

e-Ticker News of Claremont

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Page A26**

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April 9, 2018

The Center for Recovery Will Continue Offering Support, Services

CLAREMONT, NH—The Center for Recovery Resources will continue to meet the needs of the recovery community in Claremont by providing support resources and services as they search for a new location.

A local steering committee comprised of community leaders has been meeting weekly since the announcement was made in February that the HOPE for NH Recovery office in Claremont was closing, and developing a plan for the continuation of recovery services. The committee is co-chaired by Mayor Charlene Lovett and Valley Regional Healthcare CEO Peter Wright.

Bridge funding to continue services at The Center for Recovery Resources has been provided by Dartmouth Hitchcock Medical Center and Valley Regional Hospital for this transitional period. Future funding is expected to come from the state. The steering committee is working with the Dept. of Health and Human Services (DHHS) and Commissioner Jeffrey Meyers to secure the funding for the ongoing operation of The Center. TLC Family Resource Center is the local fiscal sponsor.

Wayne Miller will remain the manager of The Center. He will have assistance from Jeremy Hartsell, an AmeriCorps member, and Gabrielle Kendall, an intern from Colby-Sawyer College.

“It’s been a fast paced, high energy transition for everyone involved. With that has come a lot of confusion in the community, especially the members we serve,” said Miller. “However, I am excited and thrilled to be embarking on this new venture in partnership with TLC to establish a more comprehensive and community-led peer recovery center.”



Sample ground mount solar array

City Solar Project Moving Forward

**By Phyllis A. Muzeroll
e-Ticker News**

CLAREMONT, NH—The City is moving forward with its plan for a solar array at the Claremont Waste Water Treatment plant. The array will generate approximately 190,500 kilowatt hours annually, offsetting 24% of the plant’s annual electricity usage.

(Continued on page A13)

“It makes sense for TLC to step in to guarantee the continuation of recovery services. The goal of TLC is to support children, youth, and families, so many of which have been touched by the opioid epidemic,” said TLC Executive Director Maggie Monroe-Cassel. “Anything we can do to help all people in recovery will strengthen families and the community.”

The Center for Recovery Resources will also be working with Harbor Homes, located in Nashua, as the facilitating organization offering technical support and collaboration with nine other recovery centers across the state. Other community agencies offering mental and behavioral health care, workforce development, case management, and veteran’s services will

(Continued on page A2)

Center, From A1

lend their expertise to the development of The Center for Recovery Resources.

To help ensure that The Center for Recovery Resources has stability, the TLC Board of Directors is exploring adding it to the array of programs already offered by the family resource center, according to Monroe-Cassel.

“We have been providing services to families in Sullivan and Lower Grafton counties for more than 25 years and we will be able to share that history of stability in the community with The Center for Recovery Resources,” said Monroe-Cassel.

Peer recovery support topic discussion groups will be held Tuesday to Friday, from 1:00 to 2:00 p.m. and recovery coaching services will be held Tuesday to Friday, from 2:00 p.m. to 4:00 p.m. Services will continue at 169 Main St. in the space formerly used by HOPE while looking for a new home. A decision on a new location may be announced as soon as next month.

The Center for Recovery Resources program updates and cancellations will be available at facebook.com/recoveryresourcecenter.

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. For more information, please visit www.tlcfamilyrc.org.

Suspect Charged with Felonious Sexual Assault Involving Child

CLAREMONT, NH—Claremont Police Chief Mark T. Chase announced Wednesday afternoon that after a four-month investigation, on April 3, 2018, Claremont Police Detectives arrested Tyler Robbins, 23, Claremont, NH; he is charged with two counts of Felonious Sexual Assault, a Class B Felony.



Tyler Robbins

According to Chase, who released a statement, the complaints allege that Robbins knowingly had sex with a child who was 13 years of age. The investigation was conducted in conjunction with the New Hampshire Division for Children, Youth and Families, as well as the Child Advocacy Center of Grafton and Sullivan Counties at Dartmouth-Hitchcock Medical Center.

Robbins was arraigned in the Sullivan County Superior Court on April 4 and released on \$10,000 personal recognizance bail, with the conditions that he not have contact with the alleged victim or her family, as well as no unsupervised contact with any child under 16 years of age.

The prosecution of this case is being handled by the Sullivan County Attorney’s Office, said Chase. Anyone with information regarding this case is encouraged to call Claremont Police Captain Stephen A. Lee at (603) 542-7010 or e-mail slee@claremontnh.com.

Unity Historical Society Meeting; All Welcome to Attend

UNITY, NH—The Unity Historical Society is meeting on Tuesday, April 13th, at 6:30 p.m. in the Unity Town Office Building, on the second floor. Anyone interested in Unity history is welcome to attend.

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04/07/2018

NH PowerBall

2 17 20 38 39 20 2

Mega Millions 04/06/2018

16 33 51 54 67 20 4

Megabucks 04/07/2018

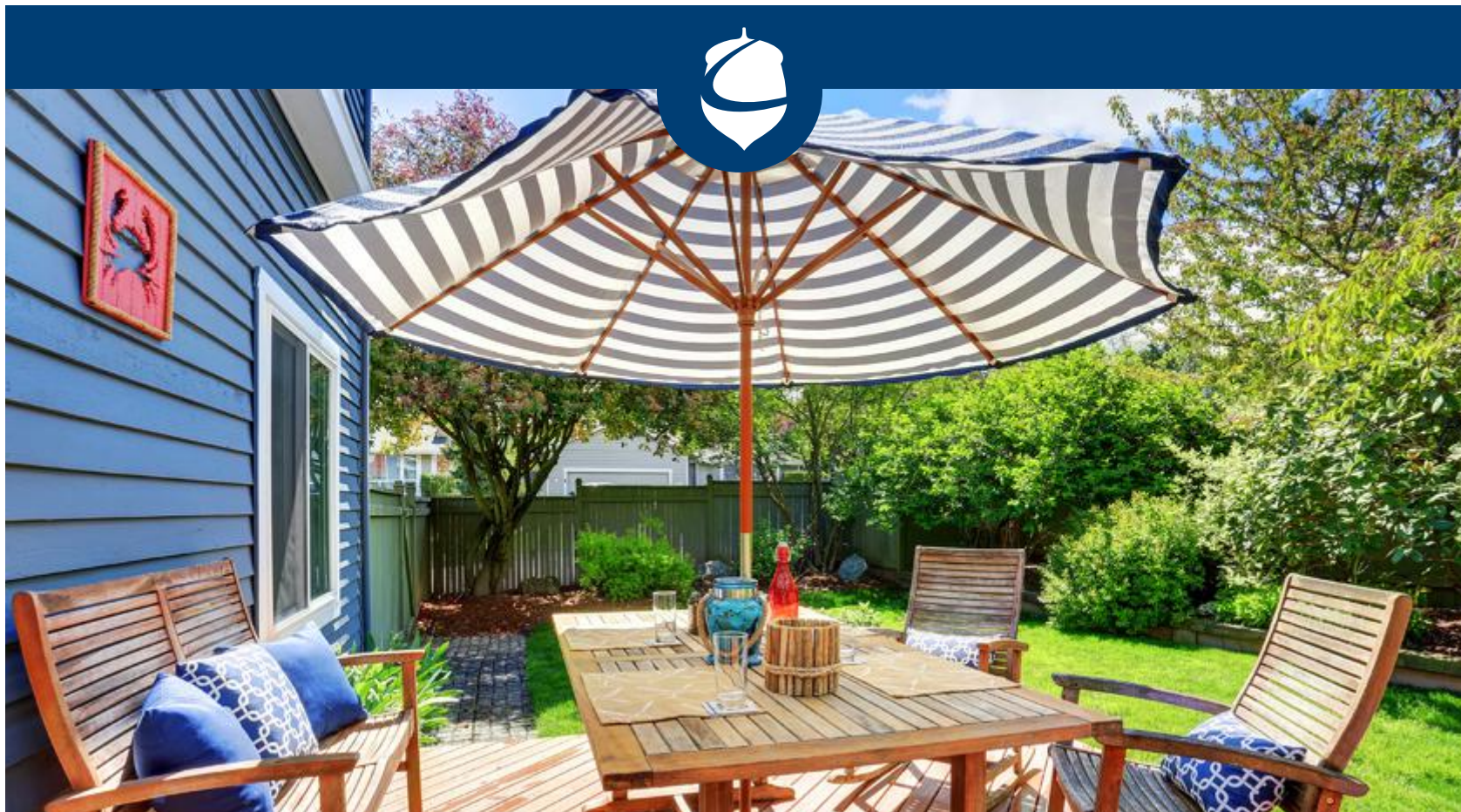
3 23 26 27 29 6

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

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Commentary

NH House Happenings

By Rep. John Cloutier

Update on Medicaid Health Insurance Program



Expansion of the Medicaid Health Insurance Program for eligible Granite State residents in slightly revised form is likely to continue based on last week's vote by New Hampshire's House of Representatives.

On April 5 the House, by a comfortable 222-125 roll call vote, gave preliminary approval to its amended version of Senate Bill 313. This amended bill, which passed the New Hampshire Senate on March 8, would establish the New Hampshire Granite Advantage Health Care Program, replacing the current New Hampshire Health Protection Program, the official name for Medicaid in our state. The amended measure now goes to the House Finance Committee for further review, and a second full House no later than May 3 under legislative rules. It is sponsored by a group of six Republican legislators led by Wolfeboro Sen. Jeb Bradley, who is also Senate Republican Leader.

Under the new Granite Advantage Program in Senate Bill 313, state residents eligible to presently receive benefits and those eligible to receive in the future would choose coverage offered by one of the managed care organizations contracted as vendors under Medicaid. The bill would also establish the Granite Workforce Pilot Program in order to help Medicaid recipients obtain jobs or education and training for future jobs. Additionally, the legislation would increase the amount of liquor revenues to be deposited into the State Alcohol Abuse Prevention & Treatment Fund and stipulate that the moneys deposited into the first fund would be transferred to the Granite Advantage Health Care Trust Fund for substance prevention, treatment, and recovery. Finally, the House amended the bill on the bipartisan recommendation of its Health, Human Services, & Elderly Affairs Committee to which it was first referred so as to allow self-employed individuals and seasonal workers to be eligible for expanded Medicaid.

Senate Bill 313's preliminary approval came after some floor debate, and after the House had defeated by an overwhelming 302-43 roll call vote an amendment sponsored by Swanzey Rep. James McConnell, which would have allowed our state to chiefly use Medicaid funds to help pay for county nursing homes and long-term care centers, if the federal government ever decided to convert Medicaid from a joint program 90 percent paid for by the feds and 10 percent by state governments into a block grant program for the states.

Senate Bill 313 proponents like Wolfeboro Rep. William Marsh, a Republican, said the amended legislation would continue Medicaid expansion as a managed care program. Rep. Marsh added that it was "critically" important for New Hampshire's health care system and economy to continue such expansion that would help benefit approximately 52,000 residents now using Medicaid. Continued expansion would be less expensive for taxpayers as a managed care program.

Nevertheless, Senate Bill 313 opponents like Sandown Rep. Chris True, another Republican, criticized the bill on the House floor. Rep. True questioned whether the measure lives up to the Republican Party's core values of lower taxes, less government spending, and reduced government control of services like healthcare. Several other Republican representatives also spoke in opposition. But two Democratic representatives spoke in support.

For readers' information, I voted to give preliminary approval to Senate Bill 313 so as to continue Medicaid expansion. Expanded Medicaid is a vital health insurance program for many New Hampshire residents, including my Claremont constituents, who are ineligible or cannot afford private health insurance. Expanded Medicaid is also important in helping our state's residents who are suffering from opioid addiction. I also voted against Rep. McConnell's amendment prioritizing public and private nursing homes for Medicaid, if it was ever converted by the federal government into a block grant program. I believed such an amendment was not only premature, but would have pitted our nursing homes, many of whose residents eventually wind up on Medicaid after exhausting personal funds, against other worthy Medicaid recipients.

Furthermore, in regard to continued Medicaid expansion, the House by voice vote on April 5 also adopted an amended version of Senate Bill 539. The bill as amended by the House would extend the present date when continued Medicaid expansion had to be signed into law from April 30 to June 30, 2018. The April 30 date was put into the current Medicaid program as part of the state operating budget signed into law last year. This amendment was recommended by the House Finance Committee to which the measure was referred, and would simply give the legislature more time on work on continued expansion without hurting current recipients.

Now, the original version of Senate Bill 539 as passed by the Senate on Feb. 1, only made an appropriation of \$1,483,428 to the New Hampshire Education Dept. to distribute additional education grants to several municipalities, including Claremont. Grants totaling the same amount of money the Education Dept. had intended to distribute in Fiscal Years 2016 and 2017 but neglected to do so because of an undetermined error. This error, which fell between July 1, 2015-June 30, 2017, will result in a total extra of \$13,663.66 for Claremont's schools, if the bill becomes law. More specifically, the bill's extra funds would be for students not reading at third grade level. Of course, I also voted for Senate Bill 539 as amended, legislation sponsored by a group of six Republican legislators led by Hampstead Sen. Regina Birdsell.

Finally, on April 5, the House again by voice vote approved Senate Bill 536. This bill would include court security officers and bailiffs in the definition of what is a police officer for the purposes of determining eligibility for death benefits, if the police officer is killed in the line of duty. The bill was sponsored by a bipartisan group of legislators led by Nashua Sen. Bette Lasky, a Democrat, and including Hanover Sen. Martha Hennessey, another Democrat, who is Claremont's senator.

For the record, I also voted for Senate Bill 536. I believe the job of court security officers and bailiffs can be just as dangerous as that of police officers. Therefore, I believe they should be entitled to the same death benefits as law enforcement.

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

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

and click on “Who Is My Legislator”

Letter to the Editor

Become a Team Leader to Help TPN's Annual Steppin' Up to End Violence

To The Editor:

Turning Points Network's annual Steppin' Up to End Violence is just about a month away, on May 5th, 2018! That means that teams from previous years are gearing up, and Turning Points Network committee members are out encouraging new teams to come together to make this another banner year. Steppin' Up is a hugely successful 5K that begins and ends at Claremont Middle School. Team members raise funds by asking friends and relatives to donate and by fundraising in fun and creative ways. Last year, nearly \$100,000.00 was raised! The event is a wonderful community activity that brings together people from every town in Sullivan County. If you live in one of the towns in our county, perhaps you are part of an organization, a church, a neighborhood, any group of people, that would be interested in forming a team to help end violence, assault, and/or stalking. Here's how it works, how you could become a team leader and start a team!

First, ask your group members if they'd like to be part of a team to walk on May 5th. Decide on a team name. It can be funny, exciting, or just the name of your organization. Once the decision is made, you could contact me or anyone at Turning Points Network. You might want to be the one leader, or we encourage co-team leaders as well. You can go to www.turningpointsnetwork.org/forms and find all the forms you will need for both individuals and for the team. Or TPN has packets that have everything you would need. You just ask me or call TPN.

An easy way for you and your team members to fundraise is by using FirstGiving, also easy to find on the website. Just sign up your team and then each member can sign up as well, and you can email or Facebook your friends. Depending upon your organization, you may be able to think of other ways to fundraise as a group. Then, the week before the walk, you will pre-register your team by turning in your money raised to either the Claremont or Newport location of Turning Points Network. On May 5th, you arrange to meet your team at Claremont Middle School. Parking is at a premium, so you'll want to arrive early, between 8:30 and 9:30, sign in, and have your group picture taken. Being a team leader is easy and lots of fun!

Kathy Niboli

Board Member, Turning Points Network

Shaheen Statement on New Russian Sanctions

WASHINGTON, DC—U.S. Senator Jeanne Shaheen (D-NH), the only woman on the Senate Foreign Relations Committee, issued the following statement Friday in response to the administration's announcement of new sanctions against senior Russian officials, companies and oligarchs. The sanctions were imposed in response to the Kremlin's attacks on Western democracies, as well as its support for Syrian President Bashar al-Assad and its aggression in Ukraine:

“Congress authorized sanctions legislation to be used for precisely this purpose, and I commend the administration for taking action to levy these new designations,” said Shaheen. “This should be a signal to Russia that the United States will not sit idly by while they repeatedly try to destabilize Western democracies, and I will continue to push for additional sanctions to hold the Kremlin accountable for its crimes. Moving forward, it's imperative that the President is vigilant against Russia's bad actors, who we know are planning to undermine our upcoming elections that are mere months away. I'll keep pushing the Trump administration to aggressively pursue adversaries threatening our democracy and to fully implement the sanctions legislation so that it also targets known foreign sanctions evaders.”

Shaheen has led efforts in Congress to hold Russia accountable for its interference in the 2016 US elections and for its continued aggression against Western democracies. Shaheen was instrumental in ushering the legislation through the Senate that authorized these sanctions. The sanctions legislation that was signed into law includes Senator Shaheen's provision to target foreign sanctions evaders, said her office.

AG's Office Warns of Increased IRS Scams

CONCORD, NH—Attorney General Gordon J. MacDonald is warning New Hampshire residents that IRS scam calls are on the increase throughout New Hampshire. In the last few days, the Attorney General's Office has received over 90 complaints related to IRS scams. Many of these calls are being directed to senior citizens. In the past few years, there have been a flood of these calls to New Hampshire residents, and throughout the country.

Residents report receiving unsolicited calls fraudulently claiming to be from the IRS and demanding payment for delinquent taxes. The callers typically ask for some sort of immediate payment and threaten arrest, wage garnishment or other forms of legal process to coerce the payment.

The IRS continues to caution taxpayers that, with very few exceptions, their first contact with a delinquent taxpayer will not be a phone call but will be in the form of a letter from the IRS sent through the mail. The IRS also does not initiate contact with taxpayers by email to request personal or financial information and it never asks for credit card, debit card or prepaid card information over the phone.

The Attorney General advises everyone, in the first instance, to hang up immediately if they receive one of these threatening and demanding calls, to not engage the caller in any respect and to be suspicious of all unsolicited calls asking for personal or financial information. The Attorney General advises that people should never provide personal information over the phone, in an email, or through the Internet unless that person has verified the source of the inquiry.

A second prevalent IRS related scam being reported is tax-related identity theft. This can occur when the perpetrator uses a Stolen Social Security number to file a tax return claiming a fraudulent refund. Often, the victim is unaware that the theft has happened until the person files his or her return and only then discovers that a fraudulent return had already been filed and the refund sent to the thief.

If you become a victim of tax-related identity theft, you should:

File a report with your local police

File a complaint with the Federal Trade Commission at www.identitytheft.gov or call the FTC Identity Theft Hotline at 1-877-438-4338

Contact the IRS and complete IRS Form 14039, Identity Theft Affidavit

Contact one of the three major credit bureaus to freeze or place a "fraud alert" on your credit:

www.Experian.com 1-888-397-3742

o www.TransUnion.com 1-800-680-7289

MacDonald also offers the following advice about how to reduce the risk of identity theft:
Don't carry your Social Security card or any document with your SSN on it.

Don't give out your SSN just because a business asks for it - only do so when it is absolutely necessary.

Secure your printed personal information at home by placing it in a locked container or in a bank safe deposit box.

Check your credit report annually with one of the three free agencies listed above. You are entitled to one free report each year from each of the three agencies.

Protect your personal computers by using firewalls and anti-spam/virus software.



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The snow couldn't keep TLC Family Resource Center from "planting" pinwheels on the bushes in front of TLC's office on Friday, April 6, to bring awareness to National Child Abuse Prevention Month. The agency is dedicated to preventing child abuse every day by supporting and strengthening families, youth, and children throughout Sullivan and Lower Grafton counties. From left to right: Sarah Breisch, Parent Educator; Jo Kleyensteuber, Finance Director; Neil Allen, AmeriCorps VISTA; and Maggie Monroe-Cassel, Executive Director; Andrew O'Heerne, City Council member; Assistant Mayor Allen Damren, and Mayor Charlene Lovett (Courtesy photo).

Head Lice Policy to be Revisited by District

CLAREMONT, NH—The Claremont School District will be revisiting its head lice policy at the May 2 school board meeting. The issue was raised by board member Steve Horsky who said that he had heard from a number of residents regarding the issue following his election to the board. The district's current policy may be found on the SAU 6 website. Stating that this is "not a Claremont issue, this is a national issue", Superintendent Middleton McGoodwin said that he was very much an advocate for following the medical advice of experts, including the American Association of

Pediatrics, adding, however, that "You can go contrary to what others recommend."

Some residents in the past have asked about an exclusionary policy that would require students with head lice to be sent home. Current information on the website says that "Students diagnosed with live head lice do not need to be sent home early from school; they can go home at the end of the day, be treated, and return to class after appropriate treatment has begun. Nits may persist after treatment, but successful treatment should kill crawling lice." That information comes from the Centers for Disease Control and Prevention (CDC). McGoodwin said that the issue is also a "civil rights issue" when the topic of an exclusionary policy is raised; board member Jason Beware wondered when or if it becomes

an issue of the rights of one outweighing the rights of many.

Those concerned with the issue are encouraged to attend the May 2 school board meeting.

—Phyllis A. Muzeroll

Rabies Clinic in Lempster

LEMPSTER, NH—On Saturday, April 21, a Rabies Clinic will be held from 11:00 a.m. to 1:00 p.m. at the Lempster Town Office, Rt 10, with Jolyon Johnson DVM attending. Fee for the rabies shot is \$12. Town clerk will be available for annual dog license registration. Sponsored by the Friends of the Miner Memorial Library; contact 863-5023.

Area Professional Development Opportunities Now Available on TLC Website

CLAREMONT, NH—Teachers, child care workers, medical and mental health professionals, social workers, and others will now be able to find professional development opportunities on the TLC Family Resource Center website.

“The need to share these opportunities is an important part of our mission,” said Executive Director Maggie Monroe-Cassel. “We want to be a resource to the families, but also to those who also work with families in various capacities. Our new website makes this easier for us to do. While some of the training opportunities are from TLC, many are being offered by other agencies or programs.

“We welcome others to share their opportunities with us — for our staff to take advantage of and to share on the website,” she continued. “We hope it becomes a frequently visited page as we are able to share more opportunities.”

In addition to the professional development opportunities, professionals working with families in Sullivan and Lower Grafton counties can make referrals for their clients or patients that may need some additional support directly through the website. The referrals are sent directly to our intake coordinator.

“We work with families of all ages and needs for support from pregnant women and their families through high school. All of our programs and services are always free to the families and children,” said Intake Coordinator René Couitt said. “We strive to find the right program for each family and the best staff member to work with them. If it isn’t a perfect fit, we work hard to find a new path forward.

“We are

currently accepting referrals in all of our programs,” Couitt continued. “If you don’t know if your client or patient would be a good fit, you can call me and we can discuss the options. And, if you don’t know how to approach your client or patient about TLC, we can help there, too.”

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. For more information about our programs and services, please visit www.tlcfamilyrc.org. To reach Couitt, please call 603-542-1848 ext. 302 or email rene@tlcfamilyrc.org.

RVCC Early College Registration for Bridge2College Now Open

CLAREMONT, NH--News from the RVCC Early College world has been released. Registration for its Bridge2College Summer and Fall 18 courses is now open.

Bridge2College is an early college/dual enrollment program at River Valley Community College that enables high school juniors and seniors to take college classes at a reduced rate of \$315-\$420 per course. This represents a savings of 50% off its regular tuition. This is an opportunity for students to earn general education credits that are transferable to other two and four year colleges.

Online classes are also avail-

able. Unlike most early college programs, Bridge2College allows high school students to take courses the summer after they graduate at the same reduced tuition rate.

“Most courses in our RVCC catalog can be taken through Bridge2College provided the student has the appropriate prerequisite and competencies. I can help navigate students and families through that process along with the academic advisors on our three campuses,” said Jerry Appell, Early College Coordinator at River Valley Community College.

“Many are already aware of the Governor's Scholarship that provides 100% reimbursement to New Hampshire students for two STEM related courses per year. Starting in the fall of 2018 the STEM tuition will be covered by CCSNH upfront and students will no longer be asked to bear that initial cost,” added Appell.

For more information, contact Appell at 603-542-7744, Ext. 5349, or jappell@ccsnh.edu.

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NECA's "Grimm's Tales" at COH

CLAREMONT, NH—Seven whimsical stories of the beloved Brother's Grimm fairy tales are retold in a new play "Grimm's Tales" presented by the New England Classical Academy Drama Program. The production opens Friday, April 13 at 7 PM at the Claremont Opera House in Claremont, NH and runs through Saturday, April 14 with shows at 2 PM and 7 PM. Featuring the stories of "Hansel and Gretel," "Little Snow White," "The Bremen Town Musicians," "Rumpelstiltskin," "The Shoes that Were Danced to Pieces," "The Three Feathers" and "Aschenputtel," audiences will enjoy these familiar tales told from the original sources of the Grimm brothers' collection.

Written and directed by NECA drama director Heidi Fagan, this is the ninth NECA spring production and, as always, promises to deliver a magical and enchanting experience. Fagan chose to write her own version to include the brothers Wilhelm and Jacob Grimm and some of the history of the early 1800's when the tales were originally collected. "Many people think they are called Grimm tales because of their dark content, but they are actually named after the two librarian authors, Jacob and Wilhelm, who heard these tales and collected them into one volume." Fagan tried to stay as true to the original stories as possible. "The endings especially are a bit strange, but I wanted to honor the tales the way they have been told through time. The students were surprised to discover that familiar stories they had grown up with, were dramatically different at times," she said.

As drama is part of the NECA curriculum, many students were excited to audition. The cast includes 36 students from grades three through 11 with several more students working behind the scenes. Fagan said, "The fun of writing an original script is being able to customize the roles. I often have numerous actors interested in the drama productions, but it's sometimes hard to find a play that has enough roles for all of them. I also included the actual storytellers from history as characters in the play to tell the tales to the brothers Grimm. It was surprising to find out that most of the original narrators were women and the craft of storytelling was much admired among their families and friends."

The cast features Anthony Abella and

Zachary Fagan, as Jacob and Wilhelm Grimm, Emily King, Corinne Lindberg, Alyssa Meyer, Jessica Cota, Logan Bascom, Emma Stone and Anna O'Hara as the storytellers, Sam Dalke as Hansel, Dylan Stewart as Gretel, Alice Breisch as Little Snow White, Ella Cottrill as the Miller's Daughter, Carter Buckley as Rumpelstiltskin. Playing a multitude of Princesses, Kings, Princes, servants, mothers, fathers, animals and wicked old women are Maria Cota, Sofia Bianconi, Brian Heacock, Tim Regan, Warren Bugbee, Joseph Cota, Hudson Buckley, Thomas Breisch, Patrick Regan, Camden Fagan, Athena Steele, Ben Carlson, Nora Lemieux, Lanie Goodwin, Alea Meyer, Ava Meyer, Tori Dalke, Janessa Dalke, Autumn Levesque, Lauren Levesque, Emma O'Hara, and Madison Barney.

NECA's "Grimm Tales" is entertainment for the whole family. Tickets are \$10 for general admission and \$6 for children 12 and under. Tickets are available at the door one half hour prior to each show or online at <https://www.biddingforgood.com/NECA-art/Grimm>. For more information about NECA, visit www.newenglandclassicalacademy.com or their Facebook Page New England Classical Academy.

Now in their tenth year, the academy offers enriching classes in math, science, Latin, logic, rhetoric, literature, history, art and humanities, and instills character development in the every day framework of the school. "Manners, ethics and responsibility are part of the NECA culture and is evident throughout all the schools programs, and the drama production is no exception," said Fagan.

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Classified Ads

Two Newport School District Teachers are Nominees for “NH Teacher of the Year”

NEWPORT, NH—Jennifer Paquette, a first grade teacher from Richards Elementary School, and Cathryn Burke, the 8th grade Science teacher from Newport Middle School, are each nominees for the 2019 NH Teacher of the Year award to be selected in September of this year. They each received certificates of recognition from NH Department of Education Commissioner Frank Edelblut and Deputy Commissioner Christine Brenner.

The NH Teacher of the Year award is presented to a teacher who is capable of speaking for and energizing the teaching profession, who represents the positive contributions of all teachers statewide and who intends to continue in the teaching profession. Paquette and Burke joined 21 other nominees in a forum in which they presented evidence of their teaching and school leadership. They were assessed by the NH Teacher of the Year Committee.

Superintendent Cindy Gallagher said, “Both, Jen and Cathryn are leaders in their classes, with their teams and among the staff. They are helping the District move forward with competency- based education.”

The NH Teacher of the Year Award is not a recognition of a single best teacher; rather, it is presented to someone who represents the best of what teaching has to offer. Gallagher said, “Their nominations are testimony to the hard work that the Newport staff are doing to make education better for our kids. Jen and Cathryn do not stand alone, they represent the whole District. I’m proud to work with them.”

The presentations made on April 3 were the first step in the nomination process. Semi-finalist will be notified in the next two weeks. The review committee will visit each school and interview staff, parents and students to help make the final decision. The finalist is announced in September, 2018, and will be recognized at the NH Education Awards in December 2018.

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Jennifer Paquette (left), a first grade teacher from Richards Elementary School, and Cathryn Burke (right), the 8th grade Science teacher from Newport Middle School, are each nominees for the 2019 NH Teacher of the Year award. They each received certificates of recognition from NH Department of Education Commissioner Frank Edelblut and Deputy Commissioner Christine Brenner (Courtesy photos).

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Solar, from A1

The project will be handled by Revision Energy, an employee-owned company based in Maine, Massachusetts and New Hampshire. Jack Ruderman of Revision Energy said the “site that we had had land not being used, and the facility is a large electricity user.” All power will be used on-site. The array will use 432 SunPower Solar Panels rated at 350 watts each; the solar panels convert sunlight to direct current (DC) electricity, and there is a 25-year product warranty and linear performance warranty. Expected useful life is 40 years. There will also be a monitoring system that will track solar output and allow for remote monitoring. Environmental benefits include reducing CO2 emissions by 200,596 lbs.

The cost of the system is slightly over \$319,000, and Ruderman said the savings would be as follows: 15-year savings: \$40,000; 20-year savings: \$170,000; 30-year savings: \$464,000; 40-year savings: \$836,000. “The savings over time ramp up slowly as you pay it off, but the system will last for decades.”

Originally, the City looked at putting a solar array in at the transfer station. “We originally put out an RFP for solar array at the transfer station, but it turned out to not be a good site because there is no 3 phase power there,” said Planning Director Nancy Merrill. An RFP was later developed for the waste water treatment plant. The project is expected to start soon.

Solar Education Program May 3

CLAREMONT, NH—ACTS Now and Claremont’s Planning and Development personnel will collaborate to offer a solar education program for residents on the evening of May 3rd at the Goodrich Community Room in the Sugar River Valley Technical Center, 111 South St. The program will begin with a simple meal at 5:30 p.m., with the educational program starting at 6:15 p.m.

Area residents will learn more about the big picture of solar energy and about what they can do if they are interested in home-based renewable solar energy to augment or replace their fossil fuel consumption. The Residential Solar Forum will have a panel of experts who will provide guidance about finding a good site, financing a solar installation, share information about how to purchase solar energy credits if a home site is not solar-ready, and give residents the opportunity to meet local contractors who specialize in the work.

This educational program is one of two to be offered. The second program will be offered in the beginning of June for commercial and industrial business and property owners. More information will follow.

These programs are funded by a New England Grassroots Environment Fund Grow Grant.

ACTS Now is a monthly book group that focuses on empowering citizens to create resilient and socially just communities.

For more information about the Residential Solar Forum or the book group, please contact Rebecca MacKenzie at 603-504-2851.

The Sullivan County Humane Society held a Rabies Clinic on Saturday, April 7, at the Senior Center on Maple Avenue. Sponsored by the Springfield Animal Hospital and the Claremont Senior Center, the low cost (\$10) allowed pet owners to bring their pets up to date with their rabies shots (Bill Binder photo).



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e-Ticker Business News

Claremont Savings Bank Announces Closing Bank Lobby of Charlestown Road Location

CLAREMONT, NH—Claremont Savings Bank has announced that it will close its bank lobby at 148 Charlestown Road in Claremont, NH, effective June 29, 2018. While the branch lobby will be closing, the two 24-hour ATMs currently in the entrance, will remain operating. In addition, the lobby at Charlestown Road will be discontinuing Saturday hours beginning after April 21, 2018.

The lobby at Claremont Savings Bank's Washington Street branch will open Saturdays for business including teller transactions, new accounts opening and consumer loan applications beginning on Saturday, April 28, 2018 from 9:00 a.m. - 12:00 p.m. This will allow customers from Newport and those shopping on Washington Street access to full-service banking on Saturdays.

"We opened the Charlestown Road branch three years ago and are disappointed to be closing the lobby after such a short time," said Reggie Greene, President and CEO of Claremont Savings Bank. "We found that most of our Claremont customers bank at our Main Office on Broad Street or at our branch on Washington Street. The Charlestown Road branch is less than two miles from the Main Office and about nine miles north of our branch in Charlestown. We will keep the two ATMs, which can handle account inquiry, check deposits and cash withdrawals, operating at 148 Charlestown Road. We understand that the closing will inconvenience some of our customers and are sorry for that. We look forward to providing continued service to Charlestown Road customers at one of our other nearby locations," added Greene.

Mt. Ascutney Hospital Achieves Governor's Award of Excellence for Worksite Wellness

WINDSOR, VT – For the seventh consecutive year, Mt. Ascutney Hospital and Health Center (MAHHC) has received an Excel-

lence in Worksite Wellness award from the Governor's Council of Physical Fitness & Sports and the Vermont Department of Health. The Governor's Council is a physical activity promotion and advocacy group comprised of approximately 20 volunteers, appointed by the Governor and representing a broad spectrum of Vermonters. This award recognizes MAHHC's success in creating a workplace that promotes the health and wellness of its employees.

The Governor's Award was presented to MAHHC at the 2018 Worksite Wellness Awards & Conference, which took place at the

DoubleTree by Hilton in Burlington on March 21. The conference provided hundreds of Vermont business owners, human resource professionals, and wellness experts the opportunity to learn strategies and best practices in worksite wellness, while sharing experiences and expanding professional networks.

MAHHC has been committed to workplace wellness for many years as evidenced by the comprehensive wellness program it created that addresses five key areas of wellness, including physical, nutritional, emotional, occupational, and financial health. Employees of
(Continued on page A15)

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e-Ticker Business News

Mt. Ascutney, from A14

the Hospital enjoy a smoke-free campus and a cafeteria that features wholesome and nutritious food selections. There's a spacious, private employee gym with a full array of fitness equipment available to serve MAHHC staff members. They can also participate in physical fitness programs, and attend classes for weight loss, exercise, yoga, stress reduction, and smoking cessation, most of which are sponsored by MAHHC and offered on site. The Hospital also offers health risk assessments to enable employees to earn insurance premium discounts and has an on-site United Way "Working Bridges" resource coordinator who helps staff minimize work disruptions, decrease absenteeism, improve financial stability and ultimately increase retention and advancement.

MAHHC's Human Resources Director Jean Martaniuk oversees the program with the assistance of Wellness Program Manager Sandi Dion. Ms. Dion coordinates all employee wellness efforts with the assistance of a dedicated committee of staff members, including providers, benefit providers, and others.

"An intense focus on health and wellness in our community is critical to MAHHC's mission," say CEO and Chief Medical Officer, Joseph Perras, MD, "and the health of our employees is an essential part of that mission. The Governor's Award is a welcome recognition of our success and we are pleased to be honored once again."

Send Business news and photos to etickernews@gmail.com



Left to right: Governor Phil Scott; MAHHC Wellness Committee Members: Amber Bedi, Marketing & Public Relations Mgr; Sandi Dion, Wellness Program Manager; and Mark Levin, MD, Commissioner, VT Dept of Health (Courtesy photo).

Dartmouth-Hitchcock to Study Improving Care for Multiple Sclerosis Patients in U.S.

LEBANON, NH—Dartmouth-Hitchcock hopes to improve the quality of care for people living with multiple sclerosis (MS), an incurable and debilitating disease of the central nervous system, through a three-year, national multicenter study of 5,000 people with MS.

"MS is a progressive, disabling, costly and incurable disease that can cause a variety of physical and emotional challenges, including fatigue, pain and depression," says Brant Oliver, PhD, MPH, APRN-BC, the principal investigator of the new Multiple Sclerosis Continuous Quality Improvement (MSCQI) Collaborative. "We are attempting an innovative approach using quality improvement methods to optimize evidence-based care for people with MS at system and population levels."

Oliver, a Dartmouth-Hitchcock nurse practitioner and assistant professor at The Dartmouth Institute for Health Policy and Clinical Practice and the Geisel School of Medicine, says the program is in the first year of the study to investigate system-level health care performance variation and improvement across participating MS centers. The goal is to accelerate the rate of improvement in MS care by sharing aggregated data across MS health centers to inform improvement efforts. It is among the first U.S. quality improvement research collaborative studying MS.

Dartmouth-Hitchcock is conducting the study in collaboration with Biogen, a leader in the research and development of treatments for people living with MS. Participating MS centers include Massachusetts General Hospital's Multiple Sclerosis Center, in Boston; the University of Vermont Multiple Sclerosis Center, in Burlington; the Multiple Sclerosis Center of Greater Orlando, in Maitland, FL; and the Concord Hospital Multiple Sclerosis Specialty Care Program in Concord, NH. Four additional sites are expected to join MSCQI this year, increasing the total study size to greater than 10,000 people with MS.

"In his role as a Dartmouth-Hitchcock nurse scientist, Dr. Oliver will lead the work of this improvement science research collaborative which aims to improve the quality and value of care for individuals with MS," says Dr. Susan Reeves, Chief Nursing Executive at Dartmouth-Hitchcock. "This multicenter research program, which is the first of its kind in the United States for MS, is both innovative and timely in that it will bring quality improvement to the MS field, including a rigorous study of geographic variation in care quality and a randomized study of different improvement interventions to optimize outcomes."



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The application period is now open for 2018.
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- Self-Care
- Family Stressors and Service Needs
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- Advocacy
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Registration Required

On-line

<http://www.naminh.org/pms-registration>

By phone

Contact Heidi Cantin (603) 225-5359 ext 310 or hcantin@naminh.org

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Judy Hayward discusses Asher Benjamin & Old South Church

A slide-illustrated lecture about Asher Benjamin (1773-1845), architect, master builder and author, April 15, 1:00 p.m.

At Old South Church, 146 Main Street Windsor, VT

Free and all are welcome. Asher Benjamin spent three years in Windsor building this church, writing and possibly teaching local builders. He would go on to author seven builder guide books in numerous editions.

Send us your news and photos

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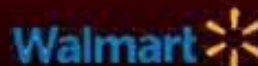
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Strategies for Your Investment "Garden"

If you're a gardener, your busy season is at hand, as April has been designated National Garden Month. But could the skills you deploy at gardening be transferred to other areas of your life – such as investing?

Here are a few ideas for doing just that:

Establish a timeline. As a gardener, you typically follow a well-defined timeline. You need to get the soil ready a few months before you want to plant, and you need to plant at different times, depending on what plants you choose. You even need to set up a schedule for watering, feeding, weeding and other garden care. As an investor, you may also need to observe a timeline. During the early and middle stages of your career, you probably need to invest primarily for growth, so you can build resources for a comfortable retirement. Then, as you near retirement, you may want to lower your risk level by shifting some – though certainly not all – of your investment dollars from growth-oriented vehicles into more income-producing ones. And once you do retire, your focus will shift to preserving your money, so one of your key decisions will center on how much you can afford to withdraw each year from your investment portfolio.

Choose "healthy" investments. Gardeners like to choose plants they know will really last. That's why they look for things such as green leaves, as opposed to brown or yellow ones, and thick stems, which usually indicate a plant is strong, healthy and capable of surviving a transition from the pot to the ground. And when you invest, you, too, should look for signs of health in the investments you choose. For example, when picking stocks, look for companies with solid fundamentals, such as experienced management, strong earnings and the demonstrated ability to produce products and services attractive to consumers. Or, when considering bonds, consider those that independent rating agencies have awarded the highest grades, in terms of the financial strength of the issuer.

Feed your investments properly. Things like fertilizer and plant food can be valuable, but the most important element in plant nutrition is water. Under-watered plants will not survive, but overwatering your plants can certainly damage them severely. When you invest, you also need to know the right amount of "food," or "nutrients," to apply. If you don't put enough money into investments, they may not grow as much as you'd like. On the other hand, it is possible to "overwater" certain investments. For example, if you constantly put money into just one or two investments, they could end up crowding out others in your portfolio, causing you to lose the value of diversification. And if these particular investments are already growth-oriented vehicles, highly subject to market risk, they could take a big hit during a market downturn. Ultimately, seek a balance in how you distribute your investment dollars.

Year after year, successful gardeners reap the rewards of their labors. And following some of their habits can help you work toward a long-lasting and fruitful investment garden, too.

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



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Has Your Water Meter Been Upgraded?

CLAREMONT, NH--As you may know, the Water Department has been aggressively replacing aging water meters throughout the City with a new radio read, lead-free compliant meter. There is no cost for this upgrade. Please help Mary Batchelder, who is on temporary assignment scheduling appointments, to upgrade water meters installed inside the homes of citizens connected to the City water distribution system, and the Water Department reach its goal of 250 meter replacements in March-April 2018. If you have a water meter installed in your home that has not been upgraded yet, please contact Batchelder to schedule an appointment. Please feel free to notify your family members, friends and neighbors of this upgrade as well. She will be available through April 27th and may be reached Monday through Friday between the hours of 8:00 a.m. and 12:00 p.m.: Phone: Extension 0358 (Outside Direct Line 504-0358) Email: dpwtemp@claremontnh.com.



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It's About Food

By Johnny Navillus



Chicken Alfredo

Of course I like Alfredo. It's tasty and creamy and oh so loaded with calories. YUM. My theory is that a little heavy meal every now and then won't move the scale all that much.

One Pot Chicken Alfredo

3 boneless skinless chicken breasts cut into bite-sized pieces
salt and pepper
½ teaspoon Italian seasoning
3 tablespoons olive oil
2 cloves garlic finely chopped
1 (14 oz) can chicken broth
1 cup heavy cream
2 cups penne pasta or any bite-sized pasta
¼ teaspoon dried basil (I go a little heavy on this because I like basil)
2 cups grated Parmesan cheese
¾ cup shredded Mozzarella cheese

Get out the large skillet. I prefer cast iron.
Add oil to skillet and heat over medium-high heat.
Add chicken and saute 2-3 minutes or until chicken turns slightly brown.
Add garlic and saute another minute.
Pour in chicken broth, cream, pasta and basil.
Mix to combine.
Bring to a boil.
Cover pan and reduce heat to a simmer.
Let simmer 15-20 minutes or until pasta is fully cooked.
Taste test the wine you are going to serve.
Remove from heat and add the Parmesan and Mozzarella cheeses.
Stir until cheese is fully melted and mixed in.
Serve.

You may want to return the skillet to low heat while melting the cheese, but be careful you don't burn it.

Moving from Europe to Asia...I like to make fried rice. When you do this, use leftover rice. It absorbs the liquid and flavors better because it has dried out. No, you don't need a wok for stir fry. Use that large skillet with the high sides. Just try not to fill it too much.

Did I recommend adding shredded cheese to chopped meat when forming burgers? I guess I just did. Oh, well.

You can use a hand mixer when shredding cooked meat. It's fast, Try it sometime. You listening, Mitch?

Play with your food. Omaha Mitch does.

Write to Johnny at etickernews@gmail.com.

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Say It Ain't Snow. Kokopelli, the trickster/fertility god of the Hopi nation, tries to dance away the April snow in a Claremont garden. Spring's nourishing warmth will certainly – eventually – return (Eric Zengota photo).

SMHS to Mark Alcohol Awareness Week with Special Events

SUNAPEE, NH—April is National Alcohol Awareness Month. Sunapee Middle High School is participating in various events during the week of April 16th through April 20th recognizing alcohol awareness. Events planned include a mock vehicle crash caused by an impaired driver, discussions on the effects of alcohol, drinking and driving, alcohol abuse and its impact on families.

Students will also have the opportunity to wear goggles while operating the Sunapee Police Department's golf cart which will simulate the effects of alcohol impairment while driving. There will also be a crashed vehicle on display outside the entrance of the school for all to view which will be used in Lt. Cobb's presentation of the demographics of a car crash. The Fire Department will demonstrate an extraction of a crash victim using the jaws of life.

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**Kindergarten Registration
 Claremont School District
 April 2-20, 2018
 April 30-May 4, 2018**

Any child who is **five (5) on or before September 30, 2018** and who resides in Claremont may register for Claremont School District's 2018-19 Kindergarten classes. Registration will be held from 8:00 AM - 4:00 PM at the elementary school your child will attend. Evening registration will be held at the following times:

Bluff School	May 2	from 6:00-7:00 pm
Disnard School	May 2	from 6:00-7:00 pm
Maple Ave. School	May 1	from 6:00-7:00 pm

To register, please bring your child's birth certificate and proof of residency to your neighborhood school. If you are not sure in which school area you live or have any questions, call the Superintendent's Office at 543-4200 for information.

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Bluff School held its Bluff Spring Runoff 5k on Saturday, April 7. Students, parents and friends gathered for the race on the cold but sunny day to run the 5K throughout the local neighborhoods. Proceeds from the race will be used to benefit the students at Bluff School. The kids race began the day, and the Bluff School Tiger was on hand to congratulate the runners at the Finish Line. The adult race began at 9:30 a.m. on this cold morning (Bill Binder photos).

The Kiwanis Club of Claremont held its 18th Annual Big Auction on Saturday, April 7. The phones were busy as people called in to bid for the many donated items on the auction list. Proceeds will be used by the Kiwanis to benefit area children's charities (Bill Binder photos).



A full-blown water line break in Claremont Saturday afternoon, in front of 216 Broad St., involved a 10-inch water main, a major hub in the water system, Asst. DPW Director Vic St. Pierre told the *e-Ticker News*. The break affected between 800,000 and a million gallons of water. Broad St. was closed for a number of hours as DPW made repairs; the incident happened around 1:30 p.m. on Saturday, but crews managed to repair the problem by around 6:00 p.m. St. Pierre said remarkably there was no private property damage. Repaving the street remains to be done.



Photos by Bill Binder



Whirlpool over one of the storm drains.



At the end of the brown fence, the water took a hard right turn and headed for Monadnock Park.



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Bacon or Sausage
Donut or Muffin
Juice
Hot Coffee or Tea



Adults: \$7.00
Children 2-12: \$5.00
Under 2: Free

Take out available



A Focus on Public Health and the Environment

The transition from Winter to Spring often brings a renewed focus on healthier living and a healthier environment. The month of April is dedicated to both as we celebrate Child Abuse Prevention, Sexual Assault Awareness, National Drug Take Back Day, and Earth Day. What we achieve as a community this month will be the direct result of our level of engagement.

On April 6th, Teach Loving Connections (TLC) Family Resource Center began the observance of National Child Abuse Prevention month with a Wear Blue Day event designed to raise awareness and create solidarity on the issue of child abuse. During the event, they also “planted” blue pinwheels in front of their office. In 2008, the pinwheel became the national symbol for the great childhoods all children deserve. The board and staff of TLC are firmly committed to the wellbeing of children as they work every day to strengthen families facing difficult barriers to their success. By engaging with local, regional and state organizations they are making positive changes in families across our community and creating environments in which great childhoods can happen. To learn more about TLC, please visit their website at www.tlcfamilyrc.org.

April is also Sexual Assault Awareness Month and the time when Turning Point Networks (TPN) is in the midst of organizing their largest annual fundraiser. TPN’s mission is to enhance the safety and wellbeing of victims and survivors of domestic and sexual abuse, help create a community that is responsive to them and promote a culture of safety. Steppin’ Up is the annual 5K walk/run fundraiser renowned for its level of community involvement. Last year, the event raised \$96,000. This year, the 5K walk/run is scheduled for May 5th, and TPN hopes to raise \$100,000. Please consider helping them reach this goal and furthering their work in our community. To

learn more about TPN, please visit their website at www.turningpointnetwork.org.

Across the nation, there is a growing awareness of Substance Use Disorders (SUDs) and the need to address them effectively in terms of both prevention and treatment. One of the ways that communities can help prevent the potential abuse of prescription drugs is to hold a National Drug Take Back Day. This year, the Claremont Police Department will host such an event on April 28th from 10am to 2pm at the CVS Parking Lot. This is an excellent way to safely dispose of unneeded or expired prescription drugs that may be residing in your medicine cabinet. By participating in this event, you will be helping to prevent drug abuse in our City.

Creating a healthier environment is not only the result of effectively addressing public health issues, but also the condition of our

land. This year, the City Council and Administration will be actively engaged in a community-wide effort to clean-up Claremont. Though Earth Day is on April 22nd, clean-up efforts will begin mid-April. Councilors have volunteered to be team leaders for each of the three wards, and will be working with the City Administration, School District and residents to address “hot spots.” In addition, Tire Day will be held on April 21st, giving residents the opportunity to dispose of unwanted tires for free. A full schedule of all of the clean-up events will be provided on April 11th on the City’s website and during the City Council meeting. Please consider what you can do to make Claremont beautiful.

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



Sign of Spring?

Always a spring favorite, crocuses often have to brave late snows as they blossom in April, ushering in the growing season (Phyllis A. Muzeroll photo).