

e-Ticker News of Claremont

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**Plan for Solar Project
in Claremont
Presented; page A23**

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April 29, 2019

SMCS Restores Wages after Exceeding Financial Milestone

SPRINGFIELD, VT—Springfield Medical Care Systems (SMCS) announced its plan on Friday to restore employee salaries and wages effective May 5, 2019, as it has exceeded an important milestone -- the reduction of its operating budget by more than \$6.5 million on an annualized basis. "Through implementation of a series of expense reduction strategies, including workforce restructuring, salary and wage reductions, a new emergency services team, and the planned closure of its Childbirth Unit, the health system has begun the process of turning its financial picture around," said the hospital in a statement released Friday afternoon.

Continuing its ongoing efforts to balance revenue and expenses, it is also "holding true to its promise to staff upon implementation of the painful, but necessary, process of wage reductions." Mike Halstead, Interim Chief Executive Officer for Springfield Hospital stated, "We explained to staff that, as soon as we possibly could, wage restoration would be a top priority." While the organization still has work to do in terms of service line review and planning, it recognizes and appreciates the critical importance of a talented, skilled workforce. "Our entire staff's contributions are essential to patient care and a strong future for this organization," Halstead continued.

While SMCS will likely post a loss at the end of its September 30, 2019 fiscal year, the financial improvement plans recently implemented have identified approximately \$7M in expense reductions which will help stabilize the organization's finances into the future.

Halstead reports that the process has been
(Continued on page A2)

Recreation Roundup

Special Olympics Athletes will Compete in Claremont this Week

CLAREMONT, NH—Claremont has been chosen as the host site for this year's Special Olympics Regional Meet, which will be held Saturday, May 4.

Of the nearly 100 athletes who will be coming to town, 23 are members of the Claremont Cool Cats. This program, on the Claremont Parks & Recreation Department's schedule of activities, offers year-round sports training and competition for individuals with different abilities.

You'll be able to cheer on the athletes as they compete in three sports at two venues. Bocce and track & field events

(Continued on page A7)



Steven Zue and Eric Lemieux (heading toward camera) get in some practice time with teammates at the CSB Community Center (Eric Zengota photo).

SMCS, from A1

thorough and the search for cost savings continues throughout the organization, stating, "Our work is not over. This is a process of continuous improvement and a necessary operational strategy for any health system in today's challenging environment." He added, "There will be no sacrifice in quality. High quality patient care remains mission critical and access to necessary services remains our first priority."

That sentiment is shared by Joshua Dufresne, Acting Chief Executive Officer for SMCS. "It's important to acknowledge that a great deal of the credit for this effort goes to our staff who has worked extremely hard to help us find efficiencies and make very difficult choices. We are grateful for their ongoing dedication to our organization and to the communities we serve."

The Board of Directors also "expresses their appreciation to the community for its past support by seeking healthcare services from SMCS, and looks forward to continuing to meet the communities' healthcare needs into the future."

In a related story, SMCS announced that the Springfield Hospital Childbirth Center closing will be effective May 3rd

SPRINGFIELD, VT —Springfield Hospital has announced plans for the closure of its Childbirth Center sooner than earlier planned. The closure will be effective May 3rd, 2019.

Hospital staff members have contacted all expectant mothers to inform them of the situation in detail, while helping families make other arrangements for their prenatal care and to plan for their eventual childbirth experience, said the hospital in a statement released Friday afternoon. The Hospital hosted a Meet and Greet event with other area hospitals and health care providers present to meet expectant families, discuss options, and make arrangements for medical records transfers.

"In consideration of the progress made in helping women make childbirth arrangements, and with concerns about adequate personnel to continue to safely staff the childbirth unit, Springfield Hospital will close its Childbirth Center effective May 3, 2019," said a hospital spokesperson.

In cases of the emergency, rather than as a first option, Springfield Hospital's Emergency Department will be staffed to handle childbirth cases that must happen there, as a last resort.

"The Emergency Department is prepared to manage all emergencies - including those of pregnant patients," said Emergency Director Guy Nuki, M.D. "However, like many other smaller hospitals, the ED does not have the specialized equipment nor the specialized obstetric nurses

and clinicians. We encourage all pregnant patients to create a plan with their obstetrics provider for seeking care when in labor, but also to feel comfortable that, in an emergency, we are prepared."

The Hospital encourages pregnant women to seek ongoing maternal/child care with an obstetric/pediatric team for the healthy development and safety of mother and child. As an option, Brattleboro OB/GYN is making plans to open an office in Springfield that offers a convenient location for women to receive ongoing prenatal care, and they will help mothers arrange to deliver their baby at Brattleboro Memorial Hospital. Also, the Women's Health Center of Springfield will continue to provide gynecology services for the region and can be reached for appointments at 802-886-3556.

Patients with additional questions regarding current or planned obstetric services, please contact Lyndsy McIntyre, Chief of Patient Care Services, at 802-885-7129 or email lmcintyre@springfieldmed.org.

We post breaking news, updates and more on our Facebook page and website

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NH Lottery Numbers

04/27/2019

NH PowerBall
2 29 41 45 62 6

NH Mega Millions 04/26/2019
9 17 23 30 46 10

Tristate Megabucks 04/27/2019
4 17 27 31 40 5

For more lottery numbers,
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City Manager Search Committee Finalized after Two More Seats Added

Lack of Women Initially Chosen Stirs Controversy

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The City Council meeting Tuesday night to select four citizens for the City Manager Search Committee took only about 30 minutes. Thirteen people applied for the committee, nine men and four women. Chosen after a brief discussion were Ray Gagnon, Joe Osgood, Mark Limoges and Lloyd Smrkovski.

Also on the committee are councilors Allen Damren, Jonathan Stone and Claire Lessard. The two department heads who volunteered to serve on the committee were Chief Mark Chase and P & R Director Mark Brislin.

Having stated earlier this year that the council wanted a “diverse” committee, the lack of women selected for the group was quickly questioned Tuesday night and early Wednesday by a number of residents in town who took to social media to express their dissatisfaction with the choices, some saying that it reflected an “old boys network” that would be making the recommendations to the council regarding City manager applicants. Others said they thought the City should have hired a search firm to drum up applicants for the City manager position. Missing the Tuesday night meeting were Mayor Charlene Lovett and Councilor Abigail Kier.

Feeling the sting of that criticism, Asst. Mayor Allen Damren revisited the topic at Wednesday night’s regular Council meeting, suggesting that the two women who received the highest number of votes of the four be added as alternates who could attend the meetings but would not be able to vote unless they were sitting in for a regular committee member. Councilor Abigail Kier responded, saying that the suggestion “feels like a consolation prize.” Councilor Scott Pope conceded that “We may have dropped the ball there, we definitely struck a nerve...I don’t think it was intentional.” Councilor Nick Koloski also felt that it had been wrong not to include some of the women applicants on the search commit-

tee and when all was said and done, the number of search committee members was expanded from nine to 11, with Debra Matteau and Kristin Kenniston being seated. Councilor Jonathan Stone said he favored the additional two seats be added as alternates rather than full voting members.

The City Manager Search Committee will meet Monday, April 29, at 4:30 p.m., in Council

Chambers at City Hall. The public is invited to attend.

Damren said the next steps would be to set the ground rules and expectations for the committee and create the profile of the candidates “we hope to have.” He said they would also review the results of a citizen survey that had been conducted in regards to the qualities residents wanted to see in a City manager.

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Shaheen, Hassan Join Bipartisan Group On Legislation to Eliminate the Military “Widow’s Tax”

WASHINGTON, DC—U.S. Senators Jeanne Shaheen (D-NH) and Maggie Hassan (D-NH) have joined a bipartisan group of Senators led by Doug Jones (D-AL), Susan Collins (R-ME), Jon Tester (D-MT) and Mike Crapo (R-ID) in support of the Military Widow’s Tax Elimination Act of 2019. The bipartisan bill would end the so-called “Widow’s Tax” by repealing the law that prevents as many as 65,000 surviving military spouses nationwide from receiving their full Department of Defense (DOD) and Veterans Affairs (VA) survivor benefits. Currently, military widows and widowers who qualify for the VA’s Dependency and Indemnity Compensation (DIC) are forced to take prorated annuities from the Survivors Benefits Plan (SBP), even though they elected to pay into the program.

Under current law, the surviving spouse of a retired member who dies of a service-connected cause, or a service member killed on active duty, is entitled to DIC from the VA. If the military retiree was also enrolled in SBP, the surviving spouse’s SBP benefits are reduced by the amount of DIC (currently \$1,319 per month). This leaves many widows and widowers with as little as \$2,200 of the \$3,525 per month they had expected to receive to support their families after their loved one’s passing. Each case varies depending on rank and the year of service-related death, but the average DIC offset to SBP pay is \$925 per month. The Military Widow’s Tax Elimination Act would repeal this required offset and authorize payment of both SBP and DIC in the case of a service-connected death.

Senators Hassan, Coons Reaffirm Importance of U.S- South Korea Alliance, Achieving Denuclearization

SEOUL, SOUTH KOREA – Senator Maggie Hassan (D-NH) a member of the Senate Homeland Security and Finance Committees, and Senator Chris Coons (D-DE), a member of the Senate Foreign Relations Committee, recently were in Seoul, where they met with senior officials to reaffirm the U.S.-South Korea alliance and discuss ways to advance shared interests and values, including verifiable denuclearization of the peninsula.

The Senators were briefed by Major General Stephen Williams, Chief of Staff, U.S. Forces Korea, and held meetings with U.S. Ambassador to South Korea Harry Harris, Korean National Security Advisor Chung, Korean Foreign Minister Kang, Korean Defense Minister Jeong, and members of the Korean National Assembly. The Senators met with young people who defected from North Korea and learned English with the help of U.S. government exchange programs.

Kuster Statement on EPA PFAS Cleanup Standards

“Granite State families need access to clean, safe drinking water,” said Congresswoman Annie Kuster on Friday. “We’ve seen the serious threats posed by exposure to PFAS chemicals in New Hampshire and I’m disappointed that the proposed cleanup standards from the EPA do not go far enough to ensure the safety of drinking water supplies. I will continue to push the EPA to take aggressive action to protect our groundwater.”

The Environmental Protection Agency proposed draft cleanup standards Thursday for groundwater contaminated by so-called forever chemicals, but advocates who urged the adoption of such standards said they were too weak. Tougher standards previously reported to be in the draft, including the designation of levels that would trigger the distribution of bottled water in communities served by tainted water sources, were not in the interim recommendations released for public comment.

The proposed recommendations did include a provision asserting “responsible parties will address” contamination of groundwater that could become a drinking water source. Critics quickly cited that as evidence polluters may not be required to clean up all contamination.

The compounds, per- and polyfluoroalkyl, were used for decades in manufacturing products such as cookware, microwave popcorn bags, carpeting, rainwear and fire retardants because they make surfaces resistant to heat, water and staining. They’re also included in some firefighting foam used by the military.

Fundraising a Critical Part of TPN's Continuing Services to Survivors of Domestic Abuse and More

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The 13th Annual Steppin Up to End Violence 5K Walk and Fun Run is set for May 4th. For the last 12 years, Sullivan County communities have come together in a public show of solidarity for Turning Points Network (TPN) and the agency's mission to end domestic violence, sexual harassment and abuse, and stalking, and the agency is excited for another successful year.

Fundraising is essential to Turning Points Network continuing its services to survivors 24 hours a day, anywhere in the county, and at no cost, TPN's Executive Director Deb Mozden told the *e-Ticker News*. "Ours is an extraordinarily cost effective organization - we are a small staff and strong volunteer workforce; our staff is well trained; our staff and volunteers are our services so there are not a lot of additional costs to provide services.

"Each year, TPN works with 750 to 950 individuals in our community in need of safety, healing and support services.

"Our shelter is our most expensive program. Although still cost effective in the realm of emergency housing, it is costly to provide housing and services 24 hours a day for five families and assure the safety of the facility. And, we receive minimal designated funding for the shelter, about \$16,000.00 annually. We do apply funds from other grants to operate the shelter program and we rely on community fundraising to cover a significant percentage of the program. Shelters save lives so we can never consider operating it at less than full capacity."

Mozden added that "Our proven violence prevention education programs in schools are funded with a balance of grant funds, contributions and fundraising. Funds raised through Steppin' Up, help us continue to teach about 2400 students in Preschool through 12th Grade in Sullivan County schools."

Community fundraising, including proceeds from TPN's thrift store, Changes, accounts for approximately 25% of its operating budget. "To say that community fundraising is critical to our providing preventive, essential and life-saving programs is a

monumental understatement," said Mozden. "Our community has always generously supported our agency's programs, services and fundraising efforts. We are deeply appreciative of the community's partnership with TPN.

"Our hope and goal is to raise \$85,000.00. That is the amount we budgeted to fundraise for programs and services during the last quarter of our fiscal year. There are 80 teams
(Continued on page A7)

Giving to those who give back.

Since 2004, we have donated more than \$1,108,000 in grant money to not-for-profit organizations that improve the quality of life in the communities we serve. We support a wide variety of causes that reflect the diverse passions of our community.



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Steppin' Up, from A6

signed up to participate on the 4th and scores of individuals and families. This is a Do It Yourself Fundraiser in that board members, volunteers and community members donate their time to coordinate the event so the cost to run the event is extremely low, typically between 3 and 7 percent of funds raised. And then community members along with TPN staff, board members and volunteers work to raise the needed funds. There is also an extensive pool of sponsors and donors, as well as friendly competition between teams and people on Facebook that creates a lot of excitement going into Event Day."

Athletes, from A1

will be held at Monadnock Park. Swimmers will race in the pool at the Claremont Savings Bank Community Center. The opening ceremony will take place in Monadnock Park at 9:00 a.m. Closing ceremonies are scheduled for 2:00 p.m.

As the host agency, Parks & Rec has been hard at work coordinating the many facets that will make this local sports event a true community effort.

We've been recruiting volunteers to help run the events for the day. We're happy to have about 40 signed up. We'd be even happier to have 20 more join the team. Volunteers are required to attend a training session for their event at 8 AM Saturday, and they'll need to be able to help with that event throughout the day.

The Parks & Rec maintenance team will help with set-up the day before and make sure that the Community Center and Monadnock Park are ready for the games.

Members of the Claremont Fire Department will form a color guard, and their resident bagpiper will pipe in the athletes.

The Claremont Police Department will be in charge of traffic control, and officers will be on hand to distribute awards throughout the day.

Of course, all these efforts go toward providing the athletes excellent facilities for a smooth-running day of competition. The Claremont Cool Cats have been practicing all winter in anticipation. The team for the Saturday games consists of eight bocce players, five track & field racers and 10 swimmers.

"Our Cool Cats have been training hard," says coordinator Beth Lemieux. "They are 100% competitors and very proud of their accomplishments."

Before a recent practice session, some of the swimmers expressed their thoughts on being Cool Cats. Sarah Peters and Eric Lemieux have been on the team for more than 10 years. Sarah prefers the breaststroke, Eric the butterfly. Both say that "going to events with friends" is a favorite part of their involvement. And, says Eric, "we cheer each other on, and all the other athletes too." Eric has also represented Claremont nationally as a swimmer, and internationally, snowshoeing in Austria.

Mutual support doesn't mean, however, that Cool Cats aren't competitive. A typical swim practice — one hour twice a week — is built around a highly disciplined routine. Each swimmer follows an individualized card showing the order of strokes and number of laps. The card is adjusted as the swimmer learns another stroke or progresses from a shorter to a longer race. During a meet, swimmers can enter up to four races, which range from 25 to 100 meters, in backstroke, freestyle, breaststroke and butterfly heats.

"Some of our swimmers come to the pool on their own during the week," says Beth Lemieux. "They want to swim independently too. Two formal practices just aren't enough for them!"

All the Cool Cats hope that a lot of people show up to watch them compete. Community support "makes their day," says Beth Lemieux. "They love to hear the cheers of the crowd."

All Special Olympics events are free to the public. If you want to donate to the Cool Cats, you can purchase treats at the bake sales this Saturday at both Monadnock Park and the Community Center. You can also donate directly by check; just ask any of the organizers how to write it up.

Cool Cats is open to athletes ages 8 and older. Other sports include bowling, snowshoeing and basketball. The Young Athletes Program (YAP) is now being offered to children ages 2 to 7.

To find out more about Cool Cats, contact Beth Lemieux, 603-558-1712, lemgang@com-



Resting between practice laps: From left: Sarah Peters, Peyton Jones, Steven Zue and Eric Lemieux (Eric Zengota photo).

[cast.net](http://www.sonh.org/ClaremontCoolCats/landing.aspx). Or visit <http://www.sonh.org/ClaremontCoolCats/landing.aspx>.

Any group or individual interested in volunteering at Saturday's regional meet should contact Mark Brislin, Director, Parks & Recreation, 603-542-7019, mbrislin@claremonthh.com.

Community Discussion on NH Ed Funding

NEWPORT, NH— On April 30th, a Sullivan County community event to look at the funding of education in New Hampshire will be held at Newport Middle/High School cafeteria from 6:00-8:00 p.m. All Sullivan County residents, teachers, administrators, school staff, and city and town officials are cordially invited to attend.

The purpose of the event is for Sullivan County residents to review the current state of education funding in NH; identify the impacts of NH education funding for residents, towns, cities and school districts; and create a coalition of residents, school personnel, city and town officials who will create a plan for sustainable funding of our children's education to be promoted at the state government level, rather than continue with the crisis management model for NH education funding we now have. It is not sufficient and the education of our children suffers inordinately due to the current model. Please attend.

Rights and Democracy (RaD), a citizen-based support network created to build strong communities for all, supports the work of local citizens to create healthy and just communities. RaD has helped support the local effort of citizens to create this event.

Claremont Farmers Market Seeking Vendors

Spaces still available for 2019 season

CLAREMONT, NH—Spring's arrival brings more than warm sunny weather and garden beds filled with colorful flowers. Farmers markets are well into their planning stage, and Claremont's is no exception.

Organizers are looking for volunteers, sponsors, and agricultural, crafts and prepared-food vendors as well as food trucks. Full-time vendor fees are \$221 for 17 weeks plus \$10 application fee. Part-time vendor fees are \$16 per week plus \$10 application fee.

The Market, an activity of the Parks and Recreation Department, will be located in its new location in Broad Street Park, the busy heart of Claremont. It will be held Saturdays, May 25 (Memorial Day weekend) through September 14, from 10 AM to 1 PM.

As in 2018, the Farmers Market will feature the 8-week Power of Produce (POP) program (dates to be determined), which promotes healthy eating and living. Kids can come to the POP table and get a passport that will be stamped each week they attend, plus a shopping tote. Scavenger hunts will have the kids going to different vendors to get questions answered about their farm and food. At the end of the activity they'll get \$3 in POP bucks to purchase fresh fruits and vegetables.

Visitors will be able to swipe EBT cards (issued through SNAP, the State's Supplemental Nutrition Assistance Program) on wireless machines. They'll get \$1 tokens to match the amount they take off, and use them to make purchases at food-eligible vendors.

They can also take advantage of Granite State Market Match (GSMM) funds, which provide up to a \$10 match to purchase fresh produce. For example, if shoppers take off \$10 from an EBT card, they'll get \$10 in GSMM coupons.

Weekly entertainment will be provided with sounds from local groups.

A weekly newsletter will feature information on the vendors, weekly entertainment, special events and activities, recipes using food sold at the market, and how to get discounts at the market.

Questions? Contact Debbie Tardiff, Coordinator, at 603-504-0288 or ClaremontFarmers-Marketnh@gmail.com.

For more information or to sign up as a vendor, visit <http://www.claremontnh.com/residents/departments/parks-and-recreation/farmers-market.aspx>.

Sign up for the weekly newsletter at <https://mailchi.mp/ea713bdf82a5/claremontfarmers-marketnh>.

4-H Teen Conference Registration

The 4-H Teen Conference 2019 registration is open. Open to teens completing 8th through 12th grade (Age 14 by 6/23/19). Spend four days on the beautiful UNH Durham campus, make new friends while connecting with old friends, develop Leadership Skills, experience college life at UNH, choose from a range of different and engaging workshops. You don't need to be from NH or a 4-H member to attend. Follow the links for more information or to register: <https://extension.unh.edu/events/2019-4-h-teen-conference>.

Stuff a Cruiser Event

United Way of Sullivan County and the Sullivan County Sheriff's Department have joined forces to hold a "Stuff a Cruiser" event on Thursday, May 2nd, from 9:00 a.m.—3:00 p.m. at Shaw's in Newport, Market Basket and Hanaford's in Claremont. The nonperishable food will benefit the Claremont Soup Kitchen and donations are greatly appreciated.

"We thought we would take this opportunity to support the wonderful work of the Claremont Soup Kitchen," Dawn Ranney, Ex. Director of United Way of Sullivan County said. "The cold

winter months have been exceptionally hard for our friends and neighbors, so Sheriff Simonds and I decided it was a great time to help." "Many donations come forward during the holiday season, but with additional winter heating expenses, the need is great," Sheriff John Simonds said.

"Sullivan County is lucky to have agencies like these two who are willing to step up, make the commitment to help and make a difference," Cindy Stevens of the, CSK said. "We are grateful for their support."

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NOTICE OF PUBLIC HEARING for the 2019-2020 SCHOOL BUDGET Claremont, New Hampshire

The Claremont School Board will conduct a special meeting to ratify the proposed 2019-2020 school district budget. This meeting will be held on Wednesday, **May 15, 2019 at 6:30 PM**, at the Sugar River Valley Regional Technical Center, Business and Community Room. All registered voters are encouraged to attend.



NOTICE OF PUBLIC HEARING for the 2019-2020 SCHOOL BUDGET Claremont, New Hampshire

The Claremont School Board will conduct a public hearing on the proposed 2019-2020 school district budget. This public hearing will be held on Wednesday, **May 1, 2019 at 6:45 PM**, at the Sugar River Valley Regional Technical Center, Business and Community Room.

**NOTICE OF
Claremont SCHOOL BOARD MEETING**
At 7pm, following the Public Hearing, the Claremont School Board will hold a regular School Board meeting. *The public is encouraged to attend this important meeting!*

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CLAREMONT—Sellers are motivated and will consider offers! An elegant 3 story Colonial home with 10+/- rooms from the basement to the 3rd floor! 3 1/2 baths plus a large family room in the basement level which walks out to a sweet back yard patio. Great additions and improvements including the 3 season heated and air conditioned sunroom, new deck, fireplaced den, first floor laundry, and magnificent gardens. Situated in a lovely neighborhood on a quiet road. \$239,900 (MLS#4711916)



UNITY—11.35 acres on a town maintained road. 2 acre house site and a temporary cabin finished with insulation and sheetrock \$54,999 (MLS#4713290)



CLAREMONT— Private cedar-sided Contemporary home on a secluded 2.8 acre Bible Hill area lot. 3 bedrooms, 2 1/2 baths and three floors of living space. Huge kitchen with breakfast bar and dining area, living room with lots of natural light, and even a central vac and built-in air conditioners! \$198,000 (MLS#4715169)



SPRINGFIELD— Room to roam! This Ranch home in the Kearsarge School District has a standing seam roof and is sited on 9 acres on a quiet country road. Bring your imagination and customize some finishes to give it your personal touch. Open living/kitchen with a bedroom on each end. Offers easy access to I-89, the Upper Valley area or Concord. \$99,750 (MLS#4732105)



CHARLESTOWN— Great in-town location with a country flair! Three bedrooms and 1 and 3/4 baths. Nice layout that is mostly open concept. Laundry on the first floor. Lots of updates make this house easy to live in. Enjoy the coming summer on the big front deck. \$134,900 (MLS#4736700)



CHARLESTOWN— Nearly in-town, but such a private location on 8+ acres! This antique home is sited down a long level driveway with great privacy from the street. Bring your tools and imagination and restore this farmhouse to your taste. \$49,900 (MLS#4737432)



CLAREMONT— Stunning Ranch house featuring amazing great rooms, 3-way fireplace, eat-in granite kitchen, formal dining room, master bedroom on main level, and master suite on lower level! Enjoy warm evenings on a beautiful screened porch overlooking the privacy of the wooded back yard. The entry room has lots of storage and a built-in bench. Oversized 2-car garage provides storage for a mower and plow or cycles and bikes. All this sits on an acre of level land in a sought after location. \$299,900 (MLS#4741759)



CLAREMONT— Custom built, one owner, immaculate 9 room home. Lovingly cared for, this home has cathedral ceilings allowing for lots of natural lighting. The living room, kitchen, and dining area have an open concept feel. The living room has a beautiful wood fireplace, 2nd floor large master suite has 2 walk-in closets and a balcony. Beautifully landscaped and a wrap-around deck with views, located on a dead end road and just minutes to I-91. \$230,000 (MLS#4744431)



WINDSOR, VT— "Once in a lifetime," beautiful historical restaurant property housed in classical train station at an active Amtrak stop. Ambiance of a Victorian era Depot and decorated with period railroad paraphernalia, this restaurant has a seating capacity for 84. Popular local area restaurant and bar that attracts tourists and locals. Unparalleled reputation for great food, craft beers, and entertainment. Potential for increased revenue if opened for lunch and breakfast! \$399,900 (MLS#4744741)



CLAREMONT—A precious Cape on 0.61 +/- acre of open lawn. Beautiful slate patio out back with mature landscaping and an enclosed entrance leading to the house, the back yard, or the attached garage. Hardwood floors throughout with lots of natural light. Fireplaced living room with original woodwork, a den with built-ins, and a fireplaced family room in lower level with a door to the back lawn. Views of Mt. Ascutney! \$159,900 (MLS#4745103)



CLAREMONT— 3 occupied units, each with a porch and separate heat and hot water. Updated windows, metal roof, vinyl siding, fenced back yard, and ample parking. There's even a laundry room for tenants. Great location near schools, library, trails, gym, skiing, restaurants, Opera House, businesses, parks, and more! \$169,000 (MLS#4746385)



CLAREMONT— This 2BR Ranch has been in the same family since it was built. Easy 1-level living makes it perfect for retirement. Beautiful mountain views from the back yard. Rural location but less than 5 minutes from the business district. The home has beautiful hardwood floors and offers lots of natural light. This house will need a new roof and other TLC. Property is sold AS-IS. \$65,000 (MLS#4746544)

Classified Ads

NEW TO THE MARKET



UNDER CONTRACT



CLAREMONT - 4 beds, 2 full updated baths, updated kitchen, wood floors, and a 2 car garage. Very clean and ready for new owners. See MLS# 4747099 for more photos and info. \$139,900.



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Ann's Property Of The Week

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



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

603-542-7766



Move In Ready!

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

MLS # 4735171 \$230,000

Ann Jacques

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Ashley Bergeron
Agent



JUST HIT THE MARKET!

This one level ranch has a spacious dining/living area with a beautiful stone fireplace, 3 good size bedrooms, large bath with standing shower and soaking tub, new roof, new heating system, one-car garage, all on 3 acres.
\$150,000

Classified Ads

Sullivan County Fugitive of the Week

CHARLIE MALLOY
DOB: 09/27/1976



LKA: 18 Spofford Street, Claremont, NH
Description: White male, height: 5'6", weight: 170, hair: brown, eyes: hazel

Reason: Failure To Appear

Original charges: Receiving Stolen Property, Class B Felony
Bail Jumping, Class B Felony

On Dec. 02, 2018, Charlie Mallory was arrested and bailed on the charge of Receiving Stolen Property.

At arraignment, Mallory was released on an unsecured appearance bond with a condition that he appear for any further court hearings.

On Jan, 10, 2019, Mallory failed to appear in Sullivan County Superior Court for a dispositional conference in reference to the receiving stolen property charge. As a result, the Sullivan County Superior Court issued a warrant for his arrest.

On Jan. 23, 2019, the Sullivan County Grand Jury indicted Mallory on one count of Receiving Stolen Property and one count of Bail Jumping.

On Feb. 6, 2019, Mallory was scheduled for an arraignment on the charge of bail jumping. Mallory failed to appear for the arraignment, and the Sullivan County Superior court issued a warrant for his arrest for bail jumping.

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

UNITY, NH — LAND 18.5 Acres. River frontage. Public land.
MLS # 4630735 \$59,900



CLAREMONT, NH — 3 Story Victorian 3 Bed 2 Bath. Spacious and hardwood floors. B1 Zoning for potential varied use.
MLS # 4664330 \$79,000



CLAREMONT, NH — 2 Story Gambrel 4 Bed 3 Bath. Kitchen with lots of storage and counters. Enclosed back porch off the kitchen.
MLS # 4744400 \$235,000



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Intro to Sashiko-Inspired Visible Mending

CLAREMONT, NH—In this introductory class to visible mending, students will create simple but unique exterior patch repairs and/or embellishments to their denim or medium-weight twill garments, inspired by the ancient Japanese tradition of Sashiko stitching. We will consider environmental effects of our throw-away clothing culture, as well as the concepts of “slow fashion,” “mindful mending,” individuality, and responsible sourcing. Ages 13 & up (accompanied by an adult) are allowed. This class is open to all skill levels.

Date: Tuesday, April 30th, 6 - 8 PM. Location: Claremont Makerspace, 46 Main Street, Claremont, NH. To register, please go here:

<https://claremontmakerspace.org/events/#!event/2019/4/30/intro-to-sashiko-inspired-visible-mending>.

Busy Bees will Adorn Conservation District Seed Packets

UNITY, NH—Newport Middle School, Claremont Christian Academy, Allison Veto Artist Studio, and New England Classical Academy students submitted art to Sullivan County Conservation District's (SCCD) Seed Packet Art Project this spring. The art is showcased on the front of the Native Pollinator Seed Packets sold through the SCCD Spring Plant Sale, an annual fundraiser that supports conservation projects and education in Sullivan County.

The theme this year was Busy Bees, highlighting the importance of these pollinators that are in decline. There were 52 colorful entries. Thank you to all the young artists who con-



tributed to this project!

You can check out the seed packet art in an online gallery at www.sccdnh.org/seed-packet-art-gallery. The original art will be displayed in an exhibit at Saint Gaudens National Historic Site's Caretaker's Garage in Cornish this July.

From left: Bees Need to be Loved, by Angelina Woychosky, 8th grade; Eric Wilkinson, 8th grade; Grayson Sanders, 6th grade, Allison Zito Artist Studios (Courtesy photos).

THIS FRIDAY, MAY 3RD - 7 PM



2019 OPENING NIGHT

GRANITE STATE PRO STOCK SERIES - 100 LAPS

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**The 13th Annual Steppin' Up to End Violence
5K Walk & Fun Run
is May 4th, 2019!**



No survivor should ever have to stand alone.

For over 40 years, TPN has stood as the only agency of its kind in Sullivan County providing direct support to survivors of domestic violence, sexual violence, dating violence, trafficking, and stalking 24 hours a day, 365 days a year.

It is more vital than ever that we come together as a community to reduce and eliminate personal violence in all its forms.

Funds you raise through Steppin' Up directly fund services and supports for survivors, as well as TPN's comprehensive prevention programs that reach more than 2,400 children per year in schools across Sullivan County.

We invite you to make a difference with us May 4th at this family friendly fundraising event in a community show of solidarity and support for survivors of domestic and sexual violence.

Whether you walk, run, jog or take your children or pets for a stroll, please consider becoming a part of [#SU2019](https://www.facebook.com/turningpointsnetwork)

Event day registration begins at 8:30 a.m. at Claremont Middle School

To join a team or create a team, or fundraise individually, check out our event at First Giving and register your own fundraising page.

https://www.firstgiving.com/event/turningpointsnetwork/steppin_up2019

You can also find more information at our website

www.turningpointsnetwork.org/steppin-up

Or find us on Facebook to learn more at

www.facebook.com/turningpointsnetwork



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Preventing Violence • Promoting Respect • Strengthening Lives



Bereavement Support Through Lake Sunapee VNA

NEW LONDON, NH – Lake Sunapee VNA has scheduled two bereavement support programs for this spring. “Embracing Absence” is a one-time grief session for widows and widowers and a chance to share with others who may understand the feelings of loss and often loneliness. It will be held on Monday, April 29, from 4:30 to 5:30 p.m. at Howe Library, 13 South Street, Hanover. Program is free.

“Threads of Hope” is a six-session bereavement support program that centers around a little book with very large healing potential. Participants will journey through 12 questions asked by many grieving people and learn to respond to these questions in helpful ways. This program will be held on May 1, 8, 15, 22, 29 and June 5 from 4:00 to 5:30pm in the Newport Health Center Community Room, 11 John Stark Highway, Newport. Program is free.

To register for either, call 603-526-4077. For a complete schedule of Lake Sunapee VNA's 2019 bereavement support, visit lakesunapeevna.org.

Claremont Savings Bank Foundation Accepting Applications

CLAREMONT, NH—The Claremont Savings Bank Foundation will continue in its 16th year awarding grants to not-for-profit organizations in our community. Since the Foundation began in 2004, over \$1,108,148 has been awarded to 219 organizations, many of which are multi-year recipients. These organizations cover a wide variety of causes that reflect the diverse passions of the community. Prior grant recipients include: Arrowhead Recreation Area, Big Brothers Big Sisters, Charlestown Senior Center, Claremont Learning Partnership, Connecticut River Special Olympics, Cornish Fire Association, COVER Home Repair, Friends of Veterans, Richards Free Library, Springfield Family Center and many others.

The Foundation is currently accepting grant applications through May 10, 2019. For eligibility criteria and to apply, visit www.claremontsavings.com/foundation.

SATURDAY, JUNE 1, BIRD WALK IN CLAREMONT

8:00 am - 10:00 a.m., Moody Park - 152 Maple Avenue, Claremont NH

Join Naturalist Wendy Ward and UNH Cooperative Extension Forester Dode Gladders for a morning walk where we expect to see and hear a variety of bird species. Binoculars, bug spray and good hiking shoes/boots recommended. Remember to bring water and a snack! We will meet at the entrance to Moody Park.



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New Toyota Dealership Site Approved for Claremont

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The Planning Board Monday night gave its blessing for McGee Toyota to building a new facility at 168 Charlestown Road. Currently the business is located at 114 Charlestown Road. The new facility will be located between the Subaru dealership and the T-Bird Mini Mart and gas station on that roadway.

The site plans for the project include a 28,700 square-foot dealership with associated parking and driveway. Austin Turner, an engineer with Bohler Engineering out of Massachusetts, said what they were presenting was a “very complete plan”, adding that the owners were looking to get out of their current location and into one that was modern and convenient. He said the application had been “eighteen months in the making.”

The dealership is expected to have in the middle range of 35-50 employees and that the design will include a “lot of glass” and house a showroom and auto service; it will also have 218 painted parking spaces with about another 150 in the back for the business’ “extra” vehicle inventory. That parking lot will be gravel. It will have a setback of 40 feet. Site work will include ledge removal, lighting and landscaping. There will be two access points on Charlestown for entering and existing the property.

The only point of concern raised by the Planning Board was one regarding a proposed driveway between the dealership and T-Bird. Turner explained that McGee will have a contract to buy gas from the station; the driveway was intended to eliminate the need to use Charlestown Road to fuel up. However, Board member Bruce Kolenda raised concerns about T-Bird customers using the driveway to exit onto Charlestown and that its location near the diesel pumps could lead to accidents. Board member David Putnam suggested changing the angle of the driveway slightly in a way that would still be convenient for McGee to use but would discourage customers from taking advantage of its presence.

“That’s not a significant change,” said Turner. “We can do that.”

With that agreed upon, the board accepted the plan as complete.

French and Indian War Encampment May 4th & 5th at Old Number 4



CHARLESTOWN, NH—The sights and sounds of the French and Indian War return to Old Number 4 in Charlestown on Saturday, May 4th and Sunday, May 5th. Living historians will encamp on the Fort’s grounds, offering a glimpse into both the military and civilian life of the 18th century. Visitors are invited to tour the fortified village, shop Sutlers Row and enjoy lunch prepared by North Charlestown Community Church.

Mock battles will be featured both days at 1:30 p.m.

As an added treat, the fort will host an English Country Dance, Saturday evening, beginning at 7:00 p.m. Priscilla Bordon will be calling with accompaniment by Larry Young and Susanne Powers.

Those visiting on Sunday will have the opportunity to attend a (very short version) of 18th century Morning Prayer Services at 11:00 a.m, and a brief recital of Latin prayers at 11:30 a.m.

The Fort at No. 4 is an independent, non-profit organization dedicated to providing a window to the lives of the men, women, and children of the Connecticut River area during the 18th century.

The Fort at No. 4 is not supported by any state or federal dollars; the site functions as an open air museum, dedicated to preserving the history of the fortified section of the plantation No. 4 (later to be known as Charlestown, NH), and its influence and relationships with the surrounding areas.

For additional information on this and other activities at The Fort at no, 4, please see their website www.fortat4.org.

SATURDAY, MAY 4 7TH ANNUAL SCIENCE DAY AT DARTMOUTH

Don't miss our fantastic Science Day event.

Visit <https://academic-outreach.dartmouth.edu/programs/science-day>.

e-Ticker Business News

Newport Community Job Fair Set for May 10

NEWPORT, NH—The public is invited to participate in Newport's Community Job Fair on Friday, May 10, from 10:00 a.m. to 5:00 p.m. at Towle School 86 N. Main St. Newport. Sponsored by the Newport Area Chamber of Commerce, Economic Corporation Of Newport, Lake Sunapee Region Chamber of Commerce, Newport School District and The Town of Newport.

This event will host numerous employers and agencies that will be promoting their available jobs, internships, training courses and career opportunities. Meet local employers with vacancies and learn about jobs & training courses. Free admission.

More information can also be found by visiting <https://www.newportnh.gov/economic-development>.

Vital Communities Hosts 8th Annual Heroes & Leaders Celebration

WHITE RIVER JUNCTION, VT— Vital Communities will honor individuals and organizations that have contributed to the vitality of the Upper Valley at its 8th annual Heroes & Leaders dinner. This year's event, part of Vital Communities' year-long 25th anniversary celebration, will be held Thursday, May 30, at the Top of the Hop and Alumni Hall in Hanover.

Tickets are available at vitalcommunities.org/heroesandleaders. Proceeds from the event benefit Vital Communities' Leadership Upper Valley program.

"It is such a great joy for us at Vital Communities to take a moment each year to honor people who have contributed to the vibrancy of the Upper Valley in significant and sustained ways," said Rob Schultz, director of development and manager of Leadership Upper Valley at Vital Communities. "As we celebrate 25 years of working together to cultivate the region's civic, environmental, and economic vitality, we're especially pleased to recognize



this inspiring group of leaders who have been at the forefront of significant movements for positive change in the Upper Valley. We joyfully include the founders of Vital Communities in this group and will honor them as part of the evening."

This year's honorees include:

Liza Bernard & Penny McConnell
Len Cadwallader
Delia Clark
Ivy Condon
Edgewater Farm
Jarvis Green
Curt & Sharon Jacques
Prudence Pease
Monique Priestley
Stan Williams
Doug Wise
Chuck Wooster & Sue Kirincich

More information and tickets are available at vitalcommunities.org/heroesandleaders.

38th Annual Prouty Announces Honorary Co-Chairs

LEBANON, NH—The Prouty – named in memory of patient Audrey Prouty – is the biggest charity challenge north of Boston. This long-standing event takes place in Hanover, New Hampshire, and raises money for groundbreaking cancer research and important patient supportive services at Dartmouth-Hitchcock Norris Cotton Cancer Center (NCCC). Over its life of 37 years, the event has raised more than

\$36 million for this NCI-designated Comprehensive Cancer Center, one of the few serving a rural population. Serving, this year, as honorary co-chairs are Greg Tsongalis, PhD, and Carin Reynolds, JD.

Gregory J. Tsongalis, PhD, HCLD is a Professor of Pathology and Laboratory Medicine at the Geisel School of Medicine at Dartmouth and the Director of the Laboratory for Clinical Genomics and Advanced Technology (CGAT) at Dartmouth-Hitchcock. Tsongalis' research has focused on a biomarker discovery that can be translated into new diagnostic tests using novel technologies. This research is made possible by funds from The Prouty and has led to investigations such as miRNA analysis for cancer detection, analysis of cell free DNA in patients' blood for gene markers of cancer, and development of nanofluidic devices for capturing cancer makers in blood samples.

"The Prouty is a premier event in the Upper Valley that builds upon our sense of community to deliver a united response in the battle against cancer, a disease that impacts all of us in one way or another. It's amazing what we can accomplish when we come together." – Gregory J. Tsongalis, PhD.

Carin Reynolds co-founded Row The Prouty and is a long-time Upper Valley rower, coach, and organizer whose intellectual property law practice funds her true passions. Carin participated in her first Prouty in 2007, with her daughter Cate, as members of the inaugural Friends of Hanover Crew Prouty team. Carin started the Friends of Upper Valley Rowing

(Continued on page A17)



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e-Ticker Business News

Prouty, from A16

Foundation-Lebanon Crew Prouty team in 2012; since then, the team has raised over \$650,000.

The Norris Cotton Cancer Center and The Prouty took on new meaning for Carin late in 2011 when her daughter, Cate, was diagnosed with Hodgkin's Lymphoma. The family witnessed first-hand the dedication and compassion of the staff and benefited from Prouty fundraising dollars that go toward direct patient and family support services. Following a successful course of treatment, Cate has remained cancer-free since 2012. Cate was a 2012 Prouty Hero, and although she was unable to row in the inaugural event, she participated as a coxswain motivating her crew (often by singing) throughout the grueling 20-mile row.

Steven D. Leach, MD, director of Norris Cotton Cancer Center, will be doing the Prouty Ultimate for the second time. "The money raised by The Prouty provides nearly 50% of our discretionary cancer center budget," said Leach. "It makes our research and patient supportive services possible. When we reviewed the statistics for Prouty pilot projects (small grants given to fund innovative research ideas) we discovered that for every dollar invested, over time we received an average of \$23 in addi-

tional funding from outside sources. That's an incredible return on the investment our community makes in itself through The Prouty..."

The Prouty draws more than 4,000 participants from as many as 38 states and five foreign countries to bike (20-, 35-, 50-, 65-, 77-, or 100-mile routes); walk (3k, 5k, and 10k residential and wooded routes; scull or sweep 5, 10, 15, or 20 miles on the gorgeous Connecticut River; or golf 18 holes at the beautiful Hanover Country Club. New this year, participants can do The Prouty Xtra Mile, completing two events on Saturday. People can also participate as a Prouty Virtual (doing your Prouty event anywhere, anytime doing anything you like, raising money for The Prouty!).

The Prouty Ultimate – the premier two-day, 200 mile bike ride – begins in Hanover, NH, on Friday, July 12, and cycles through the glorious Vermont countryside on Day One, and then the Prouty Century route on Day 2 (or any of the other Prouty routes including the 65-mile Gravel Metric Century route for the experienced cyclist that encompasses some gravel, hard-pack, and road riding).

Prouty Day: When done with their Prouty events, people come back to the event site (the Rich-

mond Middle School at 63 Lyme Road, Hanover), and enjoy the all-day Prouty party. Food, live music, a chill tent, the Discover NCCC tent, and lots of fun and camaraderie are to be found all day till 4pm.

Eighty-nine cents of every dollar raised by The Prouty goes directly to support patient supportive services and cancer research at NCCC, one of just 49 National Cancer Institute-designated Comprehensive Cancer Centers in the nation and the only NCI-designated center north of Boston and east of Buffalo. The center significantly impacts the health of a largely rural and often underserved population, providing outstanding services to people in need.

Over the past 37 years, more than \$36 million has been raised through The Prouty to support cancer research and patient supportive services.

For more information and to register, go to: www.TheProuty.org.

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OUR TURN:

Why We Walk

She woke up on the kitchen floor in pain, disoriented, but quickly the memories surfaced. The fighting. Trying to tell him she was leaving, she was done. Then his hands around her neck as she struggled to breathe, fighting desperately to get free.

We walk in support of every survivor fighting for their lives in an abusive relationship.

Raped and visibly traumatized, she was wearing her shirt inside out when she arrived at the hospital. She'd dressed so hurriedly she had not put on underwear and stood clutching her shirt with one hand and the arm of her advocate with the other, as she tried to explain what had happened.

We walk so that every survivor of sexual assault has support during some of the most traumatic moments of their life.

"The support group taught me boundaries and self-worth. It is where I defined that the violence in my relationship; the control, the manipulation, the physical and verbal abuse, were unacceptable. It is where I found the courage to stand up to my abusive spouse and end the relationship."

We walk to ensure every survivor has access to nurturing and educational support groups where they can talk freely and safely, and know they are not alone.

"I'm not sure I remember the first time he hit me, but once the physical abuse started, it became a regular part of our marriage. I left him countless times, but every single time, he coaxed me back with apologies and promises to change. But it never really changed and every time I ran, it got worse. It wasn't until a TPN advocate met me at court and helped me with a restraining order that I took my first easy breaths."

We walk so every survivor has an advocate by their side in court, ensuring safety for their families and themselves.

We walk because violence does not discriminate. It affects all ages, all genders, all types of relationships and all income levels. It happens in schools, in places of work, in restaurants we frequent and in places we worship.

We walk because these are not personal issues, these are societal issues, and we all must come together to reduce the impact of violence on our families, our community, and our future generations. We walk so services remain free and accessible to anyone in need, no matter the time of day or night.

Join us in a show of solidarity May 4th, 2019 as hundreds of neighbors, colleagues, friends and families walk through historic downtown Claremont to raise \$85,000 in support of the vital services TPN offers across Sullivan County for survivors.

For more information, please visit our website at www.turningpointsnetwork.org or find us on Facebook.

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

For information contact 1.800.639.3130 or www.turningpointsnetwork.org or find us on Facebook.

*TPN Crisis and Support Line: 800-639-3130
National Domestic Violence Hotline: 800-799-7233
National Sexual Assault Hotline: 800-656-4673
Learn more: www.nsvrc.org/saam.*

New England Classical Academy Open House May 3

CLAREMONT, NH— Looking for a unique and rewarding school for your student? New England Classical Academy offers small class sizes, an arts-enriched curriculum, character development, and liberal arts education for kindergarten through twelfth grade. Now accepting enrollments for the 2019-20 school year, the school is hosting an Open

House on Friday, May 3, from 5:00 to 7:30 p.m. The school moved last fall to a beautiful new location at 59 Old Church Rd. in Claremont, NH, just minutes from downtown Claremont and exit 8 on I-91.

NECA is in its eleventh year as an independent school, and like many classical schools on the rise across the country, NECA follows the medieval tradition of the trivium: grammar, logic, and rhetoric, with a curriculum rich with subjects including math, science, history, humanities, art, music, drama, Latin (beginning in third grade), penmanship and recitation. Classical education encourages and teaches students how to think critically and has served NECA graduates well, earning acceptances into highly ranked colleges; such as Cornell University, Rensselaer Polytechnic Institute, Catholic University of America, University of New Hampshire and NYU (to name a few).

Classroom studies are rounded out with special programs and activities, including outdoor classes, hiking and field trips to local ranges, farms and museums, drama productions, chess club, and special sessions of skiing, swimming and even fencing are part of the NECA experience.

The Open House will offer an opportunity not only to meet the faculty and staff and tour the new school, but also to enjoy the Annual Science Fair displays and artwork of the students.

Parents can also inquire about financial aid options and see examples of students' work. Unable to attend the Open House? Schedule a visit at your convenience or have your student spend a day with a class by calling (603) 543-3400. For more information, visit www.newenglandclassicalacademy.com or their FB page, New England Classical Academy.

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Should You Borrow from Your 401(k)?

If you work for a business that offers a 401(k) plan, consider yourself fortunate, because a 401(k), with its tax advantages and variety of investment options, is a great way to save for retirement. But what if you need to tap in to your plan before you retire? Is it a good idea to borrow from your 401(k)?

To begin with, you need to determine if a loan is even available. You can only borrow from your 401(k) if you're still working for the company that offers the plan, but even so, you'll have to check with your human resources area to determine if loans are allowed. If they are, you'll want to weigh the pros and cons before taking action.

On the "pro" side, it's pretty easy to get a 401(k) loan – there's no formal loan application and no minimum credit score required. Plus, you're only borrowing from yourself, and you can generally repay the loan with automatic paycheck deductions, typically over a five-year period.

However, you'll also encounter some "cons" when taking out a 401(k) loan, particularly concerning taxes. If you had not borrowed from your 401(k), the money you took out could have been growing on a tax-deferred basis, assuming you used pre-tax dollars to fund your plan, and your withdrawals will only be taxed once. But when you borrow from your plan, you will have to repay it, along with interest, with money you've earned – and been taxed on – and then, when you withdraw it later, you'll pay taxes on it again.

Furthermore, if you leave your employer before fully repaying your loan, the outstanding balance likely will be taxable, although you may have a grace period in which to pay it off and avoid taxes.

And perhaps even more important, taking money from your 401(k), even if you repay it later, will almost certainly slow the growth potential of your account – which, in plain terms, means you may have less money available for retirement.

Of course, if you encounter an emergency, and you have nowhere else to turn, you may need to borrow from your 401(k). And some plans allow hardship withdrawals for medical expenses and other needs, although you'll still be taxed on the amount you withdraw.

But you'd probably be better off if you can prepare, well in advance, for situations in which you need immediate access to a sizable sum. One way of doing this is to build an emergency fund containing six months' to a year's worth of living expenses, with the money kept in a liquid, low-risk account. You also might find some resources in the part of your investment portfolio held outside your 401(k). For example, you can always withdraw contributions to a Roth IRA without incurring taxes (although the earnings on these contributions could be taxable if you take the money out before you're 59½ and you've had your account less than five years).

In any case, you work hard to build your 401(k) – so, no matter where you are in life, think carefully about how you will use the money.

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



Leaving Your Employer? Understand Your 401(k) Options.

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences.

To learn more, call or visit your financial advisor today.



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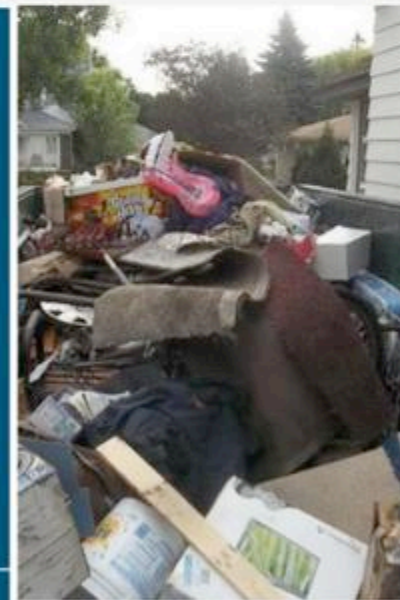
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Third Quarter Honor Roll, New England Classical Academy

CLAREMONT, NH—New England Classical Academy is pleased to announce the honor roll students for the third quarter of the 2018-19 school year: A average (90-92.9 average) Camden Fagan (7th) Autumn Levesque (7th) and Janessa Walck (7th).

Cum Laude (93-95.9) Sam Dalke (8th), Zachary Fagan (12th), Persephone Steele, (8th), Ella Cottrill (7th) Joseph Cota (8th), Emily King (9th), Brodie Walck (10th), Cameron Mozaffari (7th), and Anthony Abella (12th).

Magna Cum Laude (96-97.9) Tori Dalke (8th), Maya Lindberg (11th), Angelina Woychosky and (8th) Carter Buckley (7th).

Summa Cum Laude (98+) Corinne Lindberg (9th), Margie Cottrill (12th), Sofia Bianconi (7th) and Jessica Cota (12th).

Send news and photos to
etickernews@gmail.com



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It's About Food

By **Johnny Navillus**



Dining Out

I really enjoy having someone else do the cooking and being waited on.

Don't we all?

The biggest drawback is my wife's expectations. If she has something that really strikes her fancy, she expects me to be able to produce the exact dish at home. Riiiiight. Doesn't happen. I get it about 20% of the time. If I find out before we leave the parking lot, I may be able to ask the chef. If I don't know until we get home, the chances are slim to none, especially if I haven't tasted it.

One time we were in a restaurant and my wife ordered the scallops wrapped in bacon as an appetizer. Safe. I do them at home, no problem. These were served with a light brown sauce over them and around on the plate. She loved it. I tasted the sauce and it was amazing. Very chic. Not only that, but I picked up on the flavors and knew I could do this at home.

A few days later I was browning a couple of chicken breasts and thought that the sauce would be good on this. I made up the sauce and served it over the chicken with Jasmine rice and green beans.

Excellent.

This sauce worked on the scallops as well as the chicken. My wife agreed that I had "nailed" the sauce. You can probably find many more uses for it. It seems to have universal applications: Maple syrup and honey mustard salad dressing. That's it. Stir them up and adjust to taste. Don't tell anyone I told you. It's our secret.

Springtime and spices. Take all your spices out and line them up on the counter. If you haven't touched some in a decade, discard them. The rest should be evaluated for freshness. If they have changed color or lost their aroma, discard them. They won't poison you or anything, they just will not work as well as expected. Buy spices in small amounts so you won't throw expensive spices away in ten years.

Now look at all the extra space you have in your cabinet.

Some of the more dedicated foodies are re-thinking non-stick utensils. You may have noticed that high heat and non-stick surfaces don't do well together. It all comes back to cast iron. As you use it, the surface becomes very non-stick at any temperature. The more you use it, the better. And cleanup is a breeze. They wash as easily as a brand new non-stick. And they don't get scratched if you use metal utensils. And look at all the muscles you develop.

One of my favorite "go to" meals is sausages and peppers. Quick, easy and tasty. I usually use chicken sausages, but sometimes all I have are hot Italian. So when I cook up the bite-sized sausages, I spritz them with basil glaze. It really tones them down. I have many uses for this versatile glaze with more coming all the time.

Play with your food. No one is looking.

Write to Johnny at etickernews@gmail.com.

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Plan for Solar Project in Claremont Presented at Council Meeting

By Phyllis A. Muzeroll
e-Ticker News

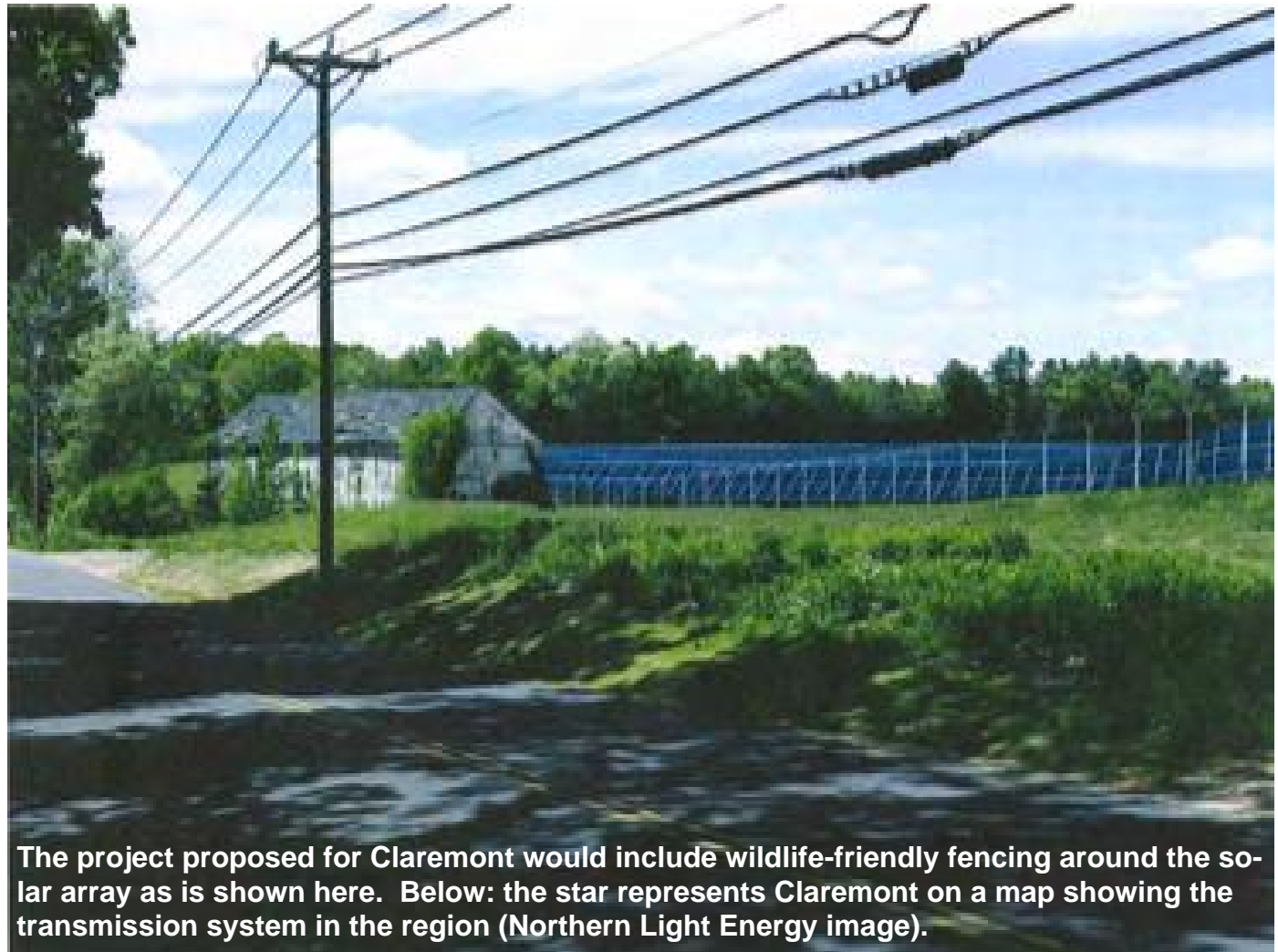
CLAREMONT, NH—A proposal to bring a 10 MW solar energy project to the City was presented to the Council at Wednesday night's meeting. Aaron Svedlow of North Light Energy, LLC, Falmouth, ME, presented the information. The facility would be privately owned and operated and would inject electricity to the regional electric grid. As part of the proposed project, the company would like to lease two parcels of undeveloped City land off River Road. Parcels owned by MSJJ, 330 River Road, LLC, and the Claremont Development Authority (CDA) are also in the project area, said Planning and Development Director Nancy Merrill.

North Light Energy was launched in June of 2018; Svedlow has over 12 years of experience in New England renewables, with a "proven record" of developing, contracting and constructing projects. It is backed by a large US private equity investment fund, and the parent company has over 2,100 MW in operation in the US only, US owned. It also has >400 MW of contracts in New England.

Why Claremont? According to Svedlow, they are interested in Claremont because of the connection to the bulk transmission system, aka, the Grid, it's part of the ISO-NE, which provides access to the NH market, including Eversource, and the Master Plan vision is pro renewables. He also said this would be a \$12-18 million investment; provide \$10,000 per MW/year in tax revenue, based on a regional average; and is such a business that uses few City services (no water, no sewer). The project would provide 80 temporary construction jobs, take about a year to complete and provide two full-time permanent jobs. Svedlow also said the project would provide educational opportunities and a training program with the Tech Center or other facilities.

The project would consist of steel and silicone components with tracking panels, underground cables, a gravel road, landscaping and wildlife friendly fencing. Snowmobile trail connectivity would remain.

The company's impact assessment would include water resources, wildlife, visual, sound, cultural resources and stormwater and erosion.



The project proposed for Claremont would include wildlife-friendly fencing around the solar array as is shown here. Below: the star represents Claremont on a map showing the transmission system in the region (Northern Light Energy image).

The proposed terms of the lease include:

- Permitting Period: 2019 – Q4 2021
- Operational Period: 2022 – 2047
- Seeking 80 building areas across 3 City/CDA parcels

Svedlow said that the location works because the project needs the existing electrical infrastructure as its backbone. He said that there is "a good feeling about renewables in Claremont." He described the unit as a "quiet taxpayer that doesn't need municipal resources." He also said that they would undertake a wetlands study at their own expense and would provide the City with the results, whether or not the project moves forward.

The council passed a motion to give Svedlow access to those City lands for up to six months to do the wetlands studies. Svedlow said the first priority would be to do the vernal pool studies as soon as possible this spring. Vernal pools serve as essential breeding habitat for certain species of wildlife, including salamanders and frogs; the amphibians have started laying eggs for this season.

