

e-Ticker News of Claremont

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**Claremont Fixed-Site
Clinic Continues to
Serve Public;
page A27**

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June 1, 2020

Knowledge Coming In, Knowledge Going Out

From Chromebook to Laptop to MacBook, Homes Are Centers of Learning & Teaching in a Pandemic

By Eric Zengota
e-Ticker News

Some families have children who are students. Some families have parents who are teachers. Two Claremont families who have both teachers and students have converted their homes into double-duty remote-education hubs. We thank them for sharing their insights on “home schooling” during a public health crisis.

The Families

Jessica Wilmot has been at the Weathersfield School in Ascutney, VT, for 10 years. She teaches four core subjects — Reading, Math, Science and Social Studies — to 17 4th graders. She earned a dual major baccalaureate in English and Sociology with a concentration in Criminal Justice, and a Master’s in Elementary Education.

On some days, all four children of the blended Becker and Wilmot family are in the same house, working in different rooms to promote focus and concentration. There are Jessica Wilmot’s two children, Laiken Becker, 16, a junior at Stevens High School, and Matt Becker, 15, a freshman at Stevens. Her husband Brent Wilmot’s children are Matt, 14, an 8th grader at Claremont Middle School; and Connor, 10, a
(Continued on page A11)



Maddy Brislin works side by side with her mother, Robyn, on the family’s dining room table (Courtesy photo).

Governor Extends Stay-At-Home Order Another Two Weeks

CONCORD, NH—Friday, Gov. Sununu announced that the Stay-At-Home Order is being extended until June 15.

New guidelines included announcing houses of worship can open more broadly, but limited to a 40% capacity. Family units attending services must be at least 6 feet apart.

Also:

- Effective immediately hotels, motels, B&Bs, etc., can begin accepting reservations, with guest check-in beginning June 5. Those traveling from out-of-state must sign a document affirming they have remained in their homes for at least 14 days. Facilities with 20 rooms or less may reach full capacity; larger opera-

tions must hold capacity to 50%.

- Day camps can resume, beginning June 22. Guidelines for overnight camps are still being developed.

For complete details on what is now open or permitted, please visit www.covidguidance.nh.gov.

CFD Called to 5th Residential Fire in Recent Weeks

CLAREMONT, NH—The Claremont Fire Department responded Wednesday, May 27, to a report of smoke in the building at 20 Stone Avenue. This was the fifth residential fire in recent weeks. Claremont Safety Services was dispatched at 6:44 p.m. Two Engines responded to the alarm; updates from the Emergency Services Dispatch Center reported the building was on fire. A 1st Alarm was struck for all Claremont personnel to respond to the scene before arrival of the first due apparatus.

Claremont Fire Chief Bryan Burr reported that “The first fire units were on scene at 6:48 p.m. and found the home smoke-filled with a bedroom on fire. Crews quickly extinguished the flames. The fire was under control at 6:59

p.m. Mutual Aid was requested; Ascutney and Newport fire units reported to the scene while Cornish and Newport Ladder covered the Claremont Station. The single-family home, a one-story ranch, sustained moderate smoke and water damage throughout the building. One room, a bedroom, did sustain heavy fire damage. One person was home at the time of the fire and no injuries were reported. The cause has yet to be determined and the department continues to investigate the cause. All fire units cleared the scene at 8:11 PM. The home was turned over to the owner at that time.”

“We would like to inform the public and alleviate any concerns from the recent fire activity in the city that none of the fires the city has experienced are connected and none is considered arson or suspicious in nature,” said Fire Chief Bryan Burr.

Burr said that the home did have working smoke alarms and is a contributing factor to the safe exit of the lone occupant and early notification of emergency services.

“We would like to inform the public and alleviate any concerns from the recent fire activity in the city that none of the fires the city has experienced are connected and none is considered arson or suspicious in nature,” said Burr. “We ask that the public practice good fire safety techniques, never leave cooking appliances unattended when in use, do not improperly use or overload electrical appliances and their circuits. Use a qualified electrician to do electrical work. Do not leave smoking materials unattended and accessible to minor children, including lighters and cigarettes. Properly dispose of them when extinguished. Never leave lighted

candles unattended and keep them a safe distance from combustible material when in use. These are all measures one can take to reduce the incident of a fire in the home.

“Finally, we continue to remind and strongly urge everyone to install and maintain working smoke alarms on all levels of your home. They are your first line of defense in the event of a fire,” said Burr.

City Smoke Alarm Program

CLAREMONT, NH—To help increase the number of homes that are protected by smoke detectors, the CFD has a program to install alarms.

“Smoke alarms are not bought with taxpayer funds,” said Claremont Fire Chief Bryan Burr. “We install battery operated, 10-year maintenance free smoke alarms to anyone who reaches out to us. We are implementing a door knocker program to target specific areas of the city. The only criteria is owner-occupied as rentals come under a more stringent state fire code for smoke alarms. An average three bedroom, single family home takes about five alarms to fully protect. One is installed on each level, including the basement and in each sleeping room (bedrooms). We do have a limited supply based on available funds to purchase the alarms, so we are always looking for cash donors and not the alarms themselves. We are purchasing a certain brand and model from a wholesale distributor to get the best bang for our buck.”

Burr continues to look for private funding from businesses to help fund the program. Recent donors include Claremont Savings Bank, Red River, Mascoma Bank and Plains Propane, he said.

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Commentary

NH House Happenings

By Rep. John Cloutier



Salaries for County's Elected Officials to be Held at Current Rates

The yearly salaries paid to Sullivan County's elected officials will remain unchanged in 2021 and 2022 from the salaries they are now being paid.

On May 28, by a unanimous 13-0 roll call vote, the Sullivan County Delegation to New Hampshire's House of Representatives in Newport set the annual salaries for seven out of the eight elected officials for the next two-year term beginning in Jan. 2021, and beginning after the officials are nominated by either the Democratic or Republican Parties in the Sept. 8 State Primary and/or elected in the Nov. 3 General Election. The setting of such officials' salaries is required under present state law to be accomplished by all of the House's 10 county delegations before the filing period for all county, state as well as federal elected offices for the Sept. 8 Primary and Nov. 3 Election opens, a 10-day period that opens this week on June 3, and closes June 12.

As approved by the Delegation, elected officials' salaries are established as follows. First, all three County Commissioners will be paid \$11,000 per year, and together they make up the county's executive branch of government. The present Commissioners are Jeffrey Barrette, Ben Nelson, and George Hebert. Next, the County Treasurer will receive an annual salary of \$5,070. Our present Treasurer is Michael Sanderson. Next, the County Attorney will be compensated with yearly salary of \$96,000 per year, and the County High Sheriff will earn an annual \$68,000. Currently, Marc Hathaway is County Attorney, while John Simonds is High Sheriff. Last but not least, is the County Registrar of Deeds whose yearly salary is set at \$55,000. Our present Registrar is Janet Gibson. All of these listed officials have not indicated publicly as of the publication date of this column whether they are running for re-election this year, and were elected as Republicans in the 2018 General Election.

For readers' information, the County Treasurer and three Commissioners are normally considered part-time positions, while the Attorney, High Sheriff, and Registrar of Deeds are full-time positions. While the Commissioners are the executive branch, they are assisted in county government's day-to-day operations by a full-time County Manager whom they hire, and who is accountable to them. Claremont's Derek Ferland is our current Manger.

These elected officials' salaries were set after brief debate by the County Delegation, and a unanimous recommendation by the Delegation's EFC (Executive Finance Committee) to set the salaries as listed. EFC Vice Chair and Acworth Rep. Judith Aron said that the EFC had

recommended keeping such salaries at same levels as this term because county revenues have fallen in recent months due to the economic downturn resulting from the coronavirus pandemic. Consequently, Rep. Aron stated that keeping such salaries level-funded is one small way to help keep county expenses low, so as to attempt to avoid an increase in property taxes in the next Fiscal Year 2021 County Budget.

As mentioned in the second paragraph of this column, the Delegation set seven of the eight Sullivan County elected officials' annual salaries. The only annual salary it did not set was that of the Registrar of the Probate. This is because this Registrar's salary is established by state law at a mere \$100 per year. More specifically, the elected Registrar is basically an honorary position so as to conform with the Part Two, Article 71 of the New Hampshire Constitution which actually created not only the county offices of Registrar of the Probate, but of Treasurer, Attorney, High Sheriff, and Registrar of Deeds as well. But because of legislation passed about 10 years ago, reorganizing our state's court system, including the probate courts, the actual work of the Registrar is done by full-time staff in each county's probate court who are full-time state employees. But Article 71 has never been revised as of today so as to take into account this legislative change. Former Claremont Rep. and Mayor Raymond Gagnon is the incumbent Registrar, and is currently the only elected county official who is a Democrat.

In other action, the Delegation by a 12-1 roll call vote, authorized the Commissioners to obtain a guaranteed maximum price for proposed renovations to Sullivan County Health Care or "SCHC" for short. SCHC which is more popularly known as the county's "nursing home," consists of three main buildings located at the County Complex in Unity. One of these buildings is nearly 90 years old, and is basically closed at the moment because it is not suitable for use by either nursing home residents or staff. Both the Delegation and Commissioners have discussed renovating the three main buildings as well as the surrounding grounds and roads within the last three years to make the buildings more energy-efficient, the roads easier for delivery vehicles to enter and exit, as well as update residential rooms to 21st Century nursing home standards, making it more attractive to future residents and their families. Last year as I remember the Commissioners and Delegation had tentatively agreed on a \$35 million total price tag for such renovations which could be formally approved by the Delegation later this year. But there are concerns from some representatives on the Delegation that this \$35 million price tag could go much higher with a guaranteed maximum price. The only representative opposing the guaranteed maximum price authorization was Unity's John Callum.

Additionally, the Delegation agreed by consensus to hold a public hearing on the Commissioners' proposed Fiscal Year 2021 County Budget on June 15 at 6 pm in Newport's Woodhull County Building. It also agreed by consensus to tentatively hold a meeting on June 29 at 6 pm in the same building so as to debate and probably vote on the EFC's recommended version of the Fiscal Year 2021 Budget.

Finally, the Delegation discussed how to better encourage public

(Continued on page A5)

Letters to the Editor

Do Not Let Concord Downshift More Costs to Communities

To the Editor:

The world is on pause due to the devastation caused by Covid 19. We see unfathomable losses across the globe and right here in New Hampshire. While our numbers of infected citizens are low compared to other places, and, thank God, our death rate is small, the effects of this pandemic are huge. One of the most significant losses is the loss of income for individuals, business, and the State of New Hampshire.

Without people eating out on a regular basis or lodging here, our rooms and meals tax is suffering. Without businesses being open, our business and profits tax is suffering. And with all the people filing for unemployment (more than 27,000), the unemployment fund is depleting rapidly. All this to say, our state revenue is in trouble. So, what does that mean for cities and towns which depend on state assistance or a percentage return from rooms and meals tax? Disaster.

Once again, we need to guard against the famous NH Downshifting. You may have forgotten the disaster of Downshifting the state's contributions to the NH Retirement Fund. They simply pulled out of participation. You also may have forgotten that all school building aid stopped in 2011 leaving \$650 million of school construction and renovation on the table. Think of what that bill could be in 2020. And today the state pays less than 1/3 of the cost of public education. Think of what might await school districts when it is time to fund the adequacy payments.

As a former Selectman, School Board Member, and State Legislator, I know full well the impact of Downshifting. A community like Newport cannot carry the load any more that it already does. We will be facing loss of property tax revenue as many of our citizens are unable to pay on time or at all. We cannot let Concord Downshift one more dime to cities and towns. As you go to the polls in the Fall, elect representatives who will defend the cities and towns and stop Downshifting.

In the immortal words of Spike Lee, "Do the right thing!"

Virginia O'Brien Irwin
Newport, NH

Thanks Firefighters During Recent Spate of House Fires

To the Editor:

I want to thank the firemen in Claremont for their brave actions and quick response time in the recent spate of house fires. Their quick action undoubtedly saved lives in these highly populated areas. Unfortunately, there were two lives tragically lost. This loss of life is devastating to the families. I hope they get the support that they need. I would also like to ask the community to support and recognize the firemen who are also tragically affected by these losses. Fire Chief Burr encourages all Claremont residents to test their smoke detectors and to contact the fire department if they need detectors. People in other communities need to reach out to their own departments for needed assistance with detectors.

Be safe, be well,

Jim Contois
Claremont, NH

Rep.Cloutier, from A4

participation at both the June 15 hearing as well as its June 29 meeting. At the May 28 meeting there were no members of the public present for the meeting held at the Woodhull Building because two of Gov. Christopher Sununu's Emergency Orders, first issued in March in response to the pandemic, still remain in effect as of the date this column is published. The two include the "stay-at-home" or "lockdown" order as well as the order limiting the number of people at a public gathering to no more than 10. Citizens did have the opportunity to log or dial into the meeting via the ZOOM platform, but to my knowledge no citizen actually took this opportunity to do so. Eight out of 13 representatives on the Delegation did participate in the meeting via Zoom, and this participation went well in my opinion. But five representatives—Newport's Skip Rollins, Charlestown's Thomas Laware, Acworth's Judith Aron, Unity's John Callum, and myself—went to the Woodhull Building in order to personally participate. But in order to participate in this meeting held during the pandemic, we were subjected to several precautions, including a health history questionnaire, a temperature check, as well as sitting at least six feet apart from one another so as to "socially distance."

While these precautions were a minor inconvenience, they were worth it in my opinion. While I am glad there are virtual platforms like ZOOM so that legislative and other political meetings in this period of the pandemic can occur, ZOOM meetings do not take the place of actual face-to-face gatherings from my experience. Frankly, after over two months of just ZOOM and conference call meetings, I was so glad just to meet face-to-face with other individuals, regardless of any inconvenience.

Email: jocloutier@comcast.net

COVID-19 Hotline

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

Public Urged to Wear Masks

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission.

Update on City Parks

CLAREMONT, NH –All City Parks will remain open at this time and we are asking all park users to adhere to social distancing protocols. All playground equipment and structures are closed until further notice.

Moody Park

Moody Park officially opened to vehicular traffic on Saturday, May 23. The park hours are 8 AM to 8:30 PM. Due to COVID-19, the playground will remain closed, and there will be no portable toilets available at this time due to sanitation concerns. Reservations for group rentals will not be taken until further notice. While using the parks, please follow social dis-

tancing guidelines to help keep our community safe.

Skate Park

In order to adhere to social distancing guidelines related to COVID-19, please maintain a 6-foot distance between people (1 person per ramp) while using the park. Refusal to adhere to these guidelines could result in the closure of the Skate Park.

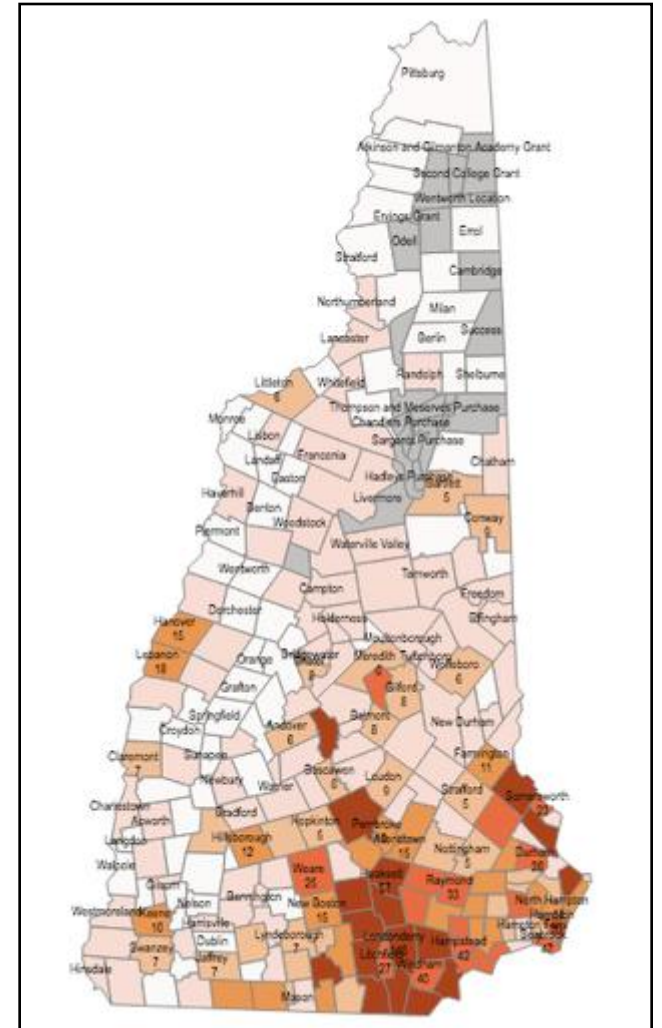
Basketball Courts

In order to adhere to social distancing guidelines related to COVID-19, please maintain a 6-foot distance between people (1 person per basket) while using the courts. Refusal to adhere to these guidelines could result in the removal of baskets.

NH DHHS COVID-19 Update – May 31, 2020

CONCORD, NH—On Sunday, May 31, 2020, DHHS announced 106 new positive test results for COVID-19. There have now been 4,651 cases of COVID-19 diagnosed in New Hampshire. Several cases are still under investigation. Additional information from ongoing investigations will be incorporated into future COVID-19 updates. Of those with complete information, there are three individuals under the age of 18 and the rest are adults with 57% being female and 43% being male. The new cases reside in Hillsborough County

other than Manchester and Nashua (42), Rockingham (13), Merrimack (2), Belknap (1), Grafton (1), and Strafford (1) counties, and in the cities of Manchester (28) and Nashua (16). The county of residence is being determined for two new cases. Two new hospitalized cases were identified for a total of



451 (10%) of 4,651 cases. One of the new cases has no identified risk factors. Nineteen cases have been positively identified in Sullivan County.

DHHS has also announced three additional deaths related to COVID-19. We offer our sympathies to the family and friends.

- 1 male resident of Hillsborough County, 60 years of age and older
- 1 female resident of Rockingham County, 60 years of age and older
- 1 male resident of Rockingham County, 60 years of age and older.

A part-time **Sullivan County nursing home** staff member who had recently tested positive was retested and had negative results as did their immediately family, SCHC reported on Saturday.

“We at SCHC continue to do everything possible to keep our residents safe. We follow strict CDC guidelines. Our staff is tested for the virus every 10 days. At the beginning and end of every staff members shift, temps and survey for symptoms are taken. All staff wear masks during their shift.

“We continue to be COVID free and will continue all safe practices to remain that way.”

New Hampshire 2019 Novel Coronavirus (COVID-19) Summary Report (data updated May 31, 2020, 9:00 AM)

NH Persons with COVID-191	4,651
Recovered	2,948 (63%)
Deaths Attributed to COVID-19	245 (5%)
Total Current COVID-19 Cases	1,458
Persons Who Have Been Hospitalized for COVID-19	451 (10%)
Current Hospitalizations	96
Total Persons Tested at Selected Laboratories, Polymerase Chain Reaction (PCR)2	72,456
Total Persons Tested at Selected Laboratories, Antibody Laboratory Tests2	11,838
Persons with Specimens Submitted to NH PHL	25,498
Persons with Test Pending at NH PHL3	1,661
Persons Being Monitored in NH (approximate point in time)	4,000

CLAREMONT STRONG

The **Board of Assessing** has decided to authorize the City to create a simplified application process in order to address abatements of interest on taxes for COVID related hardships. This decision is based on Governor Sununu's Emergency Order #25. The Assessing department will be working on creating a simplified application that will be released once completed.

Businesses that **need masks** can order them at https://prd.blogs.nh.gov/dos/hsem/?page_id=8451. There is a 4-5 day turn-around time to receive them at the DMV in Newport.

The **Community Center** is closed, but city parks are open and being maintained. Playgrounds are closed. The Parks & Rec Facebook page is offering up some fun family activities.

Department of Public Works is open. Please note that the transfer and recycling station is open regular hours (Tuesdays and Saturdays from 8:00 a.m. to 3:45 p.m.), with limitations of four vehicles at one time. Please maintain a minimum of 6' distance.

The **Claremont Police and Fire Departments** are open and available for information or questions. Please maintain safe distancing if possible during this time.

Changes to COVID-19 testing Facility- With the low number of tests being conducted at the State testing Centers, the State has made changes to the testing procedure. People can now register for a test a test online at https://prd.blogs.nh.gov/dos/hsem/?page_id=8479, or call 603-271-5980.

From our Friends at the Greater Sullivan County COVID-19 Community Response Coalition. We are reaching out today to share a continued opportunity for non-profits in your communities. Due to some very generous donors including but not limited to: the NH Endowment for Health, NH Charitable Foundation, Dartmouth-Hitchcock and Dartmouth-Hitchcock Philanthropy, we have opened up a GSC COVID-19 relief fund, overseen by a funding steering committee with the hope of helping organizations in the region adapt to challenges due to COVID-19.

The intent of these funds is to help **non-profit organizations** in need of assistance due to COVID-19. Some examples of places whom have received funds, and some examples of what they have asked for support for include:

- West Central Behavioral Health (equipment to help with telework, etc.)
- COA Chapin Senior Center- Kearsarge Council on Aging (staff help to drive clients, cleaning supplies, etc.)
- Claremont Soup Kitchen (increased food demand, need for bags/to go containers)
- Got Lunch! Newport (increased food demand, assisting families)
- Southwestern Community Services (increased costs due to increased cleaning, sanitizing, etc.)
- Service Link (equipment to help with telework)
- TLC Family Resource Center (equipment to help with telework)
- Full list (updated weekly on Fridays) <https://www.sullivancountynh.gov/CivicAlerts.aspx?AID=25>

Anyone who would like to apply needs to complete the request form found at the link below. If you need any help with this form, please reach out. We/I am happy to help in any way I can and we do not want the form to be the barrier to accessing funds and support. Please reach out to GSCPHN@hitchcock.org or Kirsten.D.Vigneault@hitchcock.org with questions or for a form to complete.

The **Visitors Center** is open. Business that can take place by phone, email or on-line meetings is preferred at this time. Applications for building permits and restaurant inspections can be made at claremontnh.viewpointcloud.com. Staff are available for inquiries by businesses, projects, board applications, or zoning questions, as well as building inspections.

While the nice weather and long period of isolation call out for some time with friends and family, please continue to follow the basic rules on 6' distancing and hand-washing. The CDC continues to recommend people wear masks when they are interacting with others, particularly where crowds may gather such as gro-

cery or hardware stores. There are additional requirements for masks in the Governor's new Stay at Home 2.0 order as part of the gradual business opening requirements. The full press release with details is available at <https://www.governor.nh.gov/news-media/press-2020/20200501-stay-at-home.htm>.

City Hall is open via the main Opera House Square entrance. We ask that you call or email in advance if you want to speak with someone. A document drop-off box is available inside the main entrance. Many payments can be made on-line at <https://www.eb2gov.com/eb2gov.dll/TownLaunch?town-code=006>.

Fiske Free Library is closed, but staff are available by phone or email to answer questions. On-line book and other virtual activity information is available at <http://www.claremontnh.com/residents/departments/library/default.aspx>. Limited check-out of items; call 542-7017 M-F for more information.

The **Upper Valley Lake Sunapee Regional Planning Commission** cancelled the **Household Hazardous Waste** collection in Lebanon on Saturday, May 2nd, but the next HHW collection date is Saturday, June 6th, at the Claremont Highway Garage, 8 Grandview Avenue: <http://hhw.uvlsrpc.org>.

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Washington St. Road Work Begins

The New Hampshire Department of Transportation (NHDOT) is commencing roadway intersection improvements work on Monday, June 1, at the intersection of NH Route 11/103 and Bowen Street in Claremont.

According to the NHDOT, this access management improvement project includes extending the curbed median islands on both the east and west approaches to the intersection to prevent left turns at the driveways nearest to the intersection, constructing a new driveway opposite Bowen Street for shared signalized access to AutoZone and Verizon Wireless stores (and removal of the existing drives to these parcels) and constructing a new mast arm for the connected driveways. Other improvements include drainage, paving and ADA upgrades at the intersection.

During the duration of the project, there will be short term one-way lane, alternating two-way traffic on Bowen Street and a minimum of one lane will remain open at all times in both directions on NH Route 11/103. Lane closures will only be allowed during non-commuter hours, between 8:30 a.m. to 3:00 p.m. Work will be contingent upon weather conditions and COVID-19 restrictions.

Weaver Brothers Construction, Bow, NH, is the prime contractor on this project which is expected to be completed in October, 2020.

Billings Farm Online

WOODSTOCK, VT—Visit Billings Farm online June 1-5, to get in tune with the life cycles on the farm. See how much our baby farm animals have grown, check in on the chicks, the lambs, Maple and Marvin, and our Jersey calf, Billings Casino Vegas, named by our online visitors. Connect with us at: <https://billingsfarm.org/billings-farm-at-home/>.

PLANT SALE IN PLAINFIELD

Saturday, June 6; 9:00 a.m.-2:00 p.m.

Perennials, annuals, vegetable seedlings, house plants.

This event is sponsored by Plainfield Community Church 1094 Rte 12-A, Plainfield (under the tent).

Please wear a mask and social distancing is encouraged.

PLUMBERS' LICENSE RENEWAL SEMINAR

River Valley Community College

As an essential need for plumbers, we have been approved to hold the Plumbers' License Renewal seminar beginning with the June 17th session at 6:00 p.m. in Claremont. Our classroom is large enough for students to be 6' apart, according to social distancing regulations.

For more information or to register for the course, go to: <https://rvcc.coursestorm.com/category/plumbing-licensure>.

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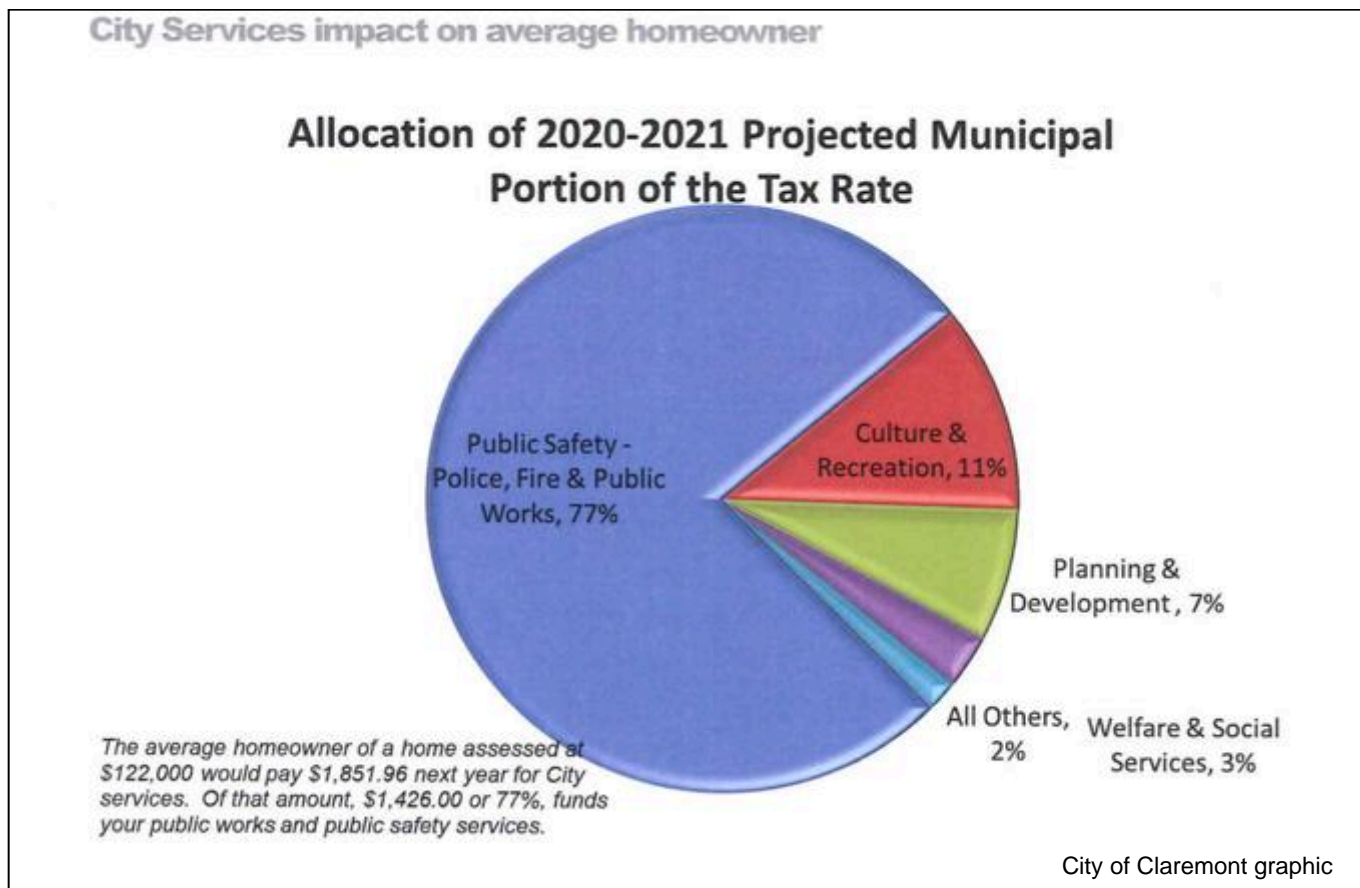
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Council Begins Work on Next Budget

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The City Council held an all-day session on Saturday as it began the long process of creating the FY2021 budget. Always a challenge, this year's efforts are compounded by the impacts, often unknown, of COVID-19, affected state revenues and other variables. In his letter to the council, City Manager Ed Morris wrote that, "In the midst of developing the FY 2021 Operating Budget, the City, along with the rest of the country, was forced to respond to the COVID-19 pandemic. As we continue to react to this ever-changing situation, we are working to meet the needs of the City while preparing for the unknowns that we will face during this upcoming fiscal year. We have made it a priority to prepare for the projected revenue shortfalls while at the same time trying to account for some of the revenue we expect to receive through reimbursements and stimulus monies. COVID-19-related expenses have not been included in this budget, since we are being assured by the state of New Hampshire that all COVID-19 response-related expenses will be reimbursed. In an effort to offset the projected revenue loss for the COVID-19 pandemic, the City staff has tightened up spending from the 2020 budget in an effort to carry as much money forward as possible. Because of this, we are again proposing to use \$500,000 of Fund Balance to offset some of the revenue loss. We have included the State Municipal Aid payment of \$341,000 to offset some of the capital paving projects in the budget. We have also added \$78,000 in revenue for COVID-19 reimbursements, which we hope is a very conservative number."

Morris also wrote, "In an effort to continue the momentum the City has created and to address Council goals and directives, we have placed priority on our roads and infrastructure by increasing the budget to \$650,000, (an increase of \$186,950), kept money in the budget to address the Compensation Study (\$90,000) and maintained the budget for code enforcement with plans to increase our inspection program and enforcement campaign. With these changes, the FY2021 Proposed Operating Budget is \$17,353,274 with \$11,378,516.25 to be raised by taxes. This



equates to a tax rate of \$15.18 which is a decrease of .59% from FY2020.

"In addition to this proposed budget, we are asking the council to consider approving a 20-year bond in the amount of \$5.8 million. This bond includes \$4.8 million for the completion of the Rethink Pleasant Street project, and \$1 million for the completion of upgrades to our dispatch system or the completion of the regional dispatch center. This estimated rate is 2.15% for an annual payment of \$360,000.

This will be \$21,000 a year more than the bond that will be paid off this year."

City officials have said they estimate a 33% decrease in state revenue from the meals and rooms tax due to COVID-19.

On Saturday, the council worked its way through the proposed budget, tentatively approving the various departments' figures with few changes. The next budget discussion is scheduled for the June 10 Council meeting.

Court: Suspect in Active Shooter Case Not Competent to Stand Trial

NEWPORT, NH—The *Union Leader* reported last week that the suspect in the active shooter incident that took place last August has been determined to be incompetent to stand trial at this time. The ruling from Judge Brian Tucker regarding Michael Burns, 56, was handed down earlier this month in Sullivan County Superior Court. Burns was living in an apartment on Hanover Street when he allegedly began shooting hundreds of rounds on Aug. 15. Buildings, trees and vehicles were struck by the ammunition during the standoff with police; there were no injuries, and Burns was taken into custody around mid-afternoon. Police first arrived on the scene that morning at 5:20 a.m. Several days prior to this incident, Burns allegedly assaulted and threatened a Claremont resident.

According to the *Union Leader*, "Judge Brian Tucker wrote in his order that Dr. Tiffany Piascik, the psychiatrist who examined Burns for the state, found that Burns suffers from mental illness and delusional thinking and is not now able to go to trial. However, Burns' condition could change with appropriate treatment." A hearing is expected to be held to determine if treatment should be ordered.

The *Waterboro Reporter* reported that in 2008, Burns was arrested following a six-hour standoff with police in that Maine community; the case reportedly was not prosecuted.

—Phyllis A. Muzeroll

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PUBLIC NOTICE

**The City of Claremont, Zoning Board of Adjustment will meet on
Monday, June 1, 2020 7:00 PM**

This meeting will be conducted electronically in accordance with the Governor's Executive Order no. 2020-04, the emergency provisions of RSA 91-A and CDC guidelines. The meeting will be broadcast live on CCTV and on Facebook at City of Claremont NH Government.

The public may participate in this meeting by Zoom.

Join Zoom Meeting Online at:

<https://us02web.zoom.us/j/84867238399?pwd=aXIWSVdTNEtSZmFYUHdubjVFN3A3dz09>

By Phone: 1-646-558-8656 US (New York)

Webinar ID: 848 6723 8399

Password: 210159

If there is a problem getting through to that number, please call 603-504-0341.

Notice is hereby given that public hearings will be held concerning the following applications:

A. (ZO 2020-00001) Scott Fischer, 607 Washington Street – Application for a variance from sect. 22-167 of the Zoning Ordinance to permit operation of a portable sawmill that would be less than 1000 feet from existing dwellings in the vicinity of **607 Washington Street**. Tax Map 135, Lot 16. Zoning District: RR (Cont. from 5/4/2020)

B. ZO 2020-00009) Scott Fischer, 607 Washington Street – Application for a Special Exception to permit addition of a portable sawmill to the lot at **607 Washington Street**. Tax Map 135, Lot 16. Zoning District: RR (Cont. from 5/4/2020)

Interested parties may review these applications at the City of Claremont Planning and Development Department, 14 North Street during normal business hours.

Comments about these applications may be submitted by any of the following methods:

- Via ZOOM online or telephone during the hearing, (call above telephone numbers) or
- In writing; mail or deliver to 14 North Street, Claremont NH 03743 prior to the hearing, or
- By email at cityplanner@claremontnh.com.

Michael Hurd, Chair

Remote, from A1

4th grader at Maple Avenue School.

In the Brislin household, Maddy, a 9-year-old 3rd grader at Maple Avenue School, gets help from her father, Mark, and shares school-space with her mother, Robyn. Robyn Brislin has been at Charlestown Primary School for the last six years, where she teaches reading and language arts, writing and social studies to 24 5th graders. She earned a B.A. in Elementary Education and English, and an M.Ed. in Reading Instruction.

Class Days

Laiken Becker studies Peer Outreach, Creative Writing, AP Language (where she's "learning new and interesting stuff") and International Cuisine. The downside is that procrastination is easier. And given the added disappointment of a cancelled prom, "COVID-19 can step on a Lego."

Matt Becker takes Honors Civics (his favorite "because I like my teacher"), Art, Drawing and Athletic Principles. Remote learning, however, makes it "harder to get teacher support."

Matt Wilmot takes Algebra, ELA, Social Studies, Science (his favorite), and Family and Consumer Science, and averages 4 hours a day of homework. What's not working: "I can't talk to the teachers, it's more difficult to communicate."

Connor Wilmot has seven classes, Reading, Science, Library, Music, Art, PE and Math (his favorite). His challenges are that the computer "can be confusing" and that "Reading is hard without a teacher and so is Library."

Maddy Brislin completes work in math, reading, phonics and writing daily, with science and a unified arts class added about once a week. Math is her favorite: "You actually get to learn stuff and it's not just review. We watch videos about how to do things instead of watching the teacher with the document camera."

Hour by Hour for Teachers

The teachers' days are long and rigorously scheduled, filled with not only classes but also administrative tasks such as reports, online meetings and parent consultations.

"I am up by 5:30 and posting things to Google Classroom," says Jessica Wilmot. "I send daily emails to my students. I check the Lightspeed app to see how they're doing and how many are 'in school.' I have daily attendance questions and assignments in all core subjects."

Robyn Brislin reports that "There are days where my class will use Google Meet for a morning meeting where we share, check in, and do some games or fun activities. The rest of the day, students are working on assignments on Google Classroom. I have 1:1 meetings with some students as well as open office hours where kids can pop in to a 'meet' for help with a task. In between these, I have Grade Level Common Planning Times and faculty meetings to attend."

Parental Support

Parental support — from online meetings to in-home help with homework — is a major factor in making remote education a success.

Robyn Brislin touches base with parents regularly "by posting schedules, weekly updates and checking in by phone. Many reach out to me when they have questions. I could not be more appreciative of all of the support my students have received from their families." At home, she makes herself available to Maddy "so that she has support with new concepts and navigating the technology. There have been a lot of hiccups with the tech because third graders really do not use Google Classroom at school."

Speed Bumps, Roadblocks and Hurdles

No system runs smoothly. "Instant-on" remote education is no exception.

Jessica Wilmot says that her students "are dealing well but they have a lot of parent and community support. Same with my children. I would hate to be a student struggling with trauma in this environment. I applaud the efforts of social workers and psychologists trying to keep track of those kids with less than ideal circumstances."

Robyn Brislin acknowledges that "There is some disparity in the access to technology. I have one student who does not have internet unless they are with a family member (there is no cable where he lives) and one who is working off a hot spot. We are putting together hard copies for the one student who has no internet."

Missing Friends

Every kid is aching to be with their friends. It's the sad broken record of the times: Laiken



Connor Wilmot tackles the latest of his many assignments (Courtesy photo).

Becker says, "I don't get to see my friends." Connor Wilmot is "missing my friends," and Matt Becker groans, "I miss my friends." Maddy Brislin sees both sides of the situation: "It's really peaceful and calming at home" ... but ... "I don't like that there's nobody else around besides my mom during the day."

Jessica Wilmot echoes their sentiments. Her students "miss having people around them. They miss the sounds and smells of school. I see a lot of stress in our kids. They need face-to-face human contact and a sense of community, of belonging."

Teachers' Perspectives

Jessica Wilmot believes that "Not being face to face with people makes it difficult to see their reactions, even in a Google Meet. I depend a lot upon my other senses, hearing stress in a student's voice is a big key." She's wary of "lowered expectations. Kids aren't getting the education they deserve and it isn't anyone's fault. They'll experience gaps in their learning that will not be remediated until they

(Continued on page A12)

Remote, from A11

can be identified.”

Robyn Brislin recognizes that “Some families have a lot going on within their family, and schooling at home is difficult and/or takes a back seat. We will see a wide range of skills as students return to the building. Some can thrive because they are self-motivated or have supportive families. Many, however, really miss the interaction with their friends. I am working to keep them motivated and connected to me by sending notes in the mail and doing shout outs during class meetings.”

What’s Going Right

Despite the problems, remote education has seen positive outcomes.

Robyn Brislin is “extremely pleased with how my students have tackled this scenario. It is gratifying to see my students meeting this challenge head-on! Seeing students in their home environments has allowed me to get to know them a little bit more. I have seen personalities come through in ways that I might not see at school.”

Jessica Wilmot has gotten to know her “students and their parents as people. The veneer has come off. We are all in this together, and as much as it presents challenges, it also presents opportunities. The best thing: kids are missing school! They appreciate it so much now! They love hearing from me and they look forward to logging into the classroom!”

The View From the Dow

Administrative Staff Adapt, React to Remote Learning Issues

Terri Casey isn’t used to contradicting herself. As the truant officer for SAU6, she has perfected a basic statement, “Come to school.” But in the months-long school closing due to COVID-19, she’s had to reverse that to “Don’t come to school. Stay home.”

Casey’s duties, too, have changed. She communicates with schools on a virtual basis rather than being physically present. Now she is able to multitask, sitting in her truck while attending a virtual meeting and keeping an eye on a house to see if anyone is home. Since closing, she has made hundreds of home visits — as many as 20 a day. These are more productive because there is more face-to-face

time instead of waiting as long as an hour for students to get ready to go to school.

Casey makes sure that “all visits are genuine.” She often goes grocery shopping and drops off fun snacks as an added treat. “I hug them with a smile, bring sidewalk chalk, and sit with them for 10 or 15 minutes to add a layer of human contact.”

Casey works with Courtney Porter, the head of the district’s social work department. Between them, they’ve delivered more than 100 Chromebooks, as well as art supplies and, when students are not engaging in online learning, letters with the message that “We care. How can we help?”

Both Porter and Casey identify students who have limited or no internet access, are food insecure, are struggling with personal or family issues that impact their education, or are homeless.

Porter reflects that “As a district, we have truly come together to support every student, from bus drivers to food services, from teachers to IT. And a huge shout out needs to go to the families. Such an incredible ‘ask’ was placed upon their shoulders. I have never been more proud to call Claremont my hometown.”

School superintendent Michael Tempesta recognizes and commends the district-wide support. “Parents have developed insight and new respect on the many moving parts of teaching, from planning to carrying out lesson plans to follow-up on lessons and courses,” he says. “Those students who are tech savvy are doing very well. They’re taking off, exploring, finding there are no boundaries once they’re outside the traditional classroom. There will always be those students who ‘don’t show up,’ who are getting lost, but whom we’re finding and encouraging to stick with it.”

At the same time, Tempesta acknowledges a “large sense of frustration” among educators. “We went into this field for interaction. Many are feeling cheated. Basically, we miss seeing the kids!”

Looking back over the last few months, he adds, “I feel for the kids missing all the traditional spring activities: sports, prom, class night, graduation. Plus transition sessions for the move from elementary to middle school, and from middle to high school. It’s been challenging in both directions. There is so little human interaction.”

June 6th NH Boating Education Class Cancelled

SUNAPEE, NH—The NH Boating Education Class scheduled for Saturday, June 6th, has been cancelled. Refunds are to be issued for all who have registered for this class.

At this time, the Boating Education classes scheduled for July 18, 2020 and August 1, 2020 will be taking place. The classes will be offered at the Safety Services Building from 9:00 a.m. to 4:30 p.m. You will earn your boating education certificate on the day of the class. Seating is limited to 18 and these classes fill quickly.

You must pre-register online by going to: <https://www.nh.gov/safety/divisions/nhsp/fob/marine-patrol/boating-education/>. Approximately halfway down the webpage, you will see the link “Search and register for boating education class”. Click on the link and scroll until you see the date of the class in Sunapee that you would like to attend and complete the information as requested.

For any questions, contact Nancy Levesque, NH Boating Education at 603-227-2124.



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Dredging at Ashley's Landing Delayed

The Statewide Public Boat Access Program of the NH Fish and Game Department still plans to remove the silt from Ashley's Landing this year but a date has yet to be determined.

According to Program Coordinator Garret Graaskamp, "We will remove silt from the Ashley Ferry ramp, but I am sorry to say we may be delayed despite our best intensions. The permanent staff that will be doing that work are stretched more than normal because we are all now doing the season maintenance work of the nine part-time summer crew members we cannot hire because of the across-the-board state agency hiring freeze. We do hope to dredge in the next few weeks, but I will be grateful for your ...understanding as we work through this stressful time," he told City officials in an email.

—Phyllis A. Muzeroll

WorkReadyNH Goes Online

A new online version of the WorkReadyNH program at River Valley Community College is now available. After more than eight years of face to face classes, the course was quickly transformed to online when the COVID-19 pandemic hit and it proved to be a successful way to provide professional development training. A blend of group work through Zoom and flexible independent work offers intensive workplace training in soft skills that include strategies to improve communication, make solid decisions, solve challenging problems, work as a productive team member, and so much more. For those who are thinking of changing careers or just starting out in the workforce, practicing interview skills, completing a resume and simple networking are also covered. In addition, reading, math, and graphic literacy skills are tested. Graduates earn a Work-ReadyNH certificate from the Community College System of NH and a National Career Readiness Certificate from ACT.

If you are committed to building your workplace skills and your confidence, join the tuition free WorkReadyNH program and over 3700 statewide WorkReadyNH graduates who have taken the program.

The next class will held online June 15th –

July 2nd , Monday – Thursday from 9:00 a.m. 2:30 p.m.. Register now at workreadyrvcc@ccsnh.edu or call Program Director Martha Mott at 543-4585.

What's Happening at the Plainfield Libraries

Preschool Storytime on Facebook Live Fridays at 10 am

Join us for stories and songs at <https://www.facebook.com/plainfieldpubliclibraries/live/>.

Limited Check-out of Materials at Fiske Free Library Now Available

CLAREMONT, NH—The Fiske Free Library is now providing limited check out of materials. Patrons requesting materials will need to call the library to reserve items and to schedule a time for pickup. Pickup of items will be limited to Monday through Friday with no evening or Saturday pickups. Depending on request volume and staff availability, requests may take

up to 24 hours to be filled. Patrons may request specific titles or allow the library staff to pick items within a subject or genre. Check-outs will be limited to 5 adult items or 10 children's items.

Items will initially be given a four week loan period that will be extended if necessary. No late fees will be charged while the COVID-19 emergency continues. Pickups will be through the front entrance of the library only.

The library staff will make other accommodations for patrons who cannot use the front steps. Patrons may call the library at 542-7017 M-F between 9:00 AM and 4:00 PM to request items.

Plainfield's Annual 4th of July Parade is Cancelled

PLAINFIELD, NH—The annual Town of Plainfield 4th of July parade and related festivities have fallen victim to COVID-19 and will not occur this year. The fate of Spirit Day has not yet been officially decided, however, it's looking far more likely than not that it will be cancelled as well, said town officials.

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A big rock thrown into a lake can make a big splash.

Photo by Phyllis A. Muzeroll

e-Ticker Business News

Kristin Morgan, DNP, APRN, CPNP-PC Joins Springfield Health Center



Kristin Morgan

SPRINGFIELD, VT – Springfield Medical Care Systems is pleased to welcome Kristin Morgan, DNP, APRN, CPNP-PC to Springfield Health Center's Pediatric Suite. Morgan is a graduate of the Duke School of Nursing in Durham, NC, where she earned her Doctorate of Nursing Practice degree. She received her Masters of Science in Nursing – Pediatric Nurse Practitioner from Yale School of Nursing in New Haven, CT, and Bachelor of Arts Degree from the Lawrence University in Appleton, WI.

Prior to joining Springfield Health Center, Morgan served as Captain, Pediatric Nurse Practitioner at Peterson Air Force Base in Colorado. She is a member of the National Association of Pediatric Nurse Practitioners.

She is currently accepting new patients. Please call to schedule an appointment, 802-886-8990.

NHEC Board of Directors Oppose Changing Co-op's Purpose, Continue to Support Broadband

PLYMOUTH, NH—On May 21, New Hampshire Electric Cooperative (NHEC) members began receiving their ballots for the 2020 Board of Directors election. This year, in addition to selecting three directors to join the Co-op's 11 member board, members are also being asked to decide if the purpose for which NHEC exists should be changed.

A question has been placed on the ballot through member petition to change NHEC's founding documents to include "facilitating access to broadband internet for members" as one of the reasons the Co-op was formed. NHEC is a democratically-controlled electric cooperative, and the participation of its members in its governance is vital. That participation includes the ability to propose changes in how NHEC is governed or conducts business. NHEC's Board of Directors is charged with considering member proposals and recommending to the full membership whether to support or oppose the proposed changes. In this case, after full consideration of the proposal, the Board of Directors voted 7-3, with one abstention, to recommend that the pro-

posed change not be approved by NHEC's members.

NHEC, and its Board of Directors, fully support the expansion of broadband service throughout the Co-op's service territory, and have directed NHEC's management to facilitate and support broadband expansion. However, the Board did not support adding a new purpose to NHEC's Certificate of Organization because of a number of concerns, including the potential to divert resources from the Co-op's existing core focus on delivering safe, reliable, affordable electric service to its members.

"NHEC has taken many steps to support the expansion of broadband over the last several years," said the cooperative. In 2018, NHEC commissioned an analysis and business model proposal on the development of a broad-

(Continued on page A16)

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e-Ticker Business News

Recall for Lean Cuisine Fettuccini Alfredo Products Due to Misbranding and Undeclared Allergens Announced

WASHINGTON, DC—Nestle Prepared Foods Company, a Jonesboro, AR, establishment, is recalling approximately 29,002 pounds of chicken product labeled as Lean Cuisine Fettuccini Alfredo because the product contains undeclared soy, a known allergen, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced Thursday. The Lean Cuisine Fettuccini Alfredo is not supposed to contain chicken and chicken does not appear in the ingredients statement or on the label.

The frozen, Lean Cuisine Fettuccini Alfredo products were produced and packaged on April 22, 2020. The following products are subject to recall:

9 1/4-oz. retail carton containing "LEAN CUISINE favorites Fettuccini Alfredo tender pasta with a creamy cheese sauce" with a lot code "0113587812 A," "0113587812 B," "0113587812 C," or "0113587812 D" and a date of "MAY 2021" on side of the label.

The products subject to recall bear establishment number "P27333" printed on the package next to the lot code. The products were distributed in shipping cartons labeled as LC Chicken Fettuccini bearing the mark of inspection.

The problem was discovered when the firm received multiple consumer complaints that the product labeled as Lean Cuisine Fettuccini Alfredo contained chicken that is not referenced on the label or ingredients.

Consumers with questions about the recall can contact Nestle Prepared Foods Company at (800) 993-8625.

There have been no confirmed reports of adverse reactions due to consumption of these products. Anyone concerned about an injury or illness should contact a healthcare provider.

NHEC, from A15

band system. This proposal was judged to be too costly and would have put NHEC's finances and electric system at risk. While the Board elected not to build a broadband network, NHEC has pursued other ways to support broadband expansion,

including engaging in extensive discussions with consultants, broadband providers, municipal groups, the NH Broadband Investment Initiative, the University System of New Hampshire, and others active in the industry. The primary purpose of these efforts has been to make it as widely known as possible that NHEC supports the expansion of broadband service to all its members, and that it stands ready to facilitate, support and participate in creative efforts to make that happen."

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Our Turn Addressing the Issue of Elder Abuse

June 15th, 2020 is World Elder Abuse Awareness Day. It can be hard to imagine anyone deliberately causing harm to an elderly person, however, unfortunately, elder abuse does

happen. Elderly deserve our respect as their memories and experiences in life are valuable lessons for our youth. In many cultures across the world in fact, the elderly are revered. Yet in modern America, aging has been reduced to a biological process to be feared rather than a privilege and caring for an aging relative a financial burden, placing stress upon a family. The impact is the rise of "ageism" with people seeing less value in those who are older. These prevailing attitude puts the elderly at risk of being taken advantage of and mistreated.

By definition, elder abuse is any act that causes harm to an older person. The abuse can be physical, social, financial, psychological or sexual and can include mistreatment and neglect. In these times of the COVID-19 pandemic, elder adults are more socially isolated than ever, and it is important to be mindful as a community of the hidden impact to our elderly community and be aware of their safety.

Elder abuse has not been a national research priority with most studies dated in 2017. Research is limited and only about one in 24 cases of abuse is reported. (World Health Organization, 2018.) Here at TPN, approximately 9% of all survivors we see across Sullivan County, that is more than 100 annually, are older. Despite that number, we know many cases of abuse go unreported because older adults may not know how to get help or may be physically incapable. In the case of harm caused by a family member, for many survivors in this age range, abuse is considered a family matter and should not be shared.



It is more important than ever as we, as a community continue social distancing, to reach out and connect with the older adults in our life. That may mean helping teach them new technology, so they remain connected to their family and friends or helping them obtain services from local agencies such as Aging Councils, Senior Centers or VNA's. The personal connection reinforces their importance in our lives and in society and can have a vital impact upon reducing incidents of abuse, neglect or mistreatment.

Join us in honoring the elderly adults in our lives and our community this June 15th by assuring their safety.

For more information or to speak with an advocate, call Turning Points Network 24/7 Crisis & Support Line at 800-639-3130. You may also speak with an advocate online Monday through Friday 9-4PM through live chat on our website at www.turningpointsnetwork.org

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.

THURSDAY, JUNE 4 COMMUNITY FOOD PANTRY

The Community Food Pantry located at the Christ Community Church on Route 12A in Plainfield will be open to all Plainfield, Meriden & Cornish residents on Thursday, June 4th 9:00 a.m.-12 noon.

We will be working along side Willing Hands to provide curbside pickup Family Care Packages.

The packages will be full of essential nutritional needs.

Free reusable cloth Face Masks will be available.

www.facebook.com/etickernews

Household Hazardous Waste Collection

**Saturday, June 6, 2020
at Claremont Public Works, 8 Grandview Street
9 AM – Noon**

Free if from participating town

See <http://hhw.uvlsrpc.org>
for list of participating towns and what to bring or not bring.

Put waste in trunk or truck bed! Wear mask if window open. No returned containers.

603-448-1680

Memorial Day During the Covid-19 Pandemic

Story and Photos by Janet P. Peirce,
36-Year Claremont Resident

This morning I was sad, thinking there would be no Claremont Memorial Day service at Broad St. Park. So we put up our flags as usual, and then watched a few Memorial Day Tributes online. I decided to send one to our friends whom we usually see at Broad St. Park, and often share conversation over lunch at the American Legion. Both husbands served in the military, one in the Navy and the other in the Air Force during the Vietnam era.

We needed to commemorate this Memorial Day in a different way following Covid-19 restrictions. My thoughts went to the Claremont Burying Ground, the nearest cemetery to our house. Years before, my preschool daughters and I often walked there in lieu of a local park, to find open space, beauty and quiet. We sometimes had a picnic near an old fountain turned into a memorial.

I thought we could walk there and do a sort of scavenger hunt, trying to find a grave marker for veterans from as many U.S. wars as possible. Maybe we could even find one from a soldier who gave the ultimate sacrifice. So we walked up the hill and saw a plaque on the stone pillar at the entrance, reading "West

Claremont Burying Ground voted by the Town of Claremont, N.H. March 29, 1768 to take two acres of land off the northwest corner of the fair for a burying ground."

We started at the oldest grave that we had seen numerous times previously. It is surrounded by an old metal fence with a veteran marker for Benadick Roys, an American soldier who was born in 1734 and died in 1769, before the American Revolution. Perhaps he fought in the French and Indian Wars? Nearby was Hezekiah Roys, an American Revolutionary soldier, who died in 1813 at the age of 79.

There were numerous other American Revolutionary soldiers' graves (34 total said another plaque) including two listed as one of the first settlers of Claremont: Barnabas Ellis and Christopher York, and also Col. Samuel Ashley, whose name is on the D.A.R. chapter for this area.

Next we found several Spanish American War veterans with the distinctive marker including Oren Keyes, 1868-1924 and Leonard Lovering, 1854-1914. The flags waving in the breeze guided us to World War I veterans Stanley Keyes, NH Pvt. Infantry, 1891-1965 and Bernard Gould, NH Pvt., 1895-1964.

Among the many World War II veterans were Roland Descoteau, US Army Air Force, 1919-1992 and Dorothy McCusker, 1st Lt. US Army, 1899-1990. Korean veterans found including Leslie H. Clow, US Navy, 1935-2006 and Robert DeVean, Cpl. US Marine Corps, 1930-1995.

I wasn't sure if we would find any more recent veterans, but we came to a newer section and found Vietnam War veteran Theodore Cumming Sr., US Marine Corps, 1952-2018, and Iraq War veteran Richard Smalley, US Army, 1936-2015.

Along the way we stopped for moments of silence, remembrances, and prayers. We had found veterans representing most of the major US wars, except the Civil War. So we searched and searched and finally found two: Charles Long, Col. Hvy Art'y, 1834-1908 and Charles Hart, 5th NH killed in the battle of Fredericksburg on December 13, 1862. Charles Hart gave the full measure of devotion, his life, for the defense of his country. On the way home we hummed and then sang taps, and prayed a prayer of thanks for Charles and all the many men and women who gave their lives so that we could live free.

We ended our Memorial Day commemoration with a visit to our friend's Claremont



neighborhood. He had emailed back to say that he would be playing taps on his trombone at the end of his driveway at 3:00pm. We stood nearby and listened to the haunting melody played toward us and then a second time away. Yes, I thought. It has been a memorable Memorial Day after all, and I'm glad to live in America.





Claremont residents Ed and Nancy Miville spent part of their Memorial Day planting flags for a few of the “Claremont Boys” who perished from wounds during the Civil War (Courtesy photos).

Hassan, FCC Commissioner Rosenworcel Discuss Broadband Access with NH Business, Health Care, and Education Leaders

U.S. Senator Maggie Hassan led a virtual roundtable discussion Thursday, along with Federal Communications Commission (FCC) Commissioner Jessica Rosenworcel, and health, education, and business leaders from across New Hampshire about expanding broadband in the state’s rural and underserved communities amid the COVID-19 pandemic.

“New Hampshire, like many other states around the country, really has some challenges, both geographically and in terms of financial barriers, to access high-speed internet,” Hassan said. “This was true even before the pandemic hit, and now here we are during the pandemic and it has really laid bare the importance of accessing high-speed internet, but also the disparities that exist.”

Rosenworcel echoed these sentiments, stating, “With this pandemic, in New Hampshire and across the country, I think we are exposing a really hard truth, which is that the digital divide is really big.”

The participants spoke to Hassan and Rosenworcel about telehealth and remote learning during the pandemic, and the challenges that their communities are facing due to a lack of adequate broadband coverage.

Dr. Kevin Curtis, Medical Director for the Center for Telehealth and Connected Care at

Dartmouth-Hitchcock Medical Center, discussed the importance of the hospital’s telehealth program amid the COVID-19 pandemic, “We went from what was seven outpatient virtual visits per day to over 2,000 a day, and we’re probably at about 50,000 of those in the current pandemic period...”

Public Notice

Claremont School Board

Regular Meeting

June 3, 2020 at 6:30pm

Audio Broadcast CCTV Channel 8

*Citizens without access to CCTV 8 may call in to listen by dialing 1-225-414-2660
PIN 201596713*

The Claremont School Board will be holding an audio broadcast on CCTV Channel 8. Due to Covid-19 and the health and safety of our residents, this meeting will only be an audio broadcast. Citizens without access to CCTV may call in to listen at 1-225-414-2660 PIN 201596713

Please visit our website: www.sau6.org under School Boards to review agenda items. The public is encouraged to listen.

Sticking to Budget Can Boost Your Emergency Fund

During the coronavirus pandemic, our health concerns – for ourselves and our loved ones – have been at the top of our minds. But financial worries have been there, too, both for people whose employment has been affected and for investors anxious about the volatile financial markets. And one aspect of every individual's total financial picture has become quite clear – the importance of an emergency fund.

In normal times, it's a good idea for you to keep three to six months' worth of living expenses in a liquid, low-risk account. Having an emergency fund available can help you cope with those large, unexpected costs, such as a major car repair or a costly medical bill.

Furthermore, if you have an adequate emergency fund, you won't have to dip into your long-term investments to pay for short-term needs. These investment vehicles, such as your IRA and 401(k), are designed for your retirement, so the more you can leave them intact, the more assets you're likely to have when you retire. And because they are intended for your retirement, they typically come with disincentives, including taxes and penalties, if you do tap into them early. (However, as part of the economic stimulus legislation known as the CARES Act, individuals can now take up to \$100,000 from their 401(k) plans and IRAs without paying the 10% penalty that typically applies to investors younger than 59½. If you take this type of withdrawal, you have up to three years to pay the taxes and, if you want, replace the funds, beyond the usual caps on annual contributions.

Of course, life is expensive, so it's not always easy to put away money in a fund that you aren't going to use for your normal cash flow. That's why it's so important to establish a budget and stick to it. When developing such a budget, you may find ways to cut down on your spending, freeing up money that could be used to build your emergency fund.

There are different ways to establish a budget, but they all typically involve identifying your income and expenses and separating your needs and wants. You can find various online budgeting tools to help you get started, but, ultimately, it's up to you to make your budget work. Nonetheless, you may be pleasantly surprised at how painless it is to follow a budget. For example, if you've budgeted a certain amount for food each month, you'll need to avoid going to the grocery store several times a week, just to pick up "a few things" – because it doesn't really take that many visits for those few things to add up to hundreds of dollars. You'll be much better off limiting your trips to the grocery, making a list of the items you'll need and adhering to these lists. After doing this for a few months, see how much you've saved – it may be much more than you'd expect. Besides using these savings to strengthen your emergency fund, you could also deploy them toward longer-term investments designed to help you reach other objectives, such as retirement.

Saving money is always a good idea, and when you use your savings to build an emergency fund, you can help yourself prepare for the unexpected and make progress toward your long-term goals.

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



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Edward Jones®
MAKING SENSE OF INVESTING

Your Mental Health During COVID-19

Submitted By Dave Celone,
for West Central Behavioral Health
(in collaboration with the NH Community
Mental Health Centers)

Isolation and quarantine can lead to fear. Fear of the unknown coupled with financial stresses, child and family care pressures, being alone, or trying to find time for yourself can lead to anxiety and depression. In times of fear, breathe deeply, and know there is help just a phone call away. Our region's community mental health center is West Central Behavioral Health with clinics in Claremont, Lebanon, and Newport. Through teletherapy (phone and video) and in-person, West Central clinicians continue to help people of all ages during this pandemic. You can visit its website at: <https://www.wcbh.org/> and call to schedule an appointment if necessary. If you are in immediate crisis, or know someone who is, which includes suicide, self-harm, or severe depressive symptoms, please call West Central's 24/7 Emergency Services crisis line at: 1-800-564-2578. West Central, through its collaboration with other NH behavioral health centers offers the following mental health wellness tips during quarantine:

MENTAL HEALTH WELLNESS TIPS FOR QUARANTINE

- 1. Stick to a routine.** Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
- 2. Dress for the social life you want,** not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our mood.
- 3. Get out at least once a day,** for at least thirty minutes. If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.
- 4. Find some time to move each day,** again daily for at least thirty minutes. If you don't feel

comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!

5. Reach out to others, you guessed it, at least once daily for thirty minutes. Try to do FaceTime, Skype, phone calls, texting—connect with other people to seek and provide support. Don't forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc—your kids miss their friends, too!

6. Stay hydrated and eat well. This one may seem obvious, but stress and eating often don't mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new!

7. Develop a self-care toolkit. This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure)). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of vacations, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a mandala coloring book is wonderful, bubbles to blow or blowing watercolor on paper through a straw are visually appealing as well as work on controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (often a shoe-box or bin they can decorate) that they can use on the ready for first-aid when overwhelmed.

8. Spend extra time playing with children. Children will rarely communicate how they are feeling, but will often make a bid for attention and communication through play. Don't be surprised to see therapeutic themes of illness, doctor visits, and isolation play through. Understand that play is cathartic and helpful for children—it is how they process their world and problem solve, and there's a lot they are seeing and experiencing in the now.

9. Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can

bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.

10. Everyone find their own retreat space.

Space is at a premium, particularly with city living. It is important that people think through their own separate space for work and for relaxation. For children, help them identify a place where they can go to retreat when stressed. You can make this place cozy by using blankets, pillows,

cushions, scarves, beanbags, tents, and "forts". It is good to know that even when we are on top of each other, we have our own special place to go to be alone.

11. Expect behavioral issues in children, and respond gently. We are all struggling with disruption in routine, none more than children, who rely on routines constructed by others to make them feel safe and to know what comes next. Expect increased anxiety, worries and fears, nightmares, difficulty separating or sleeping, testing limits, and meltdowns. Do not introduce major behavioral plans or consequences at this time—hold stable and focus on emotional connection.

12. Focus on safety and attachment. We are going to be living for a bit with the unprecedented demand of meeting all work deadlines, homeschooling children, running a sterile household, and making a whole lot of entertainment in confinement. We can get wrapped up in meeting expectations in all domains, but we must remember that these are scary and unpredictable times for children. Focus on strengthening the connection through time spent following their lead, through physical touch, through play, through therapeutic books, and via verbal reassurances that you will be there for them in this time.

13. Lower expectations and practice radical self-acceptance. This idea is connected with 12. We are doing too many things in this moment, under fear and stress. This does not make a formula for excellence. Instead, give yourself what psychologists call "radical self

(Continued on page A22)



Mental Health, from A21

acceptance”: accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this—there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.

14. Limit social media and COVID conversation, especially around children. One can find tons of information on COVID-19 to consume, and it changes minute to minute. The information is often sensationalized, negatively skewed, and alarmist. Find a few trusted sources that you can check in with consistently, limit it to a few times a day, and set a time limit for yourself on how much you consume (again 30 minutes tops, 2-3 times daily). Keep news and alarming conversations out of earshot from children—they see and hear everything, and can become very frightened by what they hear.

15. Notice the good in the world, the helpers. There is a lot of scary, negative, and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information.

16. Help others. Find ways, big and small, to give back to others. Support restaurants, offer to grocery shop, check in with elderly neighbors, write psychological wellness tips for others—helping others gives us a sense of agency when things seem out of control.

17. Find something you can control, and control the heck out of it. In moments of big uncertainty and overwhelm, control your little corner of the world. Organize your bookshelf, purge your closet, put together that furniture, group your toys. It helps to anchor and ground us when the bigger things are chaotic.

18. Find a long-term project to dive into. Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, start a 15 hour game of Risk, paint a picture, read the Harry Potter series, binge watch an 8-season show, crochet a blanket, solve a Rubik's Cube, or develop a new town in Animal Crossing. Find something that will keep you busy, distracted, and engaged to take breaks from what is going on in the outside world.

19. Engage in repetitive movements and left-right movements. Research has shown that repetitive movement (knitting, coloring, painting, clay sculpting, jump roping etc) espe-

cially left-right movement (running, drumming, skating, hopping) can be effective at self-soothing and maintaining self-regulation in moments of distress.

20. Find an expressive art and go for it. Our emotional brain is very receptive to the creative arts, and it is a direct portal for release of feeling. Find something that is creative (sculpting, drawing, dancing, music, singing, playing) and give it your all. See how relieved you can feel. It is a very effective way of helping kids to emote and communicate as well!

21. Find lightness and humor in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day: cat videos on YouTube, a stand-up show on Netflix, a funny movie—we all need a little comedic relief in our day, every day.

22. Reach out for help—your team is there for you. If you have a therapist or psychiatrist, they are available to you, even at a distance. Keep up your medications and your therapy sessions the best you can. If you are having difficulty coping, seek out help for the first time. There are mental health people on the ready to help you through this crisis.

Your children's teachers and related service providers will do anything within their power to help, especially for those parents tasked with the difficult task of being a whole treatment team to their child with special challenges. Seek support groups of fellow home-schoolers, parents, and neighbors to feel connected. There is help and support out there, any time of the day—although we are physically distant, we can always connect virtually.

23. “Chunk” your quarantine, take it moment by moment. We have no road map for this. We don't know what this will look like in 1 day, 1 week, or 1 month from now. Often, when I work with patients who have anxiety around overwhelming issues, I suggest that they engage in a strategy called “chunking”—focusing on whatever bite-

sized piece of a challenge that feels manageable. Whether that be 5 minutes, a day, or a week at a time—find what feels doable for you, and set a time stamp for how far ahead in the future you will let yourself worry.

24. Remind yourself daily that this is temporary. It seems in the midst of this quarantine that it will never end. It is terrifying to think of the road stretching ahead of us. Please take time to remind yourself that although this is very scary and difficult, and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected in the days ahead.

25. Find the lesson. This whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find their agency, the potential positive outcomes they can effect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?

CITY OF CLAREMONT PUBLIC NOTICE

VOTER REGISTRATION & CORRECTION

The Supervisors of the Checklist will be in session on Tuesday, June 2, 2020, from 7pm to 7:30pm in the City Clerk's Office at City Hall, for the purpose of registering new voters and making corrections to the voter checklist. This is the last day to change party affiliation for the State Primary Election to be held on September 8, 2020.



AA Sewer & Drain and Maintenance
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Call Sandy to schedule your job today
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Inspiration

The Season of Flowers

By Priscilla Hull

This is the season of flowers from the tiny bluets which grow randomly on the edges of fields to the magnificent peonies which adorned our gardens, from the Jill over the Ground which take over where they can to the fragrant lilacs which grow at the corners of our homes. The flowers take over our landscape. Perhaps in this cold northern climate, we are more grateful than ever for the brilliant colors of life after surviving six or seven months of bleak, gray landscape. So we make endless trips to the garden stores looking for the perfect geranium to fill in an empty spot on a window sill. Marigolds to fill in the edges of the vegetable garden are always a favorite. Don't forget zinnias, asters, snap dragons, all the pretty things that we plant for fun and love of color. Of course the season starts with the lovely bulb gardens. I so admire those who have the patience and fortitude to plant bulbs and watch them grow and expand to cover a greater area each spring. (Hint; try hyacinths on the edges of your bulb garden to discourage deer who apparently are not appreciative of the heady smell of the hyacinth!).

The burst of color expands and continues through the summer as we appreciate the patterns that are woven through our yards and gardens. We are lucky to have the joy and beauty of the garden to offset the violence and darkness of the world we live in.

I remember my Dad talking about the flower gardens in the English countryside after the devastation and bombings in and around London during World War II. Although roads were torn up and building in ruins, the flowers brought a sense of hope to. The people's courage and faith shone through.

It is the same today. Minneapolis is in ruins. People have ravaged and looted. Innocents have been injured, killed and lives have been scarred for life in some cases and yet if we search through the ruins we will find flowers growing through the rubble. It is the sign of hope that we all are looking for. It is a sign of beauty for us to focus up on when our hearts are despairing.

In much of the Christian world, yesterday was Pentecost Sunday. It is generally believed that the Spirit of God descended onto the faithful. They accepted the challenge to go to all the ends of the world and spread the Gospel of Jesus, this new thing called following the Way or becoming a disciple of Christ. A simpler part of Pentecost is the message of hope which comes with the new life. We experience this new life in the flowers which bloom so plentifully at this time of year. Whatever your faith or background, look at the flowers of spring and summer, drink in their fragrance, rejoice in their colors and remember that despite the darkness of the day and the violence and hatred that rock our very roots, the hope of days to come are vibrant and alive. As long as that hope is alive, we will make our way forward and the world will be better for us all.

"I will be like dew to the people of Israel. They will blossom like flowers. They will be firmly rooted like cedars from Lebanon. They will be like growing branches. They will be beautiful like olive trees. They will be fragrant like cedars from Lebanon."
Hosea 14:5-5

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



Calendar Of Events

39th Annual Prouty Goes Virtual in the Time of COVID-19

LEBANON, NH—During this unprecedented time of COVID-19, The Friends of Norris Cotton Cancer Center is excited to announce the continuation of The Prouty's 39-year tradition of raising funds for important cancer research and crucial patient services at Dartmouth and Dartmouth-Hitchcock's Norris Cotton Cancer Center in a structure that will keep all participants safe and healthy.

The Prouty – named in memory of patient Audrey Prouty – is the biggest charity challenge north of Boston. Because of COVID-19, the Friends will not be bringing 4,000 people together in Hanover, NH, on July 11. Instead, people everywhere will be invited to be part of the newly designed 2020 Virtual Prouty where one can bike, walk, row (if you can), golf (if possible) or do any other event from the comfort of home or the safety of the outdoors.

More information is available at www.TheProuty.org, under New for Prouty 2020.

Cooperative Extension Video Pruning Resources

- Pruning tree fruits: <https://extension.u-maine.edu/fruit/growing-fruit-trees-in-maine/pruning/>
- Pruning videos: <https://video.maine.edu/tag/tagid/pruning>
- Pruning trees and shrubs: <https://extension.unh.edu/resource/basics-pruning-trees-and-shrubs-fact-shee>
- Pruning deciduous trees: <https://extension.unh.edu/resource/pruning-deciduous-trees>
- Pruning small fruits webinar: <https://www.canr.msu.edu/resources/pruning-small-fruits>

RVAPL Potluck Dinner

CHARLESTOWN, NH—River Valley Animal

Protection League Potluck Dinner Fundraiser is planned in the near future. Please come out and support the shelter at this fun event that includes raffles, cake auction, door prizes and games.

When: **POSTPONED, NEW DATE TO BE ANNOUNCED**

Where: Held at the VFW on Lovers Lane in Charlestown NH. Everyone welcome! Call for more info: 603-826-3061

Paint Nite! Unleash Your Inner Artist

Support the River Valley Animal Protection League by joining us at the Sumner House Restaurant in Charlestown NH.

When: **POSTPONED, NEW DATE TO BE ANNOUNCED**

When you buy a \$45 ticket, \$15 will be donated to the shelter!

Arrive at 5:15pm to order food and drinks before the event, painting starts at 6:30pm. No previous painting experience necessary!

Register at <https://www.yaymaker.com/events/10163512>

Area Grocery Store Hours Reserved for High Risk Population

HANNAFORD - Most stores reserve 7 AM – 8 AM on Tuesday, Wednesday and Thursday mornings. In Massachusetts, those special hours are 7 AM – 8 AM daily

MARKET BASKET 6:00 AM - 7 AM EVERY DAY Claremont

CO-OP FOOD STORES 7AM - 8 AM EVERYDAY WRJCT, Lebanon & Hanover

PRICE CHOPPER 6AM - 7AM EVERYDAY-Windsor & West Lebanon

SHAWS 7AM - 9AM TUES & THURS West Lebanon

WALMART 6 AM - 7 AM TUESDAYS ONLY- Claremont & West Lebanon

PLAINFIELD COUNTRY STORE Call ahead with curb side pickup, 709-7055. Prepared meals, grocery items.

Send news and photos to

etickernews@gmail.com

Saint-Gaudens Memorial Programming Update

CORNISH, NH—As spring comes to Cornish, our thoughts are with all of our loyal supporters as we navigate these extraordinary times. Due to COVID-19, we have canceled concerts and exhibitions at the Saint-Gaudens National Historical Park through late June 2020. We will provide updates about programming and the park's opening date as information becomes available.

To learn more about the history and programs of the Saint-Gaudens Memorial and its partnership with the SGNHP, please visit our website at <https://saint-gaudens.org/>.

Summer Parking in Sunapee Harbor

Parking in Sunapee Harbor during the busy summer months can be a challenge if you are not familiar with our designated parking areas and restrictions. Our "Parking in Sunapee Harbor" video shows you where to park your vehicle and where you can park a boat trailer. Go to the police department's webpage at <https://www.town.sunapee.nh.us/police> and you'll see our video listed in the left sidebar.

Always feel free to call the Police Department at 763-5555 for parking and any other questions you may have.

A Message from ServiceLink

NH ServiceLink offices across the state are open via phone and email during the COVID-19 pandemic. In this time of social distancing it's easy to feel alone and isolated. ServiceLink is a phone call away! Trained, nationally and state certified staff is available via phone during normal working hours.

ServiceLink staff is here to listen, answer questions, problem solve, and link you to resources and services. In addition, ServiceLink helps individuals connect to long term services and supports, access family caregiver information and supports, explore options and understand and access Medicare and Medicaid. We are, as always, confidential, unbiased, and free to the public.

Call 1-866-634-9412 toll free or find us online link. Direct phone numbers and email ad

dresses for each local office are listed on our website. If you reach our voice mail box, please leave a message and we will get back to as soon as possible. Offices are located in Atkinson, Berlin, Claremont, Concord, Keene, Laconia, Lebanon, Littleton, Manchester, Nashua, Stratham, Rochester, and Tamworth.

a session for the correction of the checklist and accepting applications for voter registrations or change of political party affiliation at the Sunapee Town Hall on:
 Tuesday June 2, 2020
 7:00 – 7:30 p.m.

This will be the last time to change your political party until after the September 8, 2020 State Primary Election.

Check your party affiliation online:
<http://sos.nh.gov/VoteInforLook.aspx>

West Windsor Independence Celebrations Cancelled

After much discussion, the IDC Steering Committee has agreed that it's best to cancel the public gatherings and events for the 2020 West Windsor, VT, Independence Day Celebrations as we know them with concern for the individual and public health of those who usually are part of the large crowds that attend. There will be no fireworks, parade or related close-contact events on the 3rd and 4th of July.

A number of ideas are in the works for other ways to mark July 4th.

PLAINFIELD RESIDENTS

The 2020 Plainfield Town Meeting originally scheduled for Saturday, March 14th, then, due to COVID-19, moved to Saturday, June 13th, has, with the recommendation of the Selectboard, been postponed by Moderator Paul Franklin until Saturday, July 11th.

The details about the format of the meeting are not yet known.

ATTENTION PLAINFIELD VOTERS

The Supervisors of the Plainfield Voter Checklist will be in session on Tuesday, June 2, 2020 from 7:00 -7:30 pm at the Plainfield Town Offices at 110 Main Street in Meriden Village. The purpose of this meeting is to correct and prepare the final checklist for the State Primary election. This is the last opportunity to change your party affiliation for the September 8, 2020 election.

If you cannot attend and wish to change your party, please contact the Town Clerk, Michelle Marsh (603)469-3201 or mmarsh@plainfieldnh.org.

Supervisors of the Checklist Meeting in Sunapee

SUNAPEE, NH—The Supervisors of the Checklist for the Town of Sunapee will hold

Public Notice

The Claremont Soup Kitchen is participating in the USDA Summer Food Service Program. Meals will be provided to all eligible children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided, at first come, first serve basis, at the sites and times as follows. Meals will also be provided to adults in the household courtesy of the Claremont Soup Kitchen, Inc.

Lunch, with breakfast provided for the following day. Weekend meals will be provided on Friday meal service as well:

Site name:	Time	Address	Program dates
Barnes Park	12:00-1:00pm	9 Bernard Way	6/8/20-8/28/20
Veterans Park	12:00-1:00pm	25 Veterans Park Rd	6/8/20-8/28/20
Monadnock Park	12:00-1:00pm	190 Broad Street	6/8/20-8/28/20
CSK	12:00-1:00pm	51 Central Street	6/8/20-8/28/20

USDA Nondiscrimination Statement: In accordance with the Federal Civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through Federal Relay Service at (800) 877-8339. Additionally, program information may be available in languages other than English. To file program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD 3027) found online at: <http://www.ascr.usda.gov/complaint> filing cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program_intake@usda.gov. *This institution is an equal opportunity provider.*

FREE FACE MASKS

NH Rotary clubs and The Common Man are partnering as “Mask Up, New Hampshire!”, to distribute **FREE** breathable, washable, and reusable cloth face masks. Alex Ray, a co-owner of the Common Man Family of restaurants, donated 67,000 masks for NH Rotary clubs to distribute in their local communities. More information can be found at www.maskupnh.com

Sullivan County Rotary clubs of Charlestown, Claremont, and Newport have teamed up and will be holding events over the coming weekend of June 5-6 to distribute **FREE** face masks. Two face masks will be available to each family member, and only one family member needs go to the event to pick up masks for their family.

Rotarians understand that wearing face masks and social distancing are the two most important ways to help slow the spread of COVID-19 and keep our community healthy. Every person who wears a mask is announcing his or her effort to help contain the virus, which is spread through respiratory droplets contained in breath, particularly when people are coughing, sneezing and breathing hard. Masks interrupt the flow of these particles and protect others, regardless of whether the wearer has COVID-19 symptoms or not.

No one person or organization can address all of the COVID-19 challenges we face, but together, putting service above self, we can each make a difference for our neighbors and community. **Mask up, New Hampshire!**

Donations are encouraged but not required at each event. Donations will be used by local clubs to support charitable and service organizations in Sullivan County. Thank you for your generous donations to support local non-profit organizations and for the service they provide to our communities.

Most importantly, remember to **wear a mask** and use social distancing to help to keep our community healthy and thriving.

Charlestown Event

Saturday, June 6, 10 am-2 pm

Rotary Community
Garden near Transfer Station
& Fire Station on 1 Main St
Charlestown, NH 03603

Al St. Pierre
President-Elect
Charlestown Rotary

Claremont Event

Friday, June 5, 3-7 pm
Saturday June 6, 10 am-2 pm

Stevens High School
175 Broad Street
Claremont, NH 03743

Tammy Porter
President
Claremont-Sugar River Rotary

Newport Event

Saturday, June 6, 10 am-2 pm

Newport Plaza
11 John Stark Hwy
Newport, NH 03773

Jan McMahon
President
Newport Rotary



Claremont Fixed-Site Clinic Continues to Serve Public

By Eric Zengota
e-Ticker News

CLAREMONT, NH—On Friday, May 29, Governor Chris Sununu announced that COVID-19 testing was now available to every New Hampshire resident without restriction. No suspected or experienced symptoms, no medical provider order, no age requirement—in short, no reason except the wish to be tested.

Opening up testing will likely mean a surge in visits to clinics around the State. The fixed-site clinic in Claremont, on South Street behind Claremont Middle School, is prepared to handle the influx. Since the clinic started operations on April 29, New Hampshire National Guardsmen (Army and Air divisions) have tested 929 people. That's an average of 232 a week, 31 a day and 4 an hour.

The New Hampshire Department of Health and Human Services, which administers the program, prefers that individuals schedule an

appointment. Nevertheless, Army guardsmen can register anyone on-site if they walk or drive up with no advance notice. Air guardsmen EMTs can then immediately test the new registrant. Clinic hours are 11am to 7pm daily until further notice.

To schedule an appointment through DHHS, visit prd.blogs.nh.gov/dos/hsem/?page_id=8479



(File photo)

For general and updated information on COVID-19, visit nh.gov/covid19/.

City Council Considers Resolution to Encourage Wearing Face Masks

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The City Council took action at Wednesday night's meeting to consider drafting a resolution to encourage members of the public to wear face masks while being out and about in the community. While such a resolution would be non-binding, it's seen as a way to remind people that masks can help to reduce the spread of COVID-19.

Councilor Abigail Kier presented a Power Point on the "merits of masks", as she put it, and reviewed CDC guidelines on the issue, adding that when people wears a mask, it cuts down on droplets that can easily spread through the air. The wearing of face masks, she said, does not replace social distancing. She asked the council to create and back a resolution for local businesses to require a mask in local establishments. She said she was not advocating for a mandate or an ordinance or any kind of enforcement or fines.

Councilor Jim Contois praised Kier, saying "What a presentation." He went on to say that the issue has boiled down to medical science vs. rights, noting that "responsibility" is often left out of the debate. Councilor Debora Matteau commented that "government has been controlling what we do for years...we've been regulating public health issues for a long time." Councilor Nick Koloski wondered who would be tasked with enforcing such a rule. "What is the expectation?" he asked. "We can't overtax the police. I'm not big on passing things that are a big headline."

Councilor Erica Sweetser said that while she hates wearing masks, she carries one with her so that she can put one on when she enters a store. "I agree," she said, "we do not have a practical way of enforcing it."

During the discussion, Mayor Charlene Lovett read into the record a letter from Claremont resident Michael Demars who is opposed to masks being required. He said in part that current known "rates of infection in the area are low, only a small number of people are at risk of this disease", that masks "are a financial burden and an infringement on personal liberty and may be a burden on already struggling small businesses" if shoppers and visitors decide not to come to town due to a mask requirement. Several other residents called into the meeting to express support for some kind of measure regarding the wearing of face masks.

Jonathan Stone was the most vocal council member in opposing any such measure, saying, "I think this is unnecessary local overreach."

When all was said and done, a majority of the councilors agreed to having a resolution drafted; that document will be presented at a future council meeting for further consideration.

Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in “real time,” as they are released by funeral homes. We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewsoclaremont.com

Helen F. Burke, 92

Helen Frances Burke, 92, passed away peacefully at home Monday, May 25, 2020. She was born June 2, 1927, in Claremont, NH. The daughter of Joseph and Amelia (Yurek) Madeja, she was a lifelong resident of New Hampshire.

She worked for Sylvania, Homestead Industries, and Ames Department Store retiring in 2002. She was a member of the Catholic Daughters of America Court Virgil H. Barber #892 and Claremont Area AARP Chapter. Helen enjoyed doing puzzles and playing bingo. She loved spending time with her grandchildren and visiting Maine. She was known for her ability to make her friends and family laugh with her stories, Facebook posts, and sharing her life advice.

Members of her surviving family include her daughter, Jane (Burke) Hamilton and her husband Mark of Fayetteville, GA; her son, Robert Burke and his wife Jennifer of Claremont; two brothers, Joseph Madeja of Bennington and Robert Madeja and his wife Sherri of Claremont; one sister-in-law, Elaine Madeja of Claremont; grandchildren, Erica Burke and her husband Trevor Barr of Burlington, Stephanie Burke of Laconia, Spencer Burke of Concord, and Rylie Hamilton of Fayetteville, GA, and numerous other family members and friends.

She was predeceased by her husband Leo Burke; one brother, Stanley Madeja; three sisters, Jane (Madeja) Adams, Sophie Madeja and Elizabeth Madeja; nephews, Nathan Madeja, Curtis Madeja, Joseph Madeja, and one great nephew, James Thedford.

Due to the pandemic, funeral services will be private and open to the Burke family only. A celebration of life will be scheduled later in the year for all to attend.

The Stringer Funeral Home is in charge of arrangements.

Stanley Hartell, 88

Stanley “Stan” Hartell died peacefully in Ascutney, VT, on May 25, 2020, at the age of 88. He is survived by his wife, Donna and four children: Michael Hartell of Lebanon, NH; Scott Hartell of White River Junction, VT; Stacey Howe of Ascutney, VT; and Kevin Hartell of North Haverhill, NH, as well as two grandchildren.

Stanley was born on October 3, 1931, in Nyack, NY, to George Washington Hartell and Gladys May Melindy. He graduated from Ny-

ack High School in 1951. He married Donna Lee Bird in 1966 and together they had their four children. After he graduated, he began working for the Arzol Chemical Company. He became the owner and operator in 1982. His children remember him as a hard-working father who encouraged them to work hard and pursue their goals. Stanley was a kind and generous person, who loved music.

He was a dedicated member of the Claremont Congregation of Jehovah’s Witnesses.

A private memorial service will be scheduled at a later date. The family would like to thank his doctor, and the dedicated staff of Bayada for his compassionate care.

The Stringer Funeral Home is in charge of arrangements.

Claremont Fire Dept. Log

Sunday 5/24:

3:08 AM: Engine 1 and Engine 3 responded to Chestnut St. for a report of a structure fire with people trapped in the building.

“Our screws don’t fall out.”

-Dr. Sam Giveen

It's all in the details. When you buy eyeglasses from Doctor Sam's, they typically cost less and they're better made—right down to screws that stay just where they are. It's no-nonsense, straightforward attention to detail that makes Dr. Sam who he is—and makes his patients very happy.

DOCTOR **SAM'S**
EYE CARE



(603) 543-2020
9 Dunning St, Claremont
(we're right there by the hospital)

8:03 AM: Engine 1 responded to Mill Rd. for a dumpster fire.

11:22 AM: Engine 1 responded to Washington St. for a motor vehicle accident.

Monday 5/25:

12:46 PM: Engine 1 responded to Maria St. for a report of a motor vehicle that struck a residence.

6:10 PM: Engine 1 responded to Washington St. for a motor vehicle accident.

7:35 PM: Engine 1 responded to Maple Ave. for an ECHO Level medical call.

Tuesday 5/26:

10:11 AM: Engine 1 responded to Hanover St. to assist Golden Cross Ambulance.

4:03 PM: Engine 1 responded to Cook Place for a medical call.

6:44 PM: Engine 1 responded to Laurel St. for a medical call.

Wednesday 5/27:

3:08 PM: Engine 1 responded to Main St. for a report of a fuel spill.

6:44 PM: Engine 1 and Engine 3 responded to Stone Ave. for a structure fire.

8:00 PM: Engine 1 responded to Pearl St. for a an issue with a fire alarm panel.

8:27 PM: Engine 1 responded to Washington St. for a report of a possible tree on wires that caused a power outage.

8:45 PM: Engine 3 responded to Schmitt St. for an overdose.

Thursday 5/28:

10:59 PM: Engine 1 responded to Winter St. for Box Alarm 572.

Friday 5/29:

3:52 PM: Engine 1 responded to Charlestown Rd. for a motor vehicle accident with injury.

Saturday 5/30:

12:01 AM: Engine 1 responded to Broad St. for a report of an alarm sounding.

8:12 AM: Engine 1 responded to Elm St. for a report of an alarm sounding.

12:58 PM: Engine 1 responded to Belding St. for a DELTA Level medical call.

9:01 PM: Engine 1 responded to Syd Clark Drive for an alarm sounding.

9:23 PM: Engine 1 responded to the boat landing for a report of an illegal burn.

Claremont Senior Center Updates

BLOOD DRIVE: Mon. June 8th-Noon-5PM. Please give if you can. You just may save a life.

Well, we've made it through another week everyone. Good for you! We want to make sure you stay well for the reopening. You know we can't wait for that day. It is necessary though, for your protection, that we follow the guidelines when we receive them. Right now, we are all "hanging in".

However, good news, The Tuesday and Thursday take-outs will continue through June. Woohoo!! Here is next week's menu.

Tuesday, June 2nd- Shepherd's Pie, Dessert.
Thursday, June 4th- Italian Marinated Chicken Breast, Baked Potato, Broccoli, Pudding.
Please call by 10:30 and leave a message. (603) 543-5998. Members-\$4-non-members-\$5. Pick up-11:45-12:30. Don't miss all this fantastic, freshly prepared goodness. Thank you Ken and all the volunteers.

Thanks to all of you who made the Take-out, Turkey Dinner a success. Over 140 people enjoyed a delicious dinner Saturday. And no cooking or dishes!! Can't beat that.

Our concert in June is still on hold. We are patiently waiting for the guidelines from the state. As soon as we know how to proceed, we will be off and running to get set up and ready for you. There is so much to think about to insure your safety. So please be patient with us. The music and safety are for everyone's benefit.

We are still planning on the three events to get you out of the house. The first being the Summer Fling Craft Fair, Saturday, July 23rd, 9AM-2PM. There will be an abundance of beautiful items as the crafters have had a little extra time to make more product. You wait! They are going to amaze you.

The second is the Gigantic Annual Penny Sale, Sunday, Aug. 23rd-1PM. We have been busy prepping prizes, numbering and putting tickets into bags. So much so, at night we dream of those tickets going into the bags. Believe us, we won't run out of them. See you then.

The third event is the Annual Car Show. We have had calls from the car clubs already asking if we are having the show. So far, so good. But, here again, it depends on the guidelines. We have ordered and received the entrance

tickets, are gathering the volunteers, soliciting for trophies and T-shirts. We are counting the canopies and tables and looking at the menu. The committees are talking about supplies and safety. We are staying positive. Feels like a show to us!

It's so hard to predict what will be happening in this "far from normal" world, but we are in this together and need to look out for each other. This form of the Golden Rule surely applies here. "Treat others as you would like to be treated". Think about it.

Thought for the week: Learn to let things go you can't control. Less stress.

Have a good week everyone. Be respectful of others. Stay safe.

Our halls await your laughter and lively conversation. See you soon.

Claremont Senior Center, 5 Acer Heights Rd., Claremont, NH (603) 543-5998. Open Tuesdays and Thursdays- 11:45AM-12:30 PM for Take-Out only.

ONLINE SUMMER COURSES AT RIVER VALLEY COMMUNITY COLLEGE

Are you a current student, potential student, adult learner? Our doors may be closed, but we are continuing with Summer classes online. Our Summer courses include classes in: Liberal Arts, Business, Health Science and Services (which include Massage Therapy), Social, Educational and Behavioral Sciences, IT/Computer Sciences, and Continuing Education. For more information, please go to: RiverValley.edu.

Our WriterSpace is now meeting online Mondays and Wednesdays at 6pm and Fridays at 9am. For the weekly link, more questions, and to learn about WriterSpace Kids, send an email to: RVCCWriterSpace@cc-snh.edu.

Are you a current student that needs assistance with Technology or Food Services? We can help! Contact Charlene Asheby at: cashey@ccsnh.edu or 603-892-8742.

June 5th 7:00 First Fridays! LIVE Q&A ZOOM with the Directors of the New London Barn Playhouse

Join us as we speak with Keith Coughlin and Elliott Cunningham about the state of the Theater in Covid-19 and what's next for the New London Barn? Ask your questions live. <https://us02web.zoom.us/j/82535000024?p%20wd=V0ZuUjJ5V0ZGSkdOOEhRakNh-SUdZQT09&status=success>



The Claremont City Council will hold a public meeting on Wednesday, June 10, 2020, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. REPORT OF THE SECRETARY
Minutes of May 13 and 27, 2020, City Council Meetings
- 6:37 PM 5. MAYOR'S NOTES
- 6:42 PM 6. CITY MANAGER'S REPORT
- 6:55 PM 7. APPOINTMENT TO BOARDS AND COMMITTEES
- 7:00 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
9. OLD BUSINESS
- 7:10 PM A. COVID-19 Update
- 7:15 PM B. Legislative Update
- 7:20 PM C. Comcast Agreement
- 7:30 PM D. Ordinance 574 Amending Non-Union Employee Classification Plan – Third Reading – Public Hearing
- 7:45 PM E. Budget Discussion
- BREAK
10. NEW BUSINESS
- 8:10 PM A. Resolution 2020-28 Encumbrances – Public Hearing (City Manager)
- 8:20 PM B. Twin State Properties Tax Deed (City Manager)
- 8:40 PM C. City Hall Roof Repair (to come from Unanticipated Revenue) (City Manager)
- 8:50 PM D. River Front Park Concept Discussion (City Manager)
- 9:05 PM E. Discussion of Audit Letter (Councilor Stone)
- 9:15 PM 11. COMMITTEE REPORTS
- 9:20 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:25 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:30 PM 14. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, June 24, 2020, at 6:30 p.m. in the Council Chambers at City Hall.



Save a
Stray

SCHS
VIRTUAL 5K
RUN/WALK

DATE: JUNE 1-JUNE 30 TIME: ANY TIME!

DISTANCE: 3.1 MILES

COST: SUGGESTED DONATION \$20

REGISTER: GO TO PINNACLESTRIVE.COM

You can still support your local shelter by participating in our Virtual 5K. Run/Walk where and when you want during the month of June. Share your photo and finish time to our Facebook page. For more information visit our FB page and Website.

To benefit the Sullivan County Humane Society