

e-Ticker News of Claremont

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**CMS Girls Basketball Team
Tops off Incredible Season
with Twin Division Wins;
page B1**

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March 25, 2019

Looking Back, Ahead and All Around

Visitors to the JSL Open House post ideas for the landmark building

Story and Photos by Eric Zengota

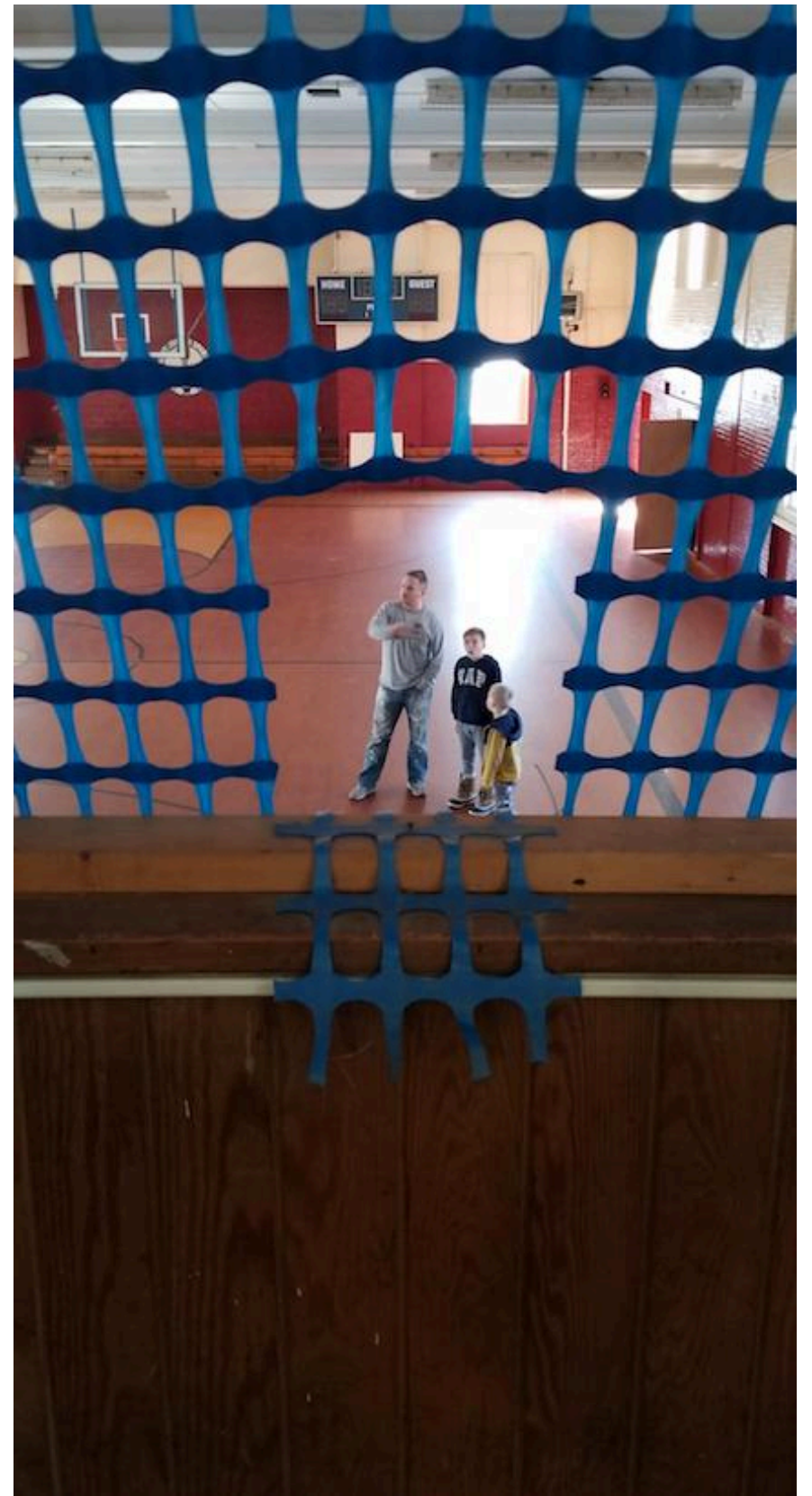
CLAREMONT, NH—On Wednesday, March 20, the City of Claremont hosted an open house at the former JSL (Junior Sports League) Building on School Street. The City invited residents, friends and neighbors to stop by and reimagine the historic landmark and offer suggestions on how it can be repurposed.

The JSL has been shuttered since 2014 for code violations. The echoing emptiness reawakened memories of “the good times” by many of the 100-plus people who streamed in and out of what had been a “mini community center” in their childhood and youth.

That’s how Dave Pacetti, of Claremont, described the JSL. He was vice chairman of its board of directors for almost 20 years beginning in 1986. There was an archery range in the basement, birthday parties were celebrated in the gym, and the building was constantly in use by Claremont youngsters. Pacetti’s fondest memory? “Watching the kids roller skating three times a week, and skating myself!” Nick Koloski’s memory stretches back to the days when the present-day City Councilor attended pre-school in the front room as well as forward to his teen years when a rotating, flashing-mirror disco ball kept the skaters energized.

(Continued on page A5)

Youth soccer games could be played on the JSL basketball court, maintains Jason Stone, Stevens High School boys soccer coach. The JSL has been closed since 2014. The City of Claremont welcomes ideas for the building’s future.



Sullivan County Grand Jury Releases Indictments

NEWPORT, NH—The Sullivan County Grand Jury released the following indictments on Wednesday:

Elroy M. Truell, Jr., 55, Charlestown, NH, indicted for Felon in Possession of Deadly Weapon, March 4, 2019; Criminal Threatening of a Law Enforcement Officer, March 4, 2019; Criminal Threatening of a Law Enforcement Officer, March 4, 2019.

Tyler N. Barry, 27, Claremont, NH, indicted for Reckless Conduct Deadly Weapon-Firearm-Committed on Release, Dec. 30, 2018; Felon in Possession of Firearm-Committed on Release, Dec. 30, 2018; Willful Concealment-Committed on Release, Dec 30, 2018.

Matthew Barry, 25, Newport, NH, indicted for Reckless Conduct Deadly Weapon Firearm, Dec. 30, 2018; Reckless Conduct Deadly Weapon-Firearm, Dec. 30, 2018; Criminal Threatening Deadly Weapon-Firearm, Dec. 30, 2018.

Willem Wonsang, 45, Manchester, NH, indicted for Bail Jumping, March 7, 2019.

Loretta A. Doxter, 42, Newport, NH, indicted for Bail Jumping, March 14, 2019; Bail Jumping, March 14, 2019.

Chad Boardman, 43, Claremont, NH, indicted for Nonconsensual Dissemination of Private Sexual Images, on or between Jan. 1, 2019, and Feb. 12, 2019; Nonconsensual Dissemination of Private Sexual Images, on or between Jan. 1, 2019, and Feb. 12, 2019.

John Fernandes, 34, Cavendish, VT, indicted for Receiving Stolen Property, Nov. 26, 2018.

Katie St. Pierre, 28, Keene, NH, indicted for Sale of Controlled Drug/Heroin, School Zone, April 2, 2018; Sale of Controlled Drug/Fentanyl, School Zone, April 2, 2018; Sale of Controlled Drug/Heroin, School Zone, April 2, 2018.

Michael Kennett, 65, Claremont, NH, indicted for Sale of Controlled Drug/Heroin, School Zone, on or between March 31, 2018, and July 17, 2018.

Janet Kennett, 59, Claremont, NH, indicted for Sale of Controlled Drug/Heroin, School Zone, on or between March 31, 2018, and July 17, 2018.

Tanya Braga Pillsbury, 46, Lempster, NH, indicted for Attempted Falsifying Physical Evidence, Dec. 15, 2017.

Justin Gunnip, 32, Unity, NH, indicted for Bail Jumping, March 7, 2019.

George Mooshian, 49, Newport, NH, indicted for Aggravated Driving While Intoxicated, Aug. 4, 2017.

Torin Michael Cain Ruggeri, 27, Springfield, VT, indicted for Bail Jumping, March 14, 2019; Operation

after Certification as Habitual Offender, Feb. 26, 2019.

Upcoming Class: Intro to Arduino

CLAREMONT, NH—This class is truly designed with the beginner in mind and serves as a great introduction to the world of physical computing! It is for anyone who has never played around with Arduino before and those who have played around a little bit but aren't entirely sure about how the basics work. We'll blink some lights, turn some motors, read some sensors and make a little noise. We'll touch on some very basic programming and prototyping concepts as well!

Date: Wednesday, March 27, 6 - 8:30 PM
Location: Claremont Makerspace, 46 Main Street, Claremont, NH

To register, please go here:
<https://claremontmakerspace.org/events/#/event/2019/3/20/intro-to-arduino>

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NH Lottery Numbers

03/23/2019

NH PowerBall

24 25 52 60 66 5

NH Mega Millions 03/22/2019

7 36 58 60 62 10

Tristate Megabucks 03/23/2019

7 10 16 29 33 5

For more lottery numbers,

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



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Upper Valley Oral Surgery Is Growing!

Keith C. Kealey, DMD Jill L. Brinkman, DDS, MD Kyle R. Stiefel, DDS

Board Certified Oral Surgeons; Drs. Keith Kealey, Jill Brinkman, Kyle Stiefel (Board Eligible) and the staff of Upper Valley Oral Surgery (UVOS) are delighted and excited to announce the expansion of our family to Claremont. Beginning April 1st our Claremont office will be open and offering the same outstanding patient care that UVOS has provided to the Upper Valley for over four decades. We look forward to meeting you and taking care of all your oral surgery needs.

The community of Claremont has long recognized Dr. Tom Hillebrand and his staff as the area's trusted oral surgery provider. His 42 years of service to the patients of Claremont is much appreciated and although his presence will certainly be missed, we are proud to have collaborated with Tom and his staff and are thrilled to transition his patients to our care. Claremont patients can expect the highest standard of care and the same outstanding service that we have provided to patients throughout the Upper Valley for years. Tom's patients will have familiar faces to greet them and introduce the UVOS doctors as his staff have become part of the UVOS family as well.

Patients are welcome to schedule an appointment at any of our three locations, all of which offer oral surgery and facial rejuvenation services including:

- ***Wisdom Teeth / Extractions under IV sedation***
- ***Dental Implants / Bone Grafting***
- ***Jaw Reconstruction / Rehabilitation***
- ***Surgical Orthodontics including***
 - ***Expose & Bond, Bracket***
- ***Pathology***
- ***Juvéderm***
- ***Botox***
- ***Chemical Peels***
- ***Vitality Institute home skin care***
- ***Coming soon to West Lebanon***
 - ***Cool Sculpting***

Please call any location and someone will be happy to answer all your questions and schedule an appointment at your preferred location

Claremont
110 Charlestown Rd
Claremont, NH 03743
603-542-8797

West Lebanon
16 Airport Rd
West Lebanon, NH 03784
603-298-7557



Upper Valley
Oral Surgery

New London
299 Main St
New London, NH 03257
603-526-4433

House of Representatives – Claremont

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603-542-2228

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603-542-8656

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603-542-6190

jocloutier@comcast.net

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martha.hennessey@leg.state.nh.us

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Michael.Cryans@nh.gov

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137 Cannon House Office Building

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Shaheen, NH Businesses Discuss Importance of Investing National Research into More Reliable & Efficient Heating Sources

CONCORD, NH—U.S. Senator Jeanne Shaheen (D-NH) held a roundtable discussion Friday afternoon in Concord at Johnny Prescott & Son Oil Company with New Hampshire stakeholders to discuss the benefits of investing national research into more reliable, efficient heating sources, and how the long-term, ten-year reauthorization of the National Oilheat Research Alliance (NORA) will support Granite State businesses and consumers. In the Farm Bill that was recently signed into law, Shaheen fought to extend NORA’s authorization to ensure there is industry support for research, development and deployment of new, efficient oilheat technologies.

“Nearly half of all New Hampshire households rely on heating oil as their primary heating fuel. That’s why securing a long-term reauthorization of NORA, which supports oilheat customers and producers, was such an important priority,” said Shaheen. “I appreciated the opportunity to meet with Granite State businesses and consumers this afternoon and to hear directly about their experiences interfacing with NORA. Investing in oilheat technology helps improve safety and reduce costs for consumers, and I’ll continue to prioritize efforts that explore more reliable, affordable energy sources.”

Shaheen worked with Senator Susan Collins (R-ME) to secure NORA’s reauthorization in the Farm Bill. The ten-year reauthorization of NORA will remove uncertainty associated with repeated short-term reauthorizations and spur investments from NORA partners to create longer-term innovative programs that deliver greater benefits to consumers.

Oilheat is used in 6.3 million homes and serves more than 16 million Americans across the country. Since NORA’s establishment in 2001, oilheat consumers have saved nearly \$600 per year by using more efficient technologies and practices developed by the program. Shaheen has been a steadfast advocate for NORA and included bipartisan legislation in the 2014 Farm Bill that renewed the program and reformed its mission to better benefit consumers, increase safety through technician training and strengthen the industry commitment to NORA without raising consumer costs.

Kuster, Mullin Introduce Bipartisan Prescription Safety Legislation

WASHINGTON, DC—Friday, Congresswoman Annie Kuster (NH-02), the founder and co-chair of the Bipartisan Heroin and Opioid Task Force, and Congressman Markwayne Mullin (OK-02) introduced the Analyzing and Leveraging Existing Rx Transactions (ALERT) Act of 2019. This bipartisan legislation would direct the Secretary of Health and Human Services (HHS) to require that products they deem to be at risk for misuse, abuse, addiction, overdose or drug interactions be dispensed using a prescription safety alert system. The alert system would use existing prescription and dispensing data to review patient prescription history, including fill attempts, and would alert dispensers in real-time when a patient is at risk for abuse or harm by a drug.

“Tackling opioid and substance misuse in New Hampshire and across the country is an all hands on deck effort,” said Kuster. “This legislation will address gaps in existing Prescription Drug Monitoring Programs and enable prescribers to use data already in their possession to help safeguard patients at risk of opioid abuse. I’m pleased to join Congressman Mullin to introduce this bipartisan, commonsense measure, and I urge House leadership to take it up for a vote.”

“The opioid crisis took the lives of over 70,000 Americans in 2017,” said Mullin. “It is vital that our efforts to combat this deadly crisis do not cease. Alongside the prescription drug monitoring program, which several states including Oklahoma already utilize, this legislation would provide an additional layer of security to help health care providers monitor patients who are at risk of abusing opioids. I look forward to working with Congresswoman Kuster to see this legislation brought to the House floor as soon as possible.”

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JSL, from A1

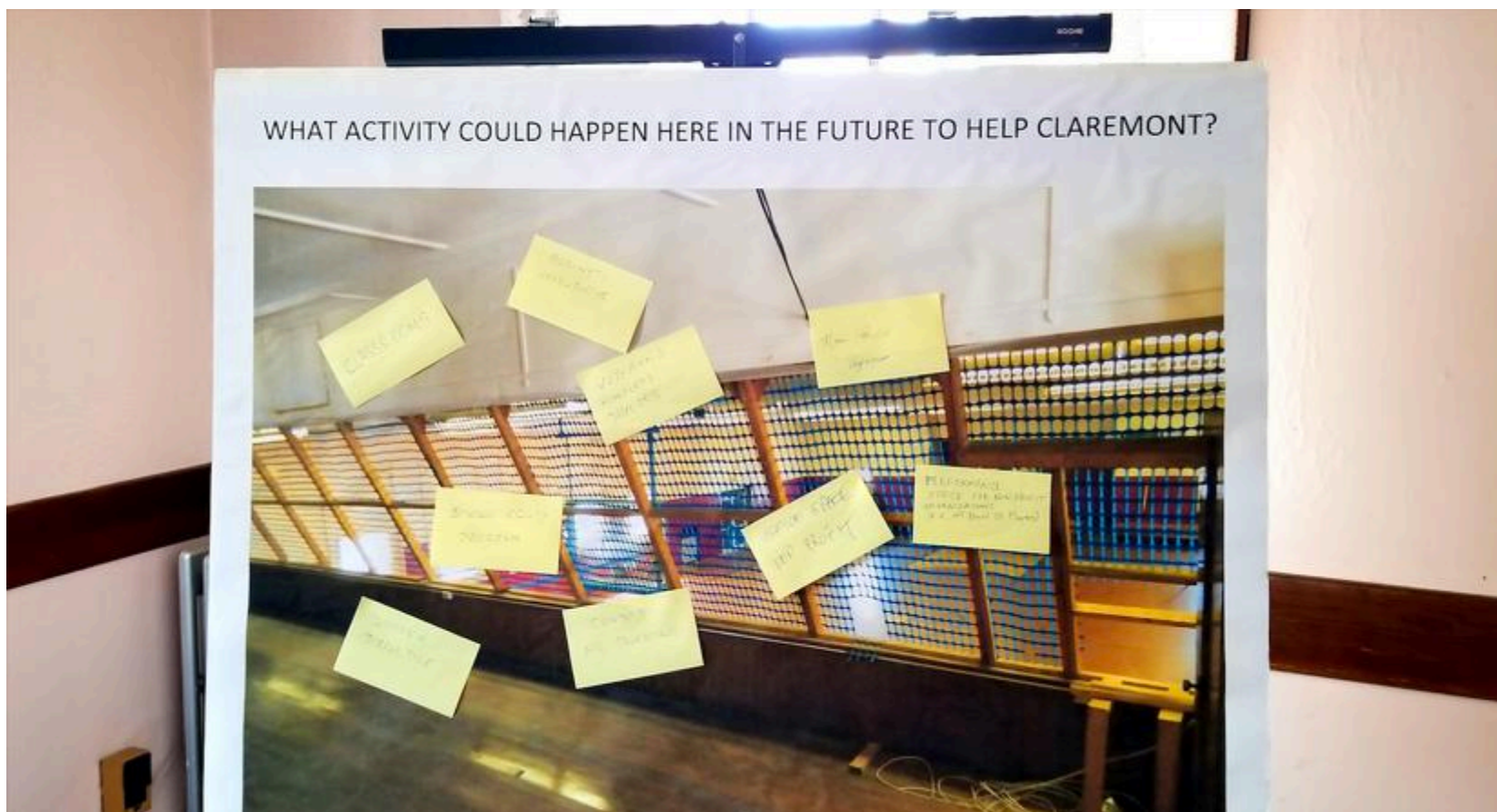
Memories, however, can also serve as jump-off points for the future. Visitors covered the photo-boards with suggestions on how the JSL could now serve the community. Among the ideas posted or discussed: office space for non-profit organizations, a shelter for homeless veterans, performance space, art and history museum, assisted living facility, affordable workforce housing.

Others hoped that the gym could be used again for “overflow” recreational activities, including those that the Claremont Savings Bank Community Center can’t accommodate in its busy schedule. Jason Stone was touring the JSL with his two sons, Oliver, 10, and Harper, 7. Stone, the Stevens High School boys soccer coach, said his sons and the rest of the local soccer club play indoors on the Charlestown

basketball court. “The JSL is an awesome space,” he said, “and we need more space for a lot of youth activities.”

The City continues to welcome ideas for JSL’s future from individuals, businesses and

government entities. Share them with Nancy Merrill, Director of Planning & Development, 603-542-7008, nmerrill@claremontnh.com.



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Sullivan County Fugitive of the Week

MICHAEL FERULLO
DOB: 03/02/1981



LKA: 1 Green Street, Claremont, NH

Description: White male, height: 5'10", weight: 260, eyes: brown, hair: brown

Reason: Violation of Probation

Original charges:
Sale of Suboxone, Subsequent Offense, Class A Felony
Two Counts of Conspiracy to Sell Crack Cocaine, Class A Felony
Two Counts of Sale of Crack Cocaine, Subsequent Offense, Class A Felony

On Feb. 22, 2017, Ferullo was indicted by the Sullivan County Grand Jury on one count of the Sale of Suboxone, Subsequent Offense, two counts of Conspiracy to Sell Crack Cocaine and two counts of the Sale of Cocaine, Subsequent Offense.

On March 17, 2017, Ferullo pled guilty in Sullivan County Superior Court to the above charges. As part of his sentence, Ferullo was placed on probation.

On March 12, 2019, the NewHampshire Probation Department filed a Violation of Probation in Sullivan County Superior Court alleging that Ferullo violated the terms and conditions of his probation.

On March 19, 2019, the Sullivan County Superior Court issued a warrant for the arrest of Ferullo for the Violation of Probation.

This information is provided by Sheriff John Simonds of the Sullivan County Sheriff's Dept. Anyone with information regarding this individual is asked to contact the Sheriff's Dept. or their local police dept.

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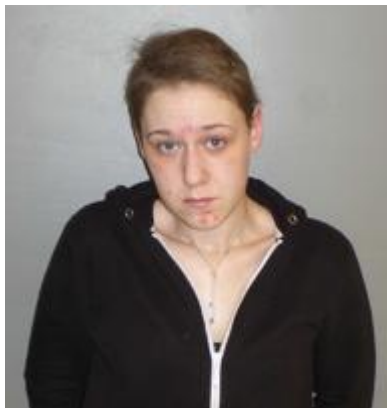
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Rates, terms & conditions effective as of 2/1/2019. Annual Percentage Rate (APR) is determined by credit score, age of vehicle, and term. APR shown is based on \$10,000 loan. All loans subject to credit approval. Offer applies to purchase or refinance of a new or used automobile. Not available for refinance of existing loans currently financed by Claremont Savings Bank. Rate shown includes 0.50% deduction for automatic debit payments from a Claremont Savings Bank checking account for auto loan. Add 1.00% with credit score below 675. \$55.00 processing fee waived for a limited time. Interest rates and programs subject to change without notice. Insurance required. Certain restrictions may apply.

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One Arrested, Active Warrant for 2nd Suspect in Drug Investigation

CLAREMONT, NH—In a statement released Friday morning by the Claremont Police Department, Capt. Stephen Lee reported that “Over the past year, the Claremont Police Department received multiple tips and complaints from the public regarding illicit drug activity at 35 Woonsocket Avenue in Claremont. As a result of those tips, on March 21, 2019, the Claremont Police Department executed a search warrant at that address with the assistance of New Hampshire Probation and Parole and the Sullivan County Sheriff’s Department. Investigators seized a substantial quantity of suspected heroin or fentanyl, buprenorphine and suspected bath salts. Also seized was a 9mm semi-automatic handgun and approximately \$2,500 in US currency.”



Kerri Yaqoob

During the execution of the search warrant, the following subject was arrested: Kerri Yaqoob, 28, Claremont, NH. Yaqoob is charged with two felony counts of Conspiracy to Commit Sale of Controlled Drugs, and three felony counts of Possession of Controlled Drugs with Intent to Distribute. It is alleged that Yaqoob committed these offenses while released on personal recognizance bail from the Sullivan Superior Court for pending felony charges of Escape and Attempted Escape. Those pending offenses were, in turn, allegedly committed while Yaqoob was released on bail from the Sullivan Superior Court on a previous felony charge of Possession of Controlled Drugs.



James “J.J.” Santaw

“Subsequent to this investigation,” said Lee, “the Claremont Police Department also holds an active arrest warrant for: James “J.J.” Santaw, 30, Claremont, NH.

Santaw is charged with two felony counts of Sale of Controlled Drugs. It is alleged that Santaw committed these offenses while released on bail from the 5th Circuit Court – District Division – Claremont, for previous mis-

demeanor offenses of Stalking, Violation of a Protective Order, Simple Assault and Resisting Arrest.

Investigation into this matter is ongoing, and further charges are anticipated. Anyone with information about this investigation, or about the whereabouts of Santaw, is encouraged to call Detective Casey Piehl at (603) 542-7010; e-mail cpiehl@claremontnh.com.

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www.Facebook.com/Century21Highview



CENTURY 21 Highview Realty
www.century21highview.com



CHARLESTOWN— Brand new Titan Manufactured Home with open concept eat-in kitchen and living room, bedrooms on each end, shiny new appliances, and a great color scheme. Other features include weathered-look wood laminate floors, window valances, and plenty of counter and cabinet space. \$37,900 (MLS#4640699)



CLAREMONT— Nice 2 bedroom home on a good-sized level lot. Move-in ready and just perfect for first time home buyer or someone wanting to downsize. Nice 0.3 acre lot on a dead-end location. This house is vinyl sided and has a fresh modern interior. \$82,000 (MLS#4650374)



UNITY—Immaculate, beautifully landscaped home on one of the best lots around Shorewood Estates. Joining the Association permits your use of the Crescent Lake Beach and boat slips. A wonderful family room is situated above the two car garage with automatic door openers and a work bench. Basement has the possibility for another finished room with sliders out to the level back yard. Two out buildings for extra storage will safely store your toys! \$205,000 (MLS#4684344)



SAXTONS RIVER, VT—Fully rented property including light manufacturing and/or studio space with an income producing component of storage units and Mobile Cottage. This 2.87 acre parcel houses a 5,376 sq. ft. industrial/warehouse building and a 3 bedroom Manufactured Home. A portion of the 50 x 100 building currently has 20 rented mini-storage units and 2 sizable rented studios (a blacksmith studio and a wood sculpture studio). \$235,000 (MLS#4691598)



CLAREMONT— Large 3 bedroom home nestled in the middle of a dead end street. There is a large wrap-around deck that gives way to huge fenced in yard, perfect for entertaining or just relaxing after a busy day. Convenient 2-car garage is located beneath the home. Close to ATV and snowmobile trails and within close proximity to the shopping centers! \$110,000 (MLS#4697278)



CLAREMONT—Beautiful Brand new Titan Manufactured Home with a large back yard in Twin Valley Estates. Large open concept eat-in kitchen and living room. Plenty of kitchen cabinets and shiny new appliances. 3 bedrooms including a Master with a soaking tub and shower. All closets are good sized. Concrete pad alongside for a patio or whatever you wish to make it. \$69,900 (MLS#4698359)



NEW LONDON—This lovely Ranch with two fireplaces has seen many major improvements which include a new 30 year roof with full membrane in 2015, new flooring throughout, Buderus boiler, R-49 insulation in cap, updated electrical, renovated kitchen and baths, and rebuilt sunroom. This home boasts multi-generational living with a full apartment set up in the basement level. New driveway and exterior paint are scheduled. \$299,999 (MLS#4705291)



CLAREMONT—Sellers are motivated and will consider offers! An elegant 3 story Colonial home with 10+/- rooms from the basement to the 3rd floor! 3 1/2 baths plus a large family room in the basement level which walks out to a sweet back yard patio. Great additions and improvements including the 3 season heated and air conditioned sunroom, new deck, fireplaced den, first floor laundry, and magnificent gardens. Situated in a lovely neighborhood on a quiet road. \$269,000 (MLS#4711916)



CHARLESTOWN— Super sweet, beautifully decorated Colonial featuring 4 bedrooms and 2 1/2 baths. Barn for the animals and 32 +/- private acres. Basement has French doors to walk out to the rear yard. 12x32 deck awaits you for relaxation and sun. Exterior boiler heats hot water and house with oil or wood. This quiet country setting will capture your heart! \$259,900 (MLS#4738846)



CLAREMONT— Great 2 family home in town near trails, gym, skiing, restaurants, businesses, and parks. Updated but still maintains antique features. In ground pool, lovely oversized lawn, fire pit area, covered patio, and PLENTY of parking. Storage garages and a 2 level attached barn with expansion possibilities. Large 3BR owners 1st floor unit and a 2BR unit with a private entrance and totally separate parking. \$181,900 (MLS#4739547)



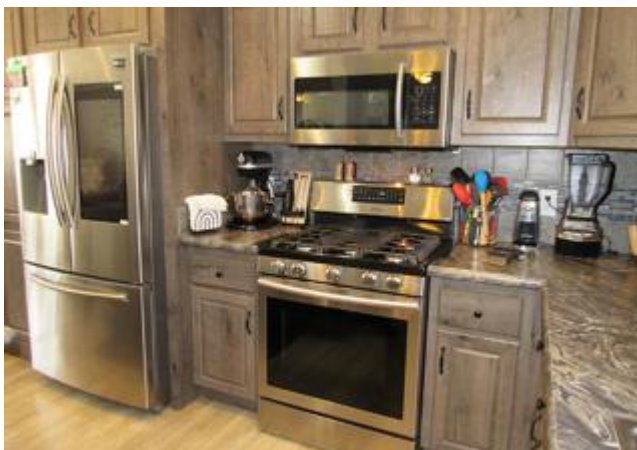
CLAREMONT— Dynamite rental area! Fantastic 2 family home in the Bluff. This home would make a great owner occupied or investment property. Vinyl siding, replacement windows, hardwood flooring, fireplaced living room, French doors, a fenced back yard, and a 2 car carport. \$130,000 (MLS#4739824)



CLAREMONT— This 3 bedroom Manufactured Home is just waiting for its new owners to breathe the new life into it. End bedrooms, Thermopride furnace, and a metal roof. All of the appliances also stay with the home. Located on the outskirts of town but still close enough to all of the city's amenities and schools. \$19,000 (MLS#4741554)

Classified Ads

NEW TO THE MARKET



UNITY, NH - This 1-year old double wide is truly special. 3 beds, 2 baths, and over 1,500 sq ft. of living space. The master bedroom suite says relax here. The online photos will amaze you! See **MLS# 4741281** for more info. **\$150,000.**



Bonnie Miles



Homes Unlimited
112 Washington St.,
Claremont, NH 03743

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Office: **(603) 542-2503**

bonnie@coldwellbankernh.com



Ann's Property Of The Week

**1103 Blood Hill Rd.
West Windsor, VT**



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

603-542-7766



Move In Ready!

Looking for privacy? This 4 bedroom 2 bath home is located on 10.89 acres. Make this your 2nd home or year round home. This property has a large deck with nice views of the mountain, field-stone fireplace and garage. Privacy, but still close enough to all amenities. Move in Ready! This home is being sold fully furnished, with the exception of few personal items.

MLS # 4735171 \$230,000

**Ann
Jacques**

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annjacques1@comcast.net



Tammy Bergeron
Owner/Broker



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Office: 603-287-4856
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Cell: 603-477-1872



Ashley Bergeron
Agent



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Reed Optical Hosts Book Drive and Raffle

CLAREMONT & SUNAPEE, NH—Reed Optical is hosting a Book Drive and Raffle to support two local libraries. During the month of April, Reed Optical will be collecting book donations at both its Claremont (Pleasant Street) and Sunapee (Post Office Road) locations. In exchange for a book donation, an entry will be given toward a drawing of fabulous prizes. Take a look at the prizes in either office or on the Reed Optical Facebook pages.

“At Reed Optical, we understand the importance of education in the growth and success of our children and the community,” said owner Tina Smrkovski. “As 80% of learning is visual

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and becoming more digital, we encourage parents to bring their children in for a comprehensive examination before beginning kindergarten and annually thereafter.

The public is invited to help celebrate Reed's 10-year anniversary with Optometrists Drs. Jeff and Tina Smrkovski by supporting this book drive. Books collected in Claremont will be donated to the Fiske Free Library, while books collected in Sunapee will be donated to

the Abbott Library.

For more information about Reed Optical, or the book drive, please visit their website, <http://www.reedoptical.com>. Contact the Claremont location at 603- 543-3125, sales@reedoptical.com or <http://facebook.com/ReedOptical>. Contact the Sunapee location at 603-763-7302, sunapee@reedoptical.com or <http://facebook.com/ReedOpticalSunapee>.

Springfield Hospital, Brattleboro Hospital Announce Collaborative Efforts for Childbirth Services Following Decision to Close Springfield's Childbirth Center

SPRINGFIELD, VT— Recently, Springfield Hospital announced changes to its Women's Health Services program. These changes include closure of the Childbirth Center at Springfield Hospital. Springfield Hospital staff is working with expectant mothers to help them make other arrangements.

Springfield Hospital announced Saturday, March 23, that a full range of gynecological services will continue to be offered at The Women's Health Center of Springfield, including office visits and surgery. Women in need of gynecological services can continue to schedule appointments as they have in the past, by calling 802-886-3556.

For obstetric care, in collaboration with Brattleboro Memorial Hospital, Brattleboro OB/GYN (BOG) will establish an office in Springfield, VT. Expectant mothers will be able to see one of the BOG providers for their pre- and post-natal care and deliver at Brattleboro Memorial Hospital Birthing Center in Brattleboro, VT. The BOG office will be open in Springfield at least two days per week, and staffed by an OB/GYN physician, a Certified Nurse Midwife, and an RN Care Coordinator. Pre-natal services will be offered at the Springfield BOG office location, and lab work, ultrasound and other testing will be provided at Springfield Hospital. Immediate RN Care Coordination services are available to current patients in their third trimester for immediate transfer and review of care in collaboration with Springfield Hospital clinicians. Additional services offered include Centering Pregnancy and childbirth education classes. BOG clinicians will also be available to provide gynecological surgical services at Springfield Hospital as needed.

At a special Board meeting held Tuesday evening, March 19, Springfield Hospital and Springfield Medical Care Systems boards voted to close the Hospital's Childbirth Center. The Hospital will collaborate with other area health systems to provide childbirth services for the region, said the hospital in a statement released Wednesday morning. After months of careful analysis and an additional week of listening sessions and analysis as employees, members of the medical staff, and the com-

munity shared information and insights regarding the continuation of childbirth services at Springfield Hospital, the vote favored closure.

"We appreciate the dedication of our Childbirth Center and obstetrics staff that showed deep and unwavering commitment to our patients and the community throughout this process. As painful as this decision is, it will help Springfield Hospital continue to provide greatly-needed access to other healthcare services for many years to come," commented Mike Halstead, Interim Chief Executive Officer for Springfield Hospital.

He added, "This was a very difficult decision with valid points on both sides of the question. No one wants to see the elimination of childbirth services at Springfield Hospital. In the end, however, a sound business decision was necessary in the best interest of the financial future of this organization. Continuing to offer childbirth services is too large a financial strain on the Hospital at a time when it is not strong enough to support continued losses."

Springfield Hospital has welcomed thousands of families and babies over many generations -- from Springfield and other local towns. Similar to experiences of other hospitals throughout the region, costs of care are outpacing revenues and those trends are only projected to rise, said the Hospital. This echoes a national trend, as a University of Minnesota study reports nearly 10 percent of rural counties, nationally, lost obstetrics services between 2004 and 2014.

"As Springfield Hospital is facing serious financial challenges, closure of the Childbirth Center is one step in the very difficult process of reviewing all services to determine the best alignment of community needs, support for the services, and sustainable payment policies," said the facility in the statement.

Springfield Hospital Board Chairman Jim Rumrill commented, "The Board review process and vote was painstaking and thorough, with a great deal of personal consideration required on the part of our Board members. This was a very tough decision. I want to express my appreciation to our Board for their diligence and hard work throughout this difficult process. On behalf of our Board, I want to assure our communities that we will work

equally hard to develop an appropriate transition process for families and staff. We want all families to be well informed about the options available to them and the timetable involved, so they can make the choices that are best for their personal situation."

The BMH Birthing Center is a member of the Northern New England Perinatal Quality Improvement Network, offering eight private, recently renovated rooms, epidural services, a volunteer doula program, tub births, as well as pre- and post-natal support groups and education services. Transportation assistance is available to help with transportation needs.

The Women's Health Center of Springfield will contact expectant mothers to help them transfer their care. Each will receive a certified letter and a phone call confirming the closure of Springfield Hospital's Childbirth Center effective June 1st, 2019. Additional information will be provided to help them make personal choices for their pre-natal care and childbirth.

To assist in this process, Springfield Hospital will host a Meet and Greet event on Monday evening, April 8th, from 6-8 pm, in Springfield Hospital's Level D Conference Room. Expectant parents are invited to meet care teams from Brattleboro Memorial Hospital, Brattleboro, VT; Cheshire Hospital, Keene, NH; Rutland Regional Hospital, Rutland, VT; and Dartmouth-Hitchcock, Lebanon, NH. Medical records personnel will be available that evening to expedite a smooth transition for anyone wishing to transfer records at that time. The Springfield Area Parent Child Center will also attend offering information on the children's integrated services program.

"While we regret the need for closure of Springfield Hospital's Childbirth Center, we also recognize that childbirth is a special time for families. We want to continue to make high quality, accessible and cost effective obstetric services available locally in our region," said Michael Halstead, Interim Chief Executive Officer of Springfield Hospital. "We are focusing our efforts on the future and are working collaboratively with area hospitals in developing a regional solution to make obstetric services locally available," he added.

NYC's Mayor, First Lady Attend Opioid Forum in Claremont

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—On March 17, New York City Mayor Bill de Blasio and First Lady Chirlane McCray visited Claremont to take part in an Opioid Forum held at the Tech Center. Claremont is part of the Cities Thrive Coalition made up of mayors, leaders and others, with a focus on mental health initiatives that include substance abuse and which has been spear-headed by McCray.

After being welcomed by Claremont City Mayor Charlene Lovett, de Blasio thanked those attending—a group of social service and law enforcement leaders—and for the work “you are doing, which means so much to everyone you are serving...It’s not easy, there are never enough resources, a lot of challenges, but everyone is committed to making an impact...” He also thank Lovett for “serving your country and your community.”

McCray began, saying that she was “so glad to be back in Claremont.” She shared a brief family history that included the fact that her great grandmother came over in the late 1800s and purchased the house at 90 Mulberry St., “where my grandfather lived, he came over when he was 12 from Barbados.” He worked at Sullivan and her mother and her mother’s siblings grew up in the house; her mother attended Stevens High School. She also shared that her mother struggled with emotional health, “probably struggled with depression,” she said, and like so many, she too has struggled with her own “mental health challenges... which has made me very attuned to other people’s mental health challenges” and would eventually lead her to the THRIVE initiative, a citywide approach in NYC to mental health that includes substance abuse.

McCray said one problem with the current system is that a person with multiple issues ends up going in different directions for help. “You can’t treat part of the problem,” she said. “The medical system silos people out.”

Part of their new approach includes working with faith leaders and teaching them to be responders. McCray said that they are also training 1,000 primary care doctors to administer buprenorphine, training more peer counselors and working to have more naloxone kits available in more places.

Claremont Police Chief Mark Chase said that the “bread and butter complaints” his department deals with are “mental health issues. VRH ER fills up with mental health and substance issues. It deserves attentions in this community and so many other places.”

De Blasio said there is the beginning of a

consensus in the country that there has to be federal funding to support mental health services. “We need to be sure this is part of our national debate in the next two years. I think there is more potential of bipartisanship on mental health than most issues,” he said.

(See related piece, page A15)

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Seed Packet Art Project for Middle and High School Students in Sullivan County

Help us put the culture back in agri-culture as we promote pollinators by submitting a design for the front of our Native Pollinator Seed Packets that will be given to area schools and sold at the Sullivan County Conservation District (SCCD) 2019 Spring Plant Sale.

Theme: Busy Bees

Art on seed packets will measure 3 x 4" tall in final form.

Submission Deadline: April 12, 2019

Submissions: Please submit two digital photos of your art work to Dawn Dextraze at ddextraze@sullivancountynh.org. Please include artist name, grade, and school as well as artwork title. Learn more: www.sccdnh.org/programs.

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CLAREMONT, NH—The Cone Automatic Machine Company Charitable Foundation scholarship program will continue for the coming school year 2019-2020. This scholarship is available to the children or grandchildren of former employees of Cone-Blanchard Machine Company having a minimum of five years of continuous service with Cone-Blanchard Machine Company who meet the eligibility requirements.

Eligibility Requirements, Terms of Award Payments, and Applications may be obtained by writing to Cone Automatic Machine Company Charitable Foundation, PO Box 65, Claremont NH 03743. Completed applications must be postmarked no later than May 10, 2019. Scholarship awards will be announced in June 2019.

SATURDAY, MARCH 30, LOW COST RABIES CLINIC, CLAREMONT

On Saturday March 30, Sullivan County Humane Society will be holding a rabies clinic for dogs and cats from 9:00-11:30 a.m. at the Claremont Mason Lodge, 40 Maple Ave. Shots are \$10/each. No appointment necessary.

By law, shots will be good for three years with proof, in the form of a rabies certificate, of previous vaccination, otherwise it is a one-year shot.

Questions? Please call 542-3277 or visit <http://www.sullivancountyhumesociety.org/>.



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Mayoral Notes by Charlene Lovett



What are the Statistics for Drug Misuse in NH?

On March 17, New York City Mayor De Blasio and First Lady McCray came to Claremont for a roundtable discussion on mental health and substance misuse. The visit was in support of the nationwide, bi-partisan mayoral coalition known as Cities Thrive which was first launched in 2016 by First Lady McCray. The coalition was created to raise awareness and advocate for resources to better address these issues at the local level.

In preparation for the roundtable discussion, which was attended by 16 stakeholders in the area, I prepared a fact sheet of statistics at the state, county and local level. The statistics cover the number of overdose deaths, Emergency Medical Service (EMS) Narcan administration incidents, opioid related emergency department (ED) visits and treatment for 2018. Taken from the 2018 Overview Report, compiled by the NH Drug Monitoring Initiative, the statistics are based on an analysis as of January 16, 2019 with 77 cases pending toxicology.

Below is an excerpt of the fact sheet that I shared with the stakeholders in preparation for the roundtable discussion. It provides a brief overview what is happening at the county and local level in comparison to the state as a whole.

Statewide

Overdose Deaths: In 2018, there were 364 overdose deaths in NH, a decrease from 2017. The age group with the largest number of drug overdose deaths was 30-39, representing 31% of all overdose deaths. The age group with the second highest number of overdose deaths was 40-49, comprising 25% of all overdose deaths. The age group with the third highest number was 20-29, representing 19% of all overdose deaths.

EMS Narcan Administration Incidents: In 2018, there were 2,234 EMS Narcan administration incidents. From 2017 to 2018, EMS

Narcan administration incidents decreased by 19.5%.

The age group with the largest number of EMS Narcan administration incidents was 30-39, representing 32% of all EMS Narcan administration incidents for 2018. The age group with the second highest number of EMS Narcan administration incidents was 20-29, comprising 26% of all incidents. The third highest age group was 40-49, representing 15% of the EMS Narcan administration incidents.

Opioid Related (ED) Visits: There were 5,539 opioid related ED visits, a 17.6% decrease from 2017.

The age group with the largest number of opioid related ED visits was 30-39, representing 35% of all opioid related ED visits. The age group with the second largest number of opioid related visits was 20-29, comprising 34% of the visits. The third largest age group was 40-49, representing 14% of visits.

Treatment (to state-funded facilities): There were 3,319 opioid/opiate, methamphetamine, & cocaine/crack treatment admissions, a decrease of 17.5% from 2017.

In 2018, 82% of treatment admissions for the referenced substances involved opioid/opiates.

Sullivan County

Overdose Deaths: Sullivan County had four overdose deaths, the lowest of any county in NH.

EMS Narcan Administration Incidents: The County had 19 EMS Narcan administration incidents, the lowest in any of the NH counties. This marked a decrease from the number of incidents in 2017.

Opioid Related ED Visits: Sullivan County had 111 opioid related ED visits, the 3rd lowest of the 10 counties. Compared to 2017, this was a decrease in the number of ED visits.

Treatment (to state-funded facilities): Sullivan County had 14 opioid/opiate, methamphetamine, and cocaine/crack treatment admissions. This marked a drop in the number of admissions from 2017.



From left: Mayor Charlene Lovett, First Lady Chirlane McCray and Mayor Bill de Blasio (Credit: CCTV).

Claremont:

In 2018, 1-4 overdose deaths occurred in which Claremont was the suspected location of use.

In 2018, 1-10 EMS Narcan administration incidents occurred in the City.

Charlene Lovett is the Mayor of Claremont and welcomes your feedback. Please email questions, comments or concerns to her at clovett.ccc@gmail.com.

To learn more about the Opioid Forum held in Claremont, go to <http://www.claremontv.org/> to view the discussion.

Intro to Plasma Cutting

CLAREMONT, NH—Plasma cutting is a powerful and versatile means of cutting steel, aluminum, and other conductive materials, for applications ranging from heavy industry to abstract art. In Intro to Plasma Cutting, students will learn the fundamental processes and techniques for handheld plasma cutting using the Claremont MakerSpace's Hypertherm Powermax85 – and will get plenty of hands-on practice with the tool. The goal of this class is to prepare students to be certified to use the CMS's plasma cutter, handheld, independently.

This class is presented by The Claremont Makerspace and Hypertherm.

Date: Thursday, March 28, 6 - 8:30 PM

Location: Claremont Makerspace, 46 Main St,

To register, please go here:

<https://claremontmakerspace.org/events/#/event/2019/3/28/intro-to-plasma-cutting>

e-Ticker Business News

Valley Regional Healthcare Awarded Peer Recovery Funds

CLAREMONT, NH—Valley Regional Healthcare has received a grant that will fund two recovery coaches in their Emergency Department (through The Center for Recovery Resources) to assist individuals with addiction, substance misuse, and related behavioral health needs through peer support/coaching, resource navigation, and community connections, offering the patient a warm hand-off from the Emergency Department to a local service/services, which will help guide them on their recovery path. These include, but are not limited to TLC Family Resource Center, West Central Behavioral Health, NH Works (and other programs that support workforce development), Dartmouth-Hitchcock, and Better Life Partners, which The Center for Recovery Resources recently began working with to offer recovery-focused MAT services in The Center.

According to Wayne Miller, Program Manager for The Center for Recovery Resources in Claremont, "Our work with Better Life Partners is currently directed toward people experiencing an opiate addiction who can benefit from medication-assistance as one tool in their recovery process, but our work in the Emergency Department at Valley Regional is not limited to any particular substance or chemical dependency. The philosophy of The Center for Recovery Resources is that addiction is addiction. We provide support and resources to individuals and families impacted by addiction, regardless of the substance or behavior."

"The needs of our patients are diverse and ever changing, so we approach our outreach and collaborative efforts with the same mindset," stated Robin Caissie, Senior Director of Development and Community Engagement for Valley Regional. "There are very few areas of an individual's life that are not impacted by active addiction, so we will continue to pursue working relationships with as many different providers, organizations, and agencies as we can to support the recovery process."

"Often times, when a patient with addictive use disorder presents in our Emergency Department, our ED providers just aren't equipped to work with these patients," according to Jenn Seymour, Director of Emergency Services at Valley Regional. "If there is nothing physically wrong with the patient (no need to be in the ED) they will be discharged with no warm handoff. This has been a clear gap in care for our patients at Valley Regional. Through the use of recovery coaches, we will be able to provide our patients the support they truly need as addicts."

A recovery coach is trained to communicate with individuals at any stage, including those who might be actively under the influence of substances or experiencing withdrawal. They also know how to connect these patients with other recovery resources within the community to ensure they get the proper care after leaving the ED as well as adequate follow-up care. Caissie stressed, "This is paramount when someone is trying to recover, and is one way we can help support our patients and community members by bridging this gap, and providing them with a full continuum of care."

Strong Towns Founder Chuck Marohn in Rochester, Concord, Claremont & Portsmouth in April

Free Events By Planning Expert on Communities, Growth and Resiliency

BEDFORD, NH— What does it mean to be a "Strong Town"? In April, Chuck Marohn will speak at community events in Rochester, Concord, Claremont and Portsmouth to discuss the Strong Towns perspective of economic resilience, citizen involvement, wise land use and our communities. He will focus on how these connect to housing afford-

ability at the first three events presented by New Hampshire Housing Finance Authority. All events are free and open to the public.

Housing Our Communities: A Strong Towns Perspective

(presented by New Hampshire Housing)
April 1 - Rochester Performance & Arts Center
6:30-8:30PM

April 2 - Concord, NH Audubon Center
McLane Center 7:30-9:00AM

April 2 - Claremont Savings Bank Community
Center 6:30-8:00PM

April 3 - Pennywise Portsmouth: Balancing Costs & Community

(presented by Portsmouth Smart Growth PS21) – 6:30 – 8:30 PM, Portsmouth Public Library

Marohn founded Strong Towns in 2008 to support a model of development that encourages America's cities, towns and neighborhoods to become financially strong and resilient. A Professional Engineer and a member of the American Institute of Certified Planners (AICP), Marohn has presented Strong Towns concepts across North America and in 2017 was named one of the 10 Most Influential Urbanists of all time by Planetizen.

These events are presented in partnership with:

- City of Rochester NH
- City of Claremont, NH

(Continued on page A17)



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- Rockingham Planning Commission
- Strafford Regional Planning Commission
- Central New Hampshire Regional Planning Commission
- New Hampshire Planners Association
- Northern New England Chapter of the American Planning Association (NNECAPA*)

*offering CM credit for events

TLC to Focus on Empathy at Annual Dinner

CLAREMONT, NH—On Thursday, April 4, TLC Family Resource Center will be holding their annual dinner at the Common Man in Claremont. The dinner starts at 6:00 p.m. The guest speaker will be Sam Drazin, an educator who will be discussing the power of empathy and kindness. To register for the dinner, please visit <http://tinyurl.com/TLCAnnualDinner>.

Drazin, who lives in Bradford, VT, was born with Treacher Collins Syndrome, a rare congenital disorder resulting in both facial anomaly and hearing loss. His experiences tie closely with the best-selling book "Wonder," by R.J Palacio. He shares about his past and encourages others to be empathic and kind.



Sam Drazin

On the same day, TLC will also be offering a training for professionals that focuses on understanding the differences between empathy and sympathy from 4-5 p.m. at the Center for Recovery Resources located at 1 Pleasant St. Suite 104 in Claremont. To register, please visit www.tlcfamilyrc.org/drazintraining.html.

Empathy is being recognized as one of the most important 21st century skills. It is a driver for more meaningful and positive relationships. This workshop is intended for anyone who works with children, including social service workers, teachers, and daycare providers. During the workshop:

Learn the difference between empathy and sympathy;

Discover the roles they play in nurturing connected and engaged learning communities;

Reflect on your own abilities to demonstrate empathy; and

Explore tools to explicitly teach empathy through the lens of disability.

The dinner and training are part of TLC's month-long focus on National Child Abuse Prevention Month in April.

"Every day TLC is focused on helping to prevent child abuse with the work that we do with our clients and in the community," said Executive Director Maggie Monroe-Cassel. "Everyone we work with, regardless of the program, has a unique set of circumstances that brings them to our doors, and we work with them to develop tools and connections to resources that allow them to strengthen their families and build resiliency.

"National Child Abuse Prevention Month gives us an opportunity to highlight not only the importance of preventing children from

being abused, but to share in how everyone in the community can make a difference," she continued. "Each one of us has the ability to help prevent child abuse."

This year, Wear Blue Day will be held on Friday, April 5.

"We encourage everyone to wear blue to show your commitment to preventing child abuse and share a picture on social media with the hashtag #wearblueday so that we can raise more awareness throughout our community," Monroe-Cassel said. "You can also share a link to information on what you can do to make a difference, which can be found at www.tlcfamilyrc.org/preventchildabuse.html."

Tyson Recalls 69,000 Pounds of Chicken Strips

Tyson Foods announced on Thursday it's recalling more than 69,000 pounds of frozen chicken strips that may have been contaminated with pieces of metal. The ready-to-eat strips were produced on Nov. 30 and shipped nationwide, according to the U.S. Department of Agriculture. For more information, visit <https://www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/recall-case-archive/archive/2019/recall-034-2019-release>.

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Deadline for nominations April 19th. Forms can be found at www.lakesunapeevna.org.

2019 SPEAKER: Gail Matthews, *Event Founder*

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QUESTIONS? Contact Cathy Raymond: 603-526-4077 x 231 or craymond@lakesunapeevna.org



Time for Some Financial Spring Cleaning

Spring is here – and for many of us, that means it’s time for some spring cleaning. This year, in addition to tidying up your home, why not try brightening your financial environment? Some of the same moves you make to clean your surroundings may apply to your finances. Consider these suggestions:

Get rid of clutter. When you go through your closets, attic, basement or other areas, you may find many items you no longer need. You might be able to sell some of these things or find other ways of disposing of them. And as you review your portfolio, you might also encounter “clutter” in the form of investments that may be redundant to others you own. If so, you might consider selling these investments and using the proceeds to purchase new ones, which may help you broaden your portfolio.

Protect yourself from hazards. As you go about your spring cleaning, you may well encounter hazardous substances, such as cleaning agents, paints, batteries, pesticides and so on, which you don’t need anymore and which may pose potential health risks. You can reduce the possible danger from these materials by recycling or disposing of them in an environmentally safe way. Your overall financial situation has hazards, too, in the form of illness or injury preventing you from working, or, in your later years, the need for some type of long-term care, such as an extended stay in a nursing home. To protect yourself, you may need appropriate insurance, including disability and long-term care.

Find new uses for existing possessions. When you are sprucing up your home, you may rediscover uses for things you already have. Who knows – perhaps that treadmill that’s been gathering dust in your garage could actually be employed again as part of your rededicated exercise regimen. And you might be able to get more mileage out of some of your existing investments, too. Suppose, for instance, that some of your stocks are paying you dividends, which you take as cash. If you don’t really need this income to support your lifestyle, you might consider reinvesting the dividends so that you can own more shares of the dividend-paying stocks. Over the long run, increased share ownership is a key to helping build your portfolio.

Establish new habits. Spring cleaning doesn’t have to be just about physical activities – it can also involve a new set of habits on your part. For example, instead of placing your unread magazines in an ever-expanding pile, try to read and recycle them quickly. You can also develop some positive habits as an investor, such as “paying yourself first” by regularly putting some money in an investment account each month, even before paying all your bills. You can also avoid some bad habits, such as overreacting to market downturns by selling investments to “cut your losses,” even though those same investments may still have strong growth potential and may still be suitable for your needs.

Doing some spring cleaning can make you feel better about your living space today. And applying some of these techniques to your financial situation can help you gain a more positive outlook for tomorrow.

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



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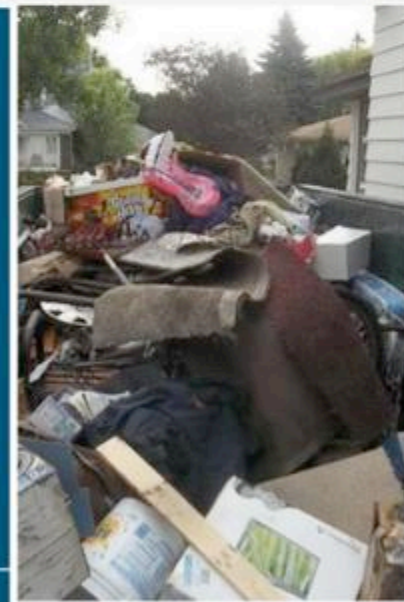
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Arrowhead Meeting April 2

CLAREMONT, NH—The next general Arrowhead meeting will be held Tuesday, April 2nd, 7:00 p.m. at Arrowhead. Arrowhead Recreation Club members will go over the season, off— season projects, recruitment and other topics.

Anyone wanting to know more about Arrowhead or would like to become part of the organization is welcome to attend.

SATURDAY, APRIL 6

PANCAKE BREAKFAST IN LEBANON

A Pancake Breakfast to benefit the Combat Veterans Motorcycle Association of the Upper Valley will be held on Saturday, April 6, from 0700-1000. \$10/adults, \$5/ children 12 and under.

Downstairs at the American Legion Post 22 189 Mechanic St Lebanon, NH.

www.etickeernewsoclaremont.com



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It's About Food

By **Johnny Navillus**



Deja Vu

"It's Deja Vu all over again"....Yogi Berra.

That is one of my favorite Yogiisms. And it happened to me recently. Commercials were playing and I wasn't paying too much attention until the very end of one caught my eye. Was that what I think? Did I really see that? Was it a flashback? Couldn't be, it was in color. I'm losing my mind. That's it. Yeah. Johnny's lost it. Maybe not.

I started paying more attention to commercials. Finally, I saw it again. Caught the whole thing this time. A commercial for.....instant coffee!

No kidding. Straight from the '60s. One of the original brands too. Full circle.

Gather 'round, children, and hear about the evolution of coffee brewed at home. Before color TV, there was the percolator. It did a fair job, but if you left the heat on under it too long the coffee burned. Nasty.

Then came Instant coffee. Just the thing for the busy 20th Century. Put the powder in cup, add boiling water, stir and.... instant coffee! Not quite as good as "perked", but it got you by. Then came granulated instant coffee. Better but not quite there.

They advertised this like crazy. It was the best thing since sliced bread. And it worked. Just about everyone was drinking it. When you went to a friend or relative's, they offered coffee and said "Instant OK?" No one ever said "No".

Then the brewing machines came on the scene. Pretty much what you have today. Some had timers so that your coffee was ready when you were. Then came the "K cup" machines. As close to single serving Instant as you are going to get. So far.

With the development of the countertop machines, the instant coffee craze seemed to die off. The brewing machines opened up a new world of coffee making. The flavored coffees came on the scene. Espresso machines began appearing in some homes. As a society, our tastes became more sophisticated. The coffee shops taught us there was a whole dimension to coffee we had not even dreamt about. This makes me wonder if there is going to be a revival. Can "instant" live up to what we have come to expect? Someone, somewhere must think so or they wouldn't buy the air time.

It will be interesting to see how this plays out. Are we really that pushed for time that we will go "retro"?

I like stir frying chicken in my large cast iron. Instead of the breast, I've been using boneless chicken thighs. They have a lot more flavor and because of that, they offer more opportunity to vary the sauces and flavoring. They stand up to stronger curries better. You can't overwhelm the flavor too easily.

Keep those slow cookers handy. There will be plenty of opportunity to use them this Spring and Summer. I'll be digging out my seasonal favorites soon. It will be nice to get away from the heavy dishes that were so comforting through the cold weather.

Play with your food. Instant gratification.

Write to Johnny at etickeernews@gmail.com.

Claremont Singer to Appear in “American Idol” Episode of Hollywood Week March 25

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—For “American Idol” fans, and more specifically, fans of Claremont singer and contestant Evelyn Cormier, the excitement returns this Monday. Cormier will be appearing in an episode of Hollywood Week on Monday, March 25, at 8:00 p.m. on ABC.

In a phone interview with the *e-Ticker News* on Thursday, Cormier said that she would be watching the new episode with family and friends, as she had done when her March 17 appearance aired, a celebration that included cake to mark the occasion.

“I was really nervous watching,” said Cormier, but now she is getting used to watching herself on air and said she is getting “really okay” with this side of her musical journey.

Cormier’s March 17 performance drew remarkable reactions from judges Lionel Richie, Katy Perry and Luke Bryan who were quickly drawn to her performance and had high praise for the 19-year-old. “Literally, one of my favorite voices I have ever heard,” Perry commented. “I think when you have a really amazing band behind you, it’s going to be something crazy,” said Bryan. “You have a sound,” said Richie. “You have a sound that’s yours. It’s an absolutely amazing identity...I’m thrilled that we have you.” After voting for Cormier to move on to the next level and giving her the “golden ticket to Hollywood”, Perry added, “Evelyn, pick the right songs because you are my favorite voice....It’s soundtrack material for sure.”

Cormier said the judges’ comments had been “overwhelmingly positive”. And they continued to be as they posted on her Twitter page March 17, “Breathtaking unique presence in your performance”—Richie; “My WHOLE family got quiet when you started singing, even the kids!”—Perry; “Can’t wait to hear what you’re going to bring to #AmericanIdol this season”—Bryan. Even Ryan Seacrest weighed in on Twitter: “When you find the perfect song to match your voice, it’s going to be magical. See you in Hollywood.”

When asked what, if any, advice from the judges was particularly helpful, Cormier said Richie telling a group of contestants not to worry about forgetting words but to just own it and move on, since it happens to everyone,

including him, was especially reassuring.

“Idol” is not the only thing going on in her life; Cormier said she is still writing music and has released a new official “Evelyn Cormier” tee-shirt featuring her image. Releasing merchandise, or “merch” as it’s called, is something a number of people had recommended that she do, she said. Cormier chose to stay local to have the black tee-shirts printed, going to the Ink Factory on Water Street. “I really like art,” she said, and the image is one from photos she had taken doing some freelance modeling. She continues to listen to a wide range of music, from songs of the 90’s, to folk, a little pop, acoustic, alternative and Elvis.

Cormier said reaction to her first “Idol” appearance has been “very positive”, and she appreciates the outpouring of support she has received, especially locally. A chunk of that support will be gathering at her house Monday night as “American Idol” features an episode of Hollywood Week, the next leg of this musical



Evelyn Cormier is featured on Hollywood Week on “American Idol” Monday, March 25. AMERICAN IDOL - “Hollywood Week” - Coverage. (ABC/Eric McCandless) EVELYN CORMIER© 2019 American Broadcasting Companies, Inc. All rights reserved. Reprinted with permission.

odyssey. There might even be cake again, too.

Free Solar Workshop Monday in Claremont

CLAREMONT, NH—Join mission drive solar company SunCommon's Community Partnership Organizer Becca White at the Makerspace in Claremont for a deep dive on the solar industry and generally the world of renewable energy. Becca will be doing a question and answer on what it takes to go solar. She'll let you know how to go solar at no upfront cost and where the industry is on making solar affordable for all. Not sure if your home or yard is sunny enough for solar, or how net metering works? All of that and more will be answered in this updated presentation!

To register, <https://claremontmakerspace.org/events/#!event/2019/3/25/solar-101>

Date: Monday, 3/25/19, 6 - 8 PM Location: 46 Main Street, Claremont Makerspace

Claremont Makerspace 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.

Date: Tuesday, March 26th, 6 - 8 PM Location: Claremont Makerspace, 46 Main St,

To register: <https://claremontmakerspace.org/events/#!event/2019/3/26/3d-print-club>



VOLUNTEER OPPORTUNITIES

JOIN A COMMITTEE

Auction Gala Committee
1st Wednesday, 8:00-9:00am

Events Committee
2nd Tuesday, 5:30-7:00pm

Marketing & Membership Committee
1st Tuesday, 9:00-10:00am

Scholarship Committee
4th Tuesday, 4:00-5:00pm

EVENT, PROJECT & OFFICE VOLUNTEERS

This is an excellent option for those who are unable to commit to regular monthly meetings. We welcome your participation whether it be once for a specific event, over a few weeks, a few months or longer.

For Full Committee Descriptions & More Information:

(603) 543-1296

director@greaterclaremontnh.org

www.greaterclaremontnh.org



“Move up!”

You may not hear these words echoing off the gymnasium walls of the Claremont Savings Bank Community Center. But you'd be safe to imagine that the pickleball players – especially the newcomers – are repeating them in their minds until the message clicks.

In that ah-hah! moment, you move up from the outer court toward the net. But not into the no-volley “kitchen” zone that extends seven feet from the net. Unless you're returning a bounced ball. And make sure it's only one bounce. That last is an easy lesson: you can't get a second bounce out of a Wiffle ball.

Sometimes it takes years to master these rules, and every game is a learning experience. Just ask Eugene Sadonsky of Sunapee. He's been playing for more than a year, inspired during a visit to his sister and brother-in-law in Florida, where “that's all they do.” He says, “I tried everything to get it over the net. I'm still improving, and can place the ball to the disadvantage of the other players. But I also learned to let them make the mistakes.”

So what exactly is pickleball? It's a paddle sport that combines elements of tennis in its modified court configuration, a table tennis-like wooden paddle, and the “airy” demands of badminton. Add the speed of racquetball and the aerobic intensity of stop-and-start jogging, and you quickly find yourself getting a great workout.

In the summer season — April through October — there are 10 sessions a week totaling more than 18 hours. About two dozen enthusiasts show up at each session. They range in age from 16 to 85. Alan Spahr, of Claremont, happily claims the title of Oldest Player. He's ambidextrous and laser-focused on placing the ball where you're least likely to return it. “This is the best exercise and camaraderie,” he says. “Change your game depending on your partner,” he advises. Most of all, he adds, “Watch the pros and learn from them.”

The social aspect appeals to most players, as does the exercise itself. Jack Freak always has “a lot of fun. It's a great group.” He started

two years ago with only badminton experience. “I was pretty terrible, it took me months to improve, and then I realized it was awesome.” He now concentrates on the split-second connections between eyes, brain and muscles. Refining her technique appeals to Lisa Earl, who drives up from Acworth at least twice a week. She likes to spin the ball as well as “dink” it — a subtle tap that sends the ball just over the net, a difficult shot for opponents to return. John Lucas, of Claremont, has been playing for a year and a half, improving his strategy and ball placement. He also adjusted to a less-than-stellar backhand. When a ball is careening into that space, he simply switches his paddle from his right hand to his left for a strong forehand.

So many players show up at each session that all games are doubles. The advantage is that everyone learns from their partners. In fact, they're usually the ones who coach newcomers to “move up.” And more than likely, just when you've won that game and sat down to recover, you hear your name called, and “Ready to play? We need a fourth.” So you take a few deep breaths and head over to team up with — and learn from — a new partner.

Each player's drive coupled with the support of other players means that everyone is always improving ... as long as they remember to “move up!”

The April – October schedule is subject to change, depending on other activities at the CSBCC. Check with the Center at 603.542.7019 or claremontparks.com.
 Mon, Tues, Thurs: 9am–1pm
 Mon, Wed, Fri — 5:15-6:45pm
 Sun — 9-11am
 Cost: CSBCC members free / non-members day pass

Mark Brislin — Director, Parks & Recreation
mbrislin@claremontnh.com

Top: Friendly fist bumps all around at the end of a game. Bottom: Jack Phreak prepares to return a volley (Eric Zengota photos).





OUR TURN

Healing Notes

How music helped save the life of a survivor of sexual assault

I remember clearly the midnight phone call from the local police department letting me know there was a young woman in need of a sexual assault exam and evidence collection. As an advocate, this was not my first time for this type of call, and sadly, it has not been my last. However, the memory of this night resonates to this day.

“Melody” was in tears when I picked her up. She climbed into my car, clutching her guitar and few belongings, her face etched with emotion and pain from her trauma. The drive to the hospital never seemed longer as she recounted her assault and the moments leading up to this day. Her story involved being homeless, her battle with depression, and my heart could not help but stop as she recounted attempts to kill herself. “I would have tried again tonight. I wanted to end this pain. But I called the police instead. And now, you are here.”

While I drove, she began to strum her guitar, clearly her prized possession. She spoke of her music and how at times, singing and playing were all that kept her alive. I asked her what it was she liked to play and sing while she spoke of her first upcoming gig, and I listened in awe as she then fell naturally into song, filling my car with chords of heartbreak and hope as tears streamed freely from our eyes.

The next hours were devastating. I never once left her side through the night as the compassionate team of caregivers collected evidence, telling her repeatedly how strong she was, how brave. Her sobs were deep and full of pain as she lay there, curled up with her knees to her chest. “Why?” she said. “Why did this happen to me? No one cares about me or what happens to me. I don’t even know why I am here anymore.”

I knelt beside the bed and looked her in the eyes. “I care what happens to you. I see you for more than your pain. I see you for you. I

see your potential. I see your ability to never give up and I believe in you. If you ever doubt that, you call me.”

Three weeks later at a local club Melody took the stage with her beloved guitar and she gave everyone the gift of her music. As an advocate it makes my heart sing to witness a survivor transform and take control of their pain and live their dreams. Melody’s last words to me linger.

“That night I was determined to do whatever was necessary to make the pain stop. But you showed up. You reminded me of my potential, my worth. You believed in me. I am alive because you were there that night.”


April is Sexual Assault Awareness Month. Sexual assault is a serious and widespread problem. Nearly one in five women in the US have experienced rape or attempted rape at some time in their lives, and one in sixty-seven American men have experienced rape or attempted rape. Learn more: www.nsvrc.org/saam

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 1.603.543-0155 or www.turningpointsnetwork.org or find us on Facebook.

*TPN Crisis and Support Line: 800-639-3130
National Domestic Violence Hotline:
800-799-7233
National Sexual Assault Hotline: 800-656-4673*



Thank you to all the volunteers who helped make the 2019 TSV basketball tourney a reality. You are the true **Unsung Heroes** of the tourney.

Gwen Melcher • Tausha Shute • Alexys Corliss
Ray Curren • Dylan Chambers
Eric Zengota • Owen Taylor • Alex Taylor
Stevens High School Volleyball Team
Katie Plouffe
Stevens High School Girls Basketball Team
Ken Harlow • Nicole Salls

— Justin Martin 😊
Superintendent of Recreation Programs
Claremont Parks & Recreation

Stevens High School Student-Athletes Honored at Sports Night

By Les St.Pierre

CLAREMONT, NH—The 63rd Annual St. Joseph's Sports Night was held last Wednesday at the Claremont Senior Center with a stuffed chicken dinner put on by Claremont Elks Lodge #879 followed by speeches from four Stevens High School student-athletes and guest speaker Rick Elliott.

Seated at the head table were top SHS student-athletes Trey Theriault and Audrey Puksta, Stevens High Athletic Director Doug Beaupre, Elliott, toastmaster Tom Hoyt, Unsung Hero winners Leeann McCarthy and Karsten Kleyensteuber, and Brian Landry of the Elks who gave the invocation and benediction.

Poody Walsh, organizer of the event, was able to entice a surprise guest to appear. Mike Jangel, Stevens graduate of 1959 and a former three-sport star at the Claremont school, stood and waved at the crowd when introduced by Hoyt. Jangel, along with classmate Marilyn Garceau and St. Mary student-athletes Andre Carter and Ghislaine Ferland, were the first four student-athletes to be feted at this annual event.

"Once a Cardinal, always a Cardinal!" declared McCarthy from the podium giving recognition to the school's mascot. McCarthy, the first to speak, said, "Sports has had such an incredible impact on my life. I would not be the person I am today were it not for sports. Even talking about it makes my heart flutter. I want to thank Stevens High School for giving me the opportunity to step out of my comfort zone. After I graduate I will be more than proud to say I am a Stevens High graduate."

McCarthy will be going on to St. Leo University in Florida.

Kleyensteuber, headed to Dartmouth College, did not play football after the third grade until he entered Stevens as a freshman. "I figured if my brother was good at it, it couldn't be that hard," he mentioned, arousing laughter from the audience. "I learned football is as much a game of strategy as it is of physicality," he continued. "I learned preparation is wasted if a team does not execute the game plan properly and sometimes you just have to rely on luck. A gifted athlete does not back down from a challenge. Good athletes are confident in their decisions and good athletes takes re-

sponsibilities for their decisions. Determination, responsibility, and confidence will benefit me in later life."

"I am so proud of all the things we have accomplished at Stevens," reported Puksta, looking to all the other award recipients. "I hope to be a role model for upcoming female athletes. This award reflects not only athletic ability, but also character. Being the best person I can be has always been important to me. I am more prepared for what life has to throw at me because of the skills in sports."

Puksta, who plans to enter St. Anselm's College in the fall, continued, "This award is a special honor for me. I am the first person in my family to receive it. My grandfather, Charles Puksta, was the mayor of Claremont and an emissary of this event. I have always been inspired by his accomplishments and what he has done for this city. I know my grandfather is looking down at me proud of what I have accomplished. My faith has opened my eyes in many ways. I want every upcoming female to know if you have a goal you can achieve it. Your dreams won't come easy. They will come with hard work. Hard work and perseverance will be two of the most important qualities in your life."

Theriault, a four-year member of the baseball team, was the last of the four student-athletes to take the microphone. He, as did all the speakers, thanked his parents for their support along the way, especially for his dad taking the time with him on the baseball field since he was five years old and for his brother keeping him motivated. "I could not ask for a better family and, for that, I am grateful!"

Manchester Community College awaits the arrival of Theriault.

The remainder of the evening belonged to Elliott and the Fall Mountain Regional High school teacher and track and field coach wowed the



crowd with his advice to each of the four recipients as they go on to higher endeavors. **More about his speech can be found in Claremont Confidential found on page B2.**

The evening ended when Hoyt reminded the student-athletes to gather with their families and to have all the pictures taken they wanted because this occasion only happens once in their lifetime and not to miss out on all the memories of the festive and celebratory event with those dear to them.

Four SHS students were honored at the St. Joseph's Sports Wednesday. Pictured: Trey Theriault; Audrey Puksta; guest speaker Rick Elliot; LeeAnn McCarthy; and Karsten Kleyensteuber. Among those attending was Mike Jangel, (above) who was honored in 1959 (Les St.Pierre photos).



Help Preserve and Restore North Charlestown's Historic Apple Orchard

NORTH CHARLESTOWN, NH—North Charlestown Community School and Sullivan County Conservation District (SCCD) are partnering to preserve and restore the orchard behind the school that was planted in the early 1900s. The orchard was originally planted by Stanley Wilson in 1930, who lived across the street and stored the apples in the big barn. The Stacey brothers moved into the house and ran the orchard after him. The Allen Brothers took care of pruning and spraying the orchard for some decades. It became known as the Eisnor apple orchard during that time and was open to the public for autumn picking days until 1988, when it was purchased by the Farwell Trustees with the intention of preserving it for the school and other public use. There are not as many trees left standing in the orchard behind the school today and they have not been properly cared for in quite some time.

Recently, Stan McCumber and Jenny Wright, veteran apple pruners with close to 50 years of experience, took a look at the orchard at the request of the school principal, Aaron Cinquemani, who is interested in preserving the re-



maining trees and planting new trees to restore the orchard for the community. The school will be hosting an apple pruning demonstration and orchard workday on April 13th from 9:00 a.m.-1:00 p.m. The demonstration will be from 9:00-11:00 a.m. The orchard workday will begin at 11:00 a.m. Both are open to the public. Lunch will be provided to workday volunteers. Donations will be accepted and used to pay for some pruning and to buy new apple trees and perennial pollinator plants that will bring bees to the orchard year-round. Students will take part in a Green-up Day this spring to plant the new trees and pollinator gardens. Donations will also go towards fertil-



izer for the trees, renting bee hives during the blooming season, and paying for biennial pruning. The school is looking for volunteers or an organization to take on the care of this orchard fulfilling the wish of the Farwell Trustees to see it enjoyed by future generations.

There is a playground at the school that might entertain kids as adults work in the orchard. Please bring water, wear sturdy shoes, dress appropriate for the weather, and bring work gloves if you have them.

If you have any questions about the pruning demonstration, please contact Dawn Dextraze, SCCD's Education and Outreach Specialist, at 603.542.9511 x269; ddextraze@sullivancounty-nh.gov.

Top: The 1996 groundbreaking of the new addition to the school. Below: Main Street in North Charlestown showing the farmhouse and apple-storing barn on the right. The Farwell School and Methodist Church are on the left (Courtesy photos).

