

# e-Ticker News of Claremont

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**City Named Municipal  
Energy Champion,  
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March 19, 2018

## Farmers Market Back on Tap

By Phyllis A. Muzeroll  
e-Ticker News

CLAREMONT, NH--It was just a few weeks ago that it appeared the Claremont Farmers Market would be suspended for 2018 as various parties worked to plan a new strategy for



the struggling program. Now, the market is back on tap and has announced a number of exciting changes as it gears up for this year, with the help of Vital Communities.

Vital Communities is a nonprofit organization based in White River Junction, VT, that brings together citizens, organizations, and municipalities in the Upper Connecticut River Valley of Vermont and New Hampshire to take on issues where an independent voice and regional approach are essential.

"Vital Communities has been working to support direct sales channels for farmers, specifically farmers markets, for several years and had been in contact with the old Claremont Farmers and Artisans Market (CFAM) to offer our technical assistance to support the market in 2016 and 2017," Nancy LaRowe, Local First Manager and Valley Food & Farm Coordinator with the organization told the *e-Ticker News*.

(Continued on page A2)



Claremont City employee Pete Fennessy wrapped up the end of his day taking down the voting booths at the Claremont Middle School on Tuesday (Les St.Pierre photo).

## New Faces Voted onto School Board

By Phyllis A. Muzeroll  
e-Ticker News

CLAREMONT, NH--Change apparently was on the minds of Claremont voters Tuesday as three new people were voted onto the School Board, signaling, perhaps a change of direction for the district in some fashion. Easily winning three-year seats were incumbent Rebecca Zullo, 625 votes, along with newcomers Jason Benware, 589, and Steven Horsky, 375. Incumbent Brian Rapp was voted out of his board seat, earning only 269 votes. Carolyn Towle, who most recently served on the City Council, easily won the one-year seat, with 415 votes,

(Continued on page A8)

**Market, from A1**

“After last summer when the future of that market was in question, Parks & Rec reached out to us as they were considering establishing a new farmers market. I'm not sure exactly how the connect happened, but we have done outreach in Claremont through cooking classes in collaboration with 100 Mile Market, events with the Claremont Soup Kitchen, and our relationship with Vibrant, Healthy Claremont among other partnerships. Also, Nancy Merrill is on Vital Communities Board of Directors and was very interested in seeing a successful farmers market in Claremont.

“Last fall Parks & Rec contacted the remaining board members from CFAM and most welcomed the idea of a Parks & Rec run market. At the same time, Vital Communities got funding from the USDA to offer technical support and promotion to area markets, so we have been working with Parks & Rec since then to re-establish a market.

“A successful farmers market in Claremont will be a community-building, community-defining, and community-sustaining institution. Farmers markets strengthen the local econ-

omy, supports agriculture and our working landscape, teaches healthy eating, encourages community interactions, is a valuable sales outlet for the farmers, food businesses and crafters. and is a fun event.”

LaRowe added, “We are excited to work with the new Claremont Farmers Market this summer to introduce Power of Produce (POP) Clubs to Claremont. POP Clubs are a fun kids' activity that educates while entertaining children 5-12 years old. We worked with the Newport Farmers Market in 2017 to launch POP Clubs which was very successful.”

Debbie Tardiff has been hired as Market Coordinator and told the *e-Ticker News* that she was “thrilled to be involved” in the new program. Originally from California and now living in Charlestown, Tardiff has extensive experience in gardens and growing vegetables.

The new market will be held on Saturdays, instead of Thursdays, from 9:00 a.m. to 1:00 p.m. at the Visitor Center Green, instead of Broad St Park. This year, the market will kick off Saturday, May 26th, and run every Saturday through Saturday, September 8th. The market is planning to include local farms, food, and crafts and feature fresh farm products, prepared foods and beverages, and unique homemade crafts. Visitors will be able to enjoy weekly live music, POP Club kids activities, and more with easy parking at the Visitor Center or the parking garage. The market will promote Debit and SNAP EBT at the market with a central market terminal. In addition, the market supports Granite State Market Match, which matches EBT dollars spent at the market (up to \$10.00). Customers shopping with their EBT cards will be eligible to receive up to \$10.00 in matching funds to spend on fruits and vegetables at the market.

The market

is now actively looking for vendors; for more information on being a vendor or for other information, visit <http://www.claremontnh.com/residents/departments/parks-and-recreation/farmers-market.aspx>. You may also contact Tardiff, at 603-504-0288 or [ClaremontFarmersMarketNH@gmail.com](mailto:ClaremontFarmersMarketNH@gmail.com).

**Ham Dinner in Newport**

NEWPORT, NH--A maple-themed Ham Dinner will be held on March 24, 5:00 p.m. at the South Congregational Church, Newport. Menu includes salad with maple vinaigrette, maple-glazed ham, roast potatoes, maple glazed carrots, muffins with maple butter, maple sundae and cookies. Adults \$12, children 5-12, \$6. Call 863-3729 for reservations.

Seating limited to 100.

**SHS Alumni Meeting March 29**

CLAREMONT, NH--Stevens Alumni scheduled monthly meeting of March 21st has been changed to Thursday, March 29th. Location: Claremont Savings Bank downstairs at 5:30 p.m.

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Member, Greater Claremont Chamber of Commerce

**NH Lottery Numbers**

**03/17/2018**

**NH PowerBall**

**22 57 59 60 66 7 2**

**Mega Millions 03/16/2018**

**1 13 26 33 52 11 3**

**Megabucks 03/17/2018**

**5 7 14 15 21 3**

**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 limitations and enrollment instructions. Member FDIC. Kasasa, Kasasa Cash is a trademarks of Kasasa, Ltd., registered in the U.S.A.

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# Commentary

## NH House Happenings

By Rep. John Cloutier

### 10-Year Transportation Plan Update

The biennial update to the Granite State's 10-Year Transportation Plan was approved by an overwhelming voice vote of New Hampshire's House of Representatives last week.

However, this March 15 approval came only after the House, by a narrow 166-160 roll call vote, adopted an amendment to the 10-Year Plan which restored a controversial study of the feasibility of passenger rail between Manchester and the Massachusetts. The study would use \$4 million in federal funds and was originally included in Gov. Christopher Sununu's version of the plan, which he had submitted to the New Hampshire Legislature on Jan. 16, a plan which was officially designated as House Bill 2018 shortly after the Governor's submission. But the House Public Works & Highways Committee then removed the study from the plan on Feb. 21, despite strong support for the study during its public hearing as well as in most letters and emails sent to the committee.

Nashua Rep. Skip Cleaver, who had introduced the successful amendment restoring the rail feasibility study, also spoke on the House floor to support it. Rep. Cleaver said that he had introduced the amendment because he was very upset that the Public Works Committee had removed the study, which will not be paid for with any state money. Furthermore, he stated that the Merrimack Valley Corridor, which contains New Hampshire's two most heavily-populated cities-- Manchester and Nashua--is "the largest metro area in the U.S. without rail service." He added that "It is no surprise that chambers of commerce in New Hampshire's largest cities believe that rail will be the key to their continued growth."

Nevertheless, opponents of the rail study were unmoved. They included Freedom Rep. Mark McConkey, who is also the Public Works Committee Chair, and the sole sponsor of House Bill 2018. Rep. McConkey said that the rail study was not worth doing because there have already been similar studies done by New Hampshire DOT (Department of Transportation) regarding passenger rail service in the Merrimack Valley Corridor dating back to 2004. The studies estimated that the capital cost for construction of the rail line would total at least \$15.7 million, while the operational cost would total at least \$11 million per year, costs which DOT suggested could be paid by a new state property tax, diversion of some state lottery profits, or tacking a surcharge onto all vehicle registrations in our state. Revenue-raisers, some of which would be against the New Hampshire Constitution according to Rep. McConkey. Instead, he indicated that a less expensive mass transit alternative to our state's increasingly-crowded highways, especially in the Merrimack Valley, could be provided by increasing bus service, which House Bill 2018 would do.



For readers' information, I voted for Rep. Cleaver's amendment which restored the rail study to House Bill 2018, and voted for the entire 10-Year Plan in the bill as amended. The bill now goes to the New Hampshire Senate for more scrutiny. By the way, as a Public Works Committee member, I had also voted against removing the rail study from it on Feb. 21. I believe the one of the most important points to remember is that the study will be paid with federal funds, which cannot be used for any other transportation purpose, funds that our state could soon lose to other states for their rail services, if we don't use them. Although the cost estimates from the 2004 study completed by New Hampshire's DOT are a helpful start, they are now 14 years old and don't account for inflation, among other factors. Also, I believe that the study once completed is likely to recommend that if passenger rail service is to be implemented in our state's Merrimack Valley, it would have to be paid for by the communities it serves such as Manchester and Nashua, private businesses, the federal government, and, of course, passenger fares for riding the trains. Frankly, I doubt that our state government would be able to provide much money for this rail service because the General Fund is financially strapped, and New Hampshire's Constitution forbids the use of vehicle registrations to pay for mass transit as earlier mentioned by Rep. McConkey.

Moving on to other points, House Bill 2018's 10-Year Transportation Plan Update doesn't just include the rail study, though. The \$3.74 billion door plan contains a variety of other transportation projects, including \$2.52 billion for road and bridge improvements, \$630.3 million for turnpike upgrades, \$256 million in airport enhancements, \$324 million in bus aid to local public transit agencies like Southwestern Community Services, as well as \$12 million for freight rail work. The funding for all the projects in the plan's update come from several sources, including gas and diesel taxes, turnpike tolls, federal transportation aid, and a legally-designated portion of municipal property taxes, if the road and bridge projects are joint ventures between municipalities and New Hampshire DOT.

Future Claremont area transportation projects in House Bill 2018 include a total of \$6,925,516 to complete preliminary engineering and construction for rehabilitation of the Route 12A Bridge over the Sugar River, scheduled to be completed by 2023. Also, there is a total of \$5,541,940 for the preservation, modernization and/or expansion of the Claremont Municipal Airport, a task scheduled to begin in 2019 and continuing thru 2028. Next, there is a total of \$4,067,335 designated for repairs to the Route 12/Route 103 Bridge over the Connecticut River between Claremont and Weathersfield, Vermont. Preliminary engineering for this bridge repair is scheduled to start in 2023, with construction slated to begin in 2026. Finally, a total of \$667,589 has been designated for the linkage of 10 traffic signals along a two-mile stretch of Claremont's Washington Street. Work on this linkage is scheduled to begin in 2019, and should be finished by 2020. When this linkage is completed, the 10 signals should operate more efficiently, providing for smoother traffic flow, meaning that less fossil fuels should be burned, including less fossil fuel pollution, according to my understanding.

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

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

## **Co-Chairs Tillis & Shaheen Issue Joint Statement in Response to Revelations of Russian Cyberattacks on U.S. Nuclear, Water and Electric Systems**

WASHINGTON, DC--U.S. Senators Thom Tillis (R-NC) and Jeanne Shaheen (D-NH), co-chairs of the Senate NATO Observer Group, issued the following statement after the Trump administration announced that some U.S. nuclear, water and electric systems have been subject to Russian cyberattacks and could have been sabotaged:

“These attacks are a sobering reminder of the work that desperately needs to be done to bolster our nation’s cyber defenses,” said Tillis and Shaheen. “The Kremlin is launching a myriad of hybrid attacks to weaken and undermine Western nations, particularly NATO members, and the United States is no exception. Many frontline NATO nations have made great strides in improving their cyber defenses to withstand Putin’s aggression. Continued cooperation with NATO members will be integral to our efforts to protect the United States.”

The re-established Observer Group has an expanded mission to closely monitor and inform Senators outside of national security committees about defense spending commitments of Alliance members, the process of upgrading military capabilities, the Alliance’s counter-terrorism capability, NATO enlargement and the ability of NATO member states to address non-conventional warfare. The Senate NATO Observer Group was first established over twenty years ago in 1997 by Senate Majority Leader Trent Lott (R-MS) and Minority Leader Tom Daschle (D-SD) to serve as a connection between the Administration, NATO and the U.S. Senate. The Senate NATO Observer Group has been re-established since, in 2002, but was disbanded in 2007 due to a lack of NATO enlargement rounds.

## **Bipartisan Bill Cosponsored by Hassan to Strengthen Protections for Whistleblowers Passes the Senate**

WASHINGTON, DC--A bipartisan bill cosponsored by Senator Maggie Hassan to strengthen protections for whistleblowers passed the Senate this past week. The bipartisan Whistleblower Protection Coordination Act will permanently extend the program requiring a dedicated official in each inspector general office focused on whistleblower protection issues. The bill changes the title of these officials from ombudsman to “Whistleblower Protection Coordinator” so that potential whistleblowers better understand the role of this position and authorizes Whistleblower Protection Coordinators to more actively promote and protect whistleblowing to employees in their agency.

“Whistleblowers play a critical role in exposing wrongdoing within the federal government, and it is important that they have the support necessary to come forward to speak the truth,” Hassan said. “I am pleased that the bipartisan Whistleblower Protection Coordination Act passed the Senate, and I will keep fighting to strengthen protections for brave whistleblowers so that they can speak out without fear of penalty.”

As part of her efforts to protect whistleblowers, Hassan recently voted to approve the bipartisan All Circuit Review Act to strengthen protections and support for whistleblowers by permanently extending the authority for federal employees to appeal a decision from the Merit Systems Protection Board (MSPB) at any federal circuit court of appeals, rather than only at the U.S. Court of Appeals in Washington, D.C.

## **Kuster Calls for Support of New Hampshire Health and Human Services Opioid Grant Request**

WASHINGTON, DC--Congresswoman Annie Kuster (NH-02), the founder and co-chair of the Bipartisan Heroin Task Force, is urging the Substance Abuse and Mental Health Services Administration (SAMHSA) to support a grant request from the New Hampshire Department of Health and Human Services that would expand regional access points in cities operating the Safe Stations Program. Kuster wrote to SAMHSA in support of the grant request, which is being administered through SAMHSA’s Opioid State Targeted Response (STR) Supplemental. In May, Kuster will host Brian Rhodes, Nashua Assistant Fire Chief in Washington, DC to discuss the Safe Stations program with members of the Bipartisan Heroin Task Force.

# Claremont Named 2018 Municipal Energy Champion

New Hampshire Energy Week began on March 12th and on the evening of the 15th, the City of Claremont was recognized for all the innovative energy efficiency projects that it has



**The City was honored with the 2018 Municipal Energy Champion award**

undertaken in the past few years.

New Hampshire Energy Week is a series of events geared toward education and awareness of the economic benefits and impacts a clean energy future will continue to provide for the Granite State.

Former New Hampshire Senator Kelly Ayotte presented three awards for Municipal, Business, and Legislative Energy Champions. The City of Claremont won the Municipal Energy Champion Award for projects such as 2005 municipal light conversion, 2010 City energy audit and resulting upgrades in municipal buildings, 2013 City Center zoning changes allowing mixed use, 2017 LED conversions in garage and municipal lights, and the 2018 so-

lar project at the water treatment plant.

Claremont City Planner Michael McCrory attended the event. "I had the pleasure of receiving the Municipal Energy Champion Award on behalf of the City of Claremont. Our fellow nominees had some great energy achievements," McCrory said. "I announced, when receiving the award, that the award was being received in honor of Kurt Beek, someone who worked so hard on energy projects over the years and whom we lost unexpectedly late last year," McCrory added.

The winners in the other categories were: Business, Worthen Industries; and Legislative,

Rep. Herb Richardson. The trophy presented to the City was designed by artist Vivian Beer.

According to the The NH Clean Tech Council's website, the council, The Nature Conservancy, the NH Community Development Finance Authority, NH Businesses for Social Responsibility and other partners "are collaborating to engage leaders from all NH Sectors in discussion and work to ensure that NH's Energy Future doesn't leave anyone behind. NH Energy Week brings us all together to highlight the many ways NH is already making important progress toward a reliable, affordable, sustainable energy future."

## Claremont Green Dot **Spotlight** Week

### MARCH 19 - 24, 2018

Spotlight Week is a week long event showcasing **Green Dot** Spots in our community with an end-of-the week celebration – where prizes will be given out to lucky winners!

#### How can community members participate?

1. Visit a participating **Green Dot** Spot for a Spotlight Week Passport.
2. During the week, take your passport to other **Green Dot** Spots and fill it with stamps!
3. THEN on Saturday, March 24, take your card to The Java Cup to be entered in a raffle for a chance to win either \$500, \$100, or \$50!

\*\*The drawing will be held at 11:30!

#### Event Details

#### **YOU'RE INVITED!**

Green Dot Spotlight Week Celebration

March 24 | 10am - 12pm

The Java Cup

37 Pleasant St. Claremont, NH 03743

The event is free & open to the public – your first coffee is on us!



CONNECT with us @**ClaremontGreenDot** on facebook  
SHARE your green dots using **#ClaremontGreenDot**

No one has to everything, everyone has to do something... what's your green dot?



# CLAREMONT'S ANNUAL EASTER EGG HUNT

**Saturday, March 31st**

**at Arrowhead**

**Bring Your Own Basket!**

**First Grade and Younger: starts at 9:30 AM**

**Second Grade and Older: starts at 10:30 AM**

**Join us for fun in the park!**

The Claremont Parks and Recreation Department is excited to announce the Annual Easter Egg Hunt on Saturday, March 31st on the hill located behind the Arrowhead Lodge. There will be thousands of plastic eggs scattered around the hill in different sections marked off by age groups. Children will go to their specified locations to gather their eggs. For children in First Grade and younger, their egg hunt will start promptly at 9:30 AM. For children in 2<sup>nd</sup> grade and older, their egg hunt will start at 10:30 AM. Please be sure to wear your mud boots/snow boots and to remember your Easter basket to help with collecting the eggs. Don't forget to bring your camera, as there will be a special visit from the Easter Bunny who will be available for photo opportunities.

For more information, please visit  
[www.claremontparks.com](http://www.claremontparks.com) or call 542-7019



**Vote, from A1**

defeating Richard Seaman, a former school board member, 272 votes, and James Allen, 184.

Also running for the three-year seat were David Pacetti, who earned 209 votes, and newcomer to town, Kelly Mulloy, who received an impressive 364 votes.

All the warrant articles easily passed as well, including the operating budget of \$34,920,410, over the default budget of \$35,111,787; security upgrades, \$141,000; roof work for the middle school, \$100,000 and school bus leases for two replacement busses, \$39,000.

Voter turnout this year was 14%, or 947 ballots cast; there were 6,586 total voters on the checklist. The turnout was about average for the school district annual election, even with a Nor'Easter in full swing, the second year in a row that voters have had to deal with bad weather on election day. There were 26 same-day registrations.

**Newport School District Annual Meeting Results**

NEWPORT, NH--The Newport community voted on the Newport School District Budget and Warrant articles on March 13; 781 of the nearly 4,000 registered voters came to the polls. The voters passed only four of the 14 articles, including the Operating Budget, the use of funds for unanticipated special education costs in 2017-18, the purchase of a bus and van, and participation in the community wide solar program. All other articles failed. "I appreciate that so many people came out to vote in the storm," said Cindy Gallagher, Superintendent. "We will start the year with \$18,050,000. Our town was generous in its support of the operating budget," said Gallagher.

"However, I'm very disappointed that neither of the contracts for our staffs passed. These were good contracts that well negotiated. It is unfortunate that these two articles failed."

The District's participation in the Newport Solar Program is contingent upon a similar article passing in the Town meeting in May.

**Newport School District Annual Meeting Results**

Number of Votes Cast - 781

- Three year terms - Ann Spenser – 492
- Three year term - Rhonda Callum-King – 539

- Two year term - Virginia Irwin - 605
- Moderator Howard Dunn
- Clerk – Robert Scott
- Treasurer- Robert Scott
- Article 3, Operating Budget – PASSED Yes: 612 No: 162
- Article 4, Teacher Contract – FAILED Yes: 351 No: 424
- Article 5, Teacher Contract Special Meeting – FAILED Yes: 313 No: 456
- Article 6, Support Staff Contract – FAILED Yes: 328 No: 444
- Article 7, Support Staff Contract Special Meeting – FAILED Yes: 297 No: 474
- Article 8, Autism Program – FAILED Yes: 290 No: 468
- Article 9, Unanticipated Educational Services – PASSED Yes: 490 No: 279
- Article 10, Bus & Van Purchase – PASSED Yes: 563 No: 210
- Article 11, Solar Power Purchase Agreement – PASSED Yes: 493 No: 280
- Article 12, Retention of up to 2.5% of Unassigned Funds – FAILED Yes: 297 No: 472
- Article 13, Ed Services Trust Fund – FAILED Yes: 286 No: 487
- Article 14, Transportation Reserve Fund – FAILED Yes: 340 No: 435

**Movie at the Library**

PLAINFIELD, NH--The Philip Read Memorial Library has upcoming program offerings to help you get through the last doldrums of winter. Winter Film Series Saturday Matinees-- A Selection of Best Films from the past 50 years shown at 1:00 p.m.

Saturday, March 24: Shawshank Redemption

Programs are free and open to all.

For information:

[mary.king@plainfieldlibraries.org](mailto:mary.king@plainfieldlibraries.org) or 675-6866.

CLAREMONT SCHOOL DISTRICT ELECTION TALLY SHEET Tuesday, March 13, 2018				
	WARD I	WARD II	WARD III	TOTAL
<b>MODERATOR</b>				
Tracy Pope	192	346	268	806
<b>SCHOOL DISTRICT CLERK</b>				
Mary Woodman	203	360	275	838
<b>TREASURER</b>				
Jane Hunter (via write-in)	6	9	7	22
<b>SCHOOL BOARD MEMBERS 3 YR</b>				
David Pacetti	48	92	69	209
Brian Rapp	69	136	64	269
Rebecca Zullo	162	255	208	625
Jason M. Benware	153	248	188	589
Alexander J. Herzog	8	12	33	53
Steven M. Horsky	106	155	114	375
Kelly Mulloy	83	183	98	364
<b>SCHOOL BOARD MEMBERS 1 YR</b>				
Carolyn Greenslet Towle	101	175	139	415
James Allen	52	75	57	184
Richard Seaman	66	126	80	272
<b>ARTICLE 2</b>				
Yes	190	326	210	726
No	51	71	80	202
<b>ARTICLE 3</b>				
Yes	182	317	211	710
No	61	85	78	224
<b>ARTICLE 4</b>				
Yes	159	283	178	620
No	81	116	110	307
<b>ARTICLE 5</b>				
Yes	198	340	224	762
No	43	62	65	170



# First 40 Teams to Participate in Steppin' Up To End Violence 5K Walk Announced

CLAREMONT, NH--Turning Points Network (TPN) is pleased to announce the first 40 teams that have confirmed for the agency's 12th annual Steppin' Up To End Violence 5K Walk & Fun Run, scheduled for May 5th in Claremont.

TPN recently celebrated 40 years of serving Sullivan County with crisis and support services as well as prevention education. In honor of this milestone the agency challenged previous teams to confirm their early participation in this year's event and be recognized as one of the first 40 teams.

Thank you to the following 40 teams: Acworth Hillsteppers, Charlestown Police Department, Chickens, Child Protection/ Social Heroes, Christina's Caregiving, City Council of Claremont, Claremont First Congregational Church, Claremont Learning Partnership, Claremont Savings Bank: CSB Foot Brigade, Crescent Lake Association, Croydon Congregational Church, Disnard Elementary School, Grantham United Methodist Church, Green Mountain Childcare, GMCC Steppers, Hartland Unitarian Universalist Church: sUUPer trUUPers, Helping Hands, Kearsarge Community Presbyterian Church: KCPC Saints, Ladies On The Hill, Lake Sunapee Bank-a division of Bar Harbor Bank & Trust, Life Fellowship, Maple Avenue School, Newport Boys Varsity Baseball Team, Newport Fire & EMS, Newport Health Center, Newport Montessori School, One Credit Union, Senior Peacekeepers, South Congregational Church: South Church Steeplechasers, Starlit Path, Sugar



River Bank: Supporting Real Bravery, Sunapee Gardeners, Team Awesome, Team F.R.E.E., Team Remembering Alana, Team Ruger, Team RVCC, Team Unity, TLC Family Resource Center, Turning Points Network: Be The Change, Valley Regional Healthcare

"This is the earliest we have had that many teams confirm," said Shirley Clarke, one of the event planning committee members. "We are so grateful to these teams for setting the pace early and encouraging others to join in and step up."

Last year the event had 84 teams participate and the agency hopes to surpass that number this year. Teams of all sizes are welcomed and appreciated. "We've had teams of 3 and teams of 53," said Clarke. Past teams have represented businesses, schools, service organizations and clubs, family and friends and even virtual teams (those are teams who cannot attend the event, but who raise funds and awareness as a team leading up to the event). "All in all, it's a day filled with inspiration and fun," shared Clarke.

"Stories of violence in our community and country can leave us feeling hopeless," said Clarke. "Steppin' Up reminds people—on a local level—that there is strength in coming together to support those affected by abuse, there is hope in supporting those working to prevent violence."

May 5th could seem a long way away during a

New England winter, but it's not too early to form a team. TPN provides forms, resources and support all along the way. Call 503-0155 to sign up your team or for more information.

## 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.

## Boy Scout Troop Meeting

Thursday, March 22, 6:30 p.m.  
Cornish Flat Fire Station

If you know of any young men between the ages of 11 and 18 who want to learn how great Scouting is, we meet Thursday evenings at 6:30 p.m. in the Cornish Townhouse Rd. fire house. We invite you to come and learn from Scouts that create their program.



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# Classified Ads

## TURNING POINTS NETWORK IS HIRING

**A PART-TIME COMMUNITY EDUCATION COORDINATOR** to implement the community based Green Dot project. Go to [www.claremontgreendot.org](http://www.claremontgreendot.org) for information about the project. We are seeking a visionary and dynamic individual committed to making our community a safe place to live, work, and play.

**A PART-TIME COMMUNITY EDUCATOR** to teach healthy relationships, child sexual abuse and anti-bullying primary violence prevention programming to youth Pre-K through 12<sup>th</sup> grade.

**Both positions may be combined as one Full-Time Position**

Competitive benefits. Please email a cover letter and resume to [Amanda@turningpointsnetwork.org](mailto:Amanda@turningpointsnetwork.org). For more information about TPN or complete position descriptions, visit TPN's website at [www.turningpointsnetwork.org](http://www.turningpointsnetwork.org).

## Hartland Community Prom, Damon Hall

Saturday, March 24, 7:00 - 10:00 p.m.

Come for a great night of dancing. Everyone is welcome. Come alone, with a date, or with your family. Wear what makes you happy, dress up or dress down. Parents strongly encouraged to attend with kids 13 and under. The theme this year is Super Heros, and they will have a Rice Krispi Bar. Cost: \$10 per person; \$30 per family maximum.

This event is a fundraiser for the First Universalist Society of Hartland, VT. All are welcome.

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If this is of interest to you, contact [degbert@myfairpoint.net](mailto:degbert@myfairpoint.net) to get the ball rolling. For the right person, this could be a permanent seasonal position.

## Mayoral Notes by Charlene Lovett



### Celebrating Women's History Month

Women's History Month originally began as a one week celebration in California. Using International Women's Day as the focal point, "Women's History Week" was first initiated in March of 1978 by the Education Task Force of the Sonoma County Commission on the Status of Women. It was done to help incorporate women's history into the K-12 curriculum and increase public awareness regarding the contributions that women have made in our country's history.

Enthusiasm for the community activities and special school programs associated with "Women's History Week" spread from California throughout the country. Soon, women mobilized to garner support for a "National Women's History Week." In 1980, President Carter issued the first Presidential Proclamation declaring the Week of March 8th as National Women's History Week. The same year, Representative Barbara Mikulski and Senator Orrin Hatch co-sponsored a Congressional Resolution for National Women's History Week.

As the popularity of National Women's History Week grew at the local and state level, the National Women's History Project (NWHP) led the effort to have Congress expand the celebration to a month. In 1987, Congress declared the month of March as National Women's History Month. Every year, a special Presidential Proclamation is issued honoring the extraordinary achievements of American women.

Each year there is a special theme, and women whose lives exemplify those themes are selected as National Honorees. This year's theme is Nevertheless She Persisted: Honoring Women Who Fight All Forms of Discrimination Against Women. Next week in Washington D.C., the NWHP will recognize the 15 women have been selected as this year's honorees. For more information on the NWHP

or this year's national honorees, please go to [nwHP.org](http://nwHP.org).

While these women are being celebrated at the national level, we have the opportunity to recognize the women in our communities who have dedicated their lives to fighting discrimination against women. Unfortunately, my knowledge of who those women are, historically, is somewhat limited. When reflecting back on my K-12 education, I do not recall learning about local women in general. Perhaps, this has changed since I graduated from high school in 1981. If so, then National History Women's Month has made an impact since its inception in 1987.

Despite my lack of knowledge regarding local women who fought against discrimination in years past, I am proud to be part of a community in which, today, women are actively engaged in stopping discrimination of all types against women. The women of Turning Points Network and Teach Loving Connections are just some of the people who come to mind, but there are many more. To all of you who are engaged in this effort, many thanks. You continue to pave the way for future generations of women to enjoy the fruits of equality.

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

### Student Art Exhibit Moves to Amplified Arts

CLAREMONT, NH--The public was invited to the opening of the #KindnessInAction student art exhibit at Amplified Arts, located on the 2nd floor at 31 Pleasant Street in Claremont, on Thursday, March 15. Guests were also able to tour the Amplified Arts space.

In celebration of Art in Schools Month, Amplified Arts and TLC Family Resource Center's Rural Outright program have joined together to present the multimedia exhibit featuring pieces created by local students in grades K-12. Artworks include an interactive mural, poetry, drawings, photographs and paintings.

"We are deliberately juxtaposing students' interpretation of 'Kindness In Action' with our upcoming production of 'The Laramie Project,'" explains Shelly Hudson, Founding Producing Artistic Director at Amplified Arts. "We want to be sure audience members are moved by the gravity of the play, but also imbued with hope

for the future."

The exhibit will be open Monday to Friday, from 9 a.m. to 5 p.m.

For more information, please contact Liza at [liza@tlcfamilyrc.org](mailto:liza@tlcfamilyrc.org) or 603-542-1848 ext. 306.



### Activities Day

4-H County Activities Day was held on March 10th at the Claremont Middle School. There were 22 4-H youth who participated and several will advance to the state competition at Manchester Community College in May. Demos, Public Speaking and Action Exhibits moving onto the state level include: Rosie Johnson/Shaky, Flaky Pie Crust, Wesley Johnson/Paper Boxes, Anna O'Hara/The Language of the Future & Find Your Perfect 4-H Group, Emily King/Common Chicken Ailments and How to Spot Them, Thomas Breisch/How to Read The Old Man and The Sea, Caleigh



Plunkett/Foster Care, Ashley and Emily Peckham and Adele Towne/Differences Between Beef & Sheep Show Products, Skye Robicheau/Bacteria, Emma Putnam & Madeline St.Pierre/Ribbon Bookmarks, Cailleah Houghton/Spiffy Nametags, Ashley Putnam/DIY Sugar Scrubs, and Marina Macenfish/Mourning has Broken. Hannah Falcone created a FLIX video titled "Women in Running/Lebanon High School".

Posters and photographs selected for the state contest were created by Ella, Norah and Hannah Falcone, Luke St. Pierre and Emma O'Hara.



## Former City Councilor to Receive Good Scout Award

MANCHESTER, NH-- Carolyn Towle will be honored by the Daniel Webster Council, Boy Scouts of America for her service to the community while exemplifying Scouting values in her daily life. The aims of Scouting are to develop character, to encourage participating citizenship, and to promote personal fitness.



**Carolyn Towle**

As a community leader who has worked to foster these attributes in other people through her work and volunteer effort, Towle is recognized with the Greater Claremont Good Scout Award, said the organization. Towle was elected to the Claremont School Board on Tuesday.

Towle has been a dedicated community leader with her involvement as a 4-H Leader and Mentor. She has served her community in many capacities, including the Amtrak Ad Hoc Committee, Zoning Board of Adjustment, Parks and Recreation Committee and City Council. She is currently a legal assistant at the Law Offices of Howard Dunn.

In addition to recognizing Towle, the luncheon will benefit the Boy Scouts of New Hampshire (Daniel Webster Council). Mayor Charlene Lovett will preside over the award presentation.

The Greater Claremont Good Scout Award Luncheon will be held at noon on Wednesday, April 11th, at the Common Man Restaurant in Claremont.

The Daniel Webster Council, Boy Scouts of America is committed to building character, citizenship, and personal fitness among youth by focusing on dynamic programs of outdoor activities and leadership training. The Daniel Webster Council serves over 10,000 youth throughout New Hampshire in almost 500 chartered Cub Scout packs, Boy Scout troops, Varsity teams, Venture crews, and Explorer posts.

For more information, please contact Jennifer Bean at 603 625-6431 at the Daniel Webster Council or visit [www.nhscouting.org/donate/special-events/](http://www.nhscouting.org/donate/special-events/).

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[www.facebook.com/etickernews](http://www.facebook.com/etickernews)

## 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, [burchcreative@gmail.com](mailto:burchcreative@gmail.com); Donna Stamper, 603-863-2621, [dstamp4@comcast.net](mailto:dstamp4@comcast.net); or Pat Whitney, 603-763-5054, [patwhitney00@gmail.com](mailto:patwhitney00@gmail.com).

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# e-Ticker Business News

## CSB Announces Driscoll as Vice President of Commercial Lending



**Dennis J. Driscoll, Jr.**

CLAREMONT, NH--Claremont Savings Bank, a mutual savings bank headquartered in Claremont, NH, announces the hiring of Dennis J. Driscoll Jr., Vice President of Commercial Lending.

"We are very pleased that Dennis has joined Claremont Savings Bank, said James Lynch, Senior Vice President of Commercial Banking. "His extensive experience working with businesses in the Upper Valley, including many in Claremont, make him a valuable addition to our commercial banking team," Lynch added.

Driscoll came to Claremont Savings Bank with a great deal of commercial lending experience. He previously worked as a Vice President at Lake Sunapee Bank and prior to that, at Mascoma Bank.

"I am truly honored to be included in the Claremont Savings Bank family," said Driscoll. "The community involvement and customer service here is extraordinary, and I look forward to putting my community banking background and focus to work for years to come," added Driscoll.

Driscoll, is a past board chair for the Upper Valley Housing Coalition and is currently Vice Chair of the Hartford VT Business Re-

volving Loan Fund. Previously, he volunteered his time on various committees for the Vermont Bankers Association, with the Everybody Wins! student reading mentor program and was a member of the White River Junction Rotary Club.

He resides in Grantham, NH, with his wife Pam and their chocolate lab, Riley. Driscoll is a graduate of Hobart and William Smith College and the Massachusetts Bankers Association School of Commercial Lending.

**Send us your Business news**

## VRH Community Health Needs Assessment Survey Invites Your Input

Valley Regional Hospital invites you to take a few minutes to fill out its 2018 Community Health Needs Assessment. This survey will help the organization better understand how it can best serve the health needs of its community. Visit:

[https://www.surveymonkey.com/r/VRH\\_Community\\_Health\\_Needs](https://www.surveymonkey.com/r/VRH_Community_Health_Needs).

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# e-Ticker Business News

## Mt. Ascutney Hospital Welcomes Dr. Sean Uiterwyk to its Family Medicine Practice

WINDSOR, VT – Mt. Ascutney Hospital and Health Center (MAHHC) is pleased to announce that Sean Uiterwyk, MD, has joined the Hospital's team of family medical experts. Uiterwyk will be seeing patients of all ages at Mt. Ascutney Hospital in Windsor.

Uiterwyk, a Board-certified Family Physician, has extensive experience providing primary care to families. He graduated from Loyola University Stritch School of Medicine in Chicago. He then completed his Family Medicine residency at Brown University's Memorial Hospital in Rhode Island where he was Chief Resident. Uiterwyk most recently served as a Family Physician at Atrius Health in Wellesley, Massachusetts from 2015 to 2017. While with Atrius, the largest ambulatory, multi-specialty physician group in New England, he served as Senior Medical Director for the Department of Performance Excellence, overseeing all quality, safety, and patient experience initiatives for the organization. Most recently, Uiterwyk's work has focused on improving patient safety by reducing missed or delayed diagnoses of cancer in primary care.

Previously, Uiterwyk served as a physician at White River Family Practice and the Ottauquechee Health Center. Uiterwyk is interested in team-based care, quality improvement, and effective use of data to drive improvement. An experienced educator, he has served as a Clinical Assistant Professor of Family Medicine at Brown University, and as Clinical Assistant Professor of Community and Family Medicine at the Geisel School of Medicine at Dartmouth.

Dr. Joseph Perras, CEO and Chief Medical Officer at MAHHC, called the return of Uiterwyk to the Upper Valley welcome news for the staff, for patients, and for community health. "For years, Dr. Uiterwyk played a significant role in pushing healthcare forward here in the Upper Valley, while providing outstanding care for his patients," said Dr. Perras. "His back-



ground in quality, patient safety, and performance excellence is highly valued at Mt. Ascutney Hospital and Health Center. It's wonderful to have him back in our region caring for the people he knows so well."

**Mt. Ascutney Hospital and Health Center Welcomes Dr. Sean Uiterwyk to its Family Medicine Practice (Courtesy photo).**

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# e-Ticker Business News

## TLC Wins Grant Money for SHINE Van

CLAREMONT, NH--TLC Family Resource Center received a \$25,000 grant in the 2018



Front row: TLC Executive Director Maggie Monroe-Cassel (right) and SHINE Coordinator Liza Draper; back row: Entrepreneur's Fund of New Hampshire Advisory Committee Chair Matt Rightmire and CEO of the NH Charitable Foundation Dick Ober (Photo by Cheryl Senter, Courtesy of the NH Charitable Foundation).

AMP NH Awards, sponsored by the New Hampshire Charitable Foundation's Entrepreneur's Fund of New Hampshire Grant Program, on Tuesday, March 6. The money will be used to help purchase a van that will allow TLC to reach more teens to teach about sexual health and relationships. The van will also help promote all the programs at TLC throughout the region.

The van will be used as part of the Sexual Health Information Network and Education (SHINE) program, which is an inclusive health enrichment program for young people, to bring medically-accurate, comprehensive and inclusive sexual health information to locations throughout Sullivan County.

The AMP Grant Program is a competition for nonprofit organizations. They seek novel, entrepreneurial, and innovative ideas to solve problems and critical issues facing New Hampshire, according to the grant's website.

The participants submit an application then attend an AMP Grant Pitch Camp. From there, four to five finalists are chosen and assigned a mentor to help them develop a three minute long pitch for an innovative project. Then the finalists present their pitches at an event where the audience votes on the pitches. First place received \$50,000; second place received \$25,000; and the remaining finalists received \$5,000 each.

"The pitch process was challenging but the stakes are high to keep teens safe and we need to take action. Sullivan County's teen birth rates are twice that of the state and re-

ported cases of gonorrhea have gone up 250%. The SHINE program currently reaches about 75 students per year. There are 2,500 teens in Sullivan County. That's the bad news," said Executive Director Maggie Monroe-Cassel. "The good news is that studies show that if teens are educated about sexual health and relationships, they wait longer to start having sex. We need to educate our teens with face-to-face conversation. Going mobile will help us reach more teens where they are."

The goal now is to find the additional funds needed so that the SHINE van will be ready to roll in time for the SAU 6 Back-to-School Festival, which is held in Claremont just before school starts.

"We're super excited about being able to take our prevention program's message to the streets. It's sure to turn heads — and so be a catalyst for some much-needed conversations about sexual health in the communities we serve," said Liza Draper, SHINE Coordinator.

TLC Family Resource Center supports and strengthens all families, children, and youth of Sullivan and Lower Grafton counties with a wide range of free programs, support groups, education, and events. Visit [www.tlcfamilyrc.org](http://www.tlcfamilyrc.org) for more information about SHINE and the agency.



A ribbon cutting was held for Chartreuse, a new hair salon in Opera House Square in Claremont, Friday afternoon. Friends, family and City officials were present to welcome Desirae Lurvey, owner of Chartreuse, and to celebrate another new business in the City Center. Chartreuse features Eufora products and offers an flexible appointment schedule. Assistant Mayor Allen Damren and City Manager Ryan McNutt, assisted Lurvey in the ribbon cutting. Damren shared how pleased Claremont is to have another new business open downtown. Chartreuse is located at 16 Opera House Square (Courtesy photo).



## Studio 13:13 Visual Arts April Offerings

NEWPORT, NH--Studio 13:13 is a non-profit art reach of the First Baptist Church in Newport, NH, located at 85 North Main Street. It is a functional, visual arts studio with plenty of lighting, easels, tables, safe drying racks, and ample room to work. It is facilitated and managed by Ernie Perry. Perry has been a public school art teacher for the past 18 years. He has led various camps, workshops, and community classes along with completing commissioned pieces for well over 25 years. Since 2012, the FBC has been offering various art classes in the studio space, but based on the amount of artists taking these classes and the enthusiasm demonstrated, the FBC has generously offered to expand the occasional workshops into an ongoing studio space that can afford community members a place to get together to create their art. This is what has become Studio 13:13.


Information can be found at [studio1313.weebly.com](http://studio1313.weebly.com).

**Open Studio** on Sunday, April 8, 5-8pm, ages 12 to adult. This is a chance to get together to share, critique, and/or just work together on our own art projects. Bring your drawings, paintings, knitting or whatever you are working on and try working with us. There is NO charge for this artistic evening out. Questions can be answered at [studio1313arts@gmail.com](mailto:studio1313arts@gmail.com) or by calling (603) 863-3235.

**Handmade Accordion and Map Books** on Sunday, April 15, 5-8pm, ages 12 to adult, \$10 per participant. Examples will be share and instruction given in the construction of handmade accordion and maze style books. The price of the class will include the materials to complete two books. More books can be purchased for an additional fee. No prior experience needed. Space is limited to 10 participants, please RSVP by April 8 to [studio1313arts@gmail.com](mailto:studio1313arts@gmail.com) or by calling (603) 863-3235.

**Handmade Star Books** is a two-Sunday class, April 22 and 29, 5-8pm, ages 12 to adult, \$20 per participant. Examples will be shared and instruction will be given in the construction of handmade star books. The price of the class will include materials needed to complete one book per participant. No prior experience needed. Space is limited to 10, please RSVP by April 8 to [studio1313arts@gmail.com](mailto:studio1313arts@gmail.com) or by calling (603) 863-3235.

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## Time for Financial “Spring Cleaning”

The days are longer and the temperatures are warmer – so it must be spring. For many of us, that means it’s time for some spring cleaning. But why stop with sprucing up your living space? This year, consider extending the “spring cleaning” concept to your financial environment, too.

How can you tidy your finances? Here are some suggestions:

**“De-clutter” your portfolio.** As you go through your home during your spring cleaning rounds, you may notice that you’ve acquired a lot of duplicate objects – do you really need five mops? – or at least some things you can no longer use, like a computer that hasn’t worked since 2010. You can create some valuable space by getting rid of these items. And the same principle can apply to your investment portfolio, because over the years you may well have acquired duplicate investments that aren’t really helping you move toward your goals. You may also own some investments, which, while initially fitting in to your overall strategy, no longer do so. You could be better off by selling your “redundant” investments and using the proceeds to purchase new ones that will provide more value.

**Get organized.** During your spring cleaning, one of your key goals may be to get organized. So you might want to rearrange the tools in your garage or establish a new filing system in your home office. Proper organization is also important to investors – and it goes beyond having your brokerage and 401(k) statements in nice neat piles. For example, you may have established IRAs with different financial services companies. By moving them to one provider, you may save some fees and reduce your paperwork, but, more important, you may find that such a move actually helps you better manage your investments. You’ll know exactly where your money is going, and it could be easier to follow a single investment strategy. Also, with all your IRAs in one place, it will be much easier for you to manage the required minimum distributions you must start taking when you turn 70-1/2. (These distributions are not required for Roth IRAs.)

**Protect your family’s financial future.** When cleaning up this spring, you may notice areas of concern around protecting your home – perhaps there’s a crack in your window, or your fence is damaged or part of your chimney is crumbling. Your financial independence – and that of your family – also needs protection. Is your life insurance sufficient to pay for your mortgage, college for your kids and perhaps some retirement funds for your spouse? Do you have disability insurance that can provide you with some income if you become ill or injured and can’t work for a while? Have you considered the high costs of long-term care, such as an extended nursing home stay? A financial professional can help you determine if your insurance coverage is adequate for all these needs.

Consider putting these spring cleaning suggestions to work. They may help you keep your financial house in good shape for all the seasons yet to arrive.

*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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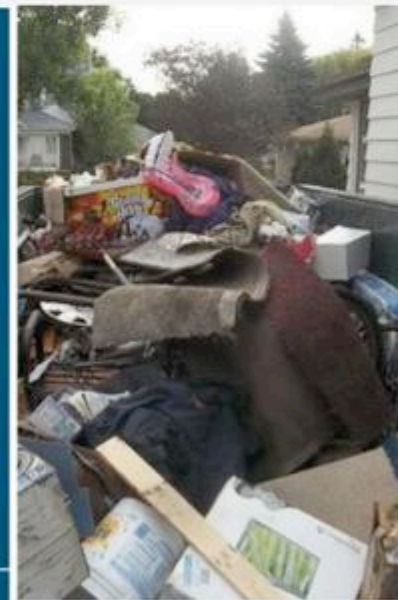
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## River Valley Animal Protection League Annual Potluck Dinner

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. Film will be shown on the remaining Friday night of March 23, at 7:00 p.m. Free admission and popcorn. To see a listing of the featured film, visit [www.libraryartscenter.org/films/](http://www.libraryartscenter.org/films/).

[www.facebook.com/etickernews](http://www.facebook.com/etickernews)



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## It's About Food

By Johnny Navillus



## Commercials

Like everything there are good commercials and bad commercials. The good ones work when you remember the product. The bad ones are the ones that are so entertaining that you recall them from time to time but don't remember the product. Every Boomer remembers what product Tony The Tiger was pushing. Good commercials. There are several that I remember the story but can't for the life of me remember the product.

All that because I am seeing a commercial for a product I remember from my youth. I haven't seen a commercial for it in better than 40 years. Now I'm seeing it several times a week and it is working. For all the joking and bad press it has gotten, I fondly remember my mother making sandwiches with it. We kids liked them. Then it seemed to disappear. It probably was relegated to the bottom shelf in grocery stores if was stocked at all. One small corner of the world kept a healthy market for it and even had festivals for it.

The commercial is working on me, at least. I'm going to get some this week and make sandwiches. And use it in other ways. I am, of course, talking about:

### SPAM

If you aren't a Boomer, you probably only know the term as it is used in the technology world. Surprise! It is actually a thing. A food of sorts and has a cult following in Hawaii. It was introduced there during WWII and caught on in a big way.

I know it's probably not the healthiest lunch I could have, but that commercial has gotten under my skin. I wish we had "smellavision" 'cause that Spam frying in the skillet brings back many memories.

This has to be one of the best commercials because I remember it distinctly and am going to actually purchase a can this week. The first in more than 50 years. The last time was in elementary school. Shopping for my Mom.

So, if you remember the stuff, get a can and use the attached key (if it is still there) and open it up. Scrape off the gelatin, slice it up and put it in a hot skillet. You don't need any butter or oil because it comes with its own grease.

Plop a couple of slices on some Wonder Bread, a little mustard and be a kid again. Twice a year should be safe enough not to clog your arteries too badly.

While you're out "retro" shopping, pick up a sickeningly sweet breakfast cereal you loved so much. You know which one. Might as well go down in a blaze of glory this week.

Play with your food. You know you want to.

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

*Each New Life is a Special Experience*

## The Childbirth Center at Springfield Hospital



**Barbara J. Dalton, MD**  
Springfield Health Center  
100 River Street, Springfield, VT  
802-886-8900



**Michael E. Ritondo, MD**  
Charlestown Health Center  
250 CEDA Road, Charlestown, NH  
The Women's Health Center  
29 Ridgewood Road, Springfield, VT  
802-886-3556



**Richard C. Summermatter, MD**  
The Women's Health Center  
29 Ridgewood Road, Springfield, VT  
802-886-3556



**The Childbirth Center**

A DEPARTMENT OF SPRINGFIELD HOSPITAL

**25 Ridgewood Road, Springfield, VT 802-885-7511**

**[www.springfieldchildbirthcenter.org](http://www.springfieldchildbirthcenter.org)**



## Shining Success Joins Others in Honor of Women's History Month to Help Women Gain Confidence as They Prepare for Employment Opportunities

CLAREMONT, NH --On March 24th, Shining Success and the Alliance of Career Development Nonprofits will host a celebratory event from 9:00 a.m. at Sugar River Valley Tech Center, Claremont, NH, in honor of Women's History Month. The Alliance of Career Development Nonprofits (ACDN), Shining Success and eleven (11) other ACDN member organizations are kicking off events in March throughout the U.S. aimed at helping women prepare as much as possible for employment. Smart & Sexy Day events will inspire women – boosting their self-confidence so that they feel assured, confident and, most of all, employable. The holiday was launched in 2012 by Alliance of Career Development Nonprofits (formerly known as The Women's Alliance) - a national organization of independent, community-based member organizations who provide professional attire and career skills training to low income women and men - and sponsored by Smart & Sexy, one of the largest privately held lingerie companies in the country.

"Our member agencies help level the playing field for their clients, who lack the resources—either by not having the clothes in their closet nor the money to purchase interview attire themselves—to present themselves competitively at an interview, said Connie Golds, Board President of the Alliance of Career Development Nonprofits. "ACDN member organizations serve over 25,000 women and men each and every year, day in and day out assuring low-income people seeking self-sufficiency have an equal chance! Smart & Sexy Day events show women that they can be capable, feminine and hireable."

"As an organization that supports community members working toward economic independence, Shining Success is proud to participate this year," said Shanna R. Moody, Director of Shining Success. "We know that clients will feel empowered, confident and energized to continue on their journey - just as we strive for them to feel after their appointments with us."

Special programming, including accurate fittings and free foundational garments from Smart & Sexy, will be held in the following cities in the month of March:

Bottomless Closet (New York, NY) - March 13

Career Wardrobe (Philadelphia, PA) - March 26

Desert Best Friend's Closet (Palm Desert, CA) – March 9

Jackets for Jobs, Inc. (Detroit, MI) – March 13

Junior League of Elizabeth Plainfield Career Closet (Cranford, NJ) – March 20

Ladies of Valor Empowerment (Miami, FL) - March 17

Madelt Foundation (Baltimore, MD) – March 10

**Shining Success (Claremont, NH) – March 24**

Suited for Success (Oklahoma City, OK) - March 20

Tailored for Success (Malden, MA) – March 27

Transforming Lives & Restoring Hope, Inc. (Roanoke Rapids, NC) – March 17

WHW (Santa Ana, CA) – March 23

All Alliance of Career Development Nonprofits (ACDN) Members will receive product from Smart & Sexy to give to their clients.

For a full list of ACDN members, visit: [www.acdnonline.org/locations](http://www.acdnonline.org/locations).



**Shanna Moody is the Director of Shining Success (Courtesy photo).**

### Easter Egg Hunt in Sunapee March 30

SUNAPEE, NH--Sunapee Recreation Dept. annual Easter Egg Hunt will be held Friday, March 30th, at 6:00 p.m. (sharp) in Sunapee Harbor. Open to all: ages 10 yrs old and younger, bring your own basket and get your picture with the Easter Bunny.

### March Madness Yard Sale in Lempster

LEMPSTER, NH--The March "Yard Sale" Madness at the Lempster Community School Gym, 29 School Rd, will be held on March 24 from 9:00 a.m. to 2:00 p.m. This second annual event will include a variety of vendors along with members of the 8th grade class who will be selling baked goods and drinks for their annual fundraiser. Sponsored by the Friends of the Miner Memorial Library. Contact 863-5023 for more information.

### Claremont Parking Ban Still in Effect

Per Claremont City Ordinance #247, a Winter Parking Ban will be in effect from November 1, 2017 through April 15, 2018. No overnight parking will be allowed on city streets between midnight and 7:00 a.m.



GREATER CLAREMONT CHAMBER OF COMMERCE

# PANCAKE BREAKFAST

TO BENEFIT: SCHOLARSHIP FUND

For More Information: [www.greaterclaremontnh.org](http://www.greaterclaremontnh.org)

**SATURDAY, MARCH 31ST**

**8:00 AM - 11:00 AM**

**TEAL LANTERN @ SUGAR RIVER TECHNICAL CENTER**

**\$7 ADULTS AND \$4 CHILDREN 10 AND UNDER**

*A special thanks to Hannaford for supplying the ingredients.*







Approximately 150 students and staff participated in a walkout at Stevens High School Wednesday morning in support of the 17 victims of the school shooting in Florida a month ago that day. Students across the country held similar events. The purpose was to speak out against all violence, with a message of wanting to feel safe in school. The event started with a moment of silence, then members of the SHS Choir sang "Famine Song". All then sang "Amazing Grace". Several spoke, ending the event, including SHS Principal Pat Barry. The event was planned by Student Voice of Stevens, made up of nine students. Sophomore Tyler Sullivan said that the experience made him "tear up. The 17 lives lost hit me hard. My aunt lives in Florida. It was about an hour away from her. We need to know that we can go to school to learn and not worry that we might get bullied or into a fist fight. Other students felt good after it and some did not participate due to their own views, which is okay." Sullivan added, "Our message was make school safer." (Courtesy photos).

## Got Snow? Yep!

That was one big pile of snow at the end of the parking lot at St. Mary's Parish in Claremont last week as another Nor'Easter bore down on the area (Les St. Pierre photo).



# Meriden Fire Department Wild Game Dinner



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

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

***Menu Includes:***

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

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

Adults: \$19

Youth (4-10): \$10

Toddlers (under 4): \$4

## **MERIDEN VOLUNTEER FIRE DEPT**

Advance tickets are recommended – **CALL 603-469-3090 for tickets**  
Tickets on sale at the door, Meriden Deli Mart and Annie's Country Store



## Celebrating 125 Years of Caring


 Valley Regional Healthcare

# THE GREATEST GIFT

*The kidney transplant that changed many lives*

ORGAN AND TISSUE DONATION has widespread support, with 95 percent of American adults supporting it. But only 54 percent are actually signed up as donors. Tracy Pope, transplant recipient and advocate, continues to partner with Valley Regional Hospital (VRH) to change this by spreading the word about donation.

» **AS OF FEBRUARY 2018, THERE WERE MORE THAN 115,000 AMERICANS ON THE NATIONAL TRANSPLANT WAITING LIST.**

» **22 PEOPLE DIE EVERY DAY WHILE WAITING FOR A TRANSPLANT.**

» **ALMOST ANYONE CAN BE AN ORGAN DONOR, REGARDLESS OF AGE OR MEDICAL HISTORY.**

## AGAINST ALL ODDS

Tracy's passionate support for organ donation is born of personal experience. She went into renal failure in October 2011—her kidneys irreparably damaged by a lifetime of type 1 diabetes.

"That's when I was placed on the national transplant waiting list," she says. "We were hoping to get a double transplant of a kidney and a pancreas from a cadaver."

It's also when her husband, Scott, took the unusual action of pressing the doctors to test him as a possible kidney donor match for his wife.

"The odds against him being a match were astronomical," Tracy says. "Usually a live match comes from a relative.

They don't usually test spouses."

But Scott persisted. And after a multitude of tests and exams, he was found to be a good match.

As Tracy's condition worsened, she and her family weighed their options. Should Tracy go on dialysis while waiting for two organs, a surgery that would save her life and cure her diabetes? Or should she take the amazing gift offered by her husband, knowing her diabetes status wouldn't change?

"I had lived with diabetes my entire life, and living with it for the rest of my life was perfectly fine with me," Tracy says.

So on May 21, 2012, at 7 a.m., Scott went into surgery at DHMC. Three hours and one kidney later, he and Tracy passed each other in the hallway as he was coming out and she was going in.

"I grabbed his hand," Tracy says, her voice cracking. "I had to see that he was OK."

Her transplant surgery lasted nine hours.

## A NEW LEASE ON LIFE

Before the kidney transplant, Tracy's fatigue put her in bed whenever she wasn't at work. "I slept all the time," she says. "After the surgery, I had all this energy! I wasn't always tired."

She decided to throw some of that energy into volunteering as an ambassador for New England Donor Services. She contacted Peter J. Wright, FACHE, President and Chief Executive Officer of Valley Regional Healthcare, and asked if he could help spread the word.

"He couldn't have been more receptive," Tracy says. "I can't say enough wonderful things about him."



**Tracy and Scott Pope  
after the transplant**

Tracy and VRH organized a flag-raising ceremony, hoisting the flag of Donate Life America over the hospital. VRH also built a lobby display promoting and offering information about organ donation.

## APRIL IS NATIONAL DONATE LIFE MONTH

Every year, the hospital staff celebrate National Donate Life Blue and Green Day to show their support and start the conversation. This year, the observance falls on Friday, April 13.

"Having gone through this experience, I can tell you this is a life-altering gift," Tracy says. "Not just for the recipient, but for their family, friends, neighbors and co-workers. You have the power to save a life through donation."

If you'd like to learn more about organ donation, come see the lobby display at VRH or visit [vrh.org](http://vrh.org).

Source: National Foundation for Transplants

**Register to be a donor or learn more at [VRH.org](http://VRH.org)**

 Valley Regional Healthcare

*Quality care with a hometown touch.*