

# e-Ticker News of Claremont

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Meet the School Board Candidates, Part 2, page A7

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March 12, 2018

# Stevens High School Celebrates New Grab-N-Go Breakfast Cart, Aims to Improve Student Health

CLAREMONT, NH-- With the busy lives that many high school students lead, there isn't always time for healthy, filling meals during their day. So how can schools fuel them for success? The answer: Quick and easy to grab meals that won't slow them down!

At Stevens High School, students will now be able to grab a healthy breakfast on their way to the classroom, thanks to a new Grab-N-Go Breakfast Cart. These mobile food carts allow students to choose from healthy breakfast options in an accessible area when they first get to school. Students can then take their food with them to their classrooms.

Grab-N-Go Breakfast Carts have been shown to help increase not only breakfast participation, but help improve student attendance, behavior, and also test scores.

Claremont Food Service Director Debra Belanger said, "We are excited to start the



The new Grab-N-Go Breakfast Cart was introduced at SHS on Friday (Bill Blnder photo).

breakfast cart; we will be making fresh fruit and yogurt smoothies to order, and we will also be offering hot breakfast sandwiches, yogurt parfaits, (Continued on page A26)

### Minority Report Takes Issue with Commission's Recommendation Regarding Wild Goose

## By Phyllis A. Muzeroll e-Ticker News

A Minority Report by three members of the governor's commission examining the Wild Goose boat launch project disagrees with the Majority Report's recommendations as well part of its history and background discussion.

The report, signed by Thomas Quarles, Glen Normandeau and Rep. Peter Hansen, says in part, "The consensus findings of the Commission, in summary, is that there is a need for more trailer boat parking capacity at deep water boat ramps on Lake Sunapee. The only current such ramps, at George's Mills and Sunapee Harbor have either no, or extremely limited and inconvenient, parking. It should be noted that the Town of Sunapee, at any time, could restrict these two boat ramps to town residents only, thus excluding the rest of the general public. The Commission's consensus findings also conclude that the boat launch at

the Sunapee State Park beach cannot serve as a suitable 'replacement for the deeper water, thirty-one trailer boat parking space, Wild Goose site'. Thus, there is no dispute there is no currently existing deep-water publicly accessible trailer boat access site on Lake Sunapee and that there [is] a need for such a site. Under the Majority's recommendations, that situation will continue, despite the purchase of the Wild Goose site by the LCIP pro-

(Continued on page A24)

## **City Announces Departure of Assessor**

CLAREMONT, NH-The City Assessor for Claremont is leaving her position at the end of March and has opted to take a position with the City of Lebanon, NH, City Manager Ryan McNutt announced Thursday morning. Marlene Jordan began her career with the City of Claremont in 2006 as the clerk in the Assessing Department. In 2008 Jordan became the assessing technician under Claremont's Chief Assessor at the time, Edward Tinker, and later under Chief Assessor Dan Langille.

In 2012 Jordan became the head Assessor for the Department. She oversaw the office during two citywide revaluation of all properties in 2009 and 2014, which were conducted by an outside firm.

"I am thankful for the support and opportunities that the City have provided me during this past eleven years," Jordan said. "I have truly enjoyed my tenure with the City and I am more than grateful for the encouragement given to me in pursuing my professional growth and goals."

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Member, Greater Claremont Chamber of Commerce

Jordan's last day with City is March 29 although "she wanted to point out that she lives in Claremont, loves living in Claremont, and will continue to serve on the Planning Board," said McNutt.

The City has issued job advertisements for the position, and the City Manager intends to conduct interviews with candidates immediately. He hopes to find a candidate for the position before the end of the 2018 fiscal year in July. The City is looking to put in place a temporary contracted Assessor during the search process.

#### **Fatal Accident in Lebanon** Takes Life of Enfield Man

The New State Police reported that on Thursday March 8, at approximately 5:50 a.m., the Lebanon Police Department responded to a collision involving two vehicles on Route 4, Dartmouth College Highway, in the area of number 418. The crash was determined to involve a fatality, at which time the Grafton County Attorney's Office was notified. At the request of the Grafton County Attorney's Office, the New Hampshire State Police Collision Analysis and Reconstruction (C.A.R.) Unit was requested to respond to the scene. Upon arrival, the New Hampshire State Police C.A.R. Unit assumed control of the investigation with the assistance of the Lebanon Police Department.

This collision involved a 2001 Chevrolet 3500 dump truck style vehicle which was op-

> erated by Andrew

At this time it does not appear that impairment was a factor in this crash, reported the NHSP in a press release; snow-covered roads made traveling difficult and caused numerous accidents throughout the region last Thursday. All aspects of the accident remained under investigation, said the department. Anyone who may have further information related to this crash, please contact Trooper Daniel Quartulli at 603-223-8993 or email at daniel.quartulli@dos.nh.gov.

Kannler, age 48, Grafton, NH. The second

Initial investigation on scene indicated that the

Chevrolet dump truck lost control and struck

the front of the GMC Sierra causing fatal inju-

reconstruct the events of the crash and deter-

Due to the collision, Route 4 in the area was

was diverted around various detours. The

partment, Enfield Police Department, the

Lebanon Fire Department, and the New

Hampshire Department of Transportation.

New Hampshire State Police CAR Unit was

assisted on scene by the Lebanon Police De-

closed for approximately four hours, and traffic

ries to Rogers. The investigation is ongoing to

vehicle involved was a 2017 GMC Sierra pickup truck which was operated by Robert

Rogers, age 58, of Enfield, NH.

mine why the collision occurred.

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**NH Lottery Numbers** 

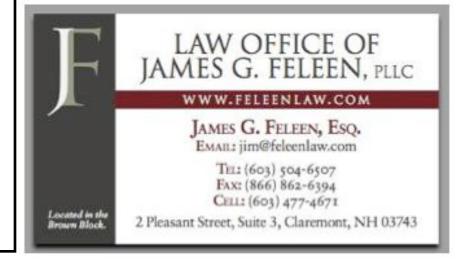
03/09/2018

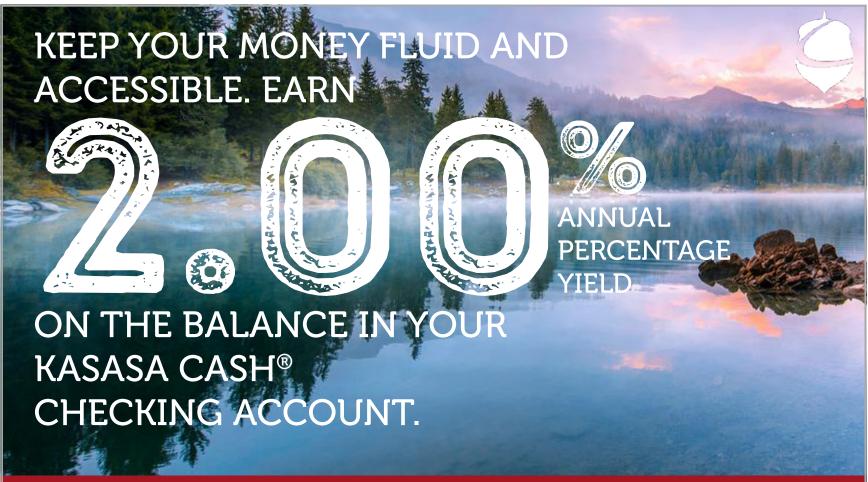
NH PowerBall 43 44 54 61 69 22 3

Mega Millions 03/09/2018 7 17 18 46 66 22 4

Megabucks 03/10/2018 2 12 20 28 41 2

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





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Qualification Information: Qualifications vary by account. Account transactions and activities may take one or more days to post and settle to the account and all must do so during the Monthly Qualification Cycle in order to qualify for the account's rewards. The following activities do not count toward earning account rewards: ATM-processed transactions, transfers between accounts, debit card purchases processed by merchants and received by our bank as ATM or signature-based transactions, non-retail payment transactions and purchases made with debit cards not issued by our bank. "Monthly Qualification Cycle" means a period between one (1) business day prior to the first day of the current statement cycle through one (1) business day prior to the close of the current statement cycle. Reward Information: Rewards may vary by account. Depending on what Kasasa account you open, you will receive the following cash rewards when you meet your account's qualifications during a Monthly Qualification Cycle: Interest on your checking balances Kasasa Cash. When your Kasasa account qualifications are not met, only non-qualifying interest is earned in the interest-bearing accounts and all other reward distributions are not made. Rewards will be credited to your Kasasa account on the last day of the current statement cycle. Rates and rewards are variable and may change after account is opened. Fees may reduce earnings. Additional Information: Account approval, conditions, qualifications, limits, timeframes, enrollments, log-ons and other requirements apply. \$25 minimum deposit is required to open the account. Monthly enrollment in online banking is a conditions of this account. Enrollment in electronic services (e.g. online banking, electronic statements) and log-ons may be required to meet some of the account's qualifications. There are no recurring monthly maintenance charges or fees to open or close this account. Contact one of our bank service representative for additional information, details, restrictions, processing li

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## Commentary

## **NH House Happenings**

By Rep. John Cloutier

#### **Transgender Bill, Pension Allowance**

If New Hampshire's House of Representatives gets its way, our state could soon join the rest of the five New England states in banning discrimination against transgender individuals.



On March 7, by a 195-129 roll call vote, the House adopted House Bill 1319, which would prohibit discrimination based on gender identity. This bill adds gender identity to New Hampshire's current anti-discrimination law, which prohibits discrimination because of age, sex, race, creed, color, martial status, familial status, physical or mental disability or national origin. It also defines gender identity as "a person's gender-related identity, appearance, or behavior, whether or not that gender-related identity, appearance, or behavior is different from that traditionally associated with the person's physiology or assigned sex at birth." The bill also states that gender-related identity may be shown by providing evidence, including, but not limited to medical history, care or treatment of the gender-related identity or any other evidence that the gender-related identity is "sincerely held as part of a person's core identity, provided however that gender-related identity shall not be asserted for any improper purpose."

House Bill 1319's adoption followed a fierce debate and an Ought To Pass recommendation by a 10-8 bipartisan majority of the House Judiciary Committee which had examined the measure. Seabrook Rep. Jason Janvrin, a Republican, stated in Judiciary's written majority report that the legislation would prohibit transgender discrimination in employment, housing, as well as public accommodations such as restaurants, businesses, and hospitals. Rep. Janvrin's report emphasized that Judiciary had learned of many cases of actual discrimination against transgender individuals while examining the bill. The report added that the New Hampshire Human Rights Commission, Business & Industry Association, as well as Chiefs of Police Association testified in its support. The Chiefs Association pointed out that the bill's language indicates that it cannot be asserted for an improper purpose like using a bathroom or locker room to commit a crime. The report also said that the bill's passage could reduce the attempted suicide rate of transgender individuals which nationally is 41 percent versus only 1.6 percent of the general

House Bill 1319 now goes to the New Hampshire Senate for further scrutiny. The measure is sponsored by a bipartisan coalition of 15 legislators led by Harts Location Rep. Edward Butler, a Democrat. This bipartisan coalition of sponsors indicates to me the bill will also probably pass the Senate, and be signed into law by Gov. Christopher Sununu. The likely progress of this anti-discrimination measure is in sharp contrast to last year, when similar legislation, House Bill 478, was tabled by the House at the direction of its Republican leadership.

For readers' information, I did vote for House Bill 1319. I was pleased to support this vital measure which will benefit many transgender citi-

zens in our state, including several of my Claremont constituents. Many of the measure's opponents simply label it the "bathroom bill" and say that it could result in greater criminal assaults of both genders in bathrooms and locker rooms. But according to what I learned from the Chiefs of Police Association, it is actually transgender individuals who have a greater chance of being assaulted in bathrooms and locker rooms just because they are transgender.

In other action on March 7, the House approved House Bill 1756, which would provide a one-time additional pension allowance of \$500 to certain retired public employees in the New Hampshire Retirement System on July 1, 2019. Qualifying employees would have to have been receiving their pensions for at least five years prior July 1, 2019, and not be receiving a pension greater than \$30,000. Also the bill provides a COLA (Cost Of Living Adjustment) increase of 1.5 percent for the same retirees, effective July 1,2020. The estimated cost to provide these one-time pension allowances and COLAs is \$11,185, 292 for our state government, and \$3,435,000 divided among the state's counties, municipalities, and school districts starting on July 1, 2019.

House Bill 1756 was approved by simple voice vote by us representatives. But its approval only came after the House first overturned by a narrow 163-157 roll call vote an Inexpedient to Legislate recommendation by a majority of the House Finance Committee, which had studied the legislation. Readers may remember from a previous column that "inexpedient to Legislate," means to reject a measure. Then we representatives also defeated by a 173-149 roll call vote an attempt to table the bill, which is usually just a polite way of stopping measures from passage in my legislative experience. The bill now goes to the Senate.

Opponents of House Bill 1756 like Hampton Rep. Tracy Emerick, a Republican, raised three objections to the legislation. First, Rep. Emerick said that its estimated \$11,185,292 cost to the state has not paid for in the current two-year operating budget, or yet committed to the next budget, which begins on July 1, 2019. Second, he declared that there would be no way for our state's counties, municipalities, and school districts to finance the one-time \$500 pension allowances to be paid in 2019. Third, he stated that it would be "inappropriate" for the legislature to cut any needed services like those for opioid addiction, mental health, or aid to the elderly.

However, proponents such as Peterboro Rep. Peter Leishman, a Democrat, stated that the bill was needed for four reasons. First, the average age of New Hampshire's 35,694 public employee retirees is 70.2 years with an annual pension of only \$19,788. Second, these retirees have received no COLA increases to their pensions since 2010. Third, despite no COLA increases, the retirees' health insurance premiums continue to rise and be deducted from their pensions. Fourth, retirees receiving Social Security benefits have gotten a total of 10.8 percent in COLA increases since 2010.

I voted for House Bill 1756, voted against tabling the bill, and voted to overturn the Finance Committee's majority recommendation of Inexpedient to Legislate. I have learned over the past few years from many of my constituents who are retired educators, that they desperately need COLA increases to their modest pensions in order to survive financially. **Email:** jocloutier@comcast.net

### **House of Representatives** - Claremont

**District 3/Ward 1: Francis Gauthier** 603-543-6575 fgauthier1776@gmail.com

District4/Ward 2: John O'Connor 603-504-6951 jwoconnor2014@yahoo.com

**District 5/Ward 3: Raymond Gagnon** 603-542-7286 raymond.gagnon@leg.state.nh.us

District 10/Wards 1, 2, 3: John Cloutier 603-542-6190 jocloutier@comcast.net

#### <u>Senate – Claremont</u>

**District 5: Martha Hennessey** 603-271-3067 martha.hennessey@leg.state.nh.us

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http://shaheen.senate.gov/contact

Sen. Maggie Hassan **B85** Russell Senate Office Building Washington, DC 20510 Phone: (202) 224-3324 https://www.hassan.senate.gov/

Rep. Anne Kuster

137 Cannon House Office Building Washington, DC 20515 phone: 202-225-5206 http://kuster.house.gov/contact

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

http://www.gencourt.state.nh.us/house/me mbers/wml.aspx

and click on "Who Is My Legislator"

## Letters to the Editor

#### Thank You from TLC Family Resource Center

#### To the Editor:

On behalf of the staff, board, and families of TLC Family Resource Center, I want to thank all those who participated in the diaper drive put on by REMIX in Claremont. The Claremont community extends itself to those in need so often. TLC enjoys being the beneficiary of that generosity throughout the year. But this donation of diapers and wipes bowled us over; 5,000 diapers were presented to us on March 2nd! Every single person who made a donation knows that diapers are expensive. Families on very limited budgets have a hard time managing and often turn to us. Sometimes we have to turn them down because we cannot keep up with the demand. Your generosity means that more babies will be clean and healthy!

With gratitude to all who helped.

**Maggie Monroe-Cassel Executive Director TLC Family Resource Center** 

#### **Additional Thoughts from School Board Candidate**

#### To the Editor:

Since the time I announced my candidacy for School Board, I have been engaged by many members of our diverse community. It is the voice of the people in our community that an elected official must listen to. Whether it is a student, a taxpayer, a teacher, or the superintendent, I have kept my mind and ears open. The forum on March 5th allowed for the ability to listen even further than the many one-on-one discussions I have had. The message is clear and the concerns are real. I am glad to be able to be a part of the process.

Our community has a lot of expectations from the people whom they elect for school board. Listening to all the conversations, the one thing that has resonated is the desire for Claremont to once again be successful academically. The real question is how do we get there, while being able to be fiscally responsible.

Many taxpayers are focused on saving money. They are not happy with the results of the district's appearance and appeal to future residents and businesses that would increase the tax base and hopefully alleviate the constant strain just to survive and keep their homes. They feel like the school district has become a money pit instead of an investment. They do not understand the convoluted budget, due to lack of transparency.

The SAU administration has claimed there is nowhere else to keep cutting. We are going to lose valuable services, teachers, and programs if we do not keep feeding them more money to educate the children. They face rising operating costs from inflation just like the rest of us.

The students use dated technology that is constantly in need of repair. They use dated learning materials such as books, atlases, computer programs and applications, and other daily-use items in disrepair. We still hear constantly about bullying being a problem. We have high achievers left with no special help to have them continue to excel and then we have special needs children who still are not having their needs met.

We have great teachers that we invest in who end up leaving our district. Some claim it is pay, others claim it is the administration, but another is the one who is on the chopping block every budget session. With so much uncertainty in our district, we find ourselves spending time and money investing in these teachers and wonder why they are leaving. The teachers we have had, that have gone to other districts, are praised for there knowledge.

Parents have become disenfranchised in the district. Many feel that the administrations are not helping them when an issue arises. Others try to engage and are met with resistance. Many even feel that their concerns are not taken seriously, when brought up at the administration and school board levels.

These issues are not just school board issues, they are city-wide issues. Years of mismanage-

(Continued on page A6)

ment, from both the school district and the city, have put us in this boat. Such as our failing infrastructure, ill planning for capital improvements to the schools, just to name a few examples. We now have a community paddling in all different directions, leaving us afloat, but going nowhere. We need to rally together and figure a way to work together, so we can get this boat ashore. Then, we can start an up hill climb, to reach a new pinnacle for our city, students, teachers, and tax payers alike.

Steven Horsky School Board candidate Claremont, NH

#### **His Choices for School Board**

#### To The Editor:

Make no mistake, there is a clear choice when voting for the Claremont School Board on Tuesday March 13th. In the field of candidates there is no shortage of those who believe that the school boards' only role is to provide an education to the children without any regard to cost of impact to the citizens. They simply expect the school board to rubber stamp what the administration puts forward. Fortunately, there are other candidates who believe in a balance between the quality of education and affordability to the taxpayers. They support the children, they support education, but they also do everything they can to support the taxpayers as a whole. They understand the financial crisis facing Claremont and are not afraid to roll up their sleeves and do what they can to provide a quality education to our kids without raising taxes. They are not afraid to speak out and stand up to the disingenuous tactics and demands of administration. They understand that school board members are elected to represent the people of Claremont and not simply answer to the Superintendent. It's time to take charge of the Claremont school board and give the power back to the citizens. I strongly urge everyone to vote for Jason Benware, Becky Zullo, Carolyn Towle, and Steve Horsky for the Claremont School Board on Tuesday!

**Chris Irish** 

**Current Claremont School Board Member** 

#### **Review of the March 13th Ballot**

To the Editor:

I have written this letter for Claremont residents to review in preparation for the March 13, 2018, ballot.

#### **Article 2: Main Budget \$34,920,410**

- ü The FY19 main budget is \$22,000 less than the FY18 main budget
- ü Approving Article 2 will decrease the tax rate \$0.03 per \$1,000

#### **Article 3: Security Upgrades \$141,000**

The total cost of this safety and security upgrade will be \$702,475.

However, with the approval of Article 3, the Claremont School District will receive an 80% reimbursement from the state, or \$561,475 for the following safety and security upgrades: Safety and Security Upgrades for Clare-

mont School District Schools

- 1. Surveillance cameras to monitor the interior and exterior of our schools. This includes all hallways and common areas inside the school, as well as parking lots, blind spots, avenues of approach to the building, areas where parents drop off students, entryways, and the bus drop-off locations.
- 2. Electronic access control system that uses an identification card for staff to gain entrance into the school.
- 3. Security shades on classroom windows and doors in building where currently not installed.
- ü Approving Article 3 will have no impact on the tax rate

#### Article 4: School Bus Replacement \$39,000

The Claremont School District busses need continuous maintenance. The district currently spends on average \$19,000/year for maintenance, on its oldest two busses.

With the approval of Article 4, the school board will enter into a long-term lease/ purchase agreement for \$190,100, payable over a five-year term, in order to replace these older busses.

ü Approving Article 4 will increase the tax rate \$0.06 per \$1,000

## Article 5: Roof Repairs - Claremont Middle School \$100,000

Article 5 is to replace a portion of the middle school roof.

ü Approving Article 5 will have no impact on the tax rate

#### **Summary of tax rate impact:**

- 1. Warrant Articles 2–5 will increase the tax rate \$0.03 per \$1,000
- 2. Full Day Kindergarten grant (Keno Garten) will decrease the tax rate \$0.23 per \$1,000

- 3. Increase in high school tuition revenue will decrease the tax rate \$0.07 per \$1,000
- 4. The \$268,528 reduction in state aid (adequacy aid) will increase the tax rate \$0.38 per \$1,000

It is important to note that the tax rate would have decreased \$0.27 per \$1,000. However, with the NH legislature continuing to down shift the state's former financial obligations to municipalities, the Claremont tax rate, as a result, is projected to increase \$0.11 per \$1,000.

Please remember to vote on Tuesday, March 13, 2018.

Thank you.

Dr. Middleton K. McGoodwin Superintendent of Schools

## Kuster, Tipton Introduce Legislation to Support Recreation on Ski Areas

WASHINGTON, DC-- Tuesday, Congresswoman Annie Kuster (NH-02) and Congressman Scott Tipton (CO-03), the co-chairs of the House Ski and Snowboard Caucus, introduced bipartisan legislation that will support ski areas in New Hampshire, Colorado and across the country that are operating on National Forest System lands. Currently, fees related to the permitting of ski areas are given to the Treasury Department, where the funds are not dedicated for any specific purpose. The Kuster-Tipton legislation would direct a portion of the fees to the National Forest System, where they will be used to promote year-round recreation activities, infrastructure improvements, and expanded services for visitors through more efficient permitting. The legislation is expected to dedicate \$22 - \$24 million for the Forest Service's permit administration.

"The ski and outdoor recreation industry is a critical part of New Hampshire's economy and identity as a state," said Kuster. "If we can expand support for the ski industry and promote year-round recreation at our ski mountains, we'll create more year-round jobs and bolster local economies. Fees paid by ski mountains should be invested in our local forests and that's exactly what our legislation would do: ensure local dollars are reinvested to support the local economy."

Send Letters to the Editor to etickernews@gmail.com

## School Board Candidates Share Their Thoughts, Viewpoints, Part 2

Editor's Note: Last week we ran Part 1 of the school board candidates. Here, in Part 2, we feature the remaining candidates. To review Part 1, go to our website and click on the Current Issue tab for last week's edition as well. We thank all of the candidates for their time and help in introducing themselves to the voters.

\_\_\_\_\_

#### **Richard Seaman**

I am the Director of Finance and Operations, Windsor Central Supervisory Union. Includes the school districts of Barnard, Bridgewater, Killington, Pomfret, Reading, Woodstock, Pittsfield, and Woodstock Union High School. I have lived in Claremont for 16 years.

I am running for the one-year seat. Three reasons: 1. We must bring professionalism and civility back to the Claremont School Board. The damage caused by the antics of the previous board to our student, families, teachers, employees, and the City of Claremont is enormous. We have been better. We can be better. We must be better. 2. The school board is highly reactive. The Board needs to develop a strategic plan with the input of all constituencies. It should have no more than four clearly identified goals that are measurable and easily understood by all. Performance against these goals must be communicated quarterly and be the basis for budget discussions and the recommended budget must support successful and sustainable performance against the plan. 3. The Board needs to refocus as an advocate for our students. The students don't get to vote. They rely on the Board to ensure that the budget, policies, and decisions are in the best interest of the students and ensure they have the tools to be successful once they graduate from our schools. Most importantly, the budget must support the strategic plan. It will then be up to the voters to determine if we as taxpayers can support the budget. The budget must define what we need and what we are foregoing or pushing to the future. This cannot be broad brush strokes. It must be detailed and always with a focus on the educational needs and goals of our children.

I was on the Claremont School Board for five years. I have a detailed understanding of the budget, policies, and challenges of our schools. I also bring a perspective of public education from my job in Vermont. I am focused on developing a top performing public education experience every day.

Our strengths are that we have a very committed staff that is both willing and able to be successful. They are taking on the challenges of a transient population and very serious learning challenges as a result of some of our socio-economic realities. We need to reduce the turnover in our teachers and staff which will provide greater continuity for our students and allow us to build on successes from year to year rather than retracing and educating new staff.

Can the tech center be better utilized? Absolutely. There is enormous demand for tradespeople in the market. We have the resources in the tech center to educate our students in many areas. I am excited that there is renewed focus on the tech center and look forward to supporting the transition from our long time leader, Joel Schneid, to Alex Herzog. It is an opportunity to expand the strategic focus of the tech center and more fully integrate the course offerings with the classes offered at Stevens.

[In terms of doing a better job combating a negative image], point number one above. We would never allow the kind of antics from our students that is portrayed by our School Board. We must show professionalism, commitment to educations, consistency of message, focus on specific measurable goals that are consistent with the needs of young families and businesses. The School Board can then work with the City Council to sell the many, many assets that make up Claremont.

#### **David Pacetti**

I have lived in Claremont all my life.

I am running because I want to make a difference. I want to try and bring about the change that is needed to get our school system back on track.

I was the Vice Chair for the JSL for 15 years. I have been in the manufacturing/ Engineering field for 30 years and am no stranger when it comes to budgets.

One of the biggest problems is the budget. It is top heavy in administration we need to balance that out. Our test scores need to improve and we as a school board and a community

need to put our heads together and think of ways to better teach our kids, outside the box thinking. Their strengths are that they are finding more ways to help fund the the things we need like school security and the bond necessary to pay for most of it. If we (the school board) can communicate better, work together better, listen better, and stop butting heads we could get a lot more accomplished.

The Tech Center can and will be better utilized with Alex Herzog at the helm. I believe he can turn the Center around and I give him my full support.

The only way to combat the negative image is to get our test scores up and project a positive image to every one. Work on public relations and create a better public image.

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#### Rebecca Zullo

My name is Rebecca Zullo and I am running for a 3-year seat on the school board. I was voted in last year to fill a vacant (1 year) seat. I knew that if I won a seat on the board it would be hard work, but I had no idea that there would be so many challenges. I also knew that if I won a seat on the board, there would be many things that I would need to learn. While I have learned a lot, I also recognize that one year is not enough to become a truly effective board member. While there have been many moments of frustration and challenges, it has also been very rewarding. My husband has seen the work that goes into being a school board member and asked me if I was sure I wanted to run again. The answer for me was a simple "yes." I chose to run again because I still feel that there are many areas that could be improved upon in this district and I am not ready to give up yet. I'm not ready to stop learning and while this "job" may involve many hours of research, sleepless nights, etc., it is worth all of it because I believe in our kids, our teachers and our community. I also believe that this board needs members who continue to remember that while the education of our kiddos is paramount and while all staff voices need to be heard...the needs of the community/taxpayers are just as important.

A little bit about myself...I moved to Claremont, as a single mom when my oldest son

(Continued on page A8)

#### Candidates, from A7

was 2. He's 23 now. We moved to Claremont so that I could attend River Valley College to pursue a career in Occupational Therapy in the hopes of making a better future for [us]. I graduated college in 1999 as a Licensed, Board Certified, Occupational Therapy Assistant and started my career working with the geriatric population which was such a fantastic experience. I enjoyed (and respected) the sass that the elderly had earned the right to bestow upon me and others. A few years after graduation, I was recruited by the Occupational Therapist (at the time) for the Claremont School District. I took the job and spent the next several years serving this district, staff, kiddos and their families all of whom impacted my life in ways that I will always cherish and will never forget.

During my time in the SAU6 district, my "home base" was Disnard Elementary (which I loved) but I was able to work in all of our schools (including Unity) at one time or another. I can say without hesitation that we have some amazing people and some amazing things going on in our district that is sometimes overshadowed by negativity, unfortunately. I feel my experience working in this District has been an asset to this board because I am fortunate enough to know things that I may not have known had I not worked here.

In 2015, I was asked if I would come to Lebanon School District to take the place of a COTA/L who was retiring. I have been there ever since and while I miss the kiddos and many of my former colleagues, I have not once regretted my decision to leave.

On a family note, I am now married and the mom of four. My oldest son graduated from SHS and is now a heavy equipment operator for a large construction company making more money than myself! He is currently in Tennessee (for his job). (College isn't for everyone and I firmly believe that should be ok.) My youngest son is a 7th grader at CMS and my girls are in 5th and 2nd grade and attend Disnard Elementary.

I feel that the experience I bring to the board is a knowledge of this district because I was an employee for many years. Should I be voted in again, I would also be bringing a years worth of "learning" with me as well as the desire to learn more, do more and never stop asking questions/digging deeper.

I should preface this response with the obvious (I think) fact that every district has "its problems." With that said, I continue to feel that there is a huge disconnect and lack of trust between administration, the board, staff and community..... all of whom are the key players needed to make gains and improvements within a district and community. I feel that we have made some improvements to this but we still have a long way to go and need to focus more attention on ways to solve this disconnect and mistrust.

After the budget drama this year, I feel it would be silly of me to not acknowledge the budget as one of our "problem" areas. School Board members requesting that administration be open to taking an honest look at the budget and identifying areas that changes in spending could occur, without impacting students, was long overdue (in my opinion). School Board members taking the time to look at the budget more closely themselves was long overdue as well. I know I will lose (and have lost) votes by sharing this, but I believe in being transparent so I will share again that I stand by my decision to request that changes in spending could and should happen. I know some of the community and Claremont School District employees were disappointed and frustrated by my vote to decrease the budget but what people don't understand (in my opinion) is that there are many areas that we can be more conservative in (other than staff, supplies, etc.) that they are not even aware of. In fact, administration was able to identify some of those areas when they proposed their last budget. I often times feel a sense of frustration from the lack of clear and honest information that circulates its way through the community, and I will continue to encourage everyone to research and educate, really educate themselves because knowledge is empowering.

While I have more that I could address in regard to areas we should focus on for improvements, I would rather share some positives/strengths about our district. I think we need to recognize that we have some phenomenal Claremont School District employees. I have overheard and been part of many conversations where a "Claremont" employee comes to my current school district and staff are blown away by their competence, skill level, motivation, ability to be a team player etc. It makes me proud to say that I am from this district because I know how hard employees work. I have witnessed it firsthand.

I think the sensory room in pre-K is definitely a strength in this district. That room is a great tool for students that many districts do not have

I think the grant we received for security improvements will be a strength (if it passes) for this district. I don't know of many schools around that will have the upgrades to their buildings that our schools may be able to have

I am feeling confident that with the change in leadership at SRVRTC, it will thrive and expand In every area possible. This will be a definite strength in this district.

In closing I will share that if I could wish for three things that this new school board will do/ continue to do they would be that:

- 1. They are never afraid to ask questions and explore further. Always.
- 2. They continue to examine and explore strategies that will promote a positive and trustworthy partnership between administration and school board.
- 3. They start addressing policies that are outdated/in need of updating (for a variety of reasons).

In closing I would say that whether you vote for me or not, please just get on out there and vote if you're able. Like I always say (for those who are able and don't), if you don't vote, you don't get to complain about the outcome of the vote you didn't participate in.

-----

#### James Allen

My present occupation is Director of Library Services at River Valley Community College in Claremont, NH [2008-present]. Previously, I served as Director of Library Services for the Hartness Library System of the Community College of Vermont and Vermont Technical College. I have a Bachelor's Degree in History & Sociology from Keene State College and a Master's Degree in Library and Information Science from the University of Rhode Island.

I have lived in Claremont since October 2003 when I purchased a home on Bond Street although I have always lived in the area except for two years when I was in Graduate School in Rhode Island. I grew up in Charlestown, NH, and am a 1987 graduate of Fall Mountain Regional High School. My father owned and operated Smith & Allen Construction Company in Charlestown for many years, and my mother worked at Charlestown Middle School as their

(Continued on page A9)

#### Candidates, from A8

librarian for 27 years. I believe they still give out an award every Charlestown Middle School Graduation named after my mother (Mary Allen Award) to a deserving "good kid" in the graduating class.

I have two children in the Claremont School District (high school & middle school) and want to have a direct impact on their education and that of their peers. Obviously, I value education and am excited to get to know the academic programs better at all of the schools in the district. I am fearful that with the emphasis on "data" and computerized testing that it is killing the joy of both teaching and learning in our schools. I understand the need for evidence and information to improve outcomes, but perhaps we have gone too far. I know that I can make a difference in the overall quality of education that the school is providing and am looking forward to working with school board colleagues to do that. I also was privileged to have a public education that prepared me for adulthood, college, professionalism and civic duty and want the same for all of the children of Claremont. I am aware of the effect of the school district's budget on taxes in our modest community, but that is not the prime mover for my candidacy. It is quite clear that the role of a school board member is to look at what is best for students and for student achievement and that is what I plan to do.

I have experience in many areas that would be directly relevant to my work on the school board such as writing policies, drafting and overseeing budgets, hiring individuals and evaluating their performances, working and managing in a collective bargaining environment, establishing lines of communication for stakeholders and strategic planning efforts and continuous quality improvement programs. I served on the search committee at Maple Avenue School when we hired Mr. Dan Cherry as Principal as one of only two parents that stepped up to that committee.

The main problems that I have identified are creating constancy of purpose for the district in a district that has a hard time retaining teachers (i.e., improving the education of all students); dependence on computerized testing to achieve quality education for students (i.e., IReady); leadership has failed at times and the blame is with both the school board and administration; too much fear for teachers and other employees of the district regarding their jobs and use of personal technology by students in school distracting other kids from learning (among many other traditional distractions at school).

The main strengths are dedicated teachers, support staff, administrators, parents and community partners; updated facilities; Sugar River Technical Center; strong alumni base at the high school and Running Start classes and Bridge 2 Learning classes at River Valley Community College.

The district could do better with using its human resources more wisely; communicating with the public, managing public relations for the school board and district; morale in general after this budget season; attracting and retaining talented teachers, staff people and administrators and using resources located in our community more effectively or at all (community college; public

library; government agencies, local businesses etcetera).

Yes, [the tech center] can [be

better utilized] and I believe that Dr. Herzog will succeed at steering the tech center in the best interests of our student body. I am sure Alex and his staff will create a relevant curriculum as well as career pathways into the workforce and to college.

The school board needs to do its job working with the administration and staff and the rest bad publicity) will take care of itself.

#### River Valley Animal Protection League Annual Potluck Dinner

Sat., March 24, 5:30 p.m.

VFW, Lovers Lane, Charlestown NH

Everyone is welcome to join us for an evening of fun. Please come and support the animals at this fundraiser! Raffle, cake auction and door prizes. Please call 603-826-3061 for more information.

#### **Black + White Film Fridays**

NEWPORT, NH--To celebrate the Black + White Exhibition currently on display in the Library Arts Center's gallery, the Center is presenting a series of classic Black and White films on the big screen. Films will be shown on the remaining Friday nights, March 16, and 23, at 7:00 p.m. Free admission and popcorn. To see a listing of each week's featured film, visit <a href="https://www.libraryartscenter.org/films/">www.libraryartscenter.org/films/</a>.





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## "Dear Friends" to be Presented in Newport

NEWPORT, NH--The Newport Opera House Association and Off Broad Street Players will present "Dear Friends", a gripping drama by Reginald Rose, on Friday and Saturday, March 16 and 17, at 7:30 p.m. and a 2:00 p.m. matinee on Sunday, March 18. Tickets are general admission; \$12, seniors \$10. They will be available at the door (20 Main Street, Newport) or may be purchased in advance at <a href="https://www.newportoperahouse.com">www.newportoperahouse.com</a> or by calling the box office at 603-863-2412. Doors open one half-hour before show time.

While the play may not be familiar to modern audiences, it caused quite a stir in 1967 when it debuted as a live performance broadcast on CBS Playhouse. Acclaimed film and television writer Reginald Rose was well-known for using drama to showcase controversial social and political issues. His powerful 1950s jury room drama, "Twelve Angry Men", was first presented as a teleplay and then adapted for stage and film.

This show was a daring venture at a time when divorce was not a topic for polite conversation. The plot revolves around four couples, each managing to hide their own marital problems from the others until one couple does the unthinkable by separating and planning to divorce. An intervention is staged by the others in an attempt to bring them back together. As the evening unfolds, each couple's own failings are revealed to the audience. Tension builds and hidden antagonisms erupt in a story that remains relevant even fifty years later.

"Dear Friends", directed by Arthur Vidro, is produced by arrangement with Dramatists Play Service, Inc., New York, NY. Cast members are Scott Magnuson and Leslie Peabody as the estranged couple, with Mary Carter, Mike Cirre, Bob Tourangeau, Sharon Wood (all from Claremont), Ali Wood, Newport, and Brian Bevacqua, Bradford, VTt, as their well-meaning but misguided friends. A brief juvenile role will be played by Alani Andino.

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If this is of interest to you, contact <a href="mailto:degbert@myfairpoint.net">degbert@myfairpoint.net</a> to get the ball rolling. For the right person, this could be a permanent seasonal position.

## Shaheen, Hassan & Kuster Announce \$10 Million in Federal Funds for I-89 Infrastructure Project

WASHINGTON, DC--Tuesday, U.S. Senators Jeanne Shaheen (D-NH) and Maggie Hassan (D-NH) and Congresswoman Annie Kuster (NH-02), announced that the Department of Transportation has awarded a Transportation Investment Generating Economic Recovery (TIGER) Grant to the New Hampshire Department of Transportation (NH DOT) and its partners in Vermont for the Interstate-89 (I-89) Lebanon-Hartford Bridge Project. The federal grant is for approximately \$10 million and will help rehabilitate two regionally significant interstate bridges that support I-89 and cross the Connecticut River, connecting Vermont and New Hampshire.

"I was thrilled to hear the good news from Secretary Chao this afternoon that New Hampshire is getting the federal support it needs and deserves to fix our crumbling infrastructure," said Shaheen. "This is a huge investment in the I-89 Lebanon-Hartford Bridge Project that will go a long way in keeping commuters and tourists traveling between New Hampshire and Vermont safe, and will also help promote economic development throughout the region. This is important for our transportation and infrastructure network, and as a member of the Senate Appropriations Committee, I'll keep fighting to bring home federal dollars to continue these necessary investments."

"I am glad to announce that New Hampshire has been awarded \$10 million in federal funding for the I-89 Lebanon-Hartford Bridge Project," said Hassan. "These funds will help us make much-needed improvements to bridges that are critically important for our people, businesses, tourism industry, and entire economy. This announcement is a significant step forward, but we have much more work to do to address our infrastructure needs in New Hampshire and across the country. As a member of the Senate Commerce, Science, and Transportation Committee, I will keep fighting to protect the successful TIGER grant program, which has helped strengthen transportation infrastructure in New Hampshire and across the nation."

"Today's announcement of a \$10 million TIGER Grant is welcome news for the Upper Valley and the N.H. Department of Transportation who will use these funds to make critical reconstruction repairs to bridges along the Connecticut River," said Kuster. "Investing in our infrastructure is critical to the economic competitiveness of the Granite State and public safety. I have been a strong supporter of robust TIGER Grant funding during my time in Congress, and I am proud to see more federal investments coming back to New Hampshire. As Congress moves forward with the FY2019 appropriations process, I will once again join my colleagues in supporting the TIGER Grant program."

The TIGER Grant will support efforts to replace the existing deck and superstructure, and widen the current bridges connecting Vermont and New Hampshire that carry I-89. I-89 is part of an international trade route corridor that connects New England with Canadian markets, and serves both freight and commuter traffic. In addition to rehabilitating the bridges, the grant will also prioritize roadway safety by eliminating substandard ramp merge distances and providing standard shoulder width.

Shaheen authored a letter of support on behalf of the project to Transportation Secretary Elaine Chao in October. A member of the Senate Appropriations Committee, Shaheen has worked to bring federal dollars back to New Hampshire to invest in critical transportation and infrastructure projects to fix the Granite State's roads, rails, bridges and ports. Hassan also sent a letter to Secretary Chao in support of this TIGER grant.

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#### **Cornish Garden Club Presentation**

CORNISH, NH--The Cornish Garden Club invites you to its first presentation of the year.

Tuesday, March 20th - 7:00 p.m. Cornish Town Offices (upstairs), Town House Road, Cornish, NH

Mark Council, nature photographer, will be the featured guest. Council has been taking photographs of the natural world for many years. A "photographic feast for the eyes, his exquisite slideshow will delight and inspire with its beauty and grace". All are welcome. Free.

Send news and photos to etickernews@gmail.com

### LaValley-Middleton Building Supply to Chair 12th Annual Steppin' Up to End Violence Walk and Fun Run Benefitting TPN

CLAREMONT, NH--"Any of us who sponsor Turning Points Network could be the tipping point for one of our Sullivan County neighbors seeking relief from domestic violence, sexual assault, stalking or human trafficking," said Harold LaValley as the agency named Harold and Geraldine LaValley of LaValley-Middleton Building Supply as Honorary Chairs and Prime Sponsors of TPN's 2018 signature fund raising event.

Serving Sullivan County for 40 years, with offices in Claremont and Newport, TPN provides a 16-bed



emergency shelter and wraparound services for survivors of violence that include court advocacy, peer counseling, financial empowerment and sustainable transitional housing. The agency also offers a wide range of interactive violence-prevention education programs for more than 2,400 pre-K-12th grade students annually in Sullivan County.

"TPN services are free to all who need them," explained TPN President, Carol Calkins of Claremont, "which means the agency is totally grant and donation dependent, making this event with its goal of \$100,000, responsible for one-sixth of our budget." Over 800 women, children and men receive direct services, resources and information each year from TPN.

The Steppin' Up to End Violence Walk and Fun Run has become a popular and enthusiastically supported event, bringing out as many as 1100 walkers, runners, strollers and rollers on a threemile route through historic downtown Claremont.

On Saturday, May 5, Steppin' Up will begin and end at Claremont Middle School with pre and post rallies, raffles and participation prizes. For many, it's a family event. Teams are currently forming from local businesses, families, organizations and churches with 90 teams anticipated.

Sponsors, beginning with North Country Smokehouse and Crown Point Cabinetry, are signing up to join LaValley-Middleton Building Supply in supporting the work of Turning Points Network through Steppin' Up 2018.

LaValley-Middleton Building Supply has been serving contractors and homeowners since 1962. Started in Newport by Harold and Geraldine LaValley, LMBS has become the largest independently owned, building materials supplier in Vermont and New Hampshire with eight locations and manufacturing roof trusses, wall panels, door units, kitchen countertops as well as operating a custom planing mill. Today, LaValley-Middleton is a second generation-owned business headed by Lawrence Huot.

For more information about Steppin' Up, to form a team or to become a sponsor, please contact Deb Mozden, Executive Director, Turning Points Network at 603.542.8338, ext. 109.

www.etickernewsofclaremont.com

## Class Educates Family Members On Mental Illness, Coping Strategies

NEWPORT, NH--The National Alliance on Mental Illness (NAMI) will be offering a free 12-week class for family members of adults with mental illness, beginning on March 21. The class is open to the public and will meet in Newport on Wednesday evenings from 6-8:30 p.m. Participants will learn about the biological basis of mental illness, treatment options, and coping strategies to make life with their love one more manageable.

"Family to Family will provide up to date research and information about the serious mental illnesses and the symptoms and treatments for them," said Donna Stamper, who teaches the class. "But also, and most importantly to many past participants, are the communication and coping skills and insights that family members gain to take away with them to use on a daily basis with their ill loved. At the end of the 12 weeks, so many family members express that they feel less alone and more equipped to help their loved one in their journey towards recovery."

The class is free, but registration is required. Contact the teachers to register or with any questions: Kelly Burch, 978-701-2436, <u>burchcreative@gmail.com</u>; Donna Stamper, 603-863-2621, <u>dstamp4@comcast.net</u>; or Pat Whitney, 603-763-5054, <u>patwhitney00@gmail.com</u>.

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## e-Ticker Business News

# Kristi Cote Obtains ACSR-CL Designation

Clark-Mortenson Insurance has announced that Kristi Cote in Claremont, NH, has obtained her Accredited Customer Service Representative – Commercial Lines (ACSR-CL) designation. This is an international designation developed by the Independent Insurance Agents of America to recognize the professionalism of customer service personnel in the industry. Recipients must complete five courses in commercial insurance and pass exams for each course.

Cote is a resident of Walpole, NH, and has been employed by Clark-Mortenson for six years but has been in the insurance industry for 19 years. She gives back to the community by supporting the United Way.

Clark-Mortenson Insurance is one of the largest insurance agencies in Northern New England, with five office locations throughout the Connecticut River Valley, employing over 40 employees.

# Mt. Ascutney Hospital Achieves ENERGY STAR Designation

WINDSOR, VT – Mt. Ascutney Hospital and Health Center has been honored with U.S. Environmental Protection Agency's (EPA) ENERGY STAR certification for performing in the top 25 percent of all hospitals nationwide for energy efficiency, and meeting strict energy efficiency performance levels set by the EPA.

"Earning the ENERGY STAR certification has been a true team effort, and we're honored to accept this recognition of our work to make Mt. Ascutney Hospital more energy efficient," said Dr. Joseph Perras, CEO and Chief Medical Officer. "Through this achievement, we have demonstrated our commitment to environmental stewardship, lowered our energy costs, and provided a better healing environment for our

patients, with our spaces lit and climate controlled to industry best practices."

After receiving a midlevel ENERGY STAR score of 57 out of 100 four years ago, Mt. Ascutney set about to improve its score through a close collaboration with representatives of Efficiency Vermont. The team developed a hospital-wide plan to address interior and exterior lighting, HVAC systems, and building management controls. The medical center increased its score from 57 to 83, placing it in the top 25 percent of hospitals nationwide, and distinguishing it as the highest scor-

ing ENERGY STAR designated Vermont hospital.

"Efficiency Vermont was honored to provide Mt. Ascutney with technical support and incentives to help them achieve this impressive ENERGY STAR score," said Efficiency Vermont Director Karen Glitman. "The real winners are the patients; lower energy costs contribute to more affordable healthcare. Improved lighting and comfort can support positive health outcomes."

Major projects implemented by Mt. Ascutney (Continued on page A15)

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## e-Ticker Business News

#### Mt. Ascutney, from A14

Hospital and Health Care Center include:

- Upgrading of hospital lighting to more efficient LED technologies for both interior and exterior locations,
- Installation of a data analytics software tool that helps contractors and hospital staff implement controls optimization and achieve setback savings. These tools also uncovered additional areas of energy opportunity in the hospital,
- Installation of phase 1 of a hospital wide chilled water system,
- Retro-commissioning efforts are ongoing to continue to optimize systems and equipment in the hospital.

According to Dr. Perras, ensuring energy efficiency is an ongoing effort. "We've made great progress," he explained, "but as we know from our work as healers, technologies and practices continue to advance. We always strive to do better, and we remain committed to a continuing focus on reducing our use of energy. The benefits are enormous, for our organization and for those we serve." About EPA'S ENERGY STAR certification ENERGY STAR was introduced in 1992 as a voluntary, market-based partnership to reduce greenhouse gas emissions through energy efficiency. About Efficiency Vermont Efficiency Vermont was created by the Vermont Legislature and the Vermont Public Service Board to help all Vermonters reduce energy costs, strengthen the economy, and protect Vermont's environment. For more information, contact Efficiency Vermont at 888-921-5990 or visit www.efficiencyvermont.com.

## CHaD Patients Move to Newly Renovated and Integrated Care Unit

LEBANON, NH-- Dartmouth-Hitchcock is nearing final completion of a major renovation to its inpatient pediatric unit, updating the Children's Hospital at Dartmouth-Hitchcock (CHaD.)

On Tuesday, March 6, CHaD integrated its inpatient and Pediatric Intensive Care (PICU)

units at Dartmouth-Hitchcock Medical Center in Lebanon. The renovated space will function as a single unit for children and adolescents who require all levels of care from general medical-surgical care to the highest level of critical care. The unit was redesigned to deliver integrated, high-quality, child- and family-friendly pediatric care.

Patients from CHaD's Pediatric Intensive Care Unit were moved upstairs to the new CHaD Unit, while at the same time new patients were admitted and moved directly from the Emergency Department to CHaD.

The renovation, ongoing for nearly two

years, represents an investment of more than \$2 million in CHaD, of which \$1.8 million was raised through philanthropy. While most of the project is complete, there is an additional phase that will be completed in July. Once completed, the unit will have 21 beds to care for patients. The unit was designed to support sick and injured children from throughout northern New England and their families with a child-friendly design, colors, and spaces. The new design also allows CHaD to maximize the ability to provide supportive multi-disciplinary, collaborative team care, and increases efficiency and effectiveness by sharing resources.



# Each New Life is a Special Experience The Childbirth Center at Springfield Hospital





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# Four Bridge Reconstruction Projects Slated for Sunapee

SUNAPEE, NH--The State of NH DOT will soon begin four bridge reconstruction projects in Sunapee.

The first project will be the bridge located on Route 11 at the Information Booth, and construction is expected to begin between April 1st and April 15th. Route 11 will be reduced to one lane during the project which is expected to be completed at the end of June, 2018. Once construction begins, the State will establish 5 traffic lights in the area of the bridge construction to accommodate traffic.

The State will also be reconstructing three other bridges in Sunapee, one being the bridge on Route 11 at Sleeper Road and the other two being at the intersection of Routes 11 and 103. All of these State bridge improvement projects will involve traffic pattern changes in the areas of construction. All four projects are scheduled for completion by October of 2018. The Town of Sunapee will be repairing the bridge on Bradford Road beginning on May 14th. The construction will close access to either Newport or Sunapee, depending on direction of travel. This project is expected

### Free Wildlife Tracking Workshop

9:00-11:00 a.m. Meet at CREA Barn, South Parsonage Road, Cornish, NH

to be completed by mid-July, 2018.

Join members of the Cornish Conservation Commission for a free wildlife tracking workshop through the CREA property on Saturday, March 17. Joe LaRue, a tracking enthusiast, certified by Cybertracker Lvl 3 Track & Sign, will lead the walk and teach how to identify animal tracks and signs.

No registration necessary. Meet at the CREA Barn off of South Parsonage Road. Please dress appropriately for the weather. Feel free to email any questions to

conservationcommission@cornishnh.net.



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## What Should Investors Know About Recent Volatility?

As you may have heard, the stock market has been on a wild ride lately. What's behind this volatility? And, as an investor, how concerned should you be?

Let's look at the first question first. What caused the steep drop in stock prices we experienced on a few separate days? Essentially, two main factors seem to be responsible. First, some good economic news may actually have played a significant role. A 17-year low in unemployment and solid job growth have begun to push wages upward. These developments have led to fears of rising inflation, which, in turn, led to speculation that the Federal Reserve will tighten the money supply at a faster-than-expected rate. Stocks reacted negatively to these expectations of higher interest rates.

The second cause of the market volatility appears to be simply a reaction to the long bull market. While rising stock prices lead many people to continue buying more and more shares, some people actually need to sell their stocks – and this pent-up selling demand, combined with short-term profit-taking, helped contribute to the large sell-offs of recent days.

Now, as for the question of how concerned you should be about this volatility, consider these points:

**Sell-offs are nothing unusual.** We've often experienced big sell-offs, but they've generally been followed with strong recoveries. Of course, past performance is not a guarantee of future results, but history has shown that patient, persistent investors have often been rewarded.

**Fundamentals are strong.** While short-term market movements can be caused by a variety of factors, economic conditions and corporate earnings typically drive performance in the long term. Right now, the U.S. economy is near full employ-

ment, consumer and business sentiment has risen strongly, manufacturing and service activity is at multi-year highs, and GDP growth in 2018 appears to be on track for the best performance since 2015. Furthermore, corporate earnings are expected to rise this year.

So, given this background, what's your next move? Here are some suggestions:

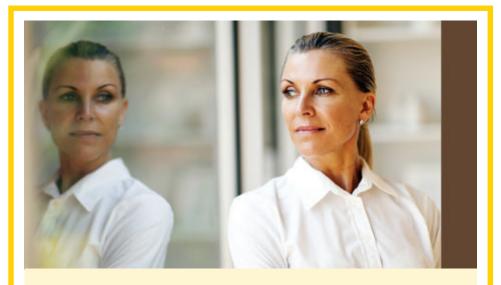
**Review your situation.** You may want to work with a financial professional to evaluate your portfolio to determine if it is helping you make the progress you need to eventually achieve your long-term goals.

Reassess your risk tolerance. If you were unusually upset over the loss in value of your investments during the market pullback, you may need to review your risk tolerance to determine if it's still appropriate for your investment mix. If you feel you are taking on too much risk, you may need to rebalance your portfolio. Keep in mind, though, that by "playing it safe" and investing heavily in vehicles that offer greater protection of principal, but little in the way of return, you run the risk of not attaining the growth you need to reach your objectives.

**Look for opportunities.** A market pullback such as the one we've experienced, which occurs during a period of economic expansion and rising corporate profits, can give long-term investors a chance to add new shares at attractive prices in an environment that may be conducive to a market rally.

A sharp market pullback, such as we've seen recently, will always be big news. But if you look beyond the headlines, you can sometimes see a different picture – and one that may be brighter than you had realized.

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



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

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences.

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# Cone Automatic Machine Co. Charitable Foundation Scholarship Program Announced

The Cone Automatic Machine Company Charitable Foundation scholarship program will continue for the coming school year 2018-2019. This scholarship is available to the children or grandchildren of former employees of Cone-Blanchard Machine Company having a minimum of five years of continuous service with Cone-Blanchard Machine Company who meet the eligibility requirements.

Eligibility Requirements, Terms of Award Payments, and Applications may be obtained by writing to Cone Automatic Machine Company Charitable Foundation's mailing address: P.O. Box 65, Claremont, NH 03743.

Completed applications must be postmarked no later than May 10, 2018. Scholarship awards will be announced in June 2018.



## **It's About Food**

#### By Johnny Navillus



### Rambling

I had a piece of haddock and no idea what to serve with it. There were three "rainbow peppers" in the fridge going soft along with a zucchini. What the heck.

Sliced the peppers into strips. Sliced the squash into rounds and heated up the skillet with some olive oil. As I was stirring all this up, I had to do something with it. I use Basil Glaze a lot and wanted to do something different. I remembered some cashews in the pantry, so I threw in a good handful. The aroma was nothing but very impressive. The cashews shrank up and turned a nice shade of brown but that was it so far.

By this time, the fish and rice were done. Served everything and was pleasantly surprised. The nuts added another flavor that was mild but still tasty. The nuts themselves were soft and quite tasty on their own. Try this some time. I used unsalted cashews, but if I had salted I would not have seasoned the peppers. Big hit. More than I expected.

-----

I was told recently not to put hot sauces in the fridge. The cold weakened the sauce and made it thin. Not being one to take things at face value, I checked the labels. Not one of the sauces I had was labeled "refrigerate after opening". This happened to me with ketchup years ago. Things stay warmer if you don't use cold ketchup. Shakes out better, too. So I have taken my hot sauces out of the fridge. I'm checking labels more closely in the future.

-----

As Spring approaches, it's time to sharpen knives and do a little kitchen maintenance. If you have wooden cutting boards, inspect them for wear. Gently sand them down to remove any unsightly grooves or nicks. Wash thoroughly and coat with a light coat of oil. Don't use the good stuff. If you don't know what a "light coat of oil" is just ask a Vet. They'll remember. EVERYTHING was "coated with a light coat of oil".

-----

Speaking of the fridge. You should keep it at 40°F. This will prevent food borne illness and prevent damage to the fruit in the drawer. The freezer should be set at 0°F. Anything lower wastes energy.

Don't store milk and eggs on the door. It is the warmest place in the fridge and gets the most temperature changes when the door gets opened. That goes for any other highly perishables.

Clean the door seals at least monthly. They'll last longer.

The USDA says about leftovers: After the fourth day, throw it away.

Saturday is St. Patrick's day. Take an Irish person to lunch.

Write to Johnny at etickernews @gmail.com.

# Mayoral Notes by Charlene Lovett



## Should Security Deposits Be Doubled?

Last week, I mentioned House Bill 1485 which, if passed, would give landlords the ability to increase security deposits from one month's to two months' rent. The House was supposed to vote on the bill this past week, but part of the House session was postponed because of the weather. So, the vote on the bill will occur at the House's next session on March 15th. The delay in the vote is an opportunity for citizens to reach out to their State Representatives and share their thoughts on the issue.

Because this bill would have negative consequences to our community, I wrote a letter to the House of Representatives asking them to uphold the House Judiciary Committee's recommendation to vote Inexpedient to Legislate. Below is the text of the letter which I hope will provide you some background information on the issue. Please don't hesitate to contact your Representative. It is important that they hear from you.

"I am writing to request that you support the House Judiciary Committee's recommendation to vote HB1485 Inexpedient to Legislate. While the intent of the bill may have been to provide landlords a mechanism to cover damages beyond normal wear and tear, the unintended consequences for communities such as Claremont are numerous. If passed, this legislation would exacerbate the shortage of affordable housing for low to moderate income families and further burden municipal welfare assistant budgets.

"According to Economic and Labor Market Information Bureau statistics, the median household income for Claremont is \$45,859. Yet, a significant percentage of the population earns a gross weekly wage ranging between \$706 and \$779. Given the average cost to rent a two-bedroom apartment in Sullivan County is \$968, this sector of the population is paying 31 to 34 percent of their monthly income towards housing costs. This exceeds

the banking industry's recommended threshold of 30% of income. If HB 1485 were to pass, the amount needed for a security deposit could double making affordable housing that much further out of reach.

"Because of RSA 165, municipalities are legally required to assist those in need. Welfare assistance budgets are often reflective of forces beyond the control of local governing bodies. Therefore, it is critical that legislation does not unintentionally further stress local welfare assistance budgets, and increase the demand for assistance from other non-profit based organizations that are facing a decrease in funding.

"While it is necessary to give landlords the means to protect their property from damage, excessive damage to property is committed by a minority of renters. However, HB1485, if passed, would create hardships for the majority of renters and municipalities. Please support the Judiciary Committee's recommendation and vote HB1485 Inexpedient to Legislate"

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

## **Peeps Diorama Contest at the Library Arts Center**

NEWPORT, NH--The Library Arts Center presents the 7th Annual Peeps Diorama Contest, a fun, springtime tradition! Community members of all ages, businesses, school classrooms, groups & organizations are all encouraged to enter this light-hearted, creative contest using the iconic Easter candies: Peeps. Submissions may be dropped off to the Library Arts Center gallery March 24-29, during regular gallery hours: Tu-Fri. 11am-4pm & Sat. 10am-2pm.

Entry Deadline: Thursday, Mar. 29th at 4:00pm No entry fee.

Winners will be announced at the Peeps Party "Opening Reception" on Friday, March 30, 5:00-6:30pm. First, 2nd & 3rd Prizes will be awarded, as well as a "Best in Peeps" award. Visitors are encouraged to vote for their favorite diorama for the "Peep-les Choice Award." Party-goers will also enjoy Peeps-themed refreshments, including a Peeps S'more roast in the parking lot (weather permitting). The Peeps party is free and open to all.

Dioramas on Display: Sat. Mar. 31-Sat. Apr. 7, 2018, during regular gallery hours: Tu-Fri. 11am-4pm & Sat. 10am-2pm

For more information, contest rules and entry forms, visit <a href="www.libraryartscenter.org/peeps">www.libraryartscenter.org/peeps</a>.





#### Wild Goose, from A1

gram in 1992 to serve as the primary, public boat access for Lake Sunapee. Finishing the development of the Wild Goose site as proposed by the Department is the only realistic way to provide the type of site that the Commission agrees Lake Sunapee lacks and needs. Finishing the development of Wild Goose would also allow the Department to fulfill its obligations under the statewide public boat access program to provide such access to Lake Sunapee, a mandate that the Majority Report agrees needs to be fulfilled...

"The Majority's recommendation to abandon Wild Goose without any proposed substitute site is an abandonment of the Commission's charge to 'develop a new plan for the development of the Wild Goose Property and expansion of public boat access at Lake Sunapee ... 'Unfortunately, the only expansion of public boat access recommended by the Majority is that the Division of Parks and Recreation consider adding an unspecified number of trailer boat parking spaces for the Sunapee State Park's shallow-water boat ramp. As to Wild Goose, its recommendations are to abandon it as a trailer boat site and turn it over to the Division of Parks and Recreation with no directive other than that that Division: "should make its own determination as to the suitability of site's use, consistent with its mission to provide public access. This may include providing fishing, car top boat/canoe access, picnicking or even camping opportunities at the Wild Goose site". Such a recommendation does nothing to address needed public boat access to Lake Sunapee."

The report goes on to state that, "... The undersigned Commission members agree that additional traffic control and safety measures should be considered, including: possible signage prohibiting left turns across Route 103 by trailer boat/vehicle combinations; possible reductions or adjustment of speed limits and zones, and possible warning traffic lights, activated by sensors that read a boat trailer. With such traffic controls and improvements, the undersigned recommend that Wild Goose be funded and completed. The permits that have expired can be renewed. It is important to clarify the Majority's cost statements at p. 2 and understand that the estimated 2.1M project cost will be paid 75% by the U.S. Fish and Wildlife Service and only 25% by state funding. Less than 550K of state funds will be needed. all paid for over time by the direct funding from the five dollar per annual boat registration fee.

"The undersigned Commission members strongly believe that Wild Goose provides the only realistic possibility for providing adequate public boat access to Lake Sunapee in the next few years. The citizens of New Hampshire have waited too long for an adequate trailer boat access site on Lake Sunapee...

"Commission members first saw this largest, five page section of the Majority Report on the afternoon of February 26, 2018. If time permitted, a further meeting of the Commission could have attempted to review and modify this section to attempt to reach a consensus. While much of this section states relevant history and facts, there is an important omission and an overall tone of this section that suggests that Wild Goose is a very poor choice for a trailer boat access site and that 'but for the fact that the state owns Wild Goose, it is unlikely that Fish and Game would have selected this challenging site to build a boat launch'. (p. 4). The simplest rebuttal to this claim is that not only Fish and Game, but the LCIP and the Federal U.S. Fish and Wildlife Service thought it was very suitable for a boat launch. DES and DOT approved all of Fish and Game's plans for the development of Wild Goose and DRED's Division of Parks and Recreation supported the project....

"The Majority Report in making this argument concludes that the three acre Wild Goose site is too small for the proposed 31 trailer boat and 9 car top parking spaces and boat ramp. Three acres, however, is typical of the size where the Department has successfully built large trailer boat access sites."

The signers of the Minority Report concluded, "Finally, the undersigned Commission members would like to point out that the Commission had just under half of its members that were residents of, or Lake Sunapee lakeshore owners, in the three towns bordering the Lake. The Commission heard repeatedly from residents of the nearby cities of Newport and Claremont that they were long-time boaters and lake users who supported Wild Goose and who felt that they should have had a place on the Commission."

#### Sullivan County Sportsmen's Club Issues Statement on Wild Goose

"The Sullivan County Sportsmen's Club, on behalf of the boaters and fishermen of Sullivan County, wish to express their dismay and objection to the flawed process for the development of the final report submitted to the Governor, by his Commission, formed to make recommendations to solve the ongoing issue of furnishing public boat access on Sunapee Lake, by the Fish & Game Department.

"Our first objection concerns the make-up of the Commission itself. As is pointed out in the minority report, just under half of the Commission members "were residents of, or lake shore owners, in the three towns bordering the lake". There were no members representing the residents of Newport, Claremont, or the rest of the towns in Sullivan County. There was only one member representing Sportsmen (the V.P. of the NH Wildlife Federation). There were also no members representing the needs of the boating community.

"Secondly, and more importantly, we are strongly opposed to the recommendation that the Wild Goose Site be transferred to the Division of State Parks. This recommendation is based on the false assumption that it is the fault of the Fish & Game Dept. that adequate public access has not been provided to residents of the towns and cities surrounding Lake Sunapee for 27 years. In fact, it has been the constant delaying tactics employed by the Lake Sunapee Protective Association that has caused this extreme delay. They have appealed every one of the applications to the Dept. of Environmental Services made by the Fish and Game Dept. Every one of these appeals were denied, as were their appeals to the Courts of the State of NH. Once their legal options were exhausted, they adjusted their strategy to use their political influence and financial resources to deny the Fish & Game Dept. the funds to build the project.

"In addition, the majority report recommends that this transfer be made before the Fish & Game Dept. has been able to identify and acquire an alternative site. This makes no logical sense, unless their main objective is to deny any public access to the lake at all. Previous scientific studies have concluded that, although it may not be perfect, the Wild Goose site is the best location available. Also, this recommendation was not even discussed by the Commission until the last hour of their final meeting and well after the public had any opportunity to comment on this proposal."

Signed, Tom Hubert, Pres., Don Clarke, Vice Pres., Sullivan County Sportsmen's Club



# Relay For Life Info Fair

Hosted by Relay For Life of Greater Claremont

March 13

Tuesday at 6 PM - 8 PM

Valley Regional Hospital Claremont, NH

#### Breakfast, from A1

fresh fruit and farm fresh milk. We use only the freshest ingredients and use local products whenever possible from right here in Claremont, to just over the border in Vermont." Belanger added, "The cafeteria is out of the way for students in the morning, so we are currently serving only a small number. By having the cart in the school lobby, we feel we can increase breakfast participation by 40%, getting more healthy food into the hands of more students."

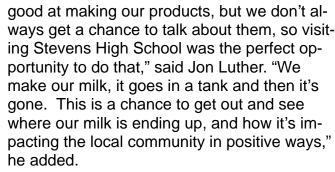
The new Grab-N-Go Cart has been made possible by funding from the New England Dairy & Food Council (NEDFC) and the dairy farm families of New England, which they represent. NEDFC administers the Fuel Up to Play 60 Program in New England. With a \$2,000 grant from AdVenture Capital and a \$3,000 grant from the New England Dairy and Food Council and donations from local businesses, the program will allow students to have a nutritious breakfast smoothie to help start their day.

Claremont High School Freshman Prescott Herzog, leads the school's Fuel Up to Play 60 (FUTP60) Chapter. The in-school nutrition and physical activity program launched by National Dairy Council and NFL, helps encourage to-day's youth to lead healthier lives. Herzog helped secure FUTP60 funding, as well as AdVenture Capital (AdCap) funds to support the breakfast initiative. AdCap is a program that inspires, empowers, and motivates creative, curious, and brave student entrepreneurs who wish to make changes in school and community health and wellness.

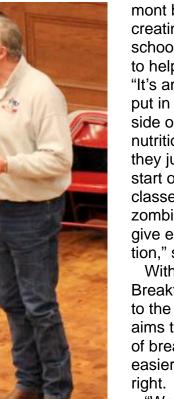
"Fuel Up to Play 60 and AdCap provide students with the platform and resources to make real change in their communities, like Steven's is doing with school breakfast" said Becca Story, Nutrition Specialist with New England Dairy & Food Council. "We are thrilled for the support the school and community has shown Prescott and his team to ensure as many students as possible have access to a healthy breakfast."

Friday, Herzog, along with Claremont's Student Voice Club, held a pep-rally to showcase the new Grab-N-Go cart to students and staff. Herzog was joined by local leaders, including Claremont Mayor Charlene Lovett, dairy farmers Jon and Robin Luther, and New England Patriots alumnus, Pete Brock. Brock encouraged students to lead healthy lives, and make nutritious choices as they grow.

The Luthers talked to students and staff about the importance of supporting their local community. The Luther's own and operate Parnassus Farm in Acworth, the 2013 **New Hampshire** Dairy Farm of the Year. Parnassus Farm has been producing high quality, healthy dairy products since the 1940's and the Luthers are long-time supporters of creating healthy school environments. "As farmers we're



In addition to securing FUTP60 and AdCap funding, Herzog has approached local Clare-



mont businesses to secure their support in creating healthy, nutritious meals at the high school. Several area businesses have elected to help fund free smoothie days for students. "It's amazing to see all of the hard work we've put in pay off. You can make a difference inside of your school. This project was built on nutrition. We constantly hear students say they just don't have time for healthy food at the start of their day. And in the first block of classes at this school, everyone looks like zombies. Having this new Breakfast Cart will give every student equal chance at great nutrition," stated Herzog.

With the implementation of the Grab-N-Go Breakfast Cart and the addition of smoothies to the breakfast menu, Stevens High School aims to increase the appeal and accessibility of breakfast to high school students, making it easier for them to start their academic day off right.

"We are the only high school in New Hampshire doing something of this kind and it's all been spearheaded by our Student Voice students," said SHS principal Pat Barry.

Freshmen and sophomores were the first to see the new breakfast cart. Another assembly was held for the juniors and seniors.

Top: Former New England Patriots player Pete Brock talked to the students about nutrition and the importance of breakfast to start their day. Bottom: Group shot (Bill Binder photos).



# ABSENTEE OFFICIAL BALLOT ANNUAL SCHOOL DISTRICT ELECTION CLAREMONT, NEW HAMPSHIRE MARCH 13, 2018

Mary E. Woodman

=

8

#### INSTRUCTIONS TO VOTERS

- A. TO VOTE, completely fill in the OVAL to the RIGHT of your choice(s) like this:
- B. Follow directions as to the number of candidates to be marked for each office.
- C. To vote for a person whose name is not printed on the ballot, write the candidate's name on the line provided and completely fill in the OVAL.

FOR MODERATOR  Vote for NOT MORE THAN ONE			FOR SCHOOL BOARD MEMBERS Votes for NOT
TRACY L. POPE	0		EE Years MORE THAN THREE
	0		PACETTI
(White-in)		BRIA	N RAPP
FOR CLERK		REBI	CCA ZULLO
Vote for NOT or ONE Year MORE THAN ONE			N M. BENWARE
MARY E. WOODMAN	0	ALEX	ANDER J. HERZOG
	0	STEV	EN M. HORSKY
(Write-in)		KELL	Y MULLOY
FOR TREASURER  Vote for NOT  for ONE Year MORE THAN ONE  (WHISE-IN)	0		(Write-in) (Write-in) (Write-in)
74.5		for ON	
1.0		CAR	OLYN GREENSLET TOWLE
		JAM	S ALLEN O
		RICH	ARD SEAMAN

VOTE BOTH SIDES OF BALLOT

Sample ballot (front; see page A28 for back) for Claremont's annual school district election, March 13.

Note: Alex Herzog has withdrawn his name from the election since accepting the position of director at the Tech Center.

Where to vote:

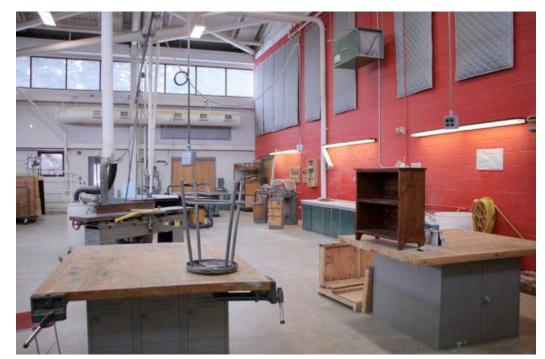
Ward 1: Claremont Middle School
- 107 South Street

Ward 2: Claremont Middle School
- 107 South Street

Ward 3: Disnard Elementary School – 160 Hanover Street

Polls are open from 8:00AM to 7:00PM on Election Day.

	ARTICLES CONTINUED	
rticle 2:	Main Budget	
ncluding app mounts set or the purpo "HOUSAND lefault budg HUNDRED E idjustments sody may ho	the Claremont School District raise and appropriate as an operating budget, not propriations by special warrant articles and other appropriations voted separately, the forth on the budget posted with the warrant or as amended by vote of the first session, pass set forth therein, totaling THIRTY-FOUR MILLION NINE HUNDRED TWENTY FOUR HUNDRED TEN DOLLARS (\$34,920,410)? Should this article be defeated, the et shall be THIRTY-FIVE MILLION ONE HUNDRED ELEVEN THOUSAND SEVEN EIGHTY-SEVEN DOLLARS (\$35,111,787) which is the same as last year, with certain required by previous action of the Claremont School District or by law, or the governing old one special meeting, in accordance with RSA 40:13, X and XVI, to take up the issue operating budget only.	
	(Majority vote required) (The School Board Recommends this Article)	
2018-19 fisc	a above operating budget includes the sum necessary to fund the cost items in the al year for a two-year collective bargaining agreement reached between the Claremont d and the Sugar River Education Association. This agreement calls for the following at increase in salaries and benefits for the 2018-19 and 2019-20 fiscal years:	YES ()
	Year Est. Increase 2018-19 \$ 307,153 2019-20 \$ 387,770	
oudget for th	vote on this article shall be considered not only the approval of the proposed operating the 2018-19 fiscal year, but also the approval of the cost item, such sum representing the ests attributable to the increase in salaries and benefits required by the new agreement hat would be paid at current staffing levels in accordance with the most recent collective	
Article 3:	Security Upgrades	
FOURTY-OF the Claremo	the Claremont School District vote to raise and appropriate the sum of ONE HUNDRED NE THOUSAND DOLLARS (\$141,000) for the purchase of security upgrades throughout int District's schools?  appropriation is in addition to Warrant Article #2, the operating budget article.	YES C
	(Majority vote required) (The School Board Recommends this Article)	H .
Article 4:	School Bus Replacement - (Special Article)	
lease/purch DOLLARS ( (\$39,000) p	I the Claremont School District vote to authorize the school board to enter into a long-term ase agreement in the amount of ONE HUNDRED NINETY THOUSAND ONE HUNDRED \$190,100) payable over a five year term at a rate of THIRTY-NINE THOUSAND DOLLARS or year to purchase TWO replacement school buses and further to raise and appropriate THIRTY-NINE THOUSAND DOLLARS (\$39,000) for the first year's lease payment. This ment will contain a non-appropriation (escape) clause.	YES C
Note: This	appropriation is in addition to Warrant Article #2, the operating budget article.	
	(Majority vote required) (The School Board Recommends this Article)	
THOUSAN	Roofing Repairs at CMS  If the Claremont School District vote to raise and appropriate the sum of ONE HUNDRED D DOLLARS (\$100,000) for the purpose of roofing repairs at Claremont Middle School?	IES C
Note: This	appropriation is in addition to Warrant Article #2, the operating budget article.	NO (
	(Majority vote required) (The School Board Recommends this Article)	
	VOTE BOTH SIDES OF BALLOT	





## 25th Anniversary...

The Sugar River Valley Regional Technical Center held its 25th Anniversary Open House on Saturday, March 10. There were self-guided tours with maps available, and instructors were available to show their area and answer questions. The Tech Center is still going strong after 25 years and plans to continue to be a viable part of the Claremont school system. Top left: The woodworking shop; top right: Instructor Scott Pope talks about the new CNC milling machine that was just installed in the Machine Tool area; bottom: Outside shot of the facility (Bill Binder photos).



### **Snowmobilers Urged to Exercise Caution Due to Recent Weather Trends**

CONCORD, NH--With the impending winter storm, the New Hampshire Fish and Game Department's Law Enforcement Division would like to remind snowmobilers to use caution when riding on lakes and ponds. Recent warming trends and thaws, as well as rain, have caused ice conditions to deteriorate, especially along shorelines. New snowfall can hide thin ice and open water; never venture onto lakes or ponds unless you are absolutely certain of a safe route across the frozen surface. Never trust the judgment of other snowmobilers by simply following their snowmobile tracks across ice. Ice conditions can be unpredictable, especially this late in the season.

"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 recent ice conditions have been unpredictable and lack uniformity, please do not 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 as you get further out on to the ice, because the thickness of the ice will not be uniform all over the waterbody.

For more information on ice safety and to see a short video of how to check ice thickness at <a href="https://www.wildnh.com/outdoor-recreation/ice-safety.html">www.wildnh.com/outdoor-recreation/ice-safety.html</a>.



## Cindy Largess, PTA, Certified Tai Ji Quan Instructor



Join us to improve your balance by participating in this evidence-based, adapted, Tai Ji Quan program. It is a **gentle exercise** class based on Tai Ji movements, that have shown to reduce falls and improve quality of life.

#### **BENEFITS:**

- Improve muscle strength, balance, flexibility, and mobility
- Reduce your risk of falls and injury

**COST:** \$300 for 24 weeks (Scholarships are available based on need)

**ATTIRE:** Wear comfortable, cotton exercise clothing; dress light.

# March 27th—September 14th Two Days per Week—1pm—2pm

\*Minimum number of participants = 5

At Valley Regional Hospital 243 Elm Street in Claremont, NH

Questions & Registration: Please call 603.542.1878