

# e-Ticker News of Claremont

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**COVID-19 and Our  
Mental Health:  
A One-Year Anniversary;  
page 9**

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January 25, 2021

## SHS Alumni Weekend Postponed to October 2 Due to COVID-19

CLAREMONT, NH—Due to this persistent existence of COVID-19, SHS Alumni Weekend has been changed to Saturday, Oct. 2, 2021, the SHS Alumni Association said Saturday afternoon. “We are hoping that this will allow the vaccine to take effect and that we can have our much anticipated parade and other class events,” said association president Doug LeBlanc. “All 5-year classes and both the classes of 2020 and 2021 will be honored in the parade. This change will present difficulties for some alumni, but for the safety and well being of everyone, those involved and those coming from afar, we have to make this decision now. With June 12th not that far away, reservations need to be cancelled and rescheduled, parade units have to be booked and rescheduled. We want everyone to be able to enjoy their weekend festivities and feel safe and able to gather without the worry of catching this ugly virus.”

LeBlanc added, “For those of you who do not remember, SHS Alumni used to celebrate Homecoming Weekend with many events and even a parade that was on a smaller scale. October should be fun! Let’s all look forward to making this the best alumni reunion yet. Stay well, stay strong and let’s move forward with plans for a great 150th celebration.”

The last year has been challenging, admitted LeBlanc, “but Stevens High School Alumni Association, the oldest active in the USA, will get through this. By all means, if anyone has questions, please contact us at 603-542-8987 (someone there on Tuesday and Thursday afternoons between 2 and 4pm) or email us at [alumni@stevensalumniinh.com](mailto:alumni@stevensalumniinh.com).”

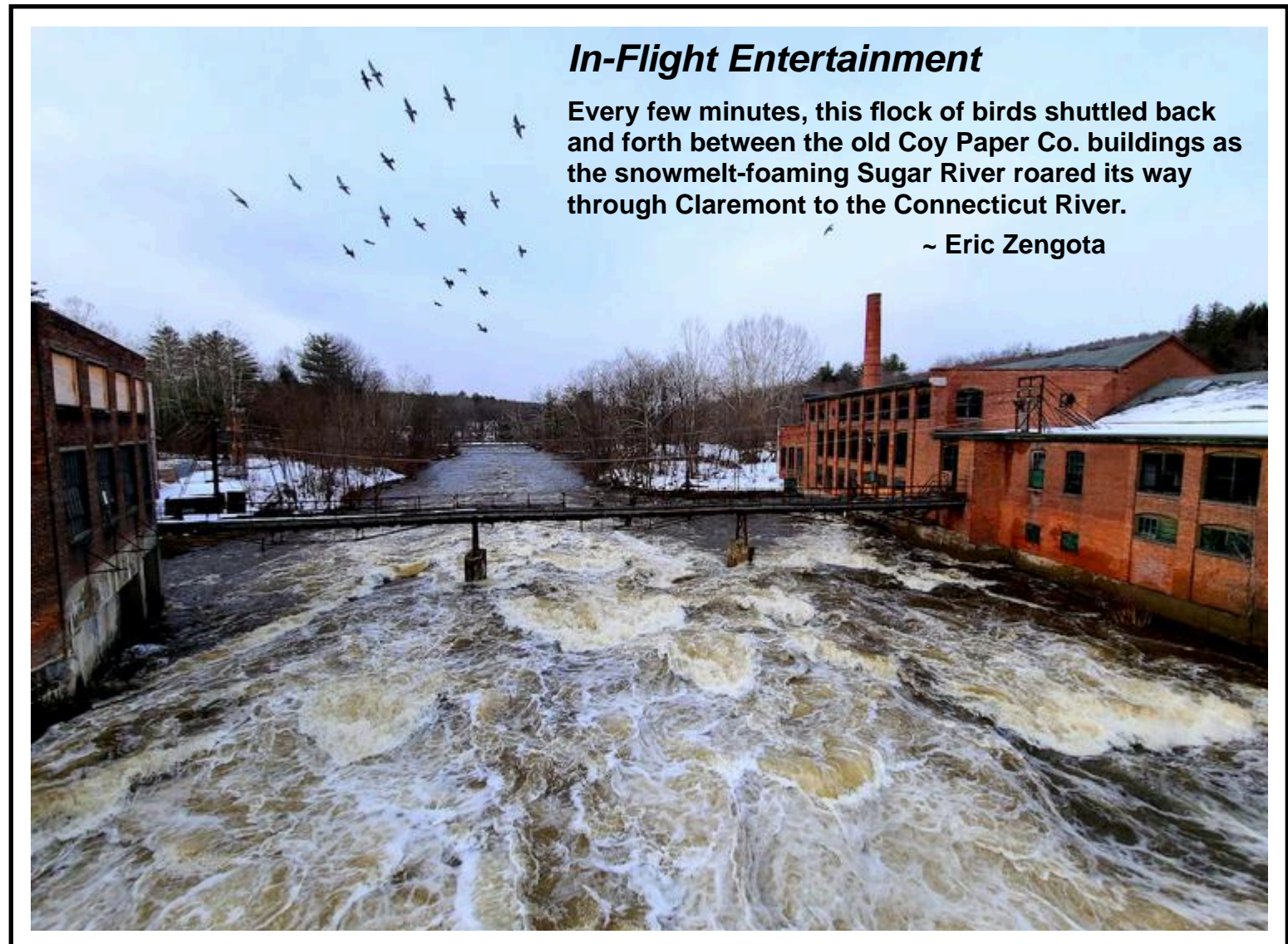
The annual newsletter is expected to be out in early March.

## NH Mayors & School Board Chairs Send Letter Regarding Education Funding

Sixteen mayors and school board chairs from cities across New Hampshire have sent a letter regarding education funding to Commissioner Edelblut, Governor Sununu, President Morse and Speaker Packard. Claremont Mayor Charlene Lovett and board Chair Frank Sprague joined their counterparts.

In the letter, the mayors and chairs said: *COVID-19 has put tremendous strain on school districts across the state of New Hampshire, and as dis-*

**(Continued on page 6)**



### ***In-Flight Entertainment***

**Every few minutes, this flock of birds shuttled back and forth between the old Coy Paper Co. buildings as the snowmelt-foaming Sugar River roared its way through Claremont to the Connecticut River.**

~ Eric Zengota

# Community Mourns the Loss of a Friend to All

By Phyllis A. Muzeroll  
e-Ticker News

CHARLESTOWN, NH—While the news was anticipated, it was no less painful when word was received that Carol “Mrs. T” Thebarge had passed, or “transitioned”, as she had called it during the weeks prior to her death early Tuesday morning. She transitioned at home, peacefully, with family by her side, her faith in life beyond this world firm and strong.

Thebarge, 86, had shared her medical condition late last year, and as she had taught her friends of all ages how to live spiritually rich and kind lives, she also showed those whom she loved how to face the end with dignity and peace.

Shortly after one of her daughters, Peggy Catani-Rea, shared the news of her passing on Facebook, tributes and loving posts began appearing, within minutes.

Even those who knew her well might well have been surprised by how much Thebarge had accomplished in her 86 years, as evidenced by her obituary (see page 28). But she is perhaps most well known as a beloved substitute



Carol Thebarge

teacher who amassed a huge following of those whose lives had been touched, both in and out of school. For troubled youth, she was that light in the darkness to whom they could go for the help and support that the world in so many ways had denied them.

She enjoyed a large following on Facebook, especially her page, Polishing Halos, where she shared her writings, spiritual teachings, prayers and more. “I offer my writings to all those, who like myself, continue to attempt to find their true identity by discarding those little foxes that spoil the vine... namely the beliefs of sin, *dis-ease*, lack and the tempting judgments of others paths,” she had written. And while the teacher may be gone from this life, her teachings will remain in the virtual world, for those who need to continue learning and those who need support through dark moments.

Thebarge chose to have no service, said Catani-Rea, explaining that her mother had considered her recent car parade passing by her home to be her service. “Our family is so very happy that she was gifted that experience,” she said.

And for those who were worried about BeBe, the stray cat that Thebarge was eventually able to befriend and welcome inside and whose touching story she shared online, well, Bebe is now in Maryland with another of her daughters with whom he had connected. He had become a loving pet and companion and stayed close to his “Mom” during her final weeks. “Our mother was aware of the decision for my sister to bring him home with her, and was so happy he will stay in the family!” said Catani-Rea.

## Virtual Instructors Wanted

CLAREMONT, NH—Claremont MakerSpace is looking for people with a passion for STEAM (science, technology, engineering, art and math) subjects to offer virtual learning classes to its enthusiastic community of makers, including adults, students and children. “We have offered a large variety in the past and look to continue and expand these. Pay is \$36 per class hour. If interested, please contact Brendan at [brendan@claremontmakerspace.org](mailto:brendan@claremontmakerspace.org) to learn more.”

To learn about their current class offerings, check their website, here: <https://claremontmakerspace.org/events/#/event-list>.

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### NH Lottery Numbers

**01/23/2021**

**NH PowerBall**

**5 8 17 27 28 14**

**NH Mega Millions 01/22/2021**

**4 26 42 50 60 24**

**Tristate Megabucks 01/23/2021**

**2 20 21 26 40 2**

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

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# INVESTMENT TIPS

## >>>>>> How to Tally Your Social Security Benefits

In an effort to save money, the Social Security Administration (SSA) stopped mailing annual statements nearly a decade ago. The yearly statements were helpful, as they helped workers estimate their Social Security benefits.

Despite this lack of formal reporting, the SSA offers an online option, Retirement Calculator, where you can estimate your Social Security benefits. You can access the tool at <https://www.ssa.gov/myaccount/retire-calc.html>.

The Retirement Calculator provides you with an approximate snapshot of your monthly retirement benefit based on your official Social Security earnings. It reveals early (age 62), full (ages 65-67) and delayed (age 70) earnings, allowing you to tinker with prospective scenarios and review the impact on your benefits.

If you intend for Social Security to play a role in your retirement income, it will be helpful for you to consult the online calculator at least annually to gauge if your savings align with your retirement goals.

Keep in mind that Social Security benefits do not automatically increase each year, but do so to align with an increase in inflation.



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# Commentary

## NH House Happenings

By Rep. John Cloutier

### Proposed Legislation Considers Impact of Pandemic Challenges

Last Friday, Jan. 22, the House Election Law Committee became the first standing committee of New Hampshire's House of Representatives to begin holding public hearings on legislation to be considered during the 2021 Session. Citizens, lobbyists, and interested government officials, including representatives, will be required to testify only in virtual manner at hearings either via digital platforms like Zoom or telephone. Until further notice, individuals wishing to testify on legislation will not be able to enter Concord's LOB (Legislative Office Building) in order to testify. Both the LOB and State House are still closed to the public in order to help prevent the spread of the COVID-19 virus and have been closed since March 15, 2020. But representatives sitting on the committees hearing this year's legislation on their assigned days will be able to enter the LOB, if they answer health screening questions, have their temperatures checked, social distance from fellow representatives and House staff, as well as wear masks until they reach their committee seats. Then they will be permitted to remove their masks while seated because they will be sitting in larger committee rooms, enlarged in order to accommodate proper social distancing on committees whose membership is at least 20 and often more than 20 representatives in some cases. Representatives feeling uncomfortable in such committee rooms due to concern about COVID-19 exposure will be allowed to participate in the hearings via platforms like Zoom. Also temporary air purifiers will be put in the committee rooms in order to cleanse the air of viruses such as COVID-19.

Now in this column I will resume writing about a few more pieces of legislation the House is scheduled to consider in 2021, legislation related to the COVID-19 pandemic as well as its economic and political fallout. Among the pieces are several aimed at stripping or at least curbing the Governor's present authority to proclaim a "State of Emergency" and any emergency orders so as to deal with pandemics like Gov. Christopher Sununu did in March 2020 in response to COVID-19. Such measures include House Bill 280, which would allow the New Hampshire Legislature to terminate any emergency order or part of any order by a concurrent resolution adopted by a majority vote of each body. The bill is sponsored by two Republican representatives—Hudson's Andrew Prout and Merrimack's Melissa Blasek. Rep. Prout is also the prime sponsor along with two fellow Republican representatives of House Bill 277, which would allow either the House or Senate separately by petition to terminate any emergency order. Finally, Rep. Prout and nine other Republican representatives are sponsoring House Bill 63 that would require state government to not enforce and actually reverse any prior convictions for violation of any of the Governor's



emergency orders regarding COVID-19. The measure would also require annulment of any arrests or criminal convictions for violation of these orders. House Bills 280 and 277 are now under review by the House Legislative Administration Committee, while House Bill 63 is being examined by the House Criminal Justice & Public Safety Committee.

Similar legislation aimed at reducing the Governor's emergency orders include House Concurrent Resolution 2, which would officially terminate Gov. Sununu's March 2020 State of Emergency, effective on the resolution's becoming law. The resolution is sponsored by a group of 10 Republican representatives led by Rep. Blasek. House Bill 325 would permit termination of a declared "State of Emergency," by any governor by a simple resolution of either the House or Senate. This bill is sponsored by a group of 10 Republican representatives led by Hudson's Tony Lekas. Also, there is House Bill 389, which would establish a 10-member House-Senate Emergency Executive Order Oversight Committee that would be empowered to approve any extension of emergency orders 21 days after being issued by any governor. Otherwise, such orders would expire. It is sponsored by 9 Republican representatives led by Gilford's Timothy Lang, and including Acworth's Judy Aaron. Yet another measure, House Bill 417, would terminate a "State of Emergency," called by the Governor after 30 days, and require only the House to approve renewal or modification of emergency orders by a simple majority vote. The bill is sponsored by a bipartisan coalition of six representatives led by Deerfield Rep. Terry Roy, a Republican. The first three pieces of legislation are being studied by the House Legislative Administration Committee, while the last one is being examined by the House Executive Departments & Administration Committee.

Other COVID-19 measures deal with issues that have occurred or may yet occur as result of the COVID-19 pandemic. They include House Bill 630, which would permit public bodies to hold meetings electronically, subject to adequate public access to such meetings. The bill would also allow photocopying and scanned versions of individuals' signatures in rulemaking proceedings. It is sponsored by a bipartisan coalition of five legislators led by Epsom Rep. Carol McGuire, a Republican, and is being reviewed by the House Judiciary Committee. The Judiciary Committee is also reviewing House Bill 550, which would establish a procedure for state courts to continue eviction proceedings against residential tenants by landlords, and possibly delay eviction for nonpayments by such tenants, if they had trouble paying back rent owed during the period of the Governor's March 2020 Emergency Order, which temporarily prohibited evictions of tenants for owing back rent. It is sponsored by a bipartisan coalition of 11 legislators led by Dover Rep. Casey Conley, a Democrat, and including Claremont Rep. Walter Stapleton, a Republican.

Rep. Stapleton is also the prime sponsor of another COVID-related measure, House Bill 149. The bill would extend immunity from civil liability for public and private entities during a declared "State of Emergency" due to public health risk, if the affected entity was "acting in good faith, and in accordance with public health and safety directives." Co-sponsors include six other Republican representatives, includ-

**(Continued on page 5)**

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## **Rep. Cloutier, from page 4**

ing Newport’s Skip Rollins and Charlestown’s Steven Smith. It is being scrutinized by the House Judiciary Committee.

Two of my other fellow Sullivan County representatives are also the prime sponsors of a couple of study committee measures which could eventually make future recommendations on dealing with pandemic-related challenges. These measures include House Bill 339 that creates a six-member legislative committee to examine air quality in school buildings. The bill is being reviewed by the House Education Committee, with Grantham Rep. Brian Sullivan as the prime sponsor, and Pembroke Rep. Dianne Schuett as a co-sponsor. Both representatives are Democrats. Also there is House Bill 153, which would create a five-member legislative committee to study universal internet access for New Hampshire. The bill is being scrutinized by the House Science, Technology, & Energy Committee. It is sponsored by a bipartisan coalition of six legislators led by Plainfield Rep. Lee Oxenham, another Democrat.

Finally, there is House Bill 516, which would permit “no excuses” absentee voting in all elections. Presently, under current state law, voters are only allowed to cast absentee ballots if they are going to be absent from their domicile on Election Day, physically ill or disabled, or for religious reasons. But last year the Democratically-controlled House and Senate passed a bill which Gov. Sununu signed into law allowing for voters to cast absentee ballots if they were concerned about exposure to the COVID-19 virus, a bill that only applied to last year’s elections and which helped increase voter turnout in the Sept. 8 State Primary and Nov. 3 General Election from my observation. House Bill 516 is being reviewed by the House Election Law Committee, and is sponsored by a group of eight Democratic legislators led by Concord’s Katherine Rogers. **Email: [jocloutier@comcast.net](mailto:jocloutier@comcast.net).**

## **Shaheen & Hassan Respond to Biden Executive Order to Fully Utilize Defense Production Act, Bolster U.S. Supply Chain to Combat COVID-19**

WASHINGTON, DC—U.S. Senators Jeanne Shaheen (D-NH) and Maggie Hassan (D-NH) issued the following statements in response to President Joe Biden signing an Executive Order to fully utilize the Defense Production Act (DPA) and fill supply shortfalls for essential medical equipment and supplies needed to respond to the COVID-19 pandemic. The Executive Order follows the Senators’ call earlier this week for President Biden to quickly utilize his authorities under the DPA.

“I applaud President Biden for taking quick action to ensure that the federal government invokes the Defense Production Act where necessary to bolster our COVID-19 material supply chain,” said Shaheen. “Fully invoking the DPA will allow the U.S. to ramp up manufacturing and equitable distribution of critical supplies like personal protective equipment, COVID testing materials and other resources health care providers need to protect themselves and treat the surge of COVID-19 cases and hospitalizations across the nation. More widespread use of the Defense Production Act will also help the federal government procure necessary equipment needed to produce and deliver the COVID-19 vaccines, which is especially critical as New Hampshire and other states move forward with implementation of vaccination distribution plans. This is an important step to enhance our federal response to the COVID crisis and I look forward to seeing the additional action items the Biden administration will implement...”

“More than 400,000 Americans have died from COVID-19, and ensuring access to personal protective equipment, testing supplies, and COVID vaccines has never been more important,” said Hassan. “The Defense Production Act can play a crucial role in increasing the availability of life-saving medical supplies. I am heartened to see that President Biden heeded our calls to fully use the Defense Production Act, and I look forward to continuing to work with the Biden administration and members of both parties to use every tool at our disposal to help get communities and medical professionals the resources that they need.”

Shaheen and Hassan have fought to secure urgently needed personal protective equipment for New Hampshire. Shaheen previously introduced the Homeland Procurement Reform Act, which would require the Department of Homeland Security to increase the amount of PPE it procures from American companies; Hassan is a cosponsor. The bill has bipartisan support.

**Letter, from page 1**

districts begin the budgeting process for the next school year, there are three particular areas of concern that we as Mayors and School Board Chairs wanted to bring to your attention in the hopes that the Department of Education and the State of New Hampshire will work with our local governments to ensure that we continue to provide the students of our state with an adequate public education.

As a result of nationwide area eligibility and other waivers expanding access to the Free & Reduced Lunch program, districts across the state have been able to reimagine and expand their school nutrition programs in order to insure that all students have access to healthy meals throughout the pandemic. Unfortunately, the unintended consequences of this increased access to food have resulted in the most significant budgetary shortfall facing many school districts across New Hampshire. Enrollment by eligible families in district's Free & Reduced Lunch Programs have been significantly reduced from previous years, particularly in those communities that have implemented hybrid or remote learning. This reduction is not due to a decrease in need, but rather to an increase in accessibility of free food options and limited in-person interactions between guardians and teachers.

Using the Manchester School District as an example, prior to the COVID-19 pandemic, students in Manchester who were eligible for free lunch made up about 49.5% of total enrollment, and those eligible for reduced lunch accounted for about 7.31%. Students were in school and in order to receive free and reduced lunches, their guardians needed to complete an income eligibility form, if they were not directly certified or categorically free.

When COVID-19 forced schools to go remote, in order to ensure that students were getting adequate food and nutrition, the district made sure that every student was able to receive free school lunches, regardless of whether or not their families had filled out the necessary forms, made possible by the nationwide Area Eligibility waivers. Because of this universal access to free school meals, and because while students are learning remotely, there are fewer opportunities to communicate with parents, the Manchester School District has seen a reduction in the number of families and students who have filled out the forms to be eligible for free and reduced lunch.

As of October 31, 2020, free eligible students were 39.99% of enrollment and reduced eligible were 4.49% of enrollment, which will result in approximately a \$3.6 million funding decrease. More rural communities are also seeing decreases in enrollment in the program. As of November 20th, Berlin is facing a loss of over \$316,000 when compared to last year.

Additionally, many of our public schools are seeing an unprecedented decrease in enrollment due to COVID-19, with many parents opting to send their children to private school or to homeschool their children until public schools are able to return to fully in person education safely. As the first vaccines for this virus are being administered to teachers and child care providers between March and May in Phase 2a of the State's vaccination plan, we are hopeful that education – and in turn, enrollment numbers – will look far closer to the 2019/2020 school year, rather than the 2020/2021 school year.

Districts across the state are concerned that since adequacy aid is based on the enrollment of the previous year, if enrollment numbers increase to a pre-pandemic level, that they will be left educating a significant number of students for which they did not receive adequacy aid. For example, Nashua would see a reduction of \$1.6M in adequacy aid in the 2022FY budget if enrollment numbers increase close to pre-pandemic levels for the next school year, as districts are anticipating.

The final financial concern that our school districts are facing, while not related to COVID-19, is a result of the rate increases for State retirement contributions. This downshifting of costs from the State of New Hampshire to local municipalities and school districts will result in considerable budget shortfalls. In Rochester, the teachers rate increase of 18.1% and Employees rate increase of 25.8% means more than a \$1.02 million expenditure at a time when districts are already struggling.

Our districts have been forced to reimagine the way we educate our students during this pandemic, bringing to light clear needs for improvements to our technology infrastructure in our more rural communities, where without access to high speed broadband, students learning remotely have no way to access their education. Even after the pandemic, it is critical that all students in our state have access to high speed internet, regardless of where they live. Without it, the digital divide within education will continue to grow and harm our rural

and low-income students most.

An accessible and properly funded public education is critical for the children of New Hampshire, and right now, our schools are communicating significant concerns. We hope that the Department of Education, Executive and Legislature takes into account these anticipated revenue shortfalls as they are allocating funding, particularly as it relates to COVID-19 and adequacy funding for the 2021/2022 school year.

Lovett told the e-Ticker News that "Collectively, the mayors are concerned with revenue shortfalls from the state, particularly in education funding as outlined in the letter. We thought it would be important to convey these concerns to the Governor, Commissioner of Education and the Legislature leadership at the beginning of the budget process. It is our hope that these concerns will be considered during the decision making process.

"So, how did this all come about? In 2019, Mayor Donchess of Nashua hosted a roundtable discussion with NH mayors. Mayors used to do this on a periodic basis, but the practice had stopped years prior. In 2019, the mayors reached consensus to continue having roundtable discussions in 2020; however, that was interrupted with the onset of the pandemic.

"Months passed and I thought it might be productive to get the mayors together for another roundtable discussion prior to the beginning of the 2021 legislative session to discuss those areas of shared concern and how we might best advocate for our cities. I shared this idea with the mayors. They agreed and we have been having monthly roundtable discussions since October. At the October meeting, we identified our top three areas of concern: homelessness, affordable housing and potential revenue shortfalls in upcoming budgets.

"The letter regarding education funding concerns is a product of the roundtable discussions. For those cities with a separate school district, mayors reached out to their respective school board chairs to ensure this was a collaborative effort."

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## NH DHHS COVID-19 Update – January 24, 2021

CONCORD, NH – On Sunday, January 24, 2021, DHHS announced 808 new positive test results for COVID-19, for a current PCR test positivity rate of 4.9%. Today’s results include 558 people who tested positive by PCR test and 250 who tested positive by antigen test. There are now 6,122 current COVID-19 cases diagnosed in New Hampshire. Of the results reported Sunday:

1/22: 362 new cases today, for an updated total of 799 cases

1/23: 446 new cases

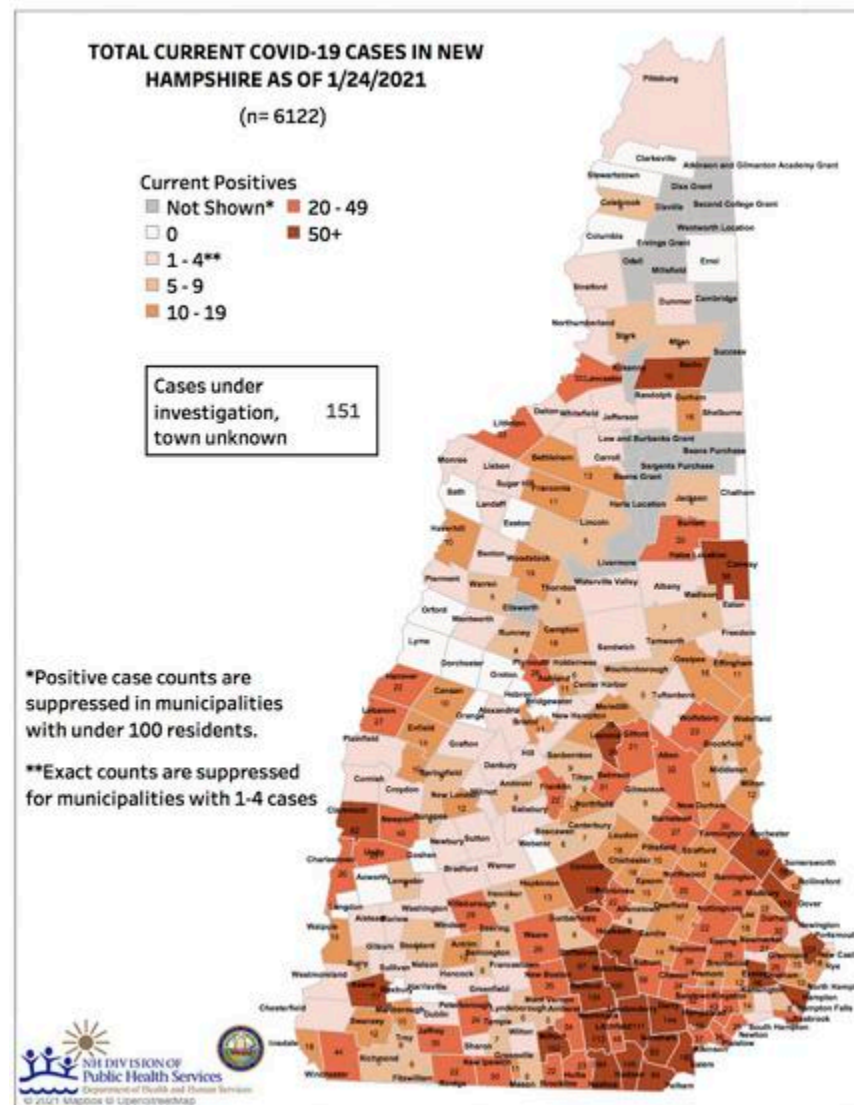
Test results for previous days are still being processed and the total number of new positives for those days are not yet complete. Updated case counts for prior days will be reflected on the COVID-19 interactive dashboard.

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 ninety-eight individuals under the age of 18 and the rest are adults with 50% being female and 50% being male.

The new cases reside in Rockingham (197), Hillsborough County other than Manchester and Nashua (135), Strafford (73), Merrimack (65), Carroll (36), Cheshire (35), Belknap (28), Grafton (24), Sullivan (14), and Coos (9) counties, and in the cities of Nashua (94) and Manchester (60). The county of residence is being determined for thirty-eight new cases.

As of Sunday, there were 82 positively identified cases in Claremont; 207 in Sullivan County.

Community-based transmission continues to occur in the State and has been identified in all counties. Of those with complete risk information, most of the cases are ei-



Geographic Distribution* of COVID-19		Infections		Hospitalizations		Deaths	
		Persons	% of Total	Persons	% of Total	Persons	% of Total
Belknap	Total	2,642	4.2%	29	2.9%	85	8.6%
Carroll	Total	1,378	2.2%	21	2.1%	4	0.4%
Cheshire	Total	2,123	3.4%	18	1.8%	12	1.2%
Coos	Total	1,091	1.8%	7	0.7%	24	2.4%
Grafton	Total	1,796	2.9%	15	1.5%	13	1.3%
Hillsborough	Manchester	8,517	13.7%	252	25.2%	185	18.7%
	Nashua	5,540	8.9%	116	11.6%	70	7.1%
	Outside Manchester and Nashua	10,407	16.7%	180	18.0%	264	26.7%
	Total	24,464	39.2%	548	54.8%	519	52.6%
Merrimack	Total	6,358	10.2%	84	8.4%	92	9.3%
Rockingham	Total	15,209	24.4%	229	22.9%	174	17.6%
Strafford	Total	5,256	8.4%	39	3.9%	51	5.2%
Sullivan	Total	979	1.6%	10	1.0%	12	1.2%
Unknown	Total	1,041	1.7%	0	0.0%	1	0.1%
<b>Grand Total</b>		<b>62,337</b>	<b>100.0%</b>	<b>1,000</b>	<b>100.0%</b>	<b>987</b>	<b>100.0%</b>

Data as of: 1/24/2021

ther associated with an outbreak setting or have had close contact with a person with a confirmed COVID-19 diagnosis.

DHHS has also announced six additional deaths related to COVID-19. We offer our sympathies to the family and friends:  
 1 female resident of Belknap County, 60 years of age and older  
 1 male resident of Coos County, 60 years of age and older  
 3 male residents of Rockingham County, 60 years of age and older  
 1 male resident of Sullivan County, 60 years of age and older

There are currently 239 individuals hospitalized with COVID-19. In New Hampshire since the start of the pandemic, there have been a total of 62,337 cases of COVID-19 diagnosed.

### 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.

## COVID Vaccination Registration Options Increase but Fewer Available Dosages Complicate Distribution

By Phyllis A. Muzeroll  
e-Ticker News

On Friday, the State of New Hampshire opened up its online COVID-19 vaccination registration system. In the first hour of that registration opening, over 70,000 Granite Staters had signed up and 123,000 in the first two hours. Over 223,241 individuals have visited the state’s vaccine website; the state expects this number to climb in the coming days.

“Today has been remarkably positive and demonstrates that the people of New Hampshire are ready and willing to get a COVID-19 vaccine,” said Lori Shibinette, Commissioner of the NH Department of Health and Human Services. “This has truly been a statewide, all-hands-on-deck effort. We applaud the efforts of so many, including the National Guard, 2-1-1 call takers, healthcare providers, and the residents who registered for making today go as smoothly as it has.” Some 400+ state employees and members of New Hampshire’s National Guard assisted with the 2-1-1 calls for those who were unable to enroll online.

While enrollments were reportedly high here in NH and across the country as more distribution opens up, fewer available supplies than what were expected to be coming into the system have slowed down vaccinations. “Limited supply of vaccines from the federal government means appointments may be booked weeks out,” said Governor Sununu’s office last week. “Everyone in Phase 1B who wants an appointment will get an appointment. If allocation should increase, appointments will be rescheduled to earlier dates and times.” Numerous governors across the country said there is no reserve and their limited supply of

vaccines will not increase any time soon.

The State has decided to vaccinate anyone 65 years and older instead of their earlier plan for only 75 years and older. They will also approve vaccination for those under the age of 65 with certain underlying health conditions (see list below). However, “the State does not believe their 17,000 doses per week will increase in the near-term,” reported Valley Regional Hospital in an update to its patients. “They have also decided to preferentially supply State fixed vaccination sites instead of using the hospital networks. That means fewer than 3,000 doses will be available to all New Hampshire health systems who wish to vaccinate their patients. Therefore, State residents are now being strongly encouraged to be vaccinated by NH State-run vaccine sites.”

If you are a New Hampshire State resident 65 years of age or older, and want the vaccine, you are urged to go to the state website (<https://vaccines.nh.gov>) and register for your vaccination, or call 2-1-1. The available appointments, beginning Jan 26th, will depend on the vaccine availability. There are a number of sites to choose from – including one here in Claremont at River Valley.

If you are a New Hampshire resident under the age of 65 and have conditions that place you in the medically vulnerable category, you may be vaccinated by VRH providers, OR you may get your vaccine at a NH state site after your Valley provider verifies your eligibility. Please note that regardless of where you choose to get vaccinated, your doctor must first certify that you are eligible per State guidelines.

For Phase 1B, you must have 2 or more conditions on the list

below of Underlying Medical Conditions (adapted from CDC):

- Cancer
- Chronic Kidney Disease
- COPD (Chronic Obstructive Pulmonary Disease) and other high-risk pulmonary disease
- Down Syndrome
- Heart Conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised states
- Obesity (body mass index of 30 kg/m or higher)
- Pregnancy
- Sickle cell disease
- Type 2 Diabetes Mellitus

Note: DPHS allows a health care provider to vaccinate any patient assessed to have significant risk for severe illness due to co-morbidities, even if it is not listed here. This list does not include every condition that might increase one’s risk for developing severe illness from COVID-19, such as those for which evidence may be limited.

In light of the State of New Hampshire’s vaccine allocation decision, the quickest way for you to get vaccinated is through one of the state sites, said VRH.

You will need to bring a valid NH driver’s license or state approved ID to receive your vaccination, and remember to wear clothing that facilitates easy access to your upper arm. Presently, Valley is unable to provide vaccinations for non-New Hampshire residents. On January 25, Vermont will open registration for COVID-19 vaccinations for Vermont residents 75 years or older. Vaccinations for this group of people will begin on Jan. 27 in Vermont.



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# COVID-19 and Our Mental Health: A One-Year Anniversary

By Dave Celone  
Special to the e-Ticker News

Back on January 20, 2020, a patient in the United States was given the first diagnosis of the COVID-19 virus infection by the State of Washington and the US Centers for Disease Control and Prevention. Now we've just past the one-year mark of this pandemic's arrival on our shores. It's an anniversary, but not a cause for celebration for many of us due to the tremendous, physical, mental, financial, and personal stressors it has delivered. Still, there are some bright spots, and particularly with two vaccines having been developed in record time and being delivered across the country and around the world.

At West Central Behavioral Health, we've seen the impact of COVID-19 up close and in ways that are often profound and life-changing. While in-person clinical visits have declined, we have seen a significant increase in people's willingness to meet with our clinicians via telephone and video. We've rolled out teletherapy and it's working. In fact, our child clinical teams report that it really helps when working with families to convey information quickly and privately to parents during a family visit by simply asking them to put in their earbuds for a moment or two without interrupting the visit.

For a Zoom podcast on "Mental Health During the Pandemic: Clinician Views from the Front Lines," visit this link. (<https://drive.google.com/file/d/1VaK2oea1PFoQAtjox-MAD6HwkBkph16rd/view>). It's 36 minutes of quality time spent with two West Central clinicians, Erin Barnett, PhD, and Melissa Baker, LICSW, as moderated by Chris Seibel of Hanover High School.

One area of concern is the increasing number of mental health and substance misuse-related crisis calls inbound to our 24/7 crisis support line and to area police department 911 lines. We've been speaking with towns and police departments about this and are in the process of hiring another crisis clinician as a result. But, longer term, we hope to add more crisis clinical staff to address this growing need. It may be that we venture into providing mobile crisis services where we might accom-

pany police or respond to crisis calls on our own. Having a trained crisis clinician on the scene often helps calm things down and de-escalate crises such that hospital emergency departments don't get overwhelmed with involuntary admits — saving money for towns and the State (and taxpayers, of course). The State is in favor of ramping up mobile crisis support, but appropriate funding remains somewhat murky. Still, we're doing our best by speaking with towns and hiring at least one more clinician to help people in dire need. Our 24/7 crisis line is 800-564-2578 if you or someone you know needs immediate help. We're here for you.

For another Zoom podcast titled "Substance Use During the Pandemic, and How to Recognize Substance Use in Teens," visit this link (<https://drive.google.com/file/d/1Ss-Vv0MH6Y6f-Ut8PV5bVhbkQTTkjExuU/view>) This one is a 25-minute video conversation with Nick Thelen, West Central's director of substance use services, David Chimilecki, MLADC, our Master Licensed Alcohol & Drug Counselor, also moderated by Chris Seibel.

Overall, during the past year, we've seen many people and families experiencing ups and downs like never before. Living in isolation or in close quarters, and parents having to serve as educators are not easy. But we're still venturing into the community to visit people who need direct support outside of the clinical setting, and we're offering clinical visits in-person and via teletherapy for people of all ages. We've also masked up and are now in the process of getting vaccinated as are all front-line healthcare workers. If you've not seen our "Pandemic Pioneers" photos on our Facebook (<https://www.facebook.com/WestCentralBehavioralHealth>) page as they get vaccinated, please have a look. We're serious about health and safety for our clinicians and our clients, and for the community at large as the pandemic continues. And we're making strong progress helping people in need when they need our compassionate and expert care.

I should also mention to parents reading this that when a child is referred to us by someone at their school, it's important to contact us quickly so we can schedule a visit. Timely interventions of this sort, especially during this high-stress pandemic time tend to work wonders with kids. Our clinicians have a host of ways to approach treatment that can be as

simple as a bit of advice that can make getting through the days and weeks ahead with your child(ren) a much more pleasant experience. For everyone else, if you're feeling down, under severe stress, or trying to cope with depression, anxiety or trauma, or are finding yourself turning to alcohol or drugs to maintain your "balance," please call on us. We're here to help.

Again, our 24/7 crisis services line is 800-564-2578. And our new client intake phone number is 603-542-5128. As we move into this second year of the COVID-19 pandemic, let's all be as supportive as possible

with one another and our family, friends, work colleagues, and neighbors. These are difficult times, but there is help when you need it. Let's all hope that by this time next year (if not sooner), the worst will be behind us and we'll be celebrating the end of the pandemic. In the meantime, we'll continue to serve the mental health, substance misuse, and crisis needs of the communities we serve throughout Sullivan County and lower Grafton County.

*Dave Celone is director of development & community relations for West Central Behavioral Health, the community mental health center serving lower Grafton and Sullivan Counties since 1977. West Central has clinics in Claremont, Lebanon, and Newport. He may be reached at [dcelone@wcbh.org](mailto:dcelone@wcbh.org).*

## Meeting on Washington St. Traffic Signal Optimization System

CLAREMONT, NH—The Congestion Mitigation and Air Quality (CMAQ) Washington Street project proposes to improve air quality, reduce congestion, and increase traffic safety by installing a traffic signal optimization system along the Washington Street Corridor that maximizes efficient traffic flow. The public is invited to attend a presentation of the Alternatives Analysis and selected Proposed Action for this project on Thursday, Jan. 28th, at 6PM at the Claremont Savings Bank Community Center, 152 South Street, Multi-Function Room B. The City's consultant, BETA Group, Inc. and City staff will be presenting design alternatives, pros and cons of each, and a proposed action that best meets the project's Purpose and Need for the Washington Street Traffic Signal Optimization Project.



# Classified Ads

## PRICE REDUCED



**CLAREMONT** - 3 family home with 3 brand new energy efficient combo heat/HW boilers, all individually metered and tenants pay for their own heat & hot water. 3 apartments, all different sizes, and a roomy backyard and plenty of parking. See **MLS# 4837539** for more info & photos. **\$154,900**



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**Claremont, \$25,000**



**Charlestown, \$59,000**



**Cornish, \$80,000**

## Public Notice

**Claremont School Board Annual Meeting (Virtual)**  
**To discussing the procedures used for the Annual Meeting and for explanation and discussion of the warrant articles**

**February 1, 2021 at 6:30pm**

This meeting will be broadcast via zoom by using this link  
<https://zoom.us/j/98970294904?pwd=RVFDdUFOUWhhanZkbk9UVIRvaGpIUT09>

on CCTV Channel 8

By dialing 1-929-436-2866 ID 989 7029 4904 Passcode 976941

or

Community members, without the above access, may watch the meeting via streaming at Stevens High School Auditorium, as seen on CCTV.

To reserve your seat for the viewing at Stevens High School Auditorium, please call Melissa Small at 603-543-4200 ext. 6009. Those in attendance will need to adhere to safety rules which include: temperature check, hand sanitizer, wearing a face mask, social distancing, and others deemed necessary.

Please visit our website: [www.sau6.org](http://www.sau6.org) to review agenda, Warrant Articles, Budget, and Default Budget. It is also posted at Stevens High School, Sugar River Valley Regional Technical Center, at City Hall, and outside of the SAU.

# Classified Ads

## HELP WANTED

### DIRECT SERVICES ADVOCATE

This full-time position with benefits working out of the Claremont and Newport offices provides advocacy and support services to survivors of domestic and sexual violence and their children in Sullivan County. Training is available. Please email a cover letter and resume to [Amanda@turning-pointsnetwork.org](mailto:Amanda@turning-pointsnetwork.org). For more information about our agency with a full position description, visit our website at [www.turningpointsnetwork.org](http://www.turningpointsnetwork.org).

## PRAYERS

### ST. JUDE'S NOVENA

May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the hopeless, pray for us. Say this prayer 9 times a day. By the 8th day your prayer will be answered. Say it for 9 days. It has never been known to fail. Publication must be promised. Thank you, St. Jude. M.D.



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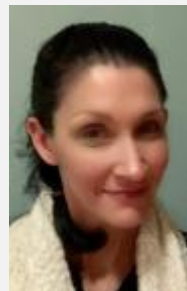
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Deborah Charlevois



Brian Whipple



Tuesday, January 26th

### NH MOBILE FOOD PANTRY DISTRIBUTION SITES

12:00 – 2:00pm (while supplies last) Lebanon Municipal Airport 5 Airpark Rd. West Lebanon, NH

For more information, please go to:

<https://nhfoodbank.org/programs/mobile-food-pantry/>

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

# Classified Ads

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[www.century21highview.com](http://www.century21highview.com)



**CHARLESTOWN**—Spacious home on 1.62 acres with detached 2 car garage with storage overhead, new windows, new well, and new septic. Large bright living room with handy built-ins, wood floors, and door to back deck and large private back yard. Dining room with bay window, screened front porch, and possible 1st floor bedroom. 4 additional bedroom choices upstairs, and a bath on each level. **\$189,900 (MLS#4844812)**



**CLAREMONT**—This versatile home offers plenty of room for the growing or extended family. Up to 5 bedrooms, open living/dining room, updated kitchen, washer & dryer area on the main level, enclosed porch, den or sitting room with beautiful spiral staircase leading to the master bedroom/bath. Potential to add an in-law apartment. The back yard has plenty of space for your summer cookouts. Situated towards the end of a dead-end street, close to shopping. **\$169,900 (MLS#4843609)**



**UNITY**—Beautiful 5.65 acre lot in a peaceful country setting! This Camp is unfinished but is ready for you to apply all your finishing touches. Consider the building a blank slate with the perfect size lot, far enough from town to enjoy nature and all its amenities. Only a short 10 minute ride to Claremont and 15 minutes to I-91. Make this country Camp your country home in no time! **\$101,900 (MLS#4824528)**



**CHARLESTOWN**—Roomy Manufactured Home waiting for you! Front kitchen with a large front windowed area for sitting room or dining area, master bedroom with its own bath, and 2 other bedrooms. Nice park lot that backs up to the woods. Easy access to the interstate, and close to local stores for necessities. **\$42,900 (MLS#4840813)**



**UNITY**—6 room older Manufactured Home with addition. 2 bedrooms, 1 bath, new furnace, and an attached 2 car garage. Located on a nice country 3 acre lot with pond frontage. Open and level back yard and circular driveway. Seller currently has a dug well and will escrow \$10,000 for a new drilled well at closing. Some interior and exterior projects were started and not completed. **\$95,000 (MLS#4839675)**



**LEMPSTER**—Lovely antique brick Colonial with considerate renovation/rehab including new septic, new roof, and electrical and plumbing upgrades. The interior has been opened up and refreshed with new flooring, paint, kitchen, and baths. Formal dining room, an office or den area leading to the attached barn, 4 large BR's, and a walk up attic. Adequate for a mini farm with out-buildings suitable for livestock while leaving space for garden and recreation. **\$269,000 (MLS#4838238)**



**CLAREMONT**—Gorgeous 3BR, 2 bath older home with formal dining room, inviting living room, and huge bedroom with walk-in closet and bathroom complete with jetted tub and shower. Huge 15 x 34 family room below the heated 3-car garage/workshop comes with a fantastic bar and wine grotto where wine was made and stored. Wine & beer brewing area stays with the property. Lovely heated sun porch with deck overlooks your nicely landscaped in-ground pool area. **\$249,000 (MLS#4837580)**



**CHARLESTOWN**—This versatile commercial building offers 2000+ square feet of easy access space for any need. Used as a convenience store, restaurant, thrift store, barber shop, and ice cream shop. Consider getting approval to turn it into a 1 or 2-family home. The 1.5 acre lot offers tons of possibilities for outdoor expansion, additional building, or potential subdivision. One side has a walk-in cooler and a commercial kitchen. **\$99,995 (MLS#4829445)**



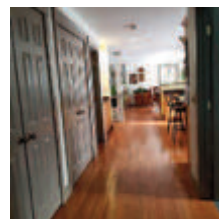
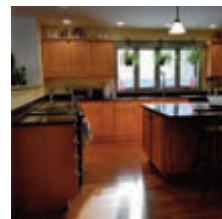
**CLAREMONT**—Pretty home in a nice quiet neighborhood located close to so many of Claremont's amenities! This house will need your TLC to make it your own and will not qualify for a VA loan. Spacious eat-in kitchen, great big yard, detached garage, and a large L-shaped porch. **\$125,000 (MLS#4834352)**



**CLAREMONT**—Historic old Schoolhouse recently used as a religious facility. Ideal for daycare use, clubs, churches. Two new bathrooms, appliances kitchen (including 2 stoves and refrigerator), 2 furnaces, function hall, office, and meeting room. **\$189,900 (MLS#4831733)**



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**WEATHERSFIELD, VT**—2004 Colonial nestled on just over 15 acres with the convenience of being only 2.5 miles to I-91. Breathtaking panoramic views of the mountains, the Connecticut River and into NH. This home features a chef's dream kitchen with abundant cabinetry, lots of work space, granite counters, a prep sink, a breakfast dining area, formal dining room, and a living room with a fireplace. Entertaining is a breeze with this open concept. The 20x17 master suite includes a soaking tub with a view, and walk-in closet. Bedroom 2 also has its own bath, and all 4 bedrooms are spacious. At the end of the hall there is a bonus room that can be used as a family room, office, or studio. The walk-up attic could be more living space. Enjoy central air, walk-in closets, 2 laundry rooms, a 3-car garage, covered porch, out-building with power, pasture land, and a view from every room. Must be seen in person to truly appreciate! **\$799,000 (MLS#4844540)**

Classified Ads

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  - LNA – Float\*
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  - Access Screener II
  - Temporary Dietary Aide
  - LPN/CMA – Specialty Clinics\*
  - LNA/Acute - Med Surg\*
  - LPN/CMA – Psychiatry\*
  - Triage RN\*
  - Physical Therapist
  - Housekeeper/Janitor\*
  - RN/Acute - Med Surg
  - COVID-19 Vaccine Coordinator
  - MT/MLT
  - RN Lead\*
  - Secretary
- See website listing for full details and locations.  
\* Positions may be eligible for a sign-on bonus. Employee referral bonuses are given for any open position.



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## Engaged in the Legislative Process

Connecting to the legislative process both in Washington D.C. and Concord is essential if we are to effectively advocate for our community. It provides our legislators the opportunity to understand our strengths and challenges, and us the chance to provide feedback on proposed legislation. Throughout the pandemic, we have been communicating the impact of COVID-19 to our federal delegation and they have worked on our behalf to get the resources we need. Now that the NH Legislature is back in session, we will work closely with our state legislators on many issues.

On January 27, the Claremont City Council will meet with our state legislators to discuss topics that impact the community. Senator Prentiss and State Representatives Cloutier, Merchant, O’Hearne (also a councilor) and Stapleton will attend. Here is an outline of some of the topics that will be covered:

**Affordable Housing:** The lack of affordable housing exists across NH and is one of the top three areas of concern for NH’s 13 cities. There are many reasons for this, including limited housing stock, rent increases that outpace wage increases and few development incentives. In Claremont, the vacancy rate has been near 0% for the last few years. Despite last year’s completion of 36 mixed-income apartments at the Goddard Block, waiting lists exist there and at the Claremont Housing Authority.

This year, the Peterson building will be developed into approximately 85 market rate apartments, helping to resolve the shortage in housing stock. Both the Goddard Block and the Peterson Building were developed using 79E, a tax relief incentive, that helped to make both projects possible. Expanding this development incentive is one of the bills being considered at the Statehouse.

**Homelessness:** In the recent past, the number of homeless individual adults, families

and children has increased in NH. The pandemic has accelerated these numbers. In November, the 13 mayors sent a letter to Governor Sununu asking that he take action to address this matter. He did, issuing executive order 2020-22 establishing the Council on Housing Stability (CHS) and charging it with providing a preliminary report to him by December 14. It is hoped that the recommendations in that report will be considered in the legislative process.

Finding solutions that effectively address this issue not only affects the homeless, but also our communities in many ways. One of those ways is budgetary because municipalities are required to provide assistance to those in need when no other option exists. Due to the collaborative relationship between the City’s Welfare Department and Southwestern Community Services, the impact to the city’s budget has been minimized. However, the best solution is one of prevention and is the goal of the CHS. Legislation that aligns with that goal will be of great benefit.

**Revenue Shortfalls/Cost Downshifting:** A potential reduction in state funding or a downshift of costs to municipalities is a cause for concern. In order to balance the budget, municipalities would need to absorb such funding decreases/cost downshifting via a number of possible actions (i.e. expense reductions, hiring freezes, layoffs, tax increases). Because the largest portion of most budgets pertains to personnel, a substantial reduction in funding or increase in downshifted costs usually impacts employees and, consequently, the ability to deliver services to the community.

Types of revenue streams for school districts are much more limited than those for municipalities. Most of a school district’s revenue comes from the state. So, a decrease in state education funding has serious consequences. Because of the pandemic, school districts are experiencing changes in free and reduced lunch eligibility and enrollment numbers, both of which are used to calculate funding allocations. Recently, mayors and their respective school board chairs sent a letter to the Governor, Commissioner of Education and the Legislature leadership outlining these funding concerns. By sharing these concerns early in the budgetary process, it is our hope that they will be considered as decisions are made.

**Broadband Expansion:** The pandemic has forced us to reimagine the school room and the workplace, creating a heavier reliance on remote operations and the internet. Internet

coverage across the state has never been consistent, and COVID-19 has certainly showcased the existence of the digital divide. In Claremont, we have residents who are unable to access the internet or who have limited access, hampering their ability to learn or work remotely.

Resolving this issue will not only create better educational outcomes, but also economic productivity. Legislation that expands broadband access will create new educational and economic opportunities. Most importantly, it will improve resiliency when unexpected events, such as a pandemic, force us to reimagine how we do things.

**Capital Improvements:** The ability of a municipality to make capital improvements is tied to planning and resource availability. A good plan and the necessary resources give municipalities the tools needed to maintain infrastructure, improve operational efficiency and facilitate economic growth. However, these projects are very expensive and require funding that usually exceeds the municipality’s ability to raise revenue.

In the state’s FY20/21 budget, Claremont received approximately \$6.2M in one-time funds, the majority of which went to the school district. This was an unusual, but welcome event that allowed the city to address long deferred capital improvement projects. Despite all that the city was able to accomplish, Claremont’s Capital Improvement Plan (CIP) still lists numerous projects totaling approximately \$33M, not including the capital improvement needs of the school district. Legislation and funding that addresses infrastructure will provide municipalities the tools they need be prosperous.

*Charlene Lovett is the Mayor of Claremont and welcomes your feedback. Please email questions, comments or concerns to her at [clovett.ccc@gmail.com](mailto:clovett.ccc@gmail.com).*

### SUNDAY, FEBRUARY 7

#### Come Enjoy a Women’s Skate Ski Clinic!! Fundraiser for the Meriden Trails in Meriden, NH

1-3 PM (Rain Date 2/21)

Work on skate ski skills and enjoy camaraderie in a fun, no pressure clinic taught by a local ski coach. This clinic is best for advanced beginner and above.

All of the \$50.00 registration fee goes to support our Meriden Trail system. For more information, and to register please email [VLB-Meriden@icloud.com](mailto:VLB-Meriden@icloud.com). Space is limited.

## e-Ticker Business News

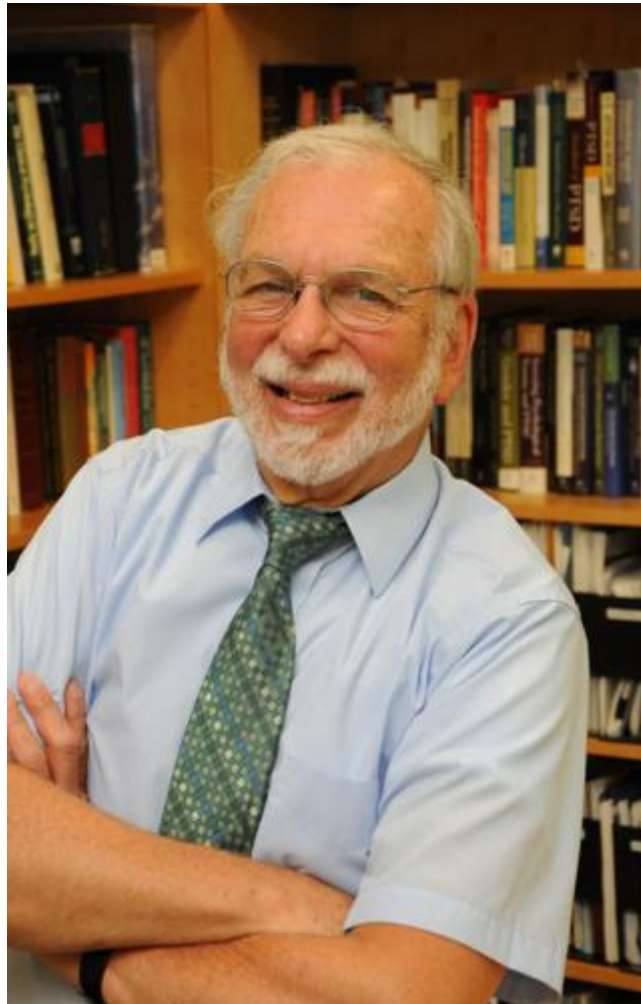
### New Pathways to Understanding Post-Traumatic Stress Disorder Discovered by Dartmouth-Hitchcock Psychiatrist

LEBANON, NH – A recently-published study of brain tissue from patients afflicted with post-traumatic stress disorder (PTSD) has uncovered previously unknown information about the disorder, and is poised to change how PTSD is understood and guide future treatment development. Matthew J. Friedman, MD, PhD, a psychiatrist at Dartmouth-Hitchcock Medical Center (DHMC), Professor of Psychiatry at the Geisel School of Medicine at Dartmouth, and Director of the U.S. Department of Veterans Affairs National Center for PTSD Brain Bank, played a critical role in the multi-year research that fueled the study. The article, “Transcriptional organization of the human brain in post-traumatic stress disorder,” is published in the December 2020 issue of the medical journal *Nature Neuroscience*.

In their research, Friedman and his colleagues studied post-mortem brain tissue from PTSD patients, focusing on genetic expression patterns in four regions of the prefrontal cortex, which are responsible for higher cognitive function and executive control. Their research found that the brains of people with PTSD had “extensive remodeling” of the normal operations by which genetic information is coded, impacting everything from neural transmission to metabolism to inflammation.

“This study is the first of many to come that are going to change the field of PTSD research,” Friedman said of the groundbreaking study. “Unfortunately, our emerging understanding of the psychobiology of PTSD has not led to the development of effective medications for the disorder. We haven’t even seen a new drug developed for the treatment of PTSD in 20 years. Our team’s findings offer new clues about the causes of PTSD, the possibility of improved treatment, and most importantly, hope for people who live with this disorder.”

Friedman and his team found in the study altered gene expression that particularly affected two cell types in PTSD patients — interneurons, which inhibit neural activity, and microglia, immune system cells in the central



**A recently-published study of brain tissue from patients afflicted with post-traumatic stress disorder (PTSD) has uncovered previously unknown information about the disorder, and is poised to change how PTSD is understood and guide future treatment development. Matthew J. Friedman, MD, PhD, a psychiatrist at Dartmouth-Hitchcock Medical Center (DHMC), Professor of Psychiatry at the Geisel School of Medicine at Dartmouth, and Director of the U.S. Department of Veterans Affairs National Center for PTSD Brain Bank, played a critical role in the multi-year research that fueled the study (Courtesy photo).**

nervous system.

PTSD can develop after a person is exposed

to a traumatic event, such as sexual assault, interpersonal violence, warfare, car accidents, child abuse or other threats on a person's life. Symptoms can include mental and physical distress in response to traumatic reminders, avoiding situations related to the trauma, negative thoughts and worsening of mood, and an increase in arousal and reactivity.

The study was conducted by a seven-part nationwide consortium of PTSD researchers, headquartered at Geisel and affiliated with the National Center for PTSD, a program of the VA, for which Friedman served as founding executive director from 1989 to 2013.

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**WEDNESDAY, JANUARY 27**

**Whole Food for the New Year with Emily McNamara**

**7 pm, Virtual**

What's Happening at the Plainfield Libraries Refresh your pantry with a focus on maximizing flavor and nutrition for more inspiration in the kitchen!

Emily McNamara, a certified Nutritional Therapy Practitioner and cook at Edgewater Farm, will lead an hour-long discussion with a revealing look at her own cupboards.

Topics will include:

-Fats and oils... evaluating the quality of and proper cooking temperatures

- Nuts and grains... good, better, best for digestibility and meal prep  
 -Sugar... where to look and how to substitute  
 -Herbs and Spices... go-to combinations for health and flavor. Email [mary.king@plainfield-libraries.org](mailto:mary.king@plainfield-libraries.org) for the Zoom link.

2:00 - 3:30 PM

Join the Xerces Society for this webinar as they discuss which cover crops, herbs, and cut flowers best support pollinators, predators, parasitoids, and have extra value for culinary or ornamental use.

<http://www.conservationwebinars.net/webinars/cover-crops-herbs-and-cut-flowers-for-pollination-and-pest-management?sr=wp~mkt-whenPub>.

**TUESDAY, JANUARY 26**

**Cover Crops, Herbs, & Cut Flowers for Pollinators Webinar**

**Public Notice**

**Claremont School Board Annual Meeting (Virtual)**

**To read all submissions received by registered voters, go over the procedures for voting, and to discuss, debate and amend the School District Warrant**

**February 4, 2021 at 6:30pm**

This meeting will be broadcast via zoom by using this link <https://zoom.us/j/97283796789?pwd=SzFMeENVU2plVTgrWnJTVlpFZ1FsZz09>

**on CCTV Channel 8**

**By dialing 1-929-436-2866 ID 972 8379 6789 Passcode 876657**

or

Community members, without the above access, may watch the meeting via streaming at Stevens High School Auditorium, as seen on CCTV.

To reserve your seat for the viewing at Stevens High School Auditorium, please call Melissa Small at 603-543-4200 ext. 6009. Those in attendance will need to adhere to safety rules which include: temperature check, hand sanitizer, wearing a face mask, social distancing, and others deemed necessary.

Please visit our website: [www.sau6.org](http://www.sau6.org) to review agenda, Warrant Articles, Budget, and Default Budget. It is also posted at Stevens High School, Sugar River Valley Regional Technical Center, at City Hall, and outside of the SAU.

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## Remote Work May Offer Financial Benefits

During the COVID-19 pandemic, many of us have been forced to work from home. But once we've moved past the virus, many workers may continue working from home. More than one-third of companies with employees who started working from home now think that remote work will stay more common post-pandemic, according to a Harvard Business School study. This shift to at-home work can affect people's lives in many ways – and it may end up providing workers with some long-term financial advantages.

If you're one of those who will continue working remotely, either full time or at least a few days a week, how might you benefit? Here are a few possibilities:

- *Reduced transportation costs* – Over time, you can spend a lot of money commuting to and from work. The average commuter spends \$2,000 to \$5,000 per year on transportation costs, including gas, car maintenance, public transportation and other expenses, depending on where they live, according to the U.S. Bureau of Economic Analysis and the U.S. Census Bureau. If you are going to work primarily from home, you should be able to greatly reduce these costs.
- *Potentially lower car insurance premiums* – Your auto insurance premiums are partially based on how many miles you drive each year. So, if you were to significantly reduce these miles by working from home, you might qualify for lower rates.
- *Lower expenditures on lunches* – If you typically eat lunch in restaurants or get takeout while at work, you could easily be spending \$50 or more per week – even more if you regularly get coffee drinks to go. By these figures, you could end up spending around \$3,000 a year. Think how much you could reduce this bill by eating lunch at home during your remote workday.
- *Lower clothing costs* – Despite the rise in “casual dress” days, plenty of workers still need to maintain appropriate office attire. By working from home, you can “dress down,” reducing your clothing costs and dry-cleaning bills.

As you can see, it may be possible for you to save quite a bit of money by working from home. How can you use your savings to help meet your long-term financial goals, such as achieving a comfortable retirement?

For one thing, you could boost your investments. Let's suppose that you can save \$2,500 each year by working remotely. If you were to invest this amount in a tax-deferred account, such as an IRA or your 401(k) or similar employer-sponsored plan and earned a hypothetical 6% annual return for 20 years, you'd accumulate more than \$97,000 – and if you kept going for an additional 10 years, you'd have nearly \$210,000. You'd eventually pay taxes on the amount you withdrew from these accounts (and withdrawals prior to age 59½ may be subject to a 10% IRS penalty), but you'd still end up pretty far ahead of where you'd be otherwise.)

You also might use part of your savings generated by remote work to help build an emergency fund containing a few months' worth of living expenses. Without this fund, you might be forced to dip into your retirement accounts to pay for something like a major home repair.

Becoming an at-home worker will no doubt require some adjustments on your part – but, in strictly financial terms, it could lead to some positive results.

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



**Martha Maki, AAMS®**  
Financial Advisor

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Claremont, NH 03743  
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MAKING SENSE OF INVESTING

# Inspiration

## Famous Person I'd Like to Know

By Priscilla Hull

Today's person whom I'd like to know is George Washington Carver. George Washington Carver was born a slave on a southern plantation. It was not uncommon for babies of slaves to be named after someone like George Washington. Perhaps it was the wish of the parents that their baby would grow up to be a great leader and break down the barriers of slavery. The last name was often the name of the owner of the plantation, as it was in this case.

He was born in Missouri before the Civil War and was emancipated in 1865 when slavery was abolished in that state. He was a toddler when he was freed and shortly was able to attend school, but there was no school nearby available to this eager young student so he left home and walked miles to attend school. Because of the distance from his home, he was boarded in a foster home. He was an excellent student, also an artist and musician. Had he been born in other circumstances, he would have had all kinds of opportunities opened to him. The lack of facilities available didn't bother George Washington Carver. He transferred to another school, graduated and sought a college education. He was admitted to college, but was refused entry because of the color of his skin, so he reapplied and was finally admitted to a small school in Kansas where he studied art, piano and botany.



As we know, George Washington Carver became one of the most respected botanists of the late nineteenth and early twentieth centuries. He worked particularly with the premise of crop rotation and rebuilding soil which was used particularly in the growing of cotton and peanuts. These were the crops that many of the former slaves, now tenant farmers, grew. He changed the lives of many former slaves by giving them a better way to use the land they were farming. He became the head of the Agriculture Department at Tuskegee University where he continued to work on soil restoration and other methods to improve crops.

George Washington Carver is a person to admire. He rose literally, from the dirt and dust of slavery, to a position of respect and honor, where he could use his talents to make life better for a great many people. He did not allow the color of his skin to detract from his goal. He taught at a prestigious college and contributed to research land use and soil restoration. He used the talents given him at birth to make the world a little better place for others!

Perhaps you know someone like George Washington Carver who had ambition and the courage to make a better life for him/herself and others. I do!

*He made grass grow for cattle, and plants for people to cultivate - - bringing forth food from the earth.*  
Psalm 104:14

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

## Calendar Of Events

### SCCD Seeks Nominations for Conservation Legacy Awards

UNITY, NH—In honor of the 75th anniversary for Conservation Districts in the State of NH, the Sullivan County Conservation District seeks nominations for the Conservation Legacy Award. This award seeks to honor the nominees sustained commitment to the stewardship of natural resources in Sullivan County.

For 75 years the County Conservation Districts have worked tirelessly with landowners and communities to promote the conservation and responsible use of natural and agricultural resources. The Legacy Award endeavors to shine a spotlight on those who embody this mission. Businesses, organizations, individuals, and families are eligible for the award if they live in or are based in the County, have a minimum of 5 years experience of sustained commitment to conservation and stewardship.

Nominations should be no more than two pages and include a summary of why the nominee is deserving of this honor. Nominations could include information on the nominees' property stewardship, overall impact of the County's environmental health, activism on behalf of conservation and agriculture, education and outreach in the community, their willingness to share natural resource information with the public, service as a mentor for others, service to conservation organizations, and/or any notable accomplishments or awards.

Nominations are due to the SCCD no later than March 31, 2021 and can be submitted digitally or by hard copy in the mail. Nominations can be mailed to Conservation Legacy Awards, Sullivan County Conservation District, 95 County Farm Rd. Unity, NH 03743 or emailed to [ddextraze@sullivancountynh.gov](mailto:ddextraze@sullivancountynh.gov).

These awardees will be announced in June 2021.

For further information about legacy awards, contact: Dawn Dextraze at 603-504-1004 or [ddextraze@sullivancountynh.gov](mailto:ddextraze@sullivancountynh.gov).

### Visiting Nurse and Hospice for Vermont and New Hampshire Hosts Virtual Community Webinars

WHITE RIVER JCT, VT—As the pandemic continues it is important for people to feel connected and lessen the feeling of social isolation. Last fall, Visiting Nurse and Hospice for Vermont and New Hampshire (VNH) began partnering with various community organizations to bring topics of interest to our community.

The series, Let's Talk, has already brought several webinars to the community. These webinars focused on charitable tax breaks, dementia and grief through the holidays.

Throughout the year, VNH will continue to work with organizations to bring timely topics to the community. Some upcoming topics are substance misuse among seniors, heart health, changes in caring for an infant, and mindful eating on a budget. To find out about upcoming webinars visit our Facebook page [www.facebook.com/VNHcare/](http://www.facebook.com/VNHcare/)

If you are interested in viewing past webinars please visit [vnhcare.org/families-community/educational-presentations/](http://vnhcare.org/families-community/educational-presentations/).

Visiting Nurse and Hospice for Vermont and New Hampshire (VNH) is a non-profit organization that has provided home health and hospice care services in Vermont and New Hampshire since 1907.

### NEWS FROM THE SULLIVAN COUNTY CONSERVATION DISTRICT The 2021 Spring Plant Sale is Here! We are taking orders now.

This year's Plant Sale is now underway, featuring a variety of quality plants at good prices. The money raised from the sale supports conservation activities throughout the year, including workshops, programs and projects aimed at promoting and conserving the county's natural resources. This sale is also a service we provide for our community. All of the plants offered are hardy, healthy, and adapted to our growing conditions. Most are native, and none are invasive. New items this year include blueberries from Bascom Road Blueberry Farm in Newport. Bonus and Chandler Blueberries produce the largest berries. We are offering many Wild Edibles that are good for humans and wildlife alike. Elderberry is back due to popular demand and an increased awareness

of the health benefits of elderberry syrup. We are selling it bare root and potted this year. You can find a recipe for elderberry syrup here or on our website.

Visit <https://www.sccdnh.org/local-agriculture> to view the catalog and download an order form. The order deadline is Wednesday, March 3rd.

Plant pick-up will be on Friday, April 30 and Saturday, May 2, 2020 at the Ahern Building garage, Sullivan County Complex, County Farm Rd. Unity, NH. You will receive an email or phone call to schedule a time frame for pick-up. \*\*\*Some wildflowers will not be ready for pick-up until the first week of June.

If you would like a catalog and order form mailed to you, please contact Dawn Dextraze at 603-542-9511 x269 or [ddextraze@sullivancountynh.gov](mailto:ddextraze@sullivancountynh.gov).

Catalogs and order forms may also be found starting the first week of February at these places: Grantham Public Library, Acworth General Store, Claremont Community Center, Newport and Lempster Town Offices, Goshen Country Store, 100 Mile Market, and Plainfield Country Store.

### Need Some Extra Space for Your Next Project/Business/Creative Experiment?

CLAREMONT, NH—Need some extra space for your next project/business/creative experiment?

The Claremont Makerspace has Personal Studio Spaces that provide personal work areas for dedicated users to call their own. Personal studio spaces are made up of 48" dividers and come in sizes of 60 sq/ft and 100 sq/ft, with each studio including 2 power outlets and an Ethernet jack.

Learn more about CMS Personal Studio Spaces at <https://claremontmakerspace.org/studio-space/>.

As well, they are currently offering tours of CMS. Tours are scheduled in advance and participants must follow our COVID-19 policies. To schedule a tour, please email [info@twinstatemakerspaces.org](mailto:info@twinstatemakerspaces.org).

### Virtual Grief Support Available Through Lake Sunapee VNA

NEW LONDON, NH – Lake Sunapee VNA is offering two virtual grief support groups, since

its in-person support groups are still on hold. To help anyone grieving during this pandemic and time of social distancing, a Virtual Bereavement Check-in is available on Wednesdays every three weeks from 4:00-5:00pm.

In addition, a Virtual Widow to Widow group is held on the first Monday of every month from 3:30-5:00pm. Anyone interested in participating in these free groups should email their contact information to Lori O'Connor at loconnor@lakesunapeevna.org and a member of the bereavement team will call with further details.

## Charlestown VFW Bingo Schedule

CHARLESTOWN, NH—Charlestown VFW Bingo schedule for the new year:

Charlestown VFW Bingo is offering a weekly opportunity for some semblance of normalcy. Wednesday nights 5:00 for early birds and 6:30 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. In Gov. Sununu's most recent mandate request is that when moving about the hall, please wear a face covering whenever 6' social distancing can't be maintained. While seated at the tables, masks may be removed. Be mindful that in the Gov.'s mandate there are many reasons why someone may choose to not wear a mask – and they cannot be questioned or made to prove why they choose not to; nor will they be penalized for not wearing a mask. Please be respectful of others.

Attendance will be limited to 94. We do have some masks on hand as well as plenty of hand sanitizer for your use. To all our patrons that choose to attend, thank you for your patronage during these turbulent times. For those who don't feel comfortable attending at this time, we understand and wish you well until we can meet again.

Tom St.Pierre, Commander, Charlestown Memorial VFW Post 8497

## A Message from ServiceLink

NH ServiceLink offices across the state are open via phone and email during the COVID-19 pandemic. In this time of social distancing it's easy to feel alone and isolated. ServiceLink is a phone call away! Trained, na-

tionally and state certified staff is available via phone during normal working hours.

ServiceLink staff is here to listen, answer questions, problem solve, and link you to resources and services.

In addition, ServiceLink helps individuals connect to long term services and supports, access family caregiver information and supports, explore options and understand and access Medicare and Medicaid. We are, as always, confidential, unbiased, and free to the public.

Call 1-866-634-9412 toll free or find us online.

Direct phone numbers and email addresses for each local office are listed on our website. Offices are located in Atkinson, Berlin, Claremont, Concord, Keene, Laconia, Lebanon, Littleton, Manchester, Nashua, Stratham, Rochester, and Tamworth.

## Area Grocery Store Hours Reserved for High Risk Population

HANNAFORD - Most stores reserve 7 AM – 8 AM on Tuesday, Wednesday and Thursday mornings. In Massachusetts, those special hours are 7 AM – 8 AM daily

MARKET BASKET 6 AM - 7 AM EVERY DAY Claremont

CO-OP FOOD STORES 7AM - 8 AM EVERYDAY WRJCT, Lebanon & Hanover

PRICE CHOPPER 6AM - 7AM EVERYDAY-Windsor & West Lebanon

SHAWS 7AM - 9AM TUES & THURS West Lebanon

WALMART 6 AM - 7 AM TUESDAYS ONLY Claremont & West Lebanon

PLAINFIELD COUNTRY STORE Call ahead for curb side pickup, 709-7055. Prepared meals, grocery items.

## Activities at Billings Farm

WOODSTOCK, VT—Enjoy scenic winter landscapes among the barns and pastures of Billings Farm & Museum in January. Open each Saturday & Sunday from 10am-4pm, plus Martin Luther King Jr. Day, Jan. 18, with engaging activities indoors and out for visitors of all ages.

**Farm Animals & Winter Fun.** Visit the sheep, chickens and goats all cozy in the Small Animal Barn. Don snowshoes - bring your own or rent from the nearby Woodstock Inn & Resort's Activity Center or the Nordic

Center - and venture through the picturesque snow-covered farm fields and along the Ottauquechee River. Bring your sled to speed down the small hill next to the orchard. Gather round the fire pit and warm up with hot cider..

**Vermont's Rural History.** Explore the Farm Life Exhibits to see what life on the farm was like in the 1890's and find the snowpeople hidden within the exhibits. Learn about the families and history of Billings Farm in our Upon This Land Exhibit. A Place in the Land, the Academy Award – nominee film which chronicles the development of Billings Farm is shown throughout the day in the Visitor Center

**Virtual Education Programs** Students can now visit Billings Farm from anywhere! Teachers and schools register now for Virtual School Programs for students in grades K-5+. Slots available January 5-29. Winter Then & Now is also available as a Virtual Homeschool Program on Jan. 26 and 28.

Billings Farm & Museum is open weekends in January and February, plus daily Feb. 13-21, from 10:00 am - 4:00 pm or online anytime at [billingsfarm.org/billings-farm-at-home/](http://billingsfarm.org/billings-farm-at-home/).

Visiting safely Billings Farm & Museum enforces safety standards in compliance with Vermont State guidelines. We take the safety of our staff, animals, and our guests seriously. Each person must answer health screening questions including if they have quarantined according to Vermont guidelines. Contact tracing information and temperatures are taken for each visitor. Face coverings must be worn by all guests over the age of 2 everywhere on the site, including the outdoors. For more about visiting Billings Farm safely, updates on our site capacity, and to learn which spaces are open, visit [billingsfarm.org/safety](http://billingsfarm.org/safety).

## Center for the Arts: Lake Sunapee Region 2021 Calendar of Events

[www.CenterForTheArtsNH.org](http://www.CenterForTheArtsNH.org)

“SAFE” LIVE AND VIRTUAL EVENTS

Dates, Times, and Venues are subject to change...please check the website for up to date information

**February 5th** - First Fridays! Virtual Meet the Artists and Gallery Tours! Time TBD  
 “Walt Whitman's Leaves of Grass” with the Art Café at Bar Harbor Bank & Trust; The Photography Café at The New London Inn; John and Vicki Koron at Blue Loon Bakery; All on Main Street, and Mary Borowski and Jill Hacking at Tatewell Gallery on Newport Road -ALL Ex-

hibits Open during regular business hours! Grab your favorite Beverage and Enjoy the Art! Get the link at [www.cfanh.org](http://www.cfanh.org) [www.centerfortheartsnh.org/first-fridays](http://www.centerfortheartsnh.org/first-fridays)

**February 20th** - Will Ogmundson in Concert- Part of the CFA Performing Arts Series Post-poned to summer 2021! Date and Time TBD Tickets on sale at Tatewell Gallery, Morgan Hill Bookstore and online at [www.centerfortheartsnh.org/performing-arts-series](http://www.centerfortheartsnh.org/performing-arts-series)

**March 5th** - First Fridays! Virtual Winter Dance Performance Time TBD A evening of new works by Kearsarge Conservatory of the Performing Arts Get the link at [www.cfanh.org](http://www.cfanh.org) [www.centerfortheartsnh.org/first-fridays](http://www.centerfortheartsnh.org/first-fridays)

## Coffee with the Chief on January 27th

SUNAPEE, NH—Join us for Coffee with the Chief on Wednesday, Jan. 27th, from 8 to 9 a.m. at the Safety Services Building. We will continue to follow Covid-19 safety recommendations:

- We will be meeting in the Fire Department's apparatus bay which will allow more room for us to spread out. Any attendee with a handicap may park their vehicle in front of the apparatus bay.
- Tables with seating will be 6 feet apart.
- Only the first 35 attendees will be allowed into the building.
- If you attend with family members, you will be allowed to sit together at a table.
- We ask that all attendees wear a mask into the building, which can be removed once you are seated at your table.
- Volunteers will be present to bring coffee and homemade treats to your table. All homemade treats will be individually wrapped.

## Claremont Senior Center News

What a great response to our take-out Turkey Dinner. Everything went like clockwork. People went home with a terrific Turkey Dinner at a nominal cost. Thanks to all who participated. We will let you know when our next big Saturday take out is so those who missed out will have a chance to order early. Thanks to the wonderful kitchen crew who did some very delicious cooking. Bravo everyone!

Special Notice: For those of you bringing in those footsies to the VNA Foot Clinic, they have changed their appointment phone. Please call 603-748-1731 from now on. There will be one more clinic, on Wed. Jan. 27th. But they have given us the February dates of Wed. Feb. 10th, 17th and the 24th. Lucky footsies.

Well, the new year has started. Woohoo! Some of us just want to leave last year behind. But hold on!! Not so fast. Remember, you now have to do the taxes. For those of you who file, do we have a deal and a place for you, The AARP Tax Prep crew will be at the Center starting Feb. 19th. PLEASE call 1-802-952-3954 to schedule an appointment. The Center will NOT be making appointments this time. They are a great group of people and will do everything they can to help you. Remember, call 1-802-952-3954.

The kitchen volunteers are still at it. We tell you, they are like the energy bunny. Go and go and\_\_\_\_. Here is what they have drummed up for Tuesday and Thursday:

Tues. Jan. 26th- Hearty Beef Stew, Golden Roll and a Delicious Dessert.  
Thurs. Jan.-28th-

Soup, Meatball Grinders, Cole Slaw, yum, and a Tasty Dessert. Members-\$4, nonmembers-\$5. Take out only. Call 543-5998 before 10:30 am the day of to reserve your meals. Pick up time is 11:45am- 12:15 pm. These meals are not only delicious but will get you out of the kitchen a couple of times a week.

We can not believe January 2021 will be closing its door in a few days. It has been an historic month in so many ways. If you are one to keep a journal, a lot can be penned about the events. The historic time needs to be remembered. If anything, to help us remember just how strong America is.

Although we are closed, please call to come in and exchange those games, books and puzzles. Call 543-5998. We will be happy to help you.

We hope you stay safe, healthy and warm. Wear you mask, distance and call your neighbor.

Thought of the Week: Smile-someone is thinking of you.

Claremont Senior Center, 5 Acer Heights Rd., Claremont NH. 543-5998. Masks required.

## Claremont Fire Dept. Log

### Sunday 1/17/21

- 1138- Engine 3 responded on Hanover St. for a lift assist
- 1420- Engine 3 responded on Chestnut St. for a vehicle fire
- 1544- Engine 3 responded on Wall St. to assist the ambulance

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1946- Engine 3 responded on Myrtle St. for an odor investigation

**Monday 1/18/21**

1759- Engine 3 responded on Heritage Dr. to check well being

2144- Engine 3 responded on Main St. for a medical call

**Tuesday 1/19/21**

0548- Engine 3 responded on Piper Hill Rd. for a medical call

1302- Engine 3 responded on Case Hill Rd. for a medical call

1747- Engine 3 responded on East Green Mountain Rd. for an illegal burn

2144- Engine 3 responded on Sullivan St. for a medical call

**Wednesday 1/20/21**

0009- Engine 3 responded on Mulberry St. for a medical call

2028- Engine 3 responded on Pine Ave. for a medical call

**Thursday 1/21/21**

1025- Engine 3 responded on Broad St. for a medical call

1038- Engine 3 responded on Belding St. for a medical call

1256- Engine 3 responded on Pine Ave. for a medical call

**Friday 1/22/21**

0920- Engine 1 responded on Walnut St. for a wire down

1703- Engine 3 responded on Main St. for a motor vehicle accident

1708- Engine 1 responded on Washington St. for a motor vehicle accident

**Saturday 1/23/21**

0957- Engine 3 responded on Union St. for a medical call

1348- Engine 3 responded on Ridge Ave. for a medical call

1522- Engine 3 responded on Washington St. for a fuel spill

1759- Engine 3 responded on Washington St. for a motor vehicle accident

**PUBLIC NOTICE**

**Claremont Development Authority  
Full Board Meeting**

**Thursday, January 28, 2021, 2020 7:30 AM**

\*Due to the COVID-19 Pandemic, the City is suggesting citizens participate in this meeting by Zoom.

Join online at: <https://us02web.zoom.us/j/89136572830?pwd=a1IybTZ3aWQrNlJlUjU4UW9XTVkvUT09>

Passcode: 286531 Or Telephone: 1 646 558 8656

Webinar ID: 891 3657 2830

If there is a problem getting through to that number, please call 603-504-0341.

**HISTORIC DISTRICT COMMISSION  
PUBLIC HEARING**

**Thursday, January 28, 2021 6:00 PM**

\*Due to the COVID-19 Pandemic, this meeting is being conducted via Zoom.

The public is invited to join the Zoom meeting on-line at: <https://us02web.zoom.us/j/83950234649?pwd=NS82Vm5HQWUyazlPL1hDZmVwQ2xQZ-z09>

Passcode: 257585 By Phone: US: +1 646 558 8656

Webinar ID: 839 5023 4649

If there is a problem getting through to that number, please call 603-504-0341.

**PUBLIC NOTICE**

The Historic District Commission will be conducting public hearings to consider each of the following Certificate of Appropriateness applications:

HDC 2020-00010 TLC Family Resource Center, 54-62 Pleasant St – For signage at 62 Pleasant St.

Tax Map 120, Lot 85. Zoning District: MU

HDC 2021-00001 Gary Trottier, 101 Maple Ave – For window replacements at 1 Pleasant Street. Tax Map 120, Lot 53. Zoning District: MU

HDC 2021-00002 Sullivan County Republican Committee, 24 Opera House Square – For signage at 24 Opera House Square. Tax Map 120, Lot 43. Zoning District: MU

HDC 2021-00003 Andy Lafreniere, 25 Pamsha Drive – For replacement of windows and signage at 131 Broad Street. Tax Map 120, Lot 88. Zoning District: MU

HDC 2021-00004 Ruben Ramirez, Enfield NH – For replacement windows at 183 Main Street. Tax Map 107, Lot 226. Zoning District: CR2

Interested persons may review this application at the City of Claremont’s Planning and Development Department, 14 North Street, during normal business hours.

Comments may be submitted in writing to Historic District Commission 14 North Street, Claremont NH 03743 or at the public hearing.

David Messier, Chairperson

**PUBLIC NOTICE**

**The City of Claremont,**

**Zoning Board of Adjustment will meet on**

Monday, February 1, 2021 7:00 PM

Via ZOOM

\*Due to the COVID-19 Pandemic, this meeting is being conducted via Zoom.

The public is invited to join the Zoom meeting on-line at: <https://us02web.zoom.us/j/88116662448?pwd=bEx1RlVQQjVqMXpJWEZXBnJCc1lkUT09>

Passcode: 401208 By Phone: 1-646-558-8656 US

(New York) Webinar ID: 881 1666 2448

If there is a problem getting through to that number, please call 603-504-0341.

Notice is hereby given that public hearings will be held concerning the following applications:

ZO 2020-00029 Michael & Sheila Satzow, 13-14 Fisher Place – Application for a variance from Sect. 22-513 of the Claremont Zoning Ordinance to permit an accessory dwelling unit in a detached building at 13 Fisher Place. Tax Map 143, Lots 152, 153. Zoning District: R-1

ZO 2020-00028 Jonathan Nelson & Berkley Heath, 31 Myrtle Street – Application for a variance from Sect. 22-387.2(2) of the Claremont Zoning Ordinance to permit a 370 SF dwelling unit at 31 Myrtle Street. Tax Map 119, Lot 289. Zoning District: CR-2

ZO 2020-00030 Brun-Gardner Properties LLC, 221 Broad Street – Application for a variance from Sect. 22-387 of the Claremont Zoning Ordinance to permit an Air BnB at 221 Broad Street. Tax Map 132, Lot 44. Zoning District: PR

Interested parties may review these applications at the City of Claremont’s Planning and Development Department, 14 North Street during normal business hours.

Comments about these applications may be submitted by any of the following methods:

In person at the hearing, or

In writing at 14 North Street, Claremont NH 03743, or

By email at [cityplanner@claremontnh.com](mailto:cityplanner@claremontnh.com).

Michael Hurd,

Chair

**Got news?**

**Send us your news and photos**



VALENTINES DAY IS COMING FAST,  
WOULDN'T YOU LIKE A FRIEND THAT'LL LAST?

NO KIDS, NO PETS, I'M A ONE MAN SHOW,  
I'VE COMPLETED MY TRAINING, AND I'M READY TO GO!

5 MONTHS IN A SHELTER IS WAY TOO LONG,  
IF YOU'RE A SINGLE MAN OR WOMAN,  
I KNOW WE'LL GET ALONG.

IF YOUR HEART HAS ROOM, CONSIDER ADOPTING ME,  
MY NAME IS SPUD; I'M FIVE YEAR'S GOING YOU SEE!

HOPEFULLY THIS VALENTINE HAS STRUCK A CHORD.  
READ MY BIO, AND APPLY AT [WAGSWIGGLES.ORG](http://WAGSWIGGLES.ORG)

## Newport Democratic Town Committee Holds Caucus

NEWPORT, NH—On January 11th, the Newport Democratic Town Committee held its 2021 caucus. State Rep. Gary Merchant, Claremont, was the host and opened the meeting by welcoming all the Zoom participants. “The purpose of the caucus,” said Merchant, “is to elect your executive committee for 2021 and select delegates to the NH Democrats State Convention.” Karen Dewey, who was the current Chair, was re-elected Chairman, Larry Flint, a recent candidate for the NH House of Representatives, was elected Vice-chairman. Priscilla Hagebusch was elected Treasurer and Bidy Irwin was elected Secretary. Delegates to the NH Democratic State Convention, elected by the caucus are Shoshana Cote and Lucy Wells.

The speaker for the caucus was Rep. Linda Tanner, District 9, who represents Newport and seven other towns in Sullivan County. She gave an update on the NH House and its attempt at “drive-in meetings” and Organizational Day, which is dictated in the NH Constitution. Tanner gave an overview of some of the issues that will come before the Legislature, including the review of the Commission to Study Education Funding. “This report and suggested solutions to NH’s education funding problems will take up much of our time,” said Tanner.

Dewey thanked all those who attended and reminded them that the Newport Town Committee will be meeting on a monthly basis and will include a guest speaker to address issues of concern to Newport and area residents. “We hope to shed some light on the issues facing New Hampshire and Newport and the impact that decision in Concord will have on our property taxes,” said Dewey. The meetings are open to anyone, Democrat, Independents and others who are concerned about such issues as climate change, fair wages, education spending and other programs that improve the quality of life of New Hampshire residents.

The attendees were “dismayed at the events that took place in Washington, DC, on January 6, and hoped that those who committed these atrocities against our capital will be prosecuted.” “Never has the country experienced such an assault on our capital and democratic process,” said Dewey. She reiterated the importance of increased dialogue across party

lines to find common ground and tone down the rhetoric.

## MacDonald Confirmed as Chief Justice of the New Hampshire Supreme Court

CONCORD, NH – Friday, after the Executive Council voted to confirm Attorney General Gordon MacDonald as Chief Justice of the New Hampshire Supreme Court, Governor Chris Sununu issued the following statement:

“Attorney General Gordon MacDonald is one of the most highly qualified individuals ever to serve as Chief Justice and will lead New Hampshire’s highest court with distinction,” said Sununu. “I would like to thank Councilors Wheeler, Kenney, Gatsas, and Stevens for carefully considering Gordon’s outstanding qualifications.”

MacDonald has served four years as New Hampshire’s attorney general and was first nominated to the state Supreme Court 2019. That nomination failed. This time, The newly elected five-member council voted along party lines: Four Republicans voted in favor and one Democrat, Cinde Warmington, voted against. The Democratic council majority voted against his confirmation in 2019.

“After hearing testimony yesterday and asking my own questions of Attorney General MacDonald, I had substantial concerns about his nomination, particularly his commitment to the protection of reproductive rights and voting rights in New Hampshire,” said Warmington in a statement. “Gordon MacDonald would be the first Chief Justice in a century to be appointed with no judicial experience. Without a judicial record, we have only his responses to questioning, and what he has done in his past positions as a practicing attorney and as state Attorney General, to understand his approach.

“As Attorney General, MacDonald has supported the redirection of public funds to private and religious schools. He has spent hundreds of thousands of dollars of taxpayer funds to defend voter suppression legislation that has been ruled unconstitutional.”

“While I respect him, his legal scholarship and his integrity, I think a court lead by MacDonald will exacerbate rather than heal the wounds of division and injustice in our state.”

“I haven’t seen an attorney general work any harder than Gordon MacDonald,” Councilor David Wheeler, a Republican from Milford, told

NHPR. “He has never lied to me -- that’s a big deal for me -- never given me false information. And that is a characteristic I’d like to see in a Supreme Court justice.”

## Learn How To Laser Cut A Box (Free Virtual Learning)

CLAREMONT, NH—In this free virtual learning class, learn how to use a laser cutter to cut a small wooden box. This class will look at a variety of resources and watch the Claremont Makerspace laser cutter in action and give a demo of Corel Draw. This will be a great overview for anyone who has not laser cut before or are looking for some possible new tricks.

Please register below and a link to the Zoom connection information will be sent to your email. Tuesday, Jan. 26, 2021, 4:00 p.m.

Link: <https://claremontmakerspace.org/events/#!event/2021/1/26/learn-how-to-laser-cut-a-box>.

## Getting to Know The CNC Router (Free Virtual Learning)

CLAREMONT, NH—In this beginner level virtual Claremont MakerSpace class, participants will learn the basic operation of the ShopBot CNC Router. Covered topics include the axis', attaching material, the ShopBot software and basic safety. This class is presented free of charge and will be presented via Zoom. Upon registration, you will be sent a link to the Zoom connection information.

Tuesday, Jan. 26, 3:00 p.m.

Link: <https://claremontmakerspace.org/events/#!event/2021/1/26/getting-to-know-the-cnc-router>.

## TUESDAY, FEBRUARY 2

**Password Managers: Solid Security is Easier Than You Think with Chuck McAndrew**  
What's Happening at the Plainfield Libraries at 7 pm, Virtual

There seems to be a new data breach every day, and it can feel overwhelming trying to protect yourself and your accounts. One of the best things you can do to protect yourself is to have a strong, unique password for each account you have. In this session, Chuck McAndrew will show you how password managers increase both security and convenience. Email [mary.king@plainfieldlibraries.org](mailto:mary.king@plainfieldlibraries.org) for the Zoom link.





## OUR TURN: Life in the Emergency Shelter

If we, in our own homes, are feeling frayed and stressed from nine months of this pandemic, we are not alone. And, we have also gained a sense of what it might be like for survivors of domestic and sexual violence who seek TPN's services and are shelter guests at any time, pandemic or not.

Heading into the last quarter of this COVID Year, which began last March, we are feeling more than a little ragged. We've been fearful at times, cut off from our families and friends, in need of hugs, not able to celebrate holidays the way we always have. We've had to adapt to masks and social distancing and other new rules. We've lost jobs or are having to risk our own health to keep our jobs, trying to explain to the kids why they can't play with their friends, missing our own friends or feeling less privacy because everyone is home—all day, every day.

And long before the pandemic and long after we simply refer to 2020 as "that year," this is what it also feels like as a guest in the Turning Points Network Emergency Shelter.

Our shelter serves all of Sullivan County and offers safety and supports for women and children (and alternative safe housing for men) who are leaving situations of domestic or sexual violence, stalking or human trafficking. It is the first step toward a new life, independent of abuse; a time to heal, to develop new skills, learn to manage one's own finances and gain self-confidence.

Shelter guests come to us feeling afraid, anxious and very insecure about what's next. And while they are safe in our shelter from the harm they have left behind, they are isolated

from friends and family and their children cannot invite other children to play. Even though each individual or family has their own bedroom, they share communal living, dining and kitchen space, meaning new guidelines to follow and less privacy.

TPN staff works daily with each individual or family to make the adjustment to living in the shelter easier. Together, staff and shelter guests set personal goals, supported by advocacy for legal proceedings and classes in financial empowerment. Staff helps with arrangements for access to school or training, offers peer support and transitional and sustainable housing options. But living in a shelter with up to five other families is never easy, and each guest has the challenges they bring as well as those they find as part of the group. Sometimes they can help one another. Each individual or family is on their own passage at their own pace to move forward from the life they have left behind.

And just as our shelter guests are eager to move forward, all of us who are sheltering in our own homes from COVID 19, are just as anxious to leave this chapter as soon as we can safely do so and move back into an interactive, connected and engaged community.

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

## Father Daughter Dance to Look Different This Year

CLAREMONT, NH—In light of the current COVID-19 pandemic, the Claremont Parks and Recreation Department is sponsoring a Daddy Daughter Date Night that you can enjoy at home! This is not just for dads! Here is a chance to make a great memory with that special little girl in your life. Dads, granddads, uncles, adult brothers or family friends are welcome. Join in on the fun! (\*This event is in place of the traditional father daughter dance).

Each couple will receive a Daddy Daughter Date Night bag filled with fun activities such as, Disney trivia, Mad-Libs, popcorn to watch a movie together and more! Enjoy these exciting goodies at home together! Along with the bag of treats, each couple will be receiving a Tremont House of Pizza Large Pizza to share.

Couples will be able to pick up their pizza and date night bags on the night of the event, Saturday, February 13th, at the CSBCC (pick up time information will be e-mailed out to participants closer to the event date).

To register, visit [https://anc.apm.activecommunities.com/claremontparksandrec/activity/search/detail/6474?onlineSiteId=0&from\\_original\\_cui=true](https://anc.apm.activecommunities.com/claremontparksandrec/activity/search/detail/6474?onlineSiteId=0&from_original_cui=true).

## News From the Cornish Library

We've now joined a rotating audiobook collection that you can browse during library hours or look at our website for the list of titles we'll have for the next four months.

Would you like to join our monthly newsletter with library news and lists of new books? Send over your email address to [stowellibrary@comcast.net](mailto:stowellibrary@comcast.net)

The Cornish Seed Library is gearing up for its first season at the Stowell Free Library. In honor of National Seed Swap day on January 30, we are inviting gardeners to donate Non Hybrid, Non-GMO vegetable, flower, and herb seeds to the program during the month of February. Bring your seeds to the designated collection box outside the library during open hours. Please DO NOT put seeds in the book return box. Please check the expiration date before donating - we would like to accept seeds no older than 2018.

If you are donating seed that you have saved yourself, please provide information such as variety, harvest year and location, contact information, and growing notes along with the seeds in a plastic bag. We will use the former card catalog at the library to store the seeds, and gardeners can come by during the library's open hours beginning in March to borrow seeds.

If you would like to volunteer to help, please contact Cindy Heath, [cheath58@gmail.com](mailto:cheath58@gmail.com), 603-543-1307.

**Send us your news and photos**

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](http://www.etickernewsoclaremont.com)

#### Bernard W. Stone, 96

Bernard Wesley Stone, 96, died on Sunday, January 17, 2021, at the VAMC in White River Junction, VT.

He was born in Cornish Flat, NH, on August 19, 1924, the son of Harold and Willa Stone. At age three he moved to Plainfield with his parents and attended grade school there. He attended Windsor High School until he was drafted into the United States Army, April 1st 1943, while a senior, and was inducted at Fort Devens, MA.

After basic training at Fort Knox, KY, Camp Campbell, Kentucky and Camp Patrick Henry VA, he was shipped out of Newport News, VA, on February 5th, 1944, arriving in Great Britain, England, February 18, 1944 where he had more training.

He was a tank driver in Co. D, 32nd Armored Regiment of the 3rd Armored Spearhead Division, that served in Northern France, the Rhineland and Central Europe (Belgium and Germany).

He was wounded in action on October 8, 1944 and spent a month in the 25th General (tents) Hospital, in France, later being moved to a hospital in England where he was hospitalized for more than three months. He still carried the shrapnel in his shoulder and side, that the doctors were unable to remove in surgery due to severe bleeding.

On October 19th, 1944, he was awarded the Purple Heart for Military Merit, the Conduct

Medal and Victory Medal. He received an honorable discharge on December 21, 1945. Returning to his parents' home, he assisted his father, in his painting and papering business. When he was able, he joined his brother David building homes in the Lebanon area for a short time, later working for building contractors, Joseph Meyeette and Richard Collins. In 1978 he was hired by LaValley Building Supply, where he worked in the window shop until his retirement in 1990.

He enjoyed family and friends, his involvement in the Masonic Association, and his annual reunion trips to join Co. D. comrades in the 3rd Armored Division.

He was a life member of the 3rd Armored Division Association, the Order of Purple Heart and VFW Post 808, Claremont. Also, a member of the Battle of Normandy Foundation, to commemorate people who fought there and the Association of 3rd Armored Division Veterans.

He was a charter member of the Plainfield Rifle Club, actively participating for more than 50 years. An 80-year member of Blow-Me-Down Grange, and a member of the Community Baptist Church, Plainfield.

He was a 60-year member who served as past Master and past Secretary of the Cheshire Masonic Lodge #23, Cornish Flat, having joined in 1955. He served as Chaplain for many years. He was appointed Grand Steward of the Grand Lodge of New Hampshire in 1996, by Grand Master Douglas Robertson. He received the prestigious Major General John Sullivan Award. He was also a member of the Blue MT Order of Eastern Star.

After his parent's deaths, he resided with the Paul Rollins family in Cornish. He was presented the Boston Post Cane for Cornish's oldest resident.

He was predeceased by his brothers, Francis, Jesse, David, Leslie, Harold and a brother Hiram who died while a member of the U.S. Army, also a sister, Barbara Stone Sweet, niece May Stone Sullivan and nephew Christopher Stone.

He is survived by a sister-in-law, Theresa Stone and several nieces, nephews, cousins and extended family members.

A graveside service with the Masons and military honors will be held in the spring.

The Stringer Funeral Home is in charge of arrangements.

“Safety glasses are your friend.”

-Dr. Sam Given

All kinds of common eye injuries can be prevented just by wearing safety glasses. That's what Dr. Sam will tell you. Does he sound like your dad?

Sometimes. But your dad had some good advice.

And so does Dr. Sam. See for yourself.

DOCTOR **SAM'S**  
EYE CARE



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9 Dunning St, Claremont

(we're right there by the hospital)

### Tammy Allen, 53

Tammy Allen, 53, passed away peacefully in her sleep, Wednesday, January 20, 2021 in Charlestown, NH.

Tammy was born in Portland, ME, on July 23, 1967, to Ronald McMann and Dianne Kosnow Allen. She grew up in Charlestown and attended Fall Mountain Regional high school in Langdon, NH. Tammy previously worked at Hannaford's in Claremont, NH, as a bakery manager. She was a talented seamstress and creative cook. She also enjoyed donated many hours of her time to the love and care of cats at the RVAPL and adopted many in need of homes. Tammy was a devoted and loving mother to her two sons, Jacob Allen-Bruzgis, who resides in Charlestown, and Christopher James Allen-Bruzgis, who passed away May 21, 2007.

Tammy is survived by her beloved son, Jacob; her sisters, Dawn McMann, April Wheeler, and Christy Stebbins. She also leaves behind her ex-husband and friend, Peter Bruzgis III, and many aunts, uncles, cousins and close friends.

Tammy was predeceased by her mother, Dianne, her ex-father-in-law Peter (grandpa Pete) Bruzgis II, and her beloved son, Christopher.

Services will be private and a celebration of life will be planned at a later date in the spring.

The Stringer Funeral Home is in charge of arrangements.

### Leo J. Lefebvre, 89

Leo Joseph Lefebvre, age 89, passed away peacefully in his home surrounded by his children on Wednesday, January 20, 2021.

Leo was born in Franklin, NH, on January 1, 1932, the son of Joseph and Aurore (Sylvestre) Lefebvre. He was raised in Franklin, graduating from Franklin High School in 1949. He enlisted in the US Navy in 1951 and served as a Navy Corpsman with Fleet Marines Force during the Korean War and was honorably discharged in 1955.

Leo married his high school sweetheart, Madeleine (Leahy) Lefebvre, on November 10, 1951. They raised four children and shared 43 ½ years together before she passed on July 15, 1995.

He was a meat cutter in his younger years and then became a self-employed Route Man, selling Table Talk Pies and moving from Franklin to Claremont in 1965. He was co-owner of

Leo's Market on Main Street in Claremont and was the original Little Debbie salesman in the Claremont area for many years, retiring in 1995.

Leo was a member of the Claremont American Legion Post #29, a member and Past Grand Knight of Fr. Timon Council Knights of Columbus of Franklin and a member of Fr. Cote Assembly #635 Fourth Degree Knights of Columbus of Claremont.

A man of great faith, Leo was an active member of Saint Joseph's Parish and a life-long friend to Reverend Stanley Piwowar. He was often seen serving as a lector at mass or running the ring toss at the St. Joseph's yearly carnival. He was well loved in the community, and whether he was the "Pie Man" or the "Little Debbie Man", or behind the meat counter at Leo's Market, he always had a smile and kind words for whomever he met.

Leo was an avid fisherman and enjoyed many trips to Bear Island and Labrador where he was well known for his fishing humor and story telling. He was a loving father and a devoted husband. He never missed a weekly "date night" with Madeleine, whether it was for a quiet dinner or some square dancing. And nothing made Leo happier than just riding his lawnmower or spending time with family on "Pool Sundays".

The surviving family includes one son, Stephen Lefebvre, of Wilmington, DE; three daughters, Sandra Lefebvre, of Claremont, Jennifer Desilets and her husband Carl of Claremont, and Lisa Purinton and her husband Dan of Melbourne, Florida, six grandchildren, Sacha Emmons, Ryan Adair, Ian Cook, Shea Desilets, Ivy Condon and Madeleine Purinton, and nine great grandchildren.

He was predeceased by his grandson, Christopher Lefebvre; three sisters, Dolores Davidson, Yvette Shaw and Jane Fredette; and by five brothers, Emile, Richard, Armand (Lefty), Robert and Nelson Lefebvre.

Friends may call at the Stringer Funeral Home, 146 Broad Street, Claremont, NH, on Wednesday, January 27, 2021, from 5-7 p.m. A Mass of Christian Burial will take place at St. Joseph's Church in Claremont on Thursday, January 28, at 11:00 a.m. Burial with military honors will take place in the spring at Holy Cross Cemetery, Franklin.

Due to the COVID-19 pandemic the funeral home and Lefebvre family ask all attending the visitation to abide with all regulations and please wear a mask and use social distancing.

### Constance M. Bailey

Constance May Bailey (Burns), passed peacefully on Sunday, January 17, 2021, at the Jack Byrne Center for Palliative & Hospice Care.

Constance was born on February 8th, 1946, in Manhattan, NY, to her parents Frank Burns and Arlene Burns-Boughton (Deceased). Her brothers are Frank P. Burns, Clarence Boughton, Phillip Boughton (Deceased) and Theodore Boughton. Her sisters are Marie Boughton (Deceased) and Edie Spencer. Constance is survived by her daughter, Dawn L. Pederson (Nolin) and her husband, Dale Pederson; grandchildren, Francis L. Nichols Jr., Gage A Bergeron, Brooklyn A. Merrill and great grandchild, Alexander Nichols; her son, Howard V. Bailey and his wife Christa Beauregard; her grandchildren, Cameron L. Bailey, Alexis L. Bailey and Lita Gratacos.

Constance was often lovingly known as "Queen Connie", a fashionista who presented herself with flair and great poise. She loved interior decorating, gardening and her beloved dog, Charlie. Her favorite time of year was always the fall and its foliage. She loved to celebrate family birthdays, cook outs and all family gatherings. She was especially close to her mom, Arlene. She frequently traveled and lived through out the country in her early adulthood, North Carolina, Missouri, Kansas, Colorado and Texas.

She graduated from New England School of Hair Design in 1987 and began practicing hair design at home. She also had work as an LNA at the Sullivan County Nursing Home for a period of time. She loved her family and friends; she spent her life surrounded by people who loved her sense of humor and her bold personality.

A graveside service was held in Mountain View Cemetery on lower Main Street in Claremont, NH, on Saturday, Jan. 23rd, with Priscilla Hull officiating.

The Stringer Funeral Home is in charge of arrangements.

### Dale Perkins

Dale "Perk" Perkins passed away peacefully on January 20, 2021.

Perk was born in Wheelock, VT, on June 8, 1936, the son of Gordon and Laura Perkins. Perk graduated from Stevens High School in 1955, and married his high school sweet heart, Julie Lefevre, on September 6, 1958. Perk

served in the Army from 1959 to 1961 and was stationed at Fort Lewis, near Tacoma WA, where he and Julie both lived during that time. A lifelong resident of Claremont. Perk worked for Coca Cola from 1954 to 1994. After retiring from Coke, Perk worked for Sunrise Vending and Claremont Transit, driving a city bus from 1998 to 2013. Perk loved playing sports. He bowled and played softball for many years. Perk also loved Karaoke and for many years he sang in local establishments with all his friends. He was a devoted fan of the Stevens basketball teams and went to their games with his brother-in-law, Paul Lafreniere.

Perk is survived by his wife, Julie Perkins, three sons, Mike and his wife Nancy from Stoddard, NH; Jeff and his wife, Elizabeth from Claremont; and Tom and his wife Mary from Surry, NH. Perk is also survived by his sister, Phyllis Pratt and her husband Dick from Winchester, NH. Three grandsons, one granddaughter, four great grandsons, and several nieces, nephews, and cousins. Perk is predeceased by his parents, Gordon and Laura Perkins, his brother Donald from East Windsor, CT, an infant son, and granddaughter, Valerie Lizotte.

A Mass of Christian Burial will be celebrated at 10:00 am on Tuesday (Jan. 26) at St. Mary's Church with the Rev. Shawn M. Therrien, pastor, officiating. Interment with military honors will follow in St. Mary's Cemetery.

There will be a walk through visitation on Monday evening from 6-8 pm at the Roy Funeral Home. The family suggests that in lieu of flowers, memorial contributions be made to either the American Heart Association or the American Diabetes Association.

You are invited to share a memory of Perk with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com).

The Perkins family and the Roy Funeral Home remind people that due to the current COVID-19 pandemic, those attending the services are required to wear masks and social distance.

### **Louis A. Gratacos, Jr., 57**

Louis A. Gratacos, Jr., 57 of Case Hill Road in Claremont, NH, died Wednesday (January 20, 2021) at Valley Regional Hospital in Claremont, NH, following a period of declining health.

He was born in Elizabeth, NJ, on July 26, 1963, the son of Louis A., Sr. and Marie

(Mertens) Gratacos and had been a longtime area resident. Louis had been employed by various businesses with the last being the Eagle Times as a route driver. He enjoyed reading, baseball, football and researching many topics. He usually had the right answer for all the Jeopardy topics.

Members of his family include two daughters, Lita Gratacos, Claremont, NH; Shayla Gratacos, Claremont, NH; a son, Louis Antonio Gratacos, Berlin, NH; a grandson, Tavian Gratacos, a brother, Steven Gratacos and his wife, Misty, Acworth, NH; a sister, Donna Bibbs, San Diego, CA and his best friend, Christa Beauregard, Claremont, NH.

There will be no visiting hours. Graveside committal services will be held at 1:00 pm in St. Mary's Cemetery on Tuesday (Jan. 26).

You are invited to share a memory of Louis with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com). Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

### **Carol A. Catani-Thebarger, 86**

Carol Anne (Whalen) Catani-Thebarger, 86, of Charlestown, NH, transitioned to the next level of Spiritual life on January 19, 2021.

She entered the world on July 23, 1934, in Waltham, MA, the daughter of Attorney Charles A. and Mary (Malloy) Whalen. Richard Francis Catani who transitioned in 2014 was the father of their four children. Carol is survived by her children Marguerite (Peggy) Anne Catani-Rea, David Stephan Catani, Therese Martina Catani-Brock, Melanie Marie Thebarger-Edmondson, Todd Thebarger, Mary Anne Thebarger-Dyke; her grandchildren Jennifer Pecor-Coleman, Krystle Lynn Catani-Dyke, Steven Richard Catani, Katlyn Marie Pecor-Santoro, Christopher Emile Catani, Samuel Edmondson, Jacob Edmondson; her great grandchildren, Benjamin Ethan Santoro, Zoey Lynn Dyke, Lila Mae Catani; her treasured friends, Lydia Kimball, John Ostrowski & family, Peter & Jane Smith, John Caramore, Kipp Ryan & family.

Carol, as Nana, will be welcomed by her first born granddaughter, Tara Rae Keefe, who was challenged in 1973 and found her peace in 1977 at the age of four. This courageous champion, our Tara, was followed by her mother, Carol's first born daughter, Victoria Maria Catani Keefe-Rossena at the age of 52 in 2006. Carol will also be welcomed by her

grandson Zachary Mitchell Brock who transitioned in 2019 at the age of 27. In 2007, Carol's much beloved husband, Emile Julian Thebarger, transitioned to join Victoria and Tara. Emile served as a Liberty Mutual investigator for 42 years and had a second vocation as a loved substitute teacher in four school districts for the following 16 years.

Carol and Emile were affectionately known by their students and the wider community as "Mr. & Mrs. T". Some notable highlights in this remarkable woman's life include: In the year 1960, due to the condition Carol's mother had to endure and noting that many Labeled Afflictions had educational funds to support research and potential cures, she petitioned the then Massachusetts Governor Volpe to establish November as a yearly fundraising month for the Epilepsy Society. These funds provide education to the public as to the lack of stigma due to the condition and the annual fundraising month remains to this day. Carol was active in the political field in Massachusetts and was Ted Kennedy's campaign manager in Worcester County when he first successfully ran for the United States Senate. Carol was also a published journalist employed by three different publications while living in Whitinsville, MA. The Boutique Shop "SHE" initially was founded in her kitchen in Charlestown, with her best friend Jean Baldasaro.

After managing three publications, she entered her beloved field of education. Carol taught as a Certified Substitute teacher for 36 years, in 32 schools, grades Kindergarten through grade 12 throughout the Fall Mountain District along with Springfield, VT; Bellows Falls, VT; and Claremont, NH. Carol presented seminars through the region termed "Beyond Positive Thinking" which demonstrated various meditation techniques, including how to neutralize negativity which cause painful emotional conditions in people's lives. In Bellows Falls Union High School, where she served eight years, the students gifted her with the presentation of the 1995 Yearbook dedication. Following this unexpected but delightful surprise, she founded a four-year program for At-Risk Teens, termed The Re-Integration Class where students were able to work from their present level of understanding to increase their self-worth and determination to succeed. In 2001

Carol was nominated by a former student to carry the Salt Lake City Olympic Torch and ran that portion of the event in the City of Lebanon, NH. She retired from education at the age of 79, with the embodiment of such gratitude for

all of her beloved friends and fellow educators of every faculty she served through the four school districts and the respect and love for each and every student she served. Her love and her dedication to her students, family and friends continued through her daily posts on Facebook's "Polishing Halos" blog and frequent student visits to her home. She was also a Justice of the Peace, marrying many couples over the years, including former students, and children and grandchildren of former students.

A parade of 176 cars honored her legacy in December 2020, giving friends and family the opportunity to share words of gratitude for the profound impact she made in their lives which were forever changed by this wonderful woman.

The family wishes to thank the many, many people who reached out with personal notes and support giving the family strength over the last few months. In keeping with Carol's wishes, there will be no services.

You are invited to share a memory of Carol with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com). Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

### **Douglas McClay Sr., 76**

Douglas McClay Sr., 76, of Unity, NH, passed away on the morning of January 17, 2021, at Valley Regional Hospital in Claremont, NH.

A beloved husband, father, and grandfather, Doug was born on April 1, 1944, in Hope Valley, RI, and attended Hope Valley schools. He married his devoted wife, Dorothy Steadman, on January 3, 1964, and, after moving to New Hampshire, owned Doug's Auto in Unity for many years. A builder of engines who won multiple championships and races, Doug was an active part of Claremont Motorsports Park and also built numerous homes in Rhode Island and New Hampshire.

Doug is lovingly remembered as a witty, passionate joker with hands-on smarts who enjoyed time with his family, car races, snowmobiling and other outdoor sports, coffee, telling stories, and sharing memories.

He is survived by his beloved wife, Dorothy; son Douglas McClay, Jr., of Unity; daughter Tina Zampini and significant other Garret Austin of Unity; son Mark McClay and daughter-in-law Sybil McClay of Unity; son Jack McClay and daughter-in-law Jodie of Claremont;

son Jeffrey McClay and daughter-in-law Casey of Summersville, SC; son Jason McClay of Unity; grandchildren Amber, Miles, Dino, Nolan, Ryan, Kevin, Madison, Stella, Eleanor, Jacob, Tristan, Vincent, Kessa, Rhianna, Everly, Harbor, Haven, Mae-Lyn, and Kailand; and four great-grandchildren.

Visiting hours will be held privately.

Graveside services will be held in the spring in the Center Cemetery in Unity, NH.

The Stringer Funeral Home is in charge of arrangements.

### **Christine E. McElreavy, 87**

Christine E. McElreavy, 87, of Maple Avenue in Claremont, NH, formerly of Clay Hill Road, died on Saturday (Jan. 16, 2021) at Dartmouth Hitchcock Medical Center in Lebanon, NH, following a period of failing health.

She was born in Springfield, VT, on October 17, 1933, the daughter of Frank and Vulena (Kangas) Johnson. She graduated from Springfield High School, Class of 1951, and worked as secretary at the high school for Principal Maurice O'Leary for one year following graduation. She married Joseph T. McElreavy on June 28, 1952. They made their home on Clay Hill Road where they had built their house. She and Joseph celebrated their 68th wedding anniversary in June of 2020. Chris did clerical work at Claremont Shoe Company and Joy Manufacturing Co. She also worked at Hampshire Mfg. Company and part time at One Hour Martinizing and Kleen Dry Cleaners. She especially enjoyed their 25 years at their summer cottage on Perkin's Pond in Sunapee, NH, swimming, boating, and water skiing. She also enjoyed her grandchildren, crossword puzzles, crocheting and knitting hats, mittens, and lap robes for the needy. She always enjoyed music and learned to play the organ. She joined a country band, sang vocals and played rhythm guitar along with her husband, Joe, for several years in the Harold Fordham Band. Chris was a member of the Claremont Senior Center, Congress of Senior Citizens, Claremont Chapter AARP, Chapter #4344 and Claremont Group Coordinator for the Sight Services for Independent Living.

Members of her family include her husband, Joseph, Claremont, NH; two daughters, Diane (Jack) MacIntyre, Yorktown, VA; Sharon (Michael) Gilbert, Claremont, NH; three grandsons, Ryan (Lori) MacIntyre, Jeffrey Gilbert, Daniel Gilbert, one great grandson, Brandon

MacIntyre, a brother, Fred Johnson, Springfield, VT, one niece and three nephews.

She was predeceased by her parents, her stepmother, Ella (Champany) Johnson, a brother, Frank, Jr., and two very special people, Aunt Ina Underwood and Uncle Arthur Kangas.

A Mass of Christian Burial was celebrated at on Friday (Jan. 22) with the Rev. Shawn M. Therrien, pastor, officiating. Interment followed in St. Mary's Cemetery.

The family suggests that memorial contributions be made to St. Mary's Parish, 32 Pearl Street, Claremont, NH 03743 or to the charity of one's choice. You are invited to share a memory of Christine with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com).

### **WEDNESDAY, FEBRUARY 10**

#### **Starry Snowshoe Hike, 5:30 - 6:30PM Eco Ag Center, Unity, NH**

Join us for a short winter hike and learn about the stars and other celestial objects above while you sip on hot chocolate. Bring your own snowshoes and make sure to bundle up! Hot chocolate will be provided. You might want to bring a sled too. Please register by emailing Dawn at [ddextraze@sullivancountynh.gov](mailto:ddextraze@sullivancountynh.gov) with your name, phone number, and how many are in your party. You must register to attend. Space is limited. Wed. February 17, 2021 is the rain date.

#### **Stargazing**

On a clear night after your eyes have adjusted, find a spot to look up out into the universe. The brightest things you see are probably planets or the moon! Planets don't twinkle like stars do. They are much closer to Earth than the stars. Do you see any "stars" that seem to move at a constant speed in a constant direction? That is probably a satellite or even the International Space Station (ISS). Look for shooting stars, the aurora borealis, and planes flying by. See if you can pick out constellations and learn about their stories.

"To know the dark, go dark." - Wendell Berry  
Winter is a wonderful time to explore the night. You don't even have to stay up late to do so. Just bundle up and head out. You can bring a flashlight, but try not to use it unless you need it for safety. Even then, putting some red cellophane over the top with a rubberband holding it on will help you keep your night vision. Night vision builds up over 20-40 minutes, but as soon as a bright white or blue light is seen, it disappears and has to start all over again!



The Claremont City Council will hold a public meeting on Wednesday, January 27, 2021, at 6:00 p.m. in the Council Chambers of City Hall and via Zoom. **NOTE: EARLIER START TIME**

To join the webinar:

<https://us02web.zoom.us/j/81529457408?pwd=dmpEQ1BRNXNibVFUblYnU1nWnZIQT09>

Passcode: 739587

Or by telephone:

1-646-558-8656

Webinar ID: 815 2945 7408

Passcode: 739587

If there is a problem getting through to that number, please call 603-542-7002.

***AGENDA (Revised)***

- 6:00 PM 1. PLEDGE OF ALLEGIANCE
- 6:02 PM 2. ROLL CALL
- 6:03 PM 3. NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(a) – PERSONNEL
- 6:34 PM 4. AGENDA CHANGES
- 6:35 PM 5. MAYOR’S NOTES
- 6:40 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
  - 1. Discussion with State Legislators
- 7:15 PM B. *Funds Transfer (Compensation)*
- 7:35 PM C. *Resolution 2021-20 City Hall Boiler Repair – Public Hearing*
- BREAK
- 9. NEW BUSINESS
- 8:00 PM A. Capital Improvements Plan (City Manager)
- 8:30 PM B. Donation Policy Discussion (City Manager)
- 8:40 PM C. Council Goals Discussion (Council)
- 9:00 PM 10. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:05 PM 11. CONSULTATION WITH LEGAL COUNSEL
- 9:10 PM 12. ADJOURNMENT

PLEASE NOTE: Claremont City Council’s next scheduled meeting will be on Wednesday, February 10, 2021, at 6:30 p.m. in the Council Chambers at City Hall and via Zoom.