 by PCR and 10 by antigen test) for a new total of 1,814; an additional 27 new cases from Tuesday, January 18 (7 by PCR and 20 by antigen test) for a new total of 738; and an additional 277 new cases from Wednesday, January 19 (122 by PCR and 155 by antigen test) for a new total of 2,737. 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 are now 18,462 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 nine hundred and six individuals under the age of 18 and the rest are adults with 53% being female and 47% being male. The

new cases reside in Rockingham (623), Hillsborough County other than Manchester and Nashua (424), Merrimack (337), Grafton (254), Strafford (220), Cheshire (147), Belknap (125), Carroll (85), Sullivan (84), and Coos (70) counties, and in the cities of Manchester (275) and Nashua (223). The county of residence is being determined for one hundred and seventy-eight new cases.

DHHS also announced twelve additional deaths related to COVID-19.

- 1 female resident of Carroll County, 60 years of age and older
- 1 male resident of Carroll County, fewer than 60 years of age
- 1 male resident of Cheshire County, fewer than 60 years of age
- 1 female resident of Hillsborough County, 60 years of age and older
- 2 male residents of Hillsborough County, 60 years of age and older
- 1 male resident of Merrimack County, 60 years of age and older
- 1 female resident of Merrimack County, 60 years of age and older
- 2 female residents of Rockingham County, 60 years of age and older
- 1 male resident of Rockingham County, 60 years of age and older
- 1 male resident of Strafford County, 60 years of age and older

There were currently 393 individuals hospitalized with COVID-19. In New Hampshire, since the start of the pandemic, there have been a total of 257,793 cases of COVID-19 diagnosed.

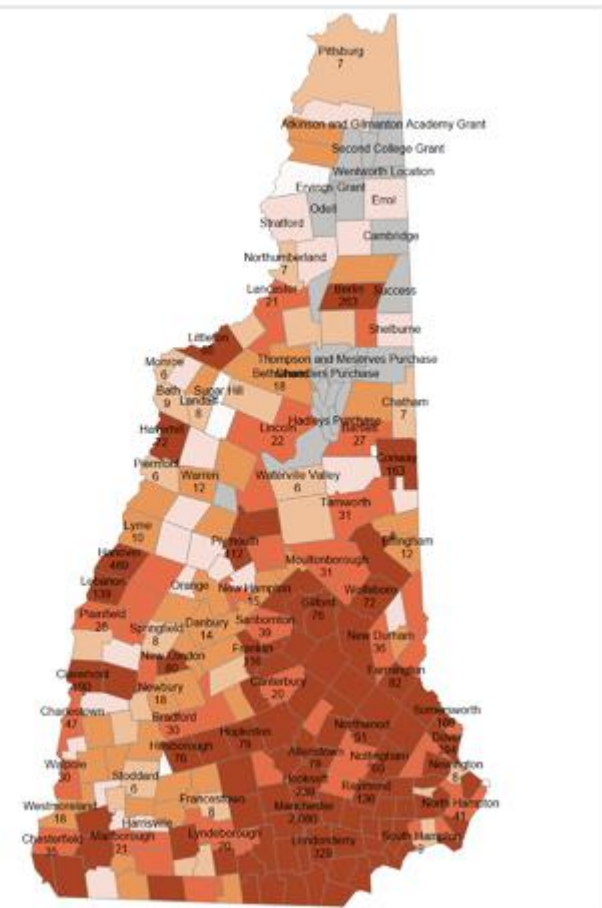
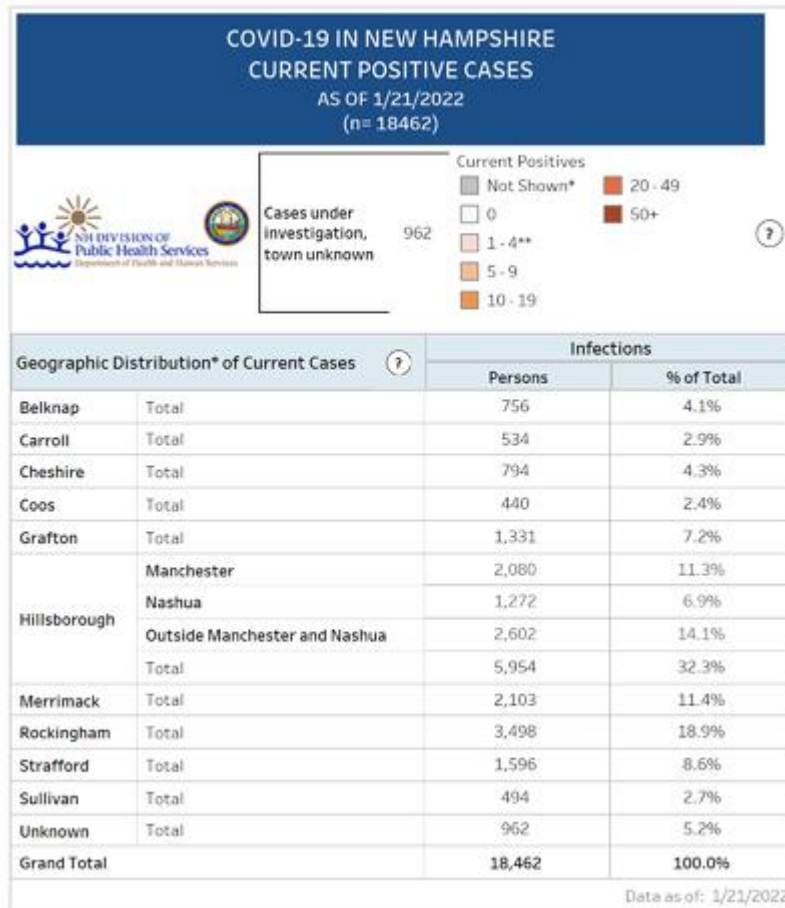
As of Friday, the 21st, there were 190 current positively identified cases in Claremont, 47 in Charlestown, and 97 in Newport, with additional cases identified in other county communities, including 7, Cornish; 39, Grantham; 33, Sunapee; 28, Plainfield; 8, Springfield; 10, Acworth; 5, Lempster; 7, Goshen; and 1-4 in other Sullivan County communities. DHHS reported 494 currently positively identified cases in Sullivan County, up from 455 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>.



Snowmobilers Are Reminded to Stay on Marked Trails

CONCORD NH – The New Hampshire Fish and Game Department’s Law Enforcement Division is reminding snowmobilers to stay on established and marked trails during the 2022 season.

Snowmobilers may only ride on trails that are designated and signed as a snowmobile trail. Although many new snowmobiles are marketed toward, and capable of, operating in deep powder and off-trail, if it is not a signed trail, operators in New Hampshire must have written landowner permission to ride there.



The issues associated with off-trail riding have become an increasing problem, and there are now a growing number of complaints originating from landowners, especially in Coos County, directly related to snowmobilers riding off trail. Taking a sled off the posted trail has a number of consequences. As snowmobiles delve into deeper powder, they damage the tops of small trees and kill others through excessive bark damage. This type of damage directly decreases future timber values for property owners.

Most of New Hampshire’s almost 7,000 miles of snowmobile trails traverse private property that owners have willingly allowed access to for snowmobiling. The public’s use of private land remains a privilege, and it has been a long-standing tradition in the Granite State for landowners to allow others to use their property for recreational pursuits. Snowmobilers are responsible for caring for the lands that they enjoy in order to protect this privilege.

Snowmobiling off trail in the wintering habitat of moose and deer causes increased stress for animals during the time of the year when they are most vulnerable. This increase in anxiety, and subsequent energy consumption, can have fatal consequences.

The marked increase in off-trail riding has also led to costly and time-consuming rescues for New Hampshire Fish and Game Department Conservation Officers responding to snowmobile emergencies in remote locations far from legal trails. “We would like to eliminate this conduct before landowners close off all of their lands including legal trails, as well as to protect the wildlife resources and the riders themselves,” said NH Fish and Game Captain Michael Eastman, who oversees snowmobile and off-highway recreational vehicle enforcement and education. “It is essential that riders show consideration for private property and landowner wishes; no respect equals no trails.”

As always, Fish and Game Conservation Officers will be patrolling and enforcing this law as well as speed limits. “We want to preserve the resource and ensure everyone’s safety while they are riding this season,” said Eastman.

To learn more about New Hampshire’s snowmobile regulations and to become familiar with this season’s new laws and fines visit <https://wildlife.state.nh.us/ohrv/index.html>.

www.facebook.com/etickernews

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

**Delivering care to patients
where they are most
comfortable – at home.**

We’re a mission-driven non-profit that’s reimagining rural home health and hospice care.

At VNH, you’ll work one-on-one with patients. Develop lasting relationships. And help us find new and innovative ways to deliver the best patient experience possible. If you’re seeking a more fulfilling career, you’ll find what you’re looking for in our nursing and home health and hospice care jobs in Vermont and New Hampshire.

We are currently looking for:

- RN’s, LPN’s, LNA’s**
- Long Term Case Manager**
- Occupational Therapist**
- Physical Therapist**

We offer full benefits, 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



School District Budget Public Hearing Draws Sizable Turnout

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—Frequently, the annual Claremont School District proposed budget public hearing draws little interest or turnout. That was not the case Tuesday night, however, as a large number of residents attended the meeting, many with one of two concerns on their minds: reducing the position of Tech Center director to half time and cutting an autism specialist.

Following a presentation reviewing the proposed FY23 \$37,243,825 budget by SAU6 director of Finance and Operations, Richard Seaman, a number of those attending the meeting addressed the board, expressing their concerns about cuts at the Tech Center which include an unbudgeted position, eliminating the guidance counselor and nurse; nursing duties would be covered by the nearby CMS nurse. However, it was the proposed reduction of the Tech's director to half time that raised the most concern. Over the years programs have been reduced from eight to four and many who spoke expressed concern that reducing the director's job would lead to further cuts. Several said they have kids who are likely "not traditional" learners and that going to the Tech Center provides them with opportunities they would not have otherwise. Jason Benware said that he thought that "people are afraid that this is the first step in destroying the program." He added that they were looking for assurances that this wasn't the case. Mike Demars said that he would like to see "strategies to increase Tech offerings, not decrease them." Others cited the strong and growing need for tradespeople as a reason to strengthen the Center's offerings.

Scott Pope, engineering and machining program instructor at the Center, called for creating an advisory committee composed of people from across the community to decide what the future vision of the Tech Center should be. Despite board members saying they would like programming at the Tech to grow, people at the meeting and later on social media seemed flummoxed by the notion that that could happen with a half-time director. The board said it

currently could not justify a full-time position with only four programs being offered at this time.

Others attending the public hearing expressed concerns over cutting an autism specialist, saying that the long-time employee was "absolutely a necessity", in the words of one speaker. Others said staff and students would be negatively impacted by the cut. It wasn't clear as to why the position is under consider-

ation to be cut; on Wednesday, board chair Frank Sprague told the *e-Ticker News* that he was unable to comment on the matter.

Following public comment, several board members said they were comfortable with the budget as proposed and the board voted unanimously to move it forward to be discussed at the Deliberative Session scheduled for Feb. 9.

Drive Down Your Payments



Bring your vehicle loan to One Credit Union, we will take 1% off your rate.

This offer applies to all vehicle types, from cars and trucks to tractors, RVs and motorcycles.

Learn More

One
CREDIT UNION
www.onecu.org

Charlestown Rd, Claremont
John Stark Hwy, Newport

Federally insured by NCUA.
Equal Opportunity Lender. See site for details.

Classified Ads

Comparing Fall of '21 to the Fall of '20

All single-family homes in Sullivan County

Year Sold	Houses	Days on Market	Median Sale Price
2021	175	11	\$275,000
2020	235	12	\$227,000

Fewer homes were sold
last year, but at
higher prices!

My source: MLS



**Bonnie
Miles**

**36 Years
Experience**



**COLDWELL
BANKER**

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

**Call or text my cell:
(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



This 3 bedroom, 2 bathroom split level ranch needs TLC. Located on the outskirts yet close to town. Two-car garage. **\$169,000**

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 A WEEK AGO



UNDER CONTRACT IN 9 DAYS

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 al air, and appliances, including washer. The park rent is \$387.

CLAREMONT MLS 4894881 \$74,900



UNDER CONTRACT IN 7 DAYS

Pristine custom-built 2003 ranch with spectacular distant western views! Cathedral ceiling living room with large windows for beautiful sunsets, open concept living dining room, 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



**COLDWELL BANKER
HOMES UNLIMITED
REAL ESTATE
112 Washington St.
Claremont, NH 03743**

(603) 542-2503



Jan Ranney
Owner



Rick Howard



Bonnie Miles



Viola Lunderville



Cathy Thompson



Brian Whipple



Anthony Emanouil



Jenn Boyer



Deborah Charlebois



Courtney Chase



Mollie Ducharme



www.coldwellbankernh.com

Classified Ads

IRS Criminal Investigation Issues 10 Tips to Avoid Tax Season Fraud

BOSTON, MA – Each year, taxpayers' personal information is compromised through phishing scams or by unscrupulous tax preparers. With tax season kicking off Jan. 24, IRS Criminal Investigation (IRS-CI) wants taxpayers to be aware of tax-related fraud. "As we come to the start of another tax season, it is an important time to remind taxpayers to protect themselves from the ever-evolving tax schemes that my office investigates in the New England Region," said Joleen D. Simpson, Special Agent in Charge of the Internal Revenue Service-Criminal Investigation Division, Boston Field Office.

Tips to avoid tax season fraud include:

- Choose a tax preparer wisely. Look for a preparer who is available year-round.
- Ask your tax preparer for their IRS Preparer Tax Identification Number (PTIN). All paid preparers are required to have one.
- Don't use a ghost preparer. They won't sign a tax return they prepare for you.
- Don't fall victim to tax preparers' promises of large refunds. Taxpayers must pay their fair share of taxes.
- Don't sign a blank tax return. Taxpayers are ultimately responsible for what appears on tax returns filed with the IRS.
- Make sure you receive your refund. Your refund should be deposited into your bank account, not your tax preparer's.
- The IRS will not call you threatening legal action. If you receive a call like this, hang up.
- Don't respond to text messages, emails or social media posts claiming to be the IRS. They may contain malware that could compromise your personal information.
- Don't click links or open attachments in unsolicited emails or text messages about your

The Town of Charlestown seeks an energetic Administrative Assistant to the Selectboard

The Town of Charlestown has an annual operating budget of approximately \$5 million and 27 full-time employees. The Administrative Assistant acts as the primary liaison between the five member Selectboard and all personnel, including contracted services. The Administrative Assistant is the primary liaison with legal counsel and coordinates in all matters to ensure the Town is properly represented, maintains an effective working relationship with all Town boards, commissions, committees, departments and the general public; and performs all other duties as assigned by the Selectboard. For a full job description, please contact the Selectboard's Office at 603-826-4400 or visit the Town's website at www.charlestown-nh.gov.

Candidates should have a thorough knowledge of local government in New Hampshire and the ability to plan, organize, assign, supervise, inspect and coordinate a broad range of municipal functions. Municipal management experience is highly desirable.

Interested candidates should submit a cover letter, resume & completed application to:

Charlestown Town Office Human Resources
Department PO Box 385
Charlestown NH 03603

An application may be found at www.charlestown-nh.gov or at the Town Office, 233 Main St.

Position open until filled.

tax return. These messages are fraudulent.

- Protect your personal and financial information. Never provide this information in response to unsolicited text messages, emails or social media posts claiming to be the IRS.

On October 28, 2019, Gelin Sterling, a Haitian national, was sentenced by U.S. District Judge Kari A. Dooley in Bridgeport, Connecticut to 15 months of imprisonment, followed by one year of supervised release for filing false tax returns. Sterling owned and operated Ster-

ling Tax Plus, LLC, a tax preparation business. For the 2014 through 2017 tax years, Sterling prepared tax returns for numerous clients that included false mileage expenses, false charitable donations, and other false items. Sterling was also ordered to pay \$250,000 of restitution to the IRS and faces deportation proceedings at the conclusion of serving his sentence.

For more tips on choosing a tax professional or how to file a complaint against one, visit IRS.gov. Taxpayers who suspect tax violations by a person or business, may report it to the IRS using Form 3949A, Information Referral.

**THURSDAY, JANUARY 27
NEWS FROM HISTORIC WINDSOR AND
THE PRESERVATION EDUCATION INSTI-
TUTE**

**Online, Interactive Wood Window Repair
Workshop Starts Thursday**

Learn the basics of wooden window repair online and interactively. In this workshop we will work virtually, side by side, as Sally Fishburn will guide you through the restoration of window sash while working on a sash of your own.

For this workshop you will need a work space and a work bench or sturdy table at a minimum. This space must be separated from your living space in order to keep the dust and debris contained. You will also need a sash to work on. Some basic tools would also be helpful: screwdrivers, a basic household tool kit, a variety of scrapers – carbide and steel, basic woodworking tools – saws, chisels, clamps.

We will provide a kit with a sample of glazing and paint, a respirator, disposable coveralls, a lead test stick, 1 carbide scraper and 1

steel detail scraper set. There can be an opt out on the items in the kit that you may already have.

This workshop will consist of seven sessions- Tuesday and Thursday evenings, 6:30 - 8:30 pm and Saturday afternoons from 2:00 to 5:00 pm. We will meet through Zoom. It would be helpful if you can access Zoom in your workspace and on a device that has a camera

so that Sally Fishburn can observe your work, too.

Cost: \$150 for HWIPEI members and government agency staff; \$190 for others includes texts and kit described above. Scholarship assistance is available.

For more details or to register, call Judy Hayward, executive director, 802.674.6752 or email peihwi@gmail.com.



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



Stressed About the Holidays?

Don't be. With a **Holiday Loan** from One CU, you can kick back and relax.

Apply Now



www.onecu.org

**Charlestown Rd, Claremont
John Stark Hwy, Newport**

Federally insured by NCUA.
Equal Opportunity Lender. See site for details.

'The Opposite of Addiction Is Connection'

TLC Recovery Coaches Help People Through Their Darkest Times

By Eric Zengota
e-Ticker News

CLAREMONT, NH—Andy Grenier and Melissa O'Brien are peer-to-peer recovery coaches at TLC Family Resource Center in Claremont. O'Brien attained her Certified Recovery Support Worker (CRSW) credentials last May. Grenier will take the final test in three months to gain his credentials. The CRSW designation is granted by the New Hampshire Board of Licensing for Alcohol and Other Drug Use Professionals of the Department of Health and Human Services.

The test is the culmination of an intensive program of education and training. Enrollees go through 36 hours of recovery coach training through organizations like the New Hampshire Recovery Coach Academy. They also take a 16-hour course in ethical responsibility, 8 hours on blood-borne pathogens, and 12 hours on suicide prevention.

Both O'Brien and Grenier emphasize that training to become a CRSW is not a simple "I'd like to do this" choice. In their cases, their own journeys through "lived experience," that is, years of addictive behavior, provide the background to help others change — and at times save — their lives.

Grenier, who struggled with substance abuse disorder, started receiving resources at TLC a year and a half ago. After sustaining recovery, he says, "I started to volunteer at the center and enrolled myself in the CRSW training courses. I genuinely enjoy being able to share my experience, strength and hope with others in the community who want recovery for themselves."

O'Brien is as forthright in telling her story. "I had a history of drinking and doing hard drugs. What stopped me cold was finding out I was pregnant. I went through detox, stopped using, went to meetings. On January 4th I celebrated 12 years of being clean."

Recovery coaches assist recoverees to identify and overcome personal and environmental obstacles to help sustain recovery in their life. They also connect people with recovery support services, all the while encouraging optimism and healthy living.

Grenier noted that there are several pathways to recovery, including faith- and spirituality-based, moderation-based (for instance, cutting back on alcohol consumption), abstinence-based (completely stopping an addictive behavior), and medically assisted treatment (MAT, enhanced by TLC's six-month program of peer-to-peer coaching and incentives such as \$100 a month in gift cards).

TLC also provides a telephone recovery support (TRS) program. This involves weekly recovery check-in calls as well as text recovery quotes and positive affirmations. TRS helps reduce relapse and enhances the recovery experience.

The Center offers not only one-to-one support, but also peer support groups to assist with recovery goals. Some group meetings offer the Zoom option.

At the All Recovery meetings, where all pathways to recovery are welcome, participants emphasize the hope and healing of recovery, and how lives have been changed. There are also separate Helping Recover courses — 20 weeks for women, 18 for men — that address issues in four sections, self, relationships, sexuality and spirituality.

The Parenting Journey in Recovery (PJR) program allows parents to explore past family patterns, heal old wounds that might impact current parent-to-child relationships, and take a new path involving responsibility and sobriety. In short, says Grenier, "we're helping to create safer, more resilient families."

TLC's recovery services extend beyond its walls. As the Center's outreach coordinator,



Andy Grenier and Melissa O'Brien say they are "living proof" that everyone has a chance to recover from addictive behavior (Eric Zengota photo).

O'Brien stays aware of the community to help those who, she says, "just won't come here to us." Last week, staff and volunteers visited encampments in Claremont and passed out winter survival bags. Inside each was a hoodie, hat, gloves, scarf, hand warmers and blanket, as well as NARCAN to treat narcotic overdoses.

All of TLC's programs are free of charge. "We don't want anyone to be unable to get help," says Grenier, "especially those who don't have insurance." If, however, participants have insurance, that is accepted. Aside from insurance, TLC receives State funding, grants, Medicaid reimbursement, and individual and business donations.

"We are totally non-judgmental here," says O'Brien. "Anyone who needs help in any area of life can call us."

Grenier says, "There's nothing better than hearing someone say, 'I trust you.' Our message is that there is always a way out."

TLC Family Resource Center, 52 Pleasant St., Claremont; 603-542-1848; recoveryinfo@tlcfamilyrc.org.

Business News

New Funding to Help Wood Turtles in NH, VT and MA

GREENFIELD, MA – The Connecticut River Conservancy (CRC) announced that they have received a new grant from the National Fish and Wildlife Foundation (NFWF) that will help protect native turtles. The grant will fund landowner outreach by CRC and wood turtle site assessment by project partner, The Orianne Society (TOS).

Wood Turtles (*Glyptemys insculpta*), primarily found in river floodplains, and Spotted Turtles (*Clemmys guttata*) are the special focus of this project. Wood Turtles are considered a Species of Conservation Concern in the three states where CRC will focus outreach efforts. These turtles have suffered declines due to illegal collecting, development, agriculture, and stream alterations. CRC and TOS will work with federal and state agency partners in New Hampshire, Vermont, and Massachusetts to find willing landowners and sites that will lead to improving working lands, water quality, and wood turtle habitat in the Connecticut River watershed.

“Wood and Spotted Turtles thrive in environments with clean water, but they need space to roam on land as well, so improving habitat connectivity between land and water benefits them greatly. This not only helps rare turtles, but also creates habitat for other fish and wildlife, cleanses the water, and improves recreational opportunities. Farm Bill conservation programs also promote agricultural sustainability. Programs like this are a win for everybody” said Kiley Briggs, Director of Conservation with The Orianne Society.

The USDA Natural Resources Conservation Service (NRCS) has designated northeast turtles as a “Working Lands for Wildlife” priority and offers programs to help with their conservation. The US Fish and Wildlife Service and each state wildlife agency have prioritized the restoration and preservation of the wood turtle, advancing both conservation science and action plans. This grant will help unite efforts by this coalition of organizations and find new



project sites to help this species rebound and thrive.

“Strong partnerships form the backbone of this project,” said Ron Rhodes, CRC’s Director of Restoration Programs. “In addition to working with landowners, CRC and TOS will collaborate with all three states and our federal agency partners to ensure we identify areas that are most in need of restoration and maximize the benefits to both the turtles and landowners. This work wouldn’t be possible without this grant from the National Fish and Wildlife Foundation.”

Reptiles and amphibians have an incredible value and play integral roles in the function of healthy ecosystems. The Orianne Society works to conserve critical ecosystems for imperiled reptiles and amphibians using science, applied conservation and education. Learn more about Wood and Spotted Turtles, and The Orianne Society’s mission at www.orianne.org.

To learn more about the Connecticut River Conservancy, visit www.ctriver.org

Dartmouth, Dartmouth-Hitchcock Health Launch Major Cancer Research Institute

LEBANON, NH—A \$25 million gift to Dartmouth and Dartmouth-Hitchcock Health from Dorothy Byrne, a long-time supporter of cancer research and patient care, will establish a robust, interdisciplinary cancer research institute to leverage the innovation, entrepreneurship, and collaboration that is deeply embedded in the Norris Cotton Cancer Center (NCCC) in order to fast-track world-class scientific discoveries from the laboratory to the bedside to benefit cancer patients in the region and around the world.

The Byrne Family Cancer Research Institute at Norris Cotton Cancer Center will transform and accelerate the translation of research to prevent and cure cancer, enhance cancer survivorship, and promote cancer health equity.

The gift, the largest ever given jointly to Dartmouth and Dartmouth-Hitchcock Health (D-HH), is the lead gift in a \$50 million campaign to create the institute, which will support the cancer center’s mission to radically expand access to immunotherapies, as well as to pioneer cancer prevention, diagnostics, and treatment through precision medicine, which customizes an approach to care and treatment for each patient.

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.

General Civil Practice in Claremont since 1931
Phone: 603-543-3185 www.leahydenault.com

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.

**SATURDAY, JANUARY 29
Cornish Star Party
6-7:30pm (Sun Jan 30 - Cloud/Snow date)
Green Triangle across from the Cornish store**

Drop in and join us for a Star Party! We are setting up multiple telescopes and will have local astronomy enthusiast Matt Lewis on hand to answer questions. Enjoy the view with friends over a warming cup of hot cocoa, and make sure to dress for the weather. Masks will be required when using the telescopes; Cornish Library event in Cornish Flat.

Claremont Kindergarten Registration

Kindergarten pre-registration begins Monday, January 24, 2022, for all incoming kindergarten Claremont students for the 2022-2023 school year. In order for your child to qualify for kindergarten, you must be a Claremont resident and your child must be 5 years old by September 30, 2022. Pre-registration will run until May 1, 2022. If you would like to pre-register your child, please go to www.sau6.org to fill out the pre-registration form.

Public Notice

**Claremont School Board Regular Meeting February 2, 2022 at 6:30pm
Location Sugar River Valley Regional Technical Center**

The Claremont School Board will be holding an in person regular 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.



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
School District Clerk School	1-year term
Board Member (2)	3-year term



The moon makes a daytime appearance Saturday, framed by winter branches.

Photo by Phyllis A. Muzeroll

'River Dipper' Volunteers Sought

SPRINGFIELD, VT—Have you got what it takes to be a volunteer "River Dipper" with the Black River Action Team? It takes a love of the outdoors (especially our river and the streams that feed it), an ability to drive to your site or



Armando Stettner collecting sample water from the Black River below the Springfield wastewater treatment facility (Kelly Stettner photo).

sites as needed (regular Dippers sample every other weekend between mid-May and mid-Au-

gust, while bacteria samplers visit their swimming hole every Wednesday morning between Memorial Day and Labor Day) and transporting those samples to a drop-location in a timely fashion. Good attention to detail is important, as is an ability to follow directions and maintain communication.

All training and equipment will be provided; several sites are available all around the Black River drainage basin: Plymouth, Reading, Ludlow, Cavendish, Ascutney, North Springfield, Weathersfield, and Springfield.

BRAT is also looking for weekly monitors on both Knapp ponds, Muckcross Pond, and Echo Lake! Spoiler alert: you'll need a kayak or canoe for those Dipping spots.

Please reach out to BRAT Director Kelly Stettner as soon as possible to learn more and sign up for a Dipping spot. She can be reached by email at blackrivercleanup@gmail.com or by leaving a message at (802) 738-0456.

STARTS THURSDAY, FEBRUARY 3 Active Hope Book Discussion Series 6:30PM

New book club at the Cornish and Plainfield Libraries: Active Hope is a short, four session book discussion series for winter hosted by Cindy Heath and Martha Zoerhide. Titles cho-

sen are about the environment and the hopeful things that are happening to help mitigate the effects of climate change.

Discussion dates and titles:

(all meetings at 6:30PM)

Thursday, February 3: *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 3rd's choice, *Nature's Best Hope*, are available at the both the Cornish and Plainfield Libraries.

Email stowelllibrary@comcast.net or mary.king@plainfieldlibraries.org for more information and the link to the zoom discussion.

Coffee With the Chief

SUNAPEE, NH—The next Coffee with the Chief will be held on Thursday, February 10, from 8:00 a.m. to 9:00 a.m. at the Safety Services Building.



Tree trimmers have been working their way south on Route 10 through Lempster and most recently Marlow, using equipment with tracks and a long circular saw blade on the end of a long boom. They can access difficult areas not reachable with a bucket truck and employee with a chainsaw. The crew is trimming out the right of way ahead of the broadband expansion in the area (Photos by Bill Murgatroy).

Consider These Types of Tax-Smart Contributions

This year's tax-filing deadline of April 18 is not that far off, but you still have time to make some moves that could favorably affect your tax returns. So, you may want to consider making some tax-smart contributions.

You have until the April 18 filing deadline to contribute to an IRA, or to open one for the 2021 tax year. When you invest in a traditional IRA, your earnings can grow on a tax-deferred basis and your contributions may be tax deductible, depending on your income level. And as a result of recent legislation, you can now fund a traditional IRA past age 70½, as long as you have earned income.

If you invest in a Roth IRA, your contributions aren't tax deductible, but your earnings can grow tax free if you don't take withdrawals until you're at least 59½ and you've had your account for five years. For the 2021 tax year, you can put up to \$6,000 in an IRA, or \$7,000 if you're 50 or older. (If you're a high earner, the amount you can contribute to a Roth IRA may be reduced or eliminated, while contributions to a traditional IRA may not be tax deductible.)

If you were eligible to contribute to a health savings account (HSA) last year, you can also contribute to that for the 2021 tax year, up to the April 18 deadline. An HSA has triple tax advantages: Your contributions are made with pre-tax dollars, so they can reduce your taxable income for the year; your earnings grow tax-free; and your withdrawals are tax-free, provided the money is used for qualified medical expenses. For the 2021 tax year, you can contribute up to \$3,600 to an HSA as an individual, or \$7,200 for a family. And if you are 55 or older, you can contribute an extra \$1,000 to your HSA. The contribution limits do include the amount your employer puts in, so, for example, if your employer has already kicked in \$1,000, you can only contribute \$2,600 to your individual HSA or \$6,200 for your family. (Again, you can add \$1,000 more if you are 55 or older.)

And, as you know, one of the big advantages of an HSA is that it is not subject to "use it or lose it" rules – you can roll over your savings from year to year. As such, an HSA can be a valuable account for helping you build resources for retirement, when your health care costs will undoubtedly go up.

In looking beyond the 2021 tax year, you may want to consider other ways to make tax-smart contributions. For example, in addition to contributing to your IRA and HSA, you may have access to a 401(k) or similar employer-sponsored plan. In 2022, you can put in up to \$20,500 to your 401(k), or \$27,000 if you're 50 or older. And, if your employer allows it, you can exceed these limits by making after-tax contributions. Also, if you need to save for education, you might want to consider a 529 education savings plan, which offers some tax advantages.

To learn more about how your contributions, in various forms, can affect your taxes, consult with your tax advisor. The more you know, the better your decisions.

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



**IRA? Don't wait
to contribute.**



Martha Maki, AAMS®

Financial Advisor

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

edwardjones.com

Edward Jones®
MAKING SENSE OF INVESTING

Of Squirrels and Mental Health: A Psychiatrist's Mid-Winter Musings

By Diane Roston, MD

As a result of the recent cold snap, mice are taking shelter in my garage, a squirrel gnawed a hole through the compost bin, and several squirrels are taking turns perching on the bird feeder as if it's their private lunch buffet.



I must confess that my neighbors might occasionally hear me scream a high-pitched "Scoot! Scoot!" at the squirrels in a pointless attempt to instill fear, or might have seen me in sweats and Sorrels bounding angrily toward the bird feeder squirrel convention.

At this point in the winter season, my primitive mammalian brain, like the squirrel's, craves comfort. Comfort food. Warm soup. Sleep. Chocolate. A soft quilt. A cup of tea.

My cortex, in contrast, scans for ways to turn the risk of frostbite into a meaningful opportunity for personal growth. Beyond conventional winter survival advice to bundle up, stay active, keep in touch, the mental health field offers additional suggestions for dealing with this kind of adversity.

While sipping tea and wearing four layers, I find myself reflecting on teachings I learned during psychiatry training from reading the book, *Adaptation to Life*, written by George E. Vaillant (American Psychiatric Press, 1977), a valued mentor of mine.

As I sip tea from a warm mug, I offer these sips of comfort, these adaptations to life, for cold and challenging times.

A cup of creation ("sublimation"). Make something. Build, move, improve. Create.

A cup of patience ("suppression"). Wait it out. Wait for the right time. Hold feelings steady.

A cup of hope ("anticipation"). Look toward the future. Expect better times. Make plans.

A cup of kindness ("altruism"). Put your needs aside to help someone else. Provide comfort to others.

A cup of laughter (humor). Laugh at how little we know. Laugh when you can.

Dr. Vaillant would call the terms in quotes "mature defenses." Contemporary neuroscience would describe these terms as forms of emotion regulation, ways to manage stress, which include both explicit and implicit mechanisms. Explicit mechanisms are conscious strategies to manage emotional experiences, such as intentionally writing a poem to express a strong emotion. Implicit mechanisms are unconscious and automatic, like white blood cells automatically going to a part of the body that is injured.

Are these the musings of a shivering psychiatrist feeling powerless against the mid-winter cold, who has given up reclaiming the bird feeder for the birds? I begin to wonder.

In medical school, I acquired reams of knowledge about body mechanisms of defense. Knowledge about infectious diseases, viruses, antiviral medications.

Wisdom, in contrast to knowledge, comes from facing challenges over and over—including the pain of subzero temperatures and minus 10 wind chills, or the challenge of a pandemic—and getting through. This supports the familiar saying that whatever doesn't kill you makes you stronger.

Based on experience, I suspect that this aphorism is true, that as we survive, we are all getting stronger.

But don't believe me.

Go ask the squirrels.

Diane Roston, M.D. is medical director of West Central Behavioral Health, a community behavioral health center with offices in Claremont, Lebanon, and Newport, NH.

SATURDAY, FEBRUARY 5

Snow Painting & Scavenger Hunt at Saint-Gaudens NHP; 10am-11:30am

Location: Saint-Gaudens NHP, Meet outside the Visitor Center

Registration required: Email Kerstin Burlingame at kerstin_burlingame@nps.gov Great for kids & families! Inspired by Saint-Gaudens' own works, create your own masterpiece in the snow with Saint-Gaudens Art Education Fellow, Kelly, and follow it up with a scavenger hunt around the park with a ranger.



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>

Powered by  CLEAR CHOICE MD
 URGENT CARE

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
01/21/22	Hanover	L 0 - 5
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
02/18/22	Bedford	06:20 PM
02/19/22	Oyster River-Portsmouth	07:30 PM
02/23/22	Souhegan	05:30 PM

Friday's Unified Basketball game between SHS and Hanover saw lots of action. Back and forth the whole way, the Cardinals pulled out the win in the end by a score of 40-36 (Courtesy photo).



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
01/22/22	at Laconia-Winnisquam-Inter-Lakes	W 4 - 1
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
02/10/22	at Kennett	05:10 PM
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

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	W 48 - 40
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
02/08/22	Hillsboro-Deering	Postponed to 02/09
02/08/22	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	L 20 - 71
01/21/22	at Newport	W 76 - 33
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

Inspiration

Soup Weather

By Priscilla Hull

What's for supper? Soup! I love making soup. I'm one of those "clean out the refrigerator" soup people. So far most of my soups have been big successes, at least to me and a few others I share with. I have a brother-in-law who cleans off the turkey after Thanksgiving dinner and makes the soup right then. I tended to wait till Friday. Then I'd add left over stuffing and mashed potatoes to add some richness and to thicken it a little. Of course in turkey soup you need celery, onion, garlic and any vegetables possible. Well, maybe not the leftover Brussels sprouts unless chopped fairly fine. Cook the carcass for a few hours, let it cool and pick all the meat off the bones, then add rice or noodles and plenty of vegetables.

Mmm! Now I'm ready for supper!

Soup is so variable. From beans to rice, to tomato varieties, to fish, to spicy, to leek. It's endless and I haven't met a soup I didn't like. Soups can heal the heart and soul, and a wicked cold. Soup develops friendships and encourages talk and good relations between strangers. In short, soup is a good thing!



I love the stories about making soup. The first I heard was the old stone soup story. It's an ancient story about an old lady who had nothing for supper. She put a stone into a pot of water and started to boil it. You know the rest—as people stopped by, she asked for carrots from one, cabbage from another, onion from still another, and so on until she had a great dinner of all good things. I hope she shared it with all those good folks.

The other story follows a similar routine, but it was called "Old Boot Soup". When you looked into her pot you could see the old boot swimming in the bottom of the pot. She would start the soup at the beginning of the week and add vegetables to it every day so that it would last a week. Of course, by the time she reached the bottom of the pot there was not an old boot, but a well disguised ham hock or beef bone.

As I said before, soup warms not only the body, but the soul. It's good for us and it is economical! In these days where grocery prices have risen to ridiculous highs, we need all the economy we can get. Try making soup with those chicken bones, or a beef bone, or just with vegetables. Don't forget the herbs, parsley, sage, rosemary, thyme, turmeric and cumin, and whatever you love. With crusty bread, cheese, it make a good warming meal.

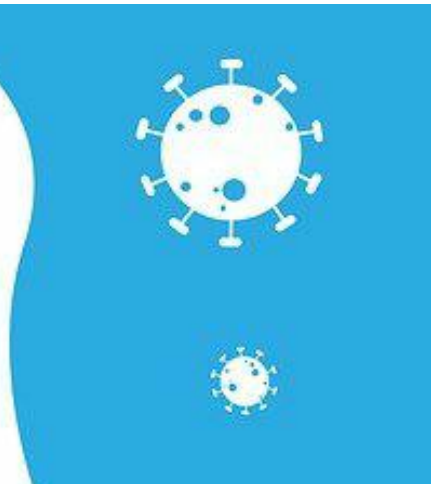
I saw people tubing, riding and skiing at Arrowhead this afternoon. I hope they have nice hot soup waiting at home! They've earned it!

What's your favorite soup? Do you make it yourself? Soup for supper and you'll sleep well!

That each of them may eat and drink, and find satisfaction in their toil - this is the gift of God.
Ecclesiastes 3:13

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

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

Calendar Of Events

THROUGH FEBRUARY 14

Mini Exhibit: Patterns and Molds At the American Precision Museum, Wind- sor, VT

196 Main St, Windsor, VT

Come check out our mini exhibit on patterns through February 14.

Our museum is full of beautiful and innovative machines, but how were the machines themselves made?

Many of the parts were made from cast iron, from wooden patterns created by patternmakers.

Open every weekday, weekends by appointment only.

This special exhibit will be in the heated section of the museum. Please note: the main museum will be open, but it is not heated, so bring your coat and mittens!

Call 802-674-5781 for more information.

Winter & Summer Camps at Billings Farm Now Open for Registration

Step into the shoes of a farmer, listen to farm stories, meet Billings' Farm animals and enjoy the thrill of the farm in winter. Billings Farm & Museum has four camp offerings which all provide engaging, hands-on activities and explorations of the farm and the local landscape.

Winter Wonders Camp, Feb. 14 -

18, 9 am - 12:30 pm. Ages 6-8. Winter Wonders Camp offers "fun"tastic winter activities, including outdoor explorations, sledding and winter crafts. Learn about animals in winter and go on a scavenger hunt with National Park Rangers. Meet the Billings Farm animals and find out what they do in wintertime. Warm up while cooking popcorn and hot cocoa over an open fire. Bake sugar cookies and learn to make marshmallows, wassail punch and cinnamon sugar snowflakes in the Billings learning kitchen. Craft a paper snowflake, decorate a fleece scarf, experiment with Oobleck and make a bird feeder. And of course, enjoy lots

of outdoor play time. Space is limited. Visit our website to reserve a spot www.billingsfarm.org/winter-wonders-camp/.

Billings Bookworms Camp, June 27-

July 1, 9 am -

12:30 pm. Ages 6-8 (entering grades 1-3). Listen to fun stories about farming, nature and animals then meet our calves, sheep, goats and learn the basics of caring for each animal through hands-on activities. www.billingsfarm.org/billings-bookworms/

Junior Farmer Camp, offered in four sessions, on June 20-24, July 11-15, July 25-29 & August 15-19, 9 am - 4 pm. Ages 7-10 (entering grades 2-5). Have you ever wondered what it takes to be a farmer? Get up close and personal with the farm's cows, horses, chickens, and sheep while learning the work that goes in to the food we eat. In addition to daily farm chores and activities, we will explore different farming topics like dairy, gardening, tractors, and draft animals. www.billingsfarm.org/junior-farmer-camp/

Farm Discovery Camp, offered in two sessions, on July 18-22 & August 1-5, 9 am - 4 pm. Ages 11-14 (entering grades 6-9). What does it mean to be part of a farming community? Farm Discovery Camp is a hands-on program for young people, who want a deeper understanding of farming and all that it encompasses. www.billingsfarm.org/farm-discovery-camp/

Aftercare is available for full-day camps (Junior Farmer Camp & Farm Discovery Camp).

Our camps follow the CDC and state government guidelines to ensure the safety of our campers and counselors. The group sizes for each session will be small, and campers will be split into smaller groups following CDC guidelines for social distancing.

Our response to COVID-19 will continue to be updated as more information and state government guidelines become available. Campers and parents will receive prior notice of all other safety precautions and processes implemented at the Farm & Museum.

Billings Farm & Museum, in its 39th season, is open weekends Nov Feb 10AM-4PM, and daily, 10AM-5PM April October. Find the Special Events Calendar, daily schedules, admission pricing and membership information at billingsfarm.org.

Billings Farm & Museum is owned and operated by The Woodstock Foundation Inc., a charitable non-profit institution.

Croydon Ladies Auxiliary Bingo

Croydon Ladies Auxiliary Bingo is back 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 is open on a trial basis. 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 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 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 25th - Soup, open faced turkey sandwich, gravy, vegetable, dessert. Thursday, Jan 27th – Beef stew with buttermilk biscuit, dessert. 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 next foot clinic will be held on January 26th. You MUST call 603-748-1731 to make an appointment with them. The fee is \$25.

Men's Breakfast – Our next men's breakfast will be on January 24th. Doors open at 8 am and serving starts at 8:15. Open to the public. MEN ONLY. Members \$2.00 and non-members \$3.00.

AARP will be doing taxes at the center on Fridays beginning February 4th thru April 8th. Please call 802-345-5415 to make an appointment. DO NOT call the senior center for appointment.

Blood Drive – There will be another Red Cross Blood Drive at the center on February 14th. You must make an appointment at 800-RED-CROSS.

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

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.

"Do something every day that you don't want to do; this is the golden rule for acquiring the habit of doing your duty without pain." Mark Twain

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

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.

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

DJ TreeWork & LANDSCAPING
PLOWING · SANDING · STUMP GRINDING · LAND CLEARING

Fully Insured
Jesse I West
 83 Mummery Rd
 E Goshen, NH 03752

603 863 0451
 603 443 3747
djtreework51@yahoo.com

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.etickernewsoclaremont.com

Charles E. Come, Sr.

Charles E. Come, Sr. of Claremont, NH, passed away suddenly on January 7, 2022, in Floral City, FL. Charles and his wife enjoyed 21 special winters in Florida. He was born in Wells River, VT, on May 21, 1935, son of James and Rita (Gilbert) Come.

Charles enlisted in the United States Army directly out of high school and served his time in the Army Corp of Engineers. He owned and operated Chuck's Auto Service for over 50 years and had the privilege of having his son work with him until his retirement in 1998. Charles was a life member of several organizations: the American Legion, where he served ten years with the Honor Guard, the Elks where he worked and donated his time, and the Loyal Order of the Moose, where he had the honor of serving as the state director of Maine, New Hampshire, and Vermont. He loved his children, grandchildren, and great-grandchildren and enjoyed spending time with them camping and fishing.

Charles is survived by his long-time love, friend, and confidant, Yvonne. Charles and Yvonne were high school sweethearts; they married on November 5, 1955. They enjoyed 66 wonderful years together. He is also survived by his children, Debra Lathrop and her partner, Wayne Amell; Linda Perron

and her husband, Roger; Leslie Minckler and her husband, Kent; and Charles Come, Jr. and his partner, Laura Sajnacki; 12 grandchildren; 17 great-grandchildren; one brother, James Come Jr. and his wife, Marilyn. He was predeceased by his parents and his brother-in-law, Roger Grenier.

Visiting hours will be held at Stringer Funeral Home 146 Broad Street Claremont, NH, on Saturday, February 5, 2022; calling hours from 1-2 PM with a prayer service by Father Arockia Antony immediately after. Following the prayer service, there will be a gathering for a celebration of life and remembrance at the American Legion on Broad St. A private burial will be held in the spring with military honors.

The family is requesting face masks be worn by all in attendance.

Grace E. Thurston, 81

Grace Edith Thurston (Cheney), 81, of Claremont, NH, died peacefully in her home on January 10, 2022, after a long, and courageous battle with cancer. Grace was born in

Newport, NH, on March 12, 1940, to Angie May Finch and Vernard Matthews.

Grace worked for Sylvania in Hillsboro, NH, for a length of time, but her true passion was realized later in life when she worked in various caretaking roles in home health care. Grace genuinely loved working as a Certified Nursing Assistant and home companion, assisting elderly individuals and adults with disabilities care for themselves in their home.

She was truly a caretaker at heart, in her career and in her everyday life.

Grace was a strong, loving, and selfless person who poured her heart and soul into loving other people. She never met someone she wasn't willing to help in any way that she could. Grace was an unconventional woman with a vibrant personality and a contagious smile. You could often find this grandma rocking out to music while cruising around on her riding lawn mower, just for fun. Grace also enjoyed crocheting and spent many patient hours sharing her love of this craft, teaching several of her granddaughters.

Grace was a true matriarch for her family, biological and chosen. Grace was a dedicated

“Eye doctors shouldn't have fine print.”

-Dr. Sam Giveen

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)

mother to four of her own children, to a stepson whom she loved as her own, as well as, to the many others who knew her as Mom, Gram, or GG. She is survived by her partner, Ernie Leonard; her sister, Earla Jennison; her four sons, William Cheney, Timothy Cheney Sr, Charles Cheney Sr., and Bruce Thurston Sr.; her daughter, Susan Cheney; her grandchildren, Sonia Meyette, Laura Cheney, Jeremy Kimberly, Misty Sun, Ellie Aldrich, Angie Cheney, Timothy Cheney Jr., Charles Cheney Jr., Grace Cheney, Dallas Cheney, Christine Adair, Jeffery Colby, Shayla Gratacos, Sean Nichols, Felisha Nichols, and Louis Gratacos Jr.; her dedicated and loving caretaker, Katie Boyle; as well as several great grandchildren, nieces, nephews, friends, and other loved ones.

She was predeceased by her parents Angelena Finch, Vernard Matthews; two ex-husbands whom she remained close friends with, Charles Cheney Sr. and Arnold Thurston; her brother, Leon Russell Sr.; her beloved sister, Shirley Ripley and Shirley's husband, Leo Ripley; her grandchildren, Tracia Colby and Daniel Thurston Sr.

Visiting hours will be held at Stringer Funeral Home, 146 Broad Street in Claremont on Saturday, January 29th, from 1 to 2PM. A memorial service will follow at 2 PM.

Margaret L. Deyo, 95

Margaret Louise Deyo, 95, of Claremont, NH, died at home on January 12, 2022, following a period of declining health. She was born in Woodstock, VT, on July 25, 1926, the only child of Leodina (Lacasse) Gaudreau and Antonio Gaudreau.

The family later moved to Claremont, where she was raised. Her mother died while she was a teen and her father was later remarried to Corinne (Rushia) Gaudreau. She graduated from St. Mary's High School in 1944. Shortly after graduation, she met her future husband, Louis L. Saucier, and they were married on February 9, 1946. They went on to make their home and raise five children in Claremont. In 1962, Margaret and Louis started their own real estate business, Saucier Realty, in Claremont. They owned and operated the business until retiring in 1990. In addition, they owned and managed several rental properties in the city. They enjoyed 44 years of marriage until Louis passed away in 1990.

Margaret was predeceased by her parents, her half brother Charles Rushia, her son

James Saucier, and companion Norman Bunnel.

She is survived by her son Richard Saucier of Tucson, AZ, son Dennis Saucier and wife Bonita of Winter Springs, FL, son Stephen Saucier and wife Joanie of Raleigh, NC, and daughter Jean Lucarelli and husband Jeffrey of Claremont, NH. Surviving grandchildren include Jennifer Perren and husband Scott of Colchester, VT, Anthony Lucarelli and wife Rachel Marini of Bethel Park, PA, Valerie Saucier and husband Nader Nazemi of Hickory, NC, Patrick Saucier of Park City, UT, Nicholas Saucier of Wilmington, NC, Jillian Saucier and husband Devonta Edwards of Newton, MA, Derek Saucier of Winter Springs, FL and Chad Saucier of Winter Springs, FL. Surviving great grandchildren include Gunnar and Aiden Perren of Colchester, VT and Regan Edwards of Newton, MA. She is also survived by her half brother Leo Rushia of Alabama and cousin Monique Bernard of Quebec, Canada. Margaret also leaves behind her dear companion Herbert Chase, of Newport, NH.

Visiting hours will be held at the Stringer Funeral Home in Claremont, NH on Thursday, February 3, 2022, from 5 to 7 p.m. A Mass of Christian burial will be held at St. Joseph's Church in Claremont, NH on Friday, February 4, 2022, at 11 a.m., with the Rev. Arockia Antony officiating. Burial will be held in Saint Mary's Cemetery immediately following the Mass. A memorial Mass will also be celebrated at Most Holy Trinity Catholic Church, 1300 North Greasewood Road, Tucson, AZ, on Tuesday, January 25, 2022, at 8AM with Father Tom Tureman, SDS, Pastor officiating. A celebration of life will occur at a later date.

In lieu of flowers, the family suggests donations to the Visiting Nurse and Hospice for Vermont and New Hampshire (VNH), the Norris Cotton Cancer Center, or the Jack Byrne Center for Palliative and Hospice Care.

The family wishes to recognize the great care extended to Margaret during the last months of her life by the VNH staff and her personal caregivers with whom she had a special bond. We are forever grateful for their compassion, friendship, and kindness.

Claremont Fire Dept. Log

Sunday, January 16th, 2022

01:00 Responded with E-4 to Winter St. for a medical call

06:00 Responded with E-4 to Washington St. for a medical call
13:39 Responded with E-4 to Hanover St. for a water problem
19:23 Responded with E-4 to Summer St. for an illegal burn
22:56 Responded with E-4 to Bowen St. for a Box Alarm

Monday, January 17th

05:26 Responded with E-4 to Broad St. for a medical call
07:26 Responded with E-4 to Washington St. for a wire down
07:31 Responded on foot to Broad St. for a public hazard
07:39 Responded with E-3 to Hardy Ave for a tree on a house
09:05 Responded with E-4 to Elm St. for a tree on wires
10:56 Responded with E-4 to Stone Ave for a tree on wires
11:49 Responded with E-4 to Schmitt St. for an oven fire
17:06 Responded with E-4 to Perrotto Ave for a check the well being
18:19 Responded with E-4 to Water St. for a Box Alarm
18:58 Responded with E-4 to Highland Ave to a public assist
22:28 Responded with E-4 to Central St. for a medical call
23:21 Responded with E-4 to Knight St. for a medical call

Wednesday, January 19th

04:49 Responded with E-4 to Heritage Drive for a medical call
09:57 Responded with E-4 to College Drive for a water problem
10:47 Responded with E-4 to Sullivan St. for a Box Alarm
16:45 Responded with E-4 to Stathers Rd. for a medical call
20:28 Responded with E-4 to Highlandview Rd. for a medical call

Thursday, January 20th

11:48 Responded with E-4 to Green St. for a medical call
21:59 Responded with E-4 to First St. for a medical call

Friday, January 21st

12:10 Responded with E-4 to Pleasant St. for a motor vehicle accident

15:15 Responded with E-4 to Park Ave for a medical call
 16:15 Responded with E-4 to Bible Hill for a medical call
 16:47 Responded with E-4 to Spofford St. for a medical call

Saturday, January 22nd

10:36 Responded with E-4 to Washington St. for a water problem
 17:28 Responded with E-3 to Main St. for a motor vehicle accident
 19:34 Responded with E-4 to Spofford St. for a CO problem

Sunday, January 23rd

04:37 Responded with E-4 to Heritage Drive to a detector sounding
 09:18 Responded with E-4 to Main St. for a water problem
 09:34 Responded with E-3 to Washington St. for a chimney problem

**SATURDAY, FEBRUARY 26
 Winter Golf Saint-Gaudens Style!**

10am-11:30am
 Location: Saint-Gaudens NHP, meet on lawn in front of Aspet (white house)
 Registration required: Email Kerstin Burlingame at kerstin_burlingame@nps.gov
 Great for kids & families! Join us for frisbee golf on the snowy Saint-Gaudens' former golfing grounds. Toss the frisbee to each of the nine holes with a surprise Saint-Gaudens-inspired quest at each hole.

SATURDAY, MARCH 19

**Winter Animal Tracking
 10am-11:30
 Locations: Saint-Gaudens NHP; Meet outside the Visitor Center**
 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 individuals.



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 (Revised)

- 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
- 7:00 PM B. City Manager Recruitment Update
- 9. NEW BUSINESS
- 7:05 PM A. Charlestown Road Safety Audit (City Manager/Planning & Development Director)
- 7:25 PM B. Resolution 2022-15 Proceeds from First Night Button Sales – Public Hearing (City Manager/Parks & Recreation Director)
- 7:35 PM C. Accept \$8,000 from McGee Toyota for July 4th Fireworks Display (City Manager/Parks & Recreation Director)
- 7:45 PM D. Accept \$10,000 from John Ring for Timing System at CSBCC – (City Manager/Parks & Recreation Director)
- BREAK
- 8:05 PM E. Resolution 2022-16 Airport Grant for Obstruction Removal (Construction) – Public Hearing (City Manager/Fire Chief)
- 8:20 PM F. Resolution 2022-17 Overspend Airport Budget – Public Hearing (City Manager/Fire Chief/Airport Manager)
- 8:35 PM G. Sunsetting Claremont Energy Advisory Commission and Electric Aggregation Committee
- 8:50 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.



~ Eric Zengota