

e-Ticker News of Claremont

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**School District Budget
Set for Deliberative
Session;
page A7**

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February 5, 2018

Sununu to Sign Lead Bill In Claremont

CLAREMONT, NH – Governor Chris Sununu will be in Claremont on Thursday, Feb. 8th, for the ceremonial signing of Senate Bill 247, preventing childhood lead poisoning from paint and water. The event will take place at 10:00 a.m. in the Sugar River Ballroom at the Common Man Restaurant. All are welcome to attend.

This celebratory event is the culmination of years of work from numerous stakeholders across New Hampshire. More recently, Claremont identified childhood lead poisoning as a community-wide priority in 2016, and took numerous actions to address the issue in 2017. In January of the same year, Senator Feltes, the primary sponsor, introduced the bill. It was later retained over the summer by a House subcommittee chaired by Representative Byron. After being amended, the bill was finally passed by both the House and Senate last month.

SB 247 is a bipartisan solution to addressing
(Continued on page A2)

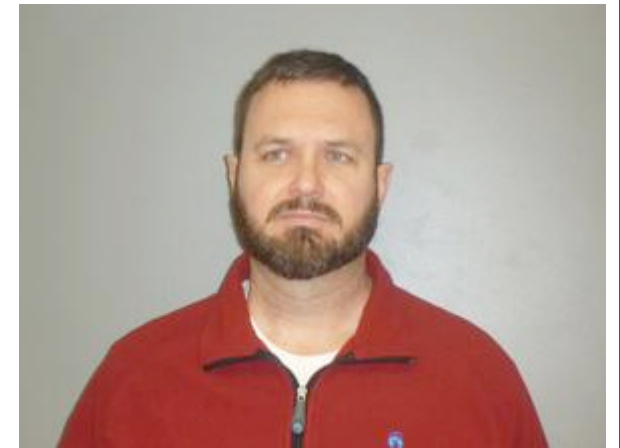
Former Claremont Doctor Turns Himself into Police

CLAREMONT, NH--After a four-month criminal investigation, Claremont Police Chief Mark Chase and Sullivan County Attorney Marc Hathaway announced the arrest of Dr. Eric L. Knight, MD, 50 years old, of Derry, NH, last week.

According to Chase and Hathaway, Knight is charged with one count of Aggravated Felonious Sexual Assault. He turned himself in to the Claremont Police Department on January 26 and was subsequently released on bail. Knight is scheduled to appear for arraignment on February 12, in the 5th Circuit Court - District Division - Claremont.

The criminal investigation was initiated in September, 2017, as a result of an Order of Suspension issued by the New Hampshire Board of Medicine.

The Order of Suspension alleged that Knight engaged in an unlawful sexual relationship with a patient while practicing medicine at Valley Regional Hospital in Claremont. The Claremont Police Department and Sullivan County Attorney's Office were assisted in the investigation by the cooperation of officials from Valley Regional Hospital and the New Hampshire Board of Medicine. According to the State Board's Order of Emergency License Suspension, "In an email to the Board's Administrator sent on May 22, 2017, Respondent (Knight) disclosed that he had [allegedly] engaged in a sexual relationship with a patient..." The lengthy document contains details that were not in the release sent to media last Monday, but more charges may be pending.



Dr. Eric L. Knight

(Continued on page A2)

Leadership on Claremont School Board Changes Following Motion

CLAREMONT, NH--At Wednesday night's Claremont School Board meeting, a motion was made to change the leadership of the board. Then Vice chair Chris Irish read the following statement: "Before I make the motion to go into non-public, I believe there is something that has to be addressed: It's pretty clear that our relationship as a board has become somewhat contentious and perhaps dysfunctional at some levels. I think much of the responsibility for this stems from a polarizing relationship between board leadership. Therefore, in an effort to restore order to the board, I make the motion to immediately replace me as vice chair with Becky (Zullo) and replace Brian (Rapp) as chair with Frank (Sprague). I think this will go a long way in giving the board its identity back heading into the deliberative session."

Michele Pierce seconded the motion, and the vote was in favor 5-2. Brian Rapp and Alex Herzog voted against. "I wanted to give the board back to the board," Irish said Thursday morning in a phone call with the *e-Ticker News*. "We have not done a good job as leaders, and I think Becky and Frank can do better; we need to do a better job as a board. The board, and more importantly the citizens, deserve better."

Tensions between Rapp and Irish have surfaced at recent meetings, including the public hearing on the budget held at the SHS auditorium last month. Four seats are opening up at this year's school board election; Rapp is running for re-election; Irish is not.

---Phyllis A. Muzeroll

Bill, from A1

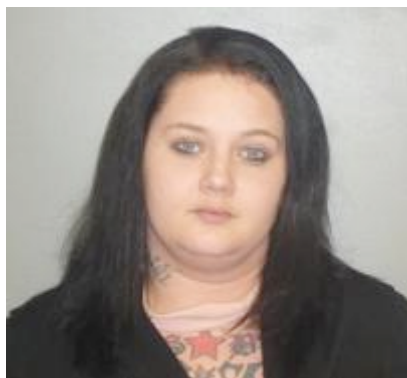
childhood lead poisoning in New Hampshire. "We would like to extend our gratitude to all of the individuals and organizations that have worked diligently on this issue," said Mayor Charlene Lovett. "We are very honored that the Governor has selected Claremont as the location to sign this very important legislation into law. Please join us on February 8th for this historical event.

"In December of 2016, the City Council and School Board voted to make childhood lead poisoning a community-wide priority," Lovett told the *e-Ticker News* in January. "Our actions to protect our children's health, here at home, gained the recognition of the State and the Governor's office. I am so proud of our community, and the contributions that we have made to help move SB 247 through the legislative process. I look forward to the day that Governor Sununu signs this bill into law."

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One Arrested In Drug Investigation

CLAREMONT, NH--For approximately two weeks in late January, 2018, the Claremont Police Department, New Hampshire Attorney General's Drug Task Force, and New Hampshire State Police conducted a joint investigation into alleged controlled drug sales in the Spofford Street area of Claremont, said Claremont Police Chief Mark Chase in a statement released Friday. "The investigation culminated in the execution of a search warrant at 12 Spofford Street on January 31. There, investigators located more than 600 bags of suspected heroin, approximately 20 grams of crack cocaine, marijuana, and approximately \$4,450 in cash," said Chase.



Samantha Davis

Shortly after the execution of the search warrant, the following subject was arrested on a warrant: Samantha Davis, 27, Claremont, NH. Davis was arraigned on February 1, in Sullivan Superior Court, on multiple counts of Conspiracy to Commit Sale of Controlled Drugs and multiple counts of Possession of Controlled Drugs With Intent to Distribute. Her bail was set at \$50,000 cash or surety.

In addition, the Claremont Police Department currently

holds an active arrest warrant for the following subject: Johnnie "Malik" Kyles, 34, Springfield, VT.

The criminal investigation remains ongoing at this time, and further charges are anticipated, said Chase. Anyone with information about this investigation or the whereabouts of Kyles is encouraged to contact Claremont Police Detective Captain Stephen A. Lee at (603)542-7010 or slee@claremontnh.com.

Doctor, from A1

According to the New Hampshire Board of Medicine, Concord, in the Order of Emergency License Suspension and Notice of Hearing available online, the Board first granted Knight a license to practice medicine in the State of New Hampshire on April 4, 2001. He was terminated by VRH on June 20, 2017, and his license to practice in NH was suspended in September by the board.

The criminal investigation remains ongoing at this time, and further charges are anticipated, said Chase in a statement released last Monday. Anyone with information about this investigation is encouraged to contact Claremont Police Detective Captain Stephen A. Lee at (603)542-7010 or slee@claremontnh.com.

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Member, Greater Claremont Chamber Of Commerce

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NH Lottery Numbers

02/03/2018

NH PowerBall

15 23 27 48 53 6 2

Mega Millions 02/02/2018

1 4 14 17 40 4 3

Megabucks 01/--/2018

1 12 32 39 41 2

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

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Father & Daughter *Dance*

FRIDAY, FEBRUARY 16 | 7-9PM

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Where: CSBCC Gymnasium
Cost: \$20 (Early bird Discount of \$5 off until Feb. 15)
Sign up online at www.claremontparks.com



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FRIDAY, FEBRUARY 16 | 6-9PM

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night out at Arrowhead!

Where: Arrowhead Recreation Area
Cost: \$8 a person

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**Community
Center** 



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Commentary

NH House Happenings

By Rep. John Cloutier



Motor Vehicle Legislation and More

In this week's column I will pick up where I left off in briefly describing some of the variety of legislation to be considered by New Hampshire's House of Representatives in 2018.

Among this legislation are measures relating to motor vehicles as well as motor vehicle operators. They include House Bill 1259, which would require seat belt use for all operators and their passengers, unless they are exempted by law. This controversial bill which flies against our state's "Live Free or Die" motto is sponsored by a group of seven Democratic legislators led by Hanover Rep. Mary Jane Mulligan, and including Hanover Sen. Martha Hennessey, who is Claremont's senator.

Yet another measure, House Bill 1262, would change the classroom instruction portion of the requirements for obtaining a driver's license to be fulfilled by completion of online driver education courses approved by the New Hampshire Dept. of Safety. Currently, New Hampshire only permits the classroom instruction requirement to be fulfilled by actually sitting in a driver education classroom. The bill's prime and only sponsor is Hillsboro Rep. Marjorie Porter, a Democrat.

Additionally, there is House Bill 1350, which would require vehicle headlight use when the vehicle's windshield wipers are in continuous motion because of inclement weather. Under present state law, headlights are only required to be running from a period of 30 minutes after sunset to 30 minutes before sunrise. The bill is sponsored by a bipartisan duo of representatives led by Lancaster Rep. Herbert Richardson, a Republican. All three of the just-listed bills are now being examined by the House Transportation Committee, chaired by Charlestown Rep. Steven Smith.

The controversial topic of changing an individual's gender through various medical procedures is the subject of two different measures being reviewed by the House Health, Human Services, and Elderly Affairs Committee. They include House Bill 1560 that would prohibit Medicaid from paying for gender reassignment drug or hormone therapy as well as surgery. Also House Bill 1532 would prohibit gender reassignment surgery for minors under age 18. Both bills are sponsored by two groups of Republican representatives led by Fremont Rep. Daniel Itse.

Furthermore, the House is also considering several proposed amendments to the New Hampshire Constitution in 2018. Proposed amendments, that if approved by the necessary 60 percent of both the House and then New Hampshire Senate, would be on the ballot for the Nov. 6, 2018 General Election. Any of these successful proposals would finally have to be approved by approximately 66.7 percent of voters casting ballots in the 2018 General Election in order to actually become part of our state's constitution.

These proposed amendments include CACR (Constitutional Amendment Concurrent Resolution) 19. Also known as the "Community Rights

Amendment", it would enable local New Hampshire communities such as Claremont to protect the rights of their citizens and their natural environments. CACR 19 is sponsored by a bipartisan coalition of nine representatives led by Newmarket Rep. Ellen Read, a Democrat. It is currently being studied by the House Municipal & County Government Committee.

Other proposed amendments include CACR 15, which would provide eligible taxpayers who vote in our state legal standing to file lawsuits for spending public funds illegally against New Hampshire's state government and its political subdivisions. The amendment is sponsored by a bipartisan coalition of representatives led by Chester's Joseph Hagan, a Republican. It is being reviewed by the House Judiciary Committee.

Two other amendments are being reviewed as well by House Judiciary. They include CACR 16, which would declare that there is a "fundamental right to live of governmental interference." The so-called "privacy amendment" is sponsored by a bipartisan duo of representatives led by Weare Rep. Neal Kurk, a Republican and strong advocate of privacy rights in the House. There is also CACR 12 that would require all New Hampshire judges to be elected by the state's voters every two years. It is sponsored by Barnstead Rep. Michael Brewster, a Republican.

Finally, there is CACR 14 that would provide children the natural right of being protected by their parents. The proposed amendment is sponsored by a group of six Republican representatives led by Rep. Itse. It is being examined by the House Children & Family Law Committee.

Another piece of legislation the House is considering is House Address 1. Unique to only New Hampshire, House Address 1 is the only "bill of address" to be filed in 2018. More specifically, it seeks to remove Superior Court Judge James O'Neill III from the bench for violating our state's constitution. If passed by a majority of both the House and Senate, it would require the Governor and Executive Council to hold hearings on whether there are grounds to remove Judge O'Neill from his position. Then if the Governor and a majority of the Council so vote, they could remove Judge O'Neill from the bench according to my understanding of what a bill of address would do. This is unlike impeachment where a majority of the House has to impeach or "indict" a public official, and then a two-thirds of the Senate has to convict such an impeached official, in order to remove him or her from office. House Address 1's sole sponsor is Rep. Brewster, and the legislation is now before House Judiciary.

On Jan. 31, I drove to Concord for the House Bill 2018 Work Session and Hearing which was on the agenda for the House Public Works & Highways Committee that day. Beforehand, I attended a training to review the New Hampshire Legislature's policy on sexual harassment that was very informative in my opinion. As most readers are undoubtedly aware, workplace sexual harassment has lately become a burning issue due to activism by the "Me Too!" movement, and recent allegations of such harassment in Hollywood and Washington. Unfortunately, only approximately 50 fellow legislators out of a current total of about 414 legislators attended this informative training. Hopefully, this sparse attendance is not a sign that the legislature takes the problem of sexual harassment lightly.

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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>

and click on “Who Is My Legislator”

Shaheen, Hassan Urge President to Prioritize Rural Broadband in Infrastructure Proposal

WASHINGTON, DC-- As the administration prepares a broad infrastructure plan and approximately 23 million Americans living in rural areas still lack access to high-speed broadband, Senators Jeanne Shaheen (D-NH) and Maggie Hassan (D-NH) have joined their Senate colleagues in a letter to President Donald Trump urging him to include funding to support broadband deployment in unserved rural areas across the country.

“In an increasingly interconnected world and global economy, we must include in our discussion of infrastructure not just roads, bridges and waterways, but also high-speed internet access. While the vast majority of Americans have access to high-speed internet service, there is a stark disparity between urban and rural America,” wrote the senators. “This digital divide puts many rural Americans at risk of being left out of critical technological advancements and economic gains. The longer we delay investing in quality telecommunications for rural residents, the more challenging it will become to bridge the digital divide. As you finalize your proposal to invest in our nation’s infrastructure, we urge you to include at least \$40 billion in funding for broadband deployment to help reach unserved Americans in rural and remote areas.”

Shaheen and Hassan have both fought to expand high-speed mobile access to rural areas in New Hampshire and across the nation. Last year, the senators sent a letter to Federal Communications Commission (FCC) Chairman Ajit Pai and the FCC Commissioners asking the FCC to renew its commitment to the Mobility Fund, which is a key rural broadband funding source. Shaheen and Hassan have also both repeatedly expressed concern that repealing net neutrality rules will eliminate equal access to an open and free internet and harm rural communities, small businesses and consumers.

At Cheshire Career Center, Kuster Discusses Efforts to Support Workforce Development Initiatives

KEENE, NH--Thursday, Congresswoman Annie Kuster (NH-02) met with community, business and education leaders at the Cheshire Career Center to discuss efforts to support skills training and workforce development programs in the Monadnock Region. Kuster has introduced the Workforce Development Investment Act, which would create tax incentives to encourage companies to partner with education providers to develop workforce training programs for skills that are in demand within their community or region. It would also create a separate credit for the cost of direct training conducted as part of an educational partnership or licensed apprenticeship. This spring, Kuster will be announcing a workforce development agenda which will include comprehensive legislative solutions to increase economic opportunity in New Hampshire and across the country.

“Today’s rapidly changing economy demands that workers are able to access the training to fit the jobs of the 21st century,” said Congresswoman Kuster. “The Cheshire Career Center, River Valley Community College and Keene State College are spearheading the types of workforce development, on-the-job training skills, and business and education partnerships that are going to help the Granite State continue to grow and succeed. Their insight is critical as I work with my colleagues to develop policies that will increase opportunity for people across New Hampshire and around the country.”

Kuster was joined by Lisa Danley, Director of the Cheshire Career Center; Phil Suter, President/CEO of the Greater Keene Chamber of Commerce; Dan Osborn, Coordinator of Workforce and Community Education at River Valley Community College; Kate Hickey, Program Director at the Hannah Grimes center; Dan Henderson, Director of Corporate Partnerships and Strategic Initiatives at Keene State College; Ana Gonzalez, Human Resources at Bensonwood, and Cheshire Career Center students, among others.

We welcome Letters to the Editor. Send to etickernews@gmail.com.

Please include name, address and phone number.

Newport Winter Carnival Photo Contest

Saturday, February 10, 2018

Photos on Display: 10:00am-1:00pm

Contest winners will be announced at 1:00pm

Location: Library Arts Center--Annex Location

15 Main Street, Newport, NH

Admission is free

Calling all Photographers --Amateur & Professional: Enter your photos in the Newport Winter Carnival Photo Contest sponsored by the Library Arts Center. Photographs may be old or new, framed or unframed--just get creative! You may enter 1-2 photographs in the contest. This year's theme, in keeping with the theme of the Carnival is "Something Sweet." Contest Photos will be on display during Newport's Winter Carnival festivities on Saturday, Feb. 10th at the Library Arts Center's annex location at 15 Main Street in downtown Newport.

Drop off your photos on Tues-Fri., Feb. 6th-9th, during gallery hours

11:00am-4:00pm at the Library Arts Center Main Gallery at (58 No. Main Street, Newport), or drop them off on Saturday, Feb. 10th 9:00-10:00am at the Library Arts Center's annex location at 15 Main Street.

Winners will be announced on Saturday at 1:00 pm. The back of each photograph must be labeled with the photographer's name, address, phone number, and a photo title. There is no entry fee to enter the contest, but please be sure to turn in the completed entry form with your contest entries. More information and contest entry forms may be found at libraryartscenter.org.

Candidate Forum March 5

CLAREMONT, NH--There will be a Claremont School Board Candidate Forum held on March 5th, at the Claremont Savings Bank Community Center. The event will start at 6:00 p.m., and is being held by the Nellie Mae Community Engagement Team and New Hampshire Listens.

All of the registered school board candidates have been invited, and community members are encouraged to attend. The purpose is to involve community members in presenting their questions and concerns to those running for the open positions on the Claremont School Board, as well as having the opportunity to meet the candidates.

Sunapee Food Pantry Seeks Donations

SUNAPEE, NH--The Sunapee Food Pantry has been busy this winter. Besides that, the cold temperatures have been burning through fuel dollars. The following is a list of items most needed; Canned fruits (individual and family size), canned meats (ham, Vienna sausage, chicken, spam, corned beef), bread mixes, crackers and snack items, "gluten free" anything, potatoes, rice, toothpaste. Additional items that they could use -- but are not in as short supply -- are: Pasta sauce, canned vegetables, baking goods, women's products, hair conditioner, dog food, laundry detergent (unscented) & softener, dish detergent.

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Claremont School District to Hold Deliberative Session Feb. 7 As Budget Process Winds Down

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH--After months of wrangling, much angst and sometimes deep tension between school board members and the board and the administration, the budget process for FY '19 is winding down, with the Deliberative Session set for Feb. 7. Those attending the public meeting will be presented with a proposed main budget of \$34,613,257. The default budget comes in at \$35,111,787, the same as last year. Additional warrant articles this year include security upgrades, \$141,000; school bus lease, \$39,000 and roofing repairs, \$100,000. The operating budget includes the sum necessary to fund the cost items in the 2018-19 fiscal year for a two-year collective

bargaining agreement reached between the Claremont School Board and the Sugar River Education Association. This agreement calls for the following estimated net increase in salaries and benefits for the 2018-19 and 2019-20 fiscal years, \$307,153 and \$387,770 respectively.

At Wednesday night's meeting, Superintendent Middleton McGoodwin told the board that there was a \$1.4 million dollar reduction in technology and personnel to meet cost cutting sought by the board. Overall, the FY19 budget reduction summary reads as follows: Athletics, \$20,500; fuel, \$37,500; supplies, \$25,650; textbooks, \$76,000; personnel, \$542,028; technology, \$850,660; transportation, \$89,918; building repairs and maintenance, \$117,000; other, \$2,100.

The Claremont FY19 tax rate impact is as follows: Warrant articles, (0.41); Keno Garden, (0.23), tuition (0.07) and adequacy aid, 0.38, resulting in a net reduction of 32-33 cents.

Personnel reductions include a teacher at Disnard, assistant athletic director, two teachers at Stevens High School, a special ed para at the high school, an administrator at SHS as well as a secretary, a school psychologist and a curriculum coordinator. Wood chips are now being used instead of pellets, which Business Manager Mike O'Neill said were more efficient.

"We cannot continue to do what we did last year....we are now receiving letters, requests, for recommendations," said McGoodwin. "This move creates instability and we are now seeing it. There is fallout from that. We do value our staff and we hire the best." But, he added, such instability

is now causing some staff to start to look elsewhere. Twelve educators are retiring in June, and all of the positions except for one at the elementary school level will be filled. But savings there will be scant as those retiring are those with one or two-person health plans while new hires often need family plans, offsetting lower salaries.

McGoodwin said they had had "a great deal of feedback" from the public regarding proposed cuts during the budget process, especially whether to cut personnel in the area of language arts.

McGoodwin also asked the board for and received an unanimous vote to oppose SB 193, also known as the voucher bill. "It will not turn the bill back but will allow us to work with others to try to overturn it," he said. "Some communities can compensate for this, some cannot," he said, adding that just under 900 students would be eligible for vouchers in the district.

Slate of Candidates Who Will Be on the Claremont School District Ballot

For Moderator

Tracy L. Pope

For Clerk

Mary E. Woodman

For Treasurer

(no candidates)

For School Board Members

Jason M. Benware

Alexander J. Herzog

Steven M. Horsky

Kelly Mulloy

David Pacetti

Brian Rapp

Rebecca Zullo

James Allen

Richard Seaman

Carolyn Greenslet Towle

**CLAREMONT SCHOOL DISTRICT
DELIBERATIVE SESSION
FEBRUARY 7, 2018 6:30pm
SHS AUDITORIUM
* ENTER THROUGH THE EVENT ENTRANCE ***

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Lempster Man Injured in Two-Car Accident in Stoddard

One Driver Entrapped, Other Ejected

STODDARD, NH--On February 1st, at approximately 5:49 p.m., the NH State Police responded to a report of a two-car motor vehicle crash on Route 9 in the town of Stoddard near the Antrim town line. When emergency crews arrived to the scene, they found one driver entrapped in a vehicle and were made aware that a second driver had been ejected from the other vehicle. The driver found entrapped was identified as David Bivens, 37, Manchester, NH, and the driver that had been ejected was identified as Timothy Hibbard, 49, Lempster, NH.

Hibbard was up walking around at the scene and Bivens was eventually extracted from his vehicle by the fire department, reported the

NHSP. Both Bivens and Hibbard were transported to the Cheshire Medical Center in Keene by ambulance with serious, but non-life threatening injuries.

The investigation revealed that Bivens' vehicle, a 2007 Nissan Altima, was traveling westbound on Route 9 and crossed the center line and into the eastbound lane of travel and stuck Hibbard's vehicle, a 2004 Ford F-250, head on according to a witness, and evidence at the scene, said the NHSP.

Route 9 had to be completely shut down while emergency crews helped Bivens and Hibbard at the scene. One lane of travel was eventually opened up for the backed up traffic in both directions. Emergency crews remained on scene for close to two hours until both motor vehicles and the debris from the wreckage were removed by tow services. This incident is no longer under investigation.

The State Police were assisted at the scene by the Stoddard Fire/EMS Department, the Antrim Fire/EMS

Department, as well as the Stoddard and Antrim Police Departments.

Anyone with information pertaining to the crash is urged to contact Trooper Brett Barry at Troop C – 603-358-3333.

Bowling Fun Supports SCHS

CLAREMONT, NH--Looking for something to do on a boring winter evening?! How about a fun evening of bowling on Wednesday, Feb. 28, from 6:00-10:00 p.m.? Bring the whole family, a girls/guys night out or get a team of your co-workers. Come support Sullivan County Humane Society at Maple Lanes in Claremont. There will be some nice Chinese Auction items as well as baked goodies! Come on out for a night of bowling; \$15/person includes two games of 10-pin, shoe rental, a slice of pizza, and a soda! For more information call 603-542-3277.

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Newport School Budget Previewed; Fall Revenues Likely to Reduce Tax Rate in Warrant, Says Superintendent

NEWPORT, NH--The Newport School Board will present its proposed budget on Tuesday, Feb. 6, starting at 6:00 p.m. in the high school gymnasium. "The proposed operating budget for AY2018-19 is \$18,641,564. This is a significant increase from the current budget of \$17,711,238," said Superintendent Cindy Gallagher.

According to Gallagher, "Most of the \$930,320 increase is due to increases in special education funding. The budget includes funding for students who changed to out-of-district placements after the AY2017-18 budget was adopted and for two special education teachers who were funded through the special education grant last year and were moved into the operating budget for AY2018-19. The proposed budget also includes funds for autism services in the middle high school."

The budget also provides for an additional elementary teacher, and a technology integrator to support district wide-instruction and it includes funds for social emotional services in the elementary school.

Gallagher said, "Last year, we worked very hard to level out the special education budget for the current 2017-18 budget. We reviewed all the out-of-district placements and contracted services and made the appropriate reductions. The problem is that we never know who will change placement. This year alone, we've added more than eight students to out of district placements who were not budgeted for in 2017-18."

The default budget is \$18,076,338. The default budget includes adjustments for the changes in the obligations for the Newport Teachers Association, the Newport Support Staff, changes in the cleaning contract and adjustment for special education. "The Newport School Board presented estimated revenues of \$11,219,320," said Gallagher. "This is \$748,840 lower than last year. This includes an estimated \$46,200 for the new Kindergarten Aid. There is a \$122,539 reduction in State Revenue and a \$125,682 reduction in local revenues. The result is that that Newport community will need to raise an estimated \$7,422,244 this year to fund the operating budget.

"Preliminary estimates have the local tax rate increasing \$3.89 per \$1,000 to support the op-

erating budget increase for the next fiscal year that starts on July 1. The projected tax impact of the default is estimated to increase the local tax rate by \$2.58 per \$1,000."

The warrant has 11 additional articles, five of which have tax impact.



Article 4 is a one year agreement with the Newport Teachers Association. It includes a \$140,382 increase. Article 6 is a one-year agreement with the Newport Support Staff. The Teacher Contract will have an estimated tax impact of \$.33 and the Support Staff will have an estimated tax impact of \$.21.

Article 8 requests that the district raise and appropriate \$233,000 for an Autism Program in the Middle High School. This has an estimated \$.54 tax impact.

The Autism Program in Richards Elementary School is new in 2017-18. It is a successful partnership with the New England Center for Children, said Gallagher. "While we have budgeted for additional services for those students promoting to the middle school, this warrant will allow us to guarantee that those students receive consistent services. It will also allow us to provide additional services for the middle high school students who are already in the building. By comparison, the cost of one student to go out of district is approximately \$170,000."

Article 13 requests up to \$50,000 to deposit to the Unanticipated Educational Service Expendable Trust fund, and Article 14 requests up to \$50,000 to deposit to the Transportation Capital Reserve Fund to provide for the future purchases of buses. These articles rely upon fund balances at the end of the year. Each article has an estimated \$.12 tax impact by reducing the fund balance that would be returned to the tax payers.

If all articles pass, the final estimated tax impact is approximately, \$5.21.

Gallagher asked the community to be cautious about raising the alarm about a high tax

rate. She said, "Every year we face the same problem in February. People raise the red flag and say that the district costs too much. I'm not sure how you could say anything else when you are looking at that simple math. It is unfortunate. However, the proposed tax impact is merely an estimate based on a math calculation. Historically, the District announces the tax impact in the warrant, only to reduce this with excess revenues in the Fall. The district is working very hard to balance both the expense and revenue sides of our accounting. The Board has control over local revenues and has made conservative estimates. They budgeted according to the sending district's guaranteed numbers. These are usually lower than the total number of students who attend, and all the excess revenue is returned to the taxpayers."

Article 11 ask the community to approve a 25-year agreement for solar power, including a solar array on the roof of the Richards Elementary Roof. There is no appropriation in this article. The article is contingent upon the Solar Power Article passing at the Newport Town Meeting in Spring 2018.

Article 12 asks to authorize the District to establish a contingency fund to retain up to 2.5% of unassigned general funds at the end of any fiscal year. This money is retained for the sole purpose of reducing the tax rate or emergencies to be approved by the Department of Education under RSA 32:11.

One Day Camp at Saint-Gaudens

Free Winter Day Camp at Saint-Gaudens Looking for a free all day camp for your child during Winter Break? Look no further! Saint-Gaudens National Historic Site is offering a free winter break one-day camp for children aged 8-10, Tuesday, Feb. 27th, from 9:00 a.m. to 4:00 p.m. at the Park's Visitor Center. During a fun and educational day, kids will look for animal signs outside, play winter habitat bingo and participate in other exciting activities.

For further details and to register, please call 802-457-3368 ext. 222 or email Alexandra_Conrad@partner.nps.gov.

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Ann's Property Of The Week

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Agent**



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Vacation Week Activities

CLAREMONT, NH--The following activities/programs will be available at the Fiske Free Library during the week of February 26-March 2.

Free Play Activities:

Monday- Keva Blocks and a marble run will be set up and ready.

Tuesday- Puzzles and board games will be out for all to play!

Wednesday- Experiment with Snap Circuits and a gravity maze.

Thursday- Puzzles and board games.

Friday- Keva Blocks, Legos and Zoob Builders.

Structured Activities:

Monday-Straw Letters- 2:00

Tuesday: Lego car building and racing- 2:00

Thursday: String art- 2:00

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Dollars and Cents of Owning Land: A Workshop Series for Landowners

CONCORD, NH--The NHTOA and UNH Cooperative Extension are teaming up to offer a land-owner workshop series to help landowners be prudent woodlot owners. Each session starts at 5:30 p.m. with a light supper and mingling, with presentations, discussions, and questions and answers to follow. Each class will conclude at 8:00 p.m. Location is at the Conservation Center, 54 Portsmouth St., Concord.

Come to one, two, three, or all sessions. Preregistration is required for us to plan for food and handouts. Cost is \$25 per class for NHTOA members, \$30 per class for non-members. To register, go to the link at <https://nhtoa.org/news-and-events/events.html> and click on the title of the specific class you're interested in.

Feb. 6 - Legal Aspects of Owning Land

Feb. 13 - Selling Timber? Do It Right!

Feb. 20 - Harvesting Timber? Think Taxes

Feb. 27 - Your Land, Your Legacy

Sponsored by the NH Timberland Owners Association.

www.etickernewsoclaremont.com

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Fiddler Adam Boyce, West Windsor, VT, and pianist Sue Hunt, entertained about 40 members of the Congress of Claremont Senior Citizens at the Earl M. Bourdon Centre on Friday afternoon. They played from their large repertoire of traditional tunes and encouraged the audience to call out requests. Many enjoyed singing along to old favorites and a few energetic folks danced to the lively music (Courtesy photo).



Marathon Man...

The Finish Line of the Miami Marathon was where Claremonter Nick Koloski found himself last week helping to hand out medals.

"I was one of eight assigned to the finish line medals. I went down in support of a group running for osteosarcoma awareness from our area," said Koloski. "To their surprise I was on the finish line to present them with their medals as well as placing medals on all others completing the marathon. It was an honor and a once in a lifetime experience to be the person there at that emotional moment for a marathon runner, to put a medal over their neck and say congratulations. All the different countries and walks of life, hugs from strangers, thank yous. It was absolutely amazing. It was a long day reporting to duty at 4:00 a.m. and remaining until 2:00 p.m." (Courtesy photo).



An engine problem in this truck caused some minor traffic problems in downtown Claremont on Wednesday. Reed's Towing moved the truck and the road was reopened. (Bill Binder photo).

WHAT WE DO

Debbie Freeman, enrolled agent, owner of Tax Workroom is presenting a 6 part FREE workshop to help you be more informed about your taxes.

Tax Workroom takes a different approach to the tax return. They offer affordable tax services, tailored planning strategies, and encourage you to dream!



JAN 23 5:30-7:30 PM

NEW TAX LEGISLATION AND IT'S IMPACT ON YOUR TAXES

This workshop will help you understand if the new tax legislation will benefit you on your 2018 return.



JAN 30 5:30-7:30 PM

DECODING YOUR TAX RETURN

Learn how the tax return works. The tax return acts like a ticker tape that adds, subtracts, determines tax, and then a few more subtractions and additions and we arrive at your refund or balance due.



FEB 6 5:30-7:30 PM

HOW DEPENDENTS IMPACT YOUR TAX RETURN

Learn who can be claimed as a dependent, the benefits of claiming a dependent, and how a child can be split on a tax return when parents divorce.



FEB 13 5:30-7:30 PM

UNDERSTANDING YOUR BUSINESS AND TAXES (SCHEDULE C)

Is it a hobby or a business? Understanding what's deductible and how to keep accurate records.



FEB 20 5:30-7:30 PM

RENTAL PROPERTY (SCHEDULE E)

Rental income and expenses, how rentals impact the tax return and how to keep accurate records to minimize gains when you sell.



FEB 27 5:30-7:30 PM

SAVING FOR RETIREMENT AND AVOIDING TAXES

Time flies by and before you know it retirement is upon us. Learn about various methods/strategies for saving for retirement, how social security impacts the tax return and how to avoid taxes along the way.



All workshops are located at Claremont Savings Bank Main Office.

145 Broad St. Claremont, NH



e-Ticker Business News

Valley Regional Hospital First in New England to Install Premium Mindray Resona 7 Ultrasound System

CLAREMONT, NH-- Valley Regional Hospital (VRH) has announced the recent installation of a premium Resona 7 ultrasound system from Mindray, a global developer of healthcare solutions. Based on ZONE Sonography Technology (ZST), the system provides quality imaging along with feature rich capabilities in addition to a robust service and update guarantee. VRH is the first healthcare facility in New England to provide Resona 7 system imaging.

"We conducted reviews of five different vendors during our due diligence," said Jesse Zabski, lead ultrasound technologist with VRH. "We chose Mindray because we believe the image quality is top notch, providing our patients with state-of-the-art technology. The five-year service and update guarantee is also impressive and unusual in this industry."

VRH will use the Resona 7 system to meet all the general ultrasound needs including abdominal, obstetrics, gynecology, thyroid and breast imaging. The hospital also purchased a small footprint, high frequency transducer (L20-5) in order to provide orthopedic physicians with the ability to image musculoskeletal structures in the diagnoses of joints and muscles, such as torn rotator cuffs and other issues due to injury. Zabski also believes the detail provided by the system will greatly improve breast imaging, which when combined with the hospital's 3D-mammography system, could aid in reducing unnecessary biopsies and procedures.

"The Resona 7 is being set up to be the workhorse of the ultrasound department," said Zabski. "In addition, there are some key features on the system, which can significantly reduce scanning time especially on restless patients like small children. With the wireless capability, I can send images immediately to the radiologist for review and avoid multiple trips to retake images if additional views are needed. We believe this is yet another step to ensure excellence in patient care."

"We could not be more proud to be the first in New England to offer such advanced ultrasound innovation," said Peter J. Wright, President & Chief Executive Officer of Valley Regional. "It allows us to provide state of the art images to our local community, which is at the cutting-edge of ultrasound capabilities."

VRH Announces New Chief Nursing Officer

CLAREMONT, NH-Valley Regional Hospital announces the hire of Beverly Rankin, RN, BSN, MSA to the position of chief nursing officer and will be joining Valley Regional effective

Monday, February 12. Rankin comes to Valley most recently from Alice Peck Day Memorial Hospital in Lebanon, and offers more than 36 years of health care experience. Her leadership skills and experience will serve as an excellent complement to the Valley clinical leadership team. Rankin holds a BA and BS from the University of Guelph in Ontario, as well as a BS in Nursing from McGill University in Montreal and a Master of Science in Administration from St. Michael's College in Colchester, Vermont. She is certified in Nursing Administration and is an active member of the American Organization of Nurse Executives and the American College of Healthcare Executives.

(Continued on page A15)

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e-Ticker Business News

Nursing, from A14

"We are pleased and honored to bring Beverly on board here at Valley. Her expertise and dedication to the health care industry will be a welcomed asset to our stellar staff here at Valley," said Peter J. Wright, President & Chief Executive Officer.

Please go to www.vrh.org or call 603-542-7771 to learn more about health care services at Valley Regional Hospital in Claremont, New Hampshire.

New Hampshire DOT Statewide Freight Plan Open House in Claremont

Join the New Hampshire Department of Transportation (NH DOT) at an Open House for the NH Statewide Freight Plan

Date: Thursday, February 8

Time: 3:00 PM to 5:00 PM

Location: Claremont Savings Bank Community Center, Multi-Function Room B 152 South Street, Claremont, NH

The NH DOT Statewide Freight Plan is a strategic planning document that will define a short and long-term vision for the freight system in New Hampshire. The statewide freight plan will be multi-modal; including air, pipeline, rail, truck and maritime transport.

Similar to the first event, at the second Open House, the public can learn about and discuss freight issues and trends with industry experts, and provide input on the Freight Plan development.

For more information about this project, please contact Lucy St. John, Senior Planner, at Lucy.StJohn@dot.nh.gov, or visit the project website.

Flood Lines Winter 2018

The NH Office of Strategic Initiatives - Floodplain Management Program has published the Winter 2018 Flood Lines

Highlights of this newsletter issue include:

- New Ice Jam Fact Sheet Available

- October 2017 Storm Summary
 - FEMA Map Service Center Changes
 - NH Mapping Update
 - Community Rating System (CRS) Update
 - CRS and NFIP Webinars and Other Upcoming Events

- Elevation Certificates: Community Responsibilities and Common Errors

Visit this site for more information:

<https://www.nh.gov/osi/>

Send us your Business news, photos

Governor, NHDES Commissioner Announce Major Overhaul of Wetlands Rules

CONCORD, NH – Wednesday, Governor Chris Sununu and the New Hampshire Department of Environmental Services Commissioner Bob Scott announced the release of a draft revision of the New Hampshire Wetlands rules, the first complete rewrite of the rules since 1991. To overhaul the rules, NHDES worked closely with partner organizations, stakeholders, and concerned citizens to obtain

(Continued on page A16)

The advertisement for Jozach Jewelers features a black and white photograph of a woman with long, wavy hair, looking thoughtfully to the side. Overlaid on the image are several pieces of jewelry: a large necklace with three concentric circles, one of which is set with diamonds, and a pair of matching earrings. The background is dark with a subtle starry pattern.

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Logos for GIA (Gemological Institute of America), Instagram, and Facebook are displayed at the bottom right.

e-Ticker Business News



January was a stellar month for new members joining the Kiwanis Club of Claremont. District 8 Lieutenant Governor, Elliott Curtain joined Kiwanians Bill Schroeder, Jeff Coburn and Ann Dewey in welcome five new members, including Penny Trabka, Tina Coburn, Joy Shaw, Susan Greene and Reggie Greene (above). In January, the Club held its annual President's Party to honor the hard work and dedication of its members. This year the club recognized Mike Dewey as Kiwanian of the Year, Courtney Porter was recognized for Outstanding Service, and Jeff Coburn received the Rookie of the Year award (right). The heating season can be tough and the Kiwanis will be raffling off \$500 towards these costs. Tickets are \$10 each and can be purchased by reaching to a Club member or connecting with the Kiwanis of Claremont NH on Facebook. The drawing will be held on February 15, and can be used for any source of heating fuel including, oil, propane, pellets, or wood. Payment will be made directly to your provider. And, the 18th Annual BIG Kiwanis Auction will be here before you know it! Be sure to listen live on Q106 or watch it live on CCTV-Channel 8. Tune in Saturday April 7, from 10:00am - 4:30 p.m. (Courtesy photos).



Wetlands, from A15

significant public feedback on the development of wetland rule concepts, strategies, and process.

Since 2014, NHDES hosted over 100 listening sessions, stakeholder workgroup sessions, partner meetings and presentations. NHDES heard from landowners, road agents, utility providers, loggers, foresters, engineers, conservation commissioners, industry and business, septic designers, general contractors, wetland scientists, conservation organizations, farmers, regional planning commissions, ma-

rine contractors, legislators, teachers, local, state, and federal officials and received hundreds of public comments.

"Streamlining New Hampshire's regulatory framework is a key priority of my administration," said Governor Chris Sununu. "These efforts are the most comprehensive overhaul of wetlands rules in over 25 years, and represent a major step toward a more citizen-centered State Government."

The NHDES wetland rules regulate the following type of resources: wetlands, surface waters (lakes, ponds), watercourses (streams, rivers), shorelines, vernal pools, prime wet-

lands, coastal lands, and tidal waters. Example projects impacted by these rules include: beaches, docks, boathouses, wall construction, riprap, bank stabilization, forestry, utility, agriculture, trails, dredging, filling, residential and commercial development, and roadway construction.

NHDES is now accepting public comments on the draft wetlands rules. NHDES will be hosting five public input sessions in the following locations: Concord: February 26, Portsmouth: February 28, Laconia: March 1, Keene: March 5, Lancaster: March 7.

WinterFest Schedule 2018

Fireworks kicked off WinterFest activities at Arrowhead on Saturday night; here is the remaining schedule at Arrowhead:

Mother/Son tubing: Feb. 16, 6:00-9:00 p.m.

Pancake Breakfast: Feb. 17, at the Teal Lantern, 8:00-10:00 a.m.

Cardboard Sled Race: Feb. 17, build your own sled with cardboard and tape only. Lots of prizes for juniors and adults. Judging from noon-1:30 p.m., race at 2:00 p.m.

Check www.arrowheadnh.com for up-to-date info on events.

Walpole Fatal Fire Investigation

CONCORD, NH--State Fire Marshal J. William Degnan announces with Fire Chief William Crawford of the North Walpole Fire Department and Police Chief Michael Paquette of the Walpole Police Department that a residential fatal fire occurred at 8 East Street in Walpole at 03:16 a.m. on February 5.

There has been one confirmed fatality; a second subject has been transported to an area hospital for minor injuries. The investigation by the New Hampshire State Fire Marshal's Office, Walpole Police Department and North Walpole Fire Department into the fire is still ongoing.


An autopsy is scheduled for Wednesday, Feb. 7, by the Office of the NH Medical Examiner.

Degnan would again like to remind everyone that working smoke alarms save lives and to have an escape plan from you residence in case of a fire. When a fire is detected by smoke alarms, occupants only have minutes to escape before being overcome by the effects of smoke.

Anyone with questions is encouraged to contact Investigator Adam Fanjoy of the NH State Fire Marshal's Office at (603) 223-4289.

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Mayoral Notes

by
Charlene Lovett



A Joint Effort to Focus Priorities for 2018

On Tuesday, January 30th, the Claremont School Board and City Council held its first joint meeting of the year. The governing bodies started meeting jointly on a quarterly basis in 2016, and have continued to do so in order to focus on issues that affect the community as a whole. The strategy has proven successful. In 2017, Claremont received state and regional attention for its progress in addressing childhood lead poisoning. In recognition of our success, Governor Sununu will be at the Common Man Restaurant at 10am on February 8th for the ceremonial signing of Senate Bill 247, otherwise known as the lead bill. It is an example of what we can accomplish together when we are focused on agreed upon priorities.

Identifying priorities for 2018 was the primary topic of discussion at the joint meeting. The first discussion point was our online presence on sites such as Great Schools, Niche and Zillow. This issue most recently came to the attention of the governing bodies when my daughter, Marion Lovett and 2017 Stevens High School graduate, gave a presentation to both entities during her holiday break from college. In her presentation, she highlighted these online sites and their content regarding Claremont schools. She noted that these sites are often the first impression that people have of our community, and we need to ensure that they are an accurate reflection of who we are.

Given the role that digital information plays in the 21st century, effective communication regarding our schools and city is directly tied to our ability to grow as a community. Acknowledging this fact, the governing bodies consented unanimously to make public relations a priority for 2018. Between now and our next meeting on April 17th, Superintendent McGoodwin and City Manager McNutt will be working together to develop a public relations/

communications plan and identify the resources necessary to execute that plan. Other points of discussion regarding priorities included the securing and stabilization of state funding. Two bills that would have a significant fiscal impact to Claremont, if passed into law, are House Bill (HB) 413 and HB525. Both bills were retained over the summer so that more work could be done at the committee level. Now that the legislative session has begun, the bills are working their way through the system.

HB413 calls for the partial reinstatement of the state's share in the employer's contribution to the NH Retirement System. Currently, municipalities and school districts pay the full employer's contribution, a significant change when one considers that the state used to offset those costs by as much as 35%. This bill would partially reinstate the state's portion from zero to 15%. On January 9th, the House voted 172-166 in favor of killing the bill. However, there is a move to re-consider the bill at the next House session on February 7th. If it is reconsidered and eventually made into law, the City and the Claremont School District would receive \$124,097 and \$217,718 respectively on an annual basis. That is a total of \$341,815 and equates to an approximate 49 percent decrease on the tax rate.

HB525 pertains to the cessation of the 4% annual reduction in state stabilization grants for education. The annual reduction of 4% in stabilization grants first occurred in FY17. Since that time, Claremont has lost hundreds of thousands in stabilization grants. On January 3rd, the House voted to pass the bill 290-58 from a policy perspective. The bill is now in the House Finance Committee. If the bill were to become law, the Claremont School District would realize a significant increase in state funding on an annual basis.

The governing bodies agreed to sign joint letters of support for both HB413 and HB525, and forward them to the appropriate legislators. If you would also like to show support for these two bills, please contact your local representatives. Their contact information is on the City's website.

Though the discussion on priorities continued to other topics such as housing, workforce development, mental health and cultural equality, we agreed to continue the discussion to our next meeting on April 17th. This would allow more time for in-depth discussion, and the development of consensus for action plans. I

have no doubt that 2018 will be another very productive year.

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

Taste of Italy Gourmet Dinner with Wine Pairings Feb. 10

CLAREMONT, NH--A gourmet eight-course dinner with wine pairings for each course will be hosted by New England Classical Academy at their "St. Valentines Taste of Italy Dinner" on Saturday, Feb. 10, at the the Claremont Senior Center. Perfect for fans of fine dining or a unique way to celebrate Valentine's Day, the menu is sure to please. Sponsored in part by Boutielle Wines and Northern Lights Etchings, this fundraiser will benefit the school's fuel fund.

The dinner starts with an Apertivo of olives, Italian sausages with honey dip and shrimp dip, followed by Antipasti of Bruschetta Pomodoro. The first courses includes Risotto con Funghi and Bucatini pasta with roasted cherry tomatoes, basil and pancetta. The second course features Tuscan seasoned pork tenderloin paired with balsamic and pesto and roasted rosemary vegetables. The Insalata is a Sicilian arugala and fennel salad with oranges and olives with a lemon vinaigrette. The final courses include hard and soft cheeses served with fruit and Panna Cotta: Italian vanilla custard with fruit and chocolate. Each course is paired with prosecco, wine and port appropriate to the food and the dessert is served with coffee and tea. Hosts Felicia Dalke and Deirdre Carpenter will guide diners through the different food and wine pairings.

The entire menu, including the wine pairings, is \$100 per person. The event is limited to 50 guests and will be held in the intimate dining room at the Claremont Senior Center in Claremont. For tickets and information, visit www.newenglandclassicalacademy.com or buy tickets online at www.biddingforgood.com/NECA-art. Tickets are also available at Boutielle Wines in Claremont. Information is available by calling 603 542-6341.

Send news and photos to
etickernews@gmail.com

Be Financially Prepared for Natural Disasters

Just this past year, we've seen natural disasters in Texas, California, Florida and Puerto Rico – and looking back even further, it's not hard to spot other traumas in virtually every part of the country. Whether it's a tornado, hurricane, flood or wildfire, you may be at least potentially susceptible to a weather-related event that could threaten your physical – and financial – well-being. How can you protect yourself?

As far as your physical safety is concerned, you're probably already aware of the steps you need to take to shield yourself and your family. And now that many alerts can be sent directly to your smartphone, you've got an even better chance to prepare for an approaching threat. But when it comes to safeguarding your financial situation, you'll need to be ready well in advance – and the following moves can help:

Strengthen your home. Your home is probably your biggest asset, so you'll want to do everything you can to keep it safe. In the face of a truly calamitous event, such as hundred-mile-per-hour winds or the advance of uncontrollable fire, there may not be much you can do, but in less dire circumstances, your actions can help. Your insurance professional can offer tips on protecting your residence.

Maintain sufficient insurance. It's a good idea to review your existing homeowners or renters insurance periodically to make sure you are sufficiently covered for all possible hazards. Keep in mind that homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance from the National Flood Insurance Program. (Depending on where you live, this coverage may be required when you get your mortgage.) Also, in conjunction with maintaining your insurance, you should document your possessions, so you may want to make a video inventory as well as a written list containing descriptions and values.

Create an emergency fund. A natural disaster can lead to a wide array of unanticipated costs: appliance repair or replacement, hotel and restaurant bills, insurance deductibles – the list could go on and on. Consequently, you'll help protect yourself and your family by building an emergency fund. Some of this money should go into a liquid, low-risk account, but you may also want to keep a small amount of cash at home in a safe place, as ATMs and credit cards may not work during or following a disaster, when you must purchase needed supplies.

Protect your documents. As you go through life, you'll accumulate a lot of documents – mortgage papers, insurance policies, financial accounts, tax statements and so on. If disaster strikes, you may need these documents. You'll want to store paper copies in a fireproof and waterproof box or safe at home, in a bank safety deposit box, or with a relative or close friend. Of course, we're now living in a digital age, so you can store electronic copies of important documents in a password-protected format on a removable flash or external hard drive. Better yet, you might want to use a secure cloud-based service.

With luck, you can avoid being victimized by a natural disaster. But, as the old saying goes: "Hope for the best and prepare for the worst." From a financial perspective, that's good advice.

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



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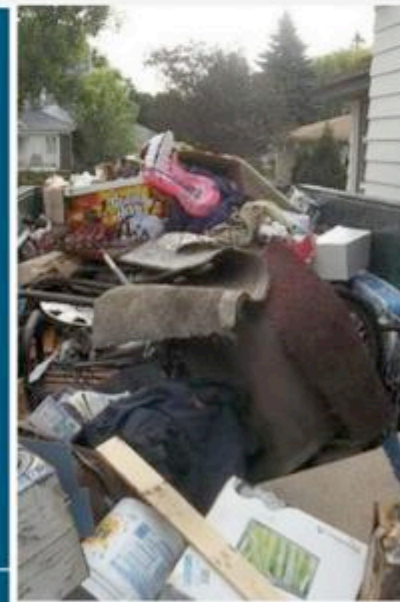
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West Claremont Center for Music and the Arts
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133 Old Church Rd, Claremont

Join us for a monthly open studio session at WCCMA. All creative mediums are welcome. We'll have hosts skilled in painting, drawing, crochet, sewing, jewelry, photography, graphic design, and more. Bring your project and materials (and ideas and questions). Some limited basic supplies and tools may be available for use.

This event is for ages 12 and up (under 16 should have an adult join them). Younger devoted artists may contact us to inquire about attending with adult supervision. Contact us to request one of our limited number of fee waivers. For more information visit LINK.

Fee: \$10 for members, \$15 for nonmembers

Dates for the first quarter: Feb. 17, March 17, April 21.



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It's About Food

By Johnny Navillus



Spring?

A groundhog is a rodent. NOT a meteorologist. It's the only thing that town has going for it. Don't try that at home....they bite!

Personally, knowing New England weather, I figure six weeks to Mud Season and springtime sometime after that. Hopefully, Mud comes early this year.

Since we are still in Winter mode, I've got a great recipe for chicken that doesn't use a slow cooker. That's right. I don't always use it. Sometimes I get wild and use the oven.

Lemon Maple Chicken

3 or 4 chicken cutlets
2 Tbsps olive oil
¼ cup apple cider vinegar
3 cloves garlic minced
¼ cup Maple Syrup
2 Tbsps whole grain mustard
1 Tbsp thyme
juice of ½ lemon
4 large carrots sliced

Sear the chicken breasts in oil. Transfer to a holding plate.
Add to the skillet the vinegar, garlic, Maple Syrup, mustard, thyme, and lemon juice.
BTW, the vinegar and lemon juice will loosen up the fronds on the skillet. Scrap up these yummys and include them in the sauce.
Simmer until almost boiling.
Add chicken.
Toss carrots in 1 tbsp olive oil until almost tender.
Add together the chicken and carrots and sauce in a baking dish.
Bake for 20 minutes at 350°.

Serve with rice. Jasmine rice works well.

This just screams for a nice white wine. Or a vintage cola. I don't think root beer will work.

Recently I have seen several columns advising that you can use dish detergent on cast iron without changing the coating. By George, they're right. Although, I use it sparingly. It really doesn't change the non-stick property of a well-maintained utensil.

That partially used lemon that is starting to go bad in your fridge should go down the disposal. When you do that, add 3 or 4 ice cubes with it. The lemon deodorizes the disposal and the ice cubes sharpen the blades. I often forget about ice cubes but having them together in my mind helps. Same principle as changing smoke detector batteries with changing the clocks.

Play with your food. The best cooks do.

Write to Johnny at etickernews@gmail.com.

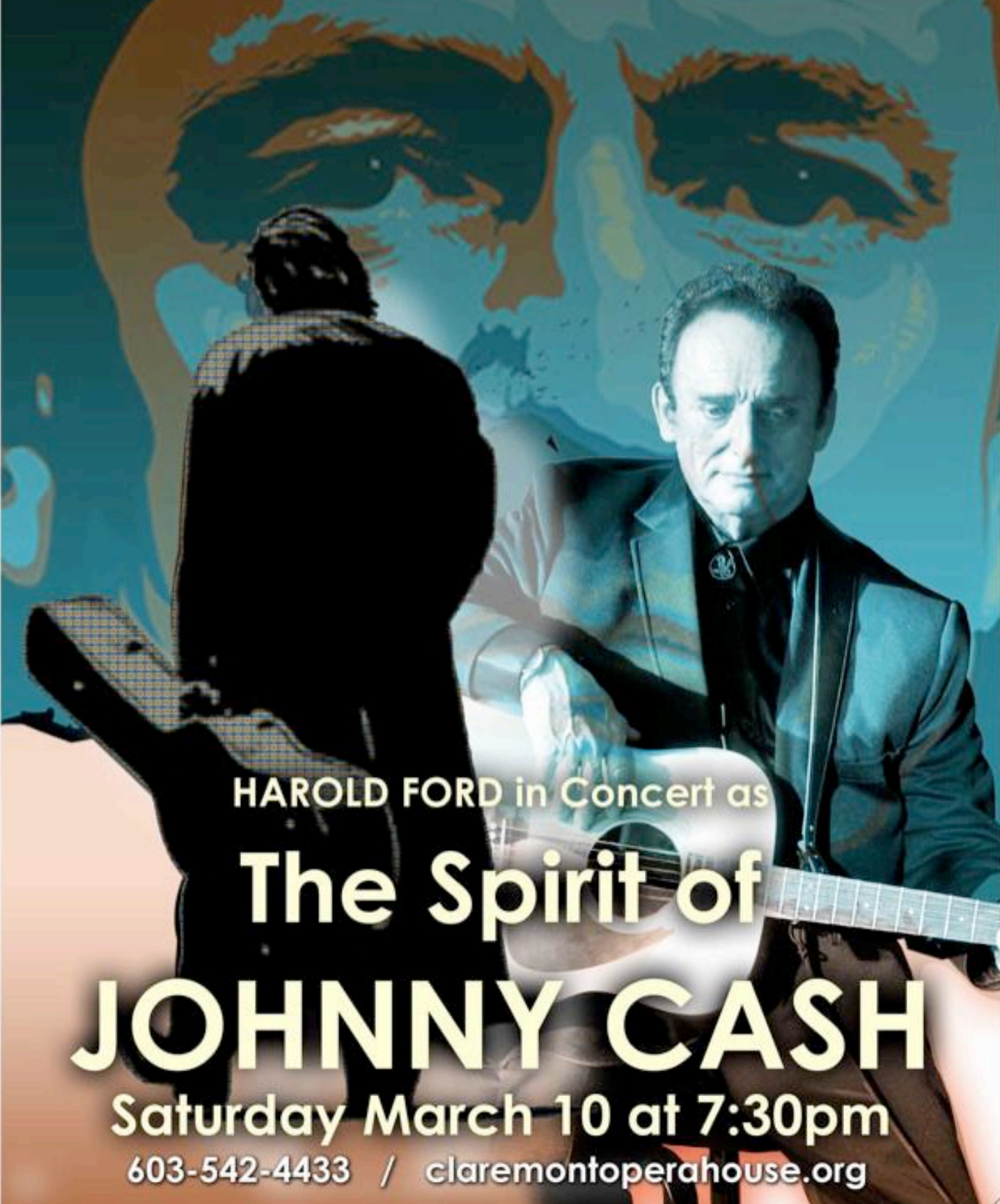
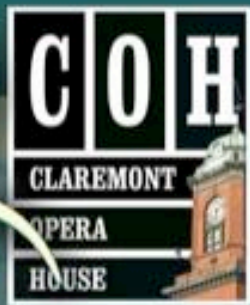


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Employees and Team VRH members gathered to help raise awareness of women's heart health by participating in National Wear Red Day on Friday. Cardiovascular disease affects many women. The good news is 80% of cardiac events may be prevented with education and lifestyle changes. For more info: www.goredforwomen.org/.../get-.../national-wear-red-day/ (Bill Binder photo).



Tubing fun at Arrowhead on Saturday, as the recreation site kicks off Winter-fest. See events listing on page A17 (Bill Binder photo).