

# e-Ticker News of Claremont

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August 9, 2021

## 300+ Mountain Bikers Soon to Be Racing at Arrowhead

### Pros and Amateurs to Compete in World Qualifying Race

By Eric Zengota  
e-Ticker News

CLAREMONT, NH—An estimated 350 highly competitive mountain bikers will arrive in Claremont the weekend of August 20-22. They'll be racing in the Maxxis Eastern States Cup Enduro World Series Qualifier at Arrowhead Recreation Area.

George Ulmer of Eastern States Cup reported that 80 to 100 of the racers will be in the pro category. They'll be competing for \$2,000 spread between men and women in first to fifth places. But as Ulmer noted, "It's not about the money, it's about qualifying for Enduro World Series events." By winning points at races, riders can go on to increasingly challenging events, as classed in three tiers in a global ranking system.

Amateur and novice racers make up the rest of the Arrowhead race entrants.

Other Enduro World Series races in 2021 will take place in Italy, France, Switzerland and Great Britain. That now there's one in Claremont attests to the quality of the Arrowhead course.

#### How an Enduro Came to Claremont

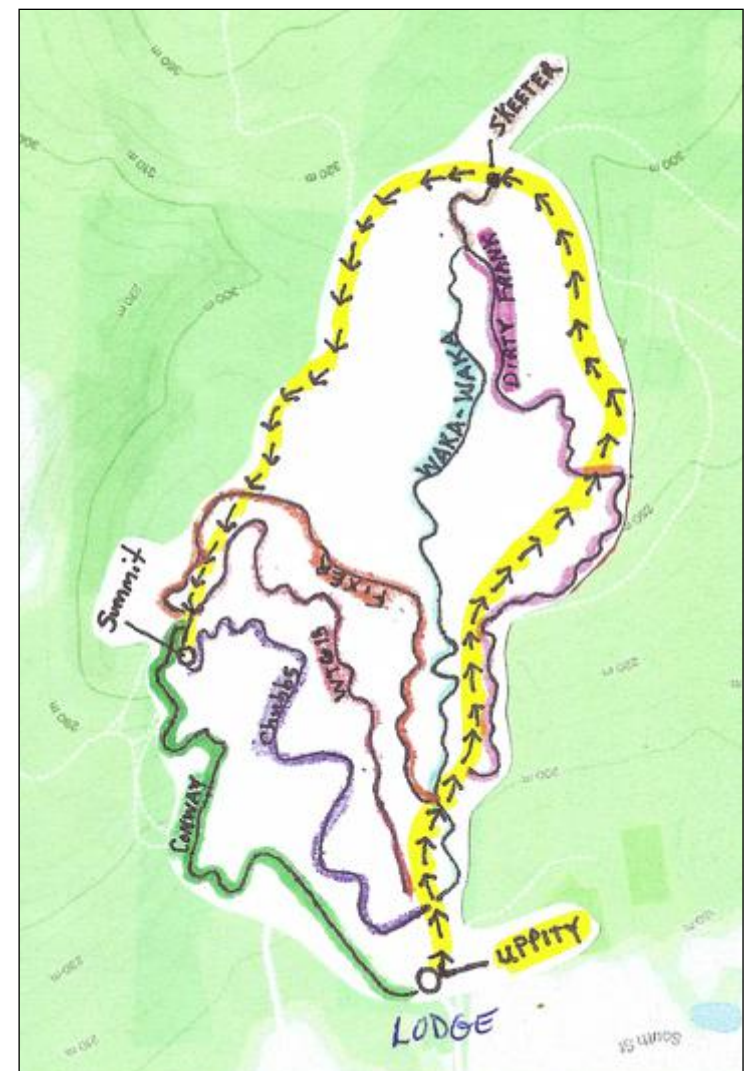
Rob Walker is the general manager of Claremont Cycle Depot and a member of the Claremont Parks and Recreation Commission. He's been an avid biker since age 10, and a serious rider and racer for nearly 20 years. His local network of fellow riders has been talking up Arrowhead for some time. Word was getting around the Upper Valley and beyond.

Eventually, Walker says, "George Ulmer of Eastern States Cup got wind of our trails. Like all of us, he's always looking for off-the-grid places no one has been to before. Claremont fit the bill."

#### Building the Trails

A world qualifying race wouldn't be possible without miles of literally breathtaking trails. That's where Walker and his team of "trail bosses" enter the picture. Not only is Walker a

(Continued on page 9)



## Autopsy Results in August 4 Murder-Suicide in Hinsdale

CONCORD, NH – New Hampshire Attorney General John M. Formella, New Hampshire State Police Colonel Nathan Noyes and Hinsdale Police Chief Charles D. Rataj announced additional information regarding the two deaths that occurred in Hinsdale, NH.

On August 4, at approximately 12:53 p.m., Hinsdale police officers responded to a call from 767 Plain Road for a reported shooting. Upon arrival, they discovered two people deceased in the home: David Lent (age 47) and his minor son, (age 12). The responding officers observed that Lent and his son had suffered apparent gunshot wounds. A pistol was located next to Lent. A witness at the scene reported that David Lent shot his son before shooting himself.

At the time of the incident, Lent was a resident at the 767 Plain Road home. The minor was a resident of Vermont and was visiting his father, Lent, and his grandparents in Hinsdale on August 4.

Deputy Chief Medical Examiner Dr. Mitchell Weinberg conducted autopsies on both of the deceased. Weinberg determined that Lent's cause of death was a single gunshot wound and his manner of death is suicide. The minor's cause of death was gunshot wounds and his manner of death is homicide.

Although the investigation into the circumstances surrounding this incident remains active and ongoing, based on the physical evidence and witness interviews it has been determined that Lent shot and killed his son and then shot and killed himself. No additional information is expected to be released at this time, said authorities.

### VSP Releases Identities, Additional Information on Fatal Police Shooting in Hartford

HARTFORD, VT— As the investigation continues into Thursday's fatal police shooting of a man in Hartford, the Vermont State Police is releasing the identities of those involved and providing new information about the case.

The Hartford Police Officer whom authorities said was attacked and subsequently fired his duty weapon is Cpl. Eric Clifford, a 12-year veteran of the Hartford Police Department.

The deceased man is identified as Joseph John Howard, 35, of Bradford. An autopsy performed by the Chief Medical Examiner's Office in Burlington identified the cause of his death as gunshot wounds to the chest, and the manner of

death as

homicide – shot by law enforcement. Howard had no prior involvements with the Hartford Police Department and was not known to the agency.

The homeowner who called 911 lives at the Paula Street address where the incident took place. Investigators have determined that the homeowner called police to report that Howard, whom he did not know, showed up at his residence shortly after he returned home, confronted him in his driveway, causing him to fear for his safety, and refused to leave the property. When the responding Hartford officer arrived on scene, the subject ignored the officer's directions and charged at the officer, who deployed pepper spray at the subject that was unsuccessful in subduing him. The subject allegedly attacked the officer, and while they were both on the ground the subject allegedly repeatedly punched the officer in the head and strangled him. The officer fired his service weapon, fatally injuring the subject. He was pronounced dead on scene.

The officer was treated at the hospital for non-life-threatening injuries and discharged later Thursday night.

State police investigators were continuing their work on the case Friday, Aug. 6. When the investigation is complete, police will turn over the case to the Vermont Attorney General's Office and the Washington County State's Attorney's Office for independent reviews of Cpl. Clifford's use of deadly force. The Windsor County State's Attorney's Office has recused itself from the matter, said authorities.

### News from the George H. Stowell Free Library, Cornish

Updates about the library, programming, and new books are available via our monthly newsletter. If you would like to be added to our mailing list, email Stephanie McAndrew at [stowell-library@comcast.net](mailto:stowell-library@comcast.net).

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**08/07/2021**

**NH PowerBall**  
7 24 36 54 60 23

**NH Mega Millions 08/06/2021**  
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## School Board Votes in Support of Administration's Recommendation for School Opening

By Phyllis A. Muzeroll  
e-Ticker News

CLAREMONT, NH—The school board passed a motion Wednesday night to accept the administration's recommendation for re-opening school this fall. They include:

- Masks optional except for buses
- 3 foot distancing to extent possible
- No monitoring except as NH state mandated
- no remote model offered; VLACS is not recommended as the district prefers to go with the one, in-school model, but is an option for parents— <https://vlacs.org/enrollment/programs/>
- Same community spread matrix design as last year for Claremont unless changed by NHDHHS

The recommendation from the administration also included a statement that the "Claremont recommendation should wait until 8/18/21 School Board Meeting or [be adopted] tonight after discussion with any potential modifications at the 8/18/21."

"Many districts are presenting tonight and this week," superintendent Mike Tempesta told the board Wednesday night. "We think the best option is to be in school using all the things we learned in the last year and we learned a lot." He reiterated the administration's recommendation that the district have only in-school instruction. He added that if there are COVID outbreaks and spreads, the district would "take them as recommended." He said that it is believed that most school districts expect to have final plans by mid-month and that things will be under local control. "We feel this is the most comfortable and least restrictive matrix we could have," said Tempesta, of the school opening recommendation presented. He added that this was "the plan I feel comfortable presenting to the board."

All the plexiglas and dividers devised last school year have been saved and would be available to use if COVID worsens and the need arises.

Masks will be required for drivers and students on buses, chair Frank Sprague remind-

ed those present and watching the meeting. "If you want to ride the bus, that's the way it is."

Vice chair Heather Whitney wondered if there was a way to incentivize residents to get vaccinated "at the Back to School clinic." When asked by another board member what kind of compensation she was thinking of, she suggested "\$50, first shot, \$100, second shot,"

perhaps using COVID funding. Tempesta said the administration could look into the matter, and business manager Richard Seaman said he would look into the logistics of what the IRS impact would be. Paying people to get vaccinated would require board approval; Tempesta said various details would be "fleshed out for the Aug. 18 meeting."

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# Guest Commentary

## Improving Our Cybersecurity and Keeping Our Country Safe

By Senator Maggie Hassan

“We don’t care about you or your deals, this is just business for us.” That was the message that the Sunapee School District received in October 2019 when it was hit by a ransomware attack. The district’s servers, documents, and critical data and files were locked by an outside entity demanding payment in exchange for the district getting this information back.

Thankfully, Sunapee was prepared. They regularly backed up their systems and were able to get the school back online and restore data, without paying a ransom. Nevertheless, the recovery took nine days and cost the school district \$40,000. If cyberattacks can occur in a school district with fewer than 500 students, they can happen anywhere. Unfortunately, not all communities are prepared to address these types of threats.

This summer, I led an Emerging Threats and Spending Oversight Subcommittee hearing about cyber threats to state and local entities and the consequences of cyberattacks on our national security, the economy, and citizens’ lives. There, I was honored to be joined by Sunapee School District Superintendent Russ Holden, who shared the ways in which the Sunapee School District navigated the 2019 attack. At the hearing, experts also reiterated their need and desire to make greater investments in cybersecurity, but explained how funding constraints make it difficult to invest in much-needed cybersecurity improvements.

What happened in Sunapee wasn’t a one-off. A recent study from the Center for Internet Security showed a 19 percent increase in ransomware attacks against K-12 schools between 2019 and 2020. Alarmingly, that number is expected to grow by 86 percent in 2021.

We need to treat cyberattacks as the urgent national security threat that they are, and make sure that all levels of government are prepared to prevent and respond to them – just as we do for other types of threats. We must also significantly improve the cyber resiliency of our communities through dedicated resources and funding, adoption of better strategies for how we respond to and deter these threats, and improved coordination at the federal, state, and local level. We also need to do more to ensure that our country is better prepared to address large-scale cyberattacks like the SolarWinds breach and the Colonial Pipeline attack that have threatened our national security and critical infrastructure.

These threats will continue to evolve, and I am focused on a number of bipartisan efforts to improve our country’s cybersecurity. Last year, I introduced bipartisan legislation, which became law, to ensure that each state will have its own federally funded Cybersecurity Coordinator. Cybersecurity Coordinators will be responsible for helping to prevent and respond to cybersecurity threats by working with federal,

state, and local governments, as well as schools, hospitals, and other entities.

In addition, I am working to address the concerns of state and local government officials, who say that they are understaffed and under-resourced in the face of an onslaught of attacks from malicious cyber criminals. Cybersecurity is a key component of our national security and economy, and the federal government –working in tandem with our state and local governments – can make sure our information technology systems are protected against all forms of cyber threats. That is why I am working to create a stand-alone cybersecurity grant program for states.

As we work to improve coordination at all levels of government and give states more funding support, I am also focused on scaling up our national cybersecurity infrastructure. To support that effort, I recently introduced a bipartisan bill to strengthen our federal cyber workforce.

The bill will help bolster our cyber defenses and protect our critical infrastructure by increasing the number of cybersecurity professionals in the federal government. This legislation will also help support our country’s veterans by setting up a cyber-training program at the VA to help veterans secure good-paying, stable jobs.

Just as we saw in Sunapee School District, cybersecurity threats can happen anywhere. We will continue to face new cybersecurity challenges in the years to come, and we must ensure that we have the tools to adapt and respond to them. I am committed to working on a bipartisan basis, and with partners at federal, state, and local levels, to improve our cyber defenses and keep our country safe.

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## Shaheen Joins Legislation to Help Small Businesses Become More Energy Efficient

WASHINGTON, DC—U.S. Senator Jeanne Shaheen (D-NH) joined Senator Catherine Cortez Masto (D-NV) to introduce legislation to help small business owners make energy efficiency upgrades to their businesses and reduce their energy costs. The Main Street Energy Efficiency Act would establish a Small Business Energy Efficiency Grant program to provide funds to incentivize small businesses to take on energy efficiency projects – particularly in underserved, rural and economically disadvantaged communities.

“As small businesses recover from the pandemic, we have an opportunity to rebuild with an eye towards sustainability,” said Shaheen. “This bill is a win-win: businesses can get help with critical energy efficiency upgrades that will boost their long-term resilience, while taking important action to combat the climate crisis. Rural and underserved communities deserve access to capital to make much-needed upgrades, and I’ll continue to work closely with our small businesses to ensure they can reduce their carbon footprints and thrive.”

Senator Shaheen has helped lead the Senate for safeguarding the environment, combating the effects of climate change and investing

**(Continued on page 5)**

## House of Representatives – Claremont

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## Senate – Claremont

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To find out who your local state representatives/  
senators are in Sullivan County, please visit

[http://www.gencourt.state.nh.us/house/members/  
wml.aspx](http://www.gencourt.state.nh.us/house/members/wml.aspx)

## Letter to the Editor

### Thank You for Supporting our Arts Programming

#### To The Editor:

The Board of Directors for The Center for the Arts would like to publicly thank all the wonderful sponsors who helped make our summer programs happen! From our Annual Gala to our arts shows: Arts on the Green and Naturally New England, none of it would have been possible were it not for the support from our community whose generosity helped to raise money for the Center for the Arts Scholarship and Community Programs. In particular the sponsors are Anchorage at Sunapee Harbor, Chippers, Dan O’Brien Automotive Group, Eversource, Flashphoto, Hypertherm HOPE Foundation, Intertown Record, LaValley Building Supply, MJ Harrington Jewelers, Northcape Design Build, Prospect Hill Antiques, Rocky’s Ace Hardware, Spring Ledge Farm, Summercrest, and TDS.

They along with Cicely Beston Interior Designs, Colby-Sawyer College, Echo Communications, Floorcraft, Dr. Donna Reed/Appletree Opticians, Flying Goose Brew Pub, Kearsarge Conservatory for the Performing Arts, New London Barn Playhouse, The New London Inn, O’Halloran Group-Keller Williams Lakes and Mountains Realty, and YCN: Your Local View helped us to bring back live events benefiting all who attended.

We also would like to thank our Gala food sponsors: Bubba’s Bar and Grill, New London Inn-Coach House Restaurant, Blue Loon Bakery, Grounds, Peter Christian’s Tavern, 74 Main, Hanaford’s, Full Belly Deli, The Refinery, and our many volunteers and artists!

The whole organization from board members and employees to the artist members are grateful to all of them for helping us keep the arts alive in the Lake Sunapee Region.

Sincerely,

The Board of Directors

The Center for the Arts, Lake Sunapee Region

#### Efficient, from page 4

in energy efficiency policies. Shaheen is one of the authors of the bipartisan infrastructure framework which would make historic investments in America’s clean energy economy, upgrade its power infrastructure and combat the climate crisis. The framework also includes significant portions of her legislation with Senator Rob Portman (R-OH), the Energy Savings and Industrial Competitiveness (ESIC) Act. The ESIC Act will improve energy efficiency in three key sectors – buildings, industrial and the federal government – to reduce emissions, protect the environment and create jobs.

As a member of the Senate Foreign Relations Committee, Shaheen traveled to Paris to participate in high-level discussions at the 2015 United Nations Climate Change Conference that led to the international Paris Climate Accord. Shaheen is a founding member of the bipartisan Senate Climate Solutions Caucus, which brings together an equal number of Republicans and Democrats to craft and advance bipartisan solutions to address climate change.

#### Correction

In his July 19th commentary, Rep. Gary Merchant stated that Claremont would be losing \$2,131,506 in state funding in the new budget which would lead to a tax increase of \$2.86 per thousand. In fact, the money was not a loss but a one-time state payment last year via Fiscal Capacity Disparity Aid; loss of Fiscal Capacity Disparity Aid in the current state budget will not impact property taxes.

# FORWARD THINKING

## >>>>>> How To Be a Responsible Credit Card User

**No need to be afraid of credit cards—if you use them wisely. Follow these guidelines to help you charge responsibly.**

Credit cards are a modern convenience that make shopping easier and safer. They can be better than cash for large purchases, and they're a good option for shopping online if you're concerned about the security of digital transactions. You can also find useful benefits such as cash-back or rewards points that can help you with other spending needs. A credit card can also be key for establishing and building a credit history, which is essential when financing large purchases such as a car or a home.

But like many things in life, the ease of credit cards comes with an opportunity cost. Excessive use of credit over time can lead to future financial problems. But credit doesn't have to control your financial life, if you take control of your credit and learn how to be a responsible credit card user.

**USE YOUR CREDIT CARD LIKE A DEBIT CARD.** Make purchases on your credit card only when you have enough money in your bank account to pay for them. This approach can help you pay off debts as you realize them, while you build a solid credit report and reap rewards at the same time.

**BE PRUDENT WITH CREDIT.** A credit card can be useful in helping you pay for large purchases when you don't have enough savings, as long as you have a plan to pay off the purchase in a few months. There are some purchases that are not a prudent use of credit; for instance, paying taxes, your rent or mortgage, or significant medical bills. Once you start paying for these expenses with credit, it's easy to keep doing it. That's a quick way to dig yourself into a hole of debt.

**MAKE MINIMUM PAYMENTS ON TIME.** Always pay your full credit card balance every month. This is the best approach for avoiding interest charges. But there may be times when you cannot pay off your full balance. If so, you should at least pay the minimum amount due on time. Nearly all credit cards charge fees for late or missed payments, and some banks are likely to apply higher interest rates as well. Late and missed payments can also become black marks on your credit history that are hard to erase.

**DON'T MAX OUT YOUR CREDIT.** The convenience that credit cards offer is great, but that ease of use can also lead to trouble if you continue to make purchases with credit. If you don't pay off these purchases and continue to shop with your card, eventually you'll hit your credit limit. Carrying a high credit card balance can weigh on your credit score. If you need to carry a balance from month to month, make sure it only represents a small portion of your credit limit.



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*This material was prepared by LPL Financial.*



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## Recovery from Storm Damage Continues; Local Officials Look for Funding to Help with Mammoth Costs

By Phyllis A. Muzeroll  
e-Ticker News

Various elected officials, from the governor down, visited the region last week to see first-hand the damage that was done to local communities by the recent torrential rains. On Aug. 1 and 2, Gov. Chris Sununu toured storm impacted areas throughout New Hampshire and monitored the latest weather from the State Emergency Operations Center. Sununu arrived at the Emergency Operations Center, received an update from Homeland Security and Emergency Management Director Jennifer Harper, and visited 14 storm impacted sites in seven towns, where he saw several areas of high water. Some of the area sites he visited included

- Stage Road in Unity
- Marlow Pond Road and Faxon Hill Road in Washington
- Route 123A in Langdon
- Washington Pond Road, Sand Pond Road, Ashuelet Pond Dam, and Route 10 in Marlow
- Route 10 at NHMX New Hampshire Motocross Track in Lempster
- Route 123A, Crane Brook Road, and Cold Pond Road in Acworth
- Route 123A and Marlow Road in Alstead

On Tuesday, Executive Councilor Cinde Warmington, District 2, toured the extensive damage to towns in Cheshire and Sullivan Counties.

"Pictures and videos of the damage do not adequately represent the level of destruction that has happened to some of our state's westernmost towns," said Warmington. "I have been in touch with our Congressional Delegation, as well as representatives from Homeland Security and Emergency Management and the Department of Transportation, to ensure the towns affected have access to all federal and state aid available."

Warmington traveled with a member of the Acworth Selectboard and a member of their local Emergency Response Team across the miles of affected roads and bridges to view the ruined infrastructure from a safe distance. Within just the last two days, Acworth officials were able to work with local contractors to build temporary access so that emergency

services could reach its citizens and businesses. The Luther family farm, a local milk farm whose family has lived in Acworth for generations, was forced to dump gallons of milk because pick-up and delivery vehicles could not access the roads leading to his farm. Bascom Maple Farm was shut down for days as a result of this storm and is still unable to access acres of tapped trees, which could result in significant financial losses if unresolved in the future.

Also visiting the area was executive councilor Joe Kenney, District 1, who had accepted an invitation from State Rep Judy Aron who represents Acworth, Goshen, Langdon, Lempster, and Washington. Even though his district was not severely damaged by the storms, Kenney said visiting the areas of southern Sullivan County hard hit by the flash flooding was helpful. "It brought attention to the area," he said. "The more spotlight we can do, the better." He said he was with the operations manager when the decision was made to shut down Route 12 in Charlestown due to a major crack in the road, causing it to slide. He said the damage in the region will be in the millions. "We're in the process of working with Jen Harper, Emergency Management director. They have to collect all the costs associated with the flooding to get a declaration so they can work with FEMA, but it takes weeks and months [for the process]." There was an exceptional disaster loan fund that was established in 2018 that allows the state to give loans to communities. In order to be eligible for an exceptional disaster relief loan, the per-occurrence cost of a municipality's critical disaster relief project or projects shall equal or exceed 25 percent of the amount raised by local property taxes in the municipality's last annual budget.

Paying for all the damage is now foremost on Aron's mind. She posted on the Acworth, NH, FB page, "Quite frankly, I think with the amount of money for repairs that we are dealing with in Acworth, I would much rather see if the state can assist us with funding outright instead of offering us loans, or loans that can only be administered after the President makes a declaration of emergency...which could be



months. What we need desperately is GAP funding... so to me this statute is almost useless.

"I am reiterating to everyone that the amount of cost of damage is nearly impossible a cost for Acworth to absorb. We have spent years putting money into these roads in a piecemeal fashion as we could afford it, especially Crane Brook, and to have to pony up and pay for their replacement all at once is not realistic, even if it is 25% of total cost of the damage. Our town budget committee, Emergency Response team and select board members will holding a meeting at town hall Monday night at 6pm to discuss things."



**Top: Executive Councilor Cinde Warmington tours some of the damage in the area; below: State Rep. Judy Aron, left, with State Senator Ruth Ward on site recording one of the devastated roads (Courtesy photos).**



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 thirty-one individuals under the age of 18 and the rest are adults with 50% being female and 50% being male.

As of Friday, the 6th, there were 5 current positively identified cases in both Claremont and Newport and 1-4 cases in several other towns. DHHS reported 19 overall in Sullivan County, up by 10 from the previous week.

## NH DHHS COVID-19 Update – August 6, 2021

CONCORD, NH – The New Hampshire Department of Health and Human Services (DHHS) issued the following update on the new coronavirus, COVID-19.

On Friday, August 6, 2021, DHHS announced 176 new positive test results for COVID-19. Those results included 107 people who tested positive by PCR test and 69 who tested positive by antigen test. There were now 1,125 current COVID-19 cases diagnosed in New Hampshire as of Friday.

The new cases resided in Rockingham (45), Hillsborough County other than Manchester and Nashua (35), Merrimack (15), Strafford (9), Cheshire (8), Belknap (5), Carroll (5), Grafton (5), Coos (3), and Sullivan (3) counties, and in the cities of Manchester (17) and Nashua (9). The county of residence is being determined for seventeen new cases.

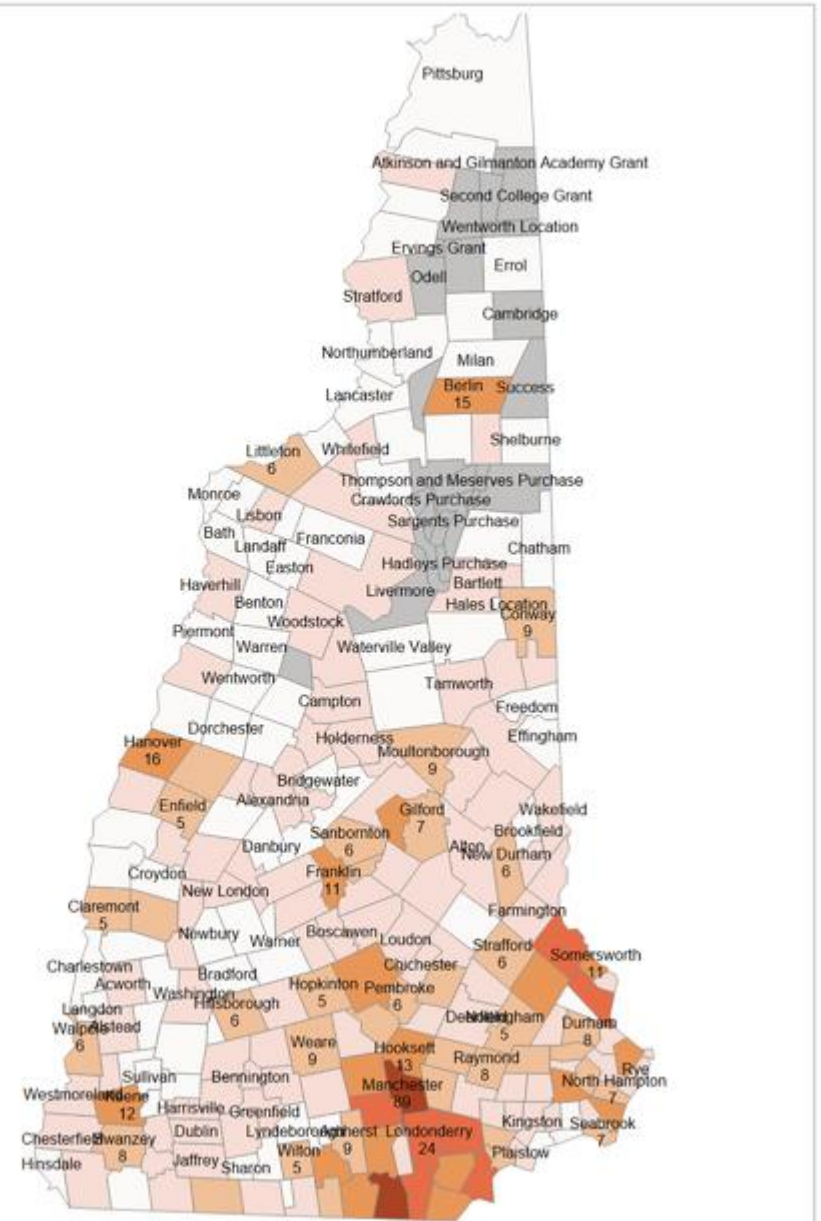
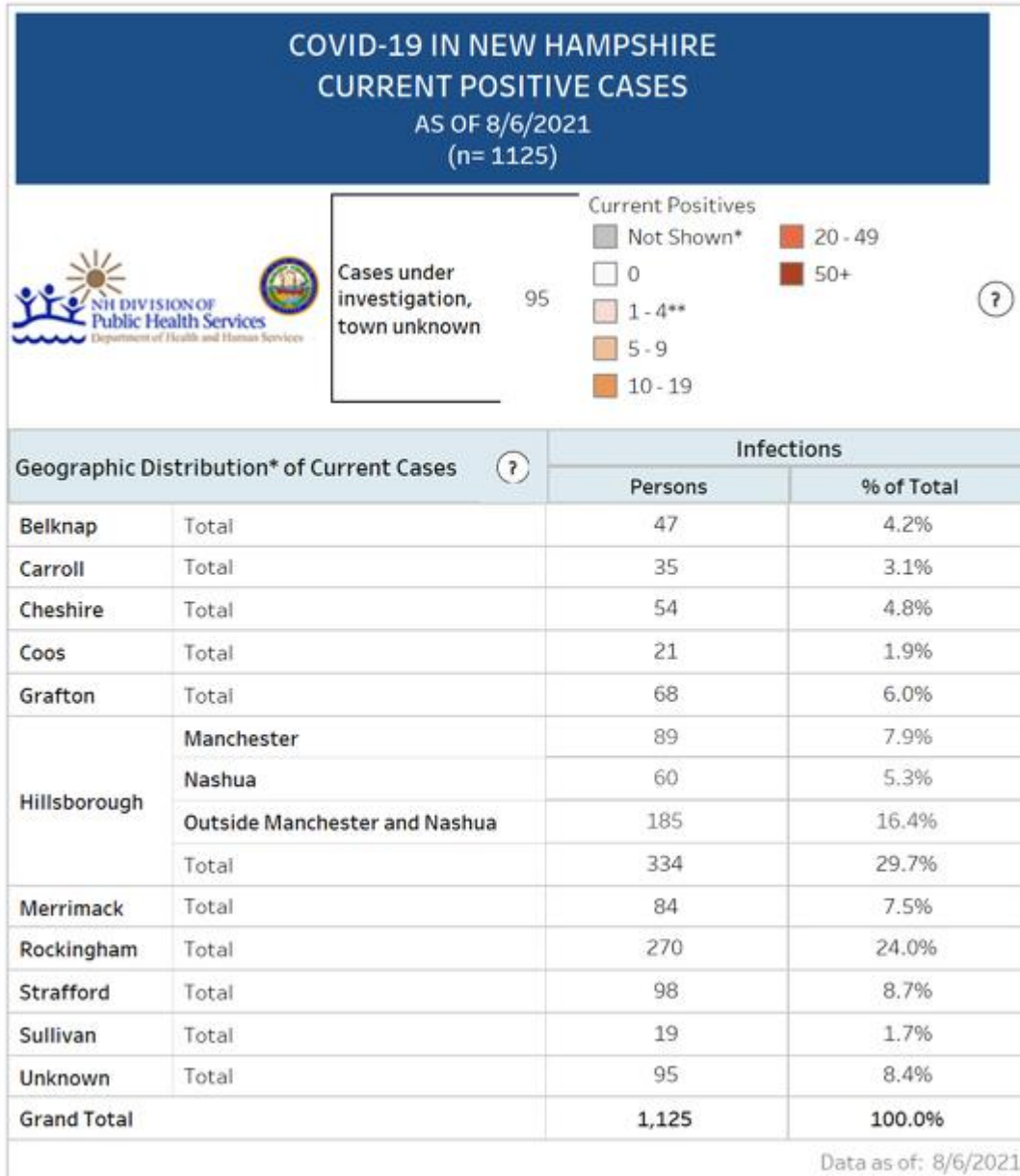
There are currently 38 individuals hospitalized with COVID-19. In New Hampshire since the start of the pandemic, there have been a total of 101,662 cases of COVID-19 diagnosed.

### COVID-19 Hotline

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

### Vaccine Information in NH

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





## Enduro, from page 1

rider and a racer with many years of experience, he's been instrumental in building and maintaining trails in Moody Park, which are used year-round by bikers, walkers and snowshoers alike.

There have been mountain biking trails at Arrowhead for many years. But trails for an Enduro race would have to be challenging to the most expert racers. And if trails that weren't up to that standard weren't there — well, they'd just have to be built.

Walker and his team of volunteer trail builders began work in March. Since then, they've been at Arrowhead most weekday evenings and on Sundays, in all kinds of weather. The record rains of July slowed their work, but they've been back building and rebuilding "pretty much in a frenzy," as Walker puts it.

Trail building involves a lot of hard work. Walker explained the process. "First you have to identify a possible trail, in its existing natural state. You then find its tread, remove duff [organic debris] and dig down to a good layer of dirt. You're reshaping the terrain, but at the same time you have to preserve the environment. You have to develop a good eye, especially when it comes to water flow patterns."

Walker credits those "trail bosses, who have a massive influence on local riding" for spending hundreds of hours on the mountain. The core team — all young, avid riders and racers themselves — includes Will Jaarsma (a build leader along with Walker), Matt Hall, Gavin Boardman and Conor Rowan.

They'll be working right up to race weekend to ensure the



trails are in prime racing condition. "Racers of the caliber who are coming to Claremont always want to challenge the terrain plus show off their skills," said Walker. "So we're making sure that the entire hill is hard."

### Watching the Race

Riders will spend Friday and Saturday riding or walking the course, familiarizing themselves with the trails and checking out trail conditions. The race is a rain-or-shine event, so all conditions are possible.

Sunday is race day, starting at 8am. Riders will make six climbs in the race. From Arrowhead, they'll bike uphill for about one mile on Uppity Trail to Skeeter, then head downhill to the lodge on Dirty Frank, Waka-Waka, Fixer, Summit, Chubbs and WTG13. Between each downhill run, they bike back up to Skeeter.

Conway, the last trail leading to the finish line, is what in winter are snow tubing lanes. Riders will be hurtling down that stretch at up to 40 miles per hour.

There's no charge to watch the race, noted Walker,

adding, "spectators will have to climb Arrowhead. We'll have some cordoned-off areas along different trails where you can get the best views of the race."

### Learn More

Keep in touch with Eastern States Cup at: [www.easternstatescup.com](http://www.easternstatescup.com)  
[www.facebook.com/easternstatescup](https://www.facebook.com/easternstatescup)  
[www.instagram.com/easternstatescup/](https://www.instagram.com/easternstatescup/)

Watch videos by YouTube influencers of bikers on Arrowhead trails at:

[www.youtube.com/watch?v=BAMDR8KnfBU](https://www.youtube.com/watch?v=BAMDR8KnfBU)  
 (channel: Projectnortheast MTB)  
[www.youtube.com/watch?v=snFLIaL8G08](https://www.youtube.com/watch?v=snFLIaL8G08)  
 (channel: MTB Travel Review)  
[www.youtube.com/watch?v=Ve77qQFGwM8](https://www.youtube.com/watch?v=Ve77qQFGwM8)  
 (channel: MTB Travel Review)

## Claremont City Leaders Are Welcoming the Race

*"Arrowhead is part of our City's extensive park system. I was more than happy to help Rob Walker's trail building vision become reality. The world is coming to Claremont. We've heard that there might be racers from Europe and Australia. Several racers, including a man from British Columbia, have already visited to scout out the terrain. I'm sure that after the Enduro, many racers and a lot of new bikers will come to town to check out Arrowhead."* — **Mark Brislin, Director, Parks and Recreation Department**

*"It's very exciting for this race to come to Claremont. It will be a boost to the local economy and help local restaurants and travel-related industries as the City opens back up after the worst of the pandemic. Visitors will enjoy our recreational assets and learn about our cultural offerings as well. City staff have spoken with recent visitors who have expressed a desire to live and work here in Claremont."* — **Ed Morris, City Manager**

*"The Chamber of Commerce is thrilled that Arrowhead Recreation Area has been selected as a site for the Enduro race. We're putting together welcome packets, and encourage all businesses to complete our online form at [https://bit.ly/Enduro\\_Race\\_BizInfo](https://bit.ly/Enduro_Race_BizInfo) by August 19 to have their information in these packets to give to racers and their families. We can't wait to be a part of this busy weekend."* — **Elyse Crossman, Executive Director, Greater Claremont Chamber of Commerce**

*"As a police officer and a citizen, I'm excited that so many first-time visitors are coming to Claremont. It will be a great time to showcase our City and let everyone know what we have to offer."* — **Mark Chase, Chief of Police**

# Classified Ads

## NEW LISTING



**CLAREMONT - Built in 1820, same family owned about 70 years.** Large rooms, high ceilings, 3 fireplaces. granite steps w/ custom made iron handrails. A 4 room apt and 3 car garage, attached, built about 6 years ago. Landscaped backyard with mature plantings. If you like restoring homes, this one may be perfect. **See MLS# 4876012 \$139,000.**



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Owner/Broker



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

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Fax: 287-4857  
Cell: 603-477-1872



**Ashley Bergeron**  
Agent



Interested in taking over the business. **\$349,900**

**GRANTHAM NH**—This secluded three bedroom log home sits at the end of a private road on 2.3 acres with a stream that abuts the property and small pond. Updated kitchen with an open concept living room with cathedral ceiling. There is a soap stone woodstove that will stay. Offers a bedroom on the first floor. 32x32 barn with water and power, 3 stalls that to into a level pasture, 20x20 shed with power for lawn equipment or shed. There is also a well known kennel onsite know as the Grantham Mountain Kennel if you are in-

## PUBLIC NOTICE

### Claremont School Board Regular Meeting August 18, 2021 at 6:30pm Location Sugar River Valley Regional Technical Center

The Claremont School Board will be holding an in person regular meeting following Covid 19 guidelines. Those in attendance will need to adhere to safety rules which may include: temperature check, hand sanitizer, wearing a face mask, social distancing, and others deemed necessary.

The meeting will also be available on CCTV Channel 8 and online using one of these links.

You can watch channel 8 at anytime LIVE here:

<https://reflect-claremont.cablecast.tv/CablecastPublicSite/watch/1?channel=1>

Or channel 10 here:

<https://reflect-claremont.cablecast.tv/CablecastPublicSite/watch/2?channel=2>

Please visit our website: [www.sau6.org](http://www.sau6.org) under School Boards to review agenda.

## HELP WANTED

### Help Wanted - Part-Time Custodian

10 hr/week, general custodial work and set up and take down of chairs and tables.

**Apply at Claremont Senior Center,  
5 Acer Heights, Claremont,  
9 a.m. - 3 p.m. or call 543-5998  
to receive an application.**

### **PUBLIC NOTICE**

#### **For a meeting of the CLAREMONT ENERGY ADVISORY COMMITTEE**

To be held on  
Monday, August 16, 2021 at 6:00 PM at the  
Visitor Center, 14 North Street  
Claremont NH

### **PUBLIC NOTICE**

#### **For a meeting of the Conservation Commission**

To be held on  
Thursday, August 19, 2021 at 6:00 PM in  
Council Chambers, City Hall  
Claremont NH

### **PUBLIC NOTICE**

#### **Claremont School Board Non Meeting**

for attendance at the Claremont Community Forum August 9, 2021  
at 5:30pm  
Stevens High School Auditorium

### **SATURDAY, AUGUST 28**

**2 pm:**

**Professional Ventriloquist Kevin Driscoll –  
Outside at the Philip Read Memorial Library**  
(Edmund was an amateur ventriloquist.)

In celebration of the Centennial of the Philip Read Memorial Library.

Sponsored by the Friends of Philip Read Memorial Library  
Contacts: [prmlfriends@gmail.com](mailto:prmlfriends@gmail.com) or [mary.king@plainfield-libraries.org](mailto:mary.king@plainfield-libraries.org).

## HOME OF THE WEEK



**WHERE CAN YOU FIND A MATCH TO THIS ONE?! IT HAS IT ALL.** 241 BEAUTIFUL ACRES, PASTURES, POND, BARN, & AN INCREDIBLE ANTIQUE CAPE OVERLOOKING THE PERFECT VIEW OF MT. ASCUTNEY. THIS IS ONE OF CLAREMONT'S FINEST HOMES WITH LARGE ACREAGE. THIS FANTASTIC HOME HAS

BEEN MODERNIZED WHERE IT COUNTS AND YET STILL HAS THE OLD CHARACTER AND CHARM. WIDE PINE FLOORS, 3 FIREPLACES, BEAUTIFUL HOMEY COUNTRY KITCHEN WITH GRANITE COUNTER TOPS. THERE IS AN AMAZING BRICK DUTCH OVEN FIREPLACE IN THE LIVING ROOM, FORMAL DINING ROOM, A FAMILY ROOM USED FOR PRACTICING THE GOLF SWING!, A WORK SHOP, A TOTALLY PRIVATE BACK DECK, AND THAT SOOTHING FRONT FARMER'S PORCH OVERLOOKING THE MOST BEAUTIFUL VIEW OF MT. ASCUTNEY! THE BARN NEEDS WORK, BUT ONCE HOUSED LOTS OF CRITTERS AND STILL CAN! THE 241 ACRES CONSISTS OF ABOUT 40-45 +/- OPEN ACRES CURRENTLY HAY FIELDS & THE REMAINDER IS A LARGE DEEP FOREST. WILDLIFE ABOUND! THIS IS AN INCREDIBLE OFFERING.

**MLS #4875744 \$695,000**



Rick Howard



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Cathy Thompson



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# Classified Ads



**CLAREMONT**— 3+ acre property with 700+ feet of frontage on the Sugar River! Exposed beam 4-season sun room with cathedral ceilings and multiple sliders bringing you to the custom patio just steps away from your sparkling in-ground pool and large deck. Den with butternut paneling and wide oak flooring, beautiful kitchen with custom oak cabinets and matching granite floors and countertops. Large brick fireplaced living room and large basement room with gorgeous field stone fire place and slate floor. **\$475,000 (MLS#4875351)**



**PLAINFIELD**—Adorable 3 bedroom, 2 bath Ranch with 2-car garage in the heart of Plainfield Village. New on-demand hot water system, wood flooring throughout, and a new updated oak kitchen with new counter tops and breakfast bar. The partially finished basement would make a great game, media, or exercise room. 3-season porch is perfect for bird watching, relaxing, or entertaining. **\$315,000 (MLS#4873967)**



**CHARLESTOWN**—North Charlestown Antique Cape that is waiting for its new owner to restore to today's standards with some imagination and creativity. Center stairway home with a large living room and potential to refurbish the attached barn for additional living space. The location offers easy access to Rt 12 and I-91 for shopping, work and play. Short ride to the boat landing on the CT river for boating, fishing and relaxing. **\$84,900 (MLS#4868477)**



**CHARLESTOWN**—The first floor of this house has a good sized vaulted ceiling living room. Step up to the kitchen with a separate dining area. Down the hall is a 3/4 bath then on to a spacious laundry room with a door leading to a deck and a bedroom. Upstairs you will find a full bath and 2 more bedrooms. Basement can be accessed from the outside stairs or from inside the house. Convenient location for an easy I-91 commute. **\$135,000 (MLS#4868151)**



**CLAREMONT**— This prime residential neighborhood features 2 adjacent building lots totaling 1.35 +/- acres. Great spot to build your dream home with views to the back of the lots. Located on a quiet cul-de-sac with city water and sewer. Can't beat the amenities! **\$50,000 (MLS#4733484)**



**SPRINGFIELD, VT**—This level, open lot is just under a half acre and is located on a paved dead-end road. Spring is a great time to build! **\$15,200 (MLS#4800971)**



**WEATHERSFIELD, VT**— This stunning property will fulfill your heart's desire for beauty, space, character, privacy, modern design, and acreage. 2004 Colonial nestled on 18 acres with magnificent mountain views. The main level's open floor plan includes an ultra-modern kitchen with abundant cabinetry and granite counters, a prep sink, a breakfast dining area, formal dining room, and a fireplaced living room. The master suite includes a soaking tub with views, 4 bedrooms (2 with baths), a family room and office combo, and a view from every room! Central air, walk-in closets, 2 laundry rooms, 3-car garage, spacious covered porch, outbuilding with power, and grassy pasture land. **\$850,000 (MLS#4844540)**



**ACWORTH**—Half a mile down an old Jeep trail sits this ideal getaway! Amidst snowmobile trails, wilderness, and 6.4 acres of hardwood, located on both sides of a private Class VI road. Gas stove and gas lights, woodstove, cathedral ceilings with a loft for sleeping, large deck to enjoy the serenity, and an outhouse. The road has been greatly improved over the years with culverts and gravel. Say goodbye to neighbors and hello to peace and quiet. **\$100,000 (MLS#4868032)**



**CLAREMONT**—This versatile home offers plenty of room for the growing or extended family. Up to 5 bedrooms, open living/dining room, washer & dryer area on the main level, enclosed porch, den or sitting room with beautiful spiral staircase leading to the master bedroom/bath. This home could easily house an in-law apartment. The back yard has plenty of space, and the garage will keep your car out of the elements. Situated towards the end of a dead-end street but conveniently close to Claremont's shopping district. **\$169,900 (MLS#4861927)**



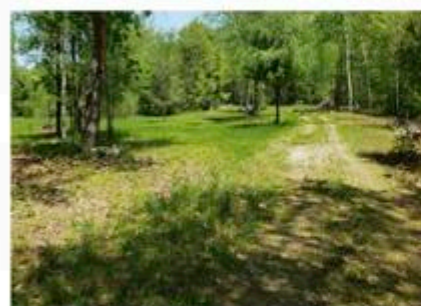
**CLAREMONT**— Historic old Schoolhouse recently used as a religious facility. Ideal for daycare use, clubs, churches. Two new bathrooms, appliances kitchen (including 2 stoves and refrigerator), 2 furnaces, function hall, office, and meeting room. **\$125,000 (MLS#4831733)**



**ENFIELD**—Located on a dead end, this end unit, townhouse style Condo has 2 beds, 1.5 baths, and a full basement! Great sized deck off the living room sliders overlooking the large back lawn. This home offers a blank slate with great bones! **\$139,900 (MLS#4866231)**




**SPRINGFIELD, VT**—4.5 beautiful, level, and subdividable acres on the Connecticut River with 550 feet of water frontage. Beautiful water views to the south and of Mount Ascutney to the north. The New Hampshire side is all flood plain and can never be built upon. Abundant fruit trees and berry bushes. State approved septic system plans in place and power is on site. Access to the 20' boat dock is already in place! **\$247,900 (MLS#4828504)**



**UNITY**—Nice level lot, open, ready for your home site. This lot is partially developed with a road into the property, a drilled well, septic system, and underground power. There was an old mobile home on the property but it has been removed. A must to see!! **\$100,000 (MLS#4862071)**



**CLAREMONT**—Nestled comfortably in its Maple Avenue neighborhood, this home offers 3 bedrooms, 2 baths, and a great sized back yard for all activities! Tastefully remodeled with all new plumbing and electrical as well as laminate flooring throughout. New kitchen, two new baths with tiled floors and beautiful real wood accents on the structural beams and staircase leading to the second floor. A new front porch and back deck have brought this Gambrel back to life! **\$269,995 (MLS#4872777)**



## CENTURY 21

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# Fun and Games

## Police Head Up Claremont's National Night Out

**Text and Photos By Eric Zengota  
e-Ticker News**

CLAREMONT, NH—Several hundred people showed up last Tuesday evening at the Grace River Church lot on Maple Avenue to meet and greet Claremont's police officers, fire-fighters, first responders and DPW workers in the City's first National Night Out.

NNO is "the best way for all of us in public service to get to know our neighbors in a casual setting," said police sergeant Trevor Dickerman, who organized the event. Deputy chief of police Mark Grasso was just as enthusiastic, noting that "residents, especially kids, get to know the peo-

ple behind our uniforms. We're all building positive relationships in a stronger community."

Many of the kids (and a few adults) enjoyed "touch-a-truck," settling into police cruisers, sounding Engine 4's horn, and climbing into the cab of a giant snow plow. Parks and Recreation staff and volun-



teers helped kids get their faces painted, and cheered them on during knock-'em-down and through-the-hole bean bag tosses.

Police sergeant Tyler Petrin and canine officer Maverick gave a K-9 demonstration that had onlookers gasping at the dog's strength when he "attacked" officer Cam Blewitt's bite sleeve. A team from NIMMA gave

a demonstration of mixed martial arts. A long line formed, as chief of police Mark Chase put it, to "sink the chief." Kids and adults alike sent him into the dunk tank; he stopped counting after about the 100th splashdown.

Others in attendance were Golden Cross Ambulance, Boy Scouts, Girl Scouts, race cars, DHMC's Injury Prevention Center, Youth CAN, Claremont-Sugar River Rotary the City of Claremont, and the Greater Claremont Chamber of Commerce.

## Claremont Student Studies Mandarin on US Department of State NSLI-Y Scholarship

CLAREMONT, NH—Prescott Herzog, a recently graduated Senior from Stevens High School in Claremont who will be attending Dartmouth in the fall to study government and history, was selected to participate in the NSLI-Y VSI Mandarin. The program is designed to develop skills in an extremely useful global language, and to have a better understanding of the current issues facing U.S.-China relations. It runs for six weeks.



**Prescott Herzog**

NSLI-Y is a program of the U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA) that promotes critical language learning among American youth. The 2021 Virtual Summer Intensive program is an online alternative for NSLI-Y immersion programs that could not take place overseas due to the ongoing COVID-19 pandemic.

Prescott, competitively selected from approximately 2,500 applicants from across the United States, is one of over 500 students chosen to study Arabic, Chinese, Hindi, Indonesian, Korean, Persian, Russian, or Turkish this summer as part of the virtual exchange. The NSLI-Y Virtual Summer Intensive program provides robust language and cultural learning opportunities by virtually connecting the participants with overseas teachers, international peers, cultural organizations, and communities where the target language is spoken.

NSLI-Y is part of a multi-agency U.S. Government initiative launched in 2006 to improve Americans' ability to communicate in select critical languages, advance international dialogue, and provide Americans with jobs skills for the global economy. Many

NSLI-Y alumni go on to pursue education and careers vital to U.S. national security and credit the program experience with helping them improve their academic, leadership, and cross-cultural communication skills.

NSLI-Y is administered by American Councils for International Education in cooperation with AFS-USA, American Cultural Exchange

Service, Amideast, CIEE, iEARN-USA, the Russian American Foundation, Stony Brook University, the University of Delaware, and the University of Wisconsin.

Applications for 2022-23 NSLI-Y programs will be available at [www.nsliforyouth.org](http://www.nsliforyouth.org) in the late summer.

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## Mayoral Notes

by  
Charlene Lovett



### Boston Post Cane Awarded to Claremont Citizen

Surrounded by family and friends, Rita Moore was presented with the Boston Post Cane Award for being the oldest living citizen in Claremont. Rita's daughter, Lillian, thought her mother, who turned 102 on March 30, might be eligible and submitted an award application to the City. Her hunch was correct, and on August 5, I had the privilege of presenting this award to Rita. Honoring our oldest living citizens in such a manner is a tradition that



Claremont has followed for 112 years.

The award originated in 1909, when Edwin A Grozier owned the now defunct Boston Post. As a publicity effort, the newspaper had hundreds of canes made and then distributed them to the largest New England towns. Each town was then to present the cane, on the Boston Post's behalf, to the town's oldest living man. Eligibility for the award later expanded to women in 1930.

The original canes were made by J.F. Fradley and Company of New York, recognized in the early 20th century as a leading manufacturer of canes. The wood of the cane was Gaboon ebony from the Congo, Africa. The head of the cane was adorned in 14 karat gold with an engraving that it came from the Boston Post. From start to finish, it took about one year to make a cane.

The number of canes that the Boston Post

had manufactured for this award is estimated to be between 400 and 700. In the past, towns presented the original cane to the community's oldest living citizen and then transferred that cane to the next holder. That practice proved to be a bit complicated at times. Today, recipients of the Boston Post Cane Award are presented with replicas which they can keep.

It is such a replica that I presented to Rita who was born in 1919, just 10 years after the Boston Post Cane Award was created. Born and raised in Lawrence, MA, she married George J. Moore who was a Chief Warrant Officer in the U.S. Navy. They lived in New London, CT, until he was deployed overseas during WWII. During his deployment, she returned to her hometown with her one-year-old daughter and worked at the Arlington Textile Mills. Four years later, after George returned from the war, Rita and her family settled in Springfield, MA, where she worked for Milton Bradley/Hasbro Brothers until retiring in 1982. Over the years, she became an accomplished seamstress and developed a passion for crocheting, often making baby sweaters and winter hats which she donated.

Since 1993, Rita has lived in Claremont with her daughter Lillian. For years, she did volunteer work at the United Way of Sullivan County and at St. Mary's Church events. Until the age of 100, she helped at the Church's annual yard sale.

A life that spans over a century is remarkable. While the newspaper may have created the Boston Post Cane Award for publicity, it has evolved into something much more. It has given us the opportunity to recognize our oldest living citizens and honor their contributions to our community.

*Charlene Lovett is the Mayor of Claremont and welcomes your feedback. Please email questions, comments or concerns to her at [clovett.ccc@gmail.com](mailto:clovett.ccc@gmail.com).*

### Schedule of Events for the 200th Anniversary of the Acworth Meetinghouse & Horse Sheds Dedication

**Friday, August 13, 2021–7:00 p.m.**

In the Sanctuary at the Church on the Hill/ Ac-

worth Meetinghouse Concert by the Northeast Men's Summer Chorus, sponsored by and to benefit the United Church of Acworth.

**Saturday, August 14, 2021**

10:00 am - Invocation by Pastor Becky Josephson

Welcome by Carole Wallace, Chairman, Friends of the Acworth Meetinghouse, followed by bell-ringing tribute to friends and loved ones.

10 am to 4 pm - Acworth Silsby Library Book Sale at the Town Hall

10 am to 3 pm - Crafts, antiques, and local organizations on the common.

Various Basket Raffles, Musical Entertainment

12:00 pm - Chicken Barbeque to benefit Friends of the Acworth Meetinghouse -\$15.00

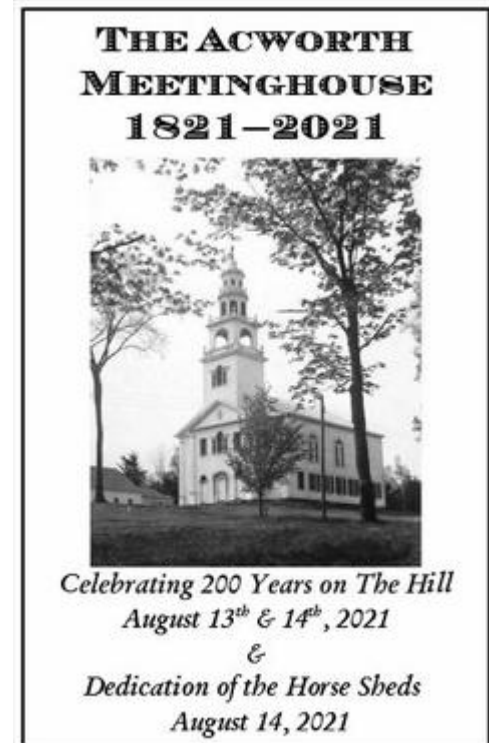
1:30 pm - Dedication of the Horse Sheds & Guest Speaker—Helen Frink—Chairman, Acworth Cemetery Trustees

As part of the gala celebration, we will pause to take a moment to remember those who have enriched our lives and our community by having the Meetinghouse bell rung in their memory, or, if they still walk among us, in their honor.

If you would like to have the bell tolled for someone, by donation to benefit the Friends of the Acworth Meetinghouse mail your request send it to: Mary Hildreth, 553 NH Route 123A, Alstead, NH 03602. Donations are tax-deductible.

Names will be read aloud and the bell tolled starting at 10 a.m.

The event is being put on by the Friends of the Acworth Meetinghouse.



## Business News

### ‘So Much to Learn, So Much to Share’

#### Local Dental Hygienist Receives National Award

**By Eric Zengota  
e-Ticker News**

CLAREMONT, NH—Last month, Cynthia Burr, a registered dental hygienist at Community Dental Care of Claremont (CDCC), was presented with the 2021 Philips/RDH Heart to Hands Award. She and her husband, Bryan, Claremont’s fire chief, traveled to Indianapolis to attend the annual RDH Under One Roof convention. It was, she noted, “a fantastic time, especially seeing so many colleagues again after the pandemic canceled the 2020 event.”

Burr “fell in love with dentistry in my first year as a certified dental assistant. Over the next two years I studied, qualifying as a practicing dental hygienist in 1985.” Since then, she has

worked in Upper Valley dentists’ offices, including in Bellows Falls and Charlestown. She’s now in her fourth year at the Claremont office, noting, “I’m excited to be back working in my community.”

Burr has always been oriented toward education — for herself and others. She took additional training to become a certified public health hygienist. Now, under the guidance of a supervising dentist, “I’m qualified to provide information to a wider community. We’re ready

to speak to any group about general tooth care and those who are ‘on the edge of diabetes.’ Everyone should learn what dental care is best for them.”

Burr also educates her patients the moment they sit in her chair. Her underlying principle is that good oral health is a major factor in a person’s heart health. She even convinced one patient, a cardiac surgeon, of the connection; it took discussions and sending him articles before he was enlightened. Most importantly, Burr noted, he then went on to educate his own patients with his new knowledge.

Burr sees anywhere from six to 10 patients a week, children, adults and seniors. The length of their visits depends on their individual needs. Of special interest is orofacial myofunctional therapy. As an orofacial myologist, she diagnoses oral neuromuscular defects, such

as improper tongue-rest position, chewing and swallowing difficulties, lip seal and tongue tie. Therapy consists of integrating normal facial muscle function with re-patterning to eliminate harmful oral habits.

These disorders are often identified in newborns and young children. As part of a community initiative, Burr says, “We’re developing ‘lunch and learns’ for practitioners like orthodontists and speech pathologists, Headstart, TLC, new moms, and even senior centers.



**Cynthia Burr (Eric Zengota photo)**

Just think how many grandparents we might reach who realize that their grandchild has a problem, and that it can be corrected.”

Burr’s other interests are diverse. She’s a licensed nursing assistant, a certified personal trainer, a Reiki master, a retired professional body builder, and a member of a disaster mortuary operation response team, helping to identify human remains.

To learn more about CDCC:  
phone 603-287-1300  
email [cdccinfo@comcast.net](mailto:cdccinfo@comcast.net)  
visit [communitydentalcareclaremont.org](http://communitydentalcareclaremont.org).

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# Business News

## Dartmouth-Hitchcock Health to Require COVID-19 Vaccinations for Employees in Effort to Protect Health of Community

### As With Mandatory Flu Vaccination Policy, Employees Will Be Able to Submit Requests for Medical and Religious Exemptions

LEBANON, NH – Effective September 30, 2021, Dartmouth-Hitchcock Health (D-HH) will require COVID-19 vaccination of employees as a condition of employment. All employees will be required to submit documentation that they have been fully vaccinated, or to obtain an approved medical or religious exemption through an established process.

"While the great majority of our employees have been vaccinated, some of our colleagues remain unvaccinated. We take very seriously our obligation to protect the health and well-being of our patients and their families, our community and one another," shared D-HH CEO and President Joanne M. Conroy, MD, at a recent Town Hall meeting for all D-HH employees. "As New Hampshire's largest provider of health care and the state's largest private employer, we must lead by example in the arena of public health."

The requirement for COVID-19 vaccination will apply to all D-HH employees, including employees working remotely and per diem employees. Vaccinations for remote and per diem employees are required because it is anticipated that they will, from time to time, access D-HH facilities and sites to participate in required meetings, programs and activities.

"There has been enormous progress in controlling the spread of COVID-19 since the introduction of vaccines late last year, and D-HH is committed to seeing this process through to the end," said Conroy in announcing the requirement to employees today. "I'm thankful to those who have already been vaccinated, and for those who have not, I thank you in advance for taking this very important step to help keep our patients, our community and each other, safe from the virus."

The highly contagious Delta variant is causing new outbreaks across the region, nation and around the world, and Centers for Disease Control and Prevention Director Rochelle Walensky, MD, recently referred to the pandemic as "a pandemic of the unvaccinated."

Data and science clearly support the benefits of vaccination. The vaccines currently in use were authorized for emergency use by the federal Food and Drug Administration on the basis of trials which demonstrated the safety and effectiveness of the vaccines. Over the past several months

since emergency use authorization, the data has continued to make clear that the vaccines are safe and highly effective at reducing the risk of infection, serious illness and death from COVID-19.

Dartmouth-Hitchcock Health, with approximately 13,000 employees, includes Dartmouth-Hitchcock Medical Center, Norris Cotton Cancer Center, Children's Hospital at Dartmouth-Hitchcock, Alice Peck Day Memorial Hospital, Cheshire Medical Center, New London Hospital, Mt. Ascutney Hospital and Health Center, Visiting Nurse and Hospice for Vermont and New Hampshire and 24 Dartmouth-Hitchcock multi-specialty clinics that provide ambulatory services across New Hampshire and Vermont.



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# GRANTS

Since 2003, our annual Claremont Savings Bank Foundation has awarded grants totaling more than \$2,280,000 to local non-profit organizations for a wide range of charitable initiatives. These grants, which typically range from \$500 to \$5,000 each, help to ensure the success of local programs and projects that benefit all of us as members of the community.

## Consider applying for a grant!

We're excited to award grants to help ensure the success of charitable programs and projects dedicated to the betterment of the communities we serve.



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[foundation@claremontsavings.com](mailto:foundation@claremontsavings.com)



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Application period is open  
August 6 through September 17, 2021

Learn more about eligibility criteria,  
deadlines and how to apply at:

[claremontsavings.com/foundation](http://claremontsavings.com/foundation)



**800-992-0316**

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## Review Your IRA, 401(k) Beneficiaries

If you've had an IRA and a 401(k) for many years, you may occasionally ask yourself some questions: "Am I contributing enough?" "Am I still funding these accounts with the right mix of investments for my goals and risk tolerance?" But here's one inquiry you might be overlooking: "Have I used the correct beneficiary designations?" And the answer you get is important.

It wouldn't be surprising if you haven't thought much about the beneficiary designation – after all, it was just something you once signed, possibly a long time ago. Is it really that big a deal?

It could be. For one thing, what if your family circumstances have changed since you named a beneficiary? If you've remarried, you may not want your former spouse to receive your IRA and 401(k) assets or the proceeds of your life insurance policy, for which you also named a beneficiary.

However, upon remarrying, many people do review their estate plans, including their wills, living trusts, durable powers of attorney and health care directives. If you've revised these documents, do you have to worry about the old beneficiary designations? You might be surprised to learn that these previous designations can supersede what's in your updated will and other documents. The end result could be an "accidental" inheritance in which your retirement accounts and insurance proceeds could end up going to someone who is no longer in your life.

Furthermore, your retirement plans and insurance policy may not just require a single beneficiary – you may also be asked to name a contingent beneficiary, to whom assets will pass if the primary beneficiary has already died. As you can imagine, the situation could become quite muddled if stepchildren are involved in a remarriage.

To avoid these potential problems, make sure to review the beneficiary designations on all of your accounts at some point – and especially after a significant change in your family situation. If you see something that is outdated or incorrect, contact your retirement account administrator – or your insurance representative, in the case of life insurance – to request a change-of-beneficiary form.

And if you really want to be on the safe side, you may want to enlist a legal professional to help you with this review to make sure the beneficiary designations reflect your current family situation and are consistent with what's in your estate plans.

In fact, if you're already working with an experienced estate planning attorney – and you should – you might also pick up some other suggestions for dealing with beneficiaries. Just to name one, it's generally not a good idea to name minor children as beneficiaries. Because children can't control the assets until they become adults, a court would likely have to name a guardian – one that you might not have wanted. Instead, you could either name your own custodian to manage the assets designated to the minor or establish a trust for the benefit of the minor, which can distribute the money in several disbursements over a period of years – which is often a good move, since young adults aren't always the best at managing large lump sums.

If you're like many people, you have a strong desire to leave something behind. But you'll want to do it in the right way. So, pay close attention to your beneficiary designations – when you first create them and throughout your life.

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

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WHAT ARE THE MAJOR HEALTH NEEDS IN THIS AREA?

# Your input is needed!



## The 2021 Community Health Needs Assessment Survey is here

What do you think are the most urgent health needs facing our community? Let us know, by taking just a few minutes to take the 2021 Community Health Needs Assessment Survey.

### Your voice. Your health. Your community. Take the survey.

Your input will help shape the future of healthcare in our region. Health and wellness priorities and programs from Mt. Ascutney Hospital and Health Center and our community partners will be based in part on your feedback. Are you concerned about access to exercise and healthy foods? Resources to overcome substance use disorder? Whatever's important to you, we want to know.

This survey is only conducted once every three years, so make your voice count now! And encourage local friends and family to take part. The more people respond, the more effective our actions to improve health will be.

## Take the survey at

[bit.ly/HealthNeeds-MAHHC](https://bit.ly/HealthNeeds-MAHHC)

*(use of capital letters matters with some browsers)*

Thank you for your help in making a difference for all of your friends and neighbors in your community.

See our 2020 Community Health Benefits Report at [mtascutneyhospital.org/chb2020report](https://mtascutneyhospital.org/chb2020report) to see action taken from the 2018 survey.



**Mt. Ascutney Hospital  
and Health Center**  
Dartmouth-Hitchcock

# Sports/Recreation

## Swing, Batter! Swing, Batter!

### Claremont Police Officers Stepping Up for CHaD Buddies

By Eric Zengota  
e-Ticker News

CLAREMONT, NH—This year's Team Police, playing in the 10th CHaD Battle of the Badges Baseball Classic, will have one Claremont returning player and one first-timer.

Officer Michael Puksta will be out in left field for the third year — “left field” being a good thing in baseball, especially when he makes critical catches. His colleague, officer Cam Blewitt, will be playing shortstop, thanks in part to Puksta's talking up the Classic for the past few years.

“Baseball has always been my passion, even though I haven't played in five or six years,” says Blewitt, who has been with the department for four years. “I always wanted to play for CHaD and regretted not doing it. But Mike basically recruited me, and I'm glad he did.”

Puksta, now in his fifth year with the department, says, “Baseball is my favorite sport. I started playing T-ball when I was three. I played Little League and on Claremont school teams right through senior year at Stevens, then JV baseball at SNHU. Playing in a third Classic is an opportunity I couldn't pass up.”

Both men attended tryouts this spring at the NH Sportsplex in Bedford. Since then, they've been practicing with other law enforcement officers from all around New Hampshire every Monday in Goffstown. They've also taken on their rivals, Team Fire, in three 5-inning scrimmages. The Classic itself will be played at the Delta Dental Stadium in Manchester, which has returned to full-capacity status.

In previous years, each player was matched with one or two CHaD Buddies whom they met in early spring. This year, in accordance with COVID-19 guidelines to avoid exposing sick and compromised children to others in close quarters, the Buddies as a group are “sponsored” by all the players. Blewitt and Puksta met several of the kids and their families last

week on Buddies Day in Goffstown, where they played kickball, enjoyed snacks, and watched a Team Police vs. Team Fire scrimmage.

Blewitt is ready to help Team Police add to their 3-year winning streak: “I'm happy to be raising money to support a cause that affects a large part of our community.” Puksta has the same outlook: “The game is a fun way of continuing our community policing activities. But in the end, the game is not about the players but the kids, who need our help.”

*What: 10th CHaD Battle of the Badges Baseball Classic*

*When: Friday, Aug. 20. The game starts at 6:30pm. Arrive early to enjoy supper from the concession stand.*

*Where: Delta Dental Stadium, Manchester*  
*Tickets: \$10 (under 5, free)*

*COVID-19 Protocols:*

*Fully-vaccinated fans may attend the game without a facemask. Unvaccinated fans: must wear a facemask at the game when physical distancing is not possible.*

*(Questions?: Email CHaD Community Relations at [CHaDBaseball@hitchcock.org](mailto:CHaDBaseball@hitchcock.org))*

### **Help Them Help CHaD**

*All proceeds from the Baseball Classic — from donations and ticket sales — benefit the kids and programs at CHaD. Michael Puksta and Cam Blewitt have been fundraising for months. They each have to raise at least \$1,300 in order to play.*

*There are several ways to help them reach — and surpass — their fundraising goals.*

#### **Donate and buy tickets in person**

*Call the Claremont Police Department at 603-542-9538 and ask for the officers, who will arrange to meet you. Monies will be credited to the player you choose.*



**Officer Michael Puksta (left) will be sporting his lucky number 13 jersey as he trots out to left field. Officer Cam Blewitt will play shortstop wearing no. 42 (Eric Zengota photo).**

#### **Donate on personal Facebook Fundraising pages**

Michael Puksta as Michael Stasiu: [www.facebook.com/donate/908076850106222/](https://www.facebook.com/donate/908076850106222/)

Cam Blewitt: [www.facebook.com/donate/401623777928379/](https://www.facebook.com/donate/401623777928379/)

#### **Donate and buy tickets on official website**

Start at [www.chadbbaseball.org](http://www.chadbbaseball.org)

Enter a player/participant's name, then follow the prompts to buy tickets and donate. Purchases will be credited to the player you choose.

## NH Wins Shrine Game, 21-0

CASTLETON, VT—The *Valley News* reported that New Hampshire topped Vermont in Saturday's 68th annual Shrine Maple Sugar Bowl, by a score of 21-0. The game remained at a 0-0 tie midway through the third quarter. Last year's contest was cancelled due to COVID-19. The game called with 52.9 seconds remaining in the fourth quarter due to nearby lightning, with the Vermont team having driven inside the Granite State's 10-yard line.

This year's win was New Hampshire's second consecutive; its series lead is now 49-17-2.

# Inspiration

## Time for Family

By Priscilla Hull

The long hot summer is drawing to a close. It has been a summer like none others. Hot - Humid - Rainy - Losing the mask - Bringing the mask back. We hardly know what is happening any more. There is "one constant and that is baseball". I can hear James Earl Jones as Terrance Mann, saying, "The one constant through all time, Ray, is baseball."

Every year we, of Red Sox Nation, are certain that this is our year! Certainly the first half of this year had great promise! Can it be? Will they do it? After 86 years, 2004 was truly a dream! Three more times we've won the big one. So we should be happy, but typically we want more. Baseball is the game of summer. For those who are not baseball fans, we who are seem a little strange. We hurry home from meetings to catch the last few innings. We plan Saturday and Sunday around the ball game. We long to go to Fenway or Wrigley Field because they are the two oldest, old time stadiums (The third is Dodger Stadium (1962), but some of us remember where the Dodgers came from! Ebbets Field in Brooklyn New York).

The old stadiums have been re-worked to accommodate more people, allowing even more to enjoy the game in person. If you haven't been under the upper deck in right field when the Sox are up in a close game in the ninth inning, you're missing something! The sound is deafening and I think it can be heard in my (and your) backyard!

Baseball is a constant. It always will be. What other pastime has people watching a game every day, day after day from April through October? There is something magical and special about the game. Many of the names are special! Shoeless Joe Jackson, Lefty Grove (several Leftys), The Babe, The Speeded Splinter, The Say Hey Kid, are just a few of the great nicknames of great players. It is colorful. It is exciting.

Yes, summer is a great time of year. There are endless entertainment opportunities. It is a time for family reunions, boating, swimming, camping, and, yes, for baseball - "the one constant." Enjoy summer! Enjoy family. Enjoy time together!

*Train a child in the way that he should go, and when he is old he will not turn from it.*  
Proverbs 22:6

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



# Customer Appreciation

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Washington St	8/18, 12-1:00
Main Office	8/18, 1:30-3:00



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# Calendar Of Events

## Unity Historical Society Meeting

UNITY, NH—The Unity Historical Society's next meeting will be at the Unity Town Hall on August 10th at 6:30 pm. There will be discussion regarding Historical Markers for special Historical Places in Unity. The Society announced a successful showing of pictures of Unity at its Old Home Day table.

Everyone interested in becoming a member of Unity Historical Society is invited to attend its meetings.

## Silsby Free Library Program

CHARLESTOWN, NH—My Soul is Sailing—a Night of Original Art Songs for Piano and Soprano by Kirsten Becker, performed by Kirsten and Alyssa Becker. Monday, Aug. 23, at 7:00 PM at the Silsby Free PL, 226 Main Street, Charlestown.

## Weekly Band Concerts

CLAREMONT, NH—Claremont American Band, 7:00 pm, Thursdays until Aug. 19, Broad St. Park. Free. Bring a lawn chair.

## 2021 Lempster Old Home Day

### EVENT SCHEDULE

#### Saturday, August 14th

7am-9am Pancake Breakfast / Beat the Chief Roadrace – Fire Dept  
 9am-2pm Vendor's Market – Food, Crafts, more  
 9:30am Opening Ceremonies—Flag Raising, Nat'l Anthem, Invocation  
 11:00am Parade – Lempster Street – kids, floats, tractors, re-enactors  
 Day Long Vendors, music, food trucks, kids games, demonstrations, etc.  
 1:00pm Special Show - TBA  
 2:00pm Historical Talk – TBA

1pm-3pm Dodge Hollow School Open House  
 5pm-7pm Pulled Pork Supper – Lempster Fire Dept.  
 7:30pm Variety Show – Meeting House  
**Sunday, August 15th**  
 10am Cemetery Commission Demonstration/Talk - TBA  
 1pm Conservation Commission Hike - TBA

## Community Options for Green Burial

**Sunday, Aug. 15, at 2PM/History Hall at #4 2nd NH TPK, Lempster, NH (corner of Rt. 10 and 2nd NH TPK)**

Green or natural burial is the age-old practice of burying in biodegradable caskets or shrouds without impediments to decomposition, such as cement vaults or toxic chemicals. In this informative and sometimes provocative presentation, Lee Webster, former president of the Green Burial Council, will describe the principles of sustainable natural burial and what we can do to plan for a more planet-friendly ending. Attendees will learn the latest in what's happening in the US and around the world plus what people can all do to create natural burial opportunities closer to home. Contact number 603-863-5023. All are welcome to this event. Light refreshments served.

Presented by The Lempster Cemetery Trustees.

## St. Mary Alumni Invited to Join SHS Alumni Parade

CLAREMONT, NH—Calling St. Mary Alumni, an invitation has been extended by the Stevens Alumni Parade committee to participate in their parade on Saturday, Oct. 2. Class rosters (1957 to 1971) are available if St. Mary Alumni


wish to enter a float in this parade. For more info, call Claire Lessard, president, St. Mary Alumni Assoc., (603) 543-3617.

## 2021 Summer Concerts, Saint-Gaudens

**Aug 22nd** - Layale Chaker, violinist/composer: Explore the world at the intersection of classical, jazz, Arab, and improvised music  
**Aug 29th** - Apple Hill String Quartet with Sally Pinkas: Classical and modern works for string quartet and piano

Due to the pandemic, most concerts will be held in person, outdoors at Union Church in Claremont (with registration) or digitally on the Saint-Gaudens Memorial YouTube Channel. Please verify details online before the show at [wcc-ma.org](http://wcc-ma.org) for full info including artists chats, ticket registration, and special pop up mini-concerts. Visit SGM online at [saint-gaudens.org](http://saint-gaudens.org).

Registration link: <https://www.eventbrite.com/o/west-claremont-center-for-music-and-the-arts-10648461080>.



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## Fiske Library Resumes Public Programs

On **Wednesday, August 11, 2021 at 1:00 p.m.**, Storyteller Sharon Wood will be here to present a story based on the Summer Reading Program theme of **Tails and Tales**. The program will be outside and is free.

Throughout the summer on Wednesdays when another program is not scheduled, there will be a craft program created by the library staff—all supplies will be provided free of charge. More information will be forthcoming.

Library staff will also be putting together craft kits which can be picked up by parents if their child can't make it to the craft program.

Please call the library at 542-7017 for more information.

All programs will be outside and when six feet of space is not possible, all attendees are required to wear masks. If you need a mask, one will be provided.

All programs are sponsored by The Friends of the Fiske Free Library.

## Concerts on the Common

NEWPORT, NH—The Newport Area Chamber of Commerce has announced that it is presenting its Annual Concerts on the Newport Common June 27th-August 29th. These concerts are free to the public thanks to its generous sponsors.

Schedule:

August 15, 2021: Just Can't Wait

August 22, 2021: JJ's Music

August 29, 2021: TBD

## COH Pop-Up Concerts Series

CLAREMONT, NH—As part of its reopening and updated Membership Program, the Claremont Opera House has kicked off the summer season with a series of smaller pop-up concerts outside at Arrowhead Recreation Area. These pop-up concerts have something for everyone, are geared to get you out of your seats dancing, and are part of increasing the membership support of the COH.

**Sept. 11 - Dixieland Jazz with the COH Orchestra**, led by Director Gerry Grimo and members of the East Bay Jazz, will take you back to the start of jazz in New Orleans. You'll want to tap your toes and sway to classic hits

from Louis Armstrong and other well known artists from the period.

Tickets for all summer pop-up concerts are \$15.00 for adults and \$8.00 for K-12 students. Silver and Gold Members receive free tickets in reserved pods according to their membership selection. Tickets and Member Program information is available online at [www.claremontoperahouse.org](http://www.claremontoperahouse.org).

All concerts run from 6-8PM. In the event of rain, the concerts will be canceled.

## Windsor Blood Drive Aug. 10

The next Windsor Community Blood Drive is Tuesday, August 10th, once again located at The Holiday Inn Resort in Brownsville, VT. 12:30-5:00 PM.

Appointments Only - No Walk-Ins.

Urgent need, please give if you can and we thank you! Call 1-800-RED-CROSS or visit [RedCrossBlood.org](http://RedCrossBlood.org) to schedule an appointment.

## Lake Sunapee VNA Offers Three Grief Support Groups

NEW LONDON, NH – Lake Sunapee VNA now offers three virtual grief support groups for the community. The “Newly Bereaved Widows Group” is for women who have experienced the loss of their husband within the last year and is held on the third Thursday of every month from 10:00-11:00am. The “Widow to Widow Group” is for women in all stages of grief and meets on the first Monday of every month from 3:30-5:00pm. Newly bereaved widows are welcome at this group as well, especially if they are feeling the need for more frequent support. In addition, a “Bereavement Check-in” group is available for men and women on the third Wednesday of every month from 4:00-5:00pm.

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

## VFW Post 808 Events

**AUGUST 14, 2021 (Saturday); 2-5 PM;**

### Auxiliary Meat Raffle

VFW Auxiliary No. 808 will hold a Meat Raffle at VFW Post 808 on 150 Charlestown Road, in Claremont. There will be twelve rounds of meat, gifts, and prizes to win. The event begins at 2 PM and will end at approximately 5 PM. Raffle tickets for most rounds will be \$2 per raffle ticket or \$5 for 3 tickets. Prizes for each round will be announced in advance -- with a host of possibilities from fresh meat and produce to gift certificates and baskets.

Link: <https://vfwpost808.wordpress.com/2021/07/18/8-14-aux-meat-affle/>

### SEPTEMBER 11, 2021 (Saturday); 8-9 PM; VFW's Last Fool Standing

VFW Post 808 will be hosting its first Last Fool Standing competition at the Post Home on 150 Charlestown Road, in Claremont. Five people will try to endure one hour on stage without laughing. Each competitor will have to contend with each other and the audience for the chance to win a cash prize. Audience participation is encouraged. The audience will be asked for a \$5 entry fee which will automatically enter them into a 50/50 raffle drawing to be called at the end of the competition. Proceeds from the raffle will go to the VFW's Voices of Democracy program. For a full breakdown of the rules, please see VFW Post 808's website. Competitors must be entered by no later than SEPTEMBER 1 at 10 PM.

Link: <https://vfwpost808.wordpress.com/2021/07/18/9-11-last-fool-standing/>

## Charlestown VFW Bingo Schedule

CHARLESTOWN, NH—Charlestown VFW Bingo is offering a weekly opportunity for some entertainment and socializing while helping us to raise funds for our many Veterans programs. Wednesday nights at 5:00 p.m. for early birds and 6:30 p.m. for regular fun and games. Currently, we play 12 regular and two 2 part games, as well as a 50/50 game, Winner-take-all game, Carry Over Coverall game and a Jackpot game. The Governor's emergency order concerning COVID has expired. It is now time to take the lessons we have learned over the past year plus and act accordingly. If you're sick – stay home. Cover your nose / mouth when you cough, wash and / or sanitize your hands frequently, and we'll all be healthier. The attendance limitation has also ended. In keeping with the state CDC

recommendations, if you have a compromised immune system you may still wear a mask for your own protection. We still have masks and hand sanitizer for anyone that may desire either product. The Charlestown VFW Post is located at 365 Lover's Lane Rd, Charlestown, NH.

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

## SHS Alumni Celebration Info

CLAREMONT, NH—As plans for the 150th shift into high gear, the Stevens High Alumni has highlighted the many ways alumni, businesses and donors can get involved:

For general information on the association — and to pay your dues or make a donation — go to [stevensalumninh.com](http://stevensalumninh.com)

Email [alumni@stevensalumninh.com](mailto:alumni@stevensalumninh.com)

Phone the office at 603-542-8987

Find out more about Alumni Weekend at [stevensalumninh.com/news/10408/alumni-weekend-2021/](http://stevensalumninh.com/news/10408/alumni-weekend-2021/)

- To order imprinted "Class of YYYY" shirts, visit [inkfactoryclothing.com](http://inkfactoryclothing.com).

## Mural Making with Allison Zito

Looking for painters, ages 10 and up to dress up the Sullivan County Public Cidery with a mural. No experience necessary. All materials provided. FREE! Reservations are required. Limit of 5 painters per session. Local artist, Allison Zito, will be leading each session.

Sessions times are 9am -12pm and 4-7pm and run from August 23 - 27 & 30-31 on weekdays. We are happy to have families and adults volunteer to help out. Ages 10 and up can help paint, children younger than 10 must be supervised at all times. There is a garden, forested area, nature trail, small stream and pond nearby.

This project is hosted by Sullivan County Natural Resources Dept. and supported by Sullivan County Conservation District, Claremont Makerspace and LaValley's Building Supply in Claremont. Thank you for your contributions!

Reserve a date and time here: <https://calendly.com/2021plantsale/muralmakingwithallison>. Contact Dawn Dextraze with questions, 603.504.1004 or [ddextraze@sullivancountynh.gov](mailto:ddextraze@sullivancountynh.gov).

## HERO Fundraising Events Scheduled Across New Hampshire

LEBANON, N.H. – The 2021 CHaD HERO is quickly approaching and community support for the annual fundraiser is ramping up with several local events and the announcement of a generous challenge grant. The CHaD HERO brings awareness and raises funds for the largest fundraising event for Children's Hospital at Dartmouth-Hitchcock (CHaD).

Thanks to a generous \$150,000 challenge grant from The Jack and Dorothy Byrne Foundation, participants can elevate their CHaD HERO fundraising efforts with a matching donation. Gifts made to the CHaD HERO from July 15-August 15 will be matched 2:1. Gifts

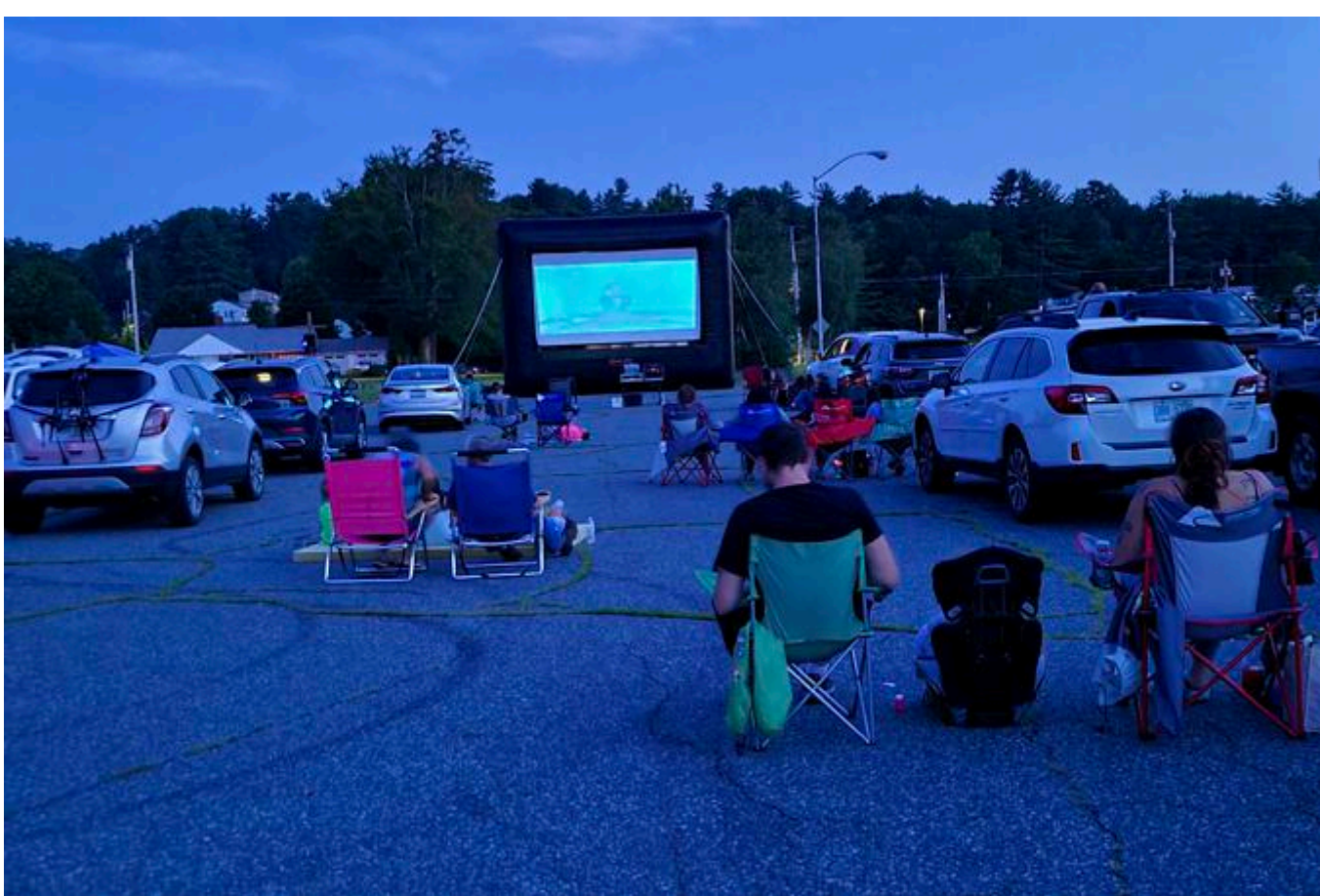
made after August 15 will be matched 1:1 until the match runs out. Matches will be added to qualifying participants' fundraising pages after all \$150,000 has been raised.

The month of August features three HERO Happenings:

**HERO Pizza Night -Wednesday, August 11 – 5:30 p.m.**

Hosted by King Arthur Baking Company, CHaD supporters will come away from this event as homemade pizza experts. The virtual event features an interactive demonstration in a one-hour pizza class. The entry fee is \$35 and proceeds will be donated to the HERO. Sign up at [www.KingArthurBaking.com](http://www.KingArthurBaking.com)

**HERO Yoga for CHaD - Thursday, August 12 – 5:30 p.m.**



## Park, Snack and Relax

### Claremont Parks & Rec Shows First Outdoor Movie of 2021

More than 100 folks took advantage of a mild Friday evening by watching "Raya and the Last Dragon" on a jumbo screen right off Maple Avenue. The drive-in was the same location as last summer, the Grace River Church lot next to Maple Lanes. The presentation — free thanks to the generous sponsor, Claremont Savings Bank — was a big hit with kids and parents alike. There are two more showings on this season's schedule: "Tom and Jerry — The Movie" (Sept. 17) and "The Croods — A New Age" (Oct. 8). Movies start at dusk (Eric Zengota photo).

You can enjoy physical and spiritual benefits of yoga with Mighty Yoga! The one-hour session is hosted by Kim and has virtual or in-person options at Mighty Yoga in Hanover, NH. All levels of experience are welcome as Kim has modifications and variations for every sequence. Learn more at [www.MightyYogaNH.com](http://www.MightyYogaNH.com).

### **100-Mile Motorcycle Ride -Saturday, Aug. 28 – Registration opens at 9 a.m.**

Take a scenic 100-mile motorcycle ride through the beautiful White Mountains to benefit this year's Kid HERO Ainsley. The event starts and ends at the Lancaster Fairgrounds in Lancaster, N.H. Don't have a bike? The White Mountains are just as beautiful by car! Learn more at [www.Facebook.com/events/492331642071369](http://www.Facebook.com/events/492331642071369).

## **Claremont Senior Center News**

Hi everyone. We had a ball! We had such a good time on Sunday, August 1, for our Re-House Opening. Thank you to the people who came in to experience what we do here. The volunteers had a great time showing their venue. Several people took advantage of the one-month trial membership or joined. Also, thanks to Chef Ed and the kitchen workers who made all the samples from the kitchen. Bravo! We were also lucky to have the VNA and Bus Services in the house to talk about their services. If you missed this event, stop on and pick up a newsletter and a program sheet. Look around. We're here to help.

The Foot Clinic will continue to serve you on Wednesdays-Aug 11, Aug. 18 and Aug. 25. Call 748-1731 for an appointment. Your foot-sies deserve the best.

The senior men are already accumulating things to talk about at the Senior Men's Breakfast on Mon. Aug. 16 at 8am. Being served will be pancakes, sausage or bacon, juice and coffee. Lousy service, good company. Grab an extra cup of coffee and listen to the speaker at about 8:45. Members-\$2, nonmembers-\$3. Sign up appreciated. 543-5998. Catch up on all the news around town and share your own. Men only!

Julie's Eye Care is back on Thursday, Aug. 19, 11am-noon to straighten your glasses or show you some new ones. Julie is honest about telling you what shape, style and colors look best on you. Come visit her.

The Blood Drive will be on Monday, Aug. 23, noon-5PM. This drive will be in honor of Jaidyn Harlow. She is facing her second battle with Leukemia. Jaidyn is a high honor graduate of Stevens High School. Mozden 2 will have information on making a Red Power Donation. Call 1-800-RED CROSS, (1800-733-2767) for an appointment for either donation. Thank you for helping.

The Car Show is coming right along. The next meeting will be on Wednesday, Aug. 11, 6:30pm. Volunteers will be welcome to attend. We are in the finalizing stages of this event. The Show will take place on Sunday, Aug. 29 (rain date-Sept 12.) 9am-2pm. Trophies at 2pm. DJ, music, raffles, door prizes, 50/50, food. Visitors-\$5, under 12 free, Show cars-\$10, driver and one passenger. Roll on over!!

The Winter Wonderland is also in the middle of planning. It will be held on Saturday, Nov. 6, 9am-2pm. Call 542-5798 for an application to display your wares. More details to come in future newsletters.

Well, the volunteers have had their batteries changed and are ready to serve the meals for Tuesday and Thursday.

Tuesday, Aug. 10- Salad, Lasagna, Dessert. Thursday, Aug. 12-Hamburger on a Roll, Lettuce Cheese, Tomato. Dessert.

Call 543-5998 to reserve your meals. Members-\$4, nonmembers-\$5. Take out only. Pick up-11:45am-12:15pm.

We are sorry to say the New York trip has been postponed to next year due to non-participation and COVID fears. Stay tuned for other trips as the rules relax again. Thanks for your patience.

Well, that is it for this week. Drop in to see the beautiful quilt the quilters made. It will be raffled at the Car Show. Tickets are available at the desk. Pick up a program guide so you can see what goes on here. Bring a friend or make a friend. Have a good week.

Thought of the Week: The only impossible journey is the one you never begin.

Laughter and Good Conversation always welcome here. And zucchini jokes.

Claremont Senior Center, 5 Acer Heights Rd, Claremont, NH. 603-543-5998. Mask rules posted.

## **Claremont Fire Dept. Log**

### **Sunday, August 1, 2021**

13:33 Responded with E-4 to First St. for a medical call

16:20 Responded with E-4 to Palmer St. for a medical call

22:06 Responded with E-4 to Washington St. for a tree down

### **Monday, August 2**

07:59 Responded with E-4 to Mulberry St. for a medical call

12:51 Responded with E-4 to Old Church Rd. for a Box Alarm

16:54 Responded with E-4 to Maple Ave for a medical call

19:43 Responded with E-4 to LaFayette St. for a medical call

21:21 Responded with E-3 to Winter St. for a motor vehicle accident

22:46 Responded with E-4 to Chestnut St. for a furnace problem

### **Tuesday, August 3**

11:29 Responded with U-1 to Chestnut St. to assist Police

19:52 Responded with E-4 to Heritage Drive for a medical call

20:52 Responded to Opera House Square for a public assist

21:56 Responded with E-4 to Central St. for a medical call

22:53 Responded with E-4 to Myrtle St. for a medical call

### **Wednesday, August 4**

01:44 Responded with E-4 to Myrtle St. for a medical call

09:48 Responded with E-4 to Ridge Ave for a medical call

12:54 Responded with E-4 to North St. for a Box Alarm

13:20 Responded with E-4 to Berkeley Ave for a medical call

15:15 Responded with E-4 to Syd Clark Park for a Box Alarm

15:16 Responded with E-3 to Chestnut St. for an alarm sounding

15:32 Responded with E-3 to Twistback Rd. for a medical call

19:56 Responded with E-4 to Ashton Ave for an illegal burn

### **Thursday, August 5**

08:51 Responded with E-4 to Main St. for a medical call

14:08 Responded with E-4 to Connecticut River Bend for a medical call

22:42 Responded with E-3 to Washington St. for a motor vehicle accident

### **Friday, August 6**

09:40 Responded with E-4 to North St. for a wire down

09:47 Responded with E-3 to Washington St. for a wire down

10:38 Responded with E-4 and E-3 to Washington St. for a public assist  
 11:27 Responded with E-4 to Lempster for Mutual Aid  
 20:34 Responded with E-4 to Emily Place for a medical call  
**Saturday, August 7**  
 11:28 Responded with E-4 to Broad St. for an alarm sounding  
 14:58 Responded with E-4 to Elm St. for a medical call  
**Sunday, August 8**  
 05:43 Responded with E-4 to Green St. for a medical call

growing season.  
 This presentation takes place at Billings Farm & Museum and is followed by a 30-minute Q&A period. The workshop costs \$15/person; \$10/BF&M Member. Space is limited! Reserve your spot at [www.billingsfarm.org/classes-workshops/](http://www.billingsfarm.org/classes-workshops/) or call 802-457-2355.

After the workshop, be sure to explore the Sunflower House in full bloom. Designed by Pauly, the almost 20,000 square-foot maze-like structure is home to thousands of sunflowers and over 100 different varieties ranging from 18 inches to 14 feet in height.

Billings Backyard is a series of workshops designed to teach sustainable living skills to adult participants and is underwritten by a generous grant from the SpringRiver Private Foundation Trust. Workshops includes hands-on demonstrations and concrete steps for incorporating these skills into everyday life.

Visiting safely: For the continued safety of our staff and guests, all guests over the age of 2 are required to wear a face covering in all indoor spaces. For outdoor spaces, mask wearing is optional for fully-vaccinated persons; unvaccinated persons must wear masks when around people and unable to maintain 6'

physical distances. No entry is permitted without a face covering.

**AUGUST 13 - 15**  
**LOH presents a free, three-day music festival**

Mark your calendar for the free music festival Friday, Aug.13 through Sunday, Aug. 15.

Lebanon Opera House presents Nexus, a free family-friendly music and arts festival throughout downtown Lebanon.

Activity from noon 'til late each day. Live music—including reggae, blues, rock, folk, jazz, West African, and bluegrass—on three stages. Performances by national touring artists, LOH community arts partners, and Upper Valley students.

LOH is looking for festival volunteers. For more information and to see the full schedule, go to [lebanonoperahouse.org/nexus](http://lebanonoperahouse.org/nexus) or call 448-0400.

**TUESDAY, AUGUST 17**  
**MOBILE FOOD PANTRY IN CLAREMONT**  
 12:00-2:00pm  
 (While supplies last)  
 Runnings, 403 Washington St., Claremont

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](http://www.etickernewsoclaremont.com)

*There were no obituaries submitted this week.*

**Putting Your Garden to Bed with Master Gardener Ben Pauly**

WOODSTOCK, VT—Gear up for autumn gardening! The Billings Backyard Series presents Putting Your Garden to Bed with Master Gardener Ben Pauly on Saturday, Aug. 21, from 10 – 11:30 AM.

After a great season of gardening, how can you set yourself up for success next year? Pauly will show you the best practices to end your season well by putting your gardens to bed. Ben will also discuss the joys of autumn gardening and how to make the most of the

“Eye doctors shouldn't have fine print.”

-Dr. Sam Giveen

At Doctor Sam's Eye Care, everything is right up front. From eye exams to glasses to contact lenses to whatever treatment you need, our prices are as comfortable as our chair-side manner. Visit Doctor Sam's and see for yourself.

DOCTOR **SAM'S**  
 EYE CARE



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



# SAVE THE DATE!

SAU 6

Back to School Festival

Saturday, August 28

10am-12pm

Barnes Park

for more information

Courtney Porter

603.477.6943

[cporter@sau6.org](mailto:cporter@sau6.org)



**The Claremont City Council will hold a public meeting on Wednesday, August 11, 2021, at 6:30 p.m. in the Council Chambers of City Hall.**

To watch the meeting via Zoom, click the link below:

<https://us02web.zoom.us/j/87916056352?pwd=VDdXVWppaDJuOXZITEV2a2tPQkc3dz09>

Passcode: 739587

Or by telephone: 1-646-558-8656, Webinar ID: 879 1605 6352, Passcode: 739587

*The Zoom link is provided for the public's convenience.*

*If you are having trouble with the Zoom link, please join us in the Council Chambers of City Hall.*

***AGENDA (Revised)***

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
  
- 6:35 PM 4. REPORT OF THE SECRETARY  
Minutes of July 28, 2021, City Council Meeting(s)
- 6:37 PM 5. MAYOR'S NOTES
- 6:42 PM 6. CITY MANAGER'S REPORT  
A. COVID-19 Update
- 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 24))
- 9. OLD BUSINESS
- 7:10 PM A. ARPA Funds Discussion
- 7:20 PM B. Ordinance 589 Police Commission – Second Reading – Public Hearing
- 7:35 PM C. Ordinance 590 Alcoholic Beverages – Second Reading – Public Hearing
- BREAK
- 10. NEW BUSINESS
- 8:00 PM A. Restoration of Merged Land Parcels, Map 135-10 (City Manager)
- 8:15 PM B. Station Host Association Request for Funds Discussion (Council)
- 8:25 PM C. Ordinance 591 Rescind Weapons in Public Buildings – First Reading (Policy Committee)
- 8:40 PM D. Property Maintenance *Code* Discussion (City Manager)
- 8:55 PM E. Overview of the Trust Funds (Councilor Contois)
- 9:05 PM F. *Authorization to Repair Class VI Portion of Cat Hole Road (City Manager)*
  
- 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, August 25, 2021, at 6:30 p.m. in the Council Chambers of City Hall.**



**The corn is growin' tall as Mt. Ascutney keeps watch from afar.**

**Photo by Janet Peirce**