

e-Ticker News of Claremont

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Needs, Needle Exchange
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May 13, 2019

Presidential Candidate Andrew Yang holds Forum in Claremont

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The parade of presidential candidates continues to grow in the region, with Andrew Yang coming to Claremont Saturday morning to introduce his campaign to area residents.



Andrew Yang (Campaign courtesy)

The community forum with Yang lasted about an hour and started a bit after 9:00 a.m. Roughly two dozen people attended the event which was held at the Tech Center on South Street. He started off the forum in a personal way, shaking hands with those who were in attendance. The theme of his campaign, Hu-
(Continued on page A2)



Monkeys,
birds
celebrate the
"Circle of Life"

Young Simba (Caylin Brown)
tries to outrun
a wildebeest stampede

A 'Lion' Roars Into Claremont

**'Feel the Love Tonight' at Stevens High School
production of 'The Lion King JR'**

Story and graphics by Eric Zengota

CLAREMONT, NH—Lights up on a jungle — and on a desert — and most dramatic of all, on Pride Rock, where the fate of a young lion and the future of his pride will be decided.

These settings will come alive four times this week in the Stevens High School auditorium as actors, dancers and technical crew combine their talents to present a musical production of Disney's "The Lion King JR."

Who populates jungle, desert and Pridelands?

Anyone who knows the original, animated film, released in 1994, will be delighted to meet Scar, Rafiki, Nala, Timon and other favorite characters again. They'll also be dazzled by the lionesses, circling birds, genial monkeys and nasty hyenas that weave in and out of this classic tale in which Simba comes of age and claims his birthright as king.

Larissa Cahill, who is both director and choreographer, brings to this production her 15 years of experience as Stevens' theater arts teacher. During that time, she's directed more than 70 shows. Her main focus has always been on character development, which is a special

(Continued on page A6)

Yang, from A1

manity First, was visible on a large sign that hung behind where he stood to address the attendees.

Yang was introduced by Steve Marchand, a former NH Democratic gubernatorial candidate. He said he was a “full-fledged supporter” and quoted media coverage that described Yang as “lightning in a bottle.”

Yang attended Phillips Exeter Academy, an elite boarding school in New Hampshire, graduating in 1992; he went on to attend Brown University, earning a BA in economics. After Brown University, Yang attended Columbia Law School where he earned his law degree. He went on to work and help expand an education company which was later sold. He went on to found a nonprofit fellowship program called Venture for America, whose mission is “to create economic opportunity in American cities by mobilizing the next generation of entrepreneurs and equipping them with the skills and resources they need to create jobs”.

“The economic story is the real story to me,” he said Saturday, commenting on the state of the country. He cited the challenges of Arti-

cial Intelligence (AI) and automation taking away jobs, a trend that is expected to continue in big ways well into the future. Swing states, he said, “are where the manufacturing jobs are disappearing”, and where manufacturing jobs will continue to disappear. With the advance of AI, the number of retail and call center jobs is also expected to decrease.

“This is a mega trend that caused Trump to win,” he said, and why it led the country to take a chance on a “narcissistic reality TV star.” Retail jobs are the most common in the country but 30% are expected to disappear with AI. Driverless trucks will also massively decrease truck driver jobs down the road, (pun intended); currently, there are three and a half million truck driving jobs in the country. Regarding the job market, Yang said that “immigrants got the blame, but it’s automated arms, robots, machines.” He described the United States as going through the greatest economic transition in the history of the country as automation does away with millions of jobs. Retraining people for this new world being created is key but can often come up short, he said.

“No one (in DC) is going to do anything about this, there are no leaders, only followers,” said Yang. “This is a historic time and we need solutions.”

One cornerstone of Yang’s campaign is giving \$1,000 a month to every adult in the country, a concept he said that had/has been supported by Thomas Paine, Martin Luther King and a 1,000 economists across the country. In 1971 the country nearly passed legislation called the Family Assistance Plan that would have guaranteed a minimum income for lower-income families. However, it failed to pass, he said, because the Democrats wanted a higher threshold, a position they later regretted.

With the ad-

vance of AI, the government is decades behind the curve, Yang said. “It doesn’t understand technology” and referred to a department designed to analyze technology that had been done away with decades ago. He added that it’s a “matter of rethinking what progress looks like.”

He also said that financial insecurity and climate change are linked, but that people feel they can’t afford to address the issue when many are unable to meet a \$400 unexpected expense. That’s where the \$1,000 a month would help, he said, money that could be used to help meet expenses and would also be spent locally to help support local businesses. Funding would come from current spending, a VAT tax, new revenue and the plan helping to pay for itself through a variety of avenues.

Yang said his message is resonating with people across the political spectrum, from Trump voters to Libertarians and Progressives. Along with the universal basic income, and human-centered capitalism, he also supports Medicare for all which, he said, in the long run would save money for consumers and help reduce the profit-making within the healthcare industry.

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NH Lottery Numbers

05/11/2019

NH PowerBall

6 8 9 37 40 26

NH Mega Millions 05/10/2019

3 16 21 61 62 19

Tristate Megabucks 05/11/2019

7 14 16 20 36 2

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SUNDAY, MAY 19

SIP AND PAINT IN CLAREMONT

Sip N Paint to benefit Sullivan County Humane Society! Sunday, May 19, at Time Out Americana Grill in Claremont. Click on the link below to see the picture that we will be painting. This is open to all skill levels so do not worry if you are not the next Picasso!

Painting for charity. This is a fun relaxing event that gives you the cutest painting to hang in your home or give as a gift.

Cost is \$30.00 and includes everything you will need to create your masterpiece!

Children who are able to sit for several hours are invited to take part in this event.

For more info and to register, visit: https://www.pinnaclestrive.com/index.php?n=sip_n_paint_may_2019.

Brothers Sentenced in Shooting Case

NEWPORT, NH—The *Valley News* reported that brothers Matthew Barry, 24, and Tyler Barry, 26, pleaded guilty last week in a case that involved firing a gun on Chestnut Street in Claremont, striking two houses. They were recently indicted on the charges. Matthew Barry was sentenced to 12 months in the House of Corrections in Unity for conspiracy to commit criminal mischief by discharging a firearm at occupied structures, according to Sullivan County Attorney Marc Hathaway. According to the *Valley News*, he also “received a suspended 3 1/2 to seven-year sentence at the New Hampshire State Prison for reckless conduct with a deadly weapon for firing a 9mm handgun near the Sugar River in downtown Claremont and on Main Street.”

Tyler Barry was sentenced to 24 months in Unity jail for the same charges, reported the *Valley News*. He was out on bail at the time for a burglary charge in Unity and was given the longer sentence as a result. He was also given two other 12-month sentences, to be served concurrently, for the burglary in Unity, and a shoplifting charge, and a suspended 3 1/2-seven year sentence in the NHSP for felon in possession of a firearm.

The case for the alleged driver the night of the shootings, 18-year-old Brandon Teeter, has not yet been resolved.

—Phyllis A. Muzeroll

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Fugitive Turns Herself in to Authorities

NEWPORT, NH—Sullivan County fugitive Erica Belknap-Morris turned herself in to authorities last week. She is being held without bail and faces a number of charges, including bail jumping and theft by unauthorized taking; in September of last year it was alleged that she drove her boyfriend’s car into the Connecticut River where the car sank. According to her attorney in Sullivan County Superior Court on Wednesday, reported the *Union Leader*, she had gone through drug rehab for addiction and has been dealing with other issues in therapy. —P. A. Muzeroll

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Commentary

NH House Happenings

By Rep. John Cloutier



Bills That will Help State's Workers

Several pieces of legislation that should help our state's workers were passed by New Hampshire's House of Representatives last week.

This legislation included two pieces which I will write about in this week's column. The first piece is Senate Bill 271, which would require all construction contractors selected for fully or partially state-funded public works projects in New Hampshire to pay prevailing wages to their employees that are determined for each of the 10 counties by a formula used by the United States Dept. of Labor. The formula was created under the Davis-Bacon Act, a federal law which regulates construction wages in most states. But since 1985 according to my understanding, Granite State construction workers have been exempt from this law's protections because the Legislature voted that year to so exempt our state.

Senate Bill 271 was approved by the House on a 213-140 roll call vote on May 8 after brief floor debate and a recommendation by a 12-8 roll call majority of the House Labor, Industrial, & Rehabilitative Services to approve the bill. The bill is sponsored by a bipartisan coalition of 11 legislators lead by Concord Sen. Dan Feltes, a Democrat. The legislation now goes to Gov. Christopher Sununu for his consideration.

During the legislation's floor debate, proponents like Manchester Rep. Donald Bouchard, a Democrat, stated that it requires contractors, "to compete for projects in New Hampshire based on a set of criteria that insures the workforce to be the best trained, best equipped, and best managed." Rep. Bouchard added that the bill takes "wages out of the equation, organizing the competition around quality, productivity, and efficiency." He concluded by declaring, "When everybody plays on a level field, contractors seek to maximize their workers' output, and their own ability to manage work better than their competition. The result is a high quality workforce as opposed to the cheapest, least trained workforce."

However, Senate Bill 271 opponents led by Brookline Jack Flanagan, a Republican, stated that the prevailing wages established for each New Hampshire county under the measure would be based on the Davis-Bacon Act formula, "calculated in Washington, D.C." Rep. Flanagan added that it would raise the cost of all government construction contracts in our state. He denied supporters' claims that the measure's passage would lead to safer construction worksites and faster completion times for such projects. He concluded by saying that New Hampshire construction projects are "currently well run and managed," and that the bill "will only have a negative effect on the taxpayers."

For readers' information, I voted for Senate Bill 271, and have supported similar legislation in the past. I voted "Yes," because I have learned that some unfortunate events have been happening in New Hampshire since the Legislature's 1985 decision to abolish the Davis-Bacon Act as applied to most construction projects in our state. For

example, some construction companies have hired workers who are not as well-trained as they should in the necessary job skills. These skills include those to increase worker safety and decrease the chances of serious job-related injuries. Other companies have hired undocumented workers from other nations, workers also known as "illegal immigrants." Consequently, some of the work at certain construction projects has been poorly done and then had to be redone. Several workers have been injured at job sites. Most importantly, the average rate of construction workers wages has declined since 1985, and some workers have not received the pay owed to them by fly-by-night companies. Finally, some companies have paid workers, especially illegal immigrants "under the table," resulting in income taxes and Social Security not being collected. While the bill, if it becomes law, could raise the prices of some government construction contracts, it should result in a higher-paid as well as better-trained workforce, in my opinion.

The second piece of legislation passed by the House on May 8 that should be helpful to workers is Senate Bill 146. This bill would eliminate the one-week waiting period for collecting unemployment benefits, and it was adopted on a 201-137 roll call vote; the waiting period was enacted into law by a Democratic Legislature in 2009. The legislature established the waiting period because in 2009 New Hampshire's Unemployment Fund was so low due to the fact that many of our state's workers were collecting benefits, and fewer workers were paying into the Fund, a situation caused by the 2008 Great Recession

Senate Bill 146 is sponsored by a group of 14 Democratic lawmakers again led by Sen. Feltes, and again including Sen. Hennessey. The bill was first approved by the Senate on Feb. 14 by a 13-10 roll call vote. It was then adopted by the House after brief floor debate as well as a positive recommendation by a 12-7 majority of the House Labor Committee to adopt it. It now also goes to Gov. Sununu for consideration.

Senate Bill 146 proponents such as Nashua Rep. Janice Schmidt, a Democrat, stated that the one-week waiting period to collect unemployment benefits can be eliminated because the Unemployment Fund has a healthy financial balance. Also the one-week waiting period causes economic hardships to the many workers who do become unemployed, because they often have little savings from which to pay bills. But opponents like Pelham Rep. Hershel Nunez, a Republican, expressed concerns that this bill, along with other legislation such as the FMLI (Family & Medical Leave Insurance) Bill could affect the Unemployment Fund, "in a negative matter." Also the Fund's present healthy balance could rapidly decrease, if the economy experiences a downturn.

For readers' information, I also voted for Senate Bill 146. I supported the bill because I know from personal experience that a one-week waiting period for unemployment benefits often imposes hardships on individuals and families, who can least afford such hardships.

Updating readers from an earlier column, Gov. Sununu has vetoed House Bill 455, which would repeal New Hampshire's death penalty. A bill passed by the House on March 7, and by the Senate on April 11. House Speaker Stephen Shurtleff has scheduled May 23 as the date the House will vote on attempting to override the veto. If this override succeeds, the bill will then proceed to the Senate for a separate override attempt. **Email: jocloutier@comcast.net**

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Letter to the Editor

Curb the Car Day, May 17th

To The Editor:

A few days ago I attended the Vital Communities’ Energy Roundtable and discovered a national event that is coming up on Friday, May 17th, National Bike to Work Day. However, Vital Communities is promoting our 2nd Annual Curb the Car Day on that same day to raise it up a notch!

Claremont residents have the opportunity to join with others in our area to celebrate this national, and now local, event that takes bike riding to work to another level. The next level encourages “walking, taking the bus, vanpooling, carpooling, skateboarding, and kayaking” to work. It’s late notice to join the Vital Communities event officially; however, perhaps some of us could jump on the band wagon next Friday. We can unofficially join the effort to increase our wellness by exercising and connecting with the beauty and beautiful people around us that we miss when driving our cars to work. We can experiment with changing up our dependence on drive-alone car trips. This, in turn, produces less greenhouse gases that contribute to climate change, a global crisis we all have a part to play in addressing. Also, we don’t have to worry about getting a parking ticket or finding that sometimes elusive parking spot.

As a person of faith concerned about climate change, I’ve made a personal choice to try to ride my bike to work as often as I can. I’ve been able to do that three days this week. One didn’t count because when I got to work, I realized I had left my office keys at home and I had a client arriving in a few minutes. I was able to call my husband, who drove ALONE, to deliver my office keys to me. This is to say, I have now created a list of items I need to bring with me when I leave home on my bike for work. Creating a list of items may help you avoid this embarrassing mistake. Additionally, please use a helmet as needed or other tools to preserve health and happiness, like a bike lock.

I hope as many of us as possible are able to exercise (no pun intended) our alternative options to drive to work on May 17th. Perhaps this experiment could be extended beyond Friday to improve our health and connection to each other and our environment!

Reb MacKenzie
Claremont, NH

Shaheen, Cotton Introduce Bipartisan Bill to Support Military Spouses

WASHINGTON, DC— Thursday afternoon, U.S. Senator Jeanne Shaheen (D-NH) – the highest ranking woman on the Senate Armed Services Committee – and U.S. Senator Tom Cotton (R-AK) introduced the Portable Certification of Spouses Act, legislation that seeks to improve the portability of occupational licenses from state to state for military spouses. The bill will also help alleviate the burden military spouses endure when having to re-register a small business in a new state each time a service member gets relocated to a new military installation.

Representatives Jim Banks (R-IN) and Susan Davis (D-CA) will introduce companion legislation in the House of Representatives. The Senators and Representatives announced the bipartisan, bicameral legislation this afternoon during a press conference with the support of Second Lady Karen Pence.

This proposed legislation would allow the Department of Defense (DoD) to use defense dollars to help states come up with uniform standards for such licenses. Resolving the issue of military spouse licensing is a national security concern, helping alleviate the choice for service members between their career and the career of their spouses.

“Military spouses make immense sacrifices and whenever we can find ways to support them, we should act,” said Shaheen. “This legislation will cut through red tape that military spouses face as they practice their licensed professions and move their businesses from state to state. This bipartisan bill is an opportunity to demonstrate to the nation that Congress can still work across the aisle to solve urgent problems.”

Lion King, from A1

challenge in “The Lion King JR,” which has 24 speaking roles. As Cahill makes clear to the cast, “Every one of you is a character. Every moment you’re on stage, you’re someone else. You always have an intention.”

One method Cahill uses to help students develop character is to leave them hanging — in a good way, of course. Before a rehearsal run of the opening number, “Circle of Life,” she pauses the music and watches everyone in the silence for a very long minute. At last she reminds them, “You can never relax and just stand there waiting for your next line. Let us know who you are right now.”

At another rehearsal the cast runs through “He Lives in You.”

“Before we run that again,” announces Cahill, “I want you to tell me, what are your characters’ emotions?” A “lioness” describes her pride and joy. The “birds” feel elegant and floating. The “monkeys” have a contained excitement that periodically breaks out in crazy behavior.

“Good!” says Cahill. “Let’s do it again. Lionesses, remember: you’re Greek goddesses!”

Character development also evolves out of each student’s personal experience. Senior Jesse Baril, who plays Scar, Simba’s murderous uncle who plots to usurp the throne through violence and treachery, has never played a villain before.

“I had to tap into a dark side to find its power,” he says. “Scar speaks with a lot of

sarcasm, a skill I’m refining. I decided to stay away from the original version and work from the clues in the script. It’s all there! I also reflect on my personal history and think about when I’ve been jealous or bitter.” As for physicalizing the role, he says, “Scar’s posture is proud and sleek. He leads with his legs. And I shape my hands into claws to show how evil he is.”

Freshman Andre DaSilva and junior Will Greco also relish playing villains.

They’re hyenas Banzai (“Don’t mess with us,” is Andre’s attitude) and Ed (“I’m the dumb one,” confesses Will). Andre embodies her “crazy” character by staying hunched over and twitching. Will is “always up in someone’s face,” which is calculated to annoy anyone.

Cahill is also committed to double casting: Every principal is also an ensemble member. She tells her class, “When I was in school, there were ‘stars,’ the ones who always got the lead roles. Other kids might be in plays for all four years of high school and never get a speaking part. I didn’t like that.”

Instead of the “king-and-queen syndrome” that leads to bad egos, Cahill explains, “Double casting gives each of you a chance to be a principal and then, in the next performance, an ensemble member — and then, the next time, be a principal again. So you’re learning at least two parts, which is always a plus. And it keeps you humble.”

Double casting is also understudy insurance. An actor never knows when he or she might have to step unexpectedly into the speaking role. And if an actor gets sick or drops out of the production, Cahill relies on the students to take charge. “Who can show up Thursday afternoon?” she asks one morning. “Who can help Sam Sweet work



into the Mustafa scenes?”

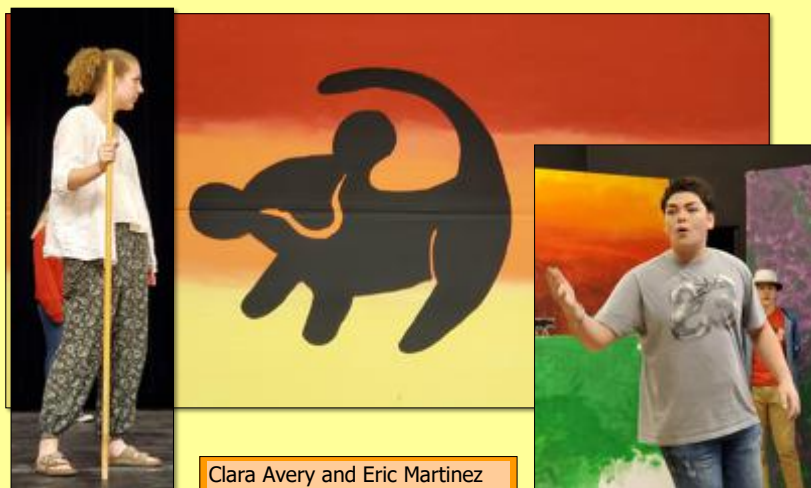
Many of the double-cast pairs are made up of a younger and an older student. That way, Cahill says, they can learn from each other. This works out well for freshman Caylin Brown and junior Samantha Hagar, who alternate as Young Simba. They share notes on how the young, rambunctious cub moves and reacts. Samantha appreciates the physical exercises in adjusting to the playing space. The dancing has helped her “place the emotion right out there. Young Simba really can have crazy, big movements!” Caylin has appreciated meeting and accepting “all the new and cool people,” and thanks to this production, has learned “to be more accepting of my voice as a singer and an actor.”

The Broadway Junior version that Stevens is using was developed by Music Theatre International (MTI) to encourage students to take on classic and modern musicals and plays. Each features a condensed script and, if a musical, fewer or shorter numbers. There are big pluses, Cahill points out. The productions are more accessible to both students and audience, and the actors get to mark up and keep their scripts and scores.

Another major benefit is that the package contains fully orchestrated musical “backing tracks.” Having them saves the school the expense of mounting its own orchestra. Plus, students can listen to them to practice the numbers.

This is music to the ears of Katja Kleyenteuber, the production’s music director. Her du-

(Continued on page A7)



Clara Avery and Eric Martinez alternate in the role of Rafiki, a wise and mysterious mandrill

Lion King from A6

ties have centered on teaching the cast the basics of singing. Given that all the chants sung by the ensemble are in three African languages — Zulu, Swahili and Xhosa — the time spent rehearsing pronunciation, rhythm and pitch is time well spent.

Kleyensteuber, a Stevens graduate, earned a degree in music education from the University of New Hampshire, and is in her third year as Stevens' music director. She has complete confidence in the cast: "The students are way more capable of advanced work than they thought possible." Before each rehearsal, she leads the singing warm-ups while seated at a piano. Climbing and descending the scales, practicing breath control, relaxing the larynx — several dedicated minutes prepare the cast for the challenges of musical theater.

Singing warm-ups are preceded by physical ones — stretches done in a circle of actors — and vocals — rapid tongue-twisters are a favorite way to relax the jaw and loosen the tongue so that every theater-goer, even those in the last row, will hear and understand every word.

In total, there are 75 people involved with the production. Aside from the actors, dancers from Cahill's dance and choreography class add to the cast. Behind the scenes, students in her technical theater class (which she co-teaches with Michael Bennett of Sugar River Valley Regional Technical Center) have been building and painting sets, including the panels of the African panorama, the backdrop for much of the action. Bennett, who teaches building trades, constructed Pride Rock, making sure it was both climbable and movable.

All of these individuals, talents and elements come together in tech week, which started yesterday at 11 a.m. and will continue every evening until Thursday's opening night. On top of run-throughs and dress rehearsal, recently arrived elements have to be incorporated. Two hundred pounds of rented costumes must be sorted, fitted and altered. Make-up suggestive of each animal, as designed and applied, inspires new levels of each character. The lighting scheme is run and run again to create the various settings.

How to feed 75 people during tech week? Actors sign up to bring in dishes for potluck suppers. "Tell your parents they don't have to provide for all 75 of us at once. I can assure you," she tells the cast, "that a single pan of mac and cheese is not going to make it.

There's no one sadder than an actor who hasn't eaten, and that doesn't make for a productive rehearsal."

Understandably, the cast of "The Lion King JR" will be hungry at supper-time. But they're just as certain to be hungrily pursuing their art. When the lights go up on Pride Rock, they'll be ready to draw their audience into their "Circle of Life."

What: "The Lion King Jr."

When: Thursday, Friday and Saturday, May 16-18, 7pm; Sunday, May 19, 2pm

Where: Stevens High School auditorium, 175 Broad St., Claremont

How much: \$10.00 adults; \$5.00 children

All tickets sold at the door

For more information, visit facebook.com/pg/shstheaterprogram/posts/

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to participants, donors, sponsors, volunteers and supporters who put time and resources into this year's Steppin' Up to End Violence 5K Walk & Fun Run!

Collectively we raised over \$78,000!

Congratulations to Liza Draper, the 2019 NH Visionary Voice Award Winner!

Our special thanks to Julia for sharing her story.



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Claremont Cycle Depot—Claremont Movie Theater—Claremont Pet and Aquarium
Coca-Cola—Common Man Inn & Restaurant—Connecticut River Ag Services
Coronis Market—CSB Community Center—Dusty's Café—Lorraine Dion
Eastman Cross Country Ski Center—Eastman Golf Links—Edgewater Farm
Hitchin' Post Restaurant—Shirley Hamel—In the Garden Greenhouses & Gifts
Jiffy Mart—Kathan Gardens—Lake Morey Resort—Leo's Market—Log Cabin Nursery
Mach One Audio—Marro Home Center/ACE Hardware—McDonald's Claremont
MJ Harrington & Co.—Newport Spa & Fitness—Patti LaCroix, LMT Massage Therapy
Petal Patch—Pizza Hut—Pleasant Street Restaurant—Putnam Farms
Quaker Unity Friends Meeting—Ramunto's—Revolution Cantina
Riverside Country Kitchen—River Valley Community College—Ron's Jons—Runnings
SG Jewelry Design—Shearly Unique, Cheryl DeZafra—St. Vasilios Greek Orthodox Church
Stringer Funeral Home—SUNA Restaurant—The Home Depot—The Old Courthouse
Time Out Sports Bar & Grill—Tractor Supply Co.—Village Pizza of Newport
Vern Violette—Walmart—W.S. Badger Company



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Massage by Ann Marchewka, Dan Naranjo, Joanna Petersen, Marissa Picknell, Louise Bethge—Photography by Neil Allen, Jessie Franklin, Nancy Ruest—Casella—City of Claremont—CMS Builder's Club
Claremont Middle School Maintenance Staff—Claremont Parks & Rec
Claremont Police Department—Claremont Visitors Center—Cumberland Farms—Mary Hitchcock Memorial Hospital—Kris Richardson—The Ink Factory Clothing Company—Kool 106.7 The River, WCNL, WNTK, and all of our over 80 volunteers!

2019 TEAMS

Acworth Hillsteppers
Be The Change—TPN
Charlestown Rotary
Claremont City Council
Claremont Fire Department
Claremont 1st Congregational Church
Claremont Police Department
CMS Builders Club
Coalition Crew—NH Coalition Against Domestic & Sexual Violence
Crescent Lakers
Crown Point Cabinetry
Croydon Congregational Church
CSB Foot Brigade
Dead River ICE
Democrats Care
Disnard Elementary School
Finding Our Stride
GMCC Steppers
Greater Claremont Board of Realtors
Hypertherm Associates

JC & KI
Journey 2019
KCPC Saints
Ladies on the Hill
Lake Sunapee VNA Against Violence
Lempster School
LIFE Fellowship Church
Lucky Walkers—Bar Harbor
Bank & Trust
Making Life Better—Sullivan County Health Care
Matrix Aerospace
MCC Radical Idealists
Middle Aged Mamas
Mountainside Community Church
Mt. Ascutney Hospital & Healthcare
Newport Health Center
Newport Montessori
Newport Women's Group
NFR Eliminators
NH Legal Assistance
North Country Smokehouse
Our Lady of Fatima

Pathways of the River Valley
Peacekeepers
Pink Ladies
Plainfield Community Church
Plainsquad
Positively Claremont
Raggington
Richards Free Library
Rolling Thunder NH Chapter 2
Running On Ruger—Sturm Ruger
SAU 6—Claremont School District
Shapiro Schleppers
She Persisted
Shine on a Dime
South Church Steeplechasers
Starlit Path of Grantham
Stone Dam Farm
Supporting Real Bravery—Sugar River Bank
Sunapee Police Department
Sunapee Schools
Sunshine Town—Town of Newport
sUpper trUppers

Team Maple—Maple Ave School
Team NIMMA
Team Rainbow
Team Remembering Alana
Team RVCC
Team Turtles
Team Unity Elementary
Team Valley—Valley Regional Healthcare
The Baby Cardinals
The Misfits—New London Hospital
The Social Heroes—DHHS
Tigers—Newport School District
Unity Fire Department
West Central Behavioral Health
Adult Team & Children's Teams
Windsor Order of the Eastern Star & Rainbow Girls



This ad paid for by the TPN Board of Directors

Due to Dementia, Alleged Perpetrator in Newport Homicide Case Will Not be Charged, Says AG's Office

CONCORD, NH – Attorney General Gordon J. MacDonald, New Hampshire State Police Colonel Christopher J. Wagner, and Newport Police Chief James C. Burroughs announced Thursday the additional information regarding the ongoing investigation into the May 7 homicide of Margaret “Peggy” Clarke in Newport, NH.

Police involvement in the case began on the afternoon of May 7, when a 911 caller reported that a female had been shot at 553 Maple Street in Newport. Police responded to the scene and found Clarke (age 75), a resident of the home, deceased inside the residence. An autopsy later revealed that the cause of Clarke’s death was a gunshot wound to the chest and the manner of her death was homicide.

According to a statement released by the NH Attorney General’s Office Thursday evening, “The investigation to date has identified that the alleged perpetrator of the shooting is Ms. Clarke’s husband, George [Graham] Clarke (age 77). The accused is suffering from terminal cognitive and physical health issues, including dementia, and is currently at a medical facility. Under these circumstances and due to concerns regarding Mr. Clarke’s legal competency, no criminal charges will be brought at this time.”

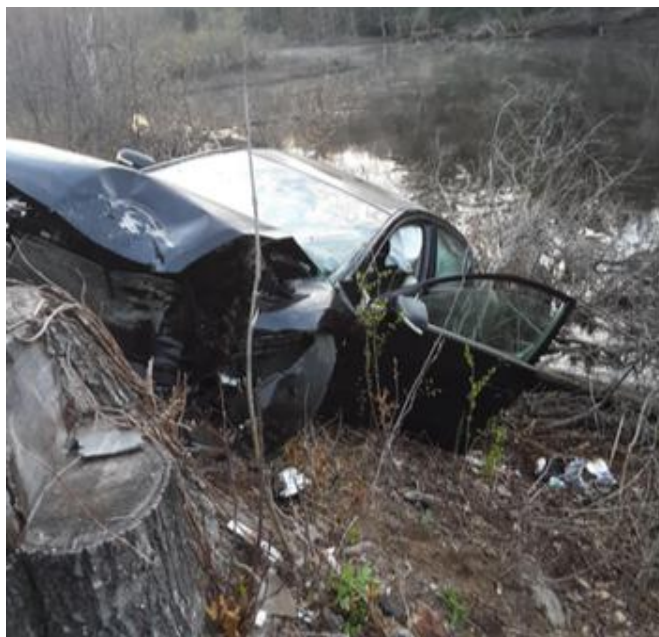
Newport Driver Arrested for Aggravated DUI of Drugs Following Crash in Croydon

CROYDON, NH—On Thursday May 9, at approximately 05:15 a.m., the New Hampshire State Police-Troop C responded to a motor vehicle collision which occurred on Route 10 in the town of Croydon, NH. The crash was located in the area of Spectacle Pond and initial information indicated the vehicle was partially in the pond, said authorities.

Once on scene, it was determined that the collision had occurred at approximately 12:00 a.m. and involved a 2008 Nisan Altima which had been operated by Elizabeth Ball, age 24, of Newport, NH, said the NHSP. Ball was

seated in the operator’s seat when first responders arrived on scene. There were no other occupants.

According to the NHSP in a written statement, “The preliminary investigation indicates that the Altima was southbound on Route 10 when it crossed into the northbound lane of travel before leaving the roadway and colliding with a tree stump near the edge of the pond. As a result of the collision, Ball received serious but non-life-threatening injuries and was transported by ambulance to Dartmouth Hitchcock Medical Center in Lebanon, NH.”



NHSP photo

Ball was subsequently arrested for Aggravated Driving Under the Influence of Drugs. Ball was released on personal recognizance to be arraigned on the aforementioned charge in Sullivan County Superior Court on May 15, 2019.

Assisting on scene were members of the Newport Police Department, Croydon Fire Department, Grantham Fire Department and New London Ambulance.

This collision remains under investigation at this time. Anyone who may have further information related to this crash is asked to contact Trooper Edward Horton via Troop C dispatch at 603-223-8494 or email at edward.horton@dos.nh.gov.

Police Reportedly Identify Two Teens in Investigation of Damaged Mailboxes

CORNISH, NH—Cornish Police Chief Doug Hackett announced early Thursday afternoon

that the Cornish and Claremont Police Departments, through a joint investigation, have identified the individuals allegedly involved in the string of mailbox damages in both towns on Tuesday night. According to Hackett, “The suspects are an 18-year-old male and a 16-year-old juvenile. This investigation is continuing, and charges are expected in the near future.”



Cornish Police Dept. photos

Hackett reported on Wednesday that officers had examined the area of Hewitt Rd. in Claremont and Tandy Brook Rd. in Cornish and discovered at least five mailboxes that had been damaged by what appeared to be an improvised explosive device, possibly contained in a soda bottle. The investigation initially came about following a call from a Cornish resident that his mailbox had been “blown up”. A mailbox on Hewitt Rd. was in flames when the police arrived on scene.

Anyone with information regarding these incidents is asked to contact Chief Doug Hackett at Doug.Hackett@CornishNH.net or (603) 543-0535 or Claremont Police Department at (603) 542-9538.

Classified Ads

2.69 ACRES IN TOWN



CLAREMONT - The new addition will make you say "WOW" when you walk in the Great Room and see the spectacular fireplace. This home has a great floor plan. Enjoy summertime entertaining in the 11x35' screen porch. If you like the outdoors, enjoy nearby ATV and snowmobile trails, explore the outdoors! See turkey, deer, and more! **See MLS# 4744400 for more photos. \$229,000**



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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

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Ashley Bergeron
Agent



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Owned by the same family for many years! 1800 farmhouse with a three-story barn, smaller house still exists on the property, total of 47 ac of land, some open field and wooded acreage. Two separate lots being sold as one. Lots of potential for development or a great residence. **\$350,000**

Classified Ads

FCC Warns About "One Ring" Scams That Can Prompt Expensive Call Backs

The Federal Communications Commission is alerting consumers to reported waves of "One Ring" or "Wangiri" scam robocalls targeting specific area codes in bursts, often calling multiple times in the middle of the night. These calls are likely trying to prompt consumers to call the number back, often resulting in per minute toll charges similar to a 900 number. Consumers should not call these numbers back.

Recent reports indicate these calls are using the "222" country code of the West African nation of Mauritania. News reports have indicated widespread overnight calling in New York State and Arizona.

Generally, the One Ring scam takes place when a robocaller calls a number and hangs up after a ring or two. They may call repeatedly, hoping the consumer calls back and runs up a toll that is largely paid to the scammer.

Consumer Tips:

Do not call back numbers you do not recognize, especially those appearing to originate overseas.

File a complaint with the FCC if you received these calls: www.fcc.gov/complaints

If you never make international calls, consider talking to your phone company about blocking outbound international calls to prevent accidental toll calls. Check your phone bill for charges you don't recognize.

SUNDAY, MAY 26

The Farmer and The Flea in Ascutney, VT

The Farmer and The Flea will be opening for the season on Sunday May 26. Located at 6685 Rt 5 in Ascutney VT. In the field at Ascutney Self Storage. Venders and shoppers wanted! After 4 seasons we now have a great following!

Check out our Facebook page or give us a call at 802-484-7500.

Sat. June 8, 9 am - Noon

Howard Dean Ed. Center, Springfield "How to Prune Fruit Trees" with Eric

UNITY, NH — *WATER FRONTAGE* 1.5 Story Cape 3 bed 2 bath. Open concept kitchen, dining and living room. Master Bed with sliders facing the water.
MLS # 4714990 \$279,000



CLAREMONT, NH — 2 Story Tri-Level 3 Bed 2 Bath. Sun-filled living room with cathedral ceilings. Party Room with wet bar, dance floor and original items from Dodges Pharmacy.
MLS # 4747496 \$169,900



CHARLESTOWN, NH — 2 Story Cape 3 bed 6 bath. Unique and modern custom home. Westerly views.
MLS # 4681848 \$170,000



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The changing New England seasons can be hard on our fruit trees, and proper pruning is important for sustaining healthy and productive plants. Learn the art of pruning using the pear trees at the Howard Dean Education Center, and gain invaluable advice on how to make well thought-out pruning cuts on fruit trees and woody landscape plants of various sizes.

Bring your pruning tools and receive supervised hands on practice. Pear trees and other spring-blooming varieties will be on the pruning agenda. This workshop is designed for all ability levels, counts for Master Gardener Continuing Education hours, and is open to the general public.

Bring your own bag lunch to enjoy with fellow pruners following the workshop. Go here to register: <https://www.eventbrite.com/e/how-to-prune-fruit-trees-tickets-59795830940>



Music In The Parks...

Stevens High School students participated in the Music In The Parks event on Saturday in Massachusetts near Six Flags New England (in Agawam, a western suburb of Springfield). SHS students performed for adjudicators in the morning and spent the rest of the day at Six Flags. They had fantastic performances and took home one first and two second place trophies. Also, Clara Avery was awarded the vocal soloist medal. Congratulations to all for a great day. Photos courtesy of Larissa Cahill, SHS Theatre Director who has announced that this is her last year at SHS; according to a Facebook post, she is pursuing an opportunity to teach abroad following a 15-year tenure with the Claremont School District.

FRIDAY MAY 17 - 7 PM



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RED NECK ENDURO

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\$ 10 - AGES 13 & UP | \$ 5 AGES 6-12 | 5 & UNDER FREE

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Honoring and Remembering Those Who Have Served



On May 5, American Legion Post 29 Commander Moe Ferland along with 20 volunteers, including "Bones" Brassaw, a World War II and Korea veteran (upper right photo) went to St. Mary's and Mt. View cemeteries to place flags on soldiers' graves. Over 1,800 flags were used. If you know of any that were missed, please contact the American Legion Post 29 in Claremont to pick up a flag.



Text and photos by Dakota T. Bonner

“Blast into Summer” Fireworks Shows and More to be Held in Newport May 17th & 18th

NEWPORT, NH—The Newport Area Chamber of Commerce has partnered with the Town Of Newport’s Parlin Field Airport to present two great nights of fireworks, free to the public. On Friday, May 17th, and Saturday, May 18th, they invite you to “Blast” into Summer from 5:00 - 10:00 p.m. at the Airport for two nights filled with fantastic Class “B” fireworks displays presented by the New Hampshire Pyrotechnics Association. The New Hampshire Pyrotechnics Association is a social club filled with pyrotechnic enthusiasts, ranging from professional firework manufacturers and shooters, to dedicated hobbyists who study every facet of pyrotechnics, to everyday folks who enjoy shooting fireworks in a safe and legal manner.

All are welcome to this free event to watch the NHPA on Friday night for their open event, and Saturday night for their open event which includes a spectacular 20-minute grand finale around 9:30 p.m.

On Saturday, they will have food vendors, including Farley’s Fries, Kiwanis of Claremont and Dufort’s Bakery to purchase food from. There will be live entertainment with the band About Gladys, which plays a wide variety of rock and pop, from classic rock to modern day. About Gladys is proudly sponsored by Noise R Us Fireworks in Newport.

Because of the scope of these two evenings, they expect this to be a huge event, drawing from many communities away. The Newport Recreation Department is driving shuttle for those who can not find parking at the Airport. Parking will be available at Newport High School, and the shuttle bus will pick up and drop off.

Also on Saturday, May 18th, Parlin Field Airport will be having their Prop Blast for their Open House and Fly-in from 8:00 a.m.-1:00 p.m., with the pancake breakfast running from 8:00-11:00 a.m.; Young Eagle flights, 10:00 a.m.-1:00 p.m.; and food vendors all day; the family fun day continues at 2:00 p.m. with a free bounce house for the kids until 8:00 p.m., sponsored by Newport Chevrolet. Come early to see beautiful planes from all over New England, and then return Saturday night for a wonderful evening of fireworks, food, music and fun. Bring a lawn chair, blanket, and the family, then enjoy the show. Organizers do ask the public to not bring any glass bottles or fireworks of their own; please leave the show to the professionals.

The Newport Chamber of Commerce would like to thank Onnela Lumber, Newport Chevrolet and Noise R Us for their sponsorship and would like to thank the Town of Newport, Newport Fire, Newport Police, Newport Recreation Department, Newport Grounds Crew and the Parlin Field Airport for all working together to make this is terrific free evening for our community. “Working together makes all of us stronger, and we appreciate the help from all.” said organizers.

More information about the two night fireworks shows is available on the Chamber Facebook page, search Newport NH Chamber, or visit their website, NewportNHChamber.org.



STEVENS HIGH SCHOOL ALUMNI ASSOCIATION IS HAVING A YARD SALE SATURDAY MAY 25th AND 26th 9:00 AM TO 1:00 PM.

LOCATION: 50 W. PLEASANT STREET

DROP OFF LOCATION: 50 W. PLEASANT STREET

IF YOU HAVE ITEMS TO DONATE, PLEASE LET US KNOW. CALL TO MAKE SURE SOMEONE IS GOING TO BE THERE CONTACTS:

HEATHER GIRARD AT HEATHER.GIRARD@GMAIL.COM

DICK GIRARD AT DICK@GOLDENCROSSAMB.COM

DOUG LeBLANC AT 603-542-8510 OR 603-558-5214

OFFICE 603-542-8987

WE WELCOME ANYONE WHO CAN VOLUNTEER TIME FOR EITHER OR BOTH OF THESE DAYS.

e-Ticker Business News



Gianna Gregorutti receives her certificate of honor from Governor Chris Sununu in Concord. The honor is known as the Joseph D. Vaughan Award and is given out to recognize individuals for their outstanding leadership and meritorious achievement on behalf of New Hampshire's older citizens (Courtesy photos).



Gianna Gregorutti

community members to enjoy themselves as much as possible. In the spirit of the festivities she dressed up like "Mrs. Claus" and played the part to perfection. Everyone had a great time.

"We are indeed very fortunate to have Gianna Gregorutti as a Volunteer Driver."

Local Volunteer Driver Honored in Concord

CLAREMONT, NH—Gianna Gregorutti was honored May 7 in the Governor's office in Concord. According to Terri Daignault, Southwestern Community Services Dispatcher/Volunteer Driver Coordinator, "Gianna Gregorutti has been a Volunteer Driver since May 2011. Originally hired as a bus driver in 2003, Gianna opted after her retirement to continue as a Volunteer. Her compassion and sincere concern for others is indeed an inspiration to us all."

In her submission letter to nominate Gregorutti, Daignault wrote, "The Volunteer Driver program provides a vital service throughout Sullivan County for those Residents that require transportation for medical, counseling, or physical therapy appointments. Since May of 2011 she has taken a total of 914 trips, and averages about 200 hours a year. Many of our

riders have a deep fondness for Gianna, and request her personally. Without her heartfelt service, the needs of many of our Residents could not have been met.

"Gianna is both well respected and liked by all. She is always willing to help when at all possible. During our SCS Transportation Holiday Light Tour she wanted to enable the participating

An advertisement for The Bearse Bakery. The title "The Bearse Bakery" is in a large, gold, serif font. Below it is the tagline "Simplicity At Its Best" in a smaller, gold, cursive font. There are three images of baked goods: a multi-layered cake with blue and white frosting, a chocolate cake with a pink ribbon, and a round cake with white frosting and fruit. The hours of operation are listed as "Tuesday - Saturday 7:00am - 4:00pm" and "Sunday & Monday - CLOSED". The address "32 Pleasant Street, Claremont NH" and phone number "(802)-230-5006" are at the bottom. The name "Patience Bearse" is also included.

e-Ticker Business News

Mt. Ascutney Hospital Director of Development Awarded Certified Fund Raising Executive (CFRE) Designation

WINDSOR, VT—Charles S. C. Clement, Director of Development at Mt. Ascutney Hospital and Health Center (MAHHC) in Windsor, VT, has been named as a Certified Fund Raising Executive (CFRE) by CFRE International.

Clement joins more than 6,300 professionals around the world who hold the CFRE designation.



Charles S. C. Clement

In earning the three-year certification, Clement has met a series of standards set by CFRE International including tenure, education, and demonstrated fundraising achievement. He has also passed a rigorous written examination testing his knowledge, skills, and abilities as a fundraising executive, and he has agreed to uphold Accountability Standards and the Donor Bill of Rights.

“The CFRE credential was created to identify for the public and employers those individuals who possess the knowledge, skills, and commitment to perform fundraising duties in an effective and ethical manner,” states CFRE International President and CEO Eva E. Aldrich, Ph.D., CAE, (CFRE 2001-2016). “As the certification is a voluntary achievement, the CFRE

certification demonstrates a high level of commitment on the part of Mr. Clement to the fundraising profession and the donors who are served.”

Clement has been Director of Development at MAHHC since 2017. In this role he plans, organizes, and directs all fundraising efforts for MAHHC and Ottauquechee Health Center in Woodstock, Vermont. Prior to joining MAHHC in 2014, he served as New England Regional Director for Ashoka’s Youth Venture and Director of Development for FIRST, the non-profit founded by inventor Dean Kamen to foster young people’s interest and participation in science and technology. Clement is a graduate of Dartmouth College.

MAHHC CEO and Chief Medical Officer Dr. Joseph Perras calls Clement important to Mt. Ascutney Hospital and Health Center’s ability to provide high quality care to patients and promote health and wellness in the communities it serves. “Even a small hospital like ours is an enormously complex organization, in an even more complex healthcare environment,” says Dr. Perras. “Now more than ever, we depend on support from our donors in order to do our work. Charlie has a rare gift for communicating what we do and why it’s important to our supporters at all levels, and for turning that support into action. His new designation symbolizes what we already know; that he is highly skilled and highly valued in his work guiding development for our Hospital in

a positive direction. Congratulations to Charlie for this well-earned designation.”

Since 1981, CFRE has set standards for fundraising professionals. As the only globally recognized fundraising certification, CFRE indicates professionalism, confidence, and ethics. The CFRE certification program is accredited by the American National Standards Institute and is the only accredited certification for fundraising professionals.

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e-Ticker Business News

Transforming Treatment: Understanding and Preventing Strokes

Dartmouth-Hitchcock Neurology Adopts new Approach to Treating TIAs

LEBANON, NH— The recent stroke-related deaths of actor Luke Perry and director John Singleton were shocking to many, but they also raise awareness that people of any age are at risk for stroke—not just older adults. Unfortunately, strokes are far too common. They are a leading cause of disability and the fifth leading cause of death in the United States.

“Strokes happen when blood flow to the brain is interrupted,” said Jason Johns, PA-C, advanced practice provider in the Neurology Department's Cerebrovascular Disease and Stroke Program at Dartmouth-Hitchcock Medical Center. “Usually they are caused by clots or cholesterol build-up suddenly blocking an artery. Less often, they are caused by ruptured blood vessels. When the brain cannot get the oxygen it needs brain cells die.” Risk factors for a stroke include smoking, diabetes, high cholesterol, physical inactivity, obesity, poor diet, and excessive alcohol intake. Heart disease, sleep apnea, and other conditions can also increase risk.

Strokes typically affect one side of the body and cause sudden changes in speech, vision, strength, sensation, coordination and/or balance. The American Stroke Association encourages the use of FAST: Face Drooping—Arm Weakness (or tingling)—Speech (slurred or difficult to understand)—Time to Call 911 to recognize the signs of stroke.

Sometimes referred to as “mini-strokes,” transient ischemic attacks (TIAs) have the same causes and symptoms as stroke. But TIA symptoms go away because the body clears the blockage before there is permanent damage. TIAs are often very brief, in many cases less than five minutes.

“At the first sign of TIA or stroke, it’s important to seek immediate medical care,” said Jason Johns. “There are rescue treatments available in the emergency room that can help, including a clot busting medication (tissue plasminogen activator, or tPA) and a wire-like clot retriever

TIA patients get the care they deserve as quickly as possible. A team of doctors, nurse practitioners, and physician assistants recently launched a Rapid Access TIA Clinic dedicated to TIA care and stroke prevention. Wait times to see a specialist have been cut dramatically—

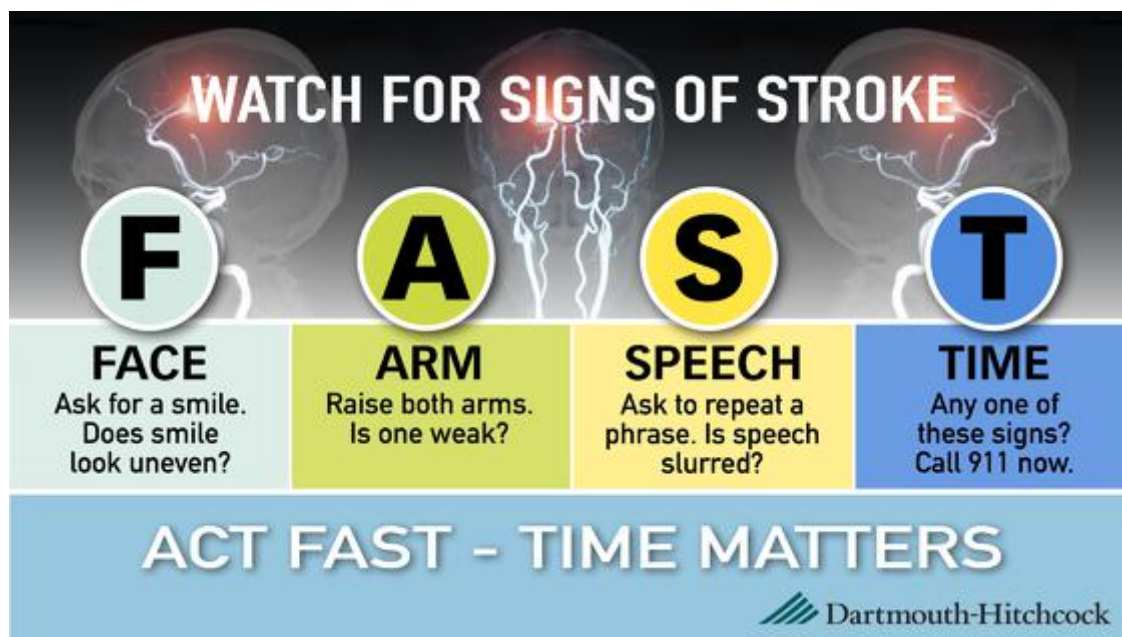
from an average six weeks to just three days.

In the TIA clinic, patients have a personalized assessment based on their unique history and risk factors. Evaluation may include a brain MRI, blood vessel imaging of the head and neck, labs and selected cardiac tests. Providers then review results with patients, offer education and deliver evidence-based treatment care plans.

If you are worried you might be having a TIA or stroke, get emergency help right away. If you have had symptoms in the past, talk to your doctor as soon as possible. Don’t miss the chance to prevent a stroke before

it happens.

For more information about the Rapid Access TIA Clinic at Dartmouth-Hitchcock Medical Center, call (603) 650-5104.



(mechanical thrombectomy), but they work best when used soon after symptoms start, ideally within three hours or less. If there is too much of a delay, they can’t be used at all.” Because TIA symptoms go away, they are too often ignored. This is a dangerous mistake. A TIA is a warning sign that a major stroke may be on the horizon. “We know as many as one third of TIA patients end up having a stroke within the next year. And up to one fourth of people who suffer a TIA die within one year,” continues Johns.

Dartmouth-Hitchcock Neurology has adopted a new approach to ensure



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Newport High School Senior Benjamin Jachim-Gallagher chosen as Presidential Scholar

NEWPORT, NH—Benjamin Jachim-Gallagher from Newport High School joins Michaela Phan from Phillips Exeter Academy (Portsmouth) as the two New Hampshire high school seniors who were among a select group of 161 students nationwide chosen as 2019 U.S. Presidential Scholars. The awards were announced Tuesday, May 7, 2019. This is the 55th class of U.S. Presidential Scholars.

"It is truly an honor to have a Newport School District student recognized as a Presidential Scholar. Newport is very proud to have had three seniors, Ben Jachim-Gallagher, Elizabeth Trembley and Victoria Burroughs as candidates," said Cindy Gallagher, Newport School District Superintendent. "Victoria and Ben were named as semi-finalists."

Gallagher continued, "The Presidential Scholar Award recognizes Ben for his academics, SAT and ACT scores, and for the hours he has dedicated to volunteering in the school and Newport community, promoting the ideals of paying it forward. It is clear that Ben has benefited from growing up in Newport. We want to congratulate Ben on this honor and we want to thank the District staff and community leaders who have mentored him along the way."

The Presidential Scholars program is a recognition program. Students chosen as U.S. Presidential Scholars receive a free trip to Washington, D.C., and receive a medallion at a ceremony sponsored by the White House. The ceremony is June 23.

More than 5,200 candidates qualified for the 2019 awards, which are determined by performance on the College Board SAT and ACT exams or via nominations from Chief State School officers.

Jachim-Gallagher will attend Harvard University in Fall 2019.

Lions Club Ships Eyeglasses to Benefit Others

CLAREMONT, NH—Recently, members of the Claremont Lions Club wrapped, packaged and boxed more than 600 pairs of glasses to be shipped to a Lions eyeglasses center where they are tested and shipped overseas.

Residents can recycle eyeglasses through the Claremont Lions Club at Walmart's optometry department and in the lobby of the Claremont Senior Center.

SATURDAY, MAY 25 "Pastries and Paint", 10 am-12:30 pm, Plainfield Town Hall on Rt. 12A, Plainfield

Paint a landscape in acrylics using the Bob Ross method with art instructor Rebecca Dole. No experience necessary. Have a fun morning, partake in some delicious pastries, and leave with a beautiful masterpiece. Cost is \$35 for materials. Sponsored by the Friends of the Philip Read Memorial Library. To register or for information, e-mail PRMLFriends@gmail.com or call 603-675-5494.

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Trophy for Best Mall Crawler, Best off-roader, People's Choice Coolest Rig, and Best RTI. No entry fees!

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- Free raffle prizes and parts discount coupons
- See the new long-awaited Jeep Gladiator pick-up truck!
- Radio remote by WCNL
- Food vendor will be available.
- Welcome Exploring NH to our event. www.exploringnh.com

Visit the neighboring Bicycle shop, Claremont Cycle Depot, for their Huge annual used bike sale. Learn how to do a wheelie, called a standard, on their mountain bike stand to improve your mountain bike adventures. You may win a trophy for longest wheelie.

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Time to 'Cycle' through Some Investment Ideas

If you've noticed an increase in bicycle-related events lately, it may be because May is recognized as "Bike Month" – and some cities even observe a specific Bike Week. Of course, bicycling is good exercise and an environmentally friendly method of transportation, but it can also teach us some lessons about investing.

Here are a few to consider:

Put the brakes on risky moves. To keep themselves safe, experienced cyclists regularly do two things: They keep their brakes in good shape and they don't take unnecessary risks, such as whipping around blind curves. As an investor, you can combine these two actions by putting your own "brakes" on risky moves. For example, if you're tempted to buy some hot investment you heard about, you may want to think twice before acting. Why? In the first place, most "hot" investments don't stay hot for too long, and may be cooling off by the time you hear of them. And even more important, they might not be appropriate for either your risk tolerance or your need to diversify your portfolio. When you invest, you can't eliminate all risks, but you can reduce them by avoiding impulsive moves and sticking with a disciplined, long-term strategy based on your needs and goals.

Get regular financial tune-ups. Avid cyclists keep their bikes in good shape through regular maintenance. When you invest, you usually don't need to make a lot of drastic moves, but you should periodically "tune up" your investment portfolio, possibly with the help of a financial professional, during regular reviews. Such a tune-up may involve any number of steps, but the main goal is to update your portfolio so it reflects where you're at in life – your goals, risk tolerance, earnings and family situation.

Protect yourself from bumps in the road. All serious bicyclists – and all bicyclists serious about keeping their heads intact – wear helmets when they are riding, because they know the dangers of rough terrain. Likewise, you need to protect yourself from the bumps in the road that could impede your progress toward your objectives. For starters, life insurance can help your family meet some essential needs – pay the mortgage, educate children, and so on – in case something were to happen to you. And you may need disability insurance to replace your income temporarily if you became injured or ill and can't work for a while. Also, you might want long-term care insurance, which can help you guard against the potentially catastrophic costs of an extended stay in a nursing home or the services of a home health care worker.

Don't stop pedaling. When going long distances, bicyclists ride through rain, wind, sun and mosquitoes. They elude angry motorists and they change flat tires. In short, they persist in reaching their destinations. As an investor, you will pursue some goals that you may not reach until far in the future, such as a comfortable retirement, so you too need to demonstrate determination and persistence by continuing to invest, in good markets and bad, through unsettling political and global events – and even despite your own occasional doubts.

Whether you're an avid cyclist or not, following these principles can help keep your financial wheels moving along the road to your goals.

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



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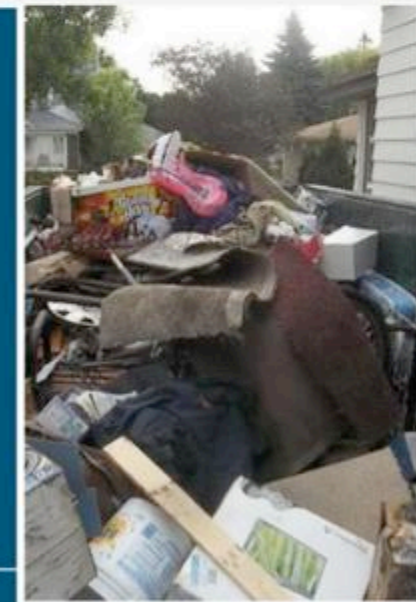
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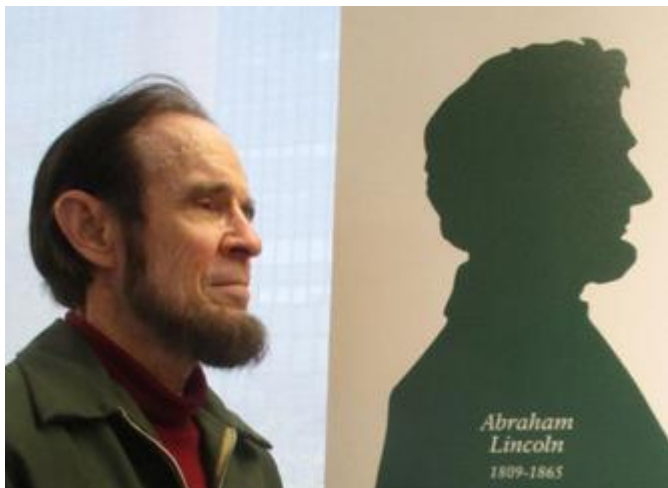
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A Visit with Abraham Lincoln



LEBANON, NH—Friday, May 17, 7pm, A Visit with Abraham Lincoln, Soldier's Memorial Building, 31 North Park Street, Lebanon, NH, Steve Wood, Claremont, NH, will speak as our 16th president in this living history presentation hosted by the Lebanon Historical Society with a grant from NH Humanities, free and open to the public; information: Lee Hammond, 603-448-3867.

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It's About Food By Johnny Navillus



Vegetables

Before we explore the title, I made a pork butt recently. It seems that pulled pork has become a favorite around my house. It's easy and extremely tasty. Just to review, salt, pepper, barbecue sauce and slow cook on low for 12 hours. This time I added some liquid smoke to the barbecue sauce, mixed it up and covered the meat. Twelve hours later I had the best pulled pork in a very long time. One of my friends thought I had cooked it over a wood fire. Try it sometime. I don't know why I don't use the liquid smoke more often. Just remember, at first you may think you added too much, but after twelve hours it has really toned down.

Regular readers have probably noticed that I don't talk about vegetables very much. That's because, like a lot of guys, I don't care for vegetables very much. Peas, corn, green beans, carrots, onions, Bell peppers and of course, potatoes. Steam 'em in a bag in the microwave and I'm happy. They lend color to a plate and that's the way I feel.

However, this week I was coerced into making two vegetable dishes that I really enjoyed. In fact, I had seconds. I got some surprised looks for that.

Shrimp Pasta Salad

- 1 seven ounce package small pasta shells
- 1 10 ounce pkg frozen peas (leave frozen)
- 10 ounces (+/-) shrimp, peeled, deveined and cooked
- 6 medium radishes, thinly sliced (optional)
- 1/2 medium green bell pepper finely chopped
- 1 2 ounce jar chopped pimientos
- 2 tablespoons finely chopped onion
- 1/2 cup mayonnaise
- 1 tablespoon prepared horseradish
- 1 teaspoon seasoned salt

Cook pasta according to package directions, drain in a colander and run cold water over them for about twenty seconds to stop cooking. Drain well. Combine pasta, peas, shrimp, radishes, pepper, onion and pimiento in a bowl and mix well. Combine mayo, horseradish and salt. Add to shrimp mixture and toss to coat. Refrigerate at least 4 hours before serving.

Vegetable Relish

- 1 small can white corn
- 1 small can peas
- 1 small can French style green beans
- 1 2 oz jar pimientos, chopped
- 1/2 cup each of celery, green pepper, onion chopped
- 1/2 cup sugar
- 1/3 cup vinegar
- 1/4 cup oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Drain all ingredients and set aside. Bring sugar, vinegar and oil to a boil for a few seconds. Cool, then add salt and pepper. When liquid has cooled, add to all the vegetables. Refrigerate at least six hours before serving.

The first time you prepare a new dish, follow the recipe. After that play with it and take ownership.

Play with your food. Cool people do.

Write to Johnny at etickernews@gmail.com.



Spring Brings New Energy

In an area of the nation where winters are long, the arrival of spring is met with great anticipation. Warmer weather means more time outdoors and busy playgrounds. For some, it marks the season for planting and spring cleaning. For others, it brings opportunity for outdoor work. A renewed sense of energy seems to abound, both individually and collectively as a community. Spring for the City of Claremont marks the beginning of the budget season, Earth Day initiatives, outdoor maintenance work and new construction.

At the beginning of May, Interim City Manager MacLean presented his proposed budget to the City Council. Working with his department heads over the course of several months, Mr. MacLean presented a budget that is level funded. The Council is in now reviewing his proposed budget, considering whether to approve the budget as is or make modifications. The final budget will be voted upon in June.

Though the weather proved to be challenging this spring, several projects were completed in recognition of Earth Day. Collaborating with the Department of Parks and Recreation, Stevens High School students cleaned up trash along the rail trail, the Visitors' Green and numerous parks on April 19. The Department of Public Works (DPW) collected the trash which amounted to several truckloads. On Saturday, April 20, residents throughout the community took advantage of Tire Day, bringing approximately 1500 tires to the Transfer Station at no charge to them. During the last week in April, DPW collected bags of grass clippings and leaves from property owners. On May 5, members and friends of the Claremont-Sugar River Rotary Club picked up more than 10 construction bags of trash along Grisom Lane.

Parks and Recreation personnel are in the process of sprucing up the sports fields and parks. DPW crews are out in full force painting pedestrian crossings, sweeping roads and sidewalks, conducting water and sewer line

maintenance, and preparing cemetery grounds for Memorial Day. Coordinating with the Department of Corrections for additional manpower, DPW completed an in-depth cleaning of the public parking garage.

With the arrival of warmer weather, road and sidewalk construction is also in full gear. The reconstruction of Upper Main Street, a multi-million dollar project, will soon be completed. Landscape and new sidewalks along that road will improve streetscape and walkability. Construction of a sidewalk on East Street will soon begin, improving safety for students walking to nearby schools and the community center.

This, however, is just the beginning of what will be happening in the City during the warmer months. Citizens will be engaged in their own beautification projects, whether at home or on public grounds. Flower boxes and plantings in Opera House Square, around City Hall and in Broad Street Park will bring color to the historic district. As the weather improves, clean-up projects will continue. After the municipal budget is approved, construction on other roads and sidewalks will begin.

It is exciting to see so much activity in the community, and the collaboration that is taking place to improve Claremont. Thanks to all who have participated in making these improvements.

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

City Council Begins Budget Process

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The public process of the 2020 Proposed Municipal Budget began on Wednesday at the City Council meeting. Interim City Manager John MacLean is guiding the Council through the discussions.

In his introduction to the Council, MacLean said, "In this documents, you will find that this team of professionals has held the line on expenditures while looking for creative ways to address longstanding issues. Of course, it is not possible to address every priority in one budget year; however, identifying the need and subsequently building the appropriate

foundation of support, is a good first step.

"As previously noted, the staff was tasked with holding the line on expenditures, which they did. So much so that this proposed budget does not seek an increase in the tax rate, thus holding the municipal portion of the tax rate to last year's rate of \$15.27...

"With this in mind, this year's budget proposes to again use \$500,000 from undesignated fund balance to reduce the tax rate. We have also proposed utilizing \$100,000 of fund balance towards Phase II—final design for Pleasant Street, \$11,000 for the JSL (with hopes that the development request will bring a buyer for the building) and \$206,590 toward the Downtown TIFD (a reduction of over \$80,000 this year)..."

"This year's proposed budget includes funding for all negotiated collective bargaining agreements, as well as funds for a modest adjustment for merit plan employees. Additionally, this year's proposed budget provides for \$434,000 towards much needed road resurfacing/reconstruction projects..."

The City finished fiscal year 2018 on target and with a clean audit. An audit with no findings is rare, said City officials (its auditors have stated that most clients have some kind of audit finding) "but one with no findings is a testament to the hard work put in by city staff."

The loss of state revenue since 2009 such as the 35% retirement for police, fire and teachers as well as the continued "suspension" of shared revenue and the "freezing" of the City's share of the rooms and meals tax have taken its toll on the City being able to maintain services at a level the citizens expect while level funding the tax rate, said officials. The losses the City has absorbed will be over \$9.2 million this year.

The 2020 General Fund Budget requested is \$16,997,318 (which includes increased offsetting revenues as well as withdrawals from capital reserve and fund balance). The City Budget has an estimated 2019 Municipal Tax Rate of \$15.27 which is a zero increase over last year:

Total Revenue: \$5,953,216.00

Total Expenditures: \$16,997,318.00

Amount To Be Raised: \$11,044,102.00

Total Assessed Valuation: 723,270,277

Estimated (Municipal) Tax Rate: 15.2697

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Historical Society Presents “A Soldier’s Mother Tells Her Story”

NEWPORT, NH—Newport Historical Society



Sharon Wood, in her role as Betsy Phelps (Courtesy photo).

& the New Hampshire Council for the Humanities, present “A Soldier’s Mother Tells Her Story,” on Tuesday, May 14, 6:30-8:00 p.m. in the Richards Free Library Ballroom, 58 N. Main Street, Newport, NH. This pro-

gram is free and open to the public, in a handicapped accessible facility. Light refreshments will be served.

Sharon Wood of Claremont is a professional storyteller specializing in world folklore and American history. In “A Soldier’s Mother Tells Her Story”, she will portray Betsey Phelps, the mother of a Union soldier from Amherst, NH, who died heroically at the Battle of

Gettysburg. Speaking from a mother’s perspective, Mrs. Phelps will tell stories of New Hampshire soldiers who fought in the war and their families who waited for them to return. Wood has developed the story to include the experiences of Union soldiers from many NH towns and cities. Stories of some Newport soldiers will be included in this program.



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Updates on Foster Care Needs, Needle Exchange Program Presented at Joint Council, School Board Meeting

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—Members of the City Council and School Board were presented with an overview of foster care in the area Monday night at the most recent joint meeting of the two boards. In the words of presenter Kaitlin Bartley, Resource Worker for Division for Children, Youth and Families (DCYF) at the Claremont District office, there is a “pretty severe foster home crisis right now.”

Bartley has worked for DCYF for eight years, the first six doing assessments; she has been a Resource Worker for the last two, a role where she works to recruit and retain foster homes.

“As you can imagine, we are in a pretty severe foster home crisis right now with the number of children being displaced from their homes,” she said.

The Claremont District Office covers 16 towns, including all of Sullivan County and lower Grafton County. There are 12 District Offices throughout the state.

Bartley said that with the opioid crisis, other family dynamics going on and a lack of resources, “children are being displaced from their homes at an alarming rate.” Often, children have to be placed out of district due to a lack of local foster homes, adding to the difficulties children experience as they are separated from parents, siblings, friends, schools and school activities and other personal ties. Right now, she said, she only has one available bed in Claremont, for a toddler 3 and younger.

Many children who need placement with a foster family have significant needs, she said. One such case is a 3-year-old boy, who “due to severe neglect”, is functioning at a 9-month-old level. He is in residential placement, she said. Another case involves a 18-year-old who has been institutionalized for the last six years; “she has very, very, very high needs,” said Bartley, due to mental illness. Bartley would like to be able to find a suitable living situation for her, perhaps an in-law apartment type set-up, “essentially to take care of her 24/7, with respite care.” Those who provide respite care receive a stipend.

There are currently 1,452 children in place-

ment through the Division for Children, Youth and Families. The number has been steadily increasing over the last several years, said Bartley. The Claremont District Office has also shown a similar pattern and had 105 children in care in 2018, including 25 in the 0-2 age range. There are 60 children currently in out-of-home care from the Claremont Office alone, added Bartley. “There are only 29 licensed homes for the Claremont District Office. Many of these homes are for relatives use only and most of the others are full to capacity. A few are looking to adopt legally-free children and will not consider short-term foster care. We are unable to place our children in their home communities.”

With six, Claremont has the highest number of licensed homes in the District.

Bartley said there have been times she has had to “take kids naked out of places to the hospital to be decontaminated for meth...” meaning they are removed with no personal belongings whatsoever. She, too, has had to be decontaminated for meth during those times.

Besides the emotional cost to the children, there is an economic cost to the school district for every child who is placed out of district.

While Bartley would love to find a local foster home for every child with this kind of need, she knows that’s not realistic. Instead she raised questions and ideas for ways people could help if they cannot be a foster family: Do you have the skills to support kiddos with high needs so that they can leave placement and learn to be successful in the community? Can you talk to your civic groups, churches and community members about the need for foster homes in our area? Can you hang up fliers at you work or local establishments? Can I be invited to speak at meetings that your civic groups are having about foster care needs? Could you hold a fund raiser or drive to help support our foster care closet by providing basics like underwear and pajamas for children? If the answer to any of those questions is yes, those interested area invited to contact Bartley at 603-543-4685.

Needle Exchange Program Begins

Also at the joint meeting Monday night, the

two boards received an update on a needle exchange program in Claremont. Ashley Greenfield, DHMC Community Health Partnership Coordinator, and Laura Byrne, executive director of the HIV/HCV Resource Center in Lebanon, explained that the program opened about a week and a half ago, at Valley Regional Hospital, in Occupational Health. Those looking to use the program can go to the main entrance and ask for directions to the office or go through the ER. It is staffed by volunteers.

The program will be open every Thursday except for holidays, from 3:30 to 6:30 p.m. No one had arrived at the program to date. Things also started slowly at the Springfield, VT, program with just one person showing up, but now about 100 people use it annually.

Originally the program in Claremont was held at the Claremont Soup Kitchen on Central Street, but that fell within the drug-free school zone and had to be shut down. It was started by medical students from the Geisel School of Medicine at Dartmouth. A proposal was made to move it to VRH but that is also within 1,000 feet of a school, in this case, Disnard Elementary. A new state law was passed to allow such a program to be run within that designation if approved by the local school board. The vote to allow the program at VRH was approved last fall after being endorsed by both then VRH CEO Peter Wright and Claremont Police Chief Mark Chase.

Why Don't People Vote?

The two boards also took a look at the low voter turnout rate, wondering how or what could be done to increase it. On average, about 11% of registered voters turn out at the polls, especially the school district election in March. It was mentioned that some in the community have complained that they are not advertised enough, although related information has been widely posted on social media and banners near Golden Cross and in and by the *e-Ticker News*. One suggestion was to use the electronic DPW road sign around the time of election dates to remind people to vote; another was to asked on social media the following: *Did you vote and what could we have done better to get the vote out?*

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