

e-Ticker News of Claremont

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**Chili Cook-Off
Winners,
page A22**

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October 7, 2019

All Through the Night

Claremont Firefighters Protect and Serve in the Darkest Hours

Editor's Note: To help mark National Fire Prevention Week, we present the following profile on the work of the Claremont Fire Dept. We thank Chief Bryan Burr and all the firefighters who welcomed and helped us with this story.

Story and photos By Eric Zengota
e-Ticker News

CLAREMONT, NH—"Time is always against us," says Claremont fire chief Bryan Burr.

With this thought always in mind, he ensures that his department is ready 24/7/365. Ready even — maybe especially — when the alarm pierces the station's silence at 4:17 a.m.

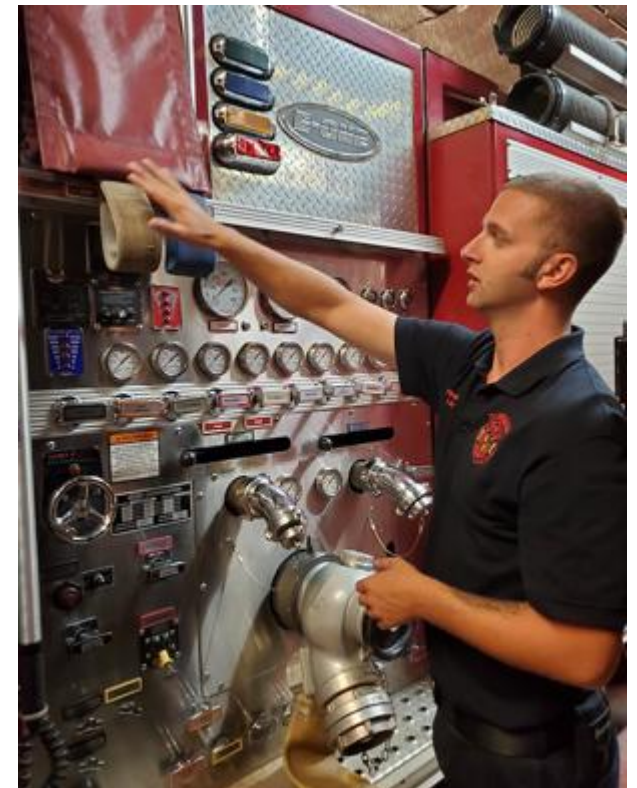
Working the night shift is a routine part of a firefighter's schedule: two 10-hour days on, two 14-hour nights on, four days off. Night shift hours are from 5 p.m. to 7 a.m. The first hour is given over to checking in with the day shift to learn what went on earlier. In the last, the night-shift team reviews their activity with the incoming day shift.

Fire service professionals are constantly on the alert. They hardly take a "break" as the ordinary citizen might think of it. No matter the time of day or the weather, they're prepared to, as Burr puts it, roll out the door in one minute after a call is toned in.

All Claremont personnel are certified EMTs, and two are paramedics. Although many calls involve the professionals from Golden Cross Ambulance, firefighters, who may arrive first on the scene, can deal with a medical emergency.

Back-to-back calls are frequent. On a snowy night last November, Engine 3 went out on a call involving a child who was having trouble breathing. Golden Cross transported the boy to Valley Regional Hospital (where he made a full recovery). But before Engine 3 could return to the station, a second call sent the team to an apartment complex several streets away to check on a tenant who had not responded to his children's phone calls. He was found confused and fatigued, but otherwise all right.

Other incidents spark frustration. Adults have the right to refuse medical treatment, even if **(Continued on page A8)**



Firefighter Kyle Lizotte inspects the control panel of Engine 1. When trucks arrive at a fire, Lizotte and his colleagues have to quickly calculate which hoses to use and how much pressure to apply, based on the location and intensity of the fire. Also fed into the calculation: the distance to the nearest hydrant and its capabilities.

Seaman Hired as New Director of Finance for SAU 6

CLAREMONT, NH—SAU 6 Superintendent Mike Tempesta formally announced at the school board meeting Wednesday night that Richard Seaman has been hired as the new SAU 6 director of finance operations & human resources. He fills the position vacated when Mike O'Neill left earlier this year; the departure came after it was learned that the district had failed to file for federal reimbursements from the school lunch program to the tune of around \$350,000 for two years and failed to properly file paperwork related to the ACA, resulting in a fine of \$320,000. The district has now filed the paperwork, and the IRS recently rescinded the penalty. Seaman and Tempesta will share human resources duties, eliminating the need to hire another staff person for that position. The savings are being applied to hire a social studies and a science teacher at CMS, allowing for those subjects to be taught for the full year. Seaman is a former Claremont school board member and chair and most recently served as director of finance and operations for the Windsor Central Supervisory Union in Woodstock. —Phyllis A. Muzeroll

“Got Apples?”

Sullivan County Public Cidery Volunteer Training Day a Success

UNITY, NH—“Holy smokes, was that ever awesome! Great to see so many volunteers. Thanks for leading the effort.” Those words were exclaimed by County Manager Derek Ferland as the County finished up its first Cider Pressing Volunteer Training Day with a group of nine enthusiastic folks at the County’s Unity, NH, campus.

Coordinated by Natural Resources staff (Lionel Chute, Dawn Dextraze, Todd Macomber and Jesse Rogers), they did a test run of the new public cidery with their volunteers, going over the five steps (washing, grinding, pressing, jugging, and cleaning) to making safe and tasty cider.

The new cidery is open to the public by appointment until October 25 to turn their own apples into fresh-pressed cider. To find out more, please contact Dawn at ddextraze@sullivancountynh.gov or calling 603-504-1004.



The County recently held its first Cider Pressing Volunteer Training Day with a group of nine enthusiastic folks at the County’s Unity, NH, campus (Courtesy photo).

Harvest Festival Supper at Union Church Saturday, October 19

Seatings at: 5:00PM 5:45PM 6:30PM

Join us in West Claremont for this community celebration, a tradition for over 60 years. Our famous Norwegian Meatballs, a huge variety of homemade pies, mashed potatoes, gravy, rolls, winter squash, and coleslaw served family style. We appreciate advanced reservations (walk-ins are welcome).

Adults \$12.00, 12 and under \$ 5.00, Preschoolers free. Handicap Accessible (via side door). In the Union Church Parish Hall, 133 Old Church Rd, Claremont, NH. Reservations suggested: unionchurchnh@gmail.com or

802.738.0678 (leave a message).
Walk-ins and take-out orders welcome.

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NH Lottery Numbers

10/05/2019

NH PowerBall

6 14 36 51 54 4

NH Mega Millions 10/04/2019

11 38 44 48 70 17

Tristate Megabucks 10/05/2019

7 16 24 27 38 6

For more lottery numbers,

<https://www.nhlottery.com/>

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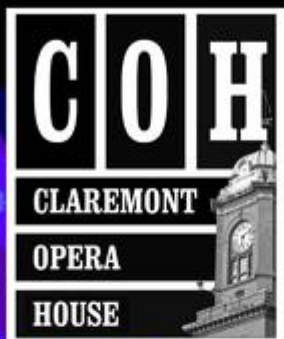
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NH AG's Office Amends Conclusion Regarding Officer-Involved Fatal Shooting in City

CONCORD, NH –Attorney General Gordon J. MacDonald and New Hampshire State Police Colonel Christopher J. Wagner, announced Tuesday afternoon that the Attorney General's Office has amended its conclusion regarding the officer-involved shooting incident that occurred in Claremont, NH, that resulted in the death of Cody Lafont.

On September 25, 2016, then Claremont Police Corporal Ian Kibbe responded to 53 Congress Street in Claremont after several 911 calls to the police from the resident there, Cody Lafont. Kibbe later told authorities that after he arrived, he encountered Lafont standing at the front door holding a handgun. said that he ordered Lafont to drop the gun but instead, Lafont stepped towards Kibbe and moved his gun in the officer's direction. At that point, believing that Lafont was going to shoot him and fearing for his life, Kibbe fired his service weapon three times, fatally wounding Lafont.

The New Hampshire Attorney General's Office and the New Hampshire State Police investigated the circumstances surrounding the shooting. The Attorney General issued a detailed report on October 19, 2016, report concluding that Kibbe's actions were legally justified and thus, no criminal charges were filed against him.

In March 2018, the Attorney General's Office was advised of potential criminal conduct on Kibbe's part, which had taken place while he was acting in his capacity as a police officer. A criminal investigation was initiated, which ultimately led to Kibbe's conviction for two crimes concerning the falsification of documentation related to a police search, unsworn falsification and obstructing government administration. Those crimes were committed about a year and a half after Lafont's death and were unrelated to the incident that led to his death.

There was no connection between Lafont's 2016 death and Kibbe's 2018 criminal convictions. Nonetheless, the Attorney General's Office undertook a further review of the incident that led to Lafont's death. The purpose for this further review was to reexamine the facts and circumstances of the 2016 incident in light of the crimes Kibbe committed that implicated his credibility as a police officer.

The subsequent review consisted of a re-examination of all the evidence, taking into account all of the information gathered during the

2018 investigation into Kibbe's unrelated crimes. That review turned up no new information or any significant discrepancies between Kibbe's statements concerning the shooting of Lafont and the evidence gathered in 2016. In addition, Dr. Marilyn Miller, a nationally recognized expert in crime scene reconstruction, was retained to review the 2016 shooting incident. Miller concluded that "the crime scene investigation was done in an effective manner" and that the physical evidence at the shooting scene was "generally consistent" with Kibbe's statements about the incident.

In her report, Miller wrote that she "...was able to extensively examine the scene and the scene investigation at 53 Congress Street, Claremont, New Hampshire, the evidence found at the scene (September 25, 2016), the autopsy of Cody Lafont, and the evidence from his body including descriptions of the gunshot wounds especially trajectory paths.

"As part of my review of the scene, I examined and compared the sworn statements of the two police officers-Officer Ian Kibbe and Lt. Brent Wilmont (sic) to the evidence found at the scene, to the autopsy results, including the deceased's gunshot wounds, and to the scene documentation, specifically the dimensions or size of the scene and photographs."

The AG's Office said in its statement "Therefore, based on the original investigation, the subsequent review, and Dr. Miller's report, the evidence that supported the conclusion that Mr. Kibbe acted reasonably under the law when he used deadly force against Mr. Lafont is unchanged, meaning that the State could not disprove Mr. Kibbe's self-defense claim. Nevertheless, Mr. Kibbe's subsequent criminal convictions of crimes of dishonesty committed in his capacity as a police officer have negatively impacted this Office's evaluation of his credibility. While Mr. Kibbe was deemed credible in the original investigation, his credibility is now in doubt given his criminal convictions. As such, the Attorney General's Office can no

longer conclude that the 2016 officer-involved shooting of Mr. Lafont was 'legally justified.' Rather, this Office's final conclusion regarding that incident has been amended to read as follows:

"Accordingly, based on a review of the case and considering all the evidence, including Mr. Kibbe's subsequent criminal conduct and the questions it raised about his credibility as a police officer, the Attorney General's Office can no longer conclude that Mr. Kibbe's actions were legally justified. Instead, the Office has concluded that it could not disprove Mr. Kibbe's self-defense claim, beyond a reasonable doubt, and therefore no criminal charges will be filed against Mr. Kibbe as a result of Mr.



Ian Kibbe (File photo)

Lafont's death."

As reported in last week's *e-Ticker News*, the estate of Cody LaFont is suing Kibbe, the City and Police Capt. Brent Wilmot claiming Lafont was the victim of excessive force and discrimination because of a disability, alleging that "(T)he City of Claremont—and its agents Brent Wilmot and Ian Kibbe —knew or should have known that Cody Lafont was suffering from a mental disability such that he was a 'qualified individual with a disability' as defined by the Rehabilitation Act or the ADA..."

The suit claims Lafont's estate is entitled to monetary damages under the Fourth and Fourteenth amendments of the US Constitution against excessive force and the Americans with Disability Act.

Firemen's Parade Oct. 11

CLAREMONT, NH—The Claremont Firefighter's Association 134th Annual Fire Prevention Parade will be held on Friday, Oct. 11, rain or shine, 6:30 p.m.

The parade Route is as follows: Starting at the Claremont Middle School, South St., right onto Pleasant St., to Opera House Sq., disbanding on Broad St.

House of Representatives **– Claremont**

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Shaheen, Hassan, Group of Senators Urge Trump Administration to Protect Health Care Coverage for People with Pre-Existing Conditions

WASHINGTON DC—Thursday, U.S. Senators Jeanne Shaheen (D-NH) and Maggie Hassan (D-NH) sent a letter with U.S. Senator Mark R. Warner (D-VA) and 37 Senators urging the U.S. Department of Health and Human Services (HHS) and the Centers for Medicare & Medicaid Services (CMS) to protect individuals with pre-existing conditions by limiting the proliferation of “junk plans” – short-term insurance plans that can exclude coverage for essential benefits and provide no protections for Americans with pre-existing conditions.

The Trump Administration recently issued a rule that allows states to ignore federal consumer protections and use taxpayer dollars to subsidize “junk insurance plans” that cover less and cost more. These junk plans can exclude coverage of essential benefits like prescription drugs, emergency room visits, maternity care, or mental health care. Additionally, under this rule, states can give insurance companies the green light to discriminate against Americans with pre-existing conditions by increasing costs, limiting coverage, or denying coverage altogether.

In their letter, the Senators urged HHS Secretary Alex Azar and CMS Administrator Seema Verma to limit the spread of short-term junk plans and safeguard Affordable Care Act (ACA) protections that increase access to affordable and comprehensive health insurance, and forbid insurance companies from discriminating against individuals with pre-existing conditions.

“We have heard from patients, physicians, independent experts, and other health care stakeholders that individuals with pre-existing conditions are being negatively impacted by your Administration’s actions,” wrote the Senators. “Just this month, Bloomberg reported Arizona resident David Diaz unknowingly purchased a short-term health plan that did not cover pre-existing conditions and placed ambiguous limits on emergency room care and other essential health care services. His family has been left with hundreds of thousands of dollars in medical debt. The Washington Post similarly reported on Jesse Lynn, who purchased a short-term health plan not realizing his back problem would be considered a pre-existing condition. Jesse’s insurance company refused to cover his care – forcing his family into bankruptcy.”

Senators Hassan, Cassidy, Ernst, Sinema Raise Concerns Over VA Hiring Providers With History of Misconduct

WASHINGTON, DC—Senators Maggie Hassan (D-NH), Bill Cassidy, M.D. (R-LA), Joni Ernst (R-IA), and Kyrsten Sinema (D-AZ) are calling on the Department of Veterans Affairs (VA) to take action following a troubling report from the Government Accountability Office that found Veterans Health Administration facilities are hiring providers with a history of misconduct.

“Veterans Health Administration (VHA) facilities lack adequate safeguards to ensure that veterans are not treated by providers who have a history of adverse actions against them related to providing substandard patient care, endangering public safety, substance misuse, or unprofessional conduct,” The Senators wrote. “We urge you to take immediate action to correct this issue and to ensure quality care for veterans who have sacrificed much in the brave defense of our freedoms.”

Kuster Visits Associated Grocers – New England to Discuss their Work & Role in the Community

PEMBROKE, NH—Last week, Congresswoman Annie Kuster (NH-02) visited Associated Grocers – New England (AGNE) in Pembroke, which serves independent grocery and convenience stores in the Northeast. Kuster toured the facility and met with leadership and employees to hear more about AGNE’s work.

“Local businesses play a critical role in the productivity of our state and national economy, and it is imperative that we support them,” said Kuster. “It was great to visit AGNE and hear firsthand about the impact their work has on our Granite State communities. I’ll continue my efforts to empower businesses around New Hampshire and across the country.”

Upcoming OBSP Dinner Theater Show

CLAREMONT, NH—Off Broad Street Players are in rehearsal with their latest dinner theater production, "Murder in Black and White." Director Julie Richardson will reprise the show that she directed for OBSP in 2005. It played to large and appreciative crowds, with audience members commenting years later about their enjoyment of the show. Attendees were encouraged to come dressed in black-and-white clothing, with the promise of a prize being awarded each evening to the best costume. This challenge will be issued again, adding to the evening's enjoyment.

This show will also feature an all-new cast taking on the roles played by others 14 years ago. Familiar Claremont actors Trudee Bacon, Scott Magnuson and Leslie Peabody, along with Mike Grace and Kara Lee, Charlestown, will be joined by newcomer Courtney Porter, Claremont and returning member, Bob Bladen, Cornish.

American Legion Post 25, Court Street, Windsor, VT, will host shows on November 15 and 16. Plans for a weekend at a Claremont location are being finalized. Ticket and dinner information will be available at a later date, here and on Facebook at OBSPClaremontNH.

Foreigners Journey Tribute Band at COH

CLAREMONT NH—Foreigners Journey is more than a tribute band. They're a time machine, and their "infectious energy" hits the stage of the Claremont Opera House Saturday, October 19, 8pm.

Foreigners Journeys brings together the incredible sounds of two of rocks greatest arena bands of the 80's – Foreigner & Journey. Experience the rock ballads *Faithfully*, *Waiting For A Girl Like You* & *Open Arms*, along with rock classics *Cold As Ice*, *Urgent*, *Hot Blooded*, *Feels Like The First Time*, *Jukebox Hero*, *Separate Ways*, *Don't Stop Believin'*, *Anyway You Want It* ... and so much more! All performed in their original key and pitch with the excitement of a live concert show.

Tickets are \$29 and can be purchased in

advance online at www.claremontoperahouse.org, by phone at 603-542-4433 or in person at the Opera House Box office in City Hall Complex at 58 Opera House Square.

Tickets also available night of show.

Beer and wine sales available before the show and during intermission from Sweet Fire BBQ.

Through Oct. 31
Saint-Gaudens Exhibition: "On View in Cornish"

The Trustees of the Saint-Gaudens Memorial are pleased to announce the Fall exhibition at the Saint-Gaudens National Historical Park: "On View in Cornish: American Art at the Picture Gallery, 1948-2019."

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Author to be Featured Speaker St. Joseph Church's Coffee Hour

CLAREMONT, NH—Dan Szczesny, author, travel writer and journalist from Manchester, will be the featured speaker at St. Joseph Church's annual Coffee Hour on Sunday, Oct. 13, at 10am. His illustrated talk, "Polish Boy Abroad: Coming Home to My Polish Roots", will take place in the church hall at 58 Elm Street following the regular Sunday Mass at 9am. The program is free and open to the public.

Using slides and reading from essays about his journey, Szczesny will share the experience of discovering his Polish roots after a successful career writing about other cultures around the world. Born in the Polish neighborhood on Buffalo, New York's East Side, he has written travelogues on Nepal, Alaska, and the White Mountains. A Hemingway Foundation finalist for short fiction, he has traveled throughout the country to speak about adventure travel and the importance of getting kids into the outdoors.

Szczesny has spoken locally at the Fiske Free Library in Claremont and the Silsby Free Library in Charlestown about his hiking experi-

ences. His newest book, "The White Mountain", chronicles his year-long study of New England's tallest mountain, Mount Washington. His website is at www.danszczesny.com.

For more information about this program, call 603-542-2394.

October is Polish American Heritage Month

CLAREMONT, NH—The parishioners of St. Joseph Church, 58 Elm Street, Claremont, will be celebrating Polish American Heritage Month during the month of October with a series of cultural events open to the public.

The 30th Annual Polish Cooking Class will be held on Tuesday, Oct. 8, at 6:30 pm, in the church hall. Cooks will demonstrate the preparation of several Polish recipes, which the audience will be able to taste at the end of the evening. A \$6 donation is requested to cover the cost of food served. Please call Arline Marro at 603-542-5933 to register ahead of time so that enough food can be prepared.

Coffee Hour will be held on Sunday, Oct 13, 10am, following the regular 9 am Mass, which will feature hymns sung in Polish (music and words provided so you can sing along!) Traditional Polish and American sweet treats will be served in the church hall following Mass. Author, travel writer, and journalist, Dan Szczesny of Manchester, NH will present an illustrated talk titled "Polish Boy Abroad: Coming Home to My Polish Roots." This event is free and open to the public. No registration is necessary.

The Harvest Festival known as Dozynki will take place on Saturday, Oct. 26, at 6:30 pm, following the regular 5:30 pm Mass. This event has been held since 1989, but not in 2018 due to other obligations of the organizers.

This year's menu will be a variation of the St. Joseph Sports Night dinners, held in St. Joseph Church Hall for many years: Stuffed cabbage, potato and vegetable, with rye bread and dessert. Tickets are \$10 each if purchased in advance; \$12 at the door. Tickets will be available after weekend Masses or purchase may be arranged by calling Betty Gierko at 542-2394 or Arline Marro at 542-5933.

Invitation to Join The Area Choir

NEWPORT, NH—The Area Choir, now in its

66th year, invites those who love to sing to join them this season. The choir will usher in the Christmas season with three concerts, on Saturday, Dec. 7 at 7:30 PM and Sunday, Dec. 8 at 3:30 and 7:30 PM. This year David Chaves is the interim director, Billie Joyce Bell returns as accompanist, and Beverly Caldon is the organist.

Rehearsals begin Sunday, Oct. 20, at 6:00 PM (registration at 5:30) and continue weekly through Dec. 1, 6:00 to 9:00 PM. All rehearsals and concerts are held at South Congregational Church in Newport. There are no auditions or fees to be a member of The Area Choir.

To express your interest or for more information, please email theareachoir@gmail.com or call Karen Koski Little, board chair at 603-863-4007. They are also on Facebook.

Presidential Candidate Visits

Breakfast Town Hall with John Delaney

Location: Common Man Restaurant, 21 Water St, Claremont, NH

Time: 9:00AM - 10:30 AM

Sunday, Oct. 13

Join 2020 Democratic candidate John Delaney for a breakfast town hall at the Common Man Restaurant in Claremont on Sunday, October 13. Delaney will talk about his vision for the campaign and take questions from voters in attendance. This event is free and open to the public.

RSVP: <https://www.facebook.com/events/385409255706790/>.

Unity Hist. Society to Meet Oct. 8; Humanities Program on the 27th

UNITY, NH—The Unity Historical Society will meet on Tuesday, Oct. 8, at 6:30 p.m. They are continuing work on the "Unity Veteran's Memorial". Everyone interested is welcome to attend. Their museum will be open on Saturday, Oct. 26th, from 10:00 a.m. until 1:00 p.m. with a special showing of old clothing of different periods. They will also have a Humanities Program on Sunday, Oct. 27th, at 2:00 p.m. The presentation will be on "Poor Houses and Town Farms". Everyone is welcome to attend. There will be refreshments.

Night, from A1

first responders judge that they should be treated. But with the rise of opioid- and “bath salts”-related overdoses, refusal can be fatal. Narcan, at least, provides instant recovery from opioids. On the other hand, new laws criminalizing bath salts authorize the police to arrest the user. Police will also bring in individuals whose judgment is impaired due to insulin shock, head injury, stroke or mental impairment.

Even on so-called “quiet” nights, when no call comes in, the team is busy.

“There’s a lot of cleaning,” says firefighter Tim Vezina, who is also the fire alarm/traffic light superintendent. “We’re really aggressive about it.” It’s not just for the sake of shiny surfaces, but also for overall health and wellness.

Every Monday, all floors, the kitchen and second-floor rooms are scrubbed down.

Once-a-month “spring cleaning,” adds Vezina, “is Monday cleaning on steroids.” Walls, fans, ceilings — everything gets the treatment.

After every call, night or day, the trucks that went out are hosed down and polished. The department owns two engines, two ladders, a rescue and a tanker.

If trucks have not gone out, then, as fire captain Jim Chamberlain says, “I can guarantee that we’re the only station not only in New Hampshire and New England but the country



Fire lieutenant Scott Messer compares handwritten notes to the formal incident report in NFIRS (National Fire Incident Reporting System). The shift officer in charge is also responsible for transcribing the notes in the log book into the digital version that the department releases to the public on a weekly basis.

that dusts off their engines.”

Immediately after every call, the men launder their gear to rid them of carcinogens and other particulates. The heavy-duty washing machine in the basement can handle four sets of 75-lb. gear at a time.

Firefighters have many more duties than extinguishing fires and responding to medical emergencies.

(Continued on page A9)



Above: Firefighters and Golden Cross Ambulance EMTs responding to a call about a child in distress. Right: The Claremont FD takes pride in the spotless condition of its station. Here, firefighter Michael Snide, left, and fire lieutenant Russ Chesanek mop the station floor.

Fire, from A8

They prepare for active-shooter incidents. In the August stand-off on Centennial Drive, fire service personnel were in the “warm zone” wearing military-style helmets and bullet-proof vests.

If someone is trapped in a car following an accident, firefighters’ training in auto extrication kicks in and the jaws of life are applied.

Everyone is trained in water rescue, including swift-water and ice incidents.

High-angle rescues involve firefighters scrambling to the top of a 110-foot ladder and carrying down the people they rescued.

Now imagine performing all those duties in a dark forest or on a sub-freezing moonless February night, in the gully of an unlighted highway or in the middle of a furious thunderstorm. That’s what the night shift is frequently called upon to do.

Health and wellness is a core value. The department’s mission statement says in part that all personnel will “continually work to maintain a level of fitness that will best serve our community and our fellow firefighters.” To that end, when every task has been completed, firefighters can use the treadmill and weight-training equipment in the basement. Staying fit is crucial, maintains Chamberlain, since cardio-related diseases are the number one killer of fire service professionals.

By the time the night shift can finally head to their rooms on the second floor, they may be exhausted but they get very little deep sleep. It’s more of a glorified rest, as some describe those hours. They never totally relax, but

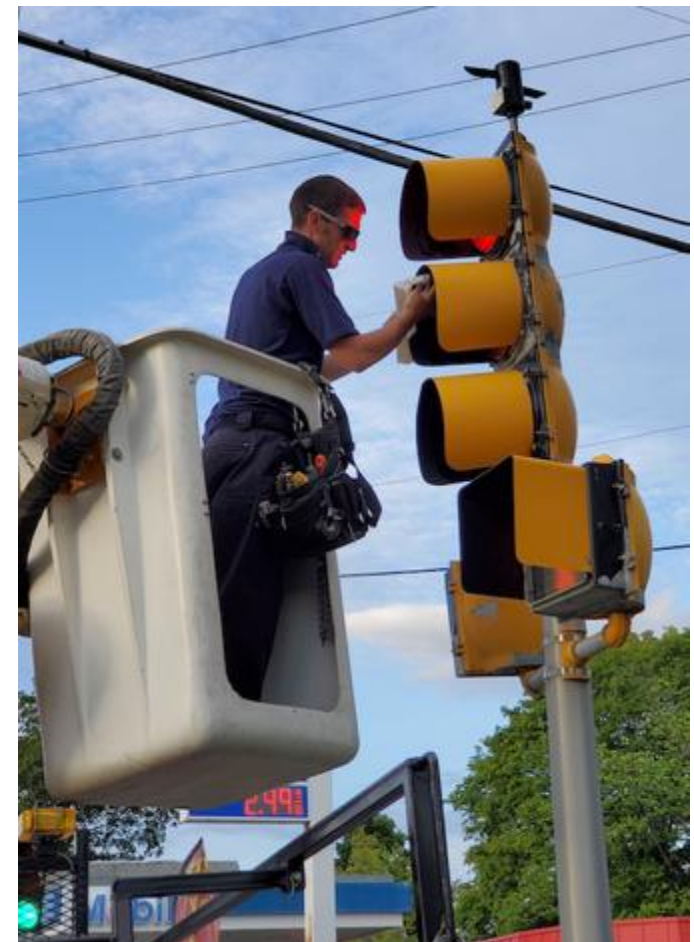


The hydrant map, studied and memorized as part of firefighter training, pinpoints the location of every City hydrant.



Above: Each firefighter’s gear — boots to helmet — weighs 75 lbs. On a call, he also wears a fireproof hood to prevent skin exposure, attaches a radio for communication with his team, and connects an air bottle to his mask. Firefighters learn to gear up quickly. Jim Chamberlain, left, can put his on in 45 seconds. Tim Vezina, center, and Kyle Lizotte are shaving off seconds to match his time.

Right: Tim Vezina has just replaced a burnt-out bulb and cleaned the red lens of a traffic light at Pleasant and Summer streets. When traffic is light, he inspects all the lights at an intersection. The fire department is responsible for the City’s 15 traffic lights.



rather are in a state of anticipation, waiting for the siren to sound.

After years of working closely together, firefighters develop absolute trust in one another. They readily call each other “brothers” as members of a family involved in high-risk duties and life-threatening situations.

“There’s a teamwork chemistry that we all experience,” says Chamberlain. “On a call, we each have a specific job but we’re working together for a common goal.”

He adds, “We are here for Mrs. Smith, for anyone who has no one else to call, even at 3 a.m. because their smoke alarm is beeping. We are professionals ready to solve a problem before it starts. Through training and preparation, we are dedicated to excellence of execution.”

Classified Ads

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IF YOU'VE REACHED THE TOP, LIVE HERE in this **Dramatic Modern Contemporary** situated above others. Enjoy the elegance of nature's beauty looking thru your "wall of glass" in this elegant sunk-in living room with fireplace. Also, enjoy fine dining observed thru another wall of glass offering a peaceful and relaxing atmosphere of the outdoors. The home has been completely redone to perfection. Two concrete stamped patios, large deck and 3 car garage.
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Ashley Bergeron
Agent



This family residence is zoned for mixed use. If you are looking for exposure for a business, you may want to walk through it! Large rooms with a two-car attached garage, family room, natural wood work. Semi-finished basement to include a studio and detached garage that sits on a full basement. Sits on a half acre of land. **\$173,000**

Classified Ads

**PUBLIC NOTICE
PLANNING BOARD HEARING
Monday, October 14, 2019 7:00 PM
Council Chambers, City Hall**

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

PL 2019-00013 Claremont Motorsports Park LLC, Nashua NH – Application for Site Plan Approval for establishing a seasonal campground at 282 Thrasher Road. Tax Map 71, Lot 4. Zoning District: RR

Interested parties may review the applications at the City of Claremont’s Planning and Development Department, 14 North Street during normal business hours. Comments may be submitted in person at the hearing, or in writing at 14 North Street, Claremont NH 03743, or by email at city-planner@claremontnh.com.

Richard Wahrlich, Chair

Sullivan County Fugitive of the Week

GREGORY WORTHLEY
DOG: 08/21/1988

LKA: 64 Rumford Street, Concord, NH

Description: White male, height: 5’11”, weight: 175 lbs., eyes: blue, hair: brown

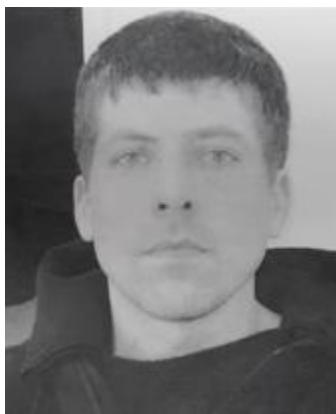
Reason: Failure to appear

Original charge:

Possession with Intent to Distribute Alpha-PHP Subsequent Offense, Class A Felony

Possession of Controlled Drug, Alpha-PHP Subsequent Offense, Class a Felony

On Sept. 10, 2019, Gregory Worthley was arrested for one count of possession with intent to distribute Alpha-PHP subsequent offense and one count of possession of the controlled drug, Alpha-PHP subsequent offense. Worthley was released on personal recognizance bail. As part of his condition of



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 - * Power is on site
- MLS # 4766936 \$39,900**



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- * Kitchen with cherry cabinetry and granite counter tops
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release, he was ordered to appear in Sullivan County Superior Court on Sept. 26.

On Sept. 26, Worthley failed to appear for his hearing in Sullivan County Superior Court and as a result, the court issued a warrant for his arrest on Sept. 27, for failure to appear.

The Fugitive of the Week is provided by Sheriff John P. Simonds of the Sullivan County Sheriff’s Office. If you have any information regarding the whereabouts of this fugitive, please contact either the Sheriff’s Office at 603-863-4200 or your local police department.

OPEN HOUSE

18 Page Road, Unity, NH
 October 12, 2019 1:30 PM – 3:30 PM
 2 Story Cape 3 Bed 3 Bath
 Waterfront



240 ft. water frontage on Crescent Lake
 2.21 acres of land

Come take a look at this beautiful year-round home!

ACLU-Organized Panel on Racism Follows Free Film at Dartmouth Oct. 10

HANOVER, NH – Reverend Eric Jackson of the NAACP and Middlebury College professor James Chase Sanchez, producer of the award-winning 2018 documentary *Man on Fire*, will participate in a panel discussion following a free screening of the film on Thursday, Oct. 10, from 7:00-9:00 p.m. in Room 41 of Dartmouth College's Haldeman Center at 29 N. Main Street in Hanover. *Man on Fire* chronicles the life of the social justice activist Charles Moore, a 79-year-old white Methodist minister who self-immolated in Grand Saline, TX, in 2014 as his final protest against pervasive racism. "This powerful, thought-provoking film is a catalyst for deep conversations about systemic racism in our society," said Dartmouth Professor of Sociology Misagh Parsa. "I am proud to have a screening here on campus. We need to have these conversations to drive change."

Daniel Pontoh, a local activist, is also featured on the panel. The film screening and discussion are free events organized by ACLU-NH. Both are open to the public. For additional information, call 603.227.6681 or contact Steven L. Kidder, steven@aclu-nh.org.

Rev. Eric Jackson is president of the Greater Manchester NAACP. Professor Sanchez teaches Writing and Rhetoric at Middlebury.

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Burlington Taiko Performance October 12 at 11:30AM

Taiko Workshop October 9–11

Learn to play the taiko drum in this fun and informative
multi-day workshop @ CSB Community Center

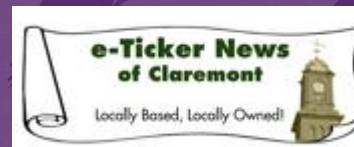
AFTERNOON WORKSHOP Wednesday–Friday 3:45–5:00PM

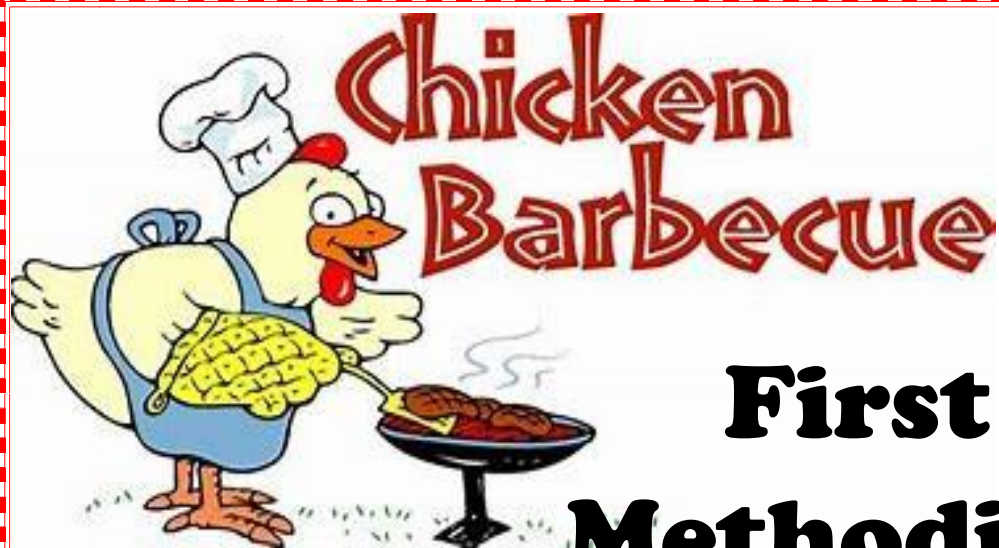
EVENING WORKSHOP Wednesday–Friday (times vary)

By donation. Visit wcc-ma.org for full details



Funded in part by the New England States Touring program of the New England Foundation for the Arts, made possible with funding from the National Endowment for the Arts Regional Touring Program and the six New England state arts agencies.





Chicken Barbecue

First United Methodist Church

38 summer Street—Claremont NH

Saturday October 12, 2019

**1/2 Chicken
Potato Salad
Coleslaw
Homemade
Cookie or
Brownie
\$12.00**

**Come and enjoy
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dinner
Served
to go from
11am—till sold**

e-Ticker Business News

King Arthur Flour Voluntary Recall Expanded

NORWICH, VT—On October 3, King Arthur Flour announced a voluntary national recall of specific lots of its Unbleached All-Purpose Flour (5 lb. & 25 lb.), in cooperation with ADM Milling Company.

“We are taking this voluntary precautionary step because of the potential presence of *E. coli* 026 which was discovered through sampling. To date, we have not received any confirmed reports of illnesses related to this product, which was produced prior to February 2019,” said the company in a press release.

This flour was milled at an ADM Milling facility in Buffalo, NY, and was distributed through retailers and distributors nationwide, and sold through our website, catalogue, and store in Norwich, VT.

To see a list of products affected by this recall, please visit <https://www.kingarthurfour.com/voluntaryrecall>.

D-H Anesthesiologist Named Editor-in-Chief of Regional Anesthesia & Pain Medicine Journal

LEBANON, NH – Brian D. Sites, MD, MS, has been selected to serve as editor-in-chief (EIC) of the journal *Regional Anesthesia & Pain Medicine* after the retirement of EIC Dr. Marc Huntoon at the end of the year.

Sites is the medical director of the Acute Pain Medicine Service at Dartmouth-Hitchcock Medical Center in Lebanon, NH. He also serves as director of orthopedic anesthesiology, director of the Center for Learning and Professional Development, and vice chair of research in the department of anesthesiology. An active member of and volunteer for the American Society of Regional Anesthesia and Pain Medicine (ASRA) for many years, Sites resigned from his position on the ASRA Board of Directors in September to take on the EIC role.

Formerly an executive editor of the journal, Sites has begun transitioning into the new role under Dr. Huntoon’s guidance, who has

served as EIC since 2006. Under Huntoon’s leadership, the journal has expanded from 6 to 12 issues per year and now places at 5 among 31 journals in the Anesthesiology Impact Factor Category, according to Clarivate Analytics.

“I am deeply honored to become the editor-in-chief of this prestigious publication,” Sites said. “Marc nurtured us through several key initiatives including the expansion of chronic pain publications, new sections, a dynamic and diverse editorial board, and the publication of major clinical practice guidelines.”

Sites has several plans in place to expand the journal to adjust to an ever-changing field of medicine.

“The fields of acute and chronic pain medicine are evolving at a dramatic pace, with nearly an endless set of new patient populations, procedural techniques, image guidance modalities, and therapies,” he said, adding that RAPM will always embrace high-quality inves-

tigations across a wide spectrum of methodological approaches.

Sites’s plans include an increasing focus on population health and social policy. “Research investigations that are powered to explore outcomes such as functional status, quality of life, cancer survival, death, cognitive decline, sustained opioid use, health-care resource utilization, escalation of care, and development of chronic pain are in immediate need,” he said. Expanded social media efforts and statistical analyses also play a role in his future vision.



Dr. Brian D. Sites



Nicholas J. Hobart
Financial Advisor

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e-Ticker Business News

Dartmouth-Hitchcock Health and GraniteOne Health Sign Formal Agreement for Combined New Hampshire-Based Health Care System

LEBANON & MANCHESTER, NH—Joanne M. Conroy, MD, CEO and President of Dartmouth-Hitchcock Health and Dartmouth-Hitchcock, and Joseph Pepe, MD, CEO and President of GraniteOne Health, announced Tuesday that nine months after signing a Letter of Intent (LOI), the Boards of Trustees of Dartmouth-Hitchcock Health (D-HH) and GraniteOne Health (GOH) and their member organizations have signed a Combination Agreement to combine the two health care systems. The Most Reverend Peter Libasci, Bishop of Manchester, has also issued a nihil obstat, or declaration of no objection, allowing the Combination to proceed. These steps mark significant milestones in the approval process; the health care systems are now preparing their submissions to the New Hampshire Attorney General's Charitable Trusts Unit and Consumer Protection Bureau, as well as to the Federal Trade Commission (FTC) for review and approval.

The combined non-profit health care system, which will be called Dartmouth-Hitchcock Health GraniteOne, will build on years of existing successful community engagement and clinical collaborations, and will meet the growing demand for seamlessly-integrated primary, specialty, ambulatory, and inpatient care throughout the region. The result will be a high-quality, lower-cost, New Hampshire-based alternative to out-of-state providers.

"We are extremely proud of the diligence and exhaustive work that the Dartmouth-Hitchcock Health and GraniteOne Health teams have put into developing this comprehensive agreement," said Vincent Conti, MHA, Chair of the Dartmouth-Hitchcock Health Board of Trustees. "Our board unanimously approved this agreement because we truly believe it is a positive and transformative step for the people of New Hampshire and our respective organizations. Every one of us is anxious to begin the work to fully realize the potential of our new relationship."

"Throughout this process, we have learned so much about what makes each of our orga-


nizations important to our communities," said Rick Botnick, Chair of the GraniteOne Health Board of Trustees. "The system we are forming honors those long-standing commitments and builds on our clinical excellence, to create opportunities for all of New Hampshire to enjoy better health."

The combined and integrated system will transform health care delivery in New Hampshire while maintaining member's local identities, traditions and community commitments, including the distinct Catholic model of health care provided by Catholic Medical Center, said D-H and GraniteOne Health in a joint statement. All organizations within the combined system will also keep their current names and local leadership.

About GraniteOne Health: GraniteOne Health (GOH) is a network of New Hampshire hospitals that combines their experience, resources, and expertise to provide exceptional care to individuals and families across the Granite State. Member hospitals which include Catholic Medical Center (CMC) in Manchester and its nationally renowned New England Heart & Vascular Institute, Huggins Hospital in Wolfeboro, and Monadnock Community Hospital in Peterborough. A non-profit, community-based health care system, GraniteOne Health offers access points throughout New Hampshire to advanced clinical

services such as open-heart surgery, angioplasty, minimally invasive heart valve and vascular surgery, cancer care, comprehensive weight loss management, orthopedics, innovative maternal health services and over 30 other medical and surgical subspecialties. GraniteOne Health gives patients access to high-quality, coordinated care across the continuum of health.

Got Business News?
Send your news and photos to
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Green Dot, First Responders Team up for Community Event

CLAREMONT, NH—Claremont Green Dot held their Police Dog Presentation and First Responder Touch-a-Truck community event on September 21st at Claremont Middle School. The event was a collaboration with the Claremont Police Department to showcase the important work that first responders do, and discuss how everyone can learn to become an active bystander in the community to help prevent violence.



During this event, a crowd of over 50 people watched a presentation from K-9 officers with Officer Tyler Petrin from the Claremont Police Department and Trooper Armand from the New Hampshire State Police, demonstrating the unique working relationship between a canine officer and their partner. Claremont Police Chief Mark Chase addressed the crowd prior to the presentation and answered questions throughout the event. Several first responder vehicles were present for a Touch-a-Truck, including ambulances, police vehicles, and fire trucks, as well as a meet and greet with the NH Fire Safety mascot, Sparky the Fire Dog.



Claremont Green Dot would like to thank the Claremont Police Department, Claremont Fire Department, Golden Cross Ambu-

lance, and Claremont Middle School for all of their support for this event. A special thank you goes to the K-9s, Maverick and Eli, for all their hard work with their human partners.

Claremont Green Dot is a community initiative working to end violence by teaching community members how to step in and become active bystanders through training sessions and events. These trainings are free, and open to businesses, groups, and individuals. To learn more about the initiative, visit claremontgreendot.org or email claremontgreendot@gmail.com.
(Courtesy photos).

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Claremont AARP to Hold Cookout and Celebration of the Chapter's Birthday, Program on Archeological Finds

CLAREMONT, NH—The Claremont Area AARP Chapter will meet Thursday, Oct. 10, at 12:30 P.M. at the Earl Bourdon Centre, 67 Maple Avenue, for a cookout and celebration of the chapter's birthday. The cost is \$5 and admitting ticket will be used for a door prize drawing. Sherrie Curtis will be available to sell tickets.

Following the meal, Annette Spaulding will present a program about the archeological finds she discovered while diving in the Connecticut River, something she has done for many years. There are petroglyphs under the water in Bellows Falls and as recently as this summer, she found artifacts presumed lost many years ago in a flood in that area. She will relate her findings along the Connecticut next to Claremont. She also dives in the Atlantic Ocean and may share what she discov-

ered as time permits. A hat will be passed for a free will offering to thank her for coming to Claremont. Her presentation will begin around 1:30 P.M. and is open to the public. There is handicapped-accessible parking to the right rear of the building for easy entrance into the dining room. Birthday cake will follow the presentation. Kathy can be contacted at 603-542-5500 with questions.

tion into the sale of heroin and fentanyl in the greater Bellows Falls, VT, area, said the Vermont State Police in a press release.

Bennett was issued a citation to appear at the Windham Superior Court Criminal Division to answer to the charge of Sale of Heroin. The Southern Vermont Drug Task Force was assisted by the Springfield Police Department. Bennett has a court date of Nov. 26, 2019.

Bellows Falls Woman Arrested on Drug Charge in Springfield, VT

SPRINGFIELD, VT—On October 1st, the Southern Vermont Drug Task Force arrested Bethany Bennett, 24, of Bellows Falls, VT, in Springfield, VT, for the alleged sale of heroin/fentanyl. The arrest came after an investiga-

PUBLIC NOTICE
Conservation Commission
MEETING
 Thursday, October 17, 2019, 6:00 PM
 Council Chambers, City Hall
 Gary Dickerman, Chair



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Consider Some Year-end Investment Tax Moves

It may be hard to believe, but we're getting close to wrapping up 2019. And if you have a year-end to-do list, here's one more item you might want to add: Lower your investment-related taxes. To help meet this goal, consider these moves you could make before year-end:

- **Increase your 401(k) contributions.** If your employer allows it, add some money to your 401(k) before the year is out. (You can put up to \$19,000 in your 401(k) or similar plan for 2019, or \$25,000 if you're 50 or older.) If you fund your 401(k) with pre-tax dollars, the more you put in, the lower your taxable income. After-tax contributions, such as those for a Roth 401(k), won't result in tax savings for 2019 (but should reduce taxes in future years).

- **Add to your IRA.** You've got until the April tax filing deadline to contribute to your IRA for 2019, but why wait until the last minute? You can put up to \$6,000 in your IRA for the year, or \$7,000 if you're 50 or older. With a traditional IRA, your contributions may be deductible, depending on your income; with a Roth IRA, contributions aren't deductible, but your earnings can grow tax-free, provided you meet certain conditions.

- **Donate some investments.** Recent tax law changes have resulted in far fewer people itemizing their deductions. However, if itemizing still makes sense in your situation, you might want to consider donating an investment that has gained value since you purchased it to one of the charitable groups you support. You will generally be able to deduct the fair market value of the investment, and you can avoid paying capital gains taxes on the appreciation.

- **Consider selling investments to realize capital losses.** You may have taxable capital gains, either from selling investments that have increased in value or simply from owning mutual funds (mutual fund managers constantly buy and sell individual investments within the funds). These capital gains could increase the amount of taxes you owe. If you own some investments that have lost value since you purchased them, selling them would generate capital losses that could be used to offset capital gains. Further, if you have more losses than gains, you can use up to \$3,000 of your losses to offset ordinary income.

Keep in mind that selling an investment may change the allocation and performance of your portfolio. Also, just because an investment is down in value is not necessarily a reason to sell. And once you sell an investment to generate a capital loss, you need to wait at least 31 days to repurchase it to avoid incurring what's known as a "wash sale." Your financial professional can help you determine if selling any investments makes sense for your situation.

Before making any of these moves, you'll also want to consult with your tax professional. And remember that while taxes are a consideration, they should not necessarily drive your investment decisions. When investing, you need to build a portfolio that's appropriate for your risk tolerance and time horizon and that can help you achieve your goals, such as a comfortable retirement.

Still, if you can make some tax-smart investment moves before the year is out, you may well reap the benefits next April.

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



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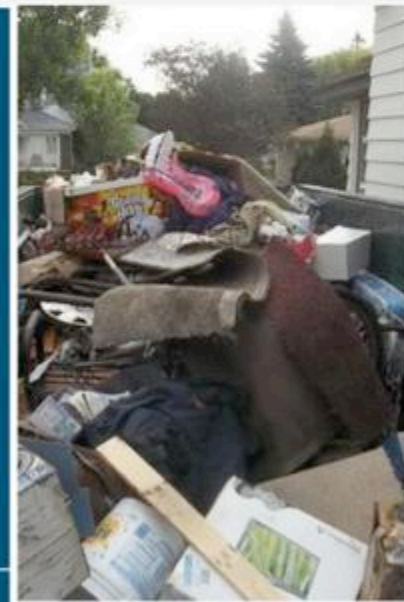
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2019 Springfield Area Community Health Needs Assessment Now Available

SPRINGFIELD, VT—Springfield Medical Care Systems and Springfield Hospital have completed their 2019 Community Health Needs Assessment. The assessment process, which takes place every three years, included an analysis of primary and secondary data by volunteers from several community organizations throughout the area. Research included personal interviews, focus groups and surveys, made available in paper format or on line, covering communities throughout the service area including Windham, Windsor and Bennington Counties in Vermont, and Sullivan and parts of Cheshire County in NH.

Copies of the complete report are available on line at www.springfieldmed.org or by requesting a paper copy from Crystal Morey at 802-885-7603 or email cmorey@springfieldmed.org.



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It's About Food

By Johnny Navillus



Coq Au Vin

If you have never experienced Coq Au Vin, you are missing out on a real gastronomic experience.

Strictly speaking, this is rooster with wine. A very old French dish that is rarely offered except in French restaurants. And almost never seen in the average American home. Because it is an absolute pain to make.

The classical recipe is available online for those adventurous foodies who wish to devote an afternoon to assembling this superb dish. There are “easy” recipes for this, but all are labor intensive and well worth the effort.

Some of the major ingredients of the classic recipe are lardons (thick sliced bacon), bouquet garni (thyme, bay leaf and parsley), brandy, Burgundy wine, crimini mushrooms, well, you get the point. Definitely worth the effort if you have the time and patience. Major kudos go with this if well done. If you really need to score the points, this dish will do it for you.

I had given up all hope of indulging in this superb rustic dish except in a large city with a French restaurant. And then:
EUREKA!

I was in the International Food section of a grocery store one time. Looking at the various curries. I had bought a family size tray of chicken breasts because they were on sale. Because there were only two of us at home now, I had some breasts left that had to be used ASAP. I wanted to do a curry, but my wife really doesn't like curry except for one. I had done Chicken Parmesan and was looking for something different.

On the far left of the display all by itself, almost hidden by a display, was Coq Au Vin cooking sauce! My pulse jumped and I got a little lightheaded. Could it be? Yes, it was. A jar jumped into my cart and off we went. How bad could it be? I had to try it.

By the time I reached the check out I had the meal all planned.

I cut two breasts into bite-sized pieces and sauted them in olive oil. I opened the jar and the aroma just made my mouth water. I poured the contents into the skillet with the chicken, brought it to a boil and let it simmer for a half hour. I hadn't meant for it to be that long, but half of us weren't ready to sit down as yet.

I did up some asparagus spears and zapped a 90-second package of Brown and Wild Rice. So simple.

The presentation was beautiful and the sauce was superb. Restaurant quality.

For a rustic, fall or winter dish, this was perfect. The reviews were great. This dish will be on the menu again.

Back to the store for another jar and a pork tenderloin.

Broiled the pork, cooked up the sauce, did mashed potatoes and sugar snap peas. Sliced the pork into medallions, plated them in a row and drizzled the sauce over them. Absolutely outstanding.

Today we have prepared sauces and various things packaged and ready to go that are every bit as good as what you could make from scratch. This is a tribute to those who play in commercial kitchens putting together things that make life easier and add variety. Take the time to scout them out.

What a great time we live in to play with your food.

Write to Johnny at etickernews@gmail.com.



Fall Festival and Chili Cook-Off Fun!

It was a crisp Fall day Saturday, blue skies and bright sunshine bathing the annual Fall Festival and Chili Cook-Off in Claremont, held at the Visitor's Center Green. Tents and booths dotted the green, and music by Rusted Chrome filled the air. There was plenty of good-natured competition, too, as chili cooks vied for votes cast by visitors to the event. A large crowd turned out for the day's events; the chili tasting began at 10:30 a.m. and ended at 2:30 p.m., followed by awards. There was also the SERVPRO of Lebanon/Hanover/Littleton 5K Road Race for those who wanted a good workout on a cold morning. Photos: View of the day at the Green; Lisa and Kat represented Southwestern Community Services; Rusted Chrome provided the music.

Photos by Dakota T. Bonner



And the Cook-Off Winners are...

Business Category:

1. Imperial Auto Body
2. Red River
3. Hairitage Barber Shop

Non-Profit Category:

1. Sullivan County Healthcare
2. Claremont Parks & Rec
3. Claremont Girl Scout Troop 30261

Individual Winner:

Jillian Chaloux

Best Decorated Booth:

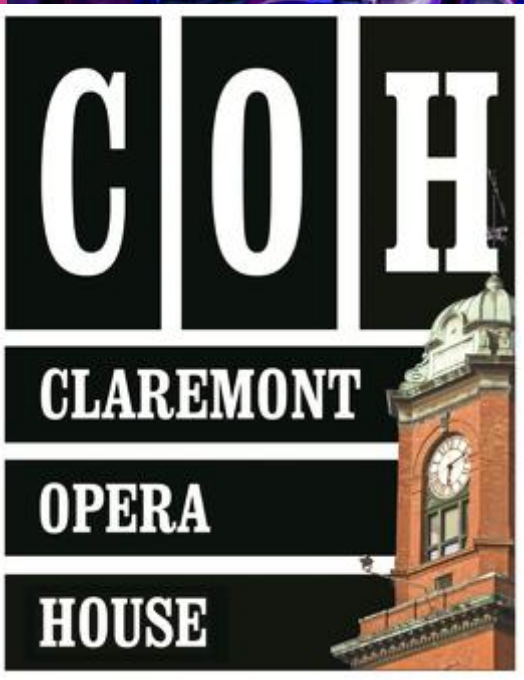
1. Love's Bedding & Furniture
2. Claremont Girl Scout Troop 30261
3. Hairitage Barber Shop

Judges Choice Award:

1. Imperial Auto Body
2. Claremont Parks & Rec
3. Jillian Chaloux

Fr. Mike Award

Imperial Auto Body overall winner



Saturday
NOVEMBER 2
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The message of Craig Scott: Moving Forward from Tragedy

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CLAREMONT, NH—On October 1st, Stevens High School hosted a number of presentations by Columbine survivor, Craig Scott;



Scott, who was 16 when the shooting happened, survived the horror in the library with two friends being murdered on each side. Soon after, he learned that his 17-year-old sister, Rachel Joy Scott, was also killed, the first person to be shot in the Columbine High School massacre.

Scott and Mike Donahue founded Value Up after nearly 20 years each of speaking to students in schools and partnering with school administrators. Donahue founded R5 Productions, while Scott worked with Rachel's Challenge; each has spoken in live settings to over one million students. Scott has served on two Presidential Initiatives for School Safety for President Clinton and President Bush.

After thousands of conversations with students and administrators on the subjects of bullying, social anxiety, substance abuse, underachieving academically, school violence and childhood trauma, they put together a program that speaks to the heart of these issues.

The school held an all-school assembly in the morning and then a student training, followed by an afterschool training for faculty and then the evening event for parents and the public, which drew about 70 people. SAU 6 Superintendent Make Tempesta told the

School Board Wednesday night that they hope to welcome Scott back next year and have plans to teleconference with him. Scott's message overall was one of hope over tragedy, purpose over pain and learning to focus on positivity.

One of the points from his talk that made an impact with many of those listening was his story of how he traveled to South Africa and the lesson his bus driver shared from his own personal tragedies in life: Take those and turn them around into something positive.

During Scott's presentations, slides featuring positive statements flashed on the big screen, things such as "Forgiveness is like setting a prisoner free, and finding out that prisoner is you" and inspirational words attributed to his sister: "I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go."

He credited his sister for teaching him to be kind, to focus on the good, dream big and value yourself and others.

Scott travels to schools two times a week, sharing his message of hope and Value Up. A number of videos have been made showing his efforts, through the work of friends who began recording him to help share his lessons. Scott reminded his audience that "what you give focus to, you give power to."

Following the day's presentations, one student said, "Things will change for a couple of



days and then go back the way they were," but he added, "I see a little bit of change."

And as we all know, change takes time.

Top left: Craig Scott; top right: a slide with a photo of Scott and his sister, Rachel Joy; bottom right: members of the audience shake hands and speak with Scott following the evening presentation (Dakota T. Bonner photos).