

# e-Ticker News of Claremont

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**St. Joe's Sports  
Night Winners  
Announced; page B1**

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February 12, 2018

## \$307,153 Added to Proposed School Budget at Deliberative Session

By Phyllis A. Muzeroll  
e-Ticker News

CLAREMONT, NH--At the Claremont School District Deliberative Session on Thursday--postponed from Wednesday due to the snowstorm--residents approved a motion to amend the proposed budget, adding \$307,153. The amendment was proposed by resident Matt Bean. Voters in March will now be casting ballots on a proposed \$34,920,410 budget. That would increase the tax rate by 11 cents.

Bean, a special ed para at the high school, said the way to "solve the tax problem" was to attract more taxpayers by investing in education. He said cutting the budget too much would cost jobs and hurt students by taking away resources.

Several others spoke at the meeting and most supported the amendment. Larissa Cahill, a teacher at SHS, supported the amendment, saying, "The way we have been doing business has been short-sighted." She said that good teachers, who wanted to stay in the district, have

(Continued on page A2)



A sparse crowd turned out for the Deliberative Session in Claremont Thursday evening; the meeting was postponed from Wednesday due to the snowstorm (Bill Binder photo).

## Claremont Savings Bank Community Center to Celebrate 5-Year Anniversary

CLAREMONT, NH--"Claremont Parks and Recreation Department is pleased to announce that March 2 marks the 5-Year Anniversary of the Claremont Savings Bank Community Center," said Mark Brislin, Director of the Claremont Parks and Recreation Department on Friday. To celebrate this occasion, the CSBCC will be offering "5 Days for 5 Years" starting on Monday, February 26th, and ending on Friday, March 2nd. "This is something we are really excited about," said Brislin. "The CSBCC is a gem in our community and the envy of many communities. This past year, we had over 103,000 membership check-ins and day passes sold for the year. We have a wide range of user groups from different demographics who use the center. From youth basketball to Aqua fit classes, the Center offers a lot of opportunities for programing, not to mention the opportunity to get fit and stay healthy," continued Brislin.

The "5 Days for 5 Years" celebration will offer free fitness classes, open swimming, fitness room orientations and will end with a Community Appreciation Day with healthy treats and snacks available throughout the day. People who renew an existing membership or purchase a new membership

(Continued on page A9)

**Deliberative, from A1**

been leaving.

Thomas Lacasse, opposed the increase, saying that the district has been spending money but that it hasn't done any good. "People are still moving away."

George Caccavaro, who supported the amendment, said the "1,000-pound gorilla in the room" is the lack of funding coming from the state. "We can't ask students today to pay for errors of the past," he said. "You can't solve the problem, not this way, not by nickel and diming."

Andre Lafreniere, who also supported the amendment, said, "As our schools go, so goes our community."

Heather Irish cited high taxes as keeping families from moving to the community. "Young families are not coming to Claremont due to taxes, not the level of education," Irish said.

Those eligible to vote on the amendment for warrant article 2 did so, using a secret ballot; it passed, 99-43 in favor.

Following that procedure, Richard Seaman, who is running for school board seat, also proposed adding another \$175,000 to the budget, to counter lower technology spending. "Technology is the basis for people to be prepared for jobs here and coming back to Claremont," he said. Another secret ballot was held, but this amendment was defeated by one vote, 66-67.

If the proposed budget fails, the default budget will fund the district, with a pricetag of \$35,111,787, adding 24 cents to the tax rate. It would not include raises for teachers that are included in the proposed budget, reached in the collective bargaining agreement.

Other warrant articles this year include security upgrades, \$141,000; lease payment for two busses, \$39,000; and \$100,000 for roof repairs at the Claremont Middle School.

Voting day is March 13.



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Member, Greater Claremont Chamber Of Commerce

**SAU 6 Superintendent Middleton McGoodwin stands at the podium waiting to speak during the Deliberative Session; seated are Tracey Pope, Moderator, and Mary Woodman, School District Clerk (Bill Binder photo).**

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**NH Lottery Numbers**

**02/10/2018**

**NH PowerBall**

**1 13 27 41 59 20 5**

**Mega Millions 02/09/2018**

**28 34 41 46 47 14 3**

**Megabucks 02/10/2018**

**11 36 38 39 40 1**

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

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## 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



# Commentary

## NH House Happenings

By Rep. John Cloutier



### Property Tax Relief Grows Dimmer

Family and Medical Leave legislation is still alive in New Hampshire's House of Representatives, while hopes for a little property tax relief this year have grown dimmer.

On Feb. 8, by a 186-164 roll call vote, the full House gave further approval to House Bill 628, which would create a voluntary State Family and Medical Leave Insurance Program, administered by the New Hampshire Dept. of Employment Security. The bill was passed with an amendment recommended by a minority of the House Commerce & Consumer Affairs Committee, to which the bill had been referred after winning preliminary approval from the House on Jan. 9. But adoption of this amended version came only after the House had overturned a recommendation by a majority of the Commerce Committee to reject the controversial measure on a 178-168 roll call vote.

As readers may remember from a previous column, an earlier amended version of House Bill 628 was adopted on Jan. 9 by a 183-151 roll call vote, as recommended by a majority of the House Labor, Industrial, & Rehabilitative Services Committee. The bill now goes to the House Finance Committee for a final review of its financial impact, and then a third and final vote by the full House. If it survives this third vote, it will then proceed to the New Hampshire Senate for continued scrutiny. The bill is sponsored by a bipartisan coalition of 12 legislators led by Concord Rep. Mary Stuart Gile, a Democrat.

The latest amended version of House Bill 628 increases the proposed premium for this voluntary insurance program in which participating employees would receive partial pay for taking time off to care for themselves or family members. The Commerce Committee amendment increases this premium from 0.67 percent of pay from the previous 0.50 percent as recommended by the Labor Committee. The Commerce amendment also decreases the number of permitted weeks of paid leave from 12 weeks in the Labor version to 6 weeks. The Commerce amendment also assumes that at least 50 percent of eligible New Hampshire employees would participate by paying premiums for such leave. Finally, this amendment would require a review of the program after two years by the Dept. of Employment of Security. All these provisions in this amendment are based on recommendations from Employment Security.

Nevertheless, even with the just-described amendment, House Bill 628 opponents like Bedford Rep. Laurie Sanborn claimed that the measure had too many "flaws." Among these flaws is that the proposed Family and Medical Leave Program is unsustainable because it would not bring in enough money to pay the program's estimated claims and expenses. Furthermore, the bill's proposed regulations would go beyond the 1993 Federal Family & Medical Leave Act in terms of the size of businesses and extended family members covered, an act which just

allows unpaid leave, by the way. Rep. Sanborn declared that the regulations would create "excessive hardships for small businesses, which are the backbone of our economy."

For readers' information, I again voted for House Bill 628 as I had previously done on Jan. 9. Paid family and medical leave is an idea whose time has come. The bill's voluntary program is a pro-family measure that would help New Hampshire's economy and attract more young people to our state, in my opinion. May House Finance give the legislation a final stamp of recommendation.

However, the full House on Feb. 8 refused to reconsider its Jan. 9 rejection of House Bill 413 which would have required state government to pay 15 percent of New Hampshire Retirement System contributions for local teachers and municipal employees, a partial restoration of such contributions to our municipalities and school districts that was totally eliminated by the state in 2011 in order to balance the budget following the 2008 Great Recession. This total elimination has resulted in higher property taxes for communities like Claremont. Reconsideration of this tax relief measure failed by a heartbreaking 171-170 roll call vote, after brief and spirited debate on the floor. Reconsideration was moved by Dover Rep. Catt Sandler, a Democrat, who had earlier voted with the majority to reject the bill on a 172-166 roll call vote. Reconsideration is a privilege that we representatives can exercise, if we vote on the prevailing side of legislation, and later change our minds within a specified period.

After Rep. Sandler moved reconsideration, House Bill 413's sole sponsor, Hampton Rep. Robert Cushing, also a Democrat, and I spoke on the floor as to why the measure should be voted on again. Among other points, I mentioned the Feb. 2, 2018, letter signed by four Claremont public officials, including Claremont Mayor Charlene Lovett, School Board Chair Frank Sprague, City Manager Ryan McNutt, and School Supt. Middleton McGoodwin a letter emailed to the entire House and Senate. A letter urging us to reconsider House Bill 413 based on several facts. Among these facts was a recommendation from the State Decennial Retirement Commission issued on Jan. 10, one day after the House had rejected the bill. This recommendation urges the legislature to restore at least part of the state's contribution to its political subdivisions for the retirement costs of subdivision employees, a restoration which the bill, of course, was attempting to do. I reminded my fellow representatives that we should heed the advice of a commission.

Obviously, I am disappointed that simple reconsideration of House Bill 413 failed by a mere one vote, a bill that as the four Claremont officials mentioned in their Feb. 2 letter would have resulted in Claremont receiving an estimated \$341,815 in extra retirement aid and could have knocked off approximately 49 cents on our property tax rate.

Finally, returning to good news. I am pleased that Gov. Christopher Sununu signed Senate Bill 247, the Lead Paint Bill, into law. Also pleased that the Governor signed the bill in Claremont on Feb. 8 in a special public ceremony, especially since Mayor Lovett was one of the key supporters in getting the bill passed by the House and Senate. I was sorry to have missed the ceremony, but I believe it was more important to be in Concord doing my job as a representative.

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<http://www.gencourt.state.nh.us/house/members/wml.aspx>

**and click on “Who Is My Legislator”**

## **Shaheen Applauds Senate Passage of Budget Agreement that Includes Commitment of Additional Funding for Opioid Response Efforts**

WASHINGTON, DC--Following her vote in favor of a broad bipartisan budget agreement, U.S. Senator Jeanne Shaheen (D-NH) issued the following statement:

“This commitment to provide additional funding for opioid response efforts is a significant down payment,” said Shaheen. “For too long, the federal response to the opioid epidemic has been nicked and dimed. While the promise of additional funding in this agreement doesn’t match the severity of the opioid crisis, it is an important step forward. This agreement is the product of good faith bipartisan negotiations and should serve as a model for how we can continue to make progress on this and many other important issues. I’m very pleased that this provides a path forward for long-term government funding and relief from sequestration. Budget certainty is essential to our military readiness, including the Portsmouth Naval Shipyard and the Pease Air National Guard Base, as this agreement allows for much better long-term planning. It also finally provides additional investments in veterans care, community health centers, infrastructure and college affordability programs.”

This budget agreement includes a commitment of \$6 billion to respond to the opioid epidemic over the next two years, with \$3 billion being provided each year. Shaheen and Senator Maggie Hassan (D-NH) also received assurances that the opioid funding formula will be improved to prioritize states like New Hampshire with high mortality rates from overdoses. In recent weeks, Senators Shaheen and Hassan have been participating in bipartisan negotiations as part of the Common Sense Caucus, where they’ve been advocating for additional opioid funding and a change in the federal funding formula.

## **Kuster Backed Anti-Harassment Legislation Passes House**

WASHINGTON, DC--Tuesday, Congresswoman Annie Kuster (NH-02), the founder and co-chair of the Bipartisan Task Force to End Sexual Violence, released the following statement on the passage of H.R. 4924, the Congressional Accountability Act of 1995 Reform Act, and H. Res. 724. These pieces of legislation, co-sponsored by Kuster, create an office of employee advocacy to support victims, end mandatory cooling off and mediation periods, prevent taxpayer funded settlements for Members of Congress, and discloses Members who do settle these claims.

“This legislation is an important step in our efforts to combat sexual harassment on Capitol Hill and sends a strong message to women and men across the country that this type of behavior will not be tolerated,” said Kuster. “Importantly, our legislation will take taxpayers off the hook for Congressional harassment settlements. This bipartisan legislation shows that Republicans and Democrats can work together to address sexual harassment. The issue of sexual harassment goes well beyond the Halls of Congress and I will continue to advocate for policies that will improve conditions for employees in all workplaces.”

## **Hassan Cosponsors Bipartisan Bill to Help Improve Courts’ Handling of Child Welfare Cases**

WASHINGTON, DC-- Senator Maggie Hassan has cosponsored the bipartisan Continuation of Useful Resources To States (COURTS) Act to extend and permanently fund the Court Improvement Program (CIP) and provide much-needed support to courts handling child welfare cases. The COURTS Act was first introduced by Senate Majority Whip John Cornyn (R-TX) and Senator Kamala Harris (D-CA).

“Granite Staters and all Americans depend on a fair and efficient justice system, including courts that can handle child welfare cases with the urgency they require,” Senator Hassan said. “The bipartisan COURTS Act will help ensure that the best interests of children are being met through the Court Improvement Program, and I look forward to working with Senator Cornyn and other colleagues on both sides of the aisle to pass this important legislation.”

This COURTS Act extends and permanently funds the Court Improvement Program, which provides grants to the highest court in any state operating a Title IV-E child welfare program.

## Walpole Resident Identified in Fatal Fire

WALPOLE, NH--New Hampshire State Fire Marshal J. William Degnan, North Walpole Fire Chief William Crawford and Walpole Police Chief Michael Paquette announced that the victim of the fatal fire at 8 East Street in the Town of Walpole, NH, that occurred on February 5 has been identified.

The victim was identified as Daniel Underhill, an 18-year-old resident of Walpole. An autopsy conducted on February 7 revealed that the cause of death was smoke inhalation and the manner of death was accidental.

The fire is still being investigated by members of the NH State Fire Marshal's Office, the North Walpole Fire Department, and the Walpole Police Department.

Degnan would again like to remind everyone that working smoke alarms save lives and to have an escape plan from your 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.

## 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.

## Spirit of Johnny Cash at COH

CLAREMONT, NH--The Spirit of Johnny Cash will be held at Claremont Opera House, Saturday, March 10, 7:30 p.m., \$22. Tickets available at 58 Opera House Square, by phone at 603-542-4433 or go online at <http://www.claremontoperahouse.info/>.

## 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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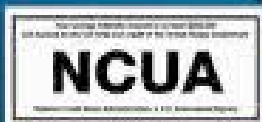
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## 2nd Suspect in Claremont Drug Case Arrested

### Located in Bellows Falls

CLAREMONT, NH--On February 6, the Vermont State Police, acting on tips provided by the public, located and arrested Johnnie "Malik" Kyles, 34, of Springfield, VT.

According to Claremont Police Chief Mark Chase, "Kyles was located in Bellows Falls, VT, at the Rodeway Inn. He is currently being held as a Fugitive of Justice from the State of New Hampshire." He was to be arraigned on that charge in Vermont on February 7.

The Claremont Police Department held an active warrant for Kyles for Conspiracy To Commit Drug Sales, said Chase. The charge is classified as a Class B Felony and stems from an investigation that occurred in January, 2018. This investigation was conducted by the Claremont Police Department, New Hampshire Attorney General's Drug Task Force, and New Hampshire State Police. The investigation centered on the alleged controlled drug sales in the Spofford Street area of Claremont. The investigation culminated in the execution of a search warrant at 12 Spofford Street on January 31 and the arrest of Samantha Davis, age 27. A search of the Spofford Street residence allegedly located more than 600 bags of suspected heroin, approximately 20 grams of crack cocaine, marijuana, and approximately \$4,450 in cash.

"The criminal investigation remains ongoing at this time, and further charges are anticipated," said Chase. "The Claremont Police Department will continue to work with the State of Vermont for the return of Kyles so he can be arraigned on the charges in New Hampshire.

"The Claremont Police Department wants to thank the public for the many calls and tips that led to the arrest of Kyles," added Chase.

## Claremont Elementary School Drama Festival

CLAREMONT, NH--The Claremont Elementary School Drama Festival will be held on Saturday, Feb. 17, at the Claremont Opera House. At 2:00 p.m., Maple Ave. performs "Cinderella"; 3:00 p.m, Disnard presents "Jack & The Beanstalk"; and at 4:00 p.m, Bluff performs the "Emperor's Nightingale".

Doors open at 1:00 p.m, and tickets, at the door, are \$5. Kids 4 and under, free. For more information, call 603-542-0064.

Send news and photos to [etickernews@gmail.com](mailto:etickernews@gmail.com)

## Ways to Enjoy Saint-Gaudens in the Wintertime

By Eric Zengota

CORNISH, NH--The snow is knee-deep on the lawns of the Saint-Gaudens National Historic Site in Cornish. But Lincoln: The Man looms above the landscape, and the soldiers on the Shaw Memorial still march to battle in South Carolina. Visitors can see these and other monumental sculptures by Augustus Saint-Gaudens throughout winter and spring. The grounds are open every day during daylight hours. There is no entry fee charged.

Although the exhibit buildings are closed until May 26, the Visitor Center is open 9:00 a.m. to 4:00 p.m., Monday to Friday. There you can watch a video, buy National Park passes, shop for gifts and souvenirs, and get general information from the staff.

The Visitor Center is hosting a free winter break one-day camp for children ages 8-10, Tuesday February 27, from 9:00 a.m. to 4:00 p.m. Kids will look for animal signs outside, play winter habitat bingo and participate in other exciting activities.

More information: Saint-Gaudens NHS, 139 Saint-Gaudens Road, Cornish; 603-675-2175; [www.nps.gov/saga/index.htm](http://www.nps.gov/saga/index.htm).

For details on the camp and to apply, call 802-457-3368 x 222 or email [Alexandra\\_Conrad@partner.nps.gov](mailto:Alexandra_Conrad@partner.nps.gov).



A snowy Adams Memorial, by Augustus Saint-Gaudens (Eric Zengota photo).

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# United Way, Sheriff's Department Join Forces for Food Drive

NEWPORT, NH--United Way of Sullivan County and the Sullivan County Sheriff Department have joined forces to hold a "Stuff a Cruiser" event on Friday, Feb. 23rd, from 9:00 a.m.-3:00 p.m. at Shaw's in Newport and Hanaford's in Claremont. The nonperishable food will benefit the Claremont Soup Kitchen and donations are greatly appreciated.

"February is National Canned Food Month, so we thought we would take this opportunity to support the wonderful work of the Claremont Soup Kitchen," Dawn Ranney, Executive Director of United Way of Sullivan County, said. "The cold winter months have been exceptionally hard for our friends and neighbors, so Sheriff John Simonds and I decided it was a great time to help."

"Many donations come forward during the holiday season, but the needs exist long after," Simonds said.

Since July, the CSK has provided 358 boxes

per month from the pantry, including 180 new individuals since October alone. A total of 217,647 meals have come from the pantry as well. One-third of the 800 needing food are children, with another 120 being seniors, said Ranney.

In addition, the Soup Kitchen served 30,765 meals during the same time period with another 2,300 meals provided to home-bound individuals.

"The need is great," said Ranney. "A priority of United Way of Sullivan County has always been to support the local community in any way we can. By joining with the County Sheriff Department, which shares the same philosophy, we can further expand the benefit given to those less fortunate."

"Sullivan County is lucky to have agencies like these two who are willing to step up, make

the commitment to help and make a difference, Cindy Stevens of the CSK said. "We are grateful for their support."

Please help United Way of Sullivan County and the Sullivan County Sheriff Department to make a difference in lives by donating nonperishable food. The opportunity is available to help now by leaving items at Claremont Savings Bank, Ruger Firearms and Sullivan County Home.

"Thank you for your support," said Ranney "We look forward to seeing you on the 23rd."

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## CSBCC “5 Days for 5 Years” Schedule of Events

Monday February 26th	Tuesday February 27th	Wednesday February 28th	Thursday March 1st	Friday March 2nd
Gymnasium Schedule: None	Gymnasium Schedule: 5:30 AM – ROTC – Dawn Z. 5:00 PM to 8:00 PM – Drop-In Community Volleyball Night – Justin M.	Gymnasium Schedule: 5:00 PM – Boot Camp / TRX – Dawn Z.	Gymnasium Schedule: 5:30 AM – ROTC – Dawn Z. 7:45 AM – Walk Fit – Shanee T. 5:00 PM to 8:00 PM – Drop-In Community Basketball Night– Justin M.	Gymnasium Schedule: 5:00 PM to 7:00 PM – Drop-In Pickleball Night – Carmina S.
Pool Schedule: 8:45 AM – Aqua Fit – Ivy C.	Pool Schedule: None	Pool Schedule: 6:00 PM – Aqua Fit – Dawn Z.	Pool Schedule: 8:45 AM – Aqua Fit – Shanee T.	Pool Schedule: Community Open Swim 4-6:45PM
Multi-Function Room C Schedule: 8:30 AM – Cross Train – Sherra C. 4:30 PM – Cardio Sculpt – Sherra C. 5:30 PM – Latin Drum Sticks – Sherra C.	Multi-Function Room C Schedule: 8:30 AM – Butts & Guts – Sherra C. 9:15 AM – Stretch & Flow – Sherra C. 5:30 PM – Step & Sculpt – Wendy W.	Multi-Function Room C Schedule: 8:00 AM – Fitness Infusion – Dawn Z. 9:00 AM – Gentle Yoga – Dawn Z. 5:30 PM – Tabata – Wendy W.	Multi-Function Room C Schedule: 7:00 AM – Step & Stuff – Dawn Z. 4:30 PM – Kick Boxing – Sherra C. 5:30 PM – YoPi Rhythm – Sherra C.	Multi-Function Room C Schedule: 8:30 AM – Dance Fit Express – Sherra C. 9:15 AM – YoPi Flow – Sherra C. 3:30 PM – Learn How to Foam Roll – Dawn Z. & Karen J.
Fitness Room: 2:00 PM to 4:30 PM – Wade S. Available for Orientations	Fitness Room: 7:00 AM to 9:00 AM – Dawn Z. Available for Orientations 2:00 PM to 4:30 PM – Wade S. Available for Orientations	Fitness Room: 2:00 PM to 4:30 PM – Wade S. Available	Fitness Room: 2:00 PM to 4:30 PM – Wade S. Available for Orientations	Fitness Room: 2:00 PM to 4:30 PM – Wade S. Available for Orientations

*All events listed are free and open to the public. Participants will need to complete a registration form before their class or activity. Please allow extra time to do so.*

### Celebrate, from A1

during this time will be entered into a drawing. The Grand Prize winner will receive a new fitness bike from Cycle Depot and others could win one of many other prizes that promote a healthy lifestyle. All events are open to the public.

Above is a schedule of events. For up to date information, please visit [www.claremontparks.com](http://www.claremontparks.com). Or like them on

Facebook at Claremont First Night or like Claremont, NH Parks and Recreation Department on Facebook.

### 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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# Classified Ads

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## Ann's Property Of The Week

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# Classified Ads

## 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

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

## Ice Safety Awareness Urged by NH F & G

CONCORD, NH--New Hampshire Fish and Game Department Conservation Officers would like to remind outdoor enthusiasts to exercise caution when enjoying winter activities on or near the ice.

"It is imperative that you personally check the ice thickness on a waterbody as you venture out on foot or before riding out on a snowmobile or Off-Highway Recreational Vehicle," said Captain Dave Walsh, who coordinates OHRV Enforcement and Safety Education for Fish and Game. "Do not assume that just because the ice is safe in one location that it will be safe 100 yards farther away. If you don't know, don't go."

Walsh adds that you should also be sure to bring along a rescue rope, ice picks, and a personal flotation device such as a float coat or conventional life preserver.

Because ice conditions can be unpredictable and lack uniformity, it is not advisable to drive vehicles onto the ice. Those on foot should carefully assess ice safety before venturing out by using an ice chisel or auger to determine ice thickness and condition. Continue to do this

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as you get further out on to the ice, because the thickness of the ice will not be uniform all over the waterbody. See a short video of how to check ice thickness at [www.wildnh.com/outdoor-recreation/ice-safety.html](http://www.wildnh.com/outdoor-recreation/ice-safety.html).

Though all ice is potentially dangerous, the U.S. Army Cold Regions Research & Engineering Laboratory in Hanover, N.H., offers a "rule of thumb" on ice thickness: There should be a minimum of six inches of hard ice before individual foot travel, and eight to ten inches of hard ice for snow machine or All-Terrain Vehicle travel.

Keep in mind that thick ice does not always mean safe ice. It is possible for ice to be thick, but not strong, because of varying weather conditions. Weak ice is formed when warming trends break down ice, then the slushy surface re-freezes. Be especially careful of areas with current, such as inlets, outlets, and spring holes, where the ice can be dangerously thin.

- Stay off the ice along the shoreline if it is cracked or squishy. Don't go on the ice during thaws.
- Watch out for thin, clear or honeycombed ice. Dark snow and ice may also indicate weak spots.
- Don't assume a snowmobile trail is safe just because it exists; check out trail conditions at <http://www.nhstateparks.org/activities/snowmobiling/trail-information.aspx> before you go.
- Remember that small bodies of water tend to freeze thicker. Rivers and lakes are more prone to wind, currents, and wave action that weaken ice.
- Don't gather in large groups or drive large vehicles onto the ice.
- If you do break through the ice, do not panic. Move or swim back to where you fell in, where you know the ice was solid. Lay both arms on the unbroken ice and kick hard. This will help lift your body onto the ice. A set of ice picks can help you pull yourself out if you do fall through the ice; wear them around your neck or put them in an easily accessible pocket.

## Silsby Library News

CHARLESTOWN, NH--Winter arrived all at once this year. Each snow storm produces a new crop of icicles at our Railroad Street entrance. To be safe, we suggest you use the front entrance until the ice and snow is off the roof. If you aren't comfortable using those steps without a handrail, please park at the back of the building and use the handicapped entrance. The lift is available for anyone who has a problem with stairs and we are happy to assist you if needed.

Any patron concerns, suggestions or comments can be e-mailed to the library at [silsby@charlestown-nh.gov](mailto:silsby@charlestown-nh.gov) Remember to follow us on Facebook at <https://www.facebook.com/SilsbyLibrary> or check our web page <http://www.silsbyfree.org>. If you want to know what is new to the collection you can go to LibraryThing. Sign in Silsbypl and password 03603.

Join us on Tuesdays at 10:30 a.m. for Story Hour. Lap sitters, toddlers, preschoolers and their caregivers are welcome to join the fun. Stories will be read, songs will be sung and a simple craft will unleash you little one's creativity. On Fridays at 10:00 a.m. join us for our Library Play Group It is a great time for infants, toddlers and their caregivers to play, socialize and have fun in an informal setting.

Back for 2018 is the Ancestry database. If you are looking for the skeleton in your closet, stop in and we will show you how to start digging. EBSCOhost is also available to our patrons. This is a good source for student reference searches, newspaper and magazine articles, read alike book lists, and much more. Stop in and get the log in information and you can access this data base from your computer at home.

### **Shrove Tuesday Pancake Supper in Meriden**

The Meriden Congregational Church will have a Pancake Supper on Tuesday, Feb. 13th, at 6:00 p.m. It is a Mardi Gras celebration with

pancakes, sausage, maple syrup and good cheer. All are welcome. Donations accepted.

### **Medicare Workshop**

Medicare can be confusing. Becky Rostron, the Medicare Specialist at Sullivan County ServiceLink Aging and Disability Resource Center (ADRC), can help you understand your Medicare options.

The upcoming "Welcome to Medicare" workshop is designed to help new Medicare enrollees make more informed choices about their Medicare benefits: Tuesday, Feb. 27th, at 1:30 p.m. Held at 224 Elm Street, Claremont NH.

There is no charge, but registration is required. Please contact Sullivan County ServiceLink Aging and Disability Resource Center at 603-542-5177 or 1-866-634-9412 to register.

### **Holbrook Night at Arrowhead**

CLAREMONT, NH--The Annual Ginny Holbrook Night at the Arrowhead Recreation Area, sponsored by the Kiwanis of Claremont, will be held on Friday, Feb. 23, from 6:00 to 9:00 p.m. Free tubing, skiing and riding, under age 18. Does not include rentals.

### **Dean's List Announcement**



Olivia M Hamilton, Sunapee, NH, Class of 2016, has made the Dean's List for the third straight term at Simmons College in Boston.



## BE MY VALENTINE?



Photo Credit: Jackie Ames of Priority Pets Photography



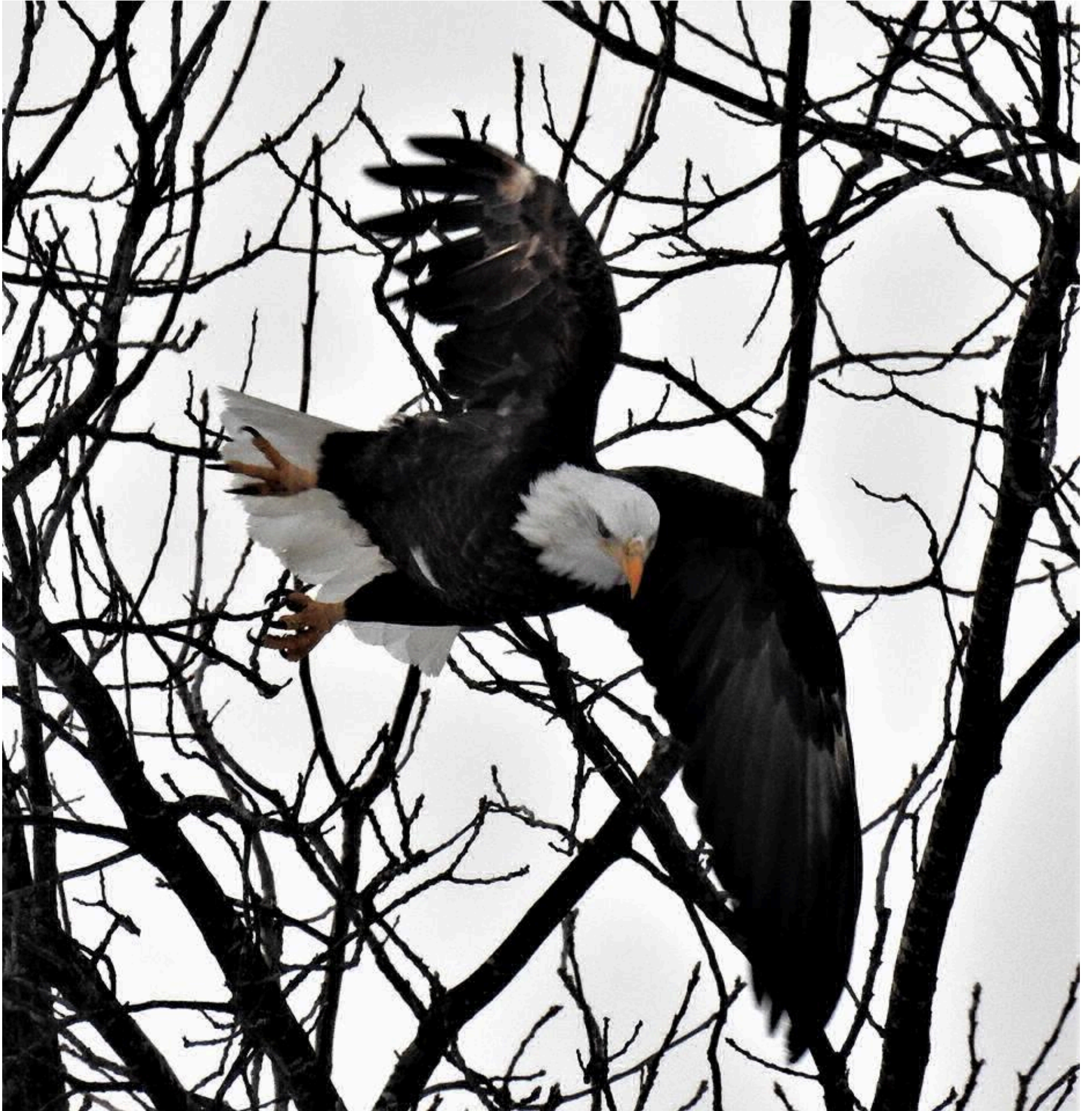
### **Shay**

**SINGLE MALE YELLOW LAB MIX**, 4 yo, great with dogs and older kids seeks human valentine. Must love walks! Fenced-in yard required. Chew toys and belly rubs bonus. Have your people e-mail my people at:

[wags.n.wiggles.rescue@gmail.com](mailto:wags.n.wiggles.rescue@gmail.com) for more details regarding adoption.

**Wags & Wiggles Rescue – Croydon, NH –**

<http://WagsandWigglesRescueNH.rescuegroups.org>



Verna Morin caught this gorgeous photo of a bald eagle behind the CVS in Claremont on Saturday.

# e-Ticker Business News

## Mt. Ascutney Hospital Names Michael Leathe and Mike Lane as Team of the Month

WINDSOR, VT – Mt. Ascutney Hospital and Health Center (MAHHC) has announced that Michael Leathe and Mike Lane have been selected as Team of the Month for January, 2018. Both Leathe and Lane are Clinical Application Analysts in the Hospital's Information Technology department.



Left: Mike Lane, right: Michael Leathe

As Clinical Technology Analysts, Leathe and Lane are responsible for designing and implementing information systems to optimize organizational efficiency at MAHHC. They also serve as troubleshooters, solving problems and providing ongoing training to fellow staff members.

According to Supervisor Jason Bean, Leathe and Lane shine in their interactions with the rest of the staff. "Their assistance has been invaluable," said Bean, explaining that "they are very good teachers, and incredibly patient. They are always willing to answer all questions with a smile on their faces and they never make you feel like your questions are dumb. If they can't answer a question, they'll research the matter and get back to you with a solution. They are both great assets to maintaining high professional standards at the hospital."

Leathe, a resident of West Windsor, VT, has been an employee of MAHHC since 2009.

Lane, who lives in North Hartland, VT, joined the staff in 2013.

## VNH Hearts Their Patients for National Heart Month

WHITE RIVER JCT., VT--Visiting Nurse and Hospice for Vermont and New Hampshire (VNH) was proud to sponsor and be a part of the American Heart Association's 5th Annual Upper Valley/Lake Sunapee Go Red for Women Luncheon on February 9 at the Hanover Inn in Hanover, New Hampshire. The goal of the event was to raise awareness of

women's leading health threats: Heart disease and stroke. The event included educational breakout sessions, a silent auction, vendor fair where VNH will have a table, and a heart-healthy lunch.

According to the American Heart Association, in the U.S. cardiovascular disease kills approximately one woman every 80 seconds. The good news is that 80% of cardiac events may be prevented with education and lifestyle changes.

An average of 20% of VNH's patients have some form of a heart condition. In 2017, VNH cared for a total of 891 patients with a cardiac **(Continued on page A15)**

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# e-Ticker Business News

## Heart, from A14

diagnoses.

Cathy Cullen, PT, MHCDS, Chief Clinical Officer stated, "VNH clinical staff, of all disciplines, work to treat patients that have a cardiac diagnosis in their homes and manage their ailments with medication, diet, nutrition, exercise, and education." VNH works with patients to find the right diet and exercise balance along with ensuring that the home is setup in a way that is safe for the patient to move around. An Occupational Therapist, for example, might move things around so that it is less taxing for the individual to move about and so that there are multiple places for them to sit throughout the house so that they are not walking as far at one time. "It is important for patients to be aware of the symptoms of their disease, so we work to educate them and make sure they understand when they need to call a doctor," said Cullen.

VNH and the geriatric team at Dartmouth-Hitchcock Medical Center are teaming up to provide seamless care to frail persons regardless of the programs that they qualify to receive or their payer source (i.e. Medicare). The pilot program is called Aging at Home and the goal is to provide the right care in the right setting for frail persons. The Aging at Home program currently has 65 patients enrolled and approximately 30% of them have a primary or secondary diagnosis of heart disease. "Our nurses provide education and regular visits to assist in the early detection of symptoms. This allows intervention by the medical team and hopefully prevents emergency room visits and hospitalizations," said Sheila Aubin, Director of Community Programs at VNH.

In addition to working with patients in their homes, VNH is committed to providing free or low-cost wellness clinics out in the community in hopes that they will promote not only wellness, but prevention as well. Our clinic nurses may be the only contact patients have had with a medical person, other than their physician, in a very long time. We talk to them about their medical problems and answer questions and encourage them to be in contact with their doctors to discuss issues further, if necessary.

## NH Craft Beer Week in April

CONCORD, NH--New Hampshire Craft Beer Week (April 6-15, 2018) is a celebration of the Granite State's artfully-craft ales and lagers and the people and businesses who make and sell them. There's really no better way to unlock more of New Hampshire's beer culture than joining this critical mass of happenings.

This year's event slate will feature more than 150 events at breweries, beer stores, restaurants, and bars in every part of the state.

With 5.25 breweries in the state for every 100,000 residents, New Hampshire is busting

at the seams with locally-brewed beer and the industry around it is growing too; a recent statewide economic analysis shows beer is a \$359 million business: there is probably a lot you're missing out on.

New Hampshire Craft Beer Week is a joint production of the New Hampshire Brewers Association, Brew New Hampshire, and countless business owners all over the state, from the Northern Tier to the Seacoast.

If you or your business are interested in getting involved, visit <https://nhbeer.org/nhcbw/> or contact Renee Vannata at [renee@nhbeer.org](mailto:renee@nhbeer.org) or CJ White at [cjwhite@nhbrewers.org](mailto:cjwhite@nhbrewers.org) for more information.

The advertisement for Jozach Jewelers features a black and white photograph of a woman with long, wavy hair, looking thoughtfully to the side. She is wearing a dark, sleeveless top. The background is dark with a subtle starry pattern. In the foreground, several pieces of jewelry are displayed: a gold chain necklace with a large, multi-layered circular pendant, and a pair of matching earrings. The text 'JOZACH JEWELERS' is prominently displayed in a serif font, with 'FINE DIAMONDS AND GIFTS' underneath. A diamond icon is positioned above the name. The phrase 'GOLDEN MOON' is written in a stylized font, with the 'O's forming a circle. At the bottom, the address '1 Pleasant St. Suite #101 • Claremont, NH 03743' and phone number '603-542-2953 • www.JozachJewelers.net' are provided. Logos for GIA (Gemological Institute of America), Instagram, and Facebook are also present.

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**Broad St. Park in Claremont took on an elegant look as last week's big snowstorm of around 10" -12" of snow buried the area. Schools were closed, meetings cancelled or rescheduled and snowplows and snow shovelers were kept busy trying to keep up with a snowfall of an inch per hour (City web camera).**



## **Rep. Gagnon Announces That He Will Not Be Seeking Re-election in Nov.**

CLAREMONT, NH--Raymond Gagnon, State Representative for Claremont's Ward 3 (Sullivan Dist. V) announced Sunday that he will not be seeking re-election to the NH General Court in November. Citing the N.H. House as the people's house and that "change should be viewed as a good thing", Gagnon said that "It is time for someone new to represent the interests of Claremont and the State."

Gagnon presently serves as the ranking member of the Executive Departments & Administration committee and is also a member of the joint House/Senate Performance Audit Committee. In the past dozen years, he has served as Vice-Chair of Municipal & County Government, member of both the State, Federal & Veterans Affairs, and Transportation committees as well as the initial chair of the Veterans PTSD Commission. Long interested in economic development, Gagnon has served as the former chair and member of the NH Canada Trade Council.

Gagnon said that "The past 12 years have been a wonderful experience, and I thank the voters of Claremont for the honor of representing them in Concord."

---Phyllis A. Muzeroll



**Rep. Raymond Gagnon**



## 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](http://www.arrowheadnh.com) for up-to-date info on events.

## Wild Game Dinner in Plainfield

PLAINFIELD, NH--Do you like to eat bear, venison, squirrel, fish, and whatever else comes from the wilderness of New England? Do you like to tell hunting stories and laugh? Do you like to show off your trophy kills?

A Wild Game Dinner will be held Saturday, Feb. 24, at Christ Community Church, Plainfield, NH, 4:30-7:00 p.m. This year they would like to hear from you about the funniest hunting story you have. It doesn't even have to be true. Elaborate all you wish in the spirit of laughter. The requirement is that you must make them laugh. There will be a contest, and the winner who makes them laugh the most will walk home with a prize. Keep it PG as they will have youngsters attending.


Do you like to show off your trophies? They will have a picture show of your greatest kill if you wish to share a picture of it. You may bring a mounted deer head, antlers, a mounted fish, or anything you can carry to display in the hunting trophy section. People will be able to vote and the winning trophy or picture will walk away with a prize.

Please RSVP by emailing [zane\\_burke@hotmail.com](mailto:zane_burke@hotmail.com) or by calling (603) 675-5673. Seats are limited to the first 100 people.

This event is free.

Send us your news and photos

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## Mayoral Notes

by  
Charlene Lovett



### Claremont Recognized for Actions Taken to Address Childhood Lead Poisoning

On February 8th, Governor Sununu traveled to Claremont to sign into law Senate Bill (SB) 247, the legislation addressing childhood lead poisoning. Approximately 60-70 people attended the event which marked the culmination of years of work by individuals and organizations across the state. Governor Sununu chose Claremont as the site for the ceremonial signing in recognition of our work on this issue. In preparation for his visit, I drafted the following fact sheet. What we have accomplished, since making the screening and prevention of childhood lead poisoning a community-wide priority, is quite extensive. The actions we've taken have made a difference in both the legislative process and in the health of New Hampshire's children.

**FACT SHEET: A Community Wide Focus on the Screening and Prevention of Childhood Lead Poisoning**

**BACKGROUND:** Claremont is one of 21 communities considered to be at highest risk due to its high percentage of aged housing stock and other factors (e.g. poverty, children on Medicaid). In December 2016, the City Council and School Board voted unanimously to make childhood lead poisoning a community-wide priority. Working with stakeholders throughout the community, we set the following goals and acted.

**GOALS:**

1. Institute a community-wide initiative to achieve 100% testing of children at ages 1 and 2.
2. Prevent childhood lead poisoning through educational awareness campaigns, policies and resources to help remediate/remove causes.

**ACTIONS TAKEN:**

1. Collaborated with Valley Regional Hospital to have 100% of all pediatric patients under 6 years old tested.

2. Collaborated with the Claremont School Board and School District to institute a policy, adopted in the 2017/2018 school year, that all children entering the school district present documentation that they were tested for lead poisoning.
3. Launched a campaign to educate the community on the importance of preventing childhood lead poisoning. Campaign included periodic presentations, information and links on the city's website, literature at community events, free testing at back-to-school events, etc.
4. Organized Renovation, Repair & Painting (RRP) training and certification opportunities for contractors, city staff, county personnel and elected officials.
5. Provided access to resources to help mitigate/remove lead poisoning sources. Resources identified included USDA Rural Development grant and loan programs, NH Housing Finance Authority, HUD Lead Hazard Control funding, Southwestern Community Services, Habitat for Humanity, and county funding.

6. Added RRP certification information as part of the City's permitting process.
7. Continued "Operation Get the Lead Out" to remove all lead components from the city's water distribution system. This effort is expected to be completed by the end of 2018, providing Claremont with a lead-free distribution system.
8. Developed a protocol for changing lead water lines that NH DES approved and is now sharing with other communities across the state. All lead tests done on Claremont's water system have passed.
9. Presented our community's work at both the NH Healthy Homes Conference and the New England Lead Conference.
10. Collaborating now with Kimball Union Academy and a veterinarian from Lebanon to conduct lead testing in household pets.

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



**Governor Chris Sununu came to Claremont on Thursday, Feb. 8. on a special mission. His mission was to sign into law SB 247, a law that will help prevent childhood lead poisoning. The bill will require parents and physicians to have children tested for elevated lead levels and also decreases the threshold required for the state to investigate potential lead poisoning cases. Sununu commented, "People still think of this as a 1970's and 1980's issue. It is an issue of today and if we don't act now, it will be a crisis of tomorrow." Claremont Mayor Charlene Lovett watches as Sununu signs the bill (Bill Binder photo).**

## Valentine's Day - Consider Financial Gifts for All Your Valentines

Valentine's Day is almost here – and it's a pretty big business. In fact, U.S. consumers spent about \$18 billion on their valentines in 2017, according to the National Retail Federation. Of course, recipients certainly appreciate flowers, candy, jewelry and so on, but this year, consider going beyond the traditional favorites to give your loved ones something more long-lasting – a financial gift.

And, while you're doing so, why not also go beyond the traditional definition of a "valentine"? After all, not all that \$18 billion went to spouses or significant others. A sizable amount also went to non-romantic connections, including children, parents, friends, teachers – even pets. So, in the spirit of ecumenical Valentine's Day gift-giving, here are some suggestions for financial gifts for your loved ones:

**For spouse or significant other** – One valuable gift to your spouse or significant other might be an IRA contribution. While you can't directly contribute to someone else's IRA, you can certainly write a check to that person for that purpose. This gift is particularly valuable because many people have trouble coming up with the maximum annual IRA contribution, which, in 2018, is \$5,500, or \$6,500 for individuals 50 and older. As an alternative to an IRA contribution, you could give shares of a stock issued by a company whose products or services are enjoyed by your spouse or significant other.

**For your children** – It's never too soon to start saving for college for your children. Fortunately, you have a few attractive college-funding vehicles available, one of which is the 529 Savings Plan. You can generally invest in the plan offered by any state, even if you don't live there. If you do invest in your own state's plan, you might receive a tax incentive, which could include a deduction, match or credit. Plus, all withdrawals from 529 Savings Plans will be free from federal income taxes and, in most cases, state income taxes as well, as long as the money is used for qualified college or graduate school expenses of the beneficiary you've named. (If a withdrawal is taken from a 529 Savings Plan but not used for a qualified expense, the portion of the withdrawal representing earnings is subject to ordinary income tax and a 10% federal penalty.)

**For your parents** – You can probably find a number of thoughtful and valuable financial gifts for your parents. You could, for example, offer to pay a month's worth of their premiums for their auto or health insurance. Even if they are on Medicare, they may still be paying for a supplemental policy, so your gift may well be appreciated. But you might want to go beyond helping them with just a single component of their financial situation and instead provide them with assistance for their "big picture." To do so, you could arrange a visit with a trusted financial professional, assuming your parents aren't already using one. This person could look at all issues, including investments, retirement accounts, long-term care and estate-related financial strategies, and then make appropriate recommendations and even referrals to other professionals.

Everyone likes the hearts, flowers and sweets of Valentine's Day. Nonetheless, give some thought to making financial gifts – they can make a difference in your loved ones' lives long after the chocolates are eaten and the roses have faded.

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



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## Arts Mixer Open Studio

West Claremont Center for Music and the Arts  
Union Church Parish Hall  
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



### Favorites

No one from any "official" organization has ever asked me what my favorite meal is. They are asking someone. It seems that every 10 years or so the favorite home cooked meal of men is either meatloaf or pot roast. It switches off every decade, or so it seems. The current cycle apparently favors pot roast. So, in the spirit of the cycle, here is a pot roast recipe that anyone can do.

There are two secrets to this that cause this to be one of the best pot roast dinners out there. The first is to use a slow cooker (no one likes dry pot roast) and the second will be revealed later.

You're going to need:

- A chuck roast (the label will say pot roast)
- A slow cooker
- Large skillet
- Can of beef broth
- Carrots (4 or 5)
- White potatoes (4 or 5)
- 2 or 3 white onions
- Can of mushrooms
- Some red wine
- Small can of tomato paste(second secret)

I really struggle with using garlic in this. I feel compelled but usually end up not using it. Do whatever you want. I like it without.

Clean and cut the carrots in half. Place them in the bottom of the slow cooker. In a large skillet heat up some olive or vegetable oil. Don't let it get to the smoking point. Season the roast with salt, pepper and whatever you like.

Brown up the roast on both sides and the edges in a hot skillet. Once browned, place it aside. The skillet will look like half the roast is burned on. Remove the skillet from the heat and deglaze with a splash of red wine. Scrape up all the burnt up stuff (fond) and pour into the cooker. Add the beef broth. Add a splash or two of wine. Place the roast on the bed of carrots. Cut the onions and potatoes into quarters and pack them around the roast.

Cook on low for 7 to 9 hours. Leave the cooker on. Remove the roast and the vegetables to a serving platter. Add some red wine. Add the tomato paste to the juices in the cooker. Stir until the paste disappears. Now turn off the cooker. The heat was needed to blend in the paste. Pour some of the juice over the roast. This gives a nice shiny appearance to the meat without being thick like a gravy. The tomato is barely discernible and brings out the flavors nicely. Pot roast is supposed to be a rustic dish, but this recipe elevates it to something more.

I think the tomato paste is the real secret here. I have no idea where I got it from, but it is a mainstay and I never leave the pantry without it. I've seen several other recipes using it, too. So I got it somewhere.

Oh, the carrots kinda become the highlight of the show. People who don't like carrots like these. The real reason they are in here is to keep the roast from sticking to the bottom of the cooker. It turns out that this is the best way to cook carrots for the non-believers.

Play with your food. Especially tomato paste.

Write to Johnny at [etickernews@gmail.com](mailto:etickernews@gmail.com).

# Meriden Fire Department Wild Game Dinner



**Saturday  
March 24, 2018  
5-7 PM @ KUA**

**KUA Dining Hall  
Rt. 120 – Meriden, NH**

***Menu Includes:***

Wide selection of Wild Game - Moose - Bear - Boar - Elk - Venison - Rabbit - Turkey - Ham - Fish Chowder - Venison Chili along with homemade beans, coleslaw and potatoes!

Adults: \$19

Youth (4-10): \$10

Toddlers (under 4): \$4

Try our Anadama bread made right at the Meriden Deli Mart and top off the evening with an ICE CREAM SUNDAE

## **MERIDEN VOLUNTEER FIRE DEPT**

Advance tickets are recommended – **CALL 603-469-3090 for tickets**

Tickets on sale at the door, Meriden Deli Mart and Annie's Country Store

A forum dealing with scams, fraud and identity theft and how to protect against them was held at the Claremont Senior Center on Friday, Feb 9. Although the featured speaker, Sen. Jeanne Shaheen, was unable to attend because of the late night vote on the budget in Washington, DC, a panel of speakers addressed the issues. Today's technology makes the scammers job easier; they can send out an email that looks like it comes from a bank or credit card company asking you to click on a link "to update our records". But the link leads to a website which asks you to enter your information and then the scammers have your data. Those attending were advised to never give out any information by computer or phone without verifying the sources and to take the time to make sure the request is valid. L-to R—Panel members—Tim Benitez, U.S. Secret Service; James Boffetti, NH Attorney Generals office; Terri Polvino, Taxpayer Advocate; Todd Fahey, State Director AARP NH; Kim Laur, Servicelink (Bill Binder photo).



## Arrowhead Needs Volunteers

CLAREMONT, NH--There's plenty going on at Arrowhead these days, but the recreation facility is having problems finding enough volunteers for the upcoming weeks.

"Arrowhead needs volunteers for operational and organizational positions so we can maintain current offerings, and we would like to encourage people to volunteer or to encourage others to do so," said Chuck Allen, vice president of the Arrowhead Recreation Club. "Don't assume others are coming forward because they are not. A number of volunteers will be away or unavailable over the next few weeks. This will leave us short of help both in the tubing area, ski shop and in concessions."

Allen added, "We hope everyone is excited about the upcoming pancake breakfast and Cardboard Sled Race coming up on Saturday, Feb. 17th. If anyone wants to volunteer at this event, we will need some additional help. We need prize distribution assistance, timers, on-hill monitors, setup crew, on-hill judges, registration people and others. For the 2:00-4:00 p.m. time period on the 17th, there will be no tubing, as the cardboard sled race is held in the tubing area.

"We have some weekday volunteer needs coming up during school vacation periods. Arrowhead will be open from noon-4:00 p.m. on Thursday, Feb. 22nd, the 23rd and Monday through Friday, Feb. 26th through March 2nd. On these dates we need tubing area, ski shop and concessions help."



On Thursday, Feb. 8, the Kiwanis Club of Claremont presented the Stevens High School Key Club with a check for \$1,000 for their help with the Kiwanis Bell Ringing fundraiser during the Christmas season. Kiwanis President Ann Dewey thanked the students for their help making the fundraiser a huge success. L to R—Kiwanis President Ann Dewey, Kiwanis member Jeff Coburn, Key Club Treasurer Aidan Cahill, Kiwanis V.P. Courtney Porter (Bill Binder photo).



**Save the Date**

## **108th Annual Spring Breakfast**

**First Congregational Church  
72 Pleasant St., Claremont, NH**

**Saturday, April 28, 2018  
7:00 a.m. to 10 a.m.**

