

# e-Ticker News of Claremont

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**Council Considering  
Privatizing Transfer  
Station Operation;  
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April 25, 2022

## The Governor and His 'Peeps'

***In Newport, Sununu Celebrates Arts Grant, Praises Diorama Exhibit***

By Eric Zengota  
e-Ticker News

NEWPORT, NH—The Library Arts Center in Newport received a visit from Governor Chris Sununu during his tour of destinations in Sullivan County last Thursday in honor of the Arts Center's recent Public Value Partnership grant of \$10,000 from the NH State Council on the Arts.

Library Arts Center executive director Kate Luppold said, "It was such a pleasure to have the Governor visit the Library Arts Center on a day filled with so much of our mission — a day that started out with school visits from Richards School to see the Newport Student Art Show currently on exhibit in the gallery. The Center was also filled with many visitors who stopped by to see the 100 entries to the Peeps Diorama Contest, and a special 'Peeps + Pints' event for adults in the evening. It was all about building community through the arts," Luppold added, "and we loved every second of it."

Sununu was welcomed to the gallery by the Library Arts Center board and staff, dozens of Newport residents, as well as a group of young students who were eager to show the governor their Peeps dioramas, as well as artwork on display.

**(Continued on page 6)**



**Governor Chris Sununu gets a personal tour and explanation of one of the Peeps dioramas at the Library Arts Center in Newport on Thursday (Eric Zengota photo).**

# How We Are Responding to Concerns About COVID-19 in Planning Steppin' Up 2022

Submitted By The TPN Steppin' Up Planning Committee

We know that some in our community are ready to Step Up on April 30th, no matter what—sunshine, rain, snow, a pandemic. We will be there waiting for you.

We also know that some in our community are waiting to see what impact COVID has on our community closer to the 30th. We understand your concerns and we are working to address as many of them as we can.

Much in the way of final plans will be implemented a couple days before the event, as many are weather dependent. If the day is beautiful or even bearable with regard to temperature and precipitation, we will hold most

activities outside, or outside as well as inside. We are adding more space for indoor sign-in and for turning in funds to help with social distancing. TPN staff and board members, food handlers, and most other volunteers will be in masks. Masks are encouraged indoors and will be available; sanitizing stations will be set up outside and inside. PortaPotties will be available to increase the number of toilets. We will attempt to limit the number of people in the hallway and gymnasium at any one time.

For those of you who may no longer feel comfortable attending, we hope you will stay involved in some way with this event. If you are fundraising, we will be happy to talk about alternate means for you to turn in your funds. If you want to send a message of hope/connection/heart, we will display your message at the event. If you want to participate virtually, that is also a great option. You can step up anywhere. Just call us or email us and we can help you figure anything out. If you want, you can be connected to Event Day by sending in a photo of wherever you step up (send to [tpnsteppin-up@gmail.com](mailto:tpnsteppin-up@gmail.com)) and we will do our best to get your photo up on our Facebook Event page that will livestream some of the day's activities.

We understand how much our community invests in this event. Sponsors have been generous. Our volunteer and staff planning committee has worked since November to make this event purposeful. Each of you planning to participate in some way on your own, with family, on a team...will partner with TPN to impact the lives of survivors in our community and to prevent violence.

Those of you who participated in previous Steppin' Up events helped Lydia. In Lydia's own words, "Despite my desire to give my children the stability and safety I lacked as a child, I found

myself in an abusive relationship...There were constant threats and belittling, that over time caused me to question my self-worth. There were acts of violence...I was treated in ways that were degrading." When Lydia realized the impact of the abuse on her children, she was determined to leave. Her therapist recommended she call TPN. "With the help TPN gave me, I was able to leave and get my children and I into our own apartment. We were able to rebuild our lives and have a chance at a normal, healthy, and happy life. ... My advocate enrolled me in their financial empowerment program, which has educated me on budgeting and credit and helped me to get my own vehicle and the equipment and supplies I need to start my own cleaning business, so I can get back to providing for my family." [TPN has] "empowered me to be the mom I've always wanted to be. It is now two years later... and all of my children are doing great. The English language doesn't have words strong enough to express my gratitude."

Thank you for wanting to be a part of this event and show your support for survivors and prevention. We can't wait to see you, or hear from you.

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### NH Lottery Numbers

**04/23/2022**

**NH PowerBall**

**10 39 47 49 56 8**

**NH Mega Millions 04/22/2022**

**7 28 29 58 59 10**

**Tristate Megabucks 04/23/2022**

**6 14 21 35 41 2**

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

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# INVESTMENT TIPS

## When to Begin Collecting Social Security

### Deciding when to begin collecting Social Security depends on a number of factors, including how long you anticipate needing it.

Deciding when to retire and begin collecting Social Security is an important life decision. For some, savings losses may dictate that you delay your retirement plans and continue working, which means postponing when you begin collecting Social Security.

Current law allows workers to begin collecting Social Security between 62 and 70 years of age. The longer you delay retirement, the higher your monthly Social Security payout will be. That payout is based on your earnings history and the age at which you begin collecting payments compared to what the government deems the normal retirement age (NRA), which depends on your birth year.<sup>1</sup>

If you choose to begin collecting Social Security before your NRA, you may receive a reduction in monthly payments by up to 30%. Additionally, if you begin collecting early and you continue to earn income that exceeds the annual earnings limit, you will incur a penalty.

Year Born	Normal Retirement Age
1937 or earlier	65
1938	65 and 2 months
1939	65 and 4 months
1940	65 and 6 months
1941	65 and 8 months
1942	65 and 10 months
1943-1954	66
1955	66 and 2 months
1956	66 and 4 months
1957	66 and 6 months
1958	66 and 8 months
1959	66 and 10 months
1960 or later	67

On the other hand, if you delay collecting Social Security until after your NRA, you will receive higher monthly payments. For each month past your NRA that you delay retirement, your monthly Social Security benefit will increase 0.29% if you were born between 1925 and 1942, and 0.67% if you were born after 1942 [Please double-check this.].

So should you retire early, late, or exactly at your NRA? That depends on your financial situation and anticipated life expectancy. If you have a strong pension or hefty savings, you may wish to delay retiring.

If you have a family history of longevity, you will receive higher payments if you delay receiving benefits. For instance, if you think that you're unlikely to live beyond 80, you may want to begin collecting Social Security at age 62. But if you expect to live longer than 82, you might consider delaying Social Security benefits.

Whenever you decide to begin collecting Social Security, remember that it represents roughly one-third of retirees' income,<sup>2</sup> according to the Social Security Administration. So you should consider other savings strategies to help support you when you decide to retire.

<sup>1</sup> See <https://www.ssa.gov/oact/progdata/nra.html>.

<sup>2</sup> <https://www.ssa.gov/news/press/factsheets/basicfact-alt.pdf>

*This material is for general information only and is not intended to provide specific advice or recommendations for any individual. There is no assurance that the views or strategies discussed are suitable for all investors or will yield positive outcomes. Investing involves risks including possible loss of principal.*

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# Commentary

## NH House Happenings

By Rep. John Cloutier



### What Redistricting Measures Would Mean

Claremont will be switching Executive Council and State Senate districts, if two redistricting measures recently approved by New Hampshire's House of Representatives become law.

On April 21 the House, by two separate roll call votes, adopted two redistricting measures which would redraw the district lines for our state's five Executive Council districts as well as 24 New Hampshire Senate districts. A redrawing of district lines is done every 10 years as required under the New Hampshire Constitution in the legislative term after the most recent decennial U.S. Census is completed, which was in 2020. The two measures had been previously passed by the Senate. Specifically, Senate Bill 240, that redraws Senate district lines, was approved by a 172-149 roll call vote, while Senate Bill 241, redrawing Executive Council lines, was passed on a 174-146 roll call vote. Adoption followed spirited debate among representatives and recommendations by identical 8-7 majorities of the House Special Committee on Redistricting to adopt both bills. Recommendations followed along party lines with all the committee's Republicans recommending adoption, and all the Democrats opposing. Both measures now go to Gov. Christopher Sununu.

Senate Bill 240, as adopted, would switch Claremont, presently in State Senate District #5 for the past 10 years, back into Senate District #8, where it had been for many years until the present and most recent Senate redistricting plan had been become law 10 years ago in 2012. Nine other Sullivan County municipalities—Acworth, Charlestown, Croydon, Langdon, Lempster, Newport, Sunapee, Unity, and Washington—will also be a part of District #8. The district will include 10 other municipalities split between Cheshire and Hillsboro Counties. Among these municipalities is Stoddard, where the present District #8 Senator, Republican Ruth Ward, lives. Claremont's present state senator is District #5 incumbent, Suzanne Prentiss of Lebanon. Speaking of District #5, four Sullivan County municipalities—Cornish, Grantham, Plainfield, and Springfield—would be a part of this district, along with Lebanon and nine other municipalities split between Grafton and Merrimack Counties. Finally, under the same bill, one Sullivan County municipality—Goshen—would be in Senate District #7 along with 21 other municipalities split among Grafton, Hillsboro, and Merrimack Counties. Republican Harold French of Franklin is the present incumbent District #7 senator.

Next, under Senate Bill 241 as adopted, Claremont, currently in Executive Council District #1, would be switched from this district to Council District #2. Claremont's present Executive Councillor is Re-

publican Joseph Kinney of Union, while the present Councilor for District #2 is Democrat Cinde Warmington of Concord. In addition to Claremont, 11 other Sullivan County municipalities would be in District #2, including Acworth, Charlestown, Cornish, Croydon, Grantham, Langdon, Newport, Plainfield, Springfield, Sunapee, and Unity. But three other Sullivan County municipalities—Goshen, Lempster, and Washington—would be a part of Executive Council District #5, a council district seat currently held by Republican incumbent David Wheeler of Nashua. If both bills become law, the new State Senate and Executive Council districts would take effect beginning with this year's political cycle, which includes the Sept. 13 State Primary and Nov. 8 General Election.

Senate Bill 241 opponents, the Senate redistricting measure, included Walpole Rep. Lucy Weber, a Democrat, who declared that she had "many concerns" with the bill. First, Rep. Weber said that many of the state's 10 counties were "unnecessarily" split in redrawing the district lines. Second, she stated that the measure failed to keep many "communities of interest together such as school districts, fire and EMS (Emergency Medical Service) catchment areas" as well as "utilities and public health districts." Third, she added that the Special Redistricting Committee held public hearings all across the state, including one in Claremont, last year in which voters testified that they wanted the "most compact and most competitive districts possible." Fourth and finally, Rep. Weber claimed that bill would take away as many Democratic-leaning voters as possible from the more competitive districts, and pack them into as few heavily Democratic districts as possible. Thus, it would likely result in Republicans winning at least 15 of the 24 Senate districts in this year's 2022 election and maybe future elections as well.

Furthermore, Senate Bill 241 opponents, including Nashua Rep. Paul Bergeron, another Democrat, also voiced complaints about how the second redistricting measure would redraw the Executive Council districts. Rep. Bergeron stated that it would split nine of the 10 counties and create gerrymandered and non-compact council districts, including Districts #1, #2, and #5. He proposed a floor amendment to the bill on behalf of fellow Redistricting Committee Democrats which he said would fix several of the mentioned flaws in the Republican-favored version of the bill. But an amendment that was defeated by voice vote.

However, Senate Bill 240 and 241 proponents defended the measures. Epsom Rep. Carol McGuire, a Republican, said, regarding the first measure, that it meets the latest census data and complies with all constitutional and legal requirements, including Senate districts that are "contiguous" and "do not split towns or city wards." Barrington Rep. Leonard Turcotte, also a Republican, said that the second bill redrawing Council districts would make at least make District #2 more compact, and keep all five current Executive Councilors in their present districts. Both Reps. McGuire and Turcotte added that the House should adopt the two bills without amendment because a majority of the Senate, all Republicans, had decided both redistricting measures were legal.

**(Continued on page 5)**

## Letter to the Editor

### House of Representatives – Claremont

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### **New Newport Community Center Will Benefit Those of All Ages**

#### **To The Editor:**

I am writing in support of the proposed Newport Community Center. There will be a bond vote on May 10th to appropriate the funds to build this new center, which is long overdue. The actual cost to Newport taxes is \$4 million dollars which is slightly more than half of the anticipated costs. Rarely can a community realize such an opportunity and the time is now.

There have been several letters and an Op Ed piece touting the value of a Community Center for our youth and there have been many stories about how being involved in the activities at the current 100-year-old building, helped develop character and skills in today’s residents. But one group has been left out in this discussion – the Golden Oldies!

The Community Center is not just for kids, young adults and middle aged volley ball players. Three times a week a group of “mature adults” gather for low impact, strength training exercise. Our youngest member is 65 and our Grand Dame is 100 years young. We come from around the area: Newport, Croydon, Acworth, Unity, for example, and for a modest fee we get terrific exercise, three wonderful trainers, and lots of camaraderie. It is vital for people our age to stay fit and move so that we all can have a long healthy future. The old center is difficult to navigate for some of us and heaven forbid, there is only one toilet.

Citizens of Newport, we need a new environmentally safe and larger multipurpose facility. Please vote YES on May 10th and bring a new Community Center to Newport. After all, we say “Newport, New Hampshire, a great place to call home!” Let’s add this to our assets.

**Biddy Irwin, Newport, NH**

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

I voted against both Senate Bills 240 and 241. I voted “No” because as Rep. Weber had earlier noted, most of the State Senate and Executive Council districts in both bills go against what citizens in Claremont and other municipalities across New Hampshire told the House Special Redistricting Committee last year; In other words, such redrawn districts should be as compact and the most politically competitive as possible with no partisan gerrymandering. But I’m not surprised given the fact that both the Republican House and Senate earlier passed another redistricting bill redrawing the lines of New Hampshire’s two U.S. Congressional Districts that so blatantly re-arranged both Congressional Districts so as to give the Republican Party candidates a skewed partisan advantage in at least one of the districts. This is a bill that even Republican Gov. Sununu found so outrageous that he has pledged to veto if it ever reaches his desk.

**Email: [jocloutier@comcast.net](mailto:jocloutier@comcast.net).**

### **Following Calls from Senator Hassan, Administration Expands Eligibility for Head Start Program**

WASHINGTON, DC— Following calls from U.S. Senator Maggie Hassan (D-NH), the Department of Health and Human Services (HHS) announced Thursday that it is expanding Head Start Program eligibility to help more families in New Hampshire and across the country access affordable, high-quality early education services.

“All of New Hampshire’s children deserve the opportunity to learn, grow, and thrive, and Head Start programs are critical to providing affordable, reliable early childhood education across our state,” said Senator Hassan. “We know that too many families still face challenges in accessing high-quality child care, which is why I have pushed to expand these services. It is welcome news that the administration is taking this step forward, and I will continue working to meet the needs of New Hampshire children and families.”

Last week, Senator Hassan led a group of her colleagues in calling for this action, which expands eligibility for the program to include families that receive Supplemental Nutrition Assistance Program (SNAP).

**Peeps, from page 1**

Public Value Partnership grants are awarded to non-profit arts organizations that demonstrate excellence in planning, administration and programming — ensuring the arts are available and accessible to all New Hampshire citizens.

The Arts Center was honored to be among the most recent recipients. “The grant was given in recognition of the Center’s extensive community engagement,” Luppold noted. “We’ll apply it to our general operations.”

The Center, founded in 1967, has a busy schedule of exhibits, classes, workshops and performances, in addition to hosting studio classes, the Arts in the Garden Tour and the Apple Pie Crafts Fair.

The Peeps Dioramas will be on display through April 28. Gallery hours are 11am-4pm Tuesday-Friday, 10am-2pm Saturday.

Library Arts Center, 58 N. Main St., Newport; 603-863-3040; [libraryartscenter.org](http://libraryartscenter.org); [info@libraryartscenter.org](mailto:info@libraryartscenter.org).

**Student Max Huot (right) shows Governor Sununu his Peeps diorama depicting the Battle of Gettysburg (Beth Rexford photo).**



**Below: Ukraine was the theme of several Peeps entries this year (Eric Zengota photos).**



**Update Given on Charlestown Rt. 12 Repairs**

CONCORD, NH—NHDOT Assistant Commissioner Bill Cass and Project Manager Jason Ayotte attended the recent Charlestown Selectboard meeting. Ayotte presented an overview on the Charlestown Rt. 12 repairs: what caused the road closure, the prior plan, why the prior plan was not workable, and the plan going forward. Cass and Ayotte answered a variety of questions, including the location of drainage, availability of materials, and the construction schedule.

“We do not believe it would be safe for public use of the road during construction and it would hinder the work. However, at the request of the Police Chief, the Department and contractor will provide emergency access for emergency vehicles during off-hours of construction,” Kathleen Mulcahey-Hampson, Legislative Liaison, Senior Hearings Examiner, NHDOT, conveyed to local officials

Mulcahey-Hampson said on April 19 that “The immediate repair is underway. The contractor, Casella, has remobilized and ordered the necessary materials, with some materials being delivered to the site last week. Casella was back on site and working yesterday, April 18. It is anticipated the work will take 6 weeks. With no weather delays, the road should be reopened by the end of May 2022.”

As previously stated, the immediate repair is an interim, subject to the same conditions and issues that cause the road to be closed. Additional drainage work is planned, which will improve conditions to some degree. DOT will continue to monitor the roadway while the alternatives analysis is being done to determine a long-term solution. This long-term solution will be the future Ten Year Plan project, said Mulcahey-Hampson,



# NH DHHS COVID-19 Update April 22, 2022

## Cases Rising

On Friday, April 22, 2022, DHHS announced 425 new positive test results for COVID-19 for Thursday, April 21. Those results include 289 people who tested positive by PCR test and 136 who tested positive by antigen test. Test results for previous days are still being processed and updated case counts for prior days will be reflected on the COVID-19 interactive dashboard. There were now 2,523 known current COVID-19 cases diagnosed in New Hampshire. Positive results from home testing kits are not included.

Several cases are still under investigation. Additional information from ongoing investigations will be incorporated into future COVID-19 updates. Of those with complete information, there were sixty-two individuals under the age of 18 and the rest are adults with 55% being female and 45% being male. The new cases resided in Rockingham (128), Hillsborough County other than Manchester and Nashua (77), Strafford (34), Grafton (28), Merrimack (26), Carroll (19), Cheshire (18), Sullivan (12), Belknap (4), and Coos (3) counties, and in the cities of Nashua (31) and Manchester (21). The county of residence is being determined for twenty-four new cases.

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

- 1 male resident of Hillsborough County, 60 years of age and older
- 1 male resident of Hillsborough County, fewer than 60 years of age
- 1 female resident of

Rockingham County, 60 years of age and older

There were currently 15 hospitalized patients being treated for COVID-19. Current Hospitalizations Treated for COVID-19 is the current metric tracking people hospitalized to treat their COVID-19 infection with Remdesivir, Dexamethasone or both therapies. These therapies are the primary medications for hospitalized patients to treat COVID-19. This new metric is modeled on NIH treatment guidelines and provides a more accurate view of the how many people are hospitalized because of severe COVID-19 illness, as opposed to patients admitted for other healthcare needs who may incidentally have COVID-19.

The NH Hospital Association reported 121 cases: it included total confirmed COVID cases (67), total suspected cases (14) and COVID-Recovering (40). (The last category includes COVID-19 hospitalized patients no longer included in Confirmed COVID-19 statistics once removed from transmission-based precautions but who continue to receive inpatient treatment for COVID-19 related illness).

In New Hampshire, since the start of the pandemic, there have been a total of 307,528 cases of COVID-19 diagnosed.

As of Friday's map, April 22, there were 27 current positively identified cases reported by DHHS in Claremont; 16 in Newport; 12 in Charlestown; 22 in Plainfield; 9 in Grantham; and 5 in Sunapee with 1-4 cases in other towns. DHHS reported 101 current positively identified cases in Sullivan County.

**Note: Data does not include positive home testing results.**

### Vaccinations rates in NH:

**Fully vaccinated: 62.0%**

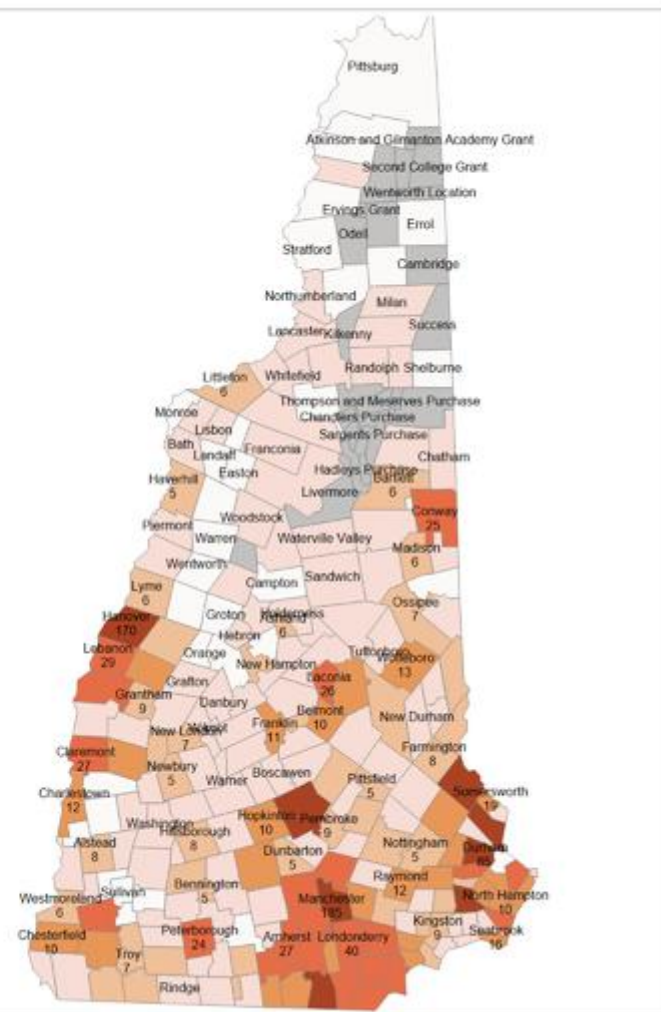
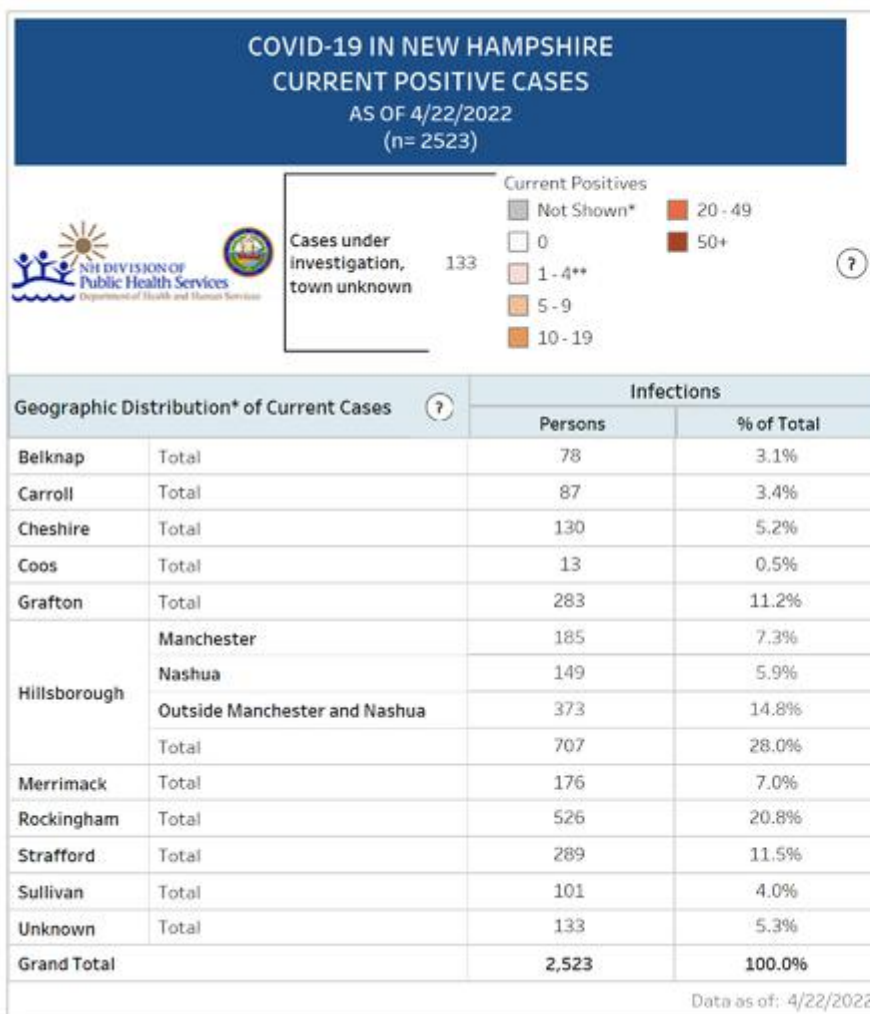
**At least 1 dose: 71.5%**

### COVID-19 Hotline

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

### Vaccine Information in NH

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



## Registration Forms Available for Entries in SHS Alumni Parade

CLAREMONT, NH—Any class or organization looking to be a part of this year's SHS Alumni Parade may get a registration form on the Stevens Alumni website. Go to <https://stevensalumni.h.-com/> and click on the link to the right, "Alumni Weekend Parade Scheduled for June 11" for more information.



## Girl Scout Baked Goods Sale to Help Raise Funds to Fight Cigarette Butt Litter

CLAREMONT, NH—Girl Scout Troop 30261 will be holding a homemade baked goods sale on May 7 at Wal-Mart; the sale (the day before Mother's Day) will be from 10am to 4pm, and they will offer a variety of treats for several diets (vegan, keto and gluten free). The funds raised will go to help support their new "take action project" to purchase pocket ashtrays to distribute to citizens in high tobacco litter areas in an effort to reduce the tobacco litter in our community. Recent studies show cigarette butts take 18 months to 10 years to decompose.

The project continues the troop's commitment to help with environmental efforts: it participated in cleanup days last year and joined the Claremont-Sugar River Rotary cleanup on Sunday. It has also signed up for the "Adopt-a-Spot" program to help keep a particular area maintained and cleaned up. The troop's Adopt-a-Spot is the Visitor Center Green.

**MAY 3**

### Cornish Garden Club MEETING

7pm, Cornish Town Hall

We are fortunate to have Lionel Chute, Director of Natural Resources for Sullivan County and District Manager of the Sullivan County Conservation District, speak to us about Climate Change. Everyone is invited and face masks are encouraged. He will speak for an hour and then followed by a short Garden Club meeting. Non-members may choose to leave but are welcome to stay and hear more about the club.

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*22nd Annual*



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*for Children's Charities*

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



TLC Family Resource Center is seeking a Licensed Clinical Mental Health Provider. The LCMH will be a key partner in providing intensive services to families and children who have experienced trauma and/or are impacted by substance use, child abuse, and neglect.

The LCMH will be responsible for child and family screenings, assessments and follow up, Child Parent Psychotherapy (CPP) or similar parent-child therapy, responding to and making referrals as needed, actively participate in team meetings about wraparound services for TLC clients receiving or referred for CPP and prepare reports as needed for court hearings.

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

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

## Vermont State Police Investigate Shooting Incident in Springfield

SPRINGFIELD, VT—On April 23rd, at approximately 0300 hours, Vermont State Police – Westminster Barracks were notified of a disturbance on Valley Street in the Town of Springfield, VT (Windsor County) involving multiple reports of alleged gun shots. A dark colored vehicle with no lights on was seen leaving the area traveling north on Valley Street toward Brook Road.

The circumstances surrounding the shooting disturbance are under active investigation. No one is currently in custody and State Police have not been made aware of any injuries.

State Police are seeking the public's assistance and ask anyone who has information about this incident or who may have witnessed persons shooting to call the Vermont State Police Westminster Barracks at 802-722-4600, or submit a tip online at <http://vsp.vermont.gov/tipsubmit>.

### SUNDAY, MAY 1

**3rd Annual PES Family Fun Run and 5k Trail Race**  
9:30am: 1 Mile Fun Run; 10:00am: 5K Trail Race Run/Walk

Register at <https://raceroster.com/events/2022/58195/pes-family-fun-run-and-5k-trail-race>  
\$25 for ages 18+ | \$10 for kids ages 5-17; free for kids under 5; 5K race will be held in the trail system behind Plainfield Elementary School at 92 Bonner Rd, Meriden, NH.

Proceeds will help build an outdoor recreation and learning space at Plainfield Elementary School.

## Congratulations, Mollie Ducharme, for Reaching \$1M in Sales

What an incredible accomplishment in less than 4 months! The team at Coldwell Banker Homes Unlimited would like to thank Mollie for all her hard work and dedication. Mollie has been dedicated to both the office and her clients. Her professionalism and amazing personality have made her an absolute pleasure to work with.



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Brian Whipple



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Deborah Charlebois



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Mollie Ducharme



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# Branch Manager: Claremont, NH

One Credit Union is currently seeking a Branch Manager, for our Claremont, NH location.

The ideal candidate will have:

- 4-5 years of experience in a sales environment with a solid track record (including cross selling)
- 2-3 years of financial services experience
- 2-3 years of consumer lending experience – mortgage and small business lending experience a plus
- Strong leadership skills with 4-5 years' experience
- Must ensure that all members receive unparalleled service in all interactions
- Will balance risk with member service to ensure the organization is protected
- Drives sales by setting an example and by mentoring and coaching staff
- Ensures that all lending and deposit needs are met appropriately and in compliance with all Credit Union Policy and Procedures
- Leads team and provides necessary training to ensure the operational soundness of branch including security, cash, and regulatory requirements
- Will partner with other lines of business in making quality member referrals
- Will ensure the branch is engrained in the community thereby championing the Credit Union's commitment

Requirements:

- High school graduate or equivalent.
- Wages commensurate with experience and skillsets.
- Benefits offered: Health Care: Starting 1<sup>st</sup> Day, HRA, FSA, Dental, Vision, Life & Disability, 401k plan, Holidays (11), Paid Time Off (PTO), Medical Re-imbursement if not taking Healthcare.

Email cover letter, resume and references to

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# Human Resources Manager Springfield, VT

One Credit Union is currently seeking an experienced Human Resources Manager to join our team due to an upcoming retirement.

**POSITION PURPOSE:**

Responsible for coordinating a wide range of human resource functions including recruiting, interviewing, and hiring personnel, assists with performance appraisals and corrective actions, and ensuring Company personnel are well informed of human resource policies and programs. Oversees the human resource information system, maintains, and updates employee records, completes assigned tax, insurance, and benefits reporting requirements, and ensures that Company records and reporting are following federal and state regulations. Updates job descriptions and assists with salary and benefit administration processes.

**ESSENTIAL FUNCTIONS AND BASIC DUTIES:**

- Assumes responsibility for effectively completing assigned human resource function
- Assumes responsibility for the accurate, complete, and timely preparation of records, reports, and other documents
- Assumes responsibility for establishing and maintaining effective communication and coordination with area personnel and management.
- Assumes responsibility for maintaining professional business relations with government contacts, vendors, and suppliers
- H.R. Manager reports to the CFO.

**Education Requirements/Wages/Benefits:**

- Education Requirements: Bachelor's degree in related field or equivalent combination of education & experience.
- Wages commensurate with experience and skillsets.
- Benefits offered: Health Care: Starting 1<sup>st</sup> Day, HRA, FSA, Dental, Vision, Life & Disability, 401k plan, Holidays (11), Paid Time Off (PTO), Medical Re-imbursement if not taking Healthcare

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## Lake Sunapee VNA Career Opportunities

### Homemaker/Companion

**Entry level position – on the job training, no experience needed.**

**Must be 18 or older and willing to learn. Previous customer service experience helpful.**

- Light meal preparation
- Light housekeeping
- Laundry
- Transportation
- Errands
- Pet and plant care
- Providing a caring ear for companionship



### Personal Care Service Provider (PCSP)

**Transition time from Homemaker/Companion to PCSP is usually six months to a year if right out of high school.**

PCSPs provide services such as:

- maintaining a neat and safe environment
- bathing and showering
- dressing and grooming
- toileting and incontinence care
- medication reminders
- emotional support
- respite for family members

### Licensed Nursing Assistant (LNA)

**Scholarships are available for those wishing to transition to an LNA. If you already have your LNA license or are working on getting one, we have opportunities for you too!**

### For more information...

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[loconnor@lakesunapeevna.org](mailto:loconnor@lakesunapeevna.org)

Or apply online at:

[lakesunapeevna.org/employment](http://lakesunapeevna.org/employment)

**Not sure if home care is for you?  
Email us to set up a shadow experience  
so you can see for yourself what it's all  
about!**



# Council Considering Privatizing Transfer Station Operation

By Phyllis A. Muzeroll  
e-Ticker News

CLAREMONT, NH—The council continued its look at privatizing the operation at the transfer station at its April 13 meeting. A motion was passed to go forward with an RFP for a company to take over running the facility. Councilor Jim Contois was the lone no vote. The proposed contract period would be for five years, renewable for three five-year terms. The contractor would be responsible for obtaining their own licenses and permits to run the transfer station, payment of property taxes on leased portion of current footprint and maintenance/costs pertaining to the operation of the transfer station. Assumption and negotiation items include hours of operation, fee schedule, what services would be offered at the facility and disposal of the City's waste and recycling. Currently, Claremont operates the transfer station, located at 875 Washington St., on Tuesday and Saturday from 8 am to 4pm with two full-time employees who are also part of the City's Highway Department. The Public Works Department has been tasked with creating the RFP to explore the option of privatizing the facility.

Councilor Nick Koloski said he thought the RFP requirements were a bit "restrictive" out of the gate and that they might "whittle" down the number of those willing to step forward. Interim City manager John MacLean said that "this RFP mirrors others that we've used" and that there would be a need for negotiations to take place. Assistant mayor Deb Matteau said that while the City tries to provide services to citizens who use them, not all citizens use the transfer station, yet all taxpayers are footing the bill to operate it. "To me, it should be operated more like an Enterprise Fund like water and sewer. If you don't use the water and sewer, you're not paying to support [them]...It should support itself." As a municipality, the City is required to have trash services available, but those can be fulfilled through use of private haulers; there are a number of private businesses in the City that provide such a service to residents.

Resident Mike Tetu spoke against the idea.

"This RFP is a bad idea. It doesn't look out for the users. I don't see any benefit..." He said he would like to see the City save the station without taxpayer subsidy and proposed a weigh station charging 15 cents a pound for disposal rather than a per bag fee; currently, the per bag fee is \$3 for a 30-gallon trash bag; a 13-gallon bag is \$2.

The council also approved eliminating the

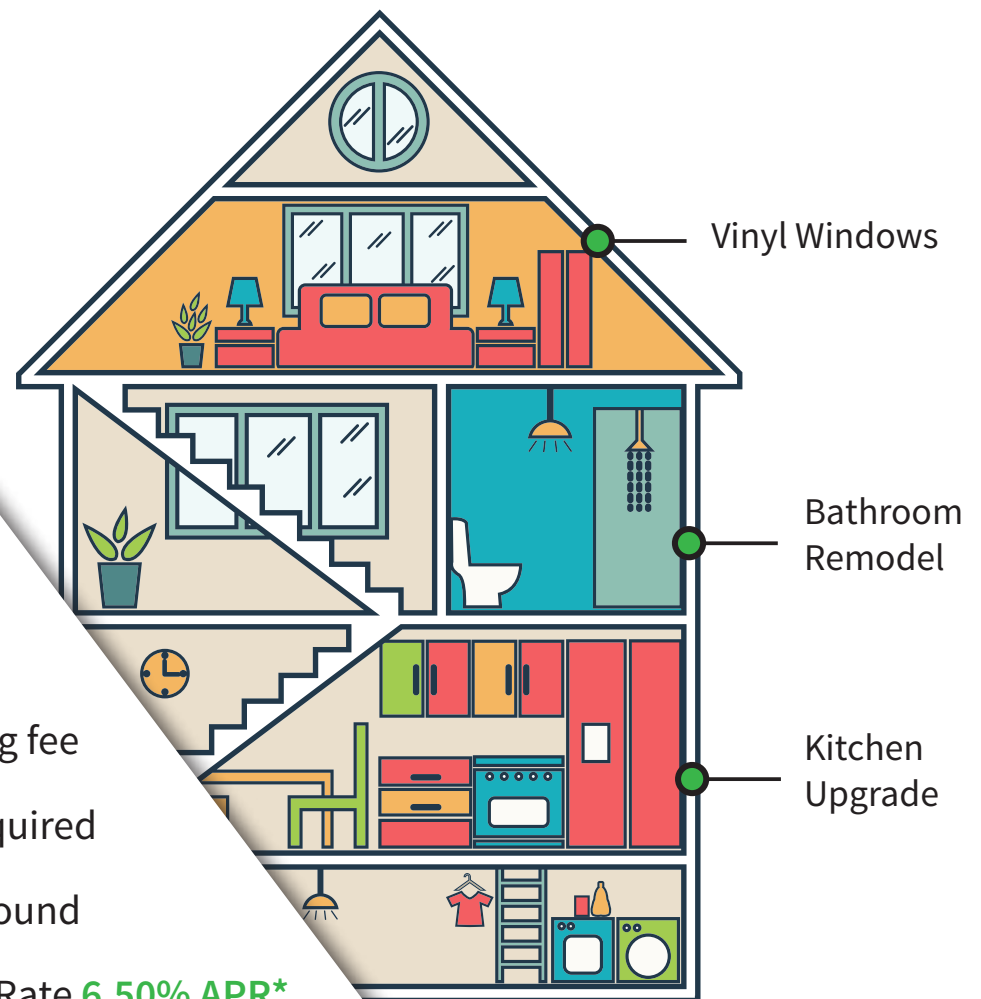
residency requirement for the City manager which is now part of the City Charter. "I would hate to lose a good quality candidate because of this clause," Matteau said. CPD Police Chief Mark Chase, also serving as City manager during MacLean's days away, said that legal opinions say such a requirement is unconstitutional and could be challenged. The Charter change will go before voters.

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## And the Beats Go On

### African Music Fills the Air at Broad Street Park

CLAREMONT, NH—Concertgoers set up chairs, spread out blankets and perched on the cannons in Broad Street Park on Saturday afternoon in anticipation of “Balafon Beats,” the latest HopStop presentation of performing arts from cultures around the world.

Musician and composer Mamadou Diabaté played the balafon, an instrument which resembles a xylophone with wooden sound bars that are reinforced with hollowed-out gourds. Diabaté, accompanied by two percussionists and a guitarist, gave an hour’s concert of music that honors millennia-old West African culture, and tells the story of the Sambla people who live in 12 villages in Burkina Faso.

The 50 or so audience members warmly applauded each song, often whistling and cheering. Some got to their feet and swayed to the rhythms. Those who had stayed in their parked vehicles tooted their horns in appreciation of the musicians’ talents. **(Text and photos by Eric Zengota).**



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**National Prescription Drug Take Back Day**  
**Turn in unused or expired medication for safe disposal.**

**Saturday, April 30th**  
**10 am-2 pm**

**At Claremont, Charlestown, Cornish, New London, Newport/Sullivan County Sheriff's Office, and Sunapee Police Departments.**

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## Business News

### Hannaford Supermarkets Commits to 100-Percent Renewable Energy by 2024

SCARBOROUGH, ME—As part of its sustainability strategy and in recognition of Earth Month, Hannaford Supermarkets announced its plan to be fully powered by renewable energy by 2024—a commitment that makes the retailer the first large-scale supermarket business to match its bold commitment with such an aggressive timetable.

“Doing what’s right for our business includes doing what’s right for our associates, community, and our planet. Powering Hannaford with 100-percent renewable energy sources will make an immediate, positive impact on greenhouse gas emissions,” said Mike Vail, President of Hannaford Supermarkets. “This is an important leap forward in our sustainability journey—and one that we hope sparks others to join. Prioritizing the health of our communities and the planet is a win for us all.”

Supermarkets are energy intensive due to simultaneous needs of heating and cooling. To reduce energy consumption and make the best use of the energy being used, Hannaford has implemented energy efficiency projects like LED lights, night shades, doors on cases and state-of-the-art refrigeration systems—and has rooftop solar on 10 of its stores.

“Hannaford is light years ahead of the rest of the industry when it comes to their sustainability efforts—and they’ve been doing so for well over a decade,” said Peter Cooke, co-founder of the Ratio Institute, an independent, non-profit organization dedicated to accelerating measurable sustainability and viability in food retail. Cooke has worked with more than 1,000 grocery stores and 15 grocery chains as part of his Grocery Stewardship work. “Hannaford associates continue to rally behind making the company more sustainable and that is an advantage to their current and future success in making the planet healthier and greener.”

Currently, Hannaford operates at 30-percent renewable energy by partnering with over 30 community solar projects across Maine, Massachusetts, and New York.

Since the beginning of the decade, Hannaford has worked to reduce its energy con-

sumption and converted 86.4MW of its remaining electricity usage to solar—enough electricity to power 16,000 typical homes for a year. Continuing to operate some of the most energy efficient stores in the northeast, Hannaford will couple their efforts of upgrades and conversions with integrating community and large-scale solar projects in Maine and New York to propel stores to the 100-percent-green milestone by 2024.

“Hannaford has always been serious about sustainability—and over time, it’s become an integral business function. But there is a sense of urgency as we witness the planet in the midst of a climate crisis,” said George Parmenter who leads sustainability efforts for Hannaford. “Hannaford wants to lead where we can make the most impact—and renewable energy is just another step in our journey.”

According to a recent report by the United Nations on climate change, “harmful carbon emissions have never been higher in human history ...[and] scientists are urging ‘now or never’ to limit global warming...”. Report findings indicate that achieving net zero carbon dioxide emissions globally by the early 2050’s is the way to stabilize global temperatures and carbon dioxide emissions.

Hannaford, an Ahold Delhaize USA brand, has committed to be a net zero carbon business by 2040. A first step in that journey is to move to 100-percent renewable energy.

Already an early and proven leader in sustainability efforts, Hannaford’s prior milestone successes include:

- Becoming the first grocery retailer in the nation to introduce reusable bags to its customers in the mid-1980s;
- Earning notable distinction with the introduction of North America’s first LEED Platinum supermarket in Augusta, Maine, for eco-friendly, energy-saving features that utilized approximately half the energy requirements of grocery stores of similar size/character in 2009;
- Installing a first-in-the-nation refrigeration system using natural refrigerant that is better for the environment and earning Hannaford a

“Best of the Best” award from the US EPA Green Chill Partnership in 2013;

- Introducing and expanding electric vehicle (EV) charging stations to parking areas for a total of 163 plugs at 31 stores (and growing) throughout the Northeast;
- And most recently, becoming the first large-scale grocery retailer in its marketplace to achieve zero food waste-to-landfill by donating or diverting all food at risk of going to waste in 2021.

To learn more about Hannaford’s commitment to 100-percent renewable energy by 2024 and its in-store efficiency efforts, view its video: <https://bcove.video/3rizGof>.



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# Business News

## Claremont Savings Bank Announces New Trustee and Three New Corporators at 2022 Annual Meeting

CLAREMONT, NH—Claremont Savings Bank held its 116th Annual Meeting on April 5, 2022.

The Bank is pleased to announce a new Trustee:

**Sera Gray** – Chief Information Officer – Red River

Gray is responsible for implementing applications and processes to ensure efficient and compliant operations. She has been with Red River since 2005 when she joined the Accounting and Finance Unit. In 2008, she took on the role of Corporate Project Manager and worked to expand the Business Operations division. In her seventeen years with Red River, Sera has supported the company's aggressive growth through business intelligence and insights, quality management, partner integrations and M&A integration initiatives. She holds a B.A. in International Business from Elizabethtown College.

"We are delighted to welcome Sera to our Board of Trustees," said Reggie Greene, Claremont Savings Bank President and CEO. "Banks are delivering products and services through more and more sophisticated technology. Sera brings years of experience as a technology executive and she will help management and the board evaluate our strategy. She has a strong background in finance and has ties to both Claremont and the Upper Valley," continued Greene.

Additionally, the Bank announces three new Corporators:

**Andre Lafreniere** – Partner – Claremont Custom Framing – Claremont, NH

**Chris Eldredge** – McCrillis & Eldredge Insurance – Sunapee, NH

**Ian Kipperman** – Senior Accountant – Gallagher, Flynn & Company – Lebanon, NH

"We also welcome three new Corporators," said Greene. "Andy is a Claremont entrepreneur active in community issues. Chris has close ties to Newport and knowledge of

business and insurance issues. Ian's work in public accounting and his location in Lebanon will help us to expand our presence in the Upper Valley market," continued Greene.

Claremont Savings Bank celebrates the retirement of long-time Board member, Frank Reed. Reed served on the Board of Trustees for 35 years. "The Trustees and staff are grateful for Mr. Reed's service to Claremont Savings Bank for those many years," said the bank in a statement.

## Photography Exhibition at Dartmouth Hitchcock Medical Center Highlights Beauty of People with Physical Differences

LEBANON, NH – A photography exhibition highlighting the beauty of people who live with physical differences due to genetic variations is currently on display at Dartmouth Hitchcock Medical Center (DHMC). "The New Faces of Genetics and Beyond" is a portrait collection from Positive Exposure, a New York-based nonprofit organization that promotes a more inclusive world through award-winning photography, films, exhibitions, lectures and educational programs. Comprised of dozens of images hanging in the main mall of DHMC, the creators of this gallery hope to contribute to creating a more compassionate, understanding, and respectful community.

"The New Faces of Genetics and Beyond" has traveled to numerous hospitals around the United States and the world, including the Mayo Clinic in Rochester, MN, Brigham and Women's Hospital in Boston and NYU Langone in New York City. The exhibition was brought to DHMC by Marianne

L. Barthel, director of the Dartmouth Health arts and humanities program, working with William A. Nelson, PhD, MDiv, professor and director of the Ethics and Human Values program at the Geisel School of Medicine at Dartmouth, and Eleonore B. Baughan, a student at Geisel.

"Art can evoke many emotions, from joy to sadness," Barthel said. "It can also be a tool to have uncomfortable conversations and break down stigma. Photos can give a new perspective on how we view our fellow humans. We are honored to host this empowering exhibit to help foster conversations that work to address stigma and ethical challenges surrounding people with genetic differences."

"The New Faces of Genetics and Beyond" is on display at DHMC until June 10.

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## How to be a Good Money Manager in Retirement

If you reach retirement with a significant amount of assets, you've done a great job of saving and investing. But now comes another challenge – making that money last.

You might think that this task, as important as it is, won't be as hard as accumulating the money in the first place. Yet, a sizable number of people have reached a different conclusion. In fact, 36% of retirees say managing money in retirement is more confusing than saving for retirement, and 56% say they wish they had budgeted for more unexpected expenses in retirement, according to the Edward Jones/*Age Wave Four Pillars of the New Retirement* study.

What steps can you take to help you become an effective money manager during your retirement years? Here are a few to consider:

- *Set your goals.* Your money management needs will certainly depend, to some extent, on what your goals are for the coming years. Will you travel extensively? Stay close to home and pursue your hobbies? Or maybe even open a small business? Once you identify your vision for retirement, you can estimate how much it will cost, which will then dictate much of your spending and saving needs.
- *Stick to a budget.* If you've followed a budget throughout your working years, there's no reason to stop now – in fact, budgeting may be even more essential when you retire. Of course, you don't necessarily want to force yourself to be as frugal as possible – after all, you worked hard, saved and invested so you can enjoy a comfortable retirement lifestyle. Look for reasonable cost-cutting opportunities, such as eating out less often or eliminating streaming services you don't use.
- *Don't underestimate health care costs.* Even when you're on Medicare and pay for supplemental insurance, health care costs could still be one of your biggest expenses during retirement. Initially, budgeting for \$4,500 to \$6,500 per person annually may be a good starting point for traditional health care expenses in retirement. However, depending on your health, prescription drug usage and other factors, your costs could be higher or lower. And you may also want to estimate long-term care expenses as part of your plan.
- *Look for senior discounts.* Once you're a senior, you may be able to find discounts on a wide range of items and activities, such as movies, transportation, groceries, gym memberships and more. By taking advantage of these discounts, you can save a surprising amount of money and ease pressure on your cash flow.
- *Establish a sustainable withdrawal strategy.* For decades, you've been putting money into your IRA and 401(k). But once you're retired, you will likely need to start taking withdrawals from these accounts. It's essential that you don't withdraw so much early in your retirement that you eventually run the risk of outliving your money. You may want to work with a financial professional, who can analyze your entire situation – assets, expenses, lifestyle, expected longevity, etc. – and recommend a sustainable withdrawal rate. Keep in mind that once you turn 72, you may be required to take out a certain amount each year from your 401(k) and your traditional IRA, so you'll want to incorporate these withdrawals into your overall income strategy.

Do whatever it takes to become a good money manager during retirement. You'll find that it's well worth the effort.

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

*Edward Jones, Member SIPC*



**Martha Maki, AAMS®**

Financial Advisor

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# Tired Out

## Claremont Residents Get Rid of More Than 2,000 Used Tires

CLAREMONT, NH—Part of the City of Claremont's clean-up activities is the annual Free Tire Day at the transfer station. On Saturday, the day after Earth Day, Claremont residents were able to drop off car and/or light truck tires at no charge.



DPW employee Derek Hussey reported that 1,910 tires were brought in during the 8-hour event. "That's about 500 fewer than last year," he said. "That may be because people have been driving less, so their tires are holding out longer. Or they're just not buying as many new tires because of supply-chain issues."

Bob's Tire Co. of New Bedford, Massachusetts, will dispose of the tires. Although Bob's charges the City for pick-up and disposal, Hussey added, "It's cheaper than dedicating two DPW workers and a truck to do the work. And anyway, we'd have to drive all around Claremont trying to find discarded tires. This way, people bring them to us." **Ryan Bell gets ready to toss a second small tire toward the stacks, while Derek Hussey adds to the day's total count.** (Text and Photo by Eric Zengota)

**SATURDAY, APRIL 30**  
**Growing Wetland Plants**  
**9:30, 10:00, & 10:30am**

Join Natural Resources Director and botanist, Lionel Chute, as he takes you on a short tour to learn about wetland plants growing near the Eco Ag Center (adjacent to plant pick-up area at the county complex). You'll learn about cattails, pussy willows, marsh marigolds, ostrich ferns and more. What's growing there, what do they need to survive and what are they used for? Bring your curiosity and your questions.



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- Male infertility
- Pediatrics
- Peyronie's Disease
- Prostate Cancer
- Prostatitis
- Reflux
- Testicular Cancer
- Testosterone Deficiency
- Urethral/Penile Cancer
- Urinary Tract Infection
- Undescended Testicles
- Varicocele
- Vasectomy

## Sports/Recreation

### Newport Tennis Club Celebrates 30th Anniversary

NEWPORT, NH—Newport Tennis Club is celebrating its 30th year of continual operation in Newport, NH. A small group of tennis aficionados banded together in September 1991 to establish two indoor clay courts in a steel Butler building with the goal of offering members the unique opportunity in NH to enjoy clay court tennis year round, not just outside in the summer months. Thirty years later the membership has grown to 95 players and that same building now houses two locker rooms, a viewing area and a spacious social room. In 2021 the club made major capital improvements by replacing the ceiling vapor barrier and insulating the court area to ensure the club lasts for another 30 years, and then some!

Newport Tennis Club has become a fixture of the community and a way for people to not

only enjoy tennis but socialize and make new friends in the area. The club hosts team matches, organized doubles games, and leagues. Players of all levels have always been welcome as the club has a variety of groups and clinics to offer. Two tennis professionals offer private lessons and clinics: Barry Schoonmaker, head coach of men and women's tennis at Colby-Sawyer College, and Lynn Miller, a former Wheaton College tennis coach and USTPA (Professional Teaching Association) Hall of Famer. During the pandemic, the tennis club is following COVID-19 protocols while offering a way for members to enjoy the game of tennis, stay fit and keep in touch. Newport Tennis Club is a member-owned and member-run club. Membership fees cover only the expenses of the club, such as taxes, main-

tenance, and utilities. The indoor clay courts are maintained to a high-level and are accessible 24/7. Members simply reserve court time online. New members are always welcome; interested parties can tour the club and play on the courts three times with no charge. In addition to equity memberships one-year associate and trial six-month associate memberships are available, as well as summer only memberships. For more information visit [www.Newporttennisclub.org](http://www.Newporttennisclub.org) or call 603-863-0033.

### Fisher Cats Drop Sunday Series Finale to Curve

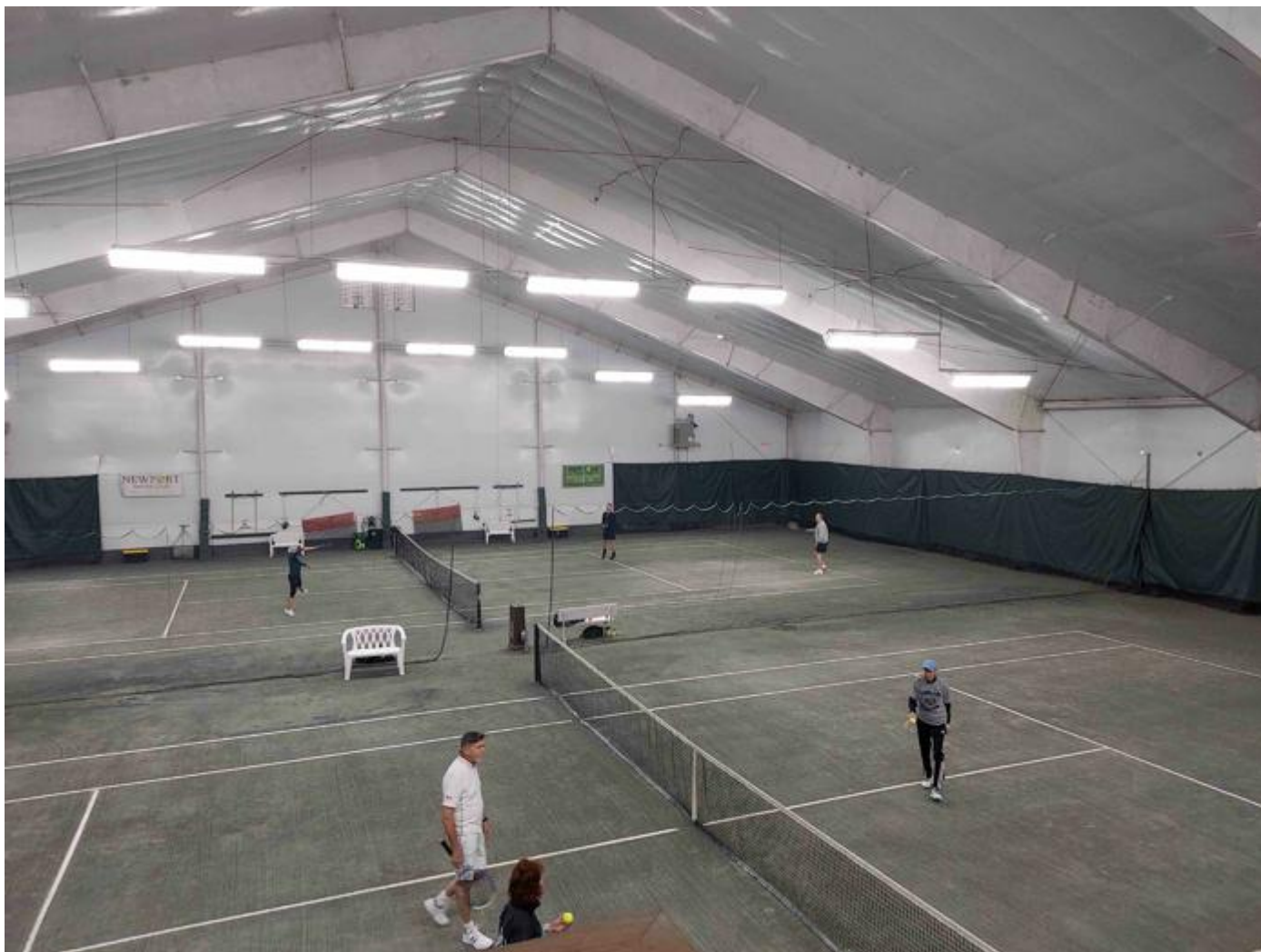
ALTOONA, PA – The New Hampshire Fisher Cats (8-7) lost in the bottom of the ninth, 5-4, to the Altoona Curve (Pittsburgh Pirates, 7-8) on Sunday in the final game of a six-game series. The defeat was New Hampshire's fourth to Altoona and cemented their first series loss of 2022.

Curve infielder Andres Alvarez hit the walk-off single with two outs in the bottom of the ninth to score Connor Scott from third base. Scott stole third base on a close play just one batter earlier.

New Hampshire led, 4-0, after four innings but surrendered five runs across the final five innings.

On the mound, Fisher Cats starter Hayden Juenger worked 4.0 innings and faced the minimum 12 batters. He allowed no runs and one hit, walked none and struck out two. Juenger picked off the only baserunner he allowed in the second inning at first base.

Next up, New Hampshire returns to Delta Dental Stadium to play the Reading Fightin Phils (Philadelphia Phillies) from Tuesday, April 26 through Sunday, May 1. Tickets for the six-game homestand can be found at [NHFisherCats.com](http://NHFisherCats.com), via email at [info@nhfishercats.com](mailto:info@nhfishercats.com), over the phone at (603) 641-2005, or in-person at the Fisher Cats box office at 1 Line Drive in Manchester.



## SHS Baseball

04/14/22	at John Stark	L 2 - 6
04/18/22	Bow	L 0 - 14
04/20/22	at St. Thomas Aquinas	L 12 - 18
04/22/22	Fall Mountain Reg	L 5 - 11
04/25/22	ConVal	04:00 PM
04/29/22	at Coe-Brown Northwood	04:00 PM
05/02/22	Pelham	04:00 PM
05/04/22	at Plymouth	04:00 PM
05/06/22	Hanover	07:00 PM
05/09/22	at Souhegan	04:30 PM
05/13/22	at Newport	03:30 PM
05/13/22	Newport	07:00 PM
05/17/22	Laconia	07:00 PM
05/18/22	Pembroke	05:00 PM
05/25/22	at Oyster River	04:30 PM
05/27/22	at Fall Mountain Reg	07:00 PM



## SHS Girls Tennis

The Cardinals travelled to Manchester for a rematch against Trinity on Friday, April 22nd. Stevens could only field 4 players for the match but improved their play nevertheless in a 8-0 loss to the Pioneers.

Here are the singles results:

1. Amaya Eitapence 0 Meredith MacWilliam 8
2. Izabela Eitapence 0 Mallory Hobausz 8
3. Kamdyn Aldrich 1 Harley Plasz 8
4. Morgan Tremblay 0 Katie Mulcahy 8
5. Trinity by forfeit
6. Trinity by forfeit

The doubles results are as follows:

1. A. Eitapence / Aldrich 0 MacWilliam / Hobausz 8
2. I. Eitapence / Tremblay 1 Izzy Adelman / Frances Davolos 8
3. Trinity by forfeit

The Cardinals have the coming week off for Spring Break before hitting the road again on May 3rd for their second match against Wilton-Lyndeborough, followed by a trip to Berlin on May 5th. The next home action will be on May 6th against Monadnock, starting at 4 pm at Monadnock Park.

## *Play Ball!*

The SHS varsity baseball and softball teams split with the Wildcats from Fall Mountain Saturday afternoon. The softball team came on late to win 11-8, while baseball lost a tough one, 11-5 (Courtesy photos).

## SHS Softball

04/14/22	at John Stark	L 0 - 14
04/18/22	Bow	W 6 - 4
04/22/22	Fall Mountain Reg	W 11 - 8
04/25/22	ConVal	04:00 PM
04/29/22	at Coe-Brown Northwood	04:00 PM
05/02/22	Pelham	04:00 PM
05/04/22	at Plymouth	04:00 PM
05/06/22	Hanover	07:00 PM
05/09/22	at Souhegan	04:30 PM
05/13/22	at Newport	03:30 PM
05/13/22	Newport	07:00 PM
05/16/22	at Hanover	04:30 PM
05/17/22	Laconia	07:00 PM
05/18/22	Pembroke	05:00 PM
05/25/22	at Oyster River	04:30 PM
05/27/22	at Fall Mountain Reg	04:00 PM



## SHS Lacrosse

04/12/22	Campbell	L 0 - 15
04/13/22	at Trinity	L 0 - 15
04/18/22	at Hopkinton	L 0 - 20
04/20/22	Bishop Brady	L 3 - 18
04/21/22	Laconia	L 3 - 18
05/02/22	at Milford	04:30 PM
05/04/22	at Plymouth	04:00 PM
05/06/22	at Pelham	04:00 PM
05/09/22	Lebanon	04:00 PM
05/11/22	at Hillsboro-Deering	04:00 PM
05/13/22	at Inter-Lakes-Moultonborough	05:15 PM
05/16/22	Kearsarge	04:00 PM
05/18/22	Gilford	04:00 PM
05/23/22	Trinity	04:00 PM

# Inspiration

## Rem Dawg

By Priscilla Hull

I love the Red Sox, no matter what. When they won in 2004, I was totally amazed. I never thought I'd live to see it, but see I did. Happily I was with good friends who celebrated and danced in the street with me. Yes, I rang the church bell and then went out and danced in the street with a street full of celebrators! What a night! We didn't wait for the announcements but watched later as Jerry Remy celebrated with the team and, of course, his great announcer, Don Orsillo. How long did I listen to Jerry's comments? It seems like forever, but I know it wasn't because at one time I watched him play. Jerry was a Red Sox person through and through. From his wonderfully distinctive "Bostoneze" accent to his cheerful, merry, positive disposition, Jerry Remy filled the hearts of Red Sox fans for years. It's all he wanted to do and he was the best.

Now, when I watch Red Sox games on TV, it brings back the fun, laughter, and spirit of Jerry Remy. It almost hurts, but then I think of the spirit of Jerry and I think that I've got to keep watching and listening, to see and hear in my head, the great joy that Jerry Remy both brought to the game and got out of the game. Other Red Sox legends have come and gone—The Babe, Teddy Ballgame, El Tiante, Pudge Fisk, Johnny Pesky, Yaz, Eck, Pedro, Pedey, Big Papi, to name a few of my favorites. Jerry Remy has come to be and will be the heart of Red Sox Nation forever.



As a ball player, he had a great, if not stellar, career at second base. He was bothered by several injuries during his seven-year time with the Red Sox. Upon leaving the player's list for the Red Sox, he went to broadcasting and that is where Jerry Remy became the most enthusiastic member of Red Sox Nation. He was without a doubt the "KING" of Red Sox Nation, its greatest promoter and certainly biggest fan.

Listening to games called by his great pal, Don Orsillo, and commentated upon by Jerry Remy for 15 years was an experience to remember. If the game was a tight 0-0 pitching duel, they were all serious and informative, bringing statistics and facts to the fans listening and watching at home or wherever. When the game was close, and maybe not the most exciting, the banter that went on kept us amused and happy to be listening. When the game was a little less exciting, the stories, old times in the ball park, current activities, or just plain silliness amused us for hours. I suppose we each have our favorite. For me, the favorite was the lawn sprinkler. I forget which had which part, but it was the uncontrollable laughter that made us all laugh. For many, it was the fan throwing the pizza where neither Don nor Jerry could talk that is memorable.

Even before he was diagnosed with cancer, Remy was a huge advocate for the Jimmy Fund and for patients with cancer. When Jerry was diagnosed with lung cancer, all of Red Sox Nation was sad. We watched as this amazing persona fought the diagnosis for these past years, cheered when he went into remission, prayed when it became active again and watched with tears as he threw out that first pitch. The hug that Dennis Eckersley gave his friend Remy was so touching.

Yes, this man, Jerry Remy, was the quintessential Red Sox fan. Loved by all! The perfect accent for the team. He set the tone for the Red Sox for many years. With his love of the game and his love for the Red Sox, Jerry Remy was the perfect commentator for his team. He will be remembered for years to come! Thank you, Jerry, for the fun you brought to the Nation.

*I have fought the good fight, I have finished the race, I have kept the faith.*  
2 Timothy 4:7 .

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



# ***JOB & VOLUNTEER FAIR***

**WEDNESDAY, MAY 4, 2022 | 3 - 7 PM**  
**NEWPORT TOWN COMMON**

**Looking for a new job? A way to get involved in the community?  
The Sugar River Region Job & Volunteer Fair is the place to be.  
ALL ARE WELCOME!**

**Interested businesses and non-profit organizations, please visit:  
<https://bit.ly/May4JobFair>**

**BROUGHT TO YOU BY:**





## Calendar Of Events

### Annual Penny Sale at Senior Center May 15

CLAREMONT, NH—We, at the Claremont Senior Center, are busy preparing for our Annual Penny Sale, to be held Sunday, May 15. There are already several items for the raffles and the grand prize. Of course, the 50/50 will be available. We know you will want to get your tickets early, so we will be open at 11AM for your convenience. Hungry? We can fix that. Our kitchen is humming already about the menu. Relax and watch those numbers as we start drawing at 1PM. There is a rumor that the raffles will be drawn in between. Not sure yet.

So make your way down to the Claremont Senior Center, 5 Acer Heights, Claremont, NH, for a fun afternoon. And thank you to all the local businesses for their generous donations.

### 16th Annual Granite State Story Swap May 7

Tony Toledo of Beverly, MA, will be the featured speaker at the New Hampshire Storytelling Alliance's 16th annual Granite State Story Swap (GSSS), on Saturday, May 7, at Canterbury Shaker Village, Canterbury, NH.

Toledo has been telling stories to pay his bills since the end of the 20th Century. He has made elementary students jump, laugh and clap. When he opens his mouth, he always shoots for magic. He modestly said that he doesn't always hit it, but always aims high. One proof of his successful aim came in 2014 when he was surprised with the Brother Blue and Ruth Hill Storytelling Award by NEST (North East Storytelling)

He is the past President of the Board of NEST, the EMCEE Emeritus of Speak Up Spoken Word Open

Mic in Lynn, MA, (which he hosted every Wednesday for seven years), Corn Party Host for 29 years, and the Pie Potluck and Pie Story Swap Host every January for 14 years at the Beverly Library (80 people, 40 pies and 14 stories). Toledo is 64 years old but claims to read at a 69 year old level.

Granite State Story Swap (GSSS) is a gathering of storytellers and story lovers in a beautiful New Hampshire setting. The one day event, running from 8am to 4:30pm, is low key and inexpensive. It offers storytellers the opportunity to tell and hear short tales of up to 10 minutes long and to visit with others who share their love of story.

At 9am, Toledo will present his keynote address, "Stories Duct Tape Our Tired Hearts Together". He explains, "The last two years have been a challenge to say the least. Story faces challenges with a grin. I will share what storytelling has meant for me, what it means for listeners, and what it can mean for our tomorrows."

His afternoon concert is titled "Guess Who I Met At The Animal Fair?" He described this concert as putting "more meat on old folk tale bones". A continental breakfast, light lunch, the keynote and the concert are included in the registration fee. In addition, the schedule includes break-out circles for attendees to tell and listen in small groups and a concert of short (up to 10 minute) tales by tellers whose names are "drawn from a hat" that day.

General admission is \$25; NHTA members in good standing get a discounted rate of \$15. The combined price of dues plus admission is \$35. VIP tickets at \$50 help to support NHTA and its efforts to ensure the art of storytelling stays strong in New Hampshire.

For more information go to [www.nhstorytelling.org](http://www.nhstorytelling.org)

[telling.org](http://www.shakers.org). Canterbury Shaker Village is located 20 minutes north of Concord, NH, an hour west of Portsmouth, NH, and approximately an hour and a half north of Boston, MA. Directions are at [http://www.shakers.org/](http://www.shakers.org).

### Neal Nursing Scholarship Applications Due June 24

SPRINGFIELD, VT—Springfield Hospital is now accepting applications for the 17th Annual Eileen Austin Neal Nursing Scholarship of \$1,000. This scholarship is open to any student who has been accepted into a nursing program of study. Applicants will be judged on interest in and commitment to the field of nursing. Determination will be based on merit and need.

The application deadline is June 24; Scholarship applications are available by visiting [www.springfieldhospital.org](http://www.springfieldhospital.org).

Deliver care and assistance to people  
where they are most comfortable – at  
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Help at Home employees have access to comprehensive onboarding, continuing education and dementia training, and competitive pay - \$17/hr starting.

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

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Have questions about a position at VNH?  
call 1-888-300-8853 or visit

[careers.vnhcare.org](http://careers.vnhcare.org)



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603 443 3747  
[djtreework51@yahoo.com](mailto:djtreework51@yahoo.com)

# YARD SALE !

## **2nd Annual Cornish Community Yard Sale Save the Date & Sign Up Now! Saturday, May 28th from 9:30-2**

The sale was very successful last year so we are doing it again. If you are planning a yard sale and would like to have a steady flow of shoppers for the duration of the sale, take advantage of this opportunity! There were hundreds of shoppers last year and we are looking forward to an even more successful event this year while kicking off the yard sale season.

**\* Frazer's Place food truck and the Lazy Cow ice cream truck will be on hand to keep shoppers and sellers well fed \***

Cost is \$10 for a standard spot or \$15 for a 12' X 15' space.  
A limited number of table rentals are available by donation.

**The sale is at the Cornish Fairgrounds & registration is open through May 13th  
Please email Cathy Parks at [cshsap@msn.com](mailto:cshsap@msn.com) to register or with questions**

All registration fees and table rental donations will be split between the Cornish Fair Association and the recently re-established Cornish Recreation Department. We are also accepting good quality items for the Cornish Recreation Department to sell as part of their fundraising.



## Local Help for Ukraine

### **Support for Ukraine – South Congregational Church, Newport, NH. Collecting Items for Clean-up Buckets as Part of Church World Service Outreach**

Contact: Pastor Daniel Adam, 603-863-3729.

Are you wondering how you can help the Ukrainian people who are facing war and displacement?

South Congregational Church is collecting items for clean-up buckets, an initiative of Church World Service (CWS). CWS collects items for clean-up buckets that are sent throughout the world where there are wars or natural disasters. Ukraine is a priority at this time.

Items needed include: reusable cleaning towels (Handiwipes), work gloves (leather or leather palm gloves), 32-64 ounce laundry soap, 16-34 ounce dish soap, kitchen sponges, contractor-type trash bags (30-45 gal). To see the full list of needed items and a photo of a completed bucket, visit South Congregational Church, Newport NH ([the-southchurch.us](https://www.southchurch.us))

Items may be left in the container at the rear door of South Congregational Church, Church St, Newport.

Donated items will be collected throughout April. Buckets will be assembled at South Church and delivered to a Church World Service depot in Bow, NH in early May.

For more information, contact South Congregational Church at 603-863-3729.

### **Claremont, NH, School District Ukraine Refugee Help**

You can help! We are raising funds to adopt an individual family who will be living in a home in Le Mans, France, provided by the family of a retired Claremont School District teacher. Additionally, a Ukrainian American staff member, with family still inside Ukraine, has identified three international aid organizations to receive funds: UNICEF (United Nations Children's Fund designated to children in Ukraine), United Help Ukraine, Inc. (Medical Aid & Humanitarian Relief to Ukraine directly) and CARE (Ukraine Crisis Fund).

We have coordinated with Wayne Hardy and Association TARMAC (non-profit) in Le Mans in offering this help to the Ukrainian refugee family through an account that Wayne is opening with the association.

The organizations recommended by Oksana will provide a wide range of support to refugees fleeing Ukraine into neighboring nations. Some 3.5 million refugees are caught up in this mass migration. The average half-year income for a person in LeMans is \$22,308.13, and we would like to raise that much for this refugee family and a like amount for the international organizations for a total of \$44,616.26.

We are NOT a registered charity and are not raising funds via GoFundMe as a charity. We ARE a group of grassroots individuals, retired and active staff of Claremont School District, that saw a need to help Ukrainian refugees in their time of need. We are approved and supported by the superintendent of the district. We are registered with GoFundMe as "individuals" doing a "fundraiser" for an "emergency".

Visit here to help: <https://gofund.me/b6fddf89>.

## **Registration Now Open for The 41st Annual Prouty**

LEBANON, NH – The Friends of Norris Cotton Cancer Center announce the launch of 41st Annual Prouty. Northern New England's largest family-friendly fundraising event is back and in-person on July 8-9, 2022. Registration is now open for the 41st Annual Prouty, benefiting life-saving cancer research and patient and family support services at Dartmouth and Dartmouth-Hitchcock's Norris Cotton Cancer Center (NCCC).

Health and safety are top priorities. Event plans and logistics will be based on local public health guidelines to ensure a safe experience for all participants and volunteers. COVID-19 guidelines and restrictions continue to evolve, and more details on protocols and plans will be shared in the spring at [www.theprouty.org](http://www.theprouty.org).

For additional details and to register, go to: [www.theprouty.org](http://www.theprouty.org).

## **16th Annual Steppin' Up to End Violence 5K Walk and Fun Run**

CLAREMONT, NH—Turning Points Network is gearing up for their 16th Annual Steppin' Up to End Violence 5K Walk and Fun Run to be held on April 30. For the last 15 years, Sullivan County communities have come together in a public show of solidarity both virtually and in-person for Turning Points Network's vital services. Funds raised from the event through

community participation directly support the agency's mission to end domestic violence, sexual assault, sex trafficking, and stalking. TPN is pleased to announce that it is planning for another successful year, this time in-person, with Claremont Savings Bank serving as the honorary chair.

Those interested in fundraising, starting a team, or joining a team are encouraged to visit the Steppin' Up webpage at <https://www.turningpointsnetwork.org/steppin-up>. For more information, contact Pascale N. Graham, Assistant Director, Turning Points Network at [pascale@turningpointsnetwork.org](mailto:pascale@turningpointsnetwork.org) or by phone at 603-543-0155.

## **Croydon Ladies Auxiliary Bingo**

Croydon Ladies Auxiliary Bingo is back every Thursday; doors open at 4:00 pm and games starts at 6:00 pm.

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

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

Sandwiches and snacks available and drinks. Questions: call Sandy at 603-543-7118. Open to those 18 and older.

### **Big Money Bingo**

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

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

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

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

Sandwiches and snacks available and drinks. Questions: call Sandy at 603-543-7118. Open to those 18 and older.

## **Grief Support Available Through Lake Sunapee VNA**

NEW LONDON, NH – Lake Sunapee VNA offers three virtual grief support groups for the community at no cost. The "Recently Bereaved Group" is for men and women who have experienced the loss of their spouse within the last year and is held on the second and fourth Thursday of every month from 10:00-11:00am. The "Widow to Widow Group" is for women in all stages of grief and meets on the first Monday of every month from 3:30-5:00pm.

Newly bereaved widows are welcome at this group as well, especially if they are feeling the need for more frequent support. In addition, a "Bereavement Check-in Group" is available for men and women experiencing a loss of any kind and is held on the third Wednesday of every month from 4:00-5:00pm.

All of these groups provide an opportunity for participants to come together in a safe place of compassion and confidentiality. Attend once, multiple times or as needed. If interested, email your contact information to Elizabeth Gantner at [egantner@lakesunapeevna.org](mailto:egantner@lakesunapeevna.org) and a member of the Lake Sunapee VNA bereavement team will call you with further details.

## **Charlestown VFW Bingo Schedule**

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

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

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

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

## **Claremont Senior Center News**

The Claremont Senior Center is opened but masks are required if non-vaccinated. We are open every Monday thru Friday from 9 am to 3

pm. We are also open Tuesday and Thursday evenings from 6pm to 9 pm. A new game afternoon has started on Tuesdays and Thursdays from 1 pm to 3 pm. Lunches will continue as drive-thru for now. We have many activities. Miracle Ear, Blood Drive and VNA Foot Clinic will continue as scheduled.

We are still holding our drive-thru meals on Tuesdays and Thursdays. Tuesday, April 26th - Stuffed pepper, vegetable, dessert. Thursday, April 28th – Bourbon chicken, vegetable, dessert. Must call 603-543-5998 by 10:30 to reserve your meal. Price is \$4 for members and \$5 for non-members. Drive-thru pickup is



**SCHS**  
**Save a Stray 5K**  
Post Race BBQ, Raffle Prizes, Age Group Prizes  
and Prize for overall Male and Female finishers!  
**RUN/WALK**

**Saturday, June 25<sup>th</sup>, 2022**

**Robert C. Hasevlat Memorial Park • Newport**

**8:30 AM** (Race Day Registrations) | **RUN STARTS AT 10:00 AM**

**\$25 PRE-REGISTRATION FEE | \$30 SAME DAY REGISTRATION FEE**

**KIDS 12 & UNDER FREE • TO REGISTER TO RUN, WALK, OR SUPPORT A PARTICIPANT THROUGH PLEDGING, VISIT OUR WEBSITE:**

[sullivancountyhumanesociety.org](http://sullivancountyhumanesociety.org)

**FREE T-SHIRT FOR FIRST 100 SIGN-UPS (13 & OVER)!**

**To benefit the Sullivan County Humane Society**

from 11:45 am to 12:15 pm. Meals are always subject to change.

Foot Clinic - Our next foot clinic will be held on April 27th. You MUST call 603-748-1731 to make an appointment with them. The fee is \$25.

Bingo - Our Wednesday afternoon Bingo is back and running. Cards are sold between noon and 12:45 only. We only take Ones, Fives and Tens, NO Twenties. You need not be a member to play Bingo but you must be at least 55 years old.

AARP – AARP Tax Aide volunteers will be assisting qualified NH property owners with applying for the property tax relief program. Income requirements are for the household which includes all adults (18 and older) who live in the home. Income requirements - \$37,000 or less for single taxpayer, \$47,000 or less for married filing joint or head of household. May 13th, 9 AM to Noon on the first come first serve basis. DO NOT CALL THE CENTER FOR APPOINTMENTS. Need to bring Copy of 1040 for tax year 2021 and Property Tax bill for last quarter of 2021.

Nomination - The annual business meeting will be held at the May 3rd Membership Meeting. We will not need to hold an election because there are 4 openings are on the board and we have 4 running (Marilyn Gilbert, Larry Johnson and Shirley LaClair plus Lloyd Mann running for his 2nd term). Denny Francis is the only person running for the Finance Committee.

Blood Drive – There will be another Red Cross Blood Drive at the center on May 9th. You must make an appointment at 800-RED-CROSS. 60 Units (120 lives saved) were collected during our April 18th drive. Thank you for all of you who can donate and do donate. Every donation is appreciated.

Men's Breakfast – Our next men's breakfast will be on April 25th. Doors open at 8 am and serving starts at 8:15. Open to the public. The speaker will be Local Rep Gary Merchant. MEN ONLY. Members \$2.00 and non-members \$3.00.

Penny Sale - We will hold our 9th Penny Sale at the center on May 15th. Doors are scheduled to open at 11 am and the tickets are pulled at 1 pm. We are still collecting donations of NEW items for the Penny Sale. Have you received a gift that you will never use and don't know what to do with? Why not donate it to the Penny Sale. Volunteers are also needed to help with the Penny Sale. We will also have a food concession opened. We will need

volunteers weeks and days before the sale for sorting and labeling. Volunteers are also needed the day before for setting up and on penny sale day many are needed to sell tickets and door prize tickets.

Our Yard Sale is scheduled for July 22 and 23rd. We will need donations of useful items, We can not accept large appliances, large furniture, mattresses, luggage, carpets and rugs, clothes, shoes, typewriters, computers, TVs, exercise equipment, skis, or anything else we feel is not salable. Yard sale donations will be accepted after the Penny Sale.

Please Note: We have a heard that a number of members would be interested in Poker, Ping Pong and Corn Hole. Please sign up at the center or call and leave your name, phone number and days if you are interested. This is the only way that we would be able to know if the interest is there.

“Change your thoughts and you change your world”. Norman Vincent Peale

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

## Rhyme, Rhythm, Art, Body, and Mind

### May 2022: Celebrating National Mental Health Awareness Month

Somewhere along the line, our brains developed a keen sense of longing for visual art, music, literature, dance, and poetry. From personal adornment, and the rituals of song, dance and storytelling in nomadic times, to the present day, we enjoy art in a multitude of forms. Our brains crave ways to help us communicate, connect, and create. The arts do just that with their emotional and physically-perceptible pulls on our bodies and minds.

Out of aesthetic experiences and their impact on

our brains and our physical selves comes the field of study known as neuroaesthetics. Neuroaesthetic research can focus on how the brain rewards us when we view or create art by secreting feel-good brain chemicals like oxytocin, serotonin, and dopamine. These chemicals trigger sensations of pleasure, reducing stress and anxiety as we engage in aesthetic experiences. Research also reveals that aesthetic experiences impact our bodies, such as changes in breathing, heart rate, and skin responses as people create or experience art.

Fortunately, here in the Upper Valley, the arts abound. It's no wonder, then, that three of our local non-profits are banding together to present an art exhibition and poetry reading all to be filmed and replayed for people to enjoy over time. Currently, the AVA Gallery & Art Center offers an art exhibition titled “The Thing With Feathers” inspired by the theme of “hope” as presented by nineteen local artists showing through May 21st.

A public poetry reading on May 14th at 3 pm on the same theme of “Hope; What brings you light and lifts you up?” is a welcome addition to this community art exhibition, organized by West Central Behavioral Health in collaboration with AVA. And it will all be video recorded by CATV8, yet another local non-profit that un-

**THE THING WITH FEATHERS**

A themed art & poetry collaboration

Celebrating National Mental Health  
Awareness Month  
April 15 - May 20



*Sam Eckert Evening chill, Karen's Flight*



WEST CENTRAL  
BEHAVIORAL HEALTH  
Adult | Child | Family

Community Poetry Reading with  
Alice Fogel former NH Poet Laureate.  
May 14, 3-5 pm at  
AVA Gallery and Art Center  
11 Bank Street Lebanon, NH



AVA  
AVA Gallery and Art Center

derstands the need to share the arts to help people grow, learn, and feel connected. The poetry reading will include guest poet Alice Fogel, the former NH State Poet Laureate, along with ten community poets who will read their verse aloud.

According to AVA's exhibition manager, Samantha Eckert, "For me, maintaining an artwork practice is integral to keeping my anxiety at bay. I believe an active right brain is essential to a healthy state, body, and mind."

Neuroaesthetic researchers would agree. Rhyme and rhythm in poetry have similarities to the visual arts. Video recordings of poetry readings showed participants getting chills and goose bumps while feeling intense emotions as they listened to poetry. These physical responses happen at the same time the right hemisphere of the brain processes metaphor to integrate meanings of two unrelated concepts. Art, through poetry, stretches the body and mind to help it process feelings and conceptual notions simultaneously. Is it no wonder then that poetry, much like visual art, music, or dance can trigger emotional responses like laughter or tears?

In times of trauma, art and poetry can activate parts of the brain that help us more fully express ourselves by returning some normalcy to the language center that may go offline. Through neuroaesthetic research, more and more will be discovered about how art in all its forms helps relieve stress, anxiety, trauma, and depression. But, for now, we can feel the beauty of the arts and poetry with a visit to the AVA Gallery today. Then, on Saturday, May 14th we will experience a community poetry reading open to the public to celebrate the month of May as National Mental Health Awareness Month.

Poetry therapy and art therapy come together in new and wonderful ways in the Carter-Kelsey Gallery at AVA, and again in poetic verse in the same gallery where community artists and poets will celebrate hope. Sponsors include the Jack & Dorothy Byrne Foundation, Mascoma Bank, The Mt. Roeschmore Foundation, Doug & Leslie Williamson, and Geokon. Let's all elevate our moods, get goose bumps, laugh a little, de-stress, and enjoy a few moments together as a community with visual art and poetry as our guides.

For more information about this free and open to the public poetry reading, art exhibition, and community reception to celebrate National Mental Health Awareness Month on Saturday,

May 14th at 3 pm, please contact Dave Celone, Director of Development and Community Relations at West Central Behavioral Health at [dcelone@wcbh.org](mailto:dcelone@wcbh.org).

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**PUBLIC HEARING NOTICE**  
**For a meeting of the**  
**HISTORIC DISTRICT COMMISSION**  
**To be held on**  
**Thursday, April 28, 2022 at 6:15 PM at the**  
**Visitor Center, 14 North Street**  
**Claremont, NH**

The public is hereby notified that the Historic District Commission will be holding a public hearing at this meeting to consider the following applications:

**A. (HDC 2022-00001) Andrew Grenier & Donna Tilton, 13 Briggs St.** – Application for a Certificate of Appropriateness for changes to the windows at 27 Union Street. Tax Map 107, Lot 10. Zoning District: CR2

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

Comments may be made at the public hearing; submitted in writing to the Historic District Commission at 14 North Street, Claremont NH 03743 or submitted by email to [dbearse@claremonh.com](mailto:dbearse@claremonh.com)  
David Messier, Chairperson

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**PUBLIC HEARING NOTICE**  
**For a meeting of the**  
**ZONING BOARD OF ADJUSTMENT**  
**To be held on**  
**Monday, May 2, 2022 at 7:00 PM**  
**Council Chambers, City Hall**  
**Claremont NH**

The public is hereby notified that the Zoning Board will be holding a public hearing at this meeting to consider the following applications:

**A. (ZO 2022-00005) John Littlefield, 206 Maple Avenue** – Application for a variance from Sec 22-209 of the Claremont Zoning Ordinance to permit construction of a garage within the side and rear setbacks at 206 Maple Avenue. Tax Map 129, Lot 120. Zoning District: R1. (Cont. from 4/4/2022)

**B. (ZO 2022-00008) Matthew Juhlin, 6 Webster Ave** – Application for a variance from Sec

22-513 of the Claremont Zoning Ordinance to permit a 989 SF ADU at 6 Webster Ave. Tax Map 81, Lot 48. Zoning District: R1

**C. (ZO 2009-000019) Matthew Haas, 34 Grove Street** – Request to revise the terms of a Special Exception for an ADU in a detached building at 34 Grove Street. Tax Map 119, Lot 175. Zoning District: CR1

Interested persons may review the applications at the Planning and Development Department at 14 North Street during normal business hours.

Comments may be made at the public hearing; submitted in writing to the Zoning Board of Adjustment at 14 North Street, Claremont NH 03743, or by email to [cityplanner@claremontnh.com](mailto:cityplanner@claremontnh.com).  
Michael Hurd, Chair

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**PUBLIC HEARING NOTICE**  
**For a meeting of the**  
**CLAREMONT PLANNING BOARD**  
**To be held on**  
**Monday, May 9, 2022 at 7:00 PM in**  
**Council Chambers, City Hall**  
**Claremont NH**

The public is hereby notified that the Claremont Planning Board will be holding a public hearing at this meeting to consider the following applications:

**A. (PL 2022-00009) Fulling Mill Fly Fishing LLC, 329 River Road** – Application for site plan approval for construction of a 5,000 SF warehouse addition to the building at 329 River Road. Tax Map 163, Lot 4. Zoning District: I1


**B]. (PL 2022-00010) Michael Lemieux, 519 Jarvis Hill Rd** - Application for site plan approval for construction of five self-storage buildings on the lot at the corner of Industrial Blvd and Plains Road. Tax Map 117, Lot 3. Zoning District: I1

Interested persons may review the applications at the Planning and Development Department at 14 North Street during normal business hours.

Comments may be made at the public hearing; submitted in writing to the Claremont Planning Board at 14 North Street, Claremont NH 03743, or by email to [cityplanner@claremontnh.com](mailto:cityplanner@claremontnh.com).

Richard Wahrlich, Chair

Remembering Loved Ones...

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

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

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

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

**Donna Knowlton, 80**

Donna Knowlton, 80, passed away peacefully at her home Sunday April 17, 2022.

Donna was born on July 31, 1941, and grew up in Claremont, NH.

She was predeceased by her parents Donald and Dorothy Peoples.

She is survived by siblings Jean Petrin, Jane Gilson and William Peoples; her children, Raymond Barrett and Lisa Ballard; grandchildren, Amanda and Hayley; and great granddaughter, Autumn.

Donna cherished her family and friends and was a loving mom and grandma.

She will be greatly missed.

Services were held on Friday, April 22nd, at the Stringer Funeral Home. Burial will be later in the summer in Vermont.

**Ruth E. Wadleigh, 69**

Ruth E. Wadleigh passed away at the age of 69 on Monday, April 18, 2022.

She was the daughter of Henry Jr. and Alice (Van Dessel) Kraft, born on April 13, 1953, in Washington, DC.

She married Melvin R. Wadleigh on August 9, 1974.

She graduated from Springfield High School. She went to Houghton College and Castleton College.

She worked as a Lab technician at

Claremont and Newport Hospitals.

She enjoyed spending time with her family, being outside, gardening, hiking, swimming, cross country skiing, kayaking, camping, being at her cabin, crafting, sewing, knitting, singing, playing the piano and trumpet, cooking, and reading. She was willing to help and teach anyone wanting to learn.

God was a big part in her life. John 3:16

Ruth is survived by her husband, two children, Pamela Wadleigh of Claremont, NH; and Joel Wadleigh of Charlestown, NH; five grandchildren, Dillon, Dayna (Alex McCormick), Derek, Kelly, and Jared Bellefeuille; and three great grandchildren; her brothers, James (Joanne) and Stephen Kraft; and sister, Jae (Mark) Kraft Wiss as well as many nieces, nephews, and cousins.

Services were held at the Mountain View Cemetery on Saturday, April 23.

In lieu of flowers, donations can be made to Advent Christian Church, North Springfield, VT.

The Stringer Funeral Home is assisting with arrangements.

**Claremont Fire Dept. Log****Sunday 4/17:**

11:37 AM: Engine 4 responded to Park Ave. to assist Golden Cross Ambulance.

4:17 PM: Engine 4 responded to Park Ave. to assist Golden Cross Ambulance.

9:47 PM: Engine 4 responded to Main St. for a possible overdose.

**Monday 4/18:**

7:39 AM: Engine 4 responded to Broad St. for a vehicle fire.

8:05 AM: Engine 4 responded to Broad St. for a rekindled vehicle fire.

10:56 AM: Engine 4 responded to Main St. for an illegal burn.

4:48 PM: Engine 4 responded to Half Mile Rd. for a report of a tree on wires.

8:40 PM: Engine 4 responded to Main St. for a report of an alarm sounding.

**Tuesday 4/19:**

8:10 AM: Engine 4 responded to Thrasher Rd. for a tree on wires.

“Safety glasses are your friend.”

-Dr. Sam Givven

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

Sometimes. But your dad had some good advice.

And so does Dr. Sam. See for yourself.

DOCTOR **SAM'S**  
EYE CARE

(603) 543-2020

9 Dunning St, Claremont

(we're right there by the hospital)



8:18 AM: Engine 4 found a second tree on wires on Thrasher Rd.  
 8:27 AM: Engine 4 responded to Old Church Rd. for a medical call.  
 8:49 AM: Engine 4 responded to Hanover St. for an ECHO Level medical call.  
 10:55 AM: Ladder 2 and Engine 4 responded to Winter St. for a chimney fire.  
 11:29 AM: Engine 4 responded to Charlestown Rd. for an odor investigation.  
 1:58 PM: Engine 4 responded to Pearl St. for an ECHO Level medical call.  
 2:02 PM: Engine 3 responded to Thrasher Rd. to assist Golden Cross Ambulance.  
 3:18 PM: Engine 3 responded to Maple Ave. for a motor vehicle accident.  
 4:27 PM: Engine 4 responded to Broad St. for a DELTA Level medical call.

**Thursday 4/21:**

4:48 AM: Engine 4 responded to Heritage Drive for a medical call.  
 8:22 AM: Engine 4 responded to Chellis St. for a report of an alarm sounding.  
 11:30 AM: Engine 4 responded to Hanover St. for a report of a tree and wires in the roadway.

**Friday 4/22:**

3:50 PM: Engine 3 responded to Pleasant St. for a motor vehicle accident.  
 5:57 PM: Engine 4 responded to Mulberry St. for a sprinkler issue.  
 7:14 PM: Engine 4 responded to Bond St. for a report of an alarm sounding.  
 7:23 PM: Engine 3 responded to Washington St. for a report of a vehicle that struck a building.  
 10:55 PM: Engine 4 responded to Broad St. to assist Golden Cross Ambulance.  
 11:32 PM: Engine 4 responded to Wall St. for a medical call.

**Saturday 4/23:**

12:12 PM: Brush 1 responded to Chestnut St. for a lawnmower fire.  
 2:34 PM: Engine 3 responded to North St. for a motor vehicle accident.  
 9:27 PM: Engine 4 responded to Clover St. for a medical call.  
 9:53 PM: Engine 4 responded to Clover St. to assist Golden Cross Ambulance.

**The Claremont City Council will hold a public meeting on Wednesday, April 27, 2022, at 6:30 p.m. in the Council Chambers of City Hall.**

**AGENDA (Revised)**

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. REPORT OF THE SECRETARY  
Minutes of April 13, 2022, City Council Meeting(s)
- 6:37 PM 5. MAYOR’S NOTES
- 6:42 PM 6. CITY MANAGER’S REPORT  
General Remarks
- 6:45 PM 7. CITIZEN’S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 24))
  
- 8. OLD BUSINESS
- 6:55 PM A. Steel Mill Solar Update
- 7:15 PM B. Sullivan Tower Stack & Pump House Discussion
  
- 9. NEW BUSINESS
- 7:35 PM A. Resolution 2022-25 Continuity of Operations (COOP) EMPG and Emergency Operations Plan (EOP) Update Grant Project – Public Hearing (City Manager/Fire Chief)
- 7:50 PM B. AFSCME Contract/Authorize City Manager to Execute (City Manager/Human Resources Manager)
  
- BREAK
- 8:15 PM C. License Agreement for Agricultural Use – Map 152-7 (City Manager/Planning & Development Director)
- 8:25 PM D. Off Highway Recreational Vehicles on Class V Roads Discussion (City Manager/Police Chief and Assistant City Manager)
- 8:45 PM E. Dispatch Update (City Manager/Police Chief and Assistant City Manager)
- 8:55 PM F. Resolution 2022-26 ACERT Grant Continuation – Public Hearing (City Manager/Police Chief and Assistant City Manager)
  
- 9:10 PM 10. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:15 PM 11. CONSULTATION WITH LEGAL COUNSEL
- 9:20 PM 12. ADJOURNMENT

**PLEASE NOTE: Claremont City Council’s next scheduled meeting will be on Wednesday, May 11, 2022, at 6:30 p.m. in the Council Chambers of City Hall.**



# TRI-CHAMBER CHAMPIONS



Join us! As we fundraise for

## Turning Points Network

Preventing Violence • Promoting Respect • Strengthening Lives

Interested in joining our team or making a donation?

Contact Elyse Crossman at 603-543-1296

[director@greaterclaremontnh.org](mailto:director@greaterclaremontnh.org) or visit our team page at

[www.justgiving.com/team/Tri-Chamber](http://www.justgiving.com/team/Tri-Chamber)

Help us help TPN raise the necessary funds to continue providing FREE 24-hour services for survivors of domestic violence, sexual violence, stalking, and sex trafficking as well as education and outreach for the community.

For more info about TPN & Steppin' Up:

603-543-0155 [www.turningpointsnetwork.org/steppin-up](http://www.turningpointsnetwork.org/steppin-up)

## 2 Feats With 2 Feet in 5 Days

### Newport Police Chief Runs Marathon, Dances Up a Storm

By Eric Zengota  
e-Ticker News

NEWPORT, NH—Over the last two years, the citizens of Newport have come to know Brent Wilmot as their police chief — in a neatly pressed uniform, with all the insignia pertinent to his office. Claremont residents also remember him from his 15 years with that city’s police department.

Recently, Wilmot exchanged his police wardrobe for two very different ones.

Last Monday, he ran the 126th Boston Marathon. It was his fourth time in the iconic 26.2-mile race, and he wore the requisite sleeveless top, shorts and running shoes.

How did he do?

“I had a time of 2:56. That was slower than my personal best,” he said, “which I did in this winter’s Houston Marathon.”

Wilmot runs every day, no matter the weather, averaging 100 miles a week around his hometown of Claremont. In the weeks before the Boston Marathon, he peaked at 130 miles a week. He puts his faster time in Houston

down to “better training. And I was definitely feeling more fit overall.”

He also traveled to Boston after four days of adrenaline burn-out, when he rehearsed and performed at this year’s Dancing With the Newport Stars, which took place the weekend before Patriots Day.

Wilmot was paired with Aggie Proper, a Newport chiropractor. They tore up the stage of the Newport Opera House, turning out a wicked salsa to “Fireball” by Pitbull. For that performance, they donned red and black costumes for that Latin dance look; Wilmot wore dark sunglasses to increase his coolness. The dancing won the pair first place at the Friday evening show.

Last week, Wilmot put back on his police chief’s uniform and set to work protecting the citizens of Newport. But not to forget: he also returned to daily running in preparation for two upcoming races: the 30th Covered Bridges Half Marathon in Woodstock, Vermont, in June; and the California International Marathon in Sacramento, in December **(Courtesy photos).**



### Lebanon Police Officers Achieve Certifications at Roger Williams University

The Justice System Training and Research Institute at Roger Williams University in Bristol, RI, in partnership with the New England Association of Chiefs of Police, has recognized Lebanon Police Department’s Lieutenant Richard Norris, Lieutenant Michael Wright, and Corporal Nicholas Alden for successful completion of comprehensive Command Training Series programs for police supervisory personnel.

On March 11, Norris and Wright completed the Mid-Management Course. The Mid-Management Course is a weeklong program with coursework addressing contemporary concepts of management and leadership that is relevant to middle managers in a modern police agency.

On April 8, Alden completed the First Line Supervisor Course. This two-week course addresses contemporary concepts of management and leadership as they apply to first line supervisors in a modern police agency.





## **CITY OF CLAREMONT – SPRING CLEANUP**

THE SPRING CLEANUP PROJECT WILL BEGIN ON **MONDAY, MAY 2, 2022, THROUGH FRIDAY, MAY 6, 2022.**

LEAVES AND GRASS RAKINGS MUST BE LEFT AT THE CURBSIDE IN **PAPER COMPOSTABLE LEAF BAGS.**

PER CITY COUNCIL POLICY ADOPTED ON 05/12/04, THE PUBLIC WORKS DEPARTMENT WILL NO LONGER ACCEPT OR PICK UP LEAVES THAT ARE NOT IN PAPER, BIODEGRADABLE BAGS. THESE 30 GALLON BAGS ARE AVAILABLE AT VARIOUS LOCAL HARDWARE, GROCERY AND DEPARTMENT STORES.

**ALL COMPOSTABLE, PAPER BAGGED LEAVES MUST BE AT THE CURBSIDE BY 7:00 AM ON MONDAY, MAY 2, 2022.**

NO GARBAGE, BRUSH OR HOUSEHOLD ITEMS WILL BE PICKED UP. ALL AREAS WILL BE COVERED ONLY ONCE.

Alex Gleeson  
Director of Public Works

Sullivan County Humane Society brings you.....



Sunday, May 22, 2022

@ The Claremont Senior Center

5 Acer Heights Rd, Claremont NH

Join us for 20 fun games of BINGO for various prizes!

Purchasing a \$5 book gets you a play for each of the 20 regular games

And buying multiple books can only multiply your LUCK

Doors will open @ noon & games will begin at 1:00

Masks are required

PRIZES INCLUDE:

Gift Certificates

Small Kitchen Appliances

Jewelry

Small Home Décor Items

AND SO MUCH MORE!



Game 21 is a GRAND PRIZE of

'Out and About Gift Certificates for 4: Movies, Mini Golf, Escape Room, Tavern on the Square and Time-Out Americana Grill valued over \$300.00'

Buy as many \$3 sheets as you'd like to have plenty of chances to win!

Get 1 Free Grand Prize sheet by bringing a donation for our Pet Food Bank

Proceeds will benefit the Sullivan County Humane Society. Pursuant to NH Gaming Laws, no one under 18 is permitted during the event.