

e-Ticker News of Claremont

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**Warrant Articles
Approved for March
Vote; page A8**

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February 11, 2019

Valley Regional Healthcare Names Howard Interim CEO

CLAREMONT, NH— Valley Regional Healthcare has announced Deanna Howard as interim President & CEO, effective February 18, 2019. Howard, a resident of Etna, most recently was the Vice President of Regional Development for Dartmouth-Hitchcock in Lebanon, and is currently providing healthcare consulting services. Additionally, Howard is the past Chairman of the New Hampshire Hospital Association, and is a current member of the Board of Trustees of Mt. Ascutney Hospital, Crotched Mountain Foundation and the Society for the Protection of NH Forests. She is the former Chief Executive Officer of Upper Connecticut Valley Hospital in Colebrook.



Deanna Howard

“I’m very excited about providing interim leadership services at Valley,” said Howard. I have worked with Valley Regional Healthcare staff during my employment with Dartmouth-Hitchcock, and served on the Valley Board of Trustees for several years. This is an exciting time at Valley Regional, and I look forward to

(Continued on page A2)



Edison Sohngen did vocal exercises before his appearance as The King in Bluff School’s “12 Dancing Princesses”, part of Saturday’s Elementary School Drama Festival. Right: Stacy Bathrick, Claremont Elementary School Drama Director, introduced the three plays — which she also directed — to the audience. More photos, page A23 (Eric Zengota photos).



Howard, from A1

joining the team.”

Howard was appointed after current President & CEO Peter J. Wright announced his resignation. Wright will remain with Valley until March 8.

”Deanna Howard has the experience and wealth of knowledge the Board was looking for in choosing the right Interim President & CEO, and she will execute a smooth leadership transition at Valley Regional Healthcare,” said Patti Putnam, Chair of Valley Regional Board of Trustees.

Howard’s focus at Valley Regional will be to utilize her wealth of knowledge to improve hospital operations, explore growth opportunities, and collaborate with colleagues and providers to advance the hospital.

A search for a permanent President & CEO is currently underway. Wright has accepted a position with Central Maine Healthcare.

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Arrest Announced in Juvenile Sexual Assault Case

CLAREMONT, NH—According to a statement released by the Claremont Police Department on Friday, a juvenile reported to a school crisis counselor on January 27 that she had been allegedly sexually assaulted. The Claremont School District immediately made the required notifications to the Division for Children, Youth and Families and the Claremont Police Department.

The Claremont Police Department initiated a criminal investigation, which included interviews and the collection of physical evidence pursuant to a search warrant, said Capt. Stephen Lee of the Claremont Police Department. On February 7, the following subject was arrested on a warrant for Aggravated Felonious Sexual Assault: Bruce Young, age 57, of Claremont. The complaint is a special class Felony punishable by 10-20 years in New Hampshire State Prison, according to Lee.

Young was transported to the Sullivan County House of Corrections without bail pending his arraignment in Sullivan Superior Court, which was scheduled for February 8.

The Claremont Police Department was assisted in this investigation by the Claremont School District, the Child Advocacy Center of Grafton and Sullivan Counties, and the Children’s Hospital at Dartmouth Child Advocacy and Protection Program. The prosecution is being handled by Assistant Sullivan County Attorney Christine Hilliard.

Lee said the investigation into this matter “is ongoing,



Bruce Young

and further charges are anticipated.”

Anyone with information about this investigation is encouraged to call Claremont Police Detective Casey Piehl at (603)542-7010 or e-mail cpiehl@claremonthnh.com.

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NH Lottery Numbers

02/09/2019

NH PowerBall

1 2 3 7 39 25

NH Mega Millions 02/08/2019

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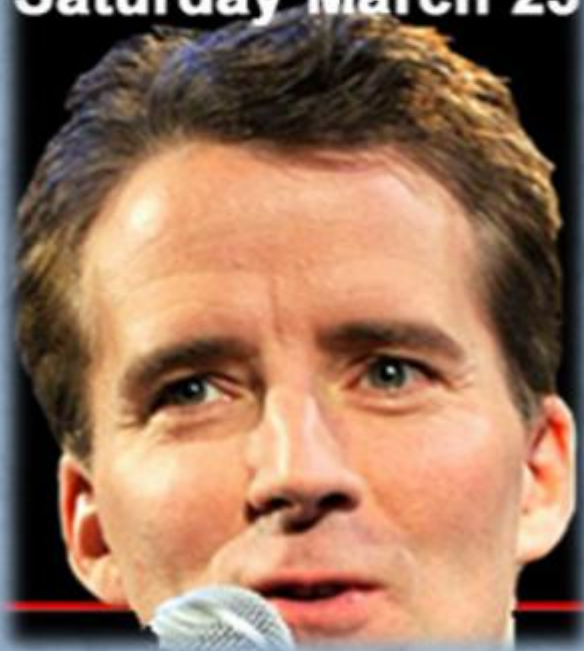
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Commentary

NH House Happenings

By Rep. John Cloutier

Looking for Ways to Pay for Roads, Bridges



Paying for the maintenance of the Granite State's roads and bridges, while adapting to the new ways of how motor vehicles are being powered, was the subject of three public hearings before a New Hampshire House committee last week.

On Feb. 6 and 7, my committee, the House Public Works & Highways Committee, held three separate hearings on House Bills 478, 510, and 538. The first, House Bill 478, would create a new RUF (Road Usage Fee) for all motor vehicles registered in New Hampshire based on the average miles per gallon they get according to the United States EPA's (Environmental Protection Agency's) MPG (Miles Per Gallon) Data System. The RUF would be payable annually at the time motor vehicle owners register or re-register their vehicles at their city or town clerks' offices. More specifically, the new RUF would basically apply only to vehicles traveling more than 10,000 miles per year, and getting at least 20 MPG. The RUF would not apply to motorcycles, mopeds, off-highway recreational vehicles, and motor vehicles with Model Year 1985 or older. It is sponsored by a bipartisan group of legislators led by Plaistow Rep. Norman Major, a Republican who has been the leading advocate for the RUF since he first introduced in 2016.

House Bill 478's fiscal note, compiled as of Dec. 26, 2018, did not indicate how much extra revenue for the Highway Fund it would generate per year. But the note does mention that approximately \$330,000 in Highway Fund dollars would have to be initially spent by the New Hampshire Dept. of Safety to tie in to the EPA's Data System so the actual RUF amount for each motor vehicle could be calculated.

Unfortunately, Rep. Major was unable to testify at the Feb. 6 public hearing on House Bill 478 because of illness. But one of the bill's co-sponsors, Bedford Rep. John Graham, who is also a member of Public Works & Highways, gave a very detailed presentation on the need for the RUF as one way to pay for our crumbling infrastructure. The amount of revenue flowing into the Highway Fund is slowly declining due to a growing number of electric-powered, hybrid, as well as diesel and gas-powered vehicles on our state's roads. This growing number of such vehicles is resulting in less money being generated by the state's "road toll", which is the official name for the gas tax. While this growing number may be good news for our state's environment, it also means less money to fix our state's infrastructure.

The number of individuals testifying on House Bill 478 was evenly split, including supporters like Rep. Graham. But opponents like Plainfield Rep. Lee Oxenham stated that the measure would discourage New Hampshire residents from purchasing more electric and fuel-efficient vehicles which help reduce pollution and combat man-made climate change that is harming our state. Rep. Oxenham then said that a

better way to generate more Highway Fund revenue would be to tax vehicles based on a combination of their weight and number of miles traveled per year.

Charging heavier vehicles like trucks by their weight in order to generate more Highway Fund revenue was idea echoed in another bill heard before Public Works & Highways later on Feb. 6. House Bill 510 would raise the annual vehicle registration fees by weight in several categories as well as increase the number of weight categories such fees could be charged from four to five. Additionally, tractor-trailer trucks would be assessed a registration fee based not only the truck's weight, but also the trailer weight, including the weight of the maximum load to be carried. There would be three gross weight categories for which the fee would be assessed. For example, tractor trailers between 8,001-12,931 pounds gross weight would pay an extra \$1.72 per 100 pounds of such weight. Next, tractor trailers weighing between 12,931-73,280 pounds would pay an extra \$1.78 per 100 pounds of gross weight. Finally, such vehicles weighing over 73,280 pounds would be charged \$2.74 for each 100 pounds over 73280.

House Bill 510 would take effect on July 1, 2019, if it became law as now introduced. But there is another provision of the bill that would take effect on June 30, 2021. This provision would adjust all the fees just described by an AAF (Annual Adjustment Factor) based on a formula mixing the current year's national average MPG on all vehicle models over last year's average, plus the rate of inflation. By the way, like House Bill 478, the bill's fiscal note, compiled as of Jan. 11, 2019, did not indicate how much it would actually generate for the Highway Fund, but that an initial expenditure of approximately \$504,00 would be required to help implement the bill's provisions. This bill is sponsored by four Democratic lawmakers, led by Portsmouth Rep. Peter Somssich.

Rep. Somssich on Feb. 6 testified that under House Bill 510 about 75 percent of the extra revenue generated by it would pay for roads and bridges, with 25 percent designated for the construction of walls and other sound barriers so as to reduce the level of vehicular noise heard by homeowners who live near busy highways and turnpikes. The homeowners affected include many of his Portsmouth constituents.

House Bill 510 opponents included Robert Sculley, a lobbyist for the New Hampshire Motor Transport Association, whose membership is composed of truckers. Mr. Sculley stated that the bill as written, unfairly targets trucking industry, which already pays higher registration fees because of the trucks' heavier weight, adding that trucks pay more in gas tax revenue, because their fuel efficiency is lower than that of cars.

Finally, on Feb. 7 my committee heard House Bill 538, which would raise New Hampshire's gas tax by six cents per gallon, and designate all the revenue raised to fixing our infrastructure. House Bill 538 is sponsored by a group of six Democratic representatives led by Hinsdale Rep. Michael Abbott, who is also on Public Works & Highways. Rep. Abbott declared at the hearing the bill should raise an extra \$49.8 million per year for the Highway Fund based on the fact as indicated by the New Hampshire Dept. of Transportation that each penny on the gas tax now raises about \$8.3 million annually for the Fund. Currently, our gas tax is 20.2 cents per gallon, and was last raised in 2014.

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Commentary

Notes From District 1

By Executive Councilor Michael Cryans



Getting Acquainted

A little over a month ago, I was sworn in as the Executive Councilor for District 1. This district covers the upper two-thirds of the state of New Hampshire and is made up of 109 towns and four cities (Berlin, Claremont, Laconia and Lebanon) with approximately 275,000 residents.

During this time, I have stopped at 20 town halls, attended Selectboard and County Commissioners' meetings, visited hospitals, mental health providers and substance abuse residential facilities, as well as many businesses and stores. Here is a brief sampling of visits to the seven counties: the Society for the Protection of New Hampshire Forests, Volunteer Day at the Rocks Estate in Bethlehem, Annual Meeting and employee appreciation day at the Upper Connecticut Valley Hospital in Colebrook, toured the Newport downtown with the Chamber of Commerce Executive Director, shown inspection equipment by the Auto Dealers Association in North Conway, visited the Fish Hatchery in New Durham, toured the Laconia State School grounds, and met with the New London town administrator.

I have also attended many meetings with the Commissioners and staff, and toured various facilities that help make up State Government.

While serving as a Grafton County Commissioner for 19 years, I saw firsthand Ray Burton's efforts on behalf of the residents of District 1. I wish to continue this tradition. While running for this office, I stated that my number one priority is *Constituent Service*. During this first month I am thrilled to see many residents reach out for help and I encourage anyone that would like to reach me to contact me at michael.cryans@nh.gov or (603)443-1901.

Visit <https://www.nh.gov/council/districts/d1/reports/index.htm> for council report summaries.

Always feel free to contact me!

Editor's Note: The Executive Council of the State of New Hampshire has the authority and responsibility, together with the Governor, over the administration of the affairs of the State as defined in the New Hampshire Constitution, the New Hampshire statutes, and the advisory opinions of the New Hampshire Supreme Court and the Attorney General. Each of the five Executive Councilors represents one fifth of the population or approximately 263,000 citizens.

Kuster Provision to Ensure Access for Services Included in Veterans' Access to Child Care Act

WASHINGTON, DC—Friday, Congresswoman Annie Kuster (NH-02) applauded passage of H.R. 840, the Veterans' Access to Child Care Act. Kuster is a cosponsor of the legislation, which would expand and make permanent the VA's Child Care Pilot Program, giving all veterans seeking mental health treatment with VA safe, reliable, and free child care. The bill includes provisions from an amendment introduced by Kuster that would ensure VA accounts for any travel burdens, excessive driving or geographic challenges veterans may face in accessing these child care services.

"After everything veterans have done for our country, they should never be prevented from treating their PTSD, depression, or any other psychological wounds because they can't find a safe place for their child," said Kuster. "This legislation will give veterans the security of having access to free, quality child care while they receive mental health treatment. I'm pleased my provision was included in this bill because it would help veterans get the child care assistance that best suits their needs..."

Letter to the Editor

Discussing Two Warrant Articles on Newport Ballot

To The Editor:

I am writing today to discuss two warrant articles that are on the ballot for the Newport School District's Annual Meeting, Second Session, the voting, which will be held on Tuesday, March 12, 2019. The voting takes place at the Town Hall, also known as the Opera House, from 8 AM to 7 PM.

Article 6 – SRVRTC Renovation. The Sugar River Valley Regional Technical Center offers career and technical education programs for students in the Newport, Sunapee and Claremont school districts.

The Center has programs in Welding, Automotive Technology, Cosmetology, Health Sciences, Pre-engineering, Natural Resources/Forestry and Horticulture. Students take competency-based courses that prepare them to enter the workforce, acquire additional post-secondary training, or attend two- and four-year colleges. The Center opened in the Fall of 1993 and now is the time to start the planning process to renovate both the programs and the facility.

The NH Department of Education through the NH General Court (the Legislature) will fund up to 75% of approved renovation costs, for two centers, every biennium. It was the intent when these facilities opened to renovate them every 20 years, but local budgets did not allow for these bonds to pass and the cycle got off schedule. Newport's turn will come up in the 24-25 biennium but that means that the plan for renovation must be in final format, with a positive bond vote by the local legislative body, the voters in Newport. In preparation for this, we are asking for \$45,000 to develop a feasibility study and design new or re-design existing programs to meet the needs of local and regional employers. This will allow the district to engage a firm to develop the plan and prepare for a second vote in 2020 or 2021 to hire an architectural/design firm and prepare plans for a final bond vote in 2022. It is important to meet this time line because history tells us that the Centers ahead of us, might not decide to renovate or get the necessary vote they need to move forward. In that instance, those districts with a plan move up the time line. I

am asking the voters of Newport to support this warrant article on March 12.

Article 9 - School Health Insurance Expendable Trust Fund. The Newport District is reviewing the health insurance plans we provide to our employees and have hired IPG, Employee Benefits Specialists to assist us in this process. We are looking at self-insurance as one of our options. In order to do that we need to have a dedicated fund to be used to pay claims, up to the limits of whatever amount we determine for self-insurance. Again, this is enabling legislation and I encourage the voters of Newport to support this article. The \$100 amount is a place holder to begin the trust fund.

Thank you for your consideration and your participation in the democratic process.

Virginia O'Brien Irwin
Newport, NH

Hassan Receives Congressional Leadership Award From Community Anti-Drug Coalitions of America

WASHINGTON, DC—On Wednesday, Senator Maggie Hassan (D-NH) received the Congressional Leadership Award from the Community Anti-Drug Coalitions of America (CADCA) for her bipartisan work to combat the devastating substance misuse crisis. CADCA works to strengthen the capacity of community coalitions to create and maintain safe, healthy, and drug-free communities globally. To learn more about CADCA click [here](#).

"I am deeply honored to receive the Community Anti-Drug Coalitions of America's Congressional Leadership Award," Hassan said. "CADCA recognizes that the magnitude of this crisis demands that we collaborate across traditional boundaries and take a truly all-hands-on-deck approach to combat this crisis from all angles. I will keep working every single day to help give CADCA – and all the heroes on the front lines of the substance misuse crisis – the tools and support that they need."

New Hampshire currently has 12 drug-free community coalitions that are funded through CADCA's Drug Free Communities program, including the Franklin Mayor's Drug Task Force, SALT & Light, the Raymond Coalition for Youth, and the Nashua Prevention Coalition, all of which had representatives at the CADCA ceremony on Wednesday.



Senator Hassan received the Congressional Leadership Award from the Community Anti-Drug Coalitions of America.

Hassan has led bipartisan efforts in Congress to combat the heroin, fentanyl, and opioid crisis. Working with Senator Jeanne Shaheen (D-NH), Hassan successfully secured more than \$45 million in additional federal funding over two years for New Hampshire to strengthen the response to the epidemic. Last October, Hassan attended the White House signing ceremony for bipartisan legislation she helped develop that included key priorities that those on the front lines have been calling for. Measures in the legislation that the Senator authored or cosponsored include provisions to expand existing centers to serve as Comprehensive Opioid Recovery Centers, boost access to medication-assisted treatment, help stop the shipment of fentanyl from places like China through the U.S. Postal Service, and crack down on bad actors in the pharmaceutical industry. Earlier last year, the Senator was also on hand as President Trump signed the INTERDICT Act, which she cosponsored to help ensure that U.S. Customs and Border Protection (CBP) has the tools to help detect and intercept fentanyl and other illegal synthetic opioids.

Recreation Roundup



Cure Your Cabin Fever Winterfest Activities Will Brighten the Season

Icy roads. Drifts in your driveway. School closures. Two-day thaws. Boots and gloves



The Father/Daughter Dance sponsored by the Claremont Parks and Rec Dept. has become an annual favorite (File photo).

and woolen hats and plenty of fleece.

We're used to the New England winter rollercoaster. Good news: we're just past half-way through. Better news: Claremont Parks & Recreation is teaming up with Arrowhead Recreation Area to offer three Winterfest events that will lift your spirits and give families and friends some warm memories of these cold days and nights.

Stepping Out

Our annual Father/Daughter Dance takes place Friday, February 15, from 7 to 9 PM, in the Claremont Savings Bank Community Center gymnasium. About 150 couples in party dresses and jackets-and-ties attend each year.

The dance is not just for dads! Granddads, uncles, adult brothers and family friends are all welcome to be the date or chaperone of that special little girl in your life. Hors d'oeuvres will be served while you dance the night away to today's hottest hits. Photos of each couple will be taken.

Register online (apm.activecommunities.com/claremontparksandrec/Activity_Search) or in person at the Center by February 14 for \$15 per adult and one girl; add \$5 for each additional girl.

At the door, the cost is \$20 per adult and one girl; \$5 for each additional girl. Payment is by cash or check.

Note that only daughters/child(ren) need to be registered. Fathers/adults do not register as they are chaperones/dates.

Taking Off

On the same evening of February 15, Mother/Son Tubing takes to the fast lane at Arrowhead from 6 to 9 PM.

Some basic rules: one person per tube, no ski boots on the tubing hill. You'll need to sign a release form at Arrowhead Lodge or — to skip the waiting line — online beforehand at arrowheadnh.com/tubing.php.

Cost for the full session is \$9 per person; half session (8 to 9 PM), \$6. Payment is by cash, check, and credit or debit card. Mother/son couples will be entered into a raffle, with the prize drawing at 9 PM.

Burgers, sandwiches, and hot and cold drinks are available for purchase at the lodge.

Race 'Em Down

Head to Arrowhead for Winterfest's premier event on Saturday, Feb. 16 — the annual Cardboard Sled Race. Every year, individuals, families and teams of friends and co-workers arrive with the most inventive designs and clever costumes in their bid to win prizes and the cheers of the crowd.

Build a sled made of only cardboard and tape. (Other materials such as string, glue, wood and plastic will disqualify a sled, which will be inspected.) Waxing the

running surface is permitted and suggested for maximum speed. Haul your sled to the top of the tubing lanes. Jump on and shoot down, trying to reach the bottom in one piece. Win trophies for fastest, most creative and more. The winner of the top prize — the much-coveted, all-cardboard Arrowhead Cup — will be the person who scores highest in both creative design and speed. In addition, the winner's name will be engraved on the permanent Cup in the lodge.

There are two categories of racers, youth (14 and under) and adult/family/business.

Entry fees are \$8 single, \$16 for two persons, and \$20 for three or more (maximum of eight riders in a sled).

Racers have to sign a liability release form. Parents must sign for minors.

Registration is in the lodge from 10:30 AM to 1:30 PM.

Judging of sleds on artistic and construction features starts at 12 noon. Sleds can enter judging until 1:30 PM.

Race entries will be allowed up to 2 PM. Sleds must be at the starting line by 2:15 PM in running order.

For full rules, visit arrowheadnh.com/csrules.php.

Dancing up a storm and speeding in the snow — if you can't beat winter, then enjoy it!

Mark Brislin, director, Parks & Recreation
— 603-542-7019 —
mbrislin@claremonthnh.com



(Photo courtesy Bruce Denis Photography)

Claremont Voters Approve Warrant Articles for March School District Vote

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—Several dozen people attended the Claremont School District Deliberative Session Wednesday night, to approve the proposed warrant articles that will come up for a vote on March 12. This year's meeting moved along quickly and quietly, unlike past years, and lasted only an hour. All the proposed warrants were adopted easily and with little debate.

The proposed main budget this year is \$35,293,063; should that fail, the default budget of \$35,113,750, which is the same as last year, would kick in. In the past, default budgets have been higher, but due to legislative action, default budgets were figured differently. According to the district, there is a state law that says what is allowed to be included in the default budget and what isn't allowed to be included. The school district and school board do not get to determine the amount of the default budget. Affecting this year's budget were the following fixed costs increases: Voter approved Collective Bargaining Agreements, \$593,878; non-CBA salary increases, \$55,681; benefit cost changes, \$93,134; out-of-district placement & contracted service, \$71,087, for a total fixed cost increase of \$813,780, or \$333,653 more than the current year. The district is anticipating a total loss of state revenue of \$101,061. Recommended reductions included around 12 positions, which the school board believes can be accomplished through attrition and reassignments. The budget's major cost addition of \$373,914 is for a special ed alternative program at the elementary school level designed to save funding by keeping the students in the district rather than bussing them to out-of-district services, at a cost of roughly \$90,000 per student. The program would be designed to serve up to 12 children and include a staff of nine. There is also funding included to open the door to using the tech center more; in this case, the board has added a ROTC class and related supplies, etc.

Other warrant articles include roof repairs at Bluff Elementary School, a new fire panel at the Disnard Elementary School—the fire panel at the school is over 20 years old with parts no longer readily available—and a district-wide two-way radio communications system. Claremont Police Chief Mark Chase spoke in

support of the communications upgrade, as did SHS principal Pat Barry, who said that “there is a great need” for the upgrade and that high school personnel cannot even communicate from floor to floor with the present system. “During emergencies it is critical that the schools have methods of communication that are simple to use and reliable. A push-to-talk communication system (that uses two-way radios) would work when other means of communication have failed. This would allow staff and administration to quickly communicate with each other and first responders,” said school officials. This will also allow communication between all seven buildings within the district.

The final warrant article seeks to purchase and install surveillance cameras on school district buses.

If all the warrant articles pass at the March vote, it would mean an increase on the tax rate of 79 cents per \$1,000; the loss of adequacy funding of \$76,071 would add another 11 cents, for a total impact of 90 cents.

“We worked long and hard on it and I'm proud of what we've done,” said School Board member Jason Benware. Board Chair Frank Sprague urged support for the budget, saying “I'm really afraid of what it will do if we reduce this budget even further. Please, please support the main budget.”



The advertisement features a woman with blonde hair looking thoughtfully to the side. The background is dark with a crescent moon and stars. The text reads:

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Logos for GIA (Gemological Institute of America), Instagram, and Facebook are at the bottom.

Claremont Man Sentenced for One Year for Domestic Violence

NEWPORT, NH—Nicholas Grasso, 21, of Claremont, NH, was sentenced in Sullivan Superior Court on Feb. 5 to serve a term of incarceration at the Sullivan County House of Corrections. Grasso was sentenced, after having previously entered pleas of guilty, for one charge of felony second degree assault, and one misdemeanor offense of domestic violence. Grasso received one 12-month sentence for second degree assault, and one twelve month sentence for domestic violence. Those sentences will be served concurrent with each other. Grasso will be evaluated for the Sullivan County TRAILS program, which is an intensive incarceration based program, including substance abuse treatment, run by the Sullivan County Department of Corrections, and one based upon best practices.

Grasso will further be supervised by the New Hampshire Department of Corrections for a period of three years upon his release from incarceration. Additionally, Grasso received mandatory fines as a result of having committed offenses related to domestic violence.

Grasso was arrested on April 12, 2018, by Claremont Police Department Officers Tyler Petrin and Corporal Jereme Burdick. Grasso's arrest arose from Petrin's investigation into an assault, committed against a female known to Grasso, that occurred on March 24, 2018 and into March 25, 2018.

The second degree assault charge stemmed from certain strangulation events, and the domestic violence charge was in response to other physical violence that occurred.

Newport Man Sentenced for Two Years for Domestic Violence

NEWPORT, NH—Shaun Walsh, 25, of Newport, NH, was sentenced in Sullivan Superior Court this past week to serve two year consecutive terms of incarceration at the Sullivan County House of Corrections. Walsh was sentenced on Feb. 5 after previously entering pleas of guilty for two felony counts of second degree assault, and one felony count of criminal threatening with a

deadly weapon, an offense that was committed while Walsh was out on bail.

Walsh received one 12 month stand committed sentence for second degree assault. Walsh also received two 12 month stand committed sentences, on a second – second degree assault, and criminal threatening. Those sentences will be served concurrently with each other, and consecutively to the first twelve month period of incarceration. Walsh will be evaluated for the Sullivan County TRAILS Program, pursuant to those sentences, which is an intensive incarceration based treatment program run by the Sullivan County House of Corrections, and one based upon best practices.

Walsh was further sentenced to serve 2.5–7 years at the New Hampshire State Prison for having committed the criminal threatening offense while out on bail. That sentence was suspended, conditioned upon good behavior, for a period of five years.

On Aug. 27, 2018, Newport Police Officer Dakota Titorenko and Sergeant Patrick Zullo arrested Walsh on a warrant for second degree assault. The warrant was obtained as a result of Titorenko's investigation into the

strangulation of a female known to Walsh that occurred on Aug. 26, 2018. Walsh was subsequently released on personal recognizance bail, and given an arraignment date in Sullivan Superior Court. Walsh, prior that initial appearance date, engaged in a second domestic violence incident on Sept. 2, 2018, with the same individual and one which included physical violence and certain threats while brandishing a knife. Titorenko, Zullo, and Lieutenant Charles Rataj were involved in the subsequent investigation and/or the second arrest of Walsh on Sept. 5, 2018.

"The law enforcement community of Sullivan County is vigilant in the efforts to stop crimes of domestic violence," said County Attorney Marc Hathaway. "The Sullivan County Attorney's Office is determined to prosecute these crimes in ways designed to keep the survivors of domestic violence and the families and people of Sullivan County safe from physical violence."

The Newport Police Department conducted these investigations, and the case was prosecuted by Deputy Sullivan County Attorney Justin Hersh.

Claremont Savings Bank



TIPS



WHAT'S THE DIFFERENCE?

Wire vs. ACH

ACH (Automated Clearing House) and wire transfers are both bank-to-bank payment methods to send money electronically and both can be used for many business-to-business payments, affiliate payments, or vendor payments. However, there are inherent differences between the two. Wire transfers are done directly, usually immediately, between a sending and receiving account, while ACH transfers are electronic transfers that are batched and go through an automated clearing house. Wire transfers can be executed more quickly than ACH transfers, however there is usually a fee.

Call CSB for more details on ACH and Wire Transfers.

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Alstead, NH - Raised ranch on 1.33 acres with remodeled kitchen & bath. A spacious master bedroom, large front deck, 3 season sunroom off kitchen, enclosed basement workshop, generator hookup. Located near the Alstead/Acworth line. See **MLS# 4736031** for more info and photos. **\$159,000**



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Ann's Property Of The Week

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Ashley Bergeron
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PUBLIC NOTICE

Southwestern Community Services on behalf of Southwestern Community Services Transportation gives notice that pursuant to 49 U.S.C. Section 5311, Non-urbanized Area Formula Fund – SFY 2020-2021, and FTA Section 5310 RCC – SFY 2020, the opportunity is offered for a public hearing on a proposed Public Transit Program in Sullivan County, NH. Said project consists of the continued operation of deviated public transit routes in Charlestown, Claremont, and Newport, NH, as well as demand response public transportation in Claremont, NH and a Volunteer Driver Program throughout Sullivan County during State Fiscal Years 2020 and 2021.

Persons desiring a hearing to be held should submit written requests to Terri Paige, Transportation Director, SCST, 6 Kinney Place, Claremont, NH 03743. All requests must be received by February 28, 2019. If there is sufficient interest, a date will be scheduled, and a notice of hearing will be published. A copy of the proposal may be seen at the Transit Director's office upon request. Persons desiring to make written comments should forward them to the above address by February 28, 2020.

Dated at Claremont, County of Sullivan, State of New Hampshire this 11th day of February, 2019.

Terri Paige

Transit Director

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WEDNESDAY, FEBRUARY 27
Land Conservation in Cornish
7 pm

Public Talk at the Cornish Town Offices
Join Megan Chapman, MSES, Conservation Project Manager at Upper Valley Land Trust to learn about past conservation projects in Cornish and opportunities and options available for protecting additional natural resources and lands in our community.

Hosted by the Cornish Conservation Commission
For more information of questions,
please email: conservationcommission@cornishnh.net

Police Investigate Threats at Green Mountain Union High School in Chester

Threat Traced to Michigan

CHESTER, VT— Law enforcement agencies, including the Chester Police Department and the Vermont State Police, were investigating threats that occurred last week at Green Mountain Union High School in the town of Chester.

According to a VTSP statement, "The initial threat was received Monday, Feb. 4, when a student at the high school learned of a message online in which an individual made threats of violence toward the student at school. The threat was traced to an individual in Michigan, and late Thursday, Feb. 7, authorities there took into custody Jason Graham,

23, of Three Rivers, on a parole violation related to possession of firearms, drugs and alcohol. According to Michigan law enforcement, Graham was on parole for escape from a work crew, with underlying charges of retail theft and carrying a concealed weapon. Graham's computer was seized, and investigators are in the process of searching it in connection with the Green Mountain Union threat. No charges related to that incident have been filed."

At about 11:30 a.m. Thursday, Feb. 7, the school received a call from an individual who allegedly made a threat of violence toward the school, including a bomb threat. The school was placed in lockdown, and police responded. Law enforcement evacuated the school. The Vermont State Police Bomb Squad and explosives detection K-9s also were utilized; no explosive devices were found. The investi-

gation into the source of this second threat remains active and ongoing, said the VTSP. Friday morning, Feb. 8, police were on hand at the beginning of the school day and met with students to explain the situation. A normal class schedule resumed.

Assisting at the school were police departments from Barre City, Newport, Rutland City, Springfield and Weathersfield in Vermont, and from Lebanon, NH. Vermont Fish and Game wardens and Chester and Springfield fire departments also responded.

Anyone with information about these incidents is asked to call Chester police at 802-875-2233.

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Workshop: 3D Print Club

CLAREMONT, NH—Join us as for 3D PRINT CLUB! Every week, we'll get together and participate in a freestyle design session. In a freestyle, participants simply design what they want to. There will also be various design challenges each week if you're looking for inspiration, and an instructor will be present to offer advice and otherwise help troubleshoot as you create and print designs. Instructor-supported software (and software available on the Makerspace computers) includes Tinkercad and Fusion 360. If you're an experienced 3D designer, bring your laptop and favorite design software! We'll also spend time cleaning up our prints and discussing what goes into making the best print possible. This event runs as a 3 month session. At the end of each session we'll collect our favorite and best prints and have an open showing.

To register, please go here:

<https://claremontmakerspace.org/events/#/event/2019/2/12/3d-print-club>

Date: Tuesday, Feb 12th, 6 PM

Location: Claremont Makerspace, 46 Main Street, Claremont NH

Workshop: Intro to CNC Routing

CLAREMONT, NH—Computer numerical controlled (CNC) routers rock. They're cutting machines used for cutting various hard materials (wood, aluminum, foam, plastics, etc) and are useful for a huge variety of creative applications. Need to cut (or carve) a complex or unique shape? Lots of them? This machine will be your friend!

Intro to CNC Routing will provide an overview of CNC routing with a ShopBot CNC machine – covering safety procedures and basic setup and operation of the ShopBot CNC system, as well as the software used to run this tool. We will walk through the process of cutting out a pre-programmed design and end with parts ready to assemble! Participants of this workshop will have the opportunity to sign up for a follow certification session. Upon successfully passing this certification test, these Members will be allowed to use the ShopBot on their own.

To register, please go here:

<https://claremontmakerspace.org/events/#/event/2019/2/12/intro-to-cnc-routing>

Date: Tuesday, Feb 12th, 6 PM

Location: Claremont Makerspace, 46 Main St. Claremont NH

Workshop: Electronics/ Microelectronics Meet Up

CLAREMONT, NH—Join us our monthly electronics and microcontroller Meetup. The goal is to meet folks from the local maker community who are interested in electronics/microcontroller related projects, share ideas, and discuss educational and professional development opportunities. All varieties of electronics projects and flavors of microcontrollers – Arduino to BeagleBoard and everything in between (sensors, IoT, Python, Scratch, etc.) – are welcome!

To register, please go here:

<https://claremontmakerspace.org/events/#/event/2019/2/13/electronics-microelectronics-meet-up>

Date: Wednesday, Feb 13th, 5:30 PM

Location: Claremont Makerspace, 46 Main Street, Claremont NH

Upcoming Workshop: Make a Pair of Heart-Shaped Hammered Copper Earrings

CLAREMONT, NH—It's almost Valentine's Day! Get in the spirit with this just-for-fun, simple class making hammered copper heart earrings. You'll learn a little about working with copper, how to add texture and shape, and how to make some cute and simple silver ear wires - and hopefully have a lot of fun! We'll supply all the materials, tools, and of course instruction, and maybe even a little chocolate.

To register, please go here:

<https://claremontmakerspace.org/events/#/event/2019/2/13/make-a-pair-of-heart-shaped-hammered-copper-earrings>

Date: Feb 13, 6 PM

Location: Claremont Makerspace, 46 Main Street, Claremont NH

CITY OF CLAREMONT CITY MANAGER EXECUTIVE SEARCH FIRM SERVICES

The City of Claremont, New Hampshire is seeking proposals from qualified firms/providers to perform executive search services for the position of City Manager. The City of Claremont will accept statements of qualifications from firms/providers interested in providing the requested services.

Statements of qualifications must be received no later than 12:00 P.M. local time on February 25, 2019, at City Hall, Office of the Mayor, 58 Opera House Square, Claremont, NH 03743.

Proposal documents are available by accessing the City's web site at <http://www.claremontnh.com/government/bids-and-public-requests.aspx> or by contacting the Office of the Mayor at 603-504-6273.

Charlene Lovett, Mayor

City of Claremont New Hampshire

Before the City Wakes Up

Early-Morning Hannaford Team Preps for 7 AM Opening

By Eric Zengota
e-Ticker News

Editor's Note: This is the second feature in our series about people who work nights. E-Ticker News thanks Hannaford store manager Chad Myhre for his help with this story.

CLAREMONT, NH—Way — if not waaaaay — before most Claremonters have gotten out of bed, three Hannaford Supermarket associates are bustling about, making sure that the store's first customers of the day will find everything they're shopping for.

Gary McCall, who's worked for Hannaford for 14 years, is a supervisor responsible for the full set-up in the seafood department. He changes out all of the fish, whether fresh or previously frozen, in the bulk case every day.

Cleaning, polishing, checking on the live lobsters in their tank — it's become a welcome pre-dawn routine for someone who admits, "I'm getting used to the early hours."



Gary McCall

Kristi Snider also has 14 years at Hannaford under her belt. A supervisor in the bakery department, she says she wakes up "naturally at 3." She's an expert on the massive steam machine and other equipment that produces the Hannaford-brand breads, rolls, cakes and pastries that fill the shelves and coolers. Not to forget about a favorite customer item. "There are some folks who come in literally every morning at 7:30 or 8. And those donuts had better be waiting for them!"

Sonya Lawson, who has been with Hannaford for five years, is a shift leader who's recently moved from deli to produce. She's another "natural" early riser, but to be safe sets her alarm to ring at 15-minute intervals. Like McCall, she makes sure that the cases — and the all-important slicing machine — are sanitized, clean and shiny. She prepares packages of pre-sliced cold cuts and cheese, and restocks tubs of ham, potato, macaroni and egg salads. In the produce section, she keeps an eagle eye on both the quality and display of the fruits and vegetables so that customers have a wide selection of the freshest items for their meals.

Coffee and energy drinks can go only so far in managing the challenges of an early shift, which typically runs from 5 AM to 1:30 PM. All



Kristi Snider



Sonya Lawson

three associates have found that working as a team, they can get through the "darkest" hours. Lawson says of her co-workers, "I can talk to them about anything. We're always joking among ourselves." Snider notes, "We nurture each other." McCall adds, "I'm the kind of guy who always tries to put a smile on anyone's face." They pass this attitude on to new co-workers, whom they train in each department's techniques and procedures.

This camaraderie — the personal touch — serves as the basis for good relations with their patrons, their "extended family." "We're all professionals purveying a personal service to our customers," says McCall. "PCs and robots won't be able to replace us."

2019 School Board Candidate Forum, Claremont School District

Tuesday, March 5, 2019 at 6:00pm

Sugar River Valley Regional Technical Center



Please join us for an evening with the candidates for the Claremont School Board. All candidates have been invited to attend.

In addition to a panel style Q & A session, there will also be small breakouts to allow for more in-depth conversations on topics of interest.

Email Courtney Porter for more information

cporter@sau6.org

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e-Ticker Business News

Sheila Wolfe named Employee of the Month for January, 2019 at Mt. Ascutney Hospital

WINDSOR, VT – Mt. Ascutney Hospital and Health Center (MAHHC)

has announced that Sheila Wolfe, Patient Access Representative/Registrar, has been selected as January, 2019 Employee of the Month. The monthly award recognizes employees who have demonstrated sustained service excellence in their respective departments and have displayed compassion, a caring approach, and continuous hard work within their community.



Sheila Wolfe

As a Patient Access Representative, Wolfe is responsible for greeting patients and registering them for procedures or stays, ensuring complete and accurate patient information and insurance details.

Heather Rumrill, Wolfe’s supervisor, points out that she is not only skilled at patient registration, but has mastered the role for multiple departments and shifts throughout MAHHC. “All of our departments are unique, with their own requirements and processes,” explains Rumrill. “To all of them, Sheila brings a demonstrated ability to adapt to the environment along with a strong work ethic. Learning each department’s unique ways, being a dependable ‘go-to’ person for many, and even providing skilled coverage at the switchboard and in the ED. These, and her flexibility and willingness to provide coverage whenever and wherever needed makes her a valuable asset

to Mt. Ascutney Hospital—and a great Employee of the Month.”

Wolfe, who lives in Windsor, has been a member of the MAHHC staff since 2017.

Vital Communities Recruits Vendors for Flavors of the Valley Local Food Expo

WHITE RIVER JCT., VT—Vital Communities invites local farms and farm-based businesses to be vendors at Flavors of the Valley. It’s the not-to-be-missed opportunity for businesses

looking to connect directly with consumers who love local food!

The 18th annual Flavors of the Valley is set for April 7, in the Hartford High School gym. Last year, 1,000 attendees who love local farms, local foods, and meeting local business owners came to Flavors. Every year, 50 vendors—farmers or farm-based businesses such as restaurants, specialty food producers, and grocers—share their products and businesses with an eager crowd of consumers.

Early-bird rates up to 25 percent off are available for vendors who register through

(Continued on page A17)

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e-Ticker Business News

Expo, from A16

February 17. This year Vital Communities is also offering mini-grants to reduce costs for farms and food businesses; registration and application details are online at vitalcommunities.org/flavors.

"Every year, new food businesses come to Flavors to establish themselves in the community. Vendors connect with each other and with attendees who love hearing their stories and learning more about where our local food comes from," says Vital Communities' Becka Warren. "We have a great mix of new farms and food businesses as well as established farms and businesses we already know and love. It's great to see the trends and sample the Flavors of the Upper Valley."

To learn more about vending at Flavors of the Valley, contact Becka Warren (becka@vitalcommunities.org) or find details and registration online at vitalcommunities.org/flavors.

Online Sci-Fi, Fantasy Literature University Sets Up Shop In NH

Signum University is the first university to receive approval to do business in the state during the last six years.

CONCORD, NH—Signum University, an online only, nonprofit university focused on fanta-

sy and sci-fi literature, has received conditional approval from the Higher Education Commission to offer classes in the state of New Hampshire. Currently incorporated in Delaware, it is working with the New Hampshire Secretary of State to transfer its incorporation to the Granite State. The school offers a number of online courses focused on authors like poet Edgar Allan Poe, horror writer H.P. Lovecraft, as well as others like J.R.R. Tolkien ("The Hobbit" and "The Lord of the Rings"), and Sherlock Holmes creator, Sir Arthur Conan Doyle.

Class themes include Celtic mythology in young adult literature, Germanic Philology, Shakespeare in the Middle Ages, and why "Star Wars" has been a global cultural phenomenon for more than four decades.

Signum is seeking approval from the Legislature to grant degrees in the state under SB 138. The proposed legislation will allow the school to grant a Master of Arts in Language and Literature.

The school was founded by Corey Olsen, who is president of the university, in 2011.

"Signum University aims to challenge the traditional model of higher education with a unique approach and a digital campus that helps keep tuition low," Olsen said. "Approval of our graduate degree program by the Higher Education Commission is an important milestone for Signum, and the forward-thinking support

of the New Hampshire Department of Education demonstrates its dedication to maintaining a rigorous and fair evaluation process and its commitment to the 21st Century student."

This is the first approval of a new university in New Hampshire in more than six years. The department is currently working with others colleges and universities interested in establishing themselves in New Hampshire in the near future.

"New Hampshire, as a hub of innovation and creativity in education, is a great home for Signum University and we are happy to welcome them to our state," stated Frank Edelblut, commissioner of education. "The university offers unique and enticing courses born out of very popular contemporary literature. I imagine that these course offerings will be engaged by younger and older students alike. Now using the online format, students around the globe interested in science fiction and fantasy literature will not have to travel to a galaxy far, far away to take courses."

The *Concord Monitor* reported that "Signum has no accreditation, which means its classes aren't accepted by other colleges or, importantly, by public schools judging whether an English teacher has met the requirements to get a bump in pay. But Olsen is working on this."



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AARP Valentine's Party Thursday

CLAREMONT, NH—The Claremont Area AARP Chapter will meet for the first time this year on Thursday, Feb. 14, at 12:30 p.m. (note time change) at The Earl Bourdon Centre at 67 Maple Avenue for a chapter-sponsored luncheon and Valentine's Party. Dues (\$5/year) will be collected from all members who have not already paid. Entertainment will follow the luncheon. Call Kathy (603-542-5500) with any questions. Parking is available to the right rear of the building with easy access to the dining room. New members (on both sides of the river) are always welcome.

Because the AARP motto is "To Serve, Not To Be Served," the chapter will continue to support the weekend school backpack program hosted by Trinity Episcopal Church. Non-perishable food in non-glass containers is greatly needed and will be taken to volunteers for distribution through school nurses.

SATURDAY, MARCH 2 ALL-YOU-CAN-EAT SPAGHETTI DINNER

Let someone else do the cooking on Saturday March 2 from 4pm-7pm at the Claremont Country Club. Join Sullivan County Humane Society for our All-You-Can-Eat Spaghetti Dinner with your choice of neutered (vegetarian) or unneutered (meatball) sauce. Dinner will also include salad, bread, and dessert! \$10/person, children under 6 are free with the purchase of an adult meal.

Tickets can be purchased ahead of time at the humane society, Kit N Kaboodle, or that evening at the door.

For information please, call 603-542-3277 or visit our website: <http://www.sullivancounty-humane.org/>.

**SATURDAY, MARCH 2
OUTDOORSMEN SUPPER at
5:00 p.m.
CHRIST COMMUNITY
CHURCH,
PLAINFIELD, NH**

Do you like to eat various types of meat from the wild? Do you like to tell hunting stories and laugh? If you do, we'd like to invite you to join us for our Outdoorsmen Supper 2019 for dinner and laughs on Saturday, March 2nd at 5 p.m. at the Red Barn Church (Christ Community Church, 1259 Route 12A, Plainfield, NH).

We would like to hear from you about the funniest hunting story you have. It doesn't even have to be true. Elaborate all you wish in the spirit of laughter. The requirement is that you must make us laugh:-) There will be a contest and the winner who makes us laugh the most will walk home with a prize. Keep it PG as we will have youngsters attending. Do you like to show off your trophies? We will have a picture show of your greatest kill if you wish to share a picture of it. You may bring a mounted deer head, antlers, a mounted fish, or anything you can carry to display in our hunting trophy section. People will be able to vote, and the owner of the winning trophy will walk away with a prize.

Please RSVP to attend the Outdoorsmen Supper by emailing zane_burke@hotmail.com or by calling Terri Burns at (603) 675-5673.

For more information, see our website at <https://redbarnchurch.com/>. Seats are limited to the first 100 people. This event is free.

WEDNESDAY, FEBRUARY 27 Night of Bowling, Pizza

Looking for something to do on a cold winter evening?

How about a fun evening of bowling on Wednesday, Feb. 27, from 6:00-10:00 p.m.? Bring the whole family, a girls/guys night out or get a team of your co-workers. Come support Sullivan County Humane Society at Maple Lanes in Claremont.

Come on out for a night of bowling: \$15/person includes 2 games of 10-pin, shoe rental, a slice of pizza, and a soda!

For more information, please call 603-542-3277 or visit <http://www.sullivancountyhumane.org/>.

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Your Financial Advisor Can Do Some “Life Coaching”

Life coaches – not surprisingly – strive to improve the quality of life of their clients. And financial professionals essentially embrace the same mission. So, if you decide to hire a financial advisor, you should expect to receive some “coaching” as you work toward all your important objectives, such as sending your kids to college, enjoying a comfortable retirement and leaving a legacy that can benefit the next generation.

What tips from life coaches might you also get from your financial advisor? Here are a few:

Create a plan. A life coach can help you create a plan for your future, taking into account your career aspirations, relationships, hobbies, charitable activities and so on. And a financial advisor will also take a “holistic” approach by looking at many elements – including your age, income, family responsibilities and desired retirement lifestyle – to create a long-term investment strategy. Of course, you may need to adjust this strategy in response to changes in your life, but it can still serve as an overall map on your journey toward your financial objectives.

Identify and prioritize goals. A life coach will help you identify and prioritize your life goals, whether they are personal or professional. And your financial advisor can help you do the same with your financial goals. For example, your goal of retiring comfortably at age 65 may take precedence over your wish to purchase a vacation home. As such, you will need to focus your efforts first on the retirement goal, and then, if it appears likely that you will meet that goal, you can devote the resources necessary for your vacation home by the mountains or the sea. You may even be willing to accept a lesser goal, such as renting, rather than owning, your vacation residence.

Move beyond your comfort zone. A trained and experienced life coach can help you recognize your perceived limitations – and move beyond them. For instance, if your new job requires that you make many presentations, but you are nervous about public speaking, your life coach may offer techniques to help you get past this fear – to move you out of your “comfort zone,” so to speak. This same scenario could play out in your interactions with your financial advisor. If you happen to be a cautious and risk-averse person by nature, you might be inclined to bring those same traits into the investment arena. But a competent financial advisor – one who truly has your best interests in mind – will likely warn you that you will have trouble achieving your financial objectives if you try to avoid all risk by sticking exclusively with so-called “safe” investments, which do not offer much growth potential. Instead, your advisor will help you incorporate your risk tolerance, along with your time horizon and your short- and long-term goals, to help shape an investment mix appropriate for you. Such a mix may well include those “safe” investments, but it would also contain a reasonable percentage of growth-oriented ones.

Whether it’s self-improvement or your financial future, you can benefit from good coaching – so take full advantage of it.

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



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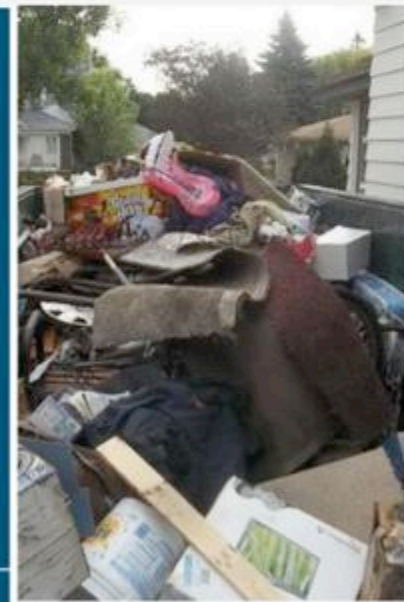
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**SATURDAY, MARCH 9
SULLIVAN COUNTY CONSERVATION DISTRICT 2019 NATURALIST SERIES
TREES & TRACKS**

With Lynn Levine - 1:00 - 4:00pm, discover the winter world. \$20 for registration - includes Lynn's Pocket Guide: Mammals Tracks & Scat (\$15 value).

Become a better naturalist and land steward by learning the ecology and natural history of the Upper Valley. Workshops and field courses are added throughout the year as funding and staffing allows. All programs meet at the Ahern Building at the Sullivan County Complex on County Farm Rd. in Unity, NH unless otherwise stated. Make sure to Register as space is limited. Let us know which program and how many people you are signing up.

Starting in 2019, we will be charging a nominal fee of \$5/person or \$10/family for these programs (unless otherwise specified). You can pay by cash or check. Please talk to us if you would like to attend, but can't afford the fee. <https://www.sccdnh.org/programs>.



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It's About Food

By Johnny Navillus



Easy

I was talking with a foodie friend the other day about caramelized onions. I advocated adding apple ale towards the end to add flavor and de-glaze. Bob, never to be outdone, says he uses bourbon in his onions. I don't know about that. It would seem to me that it would make it heavier when I just want to add a subtle touch. I don't want the onions to overwhelm the main feature.

For you non-drinkers: The State store sells "nips" of all kinds of things and that is where you can get things like an ounce of bourbon without buying a whole bottle that you may never drink. It beats going door to door in your neighborhood trying to "borrow" a shot of liquor. That will definitely impact your reputation.

Anyway, as you all know by now I'm all about quick and easy, especially during the week. Yes, I consider the slow cooker as quick and easy, too. I haven't given up on that. But the challenge is to do something that's quick and easy with a bit of elegance. Not an easy thing to pull off. Until now.

This Beef Stroganoff is so quick and easy and yet presents like you've spent hours in the kitchen. Just don't tell anyone. Dab a couple of drops of water on your forehead when you serve it. Guests are impressed easily.

Beef Stroganoff

- 1 lb boneless beef sirloin cut into thin strips
- 1 onion cut into thin wedges
- 1 Tbsp oil (I prefer olive)
- 1 14.5 oz can beef broth. You can use sodium free, fat free, your choice. They all work.
- 1 8 oz can mushroom pieces and stems undrained
- 4 cups egg noodles, uncooked
- 1 8 oz container sour cream

Cook meat and onions in hot oil in a large skillet on medium high heat about 10 minutes or until meat is evenly browned, stirring frequently. Add broth, mushrooms and noodles.

Bring to a boil while stirring, cover. Simmer on medium-low heat about 10 to 12 minutes or until noodles are tender. Stir in the sour cream, cook another 2 minutes until heated through. Stir occasionally. Serve.

Look at the ingredients. You probably have all those things in your kitchen right now, except for the beef. Some of you may have the meat in your freezer. Take it out in the morning and let it thaw in the fridge all day. Other than soup and grilled cheese sandwiches, what could be easier? And any skill level can pull this off.

You guys that are just beginning to cook, this is a no-brainer and will impress her to no end. As for a side, any green veggie works.

Speaking to beginners now, follow recipes exactly the first time. Play later. Use steamer bag veggies and concentrate on the entree. Multi-tasking comes later or maybe not at all. If you follow a recipe exactly, give credit to where you got it. Change one thing and it is yours. It makes you look great and gets me off the hook if you screw it up.

Play with your food. It makes a difference.

Write to Johnny at etickernews@gmail.com.

Mayoral Notes

by
Charlene Lovett



Update on Policy Efforts in Concord and Claremont

Last week, I wrote about the collective efforts of Claremont's governing bodies to testify on education funding bills in Concord. This week, members of the governing bodies continued that effort. School Board Chair Frank Sprague, School Board member Jason Benware and I testified on the need to freeze the 4% annual reduction of stabilization grants. In addition, I also testified on two other bills in Concord that impact our community and worked with our local Policy Committee to forward recommendations for the Council's consideration.

House Bill (HB) 370, if passed, would remove the distinction between towns and cities when appointing Planning Board members to other local boards. The genesis for this bill occurred last summer when Claremont Planning Board members applied to serve on the Energy Advisory Committee, but could not due to the restrictions outlined in RSA 673:7. Upon the request of the Council, our legislators submitted a bill to resolve this issue.

When this statute was originally enacted in 1935, it did not distinguish between towns and cities when appointing Planning Board members to other local boards. However, in 1969 the law was amended, making it more restrictive for cities. Since the population of NH towns may be more than cities, such restrictions do not make sense when communities are trying to find volunteers to fill board vacancies. Hopefully, HB370 will become law, making it easier for small cities to appoint Planning Board members to other boards.

HB727, if passed, would make improvements to the boat ramp at Sunapee State Beach. The genesis for this bill was a recommendation by the Lake Sunapee Public Boat Access Development Commission to expand access in the near term while an alternative to the Wild Goose site was found. According to the Commission's report, making these im-

provements at the beach would not be a replacement for an alternative to the Wild Goose site.

Here at home, the Policy Committee completed work on a revised draft of the ordinance establishing a Board of Assessors. In December 2018, the Council had several questions/concerns during the first reading of the ordinance and directed the Policy Committee to address them. Working with legal counsel, the Committee clarified the intent of the ordinance. The first reading of the revised draft will be held on February 13. If there are no more changes, the draft ordinance will go to second reading on Feb 27, at which time a public hearing will be held. If all goes well, the

Council will adopt the ordinance and we can begin appointing people to the Board of Assessors.

The Policy Committee is also continuing its work on developing a policy recommendation for food truck vendors. The Committee has already heard from one vendor, and would like to hear from others. If you are a food truck vendor, please consider attending our meeting on February 21 at 6pm at the Visitor's Center. Your input would be invaluable to the policy-making process.

Charlene Lovett is the Mayor of Claremont. Please email question, comments or concerns to her at clovett.ccc@gmail.com.

EXTREME COLD WEATHER RESOURCES

In the event of extreme cold temperatures outside we want to remind residents that they can use the common areas located inside the Claremont Savings Bank Community Center (membership not required) or the Fiske Free Library as a warming shelter



HOURS OF OPERATION:

CSBCC:

Mon - Thurs: 5:30 am to 9 pm

Friday: 5:30 am to 7 pm

Sat & Sun: 8 am to 6 pm

Fiske Free Library:

Mon, Tues & Thurs: 9 am -7 pm

Wednesday & Friday: 11 am-5 pm

Saturday: 9 am-1 pm

FOR EMERGENCY SITUATIONS, PLEASE CALL 911.

Additional Resources:

- Southwestern Community Services (SCS) has a short-term emergency shelter to assist families and individuals who are having a housing crisis - (603) 542-9528
- Sullivan County Housing Coalition, Claremont, NH 03743 (603) 542-2448
- Springfield Family Center, Springfield, VT 05156 (802) 885-3646
- Upper Valley Haven, 713 Hartford Ave., White River Junction, VT (802) 295-6500



All's Well That Ends Well...

One hundred actors drew in a record number of patrons at this year's Claremont Elementary School Drama Festival on Saturday. Top: After the last play, actors from Bluff, Disnard and Maple Avenue schools took a company bow. Almost 500 tickets — a new record — were sold at this year's festival. Add to that the 100 or so actors, and there were 600 people filling the Claremont Opera House in support of the dramatic arts. Right: Bailee St. Sauveur stretches before heading onstage to play Widow Werner in Disnard School's performance of "The Pied Piper of Hamelin." The 10-year-old 5th grader, who has been in plays since the first grade, intends to be in even more when she enters middle school in the fall. Bottom: Each of Bluff School's twelve Princesses, as well as assorted Golden Flowers, danced in the moonlight in a different style — hustle, tap, ballet, to name a few — to "Can't Stop the Feeling" by Justin Timberlake (Eric Zengota photos).

