

e-Ticker News of Claremont

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*Red River Mourns
Loss of CEO
Following Accident;
Page A6*

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July 8, 2019

Fabulous Fourth Fun!



See photo feature from Claremont festivities, pages A22 & A23 (Phyllis A. Muzeroll photo).

Elderly Newport Resident Charged with Reckless Conduct With a Deadly Weapon

NEWPORT, NH—The Newport Police Department reported Tuesday that on Monday, July 1st, at approximately 11:35 a.m., the Newport Emergency Communications Center received a 911 call advising of a domestic violence incident at 105 Springfield Road. It was reported that a man had allegedly fired rounds from a handgun at a woman who then fled the residence while being fired upon. Newport Police, Newport Ambulance and Sunapee Police responded and quickly secured the scene. According to the report released on Tuesday, “The investigation revealed that the incident was between a paid residential caregiver and an elderly male. The investigation has revealed and it is alleged that: Kenneth Rickard, 80 years old, of Newport, NH, had fired multiple rounds from a handgun at the caregiver. The victim was able to run from the scene unharmed and was able to flag down a passerby for assistance.”

Rickard was taken into custody without incident and the firearm that he is alleged to have used was also recovered, said the police.

Rickard was charged with Reckless Conduct with a deadly weapon, a class B Felony. Rickard was held at the Sullivan County House of Corrections pending his arraignment at the 5th Circuit Court, Newport on Tuesday, July 2nd. At his arraignment, Rickard was held without bail.

According to the Newport Police Department, the incident remains under investigation and additional charges are expected. The Newport Police Department is seeking anyone who may have been in the area to share what they may have witnessed or overheard and to call Lt. Charles Rataj at 863-3240.

Woman Injured in Shotgun Incident in Claremont

CLAREMONT, NH—The Claremont Police Department reported Thursday, afternoon, July 4th, that at approximately 6:00 a.m., it learned of an injury to an 18-year-old female from the discharge of a shotgun. According to Chief Mark Chase, “Initial investigation reveals that earlier [this] morning, the female was at the residence of a friend in the area of River Road in Claremont. While at this residence with a gathering of friends, a shotgun was discharged by another person. The female received injuries from the projectile of the weapon and suffered burns to her lower body from the discharge of the shotgun.”

He added that the victim has been transferred to a burn facility out of state with non-life-threatening injuries.

“The incident is currently under investigation and the weapon used has been seized by Claremont

Police,” said Chase. “Anyone that has any information on this incident is encouraged to contact the Claremont Police Department at 603-542-9538.”

Six Apply for Vacant City Council Seat

CLAREMONT, NH—Six people have applied for the seat on the Claremont City Council vacated when Jeremy Zullo resigned in June. Interviews and selection of the candidate to fill the vacant at-large councilor seat will take place at the council’s July 10th meeting. Per the City Charter, councilors will select the finalist to fill the seat. The candidate chosen will be sworn in that night. The meeting begins at 5:30 p.m. Those who applied include:

- Jeremy Herrell
- Debora Matteau
- Christopher L. Havey
- James M. Contois
- Patrick Lozito
- Kristin M. Kenniston

All council seats are up for election this fall.

—Phyllis A. Muzeroll

e-Ticker News of Claremont LLC is published Mondays

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NH Lottery Numbers

07/06/2019

NH PowerBall
4 8 23 46 65 1


NH Mega Millions 07/05/2019
6 38 47 57 63 12

Tristate Megabucks 07/06/2019
3 6 17 26 32 5

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

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Located in the Brown Block.

Fontaine Honored for 'Exceptional Work Ethic'

Deputy Sheriff Retires after More than 45 Years in Law Enforcement

By Eric Zengota
e-Ticker News

NEWPORT, NH—The most enjoyable task on Sullivan County High Sheriff John Simonds' calendar for July 1, 2019, was to host a celebration for Donald B. Fontaine Jr., who retired after a career in law enforcement that began in 1973.

Family as well as county commissioners and officials, plus colleagues from the Sheriff's Office, New Hampshire State Police and the Claremont Police Department gathered in Newport to honor Fontaine with congratulations, cake and a commendation from New Hampshire governor Christopher Sununu.

Simonds read out the commendation, which stated in part how Fontaine started his career in Claremont, where he was known for his "professionalism, leadership skills and caring demeanor." Fontaine transitioned to the Sheriff's Office 25 years ago. His positions there included Deputy Sheriff, Acting Corrections Emergency Director and Court Security Officer.

Simonds further honored Fontaine with a plaque on which was mounted the Sheriff Office's "license plate no. 7, the only number Don ever drove, which we are now officially retiring." Two patches were also on the plaque, along with recognition of Fontaine's service to the citizens of Sullivan County.

The new retiree said, "I enjoyed all the years I worked. I had a lot of freedom to get around. I met so many people in every town in the county." He and Anne, his wife of 57 years,

plan to do some traveling, starting with day trips and leading to long weekends and extended visits around New England. "We've always wanted to do these things," he said, "but with children and the grandchildren, well, those ideas went on hold. Oh, but now!"

Above: Don Fontaine holds the now-retired license plate no. 7, the only number he drove for the Sullivan County Sheriff's Of



ice for 25 years. He and his wife, Anne, plan to travel in their new free time. At left, High Sheriff John Simonds with the governor's commendation. Below: Simonds reads out the governor's commendation, which noted Fontaine's "depth of knowledge and professionalism." Seated to Fontaine's left is his wife, Anne. In the background are his parents, Donald Sr. and Rita Fontaine (Eric Zengota photos).



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Commentary

NH House Happenings

By Rep. John Cloutier

Taking a Look At the New County Budget



As I had written in my previous column, the Sullivan County Delegation to New Hampshire's House of Representatives approved a new Fiscal Year 2020 County Budget on June 28, a budget totaling \$33,008,168.

Revenue for this new budget will come from a variety of sources which I will briefly list. First, the highest revenue source at \$15,172,051 is projected to be funds allocated for the operation of Sullivan County Health Care or "SCHC" for short. More popularly known as the "county nursing home", it provides its residents, both temporary and permanent, with 24-hour nursing care for eligible individuals who cannot care for themselves or be cared for by their loved ones. Specifically, the temporary care is for individuals recovering from illness, accidents, or surgery, including therapy, before they are discharged to return home. More specifically, SCHC's projected revenue will come from three main sources: Medicaid, Medicare, as well as money from individuals able to pay for their care through private insurance or their own resources.

Next, the second highest revenue source at \$13,605,225 is projected to be from property taxes raised by all of Sullivan County's 15 municipalities, the 14 towns and City of Claremont. Although no Sullivan County resident of whom I am aware likes to pay property taxes, the county's portion of these taxes is usually lower than the school and municipal portions of the tax for most municipalities. The only exception I believe is Sunapee because it has a large amount of expensive lakefront which it can tax. Additionally, the total amount of property taxes to be raised for the Fiscal Year 2020 Budget is only \$331,835 or 2.5 percent more than the \$13,273,393 raised in such taxes for the previous Fiscal Year 2019 Budget.

Then the third highest revenue source at \$2,174,969 is money taken out of county's "Fund Balance," which is somewhat similar to state government's "Rainy Day Fund". The Delegation upon the recommendation of its EFC (Executive Finance Committee) decided to allocate \$2,174,969 from Fund Balance in order to keep the just-mentioned property tax increase to only 2.5 percent, rather than the 8.25 percent tax increase recommended by the three County Commissioners in their proposed 2020 Budget. Many representatives on the Delegation, including myself, appreciated the concerns of the Commissioners and County Manager Derek Ferland about retaining enough money in the Fund Balance so as to be ready for any financial emergencies such as unexpected large expenses or a drop in revenue from sources like SCHC because the number of its residents decreases. Manager Ferland's assertion that a "healthy" Fund Balance reduces the need to borrow in anticipation of property tax revenue as well as would encourage

lenders to lower the interest rate charged for any future long-term borrowing for potential capital projects like the SCHC's renovation is a good point. Nevertheless, according to information presented by the EFC, as of June 28 the undesignated Fund Balance should total approximately \$3.7 million for Fiscal Year 2019, which ended June 30. By the way, the recommended minimum for the Fund Balance in a budget the size of our county's is approximately based on the same information presented by the EFC.

Now, the fourth highest projected revenue source at \$345,000 is from the Sullivan County Registry of Deeds' Office. The Registry of Deeds located in Newport, which is the county seat or capital, is where all property sales or transfers in the county are recorded for a fee. A fee, part of which is the Real Estate Transfer Tax levied by state government on such sales and transfers, and then sent to the Registry. The remaining portion of the fee is kept by the Registry so as to help pay for its operations as well as the rest of county government. By the way, higher real estate markets tend to increase the amount of revenue raised by the Registry.

The fifth highest amount of projected revenue for Fiscal Year 2020 is a total of \$332,920 slated to be generated by the County Sheriff's Office. This total will come from a variety of services provided by the Sheriff's Office, which is also located in Newport. These services include police protection for the Towns of Lempster and Unity, which do not have their own police departments. Also, there is transport of juvenile offenders between courthouses and various correctional facilities in and outside New Hampshire for which state government reimburses the Sheriff's Office. Additionally, deputy sheriffs work as bailiffs at both Newport and Claremont court facilities, helping to keep such facilities safe. Finally, deputy sheriffs serve legal paperwork to persons involved in civil matters, including landlord-tenant disputes.

Next, the sixth highest revenue total at \$209,942 is projected to come from the Sullivan County Attorney's Office, yet again located in Newport. The County Attorney's Office is responsible for giving legal advice to the Commissioners and Delegation, when asked, as well as prosecuting most major criminal offenses in the county like misdemeanors and felonies, unless the New Hampshire Attorney General's Office steps to prosecute such crimes instead. Some of the mentioned revenue, usually from government and private grants, is expected to help fund the Office of Victim & Witness Protection, which is a part of the County Attorney's Office. Other revenue is slated to come from the City of Claremont for the County Attorney's assistance to the Claremont Police Dept. in prosecuting minor crimes like violations in Claremont Circuit Court.

The list of projected revenue sources in the Fiscal year 2020 Budget rounds out with the following amounts of funds in decreasing order. First, the rental of county property which should total about \$192,908, and come from the rental of surplus county land at the County Complex in Unity, and sections of Newport's Woodhull County Building for use by the New Hampshire's state courts, which also occupy the building. Second, interest income totaling \$125,000 which is slated to come from

(Continued on page A5)

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Rep. Cloutier, from A4

county money in the Fund Balance as well as other reserve and surplus funds. Third, approximately \$80,000 is expected to come from T-REC Funds, which are from the operation of the county’s Biomass Plant at the County Complex. Finally, approximately \$77,000 is slated to come from the County DOC (Dept. of Corrections), revenue that the DOC raises by among other ways, charging inmates for their room and board at the House of Corrections in Unity, if the inmates are financially able. Also \$15,000 is expected to come from partnerships with other New Hampshire counties participating in its TRAILS (Transitional Reentry & Inmate Life Skills) Program first started by Sullivan County in 2010. The program seeks to prepare eligible inmates for a successful life after being released from the County Jail, and has decreased the number of inmates returning to jail, and reduced the cost to taxpayers since 2010.

In my next column, I plan to write about some of the major expenditures in the Fiscal year 2020 County Budget. **Email: jocloutier@comcast.net.**

Shaheen-Portman Bipartisan Bill to Boost EPA Response to PFAS Included in Senate-Passed Defense Bill

WASHINGTON, DC—U.S. Senator Jeanne Shaheen (D-NH), a senior member of the Senate Armed Services Committee, announced that her bipartisan bill with Senator Rob Portman (R-OH) – the Safe Drinking Water Assistance Act – was included in the National Defense Authorization Act (NDAA) that passed the Senate. The annual legislation authorizes national defense objectives for the fiscal year. Once the House of Representatives passes its version of the bill, the two chambers will conference on final legislation. The Safe Drinking Water Assistance Act would address barriers that limit the Environmental Protection Agency’s (EPA) response to emerging contaminants like per- and polyfluoroalkyl substances (PFAS). The Shaheen-Portman bill also expedites analysis of these chemicals and provides support and resources to states dealing with the health challenges posed by these potentially harmful materials.

PFAS chemicals have emerged as a widespread contaminant in drinking water sources in several communities across the nation, including New Hampshire and Ohio. While the risks associated with PFAS exposure are still being uncovered, studies have linked these unregulated emerging contaminants to a number of adverse health effects.

“PFAS exposure is a serious problem impacting communities throughout New Hampshire and the nation, so I appreciate the bipartisan consensus to include my bill with Senator Portman that makes combating these harmful chemicals a top priority,” said Shaheen. “Breaking down barriers that impede the Environmental Protection Agency from responding to PFAS exposure, and ensuring our local communities have the resources they need to safeguard their water supplies from contamination are important steps we need to take. I’m glad the annual defense bill continues to serve as an important vector to deliver for our communities on this important issue, and I’ll keep working to find solutions to stop PFAS exposure and ensure the safety of our drinking water.”

In addition to the Shaheen-Portman bill, the defense bill contains a number of Shaheen-led provisions to address PFAS exposure, including:

Shaheen’s legislation that would ban the Department of Defense from procuring firefighting foam that contains PFAS after October 1, 2022 and would prohibit its use in the military after October 1, 2023.

A \$10 million authorization to continue the PFAS health impact study Shaheen established in the FY2018 NDAA, which is set to begin this summer at the former Pease air base.

Shaheen’s legislation with Senator Lisa Murkowski (R-AK) — the Protecting Military Firefighters from PFAS Act – that would require the Department of Defense to include blood testing for PFAS as part of routine physicals for military firefighters.

Comprehensive PFAS legislation cosponsored by Shaheen that directs the EPA to establish enforceable drinking water limits for PFOA and PFOS, two of the most prevalent PFAS chemicals, within two years, creates a process to expedite regulatory considerations of other chemicals in the PFAS family, and requires manufacturers to report air emissions and water discharges of several PFAS chemicals through a Toxic Release Inventory.

Pianist-Vocalist-Composer Tim Kelly to perform at Library Arts Center

NEWPORT, NH—On July 18th, pianist-vocalist-composer Tim Kelly will give a performance at the Library Arts Center in Newport, from 7:00 to 9:00 p.m. All proceeds will benefit the Newport Historical Society and the Corbin Bridge Festival.

The program will consist of instrumental and vocal jazz featuring music from Miles Davis, Dave Brubeck, Thelonious Monk, Al Jarreau, songs of the Great American Songbook, vocal impressions, Broadway pieces and some of Tim's original compositions honoring the Corbin Bridge and other New Hampshire original pieces.

Having started as a full-time performer in Boston, at age 14 and after serving in Vietnam, he then graduated from Berklee College of Music. Kelly has enjoyed a long and fruitful career as a much sought-after singer, pianist, composer and entertainer.

Currently with over 9,700 performances and counting, Kelly brings unmatched versatility

and experience, as well as masterful instrumental, vocal, comedic and entertaining skills to any performing situation. A Tim Kelly performance is remembered long after the last note has been played

He has performed for Presidents Bush and Clinton as well as shows at the top venues in Boston, New York, Las Vegas, Florida, the Caribbean and cruise ships while traveling to and performing in every continent.

Kelly has shared the marquee with such stars as George Benson, Patti Labelle, Jeffery Osborne, David Sanborn, Marcus Miller, Kool and the Gang, Gary Burton, Kurt Elling and many more during his 45+ year career as a full-time performing musician. Last year he produced, wrote, and headlined in his original show "One World" at the Las Vegas Convention Center for 5,000 people representing 98 countries.

Kelly is a resident of North Newport, NH, when he is not traveling to perform. The con-

cert on July 18th will be a rare opportunity to experience a world-class musical performance in the Newport area. Previous concerts that Tim has done in this area have been met with rave reviews.

Seating is limited as there is a 70 seat capacity at the Library Arts Center. Tickets are \$20 and can be purchased by contacting the Newport Library Arts Center at 863-3040 or at their website [www. http://libraryartscenter.org](http://libraryartscenter.org). For more information and videos of Kelly performing, please visit www.tkellypiano.com.



Tim Kelly

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Red River Announces the Passing of CEO Jeff Sessions Following Jet Ski Accident in Maryland

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH, and RESTON, VA—The *e-Ticker News* reported Thursday morning the sudden death of Red River CEO Jeff Sessions following an accident in the early morning hours of July 3rd in Maryland. Red River issued the following statement regarding the death of Sessions following a jet ski accident: "It is with great sadness that we announce the unexpected and sudden passing of our Chief Executive Officer Jeff Sessions. The entire Red River family mourns this loss. Jeff led our company with intelligence, humor, integrity and passion. The contributions he made to the transformation of our business cannot be measured. Jeff's impact on Red River, our people and the communities we serve will forever be felt. On behalf of our management team and employees, we extend our deepest sympathies to Jeff's family."

Rick Bolduc, Executive Chair of Red River's Board of Directors will serve as acting Chief Executive Officer, said the company. Bolduc helped found Red River in 1995 and served as its Chief Executive Officer until February of 2017. According to Sessions' LinkedIn page, he had been with Red River for 11 years and 10 months, having served as CEO since February of 2017.

According to Red River's website, "Sessions' strong personal contributions and corporate leadership [drove] Red River's exponential growth. In the past five years, Red River's revenue has increased 140%. Rooted in the belief that Red River grows stronger through outreach and philanthropy, Sessions has led philanthropic outreach initiatives across the country and was particularly proud when Red River was named Dell's 2015 Philanthropic Partner of the Year. Over the course of his career, Sessions has held multiple executive leadership roles within Red River and leading IT companies."

According to reports from the Edgewater, MD, area, Sessions, 53, and his wife, Elizabeth Howle, 48, died in a jet-skiing accident early Wednesday morning. The accident happened on the South River near Edgewater, MD. Sessions worked out of Red River's Reston, VA, office. Officials with the Natural Resources Police identified the victims at a press conference on Wednesday. According to officials, the accident happened just before 2:00 a.m. Wednesday; it is believed that they hit a day marker while jet skiing. Neither victim was wearing a life jacket, said officials at the press conference, reported the *Capital Gazette*.



Jeff Sessions

SATURDAY, JULY 20

Apollo 11 Celebration at the American Precision Museum

High School Students: Race Lunar Rovers in Windsor on July 20th

WINDSOR, VT—Can't make it to the moon to race a lunar rover? High school students have a chance to experience the next best thing at the American Precision Museum in Windsor, VT, on Saturday, July 20 beginning at 10:00 a.m. In celebration of the 50th anniversary of the Apollo 11 moon landing; there is no admission fee for participating in the lunar rover challenge, but prior registration is recommended: 802-674-5781.

Energetic and "skyward looking" high school students are invited to build and race lunar rovers in teams that will compete at the museum. There's space for up to 20 students and five race teams. All materials will be supplied. Lunar racing is free, but pre-registration is recommended.

Students ages 8-12 who join the Junior Apprentice Club can learn to design and 3D print compressed air rockets, which will be launched during the lunar rover races on July 20. Activities for the entire family include: experimenting with simple robotics and building rubber band racers and windmills using mechanical assembly kits. To join a Lunar Rover Team, the Junior Apprentice Club, or for additional information about the Apollo 11 Celebration, please contact the museum at 802-674-5781. This American Precision Museum event is funded by the Vermont Space Grant Consortium under NASA Cooperative Agreement NNX15AP86H.

The American Precision Museum, located in the 1846 Robbins & Lawrence Armory, a National Historic Landmark, is a non-profit museum that traces the beginnings of manufacturing to modern technology through exhibits and daily interactive programs. Open daily, Memorial Day Weekend through October 31, 10:00 a.m. to 5:00 p.m. The AMP is proud to be a Blue Star Museum, offering free admission to active duty military & their families. Information: American Precision Museum: <http://www.americanprecision.org/>; 802-674-5781.



Team Nymen Fun Run/Walk

Monadnock Park Claremont, NH

Saturday, August 3rd Rain date Sunday, August 4th

Pre-registration open until July 19th

Register: <https://runsignup.com/Race/NH/Claremont/TeamNymenFunRunWalk>

Kids under 5 Free

Kids 5-12 \$10

12 and up \$20



Please arrive by 9:00 am on race day to register and/or pick up shirts. We will be selling wristbands for \$1/each as well. Limited supplies of tshirts available for purchase race day for \$15.

includes Team Nymen T-shirt

9:00-9:45am- Registration and t-shirt pickup

10:00-11:30am- Fun Run/Walk (Wear superhero attire if desired)

11:30-1pm-BBQ (\$5/person, includes: water, chips, and choice of hotdog or sausage, watermelon and baked goods)

Nymen Koch, is a 9 year old 4th grader at Maple Ave School in Claremont, NH. Nymen was diagnosed with a kidney condition called FSGS. He is in stage 5 renal failure and has already had both kidneys removed. Nymen needs a kidney transplant to live and receives dialysis until a kidney donor match can be found. The family travels back and forth to Boston, often having to stay in Boston while Nymen receives treatment. Both of Nymen's parents are working part time while caring for Nymen and expenses are becoming insurmountable.

As you can imagine the toll on the entire family is immense and he is literally in the fight of his life. They are hoping by removing the kidneys it will buy him more time to find a donor. He is type A+ blood type and can accept either A or O blood type transplants. People can live with 1 kidney. We will have a table set up where you can give your information if you'd be interested in donating a kidney, which will be forwarded to Nymen's care coordinator in Boston.

If you're interested in volunteering at this event please arrive half an hour early and check in at the concession stand. All proceeds will go to Team Nymen Charitable Fund sponsored by Claremont Savings Bank. Thank you for donations from North Country Smokehouse, Kiwanis, Uptown Bakery Stevens Alumni Association, and Ink Factory.

Silsby Library News

Our beautiful building, designed by C. C. McAlpine, is a wonderful small scale example of Romanesque Revival design sporting round arch windows, porch arches, steep gables, hip roofed dormers, and a round tower. Completed in 1894 and opened in 1896, it has been serving residents of Charlestown for 123 years.

Ten years ago we began planning for restoration of the brickwork. This summer the project will begin. It will be a two year project of skilled and painstaking work, but when finished this jewel in our community will be standing strong and ready to serve the people of Charlestown for another century. Thank you Charlestown for funding our capital reserve fund and thank you LCHIP for your grant. Your combined generosity have made this project possible.

Museum passes are available for check-out. We hope you will take time this summer to visit VINS, Billings Farm and Museum, New Hampshire's State Parks, and the Fort at Number 4. All passes may be reserved in advance by calling the library or stopping by to sign up. Passes go out as an overnight circulation.

Children of all ages are welcome on Wednesday mornings at 10:30 a.m. for Grafton Nature Museum's summer programs:

7/10 Busy Beavers

7/17 Who Eats What?

7/24 Righteous Reptile and Awesome Amphibians

7/31 Who's Swimming in the Water?

8/7 The Abenaki and Nature.

We are getting ready for the Annual Library Book Sale on July 20, better known as Town Wide Yard Sale Day. Books will be set up in the library for browsing. We will have lots of fiction, non fiction and children's books available. Because we are in the library this year, we will have limited library services on Friday, July 19, when we are setting up and we will have no library services July 20 during the book sale. We apologize for the inconvenience, but we should be back to normal by the time Monday rolls around.

Our Children's Literacy Foundation Summer Reader Program will be held on Tuesday, July 23, at 10:30 a.m. Author, illustrator and storyteller Michael Daley will be here to entertain all. Join us for stories and free books! Each child from infant to teen will be able to choose two books to take home and add to their personal library.

Keep up with all the library's special events by following us on Facebook at <https://www.facebook.com/SilsbyLibrary> or check our web page at <http://www.silsbyfree.org>.

Summer Activities at the Fiske Free Library

CLAREMONT, NH—Summer Camp out of your price range, want to take arts & crafts classes but the prices are too high, gas prices keeping you home this summer? Well we have a solution for you--camp out at the library this summer!

Every week there is a Wacky Wednesday program with crafts or painting and the program is free and all supplies are provided free of charge! There are many special programs over the summer and all are free. We have at least one program a week and sometimes more. There is still time to pick up a calendar of events--There is magic, music, nature, puppets and much more! Since our theme this year is a Universe of Stories in honor of the 50th anniversary of the moon landing, there will also be a space theme to most of the programs.

When you sign up, you will get a free bracelet and pencil and at each milestone of a certain number of hours of reading, there will be an incentive or raffle ticket which goes into a drawing at the end of the summer for a chance at many great prizes. Come in and sign up, pick up a calendar so you don't miss any of the great programs!

Monday Morning Children's Theater Returns to Claremont Opera House

CLAREMONT, NH—At 10:00 a.m., Monday mornings through August 12, five professional adult actors from Jean's Playhouse Children's Theater Company from Lincoln, NH, will perform original musical adaptations of popular fairy and folk tales on the air conditioned, historic stage of the Claremont Opera House. Shows run approximately 40 minutes. IMPACT (Imagination and Music – Professional Artistry in Children's Theatre) is the professional children's performance company of Jean's Playhouse. The company writes and performs eight children's musicals every summer; each is different and all promise a good

time for both you and your kids! Children will love the catchy original songs and wacky characters, all performed by the professional IMPACT actors.

The performances finish with a cast meet and greet with autograph signing and picture taking immediately following the performance.

Show titles and descriptions:

July 15, "The Wind in the Willows" - Mr. Toad's zany personality leads him and his friends into a wild adventure full of music, mayhem, and one unpleasant weasel! Beyond the comfortable river bank is a giant scary world just waiting for this motley crew, but in the end, true friendship can help them through anything.

July 22, "Tom Sawyer" - For Tom Sawyer and his best friend, Huck Finn, Lazy days of fishing and swimming are constantly interrupted by Aunt Polly's list of chores. But on this particular day, Tom and Huck decide to skip white washing the fence so they can go on an old fashioned treasure hunt!

July 29, "Lost in Wonderland" - Following a white rabbit leads Alice on a very strange adventure. In a place where up means down and right means wrong, Alice discovers a world filled with a strange smiling cat, a wild tea party, and a Queen whose temper is as red as the hearts on her dress!

August 5, "The Frog Prince" - A spoiled princess learns the importance of keeping promises after accepting the help of a nearby frog. In a kingdom filled with magic, not everything is what it seems, and no one should judge a book by its cover ... or a frog by its webbed feet!

August 12, "Jack & The Beanstalk" - Young Jack is heartbroken when he must sell his best friend, a cow, at the market. But when a mysterious man trades magic beans for the cow, it opens up a world larger than life where Jack can go on adventures beyond his wildest dreams.

Tickets are \$6 and can be purchased at the door the day of the show at the Claremont Opera House. Seating is general admission. Groups are advised to call ahead and ask for a section to be reserved for them.

More information may be found at www.claremontoperahouse.org. Phone: 603-542-0064.

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CLAREMONT- Spread out in this Executive style ranch with over 1,400 sq ft on the main floor where each bedroom has the same view to enjoy from the balcony. A kitchen for the gourmet cook in you. An updated master bedroom suite and a new fire-placed family room on the lower walk in level bringing the total living space to over 2,000 sq ft. **See the photos online. It's all here!** MLS 4749382. Listed at \$239,000.



Bonnie Miles



bonnie@coldwellbankernh.com



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Ann's Property Of The Week

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



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

603-542-7766



Privacy, but still close to amenities.

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

MLS # 4735171 \$230,000

Ann
Jacques

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annjacques1@comcast.net



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Owner/Broker



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131 Broad Street
Claremont, NH 03743
Office: 603-287-4856
Fax: 287-4857
Cell: 603-477-1872



Ashley Bergeron
Agent



This stunning farmhouse is ready for you. Gorgeous gourmet kitchen with center island and new stainless steel appliance, open floor plan from the formal dining room to living room with an inviting fireplace. Three bedrooms with two baths, enclosed sun room with antique barn boards. Hardwood floors and tile throughout the home. Attached over-sized garage on an acre of land. **\$231,500**

Classified Ads



CITY OF CLAREMONT

BUILDING INSPECTOR/DEPUTY HEALTH OFFICER

Do you have good interpersonal skills and enjoy working with the public? The City of Claremont, NH has an immediate opening for the position of full time Building Inspector/Deputy Health Officer in the Planning & Development Department. This position is responsible for code enforcement, public health related inspections, inspecting residential buildings, commercial buildings and alterations for compliance with City, State and Federal codes and regulations, ensuring that they meet property maintenance, plumbing, mechanical, electrical and building codes. The position offers a generous benefit package and starting wage of up to \$20.70 (DOE).

For more information, visit our website at www.claremontnh.com. Submit credentials to: Human Resources Coordinator, City of Claremont, 58 Opera House Square, Claremont, NH 03743. Employment is contingent upon the successful completion of pre-employment requirements. This position will remain open till filled. The City of Claremont is an Equal Opportunity Employer.

TUESDAY, JULY 9

7 p.m.

CORNISH ENERGY COMMITTEE

Cornish George H Stowell Library
School Street

The Cornish Energy Committee meets to continue plans for its goal of 100% renewables to replace fossil fuels.

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and more on our
Facebook and website**

CLAREMONT, NH

2 Story Cape 3 Bed 2 Bath

* Kitchen with granite counters and center island

* All 3 bedrooms have unique characteristics

MLS # 4757227 \$165,000



CHARLESTOWN, NH

1 Story Split Level 4 Bed 2 Bath

* Kitchen with custom Crown Point cabinets

* All new windows and new roof

MLS # 4752176 \$214,900



SPRINGFIELD, VT

2 Story Cape 4 Bed 3 Bath

* Large eat-in kitchen and formal dining room

* Nice level side yard with private back patio

MLS # 4758224 \$94,900



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Robot Build & Dance Party

CLAREMONT, NH—Join us for a day of building robots for a dance party at the Claremont Makerspace Open House later in July. If dancing isn't your thing, your robot can also be setup as a sumobot (we'll have the sumo ring up during the open house, too)! Each ticket covers the cost of the robot kit (which you get to keep) and lunch. This event is all ages, but children are to be accompanied by their parent. Sunday, July 14th, 10 am - 4 PM, Claremont Makerspace, 46 Main Street, Claremont. To register, please go here:

<https://claremontmakerspace.org/events/#!event/2019/7/14/robot-build-dance-party>.



Work continues at the Arrowhead Recreation Area this summer; one of the projects has been the new patio area in front of the Lodge building; local landscaper Rob Berry put his skills to work, setting the blocks in place, to create a new and inviting space. The patio replaces the wooden deck that was in need of replacement. On Friday, Chuck Allen and Spencer Allen were busy working on the next phase, creating flowerbeds that will wrap around the patio area to give it a finished look. Chuck Allen said they are looking to plant items that will require a minimal amount of maintenance as they dress up the space. Meanwhile, all the wet weather this year has really greened up the Arrowhead site, giving the hill and face a lush look. The Arrowhead Recreation Area is run entirely by volunteers and is always looking for additional people to help in a variety of ways. To find out more about helping, please visit www.arrowheadnh.com (Phyllis A. Muzeroll photos).

Send us your news and photos



SAU#6 Superintendent Open House

**Every Monday in the month of July 2019,
SAU#6 Superintendent of Schools, Michael Tempesta,
will be holding**

**Open House receptions at the
Teal Lantern Room at**

SRVRTC 111 South Street, Claremont N.H., from 4:00pm to 7:00pm

Light refreshments will be served

The public is highly encouraged to attend

(July 1, 8, 15, 22 and 29)

Newport Teen Marks Another Milestone, This Time in Australia

By Phyllis A. Muzeroll
e-Ticker News

This past weekend, Cassie Gilbert, 17, of Newport, NH, was finishing up her time in Australia. Gilbert has been participating in the Down Under Sports, helping to represent New Hampshire at the international games. Born with ACC, Agenesis of the corpus callosum, where she is missing the nerve fiber endings in her brain that transmits information from one side to the other, her family was told to be prepared for a child who would never walk or talk. Gilbert has beaten all odds, even though she learned how to walk at 2 years old with a mirror in front of her and talk at almost 4 years old using music to learn how to talk. She started running with a family friend about three years ago and found her passion. She has made Varsity on her Kearsarge High school cross country team two years in a row. She enjoys running 5Ks and was invited to be on Team USA for the Down Under Games.

Still in Australia, her mother Andreyra Berry shared with the *e-Ticker News* on Saturday details from her All American 5K, one of two events in which she competed:

Overall 308th out of 2,034 84%

Female 98th out of 1,201 91%

Age group 45th out of 126 64%

She ran her longest race ever 5.7K in 29 mins, 34 sec.

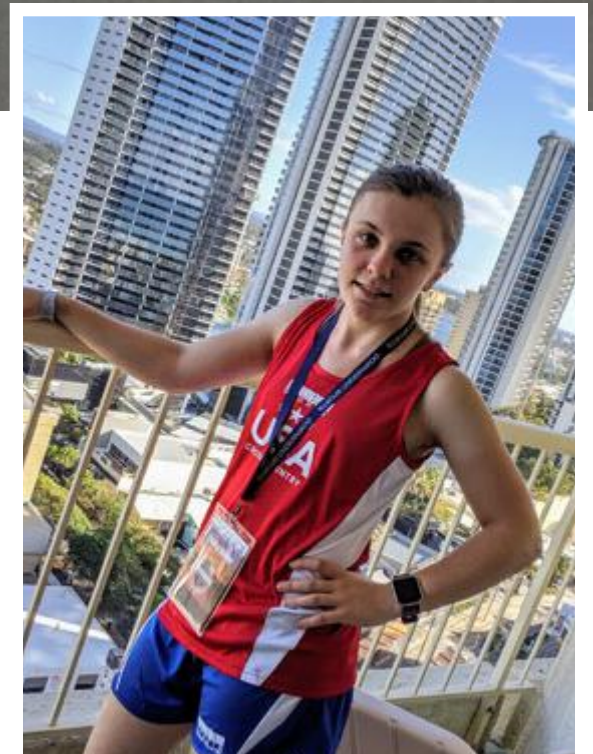
Her first ever International race

Her first televised race

Her first largest race with over 2K people in her event; all the kids got to watch the 10K run by before they started.

“We had a kid on team USA come in 3rd overall on the heels of the Australian Olympian,” her mother said.

When asked if Gilbert was having a good time on her trip, her mother said, “She is on cloud nine. She loves it here. She has gotten to hold a koala, feed and pet a kangaroo and hold and feed lorikeets. Today, we are seeing the rainforest. She has met and made friends from all over the USA. We are so thankful for all those that donated support to the fundraiser and craft shows to help raise money to get



here,” said Berry. “It has been an amazing experience of a lifetime for her.”

Clockwise: Racing in the Down Under Games; on the hotel balcony; meeting a kangaroo; holding the American flag with friend Noah from Ohio, girls team Lorikeets (Gilbert is on the far right). (Courtesy photos).

Sununu Announces Request for Public Comment on NH's American Innovation Coin Program

CONCORD, NH—Wednesday, Governor Chris Sununu announced a request for public comment related to the selection of New Hampshire's American Innovation \$1 Coin Program.

The United States Mint American Innovation \$1 Coin Program is a multi-year series to honor innovation and innovators by issuing \$1 coins for each of the 50 states, the



District of Columbia and the five U.S. territories. Each state and territory is asked to submit concepts based on an innovation or innovator from their home state and territory. Four new \$1 coins with distinctive designs will be released each year from 2019 through 2032 in the order the states ratified the Constitution of the United States or were admitted to the Union. Once a coin is issued for each state, coins will be released for the District of Columbia and the territories.

The New Hampshire Office of Strategic Initiatives will be the project lead and is encouraging members of the public to submit possible concepts of New Hampshire innovations and innovators following the requirements set forth by the U.S. Mint. Members of the public are encouraged to send their ideas via email to osiinfo@osi.nh.gov by July 16th in order to be considered. Ideas will be scored and finalists will be submitted to Governor Sununu, who will then submit three concepts to the United States Mint.

"This is a terrific opportunity to highlight and honor a New Hampshire innovation or innovator to the entire country and show our 603 Pride," said Governor Sununu. The common obverse (heads side) of all the coins in this series features a representation of the Statue of Liberty and the required inscriptions "\$1," and "In God We Trust." The

reverse (tails side) design features an image or images emblematic of a significant innovation, an innovator, or group of innovators from one of the 50 states, the District of Columbia, or the territories; the name of the state, the

District of Columbia, or territory, as applicable; and the required inscription "United States of America." Visit link below for more info:

<https://www.usmint.gov/learn/coin-and-medal-programs/american-innovation-dollar-coins>.



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WHEN: Tuesdays- 2:30 PM - 4:00 PM
(July 16, 23, 30; Aug. 6, 13, 20, 27; & Sept. 3)

WHERE: TLC Family Resource Center
(109 Pleasant St. Claremont, NH 03743)

HOW TO REGISTER

Call or email Crystal @ TLC Family Resource Center
(603) 542 - 1848 x 311 or crystal@tlcfamilyrc.org

Registration Deadline - July 15th
Registration is limited

Certificates will be presented to those who complete the program
Presenters: Holly Bee & Barbara Brill, Certified Parent Educators

FREE CHILD CARE AND REFRESHMENTS AVAILABLE



TLC Family Resource Center supports and strengthens all families, children, and youth in Sullivan and Lower Grafton counties with a wide range of free programs, support groups, education, and events.

e-Ticker Business News

One Credit Union Awards \$6,000 in Scholarships

SPRINGFIELD, VT— One Credit Union has awarded six \$1,000 scholarships to high school graduates across Vermont and New Hampshire. Brett Smith, President and CEO of One Credit Union, noted to qualify applicants must maintain a GPA of 3.0 or better, demonstrate financial need, and be eligible for membership at One Credit Union. The applicants must also submit a 300 word essay explaining their experience with teamwork and community building.

Patrick Burke, will be attending Saint Lawrence University in the fall of 2019 after recently graduating from Mount Mansfield High School. Patrick was a two year captain for the MMU football team. When he wasn't playing football he was actively involved in Unified Sports, a Special Olympics based program, as well as volunteering his time as a school mentor.

Kylie Comeau, a graduate of Vergennes Union High school, plans to study nursing at the University of Vermont this fall. Kylie was part of the National Honor Society at VUHS, participated in basketball, and soccer, as well as volunteering in various other clubs. Despite her high involvement in school activities she maintained a job as a waitress in the little city of Vergennes through middle and high school.

Paige Congdon, a recent graduate of Springfield High School, will be attending Plymouth State (NH) in the fall. Paige was a dedicated student-athlete.

She was a member of the track and field team, and field hockey team serving as a team captain for both sports. Paige was also deeply invested in

cheering on other sports teams, and getting together a crowd for their games.

Rachel Guerra, will be attending the University of Vermont after recently graduating from Green Mountain High school. Rachel was an avid student. While she wasn't studying or working on her academics she was participating in National Honor Society, athletics, and was a part of the marching band at GMHS.

Hailey Leclair, will be attending Castleton University this fall after graduating from Stevens High School. Hailey was a two season athlete in high school as well as a part of National Honor Society and Peer outreach. Hailey also received the NHIAA & NHADA scholar athlete award this spring.


Ani McMannon, a graduate of Colchester High School will be attending Ithaca College in the fall. Ani was an avid soccer player in high school making the Burlington Free Press all state soccer team the past three years. Ani used her soccer talents to volunteer at Top-Soccer, a program that allows children with disabilities to participate in athletics, and learn new skills.

One Credit Union, headquartered in Springfield, VT, is a member owned financial institution with branches in Barre, Chester, Essex, Springfield, Vergennes, VT and Claremont, NH. One CU provides a full range of financial solutions for consumers and small businesses.

Employers to Explore Ways to Support Employees with Mental Health Challenges in July Panel at DHMC

LEBANON, NH—Mental health challenges and substance use disorders are impacting the workforce more than ever before. New Hampshire and Vermont have two of the lowest unemployment rates in the nation, and local businesses are struggling to find and retain workers while many positions go unfilled. With qualified workers who may be facing mental health challenges, it is important to explore how to support eligible prospects and existing staff who may experience mental health challenges to ensure that they are not lost from the workforce.

On July 16 from 5:00-7:30 p.m. in Auditorium H at Dartmouth-Hitchcock Medical Center (DHMC), a panel of business leaders and mental health professionals will explore the
(Continued on page A17)



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e-Ticker Business News

Challenges, from A16

challenges employers face in addressing behavioral health and substance misuse in the workplace and methods for supporting employees who are facing those challenges.

“As an employer and provider, the health of our workforce depends on access to mental health and substance use services,” says Aimee Giglio, Chief Human Resource Officer at Dartmouth-Hitchcock. “Reducing stigma associated with mental illness and supporting each other in an inclusive way, are first steps in encouraging the path to recovery.”

The event will open with a viewing of the “99 Faces Project: Portraits Without Labels.” The exhibit, designed by Boston-based visual artist Lynda Michaud Cutrell, is a six-month art installation at DHMC, and aims to break down the stigma associated with mental illness by using unlabeled photographs, videos, paintings and sculptures of people who experience mental health challenges and their loved ones.

“Mental health is just as important as oral health in the sum of overall health,” said Tom Raffio, President and CEO of Northeast Delta Dental, panel member for the July 16 event. “Northeast Delta Dental strives to provide a compassionate environment in which employees feel comfortable navigating their personal health journey through providing access to training and support such as mindfulness seminars and a robust Employee Assistance Program. I am pleased that my business colleagues recognize this important connection and are willing to share best practices surrounding substance misuse and mental health services.”

Additional speakers include: Stacey Chiocchio, Community Citizenship Manager at Hypertherm and President of the Board of the Upper Valley Haven; Matt McKenney, a member of Hypertherm’s Substance Use Disorder Taskforce; Tricia Soule, Executive Director of the New Hampshire Business Committee for the Arts; Jackie Mitchell, Director of Operations at WS Badger; and Melissa Chase Levesque Folsom, PsyD, MA, Live Well Work Well Primary Care, Dartmouth-Hitchcock.

Light refreshments will be served. There is no cost to attend, but registration is requested

by visiting go.d-h.org/99faces or call (603) 302-1633.

NHEC and Red Cross Team Up to Install 73 Smoke Alarms

RAYMOND, NH – Volunteers from New Hampshire Electric Co-op (NHEC) and the American Red Cross NH/VT Region installed 73 smoke alarms in Raymond homes on June 22 during a one-day drive to make the community safer.

The alarms and installations were provided free of charge, thanks to a grant from the NHEC Foundation. Alarms were installed in homes without working smoke alarms, or those without enough alarms as recommended by the National Fire Protection Agency.

In addition, 25 carbon monoxide alarms were installed and one home was supplied with an alarm for residents who are deaf or hard of hearing. Volunteers also made 28 homes safer by providing safety escape plans, education on home fires and what resident can do now to be prepared should a home fire or other disaster occur.

“Helping our members improve the safety of their homes is an extension of our company’s own commitment to safety,” said NHEC President/CEO Steve Camerino. “We’re glad to be part of such an important community initiative.”

“The American Red Cross of NH & VT is proud to partner with NH Electric Co-op in helping to make our communities safer,” said Maria Devlin, CEO of the

American Red Cross NH/VT Region. “NHEC’s commitment to their members through helping the Red Cross install free smoke alarms is a testament to their interest in saving lives in our great state.”

Any home in New Hampshire or Vermont without functioning smoke alarms is eligible to receive free alarms. To make an appointment for free installation of smoke alarms, please visit the American Red Cross of NH/VT website at <https://www.redcross.org/local/new-hampshire-vermont/about-us/our-work/home-fire-campaign/smoke-alarm-request-.html>.

NHEC is a member-led electric cooperative serving 85,000 homes and businesses in 115 New Hampshire communities.

2nd Annual Black River BioBlitz

SPRINGFIELD, VT—The Black River Action Team invites everyone to participate in family-friendly fun and citizen science in Springfield, VT. Guided walks, exhibit booths, kid-friendly activities and displays. No pets, please. Wear sun and biting insect protection.



From noon till 5:00 p.m., on Saturday, July 27th, you'll learn about fish and other aquatic flora and fauna at Hoyt's Landing public access by the Route 11 bridge over the Connecticut River; join us for a night-time session at the end of Park Farm Rd. at 8:00 p.m. (featuring owls with VINS and moths with the VT Entomological Society), then pick up the action the next morning at 9:00 a.m. at Muckross State Park, and visit with turtles, take a forest walk, and meet some mussels! Leave your car at the Exit 7 Park & Ride and let us shuttle you up to the Muckross State Park. Take photos, upload your observations to our project page at iNaturalist, let scientists help with the identification, and help us build an inventory of flora and fauna.

Visit the following links for more information and to sign up for this free, family-friendly event (a \$10 donation scores you a sweet 'swag bag' and button):

<https://www.facebook.com/BlackRiverAction-Team/> (check the Events page)

<https://www.inaturalist.org/projects/2019-black-river-bioblitz>

These events are largely made possible thanks to a pair of community grants from the Claremont Savings Bank and Mascoma Bank. The funds will be used to purchase equipment and supplies for the 2nd Annual Black River BioBlitz.

Bird Painting at Newport Block Party
Friday, July 12, 2019
5:00 pm - 8:00 pm

Library Arts Center Annex
15 Main St.
Newport, NH
Price: Free



The Library Arts Center's annex location at 15 Main Street will be set up with a wooden bird painting station during the Newport Block Party, in hopes of adding another 100 birds to the flock! Free to participate. 5:00-8:00 p.m. The event also features vendors, live music, food trucks and more! Birds will be added to the large-scale public art project in trees throughout downtown Newport. This event is part of the Newport Block Party on Friday, July 12th, hosted by the Newport Area Chamber of Commerce.

Concert: Celtic Music Trio 'Cantrip' at the Library Arts Center
Saturday, July 13, 2019
7:00 pm - 9:00 pm

Library Arts Center Gallery
58 N. Main St.
Newport, NH

Price: \$16 advance / \$20 at door
Part of the Three Bridges Concert Series: A Series of Traditional Music

Find out more about the trio at www.cantrip-music.com.

Tickets are on sale now at the Library Arts Center or online at: <https://squareup.com/store/library-arts-center>

Contact Info

Library Arts Center
58 N. Main Street, Newport, NH 03773
info@libraryartscenter.org
(603) 863-3040

Merger Planned for Open Hands Mission, CSK

CLAREMONT, NH—Open Hands Mission of Claremont and the Claremont Soup Kitchen are working toward a merger. This will allow meals to be served at one location seven days a week. The two groups are working together to better serve those in Claremont who are in need of meals. There will be more information released in the very near future, said a spokesperson for Open Hands Mission.

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Life Events Can Lead You to See a Financial Advisor

Over the years, you'll experience many personal and professional milestones. Each of these can be satisfying, but they may also bring challenges – especially financial ones. That's why you may want to seek the guidance of a financial professional. Here are some of the key life events you may encounter, along with the help a financial advisor can provide:

New job – When you start a new job, especially if it's your first "career-type" one, you may find that you have several questions about planning for your financial future, including your retirement. You may have questions about how much you should contribute to your employer-sponsored retirement plan. What investments should you choose? When should you increase your contributions or adjust your investment mix? A financial advisor can recommend an investment strategy that's appropriate for your goals, risk tolerance and time horizon.

Marriage – Newlyweds often discover they bring different financial habits to a marriage. For example, one spouse may be more of a saver, while the other is more prone to spending. And this holds true for investment styles – one spouse might be more risk-averse, while the other is more aggressive. A financial advisor can help recommend ways for you and your spouse to find some common ground in your saving and investment strategies, enabling you to move forward toward your mutual goals.

New child – When you have a child, you will need to consider a variety of financial issues. Will you be able to help the child someday go to college? And what might happen to your child, or children, if you were no longer around? A financial advisor can present you with some college-savings options, such as an education savings plan, as well as ways to protect your family, such as life insurance.

Career change – You may change jobs several times, and each time you do, you'll need to make some choices about your employer-sponsored retirement plan. Should you move it to your new employer's plan, if transfers are allowed? Or, if permitted, should you keep the assets in your old employer's plan? Or perhaps you should roll over the money into an IRA? A financial advisor can help you explore these options to determine which one is most appropriate for your needs.

Death of a spouse – Obviously, the death of a spouse is a huge emotional blow, but it does not have to be a financial one – especially if you've prepared by having the correct beneficiary named on retirement accounts and life insurance policies. Your financial advisor can help ensure you have taken these steps.

Retirement – Even after you retire, you'll have some important investment decisions to make. For one thing, you'll need to establish a suitable withdrawal strategy so you don't deplete your retirement accounts too soon. Also, you still need to balance your investment mix in a way that provides at least enough growth potential to keep you ahead of inflation. Again, a financial advisor can help you in these areas.

No matter where you are on your journey through life, you will need to address important financial and investment questions, but you don't have to go it alone – a financial professional can help you find the answers you need.

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



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

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Intro to 3D Printing

CLAREMONT, NH—Intro to 3D Printing is for anyone that has zero to little experience with 3D Printing. We will provide an overview of 3D printers and the printing process – covering everything from the way 3D printers are built through the ways we use them to create objects. In this beginner level class, we will discuss different methods of 3D printing and cover the fundamental steps for designing and printing models. Participants will get to know how the MakerSpace's printers – the LulzBot Taz 6 and Lulzbot Mini – work, and how to use them safely. Following the workshop, participants will have the opportunity to sign-up for certification sessions on these machines, so that they can use them on their own at the CMS.

Wednesday, 7/17 6:30 - 8:30 PM, Claremont Makerspace, 46 Main St. Claremont NH.

To register, please go to:

<https://claremontmakerspace.org/events/#/event/2019/7/17/intro-to-3d-printing>.



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It's About Food

By **Johnny Navillus**



One Skillet

The best thing about cooking in one skillet is the flexibility it affords. It's all there in front of you. If you want to change an ingredient or add a different flavor, you have it right there. This is especially true if you are doing a rice-based dish. Once something is in the oven, it's usually too late.

By the time I leave in the morning, I know what kind of a day I'm going to have. I take a protein out of the freezer, if necessary and let it thaw in the fridge. If I have to, I'll run into the supermarket on my way home for some chicken breasts or chopped meat or pork chops. This is a great cast Iron dish. It's rustic, easy and very tasty. I found this long ago and massaged it to my liking. I heard somewhere that this dish was named for Napoleon's horse. He named dishes after battle won, but he may have had a horse named Marengo. Anyway, here it is with credit to The Food Network:

One Skillet Chicken Marengo

3 chicken breasts cubed into bite sized pieces
Kosher salt or sea salt and freshly ground black pepper
3 tablespoons vegetable oil
1 medium sweet onion, sliced
1/2 pound mushrooms, sliced
1 yellow bell pepper, seeded and julienned
2 tablespoons tomato paste
1/2 cup white wine
1/2 cup beef broth
1 (14-ounce) can chopped tomatoes
1/2 tablespoon butter

Season the chicken with salt and pepper to taste. In a large saute pan, heat the oil over medium-high heat and add the chicken. Brown on all sides. Remove from the pan and set aside on a plate.

In the same pan, add more oil, if needed, along with the onion, mushrooms and peppers and saute until softened and fragrant, but not limp, about 5 minutes. Season with salt and pepper, to taste.

Stir in the tomato paste and cook a few minutes to cook out the raw flavor. Turn up the heat, and add the wine/wine to deglaze the pan and let it reduce for 2 or 3 minutes. Add the beef broth and tomatoes. Once the mixture begins to bubble, add the browned chicken and any juices from the chicken and reduce the heat to a simmer. Cook until the chicken is warmed through, about 3 minutes. Turn the heat off and stir in the butter. Transfer to a serving platter and serve immediately.

The best thing about the cast iron is that it can go from stove top to the oven without a problem. I sear my steaks in an extremely hot cast iron skillet and then finish it in the oven at 450. Just be careful of that extremely hot handle.

When properly seasoned and cared for, the cast iron becomes naturally non-stick, and cleanup is a breeze. There are a bunch of books out there about cast iron cooking.

Play with your food. Keep everyone guessing.

Write to Johnny at etickernews@gmail.com.

Fabulous **Fourth Fun!**



Hundreds turned out to enjoy the Fourth of July fun at Monadnock Park in Claremont on Thursday. Sponsored by Claremont Parks and Rec, the department said it thought this year's turnout was a record crowd; one estimate put the numbers at around 1,500. Last Kid Picked supplied the music, getting the crowd in a dancing mood; among the vendors was Susan Sadonsky of Mountain View Fudge who showcased delicious treats; the big crowd settled down to watch the fireworks show light up the sky. More photos, page A23.

Photos by Eric Zengota





July 4th in Claremont
Photos by Phyllis A. Muzeroll