

# e-Ticker News of Claremont

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**Claremont Speedway  
Recap,  
Page B1**

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June 25, 2018

## Claremont to Host July 4th Celebration

CLAREMONT, NH—The Claremont Parks and Recreation Department has announced the schedule for the Annual July 4th Celebration at Monadnock Park on Wednesday, July 4th. The excitement will begin at 6:00 p.m. with many local vendors on hand selling food,



drinks, and novelty items.

“We are excited to have Last Kid Picked, a local band that is considered one of New England’s best cover bands, playing a variety of musical genres. The band is great for dancing or listening to and provides an enjoyable experience for all audiences,” said Mark Brislin, Parks and Recreation Director for the City of Claremont. “July 4th is a great time to bring the community together and celebrate,” he added. All of these fun events will lead up to the spectacular fireworks show at 9:30 p.m. to conclude the evening.

This year’s fireworks display is presented by McGee Toyota of Claremont. To help continue the popular July 4th celebration in future years,

**(Continued on page A2)**

**Ready,  
Set,  
Float...**

The beach at Mount Sunapee State Park in Newbury welcomes visitors to its sandy stretch. Adults \$5, kids 6-11 \$2, 5 and under and NH residents age 65 and over admitted free. For more information, visit [nhstateparks.org/visit/state-parks/mount-sunapee-state-park.aspx](http://nhstateparks.org/visit/state-parks/mount-sunapee-state-park.aspx) or call 603-763-5561 (Eric Zengota photo).



**July 4th, from A1**

Claremont Parks & Rec will be asking for a \$1 donation at the entrance of Monadnock Park. Your support is greatly appreciated to help continue this tradition; donations for the fireworks fund can also be sent to or dropped off at the Claremont Savings Bank Community Center, 152 South St., Claremont, NH 03743, during business hours.

Parking spaces will be available along Broad Street and Pleasant Street. Only handicapped and authorized vendor parking will be allowed at Monadnock Park. In the event of inclement weather, the rain date for this event will be on July 5th. Please be sure to visit [www.claremontparks.com](http://www.claremontparks.com) or like them on Facebook @ClaremontParks for up-to-date schedules and announcements for the July 4th celebration.

**Schedule of Events**

6:00 PM Food Vendors Open  
 6:00 PM – 8:00 PM Street Magic with Dylan Tenney

6:30 PM -9:30 PM Last Kid Picked Performance  
 9:30 PM Fireworks Presented by McGee Toyota of Claremont

**Sullivan County  
 Grand Jury  
 Indictments Released**

NEWPORT, NH—The Sullivan County Grand Jury released the following indictments last week:

Michael Fuqua, 48, Newport, NH, indicted for Willfully Endeavor to Intercept (oral communication), March 15, 2018; Violation of Privacy, March 15, 2018.

Anthony M. Ouellette, 34, Claremont, NH, indicted for Habitual Offender, Feb. 19, 2018.

Samantha Davis, 28, 103 County Farm Road, Unity, NH, indicted for Drug Enterprise Leader, Special Felony Offense, between Nov. 1, 2017, and April 11, 2018.

Kasey Decato, 29, 103 County Farm Road, Unity, NH, indicted for Falsifying Physical Evidence, May 3, 2018.

Amanda Bateman, 31, Boscawen, NH, indicted for Delivery of Articles Prohibited, between March 30, 2018, and May 1, 2018.

Cassandra Greer, 42, Navasota, TX, indicted for Delivery of Articles Prohibited, between March 30, 2018, and May 1, 2018.

Jonathon King, 25, Goshen, NH, indicted for Operation after Certification as Habitual Offender, May 23, 2018.

Chris J. Cristini, 29, Claremont, NH, indicted for Reckless Conduct with a Deadly Weapon, April 14, 2018.

Howard P. Richards, 54, Claremont, NH, indicted

for Criminal Threatening with a Deadly Weapon, June 7, 2018.

Fancy Mosconas, 22, Newport, NH, indicted for Theft by Deception, between Dec. 16, 2018, and Dec. 21, 2017.

**UMArmy Youth Mission Returning**

CLAREMONT, NH—The UMArmy Youth Mission group is coming to the Sullivan County area for the 4th year.

The United Methodist Action Reach-out Mission by youth (U.M.Army) will be coming again to work in the community from July 15-20th. They have scheduled over 20 jobs to be completed with a community project for the City in the works. First United Methodist is once again hosting the group with the help of the City Parks and Recreation Department helping with shower facilities and Stevens High School with sleeping arrangements. Local organizers are looking to the community to spread the word that these amazing youth and adults will be in our City during that week and to welcome them when they see them.

*e-Ticker News of Claremont LLC*  
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*e-Ticker News* reserves the right to reject/decline any material submitted that is deemed inappropriate for our publication.

*The opinions expressed in articles, Letters to the Editor or columns are those of the writers and do not necessarily reflect the opinion of the e-Ticker News*

Member, Greater Claremont Chamber of Commerce

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**NH Lottery Numbers**

**06/23/2018**

**NH PowerBall**

**16 29 43 45 56 25 2**

**Mega Millions 06/22/2018**

**2 6 11 27 44 20 2**

**Megabucks 06/23/2018**

**4 12 23 28 38 4**

**For more lottery numbers,**

<https://www.nhlottery.com/Homepage>

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# Commentary

## NH House Happenings

By Rep. John Cloutier

### Two Amendments on Nov. Ballot

Granite State voters will be casting ballots on two proposed amendments to New Hampshire's Constitution on top of all the political offices in the Nov. 6 General Election.

The first proposed amendment is CACR (Constitutional Amendment Concurrent Resolution) 15, which would allow taxpayers eligible to vote in our state the legal standing to petition the New Hampshire Superior Court to declare whether the state or the political subdivision in which the taxpayer resides has spent funds in violation of a law, ordinance, or provision of the state constitution. The second proposal is CACR 16, an amendment that would provide that an individual's right to "live free from governmental intrusion in private or personal information is natural, essential, and inherent." Both proposals were approved by first the House and later the New Hampshire Senate this year by the three-fifths or 60 percent majority necessary under our state constitution to have both submitted to voters for their consideration on Nov. 6, 2018. If at least two-thirds, or approximately 66.7 percent of all voters casting ballots on both, vote "Yes" on either one or both, then they will become part of the constitution.

CACR 15 was approved by the House on March 6 with little debate on the floor, and on an overwhelming 309-9 roll call vote. The proposed amendment had been unanimously recommended for approval by the House Judiciary Committee, to which it was referred for examination. The proposal is sponsored by a bi-partisan coalition of four representatives led by Chester Rep. Joseph Hagan, a Republican, who is also Judiciary Committee Chair. By the way, Rep. Hagan is also a doctor, who used to work weekends at Valley Regional Hospital.

One of CACR 15's other sponsors is Westmoreland Rep. Paul Berch, a Democrat, who wrote the unanimous "Ought To Pass" recommendation report for Judiciary. In the report, Rep. Berch wrote, "This constitutional amendment restores to the taxpayers of our state the legal ability to bring certain lawsuits relating to the spending of public funds by the state or the political subdivision in which the taxpayer resides. In doing so, our taxpayers will have broader access to our courts and greater ability to ensure governmental accountability. As the New Hampshire Superior Court noted several decades ago, every taxpayer has a vital interest in proper government, regardless of whether his or her purse is specifically affected. Until relatively recently, the New Hampshire Supreme Court recognized taxpayer standing. This amendment will assure that this important taxpayer right will continue to be recognized and enforced."

After being overwhelmingly approved by the House in March, CACR 15 then proceeded to the Senate for further review. After being recommended by the Senate Rules & Enrolled Bills Committee, the Sen-



ate also gave strong approval to the amendment by a 22-2 roll call vote on May 2. Among the two senators voting for it were Hanover's Martha Hennessey, a Democrat, and Stoddard's Ruth Ward, a Republican, who combined together represent all 15 of Sullivan County's 15 municipalities in the Senate.

I joined the overwhelming majority of my fellow representatives in voting for CACR 15. I did so based on the Judiciary Committee's unanimous recommendation, and Rep. Berch's report.

As earlier mentioned, CACR 16 is the second proposed constitutional amendment to be considered by voters on Nov. 6. This proposal which would expand privacy rights in New Hampshire was first adopted by the House on Feb. 22 as readers may remember from a previous column. It was adopted after a brief debate, and a vote on a floor amendment offered by Manchester Rep. Timothy Smith, a Democrat, that would have modified the amendment so as to protect citizens from not only intrusion on their personal information by state government, but also intrusion by private entities, including businesses. But Rep. Smith's floor amendment was defeated by a 255-79 division vote.

The Judiciary Committee, to which CACR 16 had first referred for scrutiny, again recommended the proposal by a strong 15-2 roll call vote. Stratford Rep. Kurt Wuelper, a Republican, wrote the report for Judiciary's "Ought To Pass" recommendation. In the report, Rep. Wuelper stated, "This constitutional amendment formally recognizes our right to privacy in our personal information. We've long protected our privacy in our 'person, houses, papers and effects,' but this emits the modern ability to collect/analyze personal information-things like health data, information from our DNA etc. Our personal information today is perhaps more important than those items already protected, and this resolution will provide the same protection to our personal data that we have for our physical things." But despite Judiciary's strong recommendation, the proposal nearly failed to obtain the necessary 60 percent majority required for passage. In fact, the necessary majority was obtained only because House Speaker Gene Chandler, who rarely votes because he is the presiding officer, cast the one required vote to insure that it did pass. The final division vote was 235-96.

CACR 16 next went over to the Senate, where it was reviewed again by the Senate Rules & Enrolled Bills Committee. Rules & Enrolled Bills recommended the amendment, and then it was adopted by a 15-9 roll call vote of the full Senate on May 2-again barely the 60 percent majority necessary for passage. Sullivan County's two senators went opposite ways on the proposal-with Sen. Ward voting for it, and Sen. Hennessey voting against.

I also voted for CACR 16's final passage, even though I also voted for Rep. Smith's unsuccessful floor amendment which would have modified the proposal to include protection from intrusions on individuals' personal information by private entities as well as government. Though I was disappointed that the floor amendment failed, I voted for final passage because I believe the amendment is a step forward in protecting our personal information from unnecessary governmental invasions. Additionally, I plan to vote to cast another "Yes" ballot for CACR 16 on Nov. 6 and urge readers to the same.

Email: [joeloutier@comcast.net](mailto:joeloutier@comcast.net)

## House of Representatives – Claremont

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[fgauthier1776@gmail.com](mailto:fgauthier1776@gmail.com)

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**District 5/Ward 3: Raymond Gagnon**  
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**District 10/Wards 1, 2, 3: John Cloutier**  
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603-271-3067  
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202-224-2841  
<http://shaheen.senate.gov/contact>

**Sen. Maggie Hassan**  
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Washington, DC 20510  
Phone: (202) 224-3324  
<https://www.hassan.senate.gov/>

**Rep. Anne Kuster**  
137 Cannon House Office Building  
Washington, DC 20515  
phone: 202-225-5206  
<http://kuster.house.gov/contact>

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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”**

## **Kuster Visits McAllen and Brownsville, TX to Observe Situation on Southern Border**

(MCALLEN, TX) – Saturday, Congresswoman Annie Kuster (NH-02) toured the McAllen Border Patrol Station, the McAllen Centralized Process Center, and the Port of Isabel ICE Detention Center to observe conditions on the ground and the impact of President Trump’s Executive Action on the separation of families. Last week, Kuster helped lead a letter to Secretary of Health and Human Services Alex Azar and Secretary of the Department of Homeland Security Kirstjen Nielsen requesting information on the status of children who have been separated from their parents. To this point, it is not clear how all families will be reunited.

“The separation of families remains deeply troubling,” said Kuster. “I met with 40 mothers who had been separated from their children and it was impossible not to see the fear in their eyes that they would never see their children again. I heard from mothers who had their nursing babies taken from them and have no idea where they are. This is immoral, heartbreaking, and wrong. We still have not heard of plans for reuniting all of the 2,300 children who have already been separated from their parents. It’s also clear that the Executive Order issued by President Trump is insufficient to address the issue of families being separated. We’ve heard from multiple officials that they need more guidance from the Administration. The Administration should immediately release a plan for reuniting divided families and provide guidance to border patrol officials to ensure that families seeking asylum are treated humanely and their asylum claim is reviewed quickly...”

## **Hassan Statement on SCOTUS Decision Mandating Internet Sales Tax Collection**

WASHINGTON, DC – Senator Maggie Hassan issued the following statement Thursday on the Supreme Court’s 5-4 ruling in *South Dakota v. Wayfair*, which overturns a previous ruling that had protected New Hampshire and means that New Hampshire small businesses selling products over the internet will now be forced to collect sales tax for other states:

“I am extremely disappointed by the Supreme Court’s ruling in this case, which will unfairly burden New Hampshire’s small businesses by requiring them to collect sales tax for other states on goods sold over the internet. I’ve heard from small business owners in the Granite State about how a mandatory internet sales tax collection requirement would negatively impact them, creating a complex web of red tape and hindering their growth. New Hampshire’s lack of a sales tax is a competitive advantage for our state, and this decision will unfairly punish small businesses that are the backbone of our economy. I will continue standing strong against burdensome regulations that hurt our innovative small businesses and weaken our state’s economic strength.”

Hassan joined her colleagues in introducing a resolution opposing a bill that would require businesses selling goods over the internet to collect sales tax for other states, even if the seller is located in a state without a sales tax. Hassan also signed an amicus brief to the Supreme Court, urging the Court to rule against South Dakota in this case.

## **Shaheen: If Secretary Nielsen Can’t Produce a Plan to Reunite Children Separated From Their Parents, She Should Resign**

WASHINGTON, DC—Friday, U.S. Senator Jeanne Shaheen (D-NH) is calling on Secretary of Homeland Security Kirstjen Nielsen to resign if she cannot promptly produce and implement a plan to reunite children separated from their parents at the Southern border:

“President Trump’s policy of separating families at the border is deeply immoral and has created an ongoing crisis as thousands of children remain scattered across the country, indefinitely separated from their parents,” said Shaheen. “It’s unconscionable that this policy was carried out without any plans or procedures in place to eventually reunite these families. Secretary Nielsen is responsible for this callous implementation and if she cannot promptly produce a plan to reunite every child with his or her parents, she should resign.”





The REMIX community in Claremont hosted an evening of improvisational comedy with local comedians Chad Blodgett, Peter Pardoe and Bryan Muenzer at the REMIX club on Pleasant St. on Friday. The proceeds from this event will be donated to Janette Coombs and her family to help while she battles medical issues. The REMIX community has "paid it forward" and donated to over a dozen local groups and families. Above: The Coombs family, Janette, Alex, Nick and Kayleigh, visit with Jimmie Neilsen of REMIX after the event; right: Chad Blodgett (center in red) and his friends Peter Pardoe and Bryan Muenzer perform for the crowd (Bill Binder photos).

## No Paper Week of July 4th

Dear Readers:

Just a note to say that I have decided to take a couple of badly-needed breaks during the year, the week of July 4th and Christmas. Working 7 days a week, 52 weeks a year, is quite a challenge, to say the least. I will continue to post any breaking or important news on our website and FB page as needed, but there will be no PDF those 2 weeks. Thank you for your understanding and amazing continued support! So very grateful for all that you do to support the e-Ticker News.

Phyllis "Pam" Muzeroll

## Children's Menu - All New This Year

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week 3 Week 5 Week 7 Week 9 Week 11	French Toast Sticks, yogurt berries, snap peas 1% milk, granola bar	Turkey and Cheese Sandwich, cucumber with dip, apple, 1% milk, granola bar	Salami and Cheese Sandwich, cherry tomatoes, berries, 1% milk, granola bar	Ham and Cheese Sandwich, cucumber with dip, grapes, 1% milk, granola bar	Build Your Own Pizza, baby carrots with dip, watermelon, chocolate milk, granola bar
Week 2 Week 4 Week 6 Week 8 Week 10	French Toast Sticks, berries, yogurt, snap peas, 1% milk, granola bar	Turkey and Cheese Sandwich, baby carrots with dip, apple, 1% milk, granola bar	Salami and Cheese Sandwich, cherry tomatoes, berries, 1% milk, granola bar	Ham and Cheese Sandwich, cucumber with dip, grapes, 1% milk, granola bar	Chicken Salad Sandwich, baby carrots with dip, watermelon, chocolate milk, granola bar

Activities available at all sites thanks to a partnership with the Fiske Free Library

## Free lunch and activities all Summer!



Open to all youth 18 and under.

Children under 6 years old should be accompanied by an appropriate caregiver (sibling, parent, grandparents, babysitter...)

We are happy to provide lunch for accompanying caregivers

Monday through Friday

June 18<sup>th</sup>-August 24<sup>th</sup>\*  
From 11:30 am - 12:30 pm

Claremont Middle School  
107 South Street  
Gymnasium Entrance

Maple Ave. School  
210 Maple Street  
Barton Street Entrance

Disnard Elementary School  
160 Hanover Street  
Main Entrance

Claremont Soup Kitchen  
53 Central Street  
From 1:00 pm - 2:00pm  
June 18<sup>th</sup>-August 31<sup>st</sup>\*

\*All sites closed July 4<sup>th</sup>

Please contact Zadiah with any questions  
603-306-9892

ChildrensCommunityLunch@gmail.com

**VOLUNTEERS**  
**NEEDED & APPRECIATED**



# Power of Produce Clubs Feature Local Food Fun for Kids

## Join Free POP Clubs at 14 Upper Valley Farmers' Markets

WHITE RIVER JUNCTION, VT—Kids around the Upper Valley can get a taste of local fruits and vegetables this summer—plus their very own money to spend on fresh, local produce—with Power of Produce (POP) Clubs happening weekly at area farmers' markets and farmstands.

Power of Produce Clubs are simple, fun and free. Families sign up at the POP table and start the day's activity—a farmers' market scavenger hunt, a vegetable quiz, an art project or another produce-related activity. Once they complete the activity, they return to the POP table to receive their POP Bucks: market money just for kids to spend on fruits and vegetables at the market. Kids ages 5-12 can participate once or all summer at 14 Upper Valley locations:

**Canaan Farmers and Artisans' Market**, Canaan, NH, Sundays, 10 a.m.-2 p.m.

**Chelsea Farmers' Market**, Chelsea, VT, Fridays, 3-6 p.m.

**Claremont Farmers' Market**, Claremont, NH, Saturdays, 9 a.m.-1 p.m.

**Edgewater Farmstand**, Plainfield, NH, Wednesdays, 3-5 p.m.

**Newport Farmers' Market**, Newport, NH, Fridays, 3-6 p.m.

**Hartland Farmers' Market**, Hartland, VT, Fridays, 4-7 p.m.

**Hanover Farmers' Market**, Hanover, NH, Wednesdays, 3-6 p.m.

**Lebanon Farmers' Market**, Lebanon, NH, Thursdays, 4-7 p.m.

**Norwich Farmers' Market**, Norwich, VT, Saturdays, 9 a.m.-1 p.m.

**Royalton Farmers' Market**, South Royalton, VT, Thursdays, 3-6 p.m.

**Spring Ledge Farm Stand**, New London, NH, Tuesdays, 3-6 p.m.

**Greater Falls Farmers' Mar**



**ket**, Bellows Falls, VT, Fridays, 3-7 p.m.  
Wilmot Farmers' Market, Wilmot, NH, Saturdays, 9 am-12 p.m.

**Beaver Pond Farm Stand**, Newport, NH, Day and time TBD!

Families with SNAP benefits can use them at farmers' markets, and in some cases even double them with Granite State Market Match. Newport Farmers' Market will double SNAP benefits; Edgewater Farmstand will accept SNAP EBT cards once they receive final approval from the State. The Hartland Farmers' Market in Vermont also offers a POP Club and will double SNAP benefits with Crop Cash.

Vital Communities is supporting POP Clubs at New Hampshire markets this summer and fall as part of an effort to increase produce sales by New Hampshire fruit and vegetable farmers. Farmers' markets are an important sales point for Upper Valley produce farms; customers can get to know farm vendors, ask questions about their products and taste and buy the freshest possible foods for their families. Teaching children about local foods, where they come from and how they are grown right here in New Hamp-

shire helps all of us grow up healthy and take care of our working lands.

Vital Communities is supporting POP Clubs at Edgewater Farmstand in Plainfield, NH, and the Newport Farmers' Market in Newport, NH, with funding from the New Hampshire Department of Agriculture, Markets and Food, HNH Foundation and the New Hampshire Charitable Foundation. Learn more at [VitalCommunities.org/POP](http://VitalCommunities.org/POP).

*Vital Communities, a nonprofit organization based in White River Junction, Vt., brings together citizens, organizations, and municipalities to take on issues where an independent voice and regional approach are essential. Working together, we make our region a better place to live, work, and play.*

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# Sullivan County Republicans Announce Candidates for NH House, Senate

NEWPORT NH—Sullivan County Republicans have announced a full slate of candidates for the NH House and Senate. Candidates include women, millennials, and veterans and have a combined record of over 100 years of public service. They include:

- Senate 5 - Patrick Lozito of Claremont
- Senate 8 - Ruth Ward of Stoddard
- House 1 - Virginia Drye and Tanya McIntire
- House 2 - Gates Lucas
- House 3 - Francis Gauthier
- House 4 - John J. O'Connor
- House 5 - Walter A. Stapleton
- House 6 - John Callum and Skip Rollins
- House 7 - Judy Aron
- House 8 - Tom Laware
- House 9 - Margaret M. Drye
- House 10 - Conlin Smith
- House 11 - Steven Smith

Sullivan County GOP Chairman, James Beard, stated, "I am honored and grateful to see so many Republicans step up to work for a better, stronger, more successful Sullivan County. A huge thank you to Representative Steve Smith, Sullivan County GOP Vice Chair Dave Rourk and Committee Member Spec Bowers. This great team effort is going to prove successful for the people of Sullivan County."

## Art Exhibition & Sale in Acworth

ACWORTH, NH--A fine art exhibition and sale in the Acworth Town Hall is the centerpiece of a festive day of fundraising activities for local projects on Saturday, July 14. The show, benefiting the Acworth Community Charitable Trust, will feature 30 artists from around the region and background live music. Hours

are 10:00 a.m. to 4:00 p.m., and admission is free. Also on site will be the annual Silsby Library book sale. At noon, the Friends of the Acworth Meetinghouse will host a chicken BBQ dinner.

The Charitable Trust was founded in 2007 with a mission of supporting projects benefiting the town of Acworth and its citizens. Since then, it has grown to a membership of over 100 and distributed over \$91,000 in local grants. This year a total of \$14,150 went toward painting of the Valley Church, a fire suppression system in the Village Store, restoration of the Town Hearse, tuition aid for Acworth students attending Nature's Classroom in New York state and summer programs at the Orchard School in Alstead, restoration work of the Chase Mill in Alstead, and tuition to weaving workshops for a local artisan. The grant program is funded by tax-deductible member donations and the proceeds of the annual fundraiser.

For more information, contact Trust secretary Stella Herpel, 603-835-2925, [frogwood@my-fairpoint.net](mailto:frogwood@my-fairpoint.net), [www.acworthtrust.org](http://www.acworthtrust.org), and like us on Facebook.

## FRIDAY NIGHT - JUNE 29 (RAIN DATE JUNE 30)

### BIKE GIVEAWAY PLUS BIG WHEEL RACES

*Bikes Donated by the R.E. Hinkley Super Street Teams*

*Kiwanis Club of Claremont Kids Club Big Wheel Races - Helmets Required*

*R.E. Hinkley Super Streets-Pepsi Street Stocks-T-Bird Mini Marts Wildcats*

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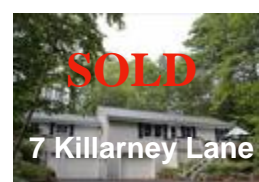
### 2018 EVENT SCHEDULE *\*subject to change*

June 29	<b>REGULAR CARD - BIKE GIVEAWAY</b> Supers, Street Stocks and Wildcats
July 6	<b>FIREWORKS - MID-SUMMER EXTRA DISTANCE</b> Supers, Street Stocks and Wildcats
July 13	<b>RICHARDSON MEMORIAL SEGMENT RACES - SUPERS</b> Supers, Street Stocks and Wildcats
July 20	<b>SUMMER BREAK - NO RACING</b>
July 27	<b>NORTHEAST CLASSIC LITES</b> CODY LAFONT MEMORIAL TWIN 25'S FOR WILDCATS Supers, Street Stocks and Wildcats
Aug. 3	<b>SUPER HERO COMIC CON NIGHT - SPECTATOR EVENT</b> Supers, Street Stocks and Wildcats
Aug. 10	<b>80'S NIGHT - CELEBRATING 1983/1988</b> SENIOR TOUR AUTO RACERS Supers, Street Stocks and Wildcats
Aug. 18 Saturday	<b>OPEN MODIFIED EVENT - 100 LAPS **</b> Supers, Street Stocks and Wildcats
Aug. 24	<b>RACE AGAINST CANCER EVENT - BACKPACK GIVEAWAY</b> Supers, Street Stocks and Wildcats
Aug. 31	<b>STREET STOCK TWIN 25'S EVENT</b> Supers, Street Stocks and Wildcats
Sept. 8 Saturday	<b>OPEN MODIFIED EVENT - 100 LAPS **</b> Supers, Street Stocks and Wildcats
Sept. 14	<b>4-CYLINDER NATIONALS for NEMST</b> Supers and Street Stocks
Sept. 21	<b>REGULAR CARD - SPECTATOR EVENT- BIKE GIVEAWAY</b> Supers, Street Stocks and Wildcats
Sept. 28	<b>CHAMPIONSHIP NIGHT - TOP 10 RACES</b> Supers, Street Stocks and Wildcats



# Classified Ads

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### Current Listings



### LAND - LAND - LAND

- MLS#4509788 - 18 Pinewood Drive, Unity - \$77,900
- MLS#4650281 - Beechwood Drive, Cornish - \$37,000
- MLS#4650295 - 381 E. Green Mtn, Claremont - \$42,000
- MLS#4677857 - Anderson Street, Claremont - \$9,900
- MLS#4685156 - Parsonage Road, Cornish - \$50,000
- MLS#4685160 - Parsonage Road, Cornish - \$90,000
- MLS#4695881 - Bible Hill Road, Claremont - \$75,000
- MLS#4700489 - Scenic Hill Road, Charlestown - \$35,000

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## Ann's Property Of The Week

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## Join the Black River BioBlitz on July 29th

SPRINGFIELD, VT—On Sunday July 29th, come explore with experts and learn about the flora and fauna

of both Hoyt's Landing and Muckross State Park in Springfield, VT, for the first-ever Black River BioBlitz; free and family-friendly (please leave pets at home); with a sug-



gested donation of \$10, you'll receive a commemorative button and a "swag bag" to collect special items throughout the day.

Leave your car at the Park & Ride at Exit 7 off I-91 and pick up the BioBlitz Shuttle, courtesy of Butler's Bus. The shuttle will run from 10:00 a.m. till 3:00 p.m. between Muckross, the Park & Ride, and Hoyt's Landing and back again.

Stay for an hour or pack a lunch and stay for the day!. Learn about birds, trees, ferns, mushrooms, amphibians, reptiles, flowers, insects, and so much more -- many displays will be up at both locations and experts will be on hand to introduce you to the wildlife and woodlands. Bring your camera, binoculars, and/or smartphone if you'd like to take photos and upload them to iNaturalist to help the BRAT build an "inventory" of scientifically-confirmed species at both locations.

Join the project here: <https://www.inaturalist.org/projects/2018-black-river-bioblitz>.

An "early bird walk" is planned for Muckross State Park with the Ascutney Mountain Audubon Society; bring your own boat to paddle for one of the aquatic plant sessions or dragonfly excursions on the water at Hoyt's Landing. A mushroom tour at Muckross is in the works, too, and an exciting "after-dark" session at Hoyt's Landing (bring a UV flashlight if you have one, and your camera!).

Lots of events are happening and changing, so tune in to the Black River Action Team's Facebook Events Page for updates and details: <https://www.facebook.com/BlackRiverActionTeam/>.

## Classified Ads

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For questions, contact BRAT Director Kelly Stettner at [blackrivercleanup@gmail.com](mailto:blackrivercleanup@gmail.com) or by leaving a message at (802) 738-0456.

### McGoodwin Presented with Gift at Joint Meeting

CLAREMONT, NH—At the Thursday night joint meeting of the Claremont School Board and City Council, departing SAU#6 Superintendent Middleton McGoodwin was presented with a gift. McGoodwin's contract was terminated in May by the SAU6 board, and he has formerly resigned, effective June 30. Mayor Charlene Lovett presented McGoodwin with a limited edition, made-in-New Hampshire clock with the seal of New Hampshire on it. Lovett thanked him for the work he had done,

noting the number of times he had testified on behalf of the City in Concord regarding a number of issues, including background checks for school employees, lead poisoning and testing for it in children and education funding. "I can't be more pleased with the effort you put in at the state house," she told him as she presented the clock. "He was recognized by the Education Committee as the 'frequent flyer' in Concord," she said, for the multiple trips he made to testify.

"I'm very, very surprised," said McGoodwin, regarding the presentation, "but very honored to receive this. I will put this in my home. I'm very, very proud to have been here seven years...."

For more on the meeting, see page A16.

—Phyllis A. Muzeroll

# e-Ticker Business News

## Three Local Claremont Leaders Graduate from 12th Class of Leadership

WHITE RIVER JUNCTION, VT.— Vital Communities celebrated the graduation of the Leadership Upper Valley Class of 2018 on Wednesday, June 13, at Harpoon Brewery in Windsor. This year's 31 established and emerging local leaders from around the region have spent 10 months together in the program developing and deepening their knowledge and understanding of the Upper Valley in order to better succeed in and serve the community.

"For more than a decade, Leadership Upper Valley has introduced rising community leaders to the complicated issues the region faces and challenged them to produce fresh and innovative solutions," said Vital Communities' Leadership Upper Valley Manager Rob Schultz. "The members of this year's class span a wide range: from employees of small businesses and nonprofits to the largest employers in the area, as well as being from all reaches of the Upper Valley region. The breadth of their perspectives allowed them to forge unique connections and bring new ideas to their work. It was wonderful to support them through this process."

In the course of the 10-month program, the class worked to understand the Upper Valley's education system and opportunities for further involvement; enjoyed a hands-on exploration of the rich local arts world with Northern Stage; discovered the varied service and nonprofit organizations supporting the community; examined the past, present, and future of the Upper Valley's economic development with help from the City of Claremont; explored the criminal justice system and broader issues which affect our community; learned about the structure and responsibilities of governmental bodies, as well as how to engage actively as a citizen; discovered the region's growing transportation network and how various modes of travel can impact every aspect of our lives; and addressed the topic of environmental sustainability at VINS. The class also completed a service project opening trails in Claremont's Moody Park.

This year's Leadership Upper Valley graduates include:

Alison Marchione of Lebanon – Upper Valley Land Trust  
 Amber Johnston of Fairlee – Upper Valley Haven  
 Amy Duda of Wilder – Dead River Company  
 April Turner-Girard of Newbury – Hanover Consumer Cooperative Society  
 Bella Stachowski of West Lebanon – Greater Sullivan County Public Health Network  
 Cortney Nichols of Claremont – High Horses Therapeutic Riding Program and Spark!  
 Derek Ferland of Claremont – Sullivan County  
 Doug Adams of Plainfield – Red River  
 Elyse Crossman of Claremont – Greater Claremont Chamber of Commerce  
 Eula Lee Kozma of New London – Good Neighbor Health Clinic  
 Hannah Rheame of Charlestown – Lambert Auto Sales, Inc.  
 Ian Pahl of Sunapee – ReVision Energy  
 Jacqui Baker of Lebanon – ALL Together at Dartmouth-Hitchcock  
 Jason Kendall of Etna – Gallagher, Flynn & Co.  
 Jaxson Potwin of Quechee – King Arthur Flour  
 Jenny McKenna of West Hartford – Upper Valley Waldorf School  
 Jesse Pacht of East Thetford – Long Wind Farm  
 Joe Clifford of Plainfield – Lebanon Opera House  
 Kathy Welling of Norwich  
 Kevin O'Leary of Hanover – Dartmouth College  
 Lee Michaelides of Norwich – Subtext Media, Dartmouth College  
 Matthew DeGroot of Worcester, Vt. – Global Campuses Foundation  
 Micky Lambert of Enfield – Kendal at Hanover  
 Nick Hamilton of Grafton – Hypertherm Inc.

Nico Bekker of Bradford – Ledyard National Bank  
 Nicole Dexter of Quechee – Lake Sunapee Bank  
 Paige Heverly of Wilder – Vital Communities  
 Raelene Robinson-Garrow of Windsor – Mascoma Bank  
 Rob Taylor of Meriden – Lebanon Area Chamber of Commerce  
 Ryan Scelza of Quechee – Dartmouth College  
 Sharon Wight of Lebanon – Concepts NREC

Leadership Upper Valley runs from September through June each year. Participants spend one intensive day per month learning in-depth about a different regional issue from topic-area experts. Residents and employees within Vital Communities' 69-town service area are welcome to apply; the program accepts 30 participants per year. Learn more at [VitalCommunities.org/LeadershipUpperValley](http://VitalCommunities.org/LeadershipUpperValley).

## Springfield Medical Care Systems Welcomes Kara Pitt, MD

SPRINGFIELD, VT - The Women's Health Center of Springfield is pleased to welcome Kara Pitt, MD, FACOG.

Pitt is a graduate of Saint Anselm College in Manchester, NH, where she earned her Bachelor of Science degree. She received her Masters of Science from Yale University

and later attended the University of Illinois Col  
**(Continued on page A13)**



**Kara Pitt, MD**



# e-Ticker Business News

## Pitt, from A12

lege of Medicine where she earned her Medical Degree with Honors. She completed her OB/GYN residency in 2003 at Brown University, Women's and Infants' Hospital, Providence, RI.

Pitt's previous experience includes Obstetrics and Gynecology Attending Physician at Tri-County Medical Associates in Milford, MA; Signature Medical Group in Raynham, MA; Steward Medical Group/Morton Physician Associates in Raynham, MA; Women's Health Affiliates, Brockton Hospital, Brockton, MA; and Resident Physician at Women and Infants' Hospital Brown University, Providence, RI.

Pitt is board certified and a Fellow of the American College of Obstetrics and Gynecology; and a member of the Alpha Omega Alpha Medical Honor Society.

The Women's Health Center of Springfield, 29 Ridgewood Road, Springfield, VT, is scheduling appointments with Pitt. Please call 802-886-3556.

## Linda Richardson, LNA, MA named May, 2018 Employee of the Month at Mt. Ascutney Hospital



**Linda Richardson**

WINDSOR, VT – Mt. Ascutney Hospital and Health Center (MAHHC) has announced Linda

Richardson, MA as Employee of the Month for May, 2018. Richardson is a Medical Assistant in our Surgical and Specialty Care Offices. As a medical assistant, Richardson is responsible for helping patients with their healthcare and daily living needs, working in tandem with a number of surgeons and specialty physicians. She puts patients at ease, gathers clinical information, takes vital signs, obtains specimens and assists the providers. After the patient sees the specialist, Linda plays a key role in following through with the patient's plan of care. Her experience and compassion play an integral part in our clinical team.

According to Practice Director Hannah Bianchi, Richardson is beloved by her patients and respected by her colleagues. "Linda is the glue that holds our practice together," says Bianchi, adding that "she's always looking for ways to make our clinics better for patients and staff, and she anticipates the needs of everyone with whom she interacts. She's our resident 'mom,' always looking after us and guiding us in the right direction. She is a keen listener, and her kindness and compassionate humor are always apparent."

Bianchi says that in addition to her caregiv-  
**(Continued on page A14)**

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# e-Ticker Business News

## Richardson, from A13

ing duties, and her fame as the Hospital's resident holiday decorator, Richardson goes above and beyond as a mentor and teacher to her peers. "Linda's patient and knowledgeable, and also dependable—we know we can always count on her."

Richardson, a resident of Windsor, has been an employee of MAHHC since 1980.

## D-H CEO and President Named One of 50 "Most Influential" Leaders by *Modern Healthcare*

LEBANON, NH – Dartmouth-Hitchcock Health and Dartmouth-Hitchcock CEO and President Joanne M. Conroy, MD, has been named one of the 50 "Most Influential Physician Executives and Leaders" by *Modern Healthcare* magazine.

Conroy, who arrived a little less than a year

ago and has ensured the \$58 million turnaround in the health system's finances, is featured in the June 18 issue of the magazine, along with leaders of the nation's top health system, government agencies, and foundations. She was noted not only for the finan-



Joanne M. Conroy, MD

cial success, but also for the system's solid bond rating reviews and efforts to improve staff engagement and retention.

"This is such an incredible honor. It goes without saying that being listed among such an impressive list of my fellow physician leaders is humbling," she said. "I'm very proud to have been selected last year as the CEO and President of Dartmouth-Hitchcock, to lead an organization with great promise to transform health care for our nation. This recognition by *Modern Healthcare* further validates that we as an organization are doing the right thing for our patients and the communities we serve."

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## SULLIVAN COUNTY NH DELEGATION PUBLIC NOTICE ANNUAL COUNTY CONVENTION

**Tuesday, June 26, 2018  
6:30 p.m.**

Sugar River Valley Regional Technical Center  
Louis Thompson Room  
243 North Main Street Newport, NH, 03773

The Annual Meeting of the Sullivan County Convention will be held as noticed above to consider the Fiscal Year 2019 Proposed County Budget.

A full agenda will be posted on the County's website, [www.sullivancountynh.gov](http://www.sullivancountynh.gov), by the end of business day on Monday, June 25, or you may contact the County Commissioners' Office at (603)863-2560 during regular business hours, Monday through Friday, 8:00 a.m. – 4:00 p.m.

John Cloutier, Chair  
Sullivan County Delegation





## OUR TURN Rethinking Summer Safety and Stranger Danger

When we think about keeping kids safe over the summer, we might think about sunscreen, biking and swim safety; or hiking, campfires and the first “sleep away” camp. But who are our kids spending time with?

When we think about who might hurt children, images of the stereotypical person lurking in a park luring children with candy come to mind. Teaching children how to be safe around strangers and how to access help from safe strangers if needed is important. But mostly, the “stranger danger” myth keeps us from confronting an even scarier truth: children are more likely to be hurt, specifically sexually abused, by someone they know and trust than by a stranger.

Those who sexually abuse children “groom” the child and their family by offering time, help, gifts and special attention. Grooming is the process of building false trust and pushing boundaries—perhaps telling dirty jokes, holding a hug too long or making a child sit on their lap. Abusers confuse the child with sexualized attention, talk, photos or action. Sexual abuse can be verbal or physical and may include exposure to pornography or watching children undress or bathe.

One out of ten children will be sexually abused before the age of 18; 34% will be under 12 years old and 66% will be between ages 12-17.

We only need to look at recent headlines to know that those who sexually abuse children are found in sports programs, schools, faith communities, camps and homes. This is not meant to scare us from ever allowing children to leave our sides, but instead to empower us to take an active role in keeping kids safe. So how do we keep kids safe? It starts with us—the adults. Each of us reading this article, discussing it with a friend, asking questions of our children’s caregivers, opening up the conversation with our children. It is up to us to keep kids safe.

How do we do this?

Learn more. There are many resources available: Turning Points Network (TPN), local

mental health organizations, online resources. Learn all you can about sexual abuse: the warning signs and the way abusers will lure children with false trust.

Trust YOUR instincts. Listen to your gut feelings when someone makes you or your child uncomfortable. Be aware of someone trying to push boundaries, single out attention or be alone with a particular child.

Establish open communication with your child. Let them know they can talk to you about anything, including uncomfortable feelings or touches. Teach proper names for body parts. Talk about their right to ask for help if anyone talks to them or touches them in a way that makes them uncomfortable. Not sure how to start the conversation? Call TPN for resources. You can also find info online at [www.turningpointsnetwork.org](http://www.turningpointsnetwork.org) or [www.stopitnow.org](http://www.stopitnow.org).

Ask about the training that organizations or camps provide their staff. Ask about child protection policies which address the need for two teens/adults with each group; one-on-one interactions should be avoided.

Some may say you are being over-protective when you ask these questions. We would like to reframe that perspective. We cannot assume that every organization or camp has considered and created specific and comprehensive policies that protect children. We believe that every time we ask the questions we are doing all that we can to put our kids’ safety first and in doing so also give voice to an issue that for too long has thrived in the shadows. Those who abuse children are counting on us to be silent. We are living in a time when silence about sexual abuse is being broken each day. Sexual abuse is a community problem that requires a community response to end it. Let’s work together this summer—and every season—to keep kids safe from sexual abuse. Healthy, nurturing relationships are what we want for all of us: children, teens and adults.

For more information, resources and tips for caregivers and educators, contact Turning Points Network at 603-543-0155. We are a local resource with more than 40 years of work in the field of prevention.

*OUR TURN is a public service series by Turning Points Network (TPN) serving all of Sullivan County with offices in Claremont and Newport. We provide wraparound supports for survivors of domestic and sexual violence, stalking and human trafficking and we present violence-prevention education programs in our schools. For more than 40 years, TPN has*

*helped people of all ages move from the darkness of abuse toward the light of respect, healing and hope. For information contact 1.800.639.3130 or [www.turningpointsnetwork.org](http://www.turningpointsnetwork.org) or find us on Facebook.*

## Rolston Announces Candidacy

CLAREMONT, NH—Chad Rolston has announced that he is a candidate for State Representative in Ward 3 Claremont. That seat is currently held by Rep. Ray Gagnon, who is retiring from the position. “I believe Claremont is a fantastic community, with tremendous potential. I have lived here for six years, my primary reason for running is that I would like to do more to give back to this community,” said Rolston.



**Chad Rolston**

As background, he is a credit union executive with 23 years of experience with leadership in finance and technology. He has previously served as a member of the Boards of Directors of two New Hampshire credit unions. “The credit union philosophy of ‘People helping people’ is deeply engrained in me, and a huge part of both my professional and personal life,” said Rolston. “Claremont and Ward 3 need a voice and advocate for its citizens and with your support, I intend to be that advocate. I believe in hard work, common sense, cooperation and inclusiveness. In other words, I believe in people helping people.

Rolston said that he is “eager to hear from you, the residents of Ward 3. Please share with me the issues that are most important to you, and how you feel you could be best represented in Concord. Areas that I am especially interested and eager to discuss are education and opportunities for our youth, adequate support for seniors and veterans, greater opportunities for working families, business and economic development. I am also concerned about the stewardship of the natural beauty of this great state. I believe my background in finance and technology will assist in crafting statewide policies in moving NH forward.”

Rolston may be reached on Facebook or via email at [www.facebook.com/rolston4nhhouse](https://www.facebook.com/rolston4nhhouse) or [rolston4nhhouse@gmail.com](mailto:rolston4nhhouse@gmail.com).



## Mayoral Notes by Charlene Lovett



### Community-Wide Priorities for 2018 and 2019

On June 21st, the Claremont City Council and School Board held their quarterly meeting. The focus of the meeting was to move forward with priorities already established by the governing bodies, and establish legislative priorities for the 2019 session. State Representatives Cloutier and Gauthier attended the meeting and offered suggestions as to how legislative priorities might be accomplished.

In previous joint meetings, the governing bodies unanimously agreed that one of the 2018 priorities was the creation of a dedicated Public Information Officer (PIO). Such a position would provide the community with the resource to manage Claremont's online presence, communicate city-wide achievements and opportunities, and market regionally. The governing bodies directed City Manager McNutt and Superintendent Dr. McGoodwin to develop a job description and associated salary for accomplishing these tasks.

The administrators presented their work to the governing bodies at our last joint meeting in April. Consensus was reached that the job description for this position was quite extensive and might need to be narrowed, and that the projected salary was in line with market demand. However, the question that could not be answered was how to fund it.

At our most recent meeting, the City Council and School Board reaffirmed their desire to move forward with the position, but directed the administrators to explore options beyond a full-time position, including a part time or contracted position, and a funding source. The administrators were also asked to determine if some of this work is already being done within their administration and how many dollars and man hours were currently being dedicated to this effort. On August 9th, the governing bodies will meet to hear the administrators' findings and the successes of other communities that have utilized a PIO.

The discussion then moved onto our priori-

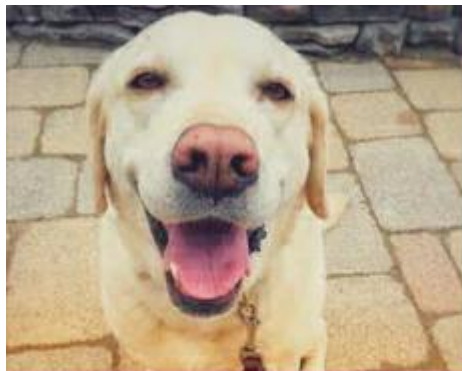
ties for the 2019 legislative session. The governing bodies unanimously agreed that the number one priority was education funding. The loss of funding support from the State in recent years has adversely impacted property owners and the school district's ability to deliver a quality education. Both legislators agreed with the importance of recapturing lost educational funding, and committed to supporting legislation that would accomplish that. Additionally, Representative Cloutier urged the governing bodies to invite the gubernatorial candidates to Claremont to hear how the community has been affected by the decline in State educational funding and their position on the issue. Consensus was reached to invite the candidates.

The governing bodies also reaffirmed the need to pursue one of its priorities of the 2018 legislative session – the reinstatement of a partial state contribution to the NH Retirement System. House Bill 413, which would have accomplished this, failed by one vote in the House in the last legislative session. Representative Cloutier offered to work with other legislators to introduce a new bill in the 2019

legislative session so that the issue could be reconsidered.

Finally, Superintendent Dr. McGoodwin stated that one of the great barriers to achieving desired educational outcomes is children's behavioral health. This is a topic that has garnered the attention of many advocacy groups to include New Futures. The focus of New Futures is "to provide training at no cost to advocates and organizations who share one or more of our health policy priorities." Because this issue is also one of their health policy priorities, we will be inviting them to Claremont to do a presentation on the Children's Behavioral Health System in NH. The 1-2 hour presentation will be hosted by the governing bodies, and open to the public. By increasing our understanding and working with advocacy groups and our legislators, we will be better equipped to communicate our needs at the local level.

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



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### VFW Announces Winners of Annual Essay Competition

CHARLESTOWN, NH—Commander Tom St.Pierre of the Charlestown Memorial VFW Post 8497, has announced the winners of the VFW's annual Patriot's Pen youth essay competition. At an awards ceremony held at Charlestown Middle School Thursday morning, St.Pierre presented Abigail Waryas with the first place certificate and check for \$100. Kassidy Ransom was awarded second place and a check for \$75. Third place was awarded to Dominic Cady along with a check for \$50. Middle school students in grades 6-8 in this area have the opportunity to compete and win thousands of dollars in national awards.

The VFW enacted the Patriot's Pen competition in 1995 to encourage young minds to examine America's history, along with their own experiences in modern American society by composing a 300- to 400-word patriotic-themed essay. The theme for the 2019 competition is "Why I Honor the American Flag."


Students begin by competing at the local Post level. Post winners advance to District competition with District winners advancing to the state competition. State first-place winners compete for their share of thousands of dollars in awards, and the national first-place winner is awarded \$5,000 and an all-expense-paid trip to Washington, DC.

Each year, more than 125,000 students participate nationwide. Deadline for student entries is October 31, and interested students and teachers should contact local VFW Post 8497 by phone at 603-558-1171 or email the Post at [672tedward@gmail.com](mailto:672tedward@gmail.com) for more information. For details, visit <http://www.vfw.org/PatriotsPen>.

### Girl Scout Troop to host "Cupcake War"

CLAREMONT, NH—On July 7th, Girl Scout Troop 30261, with Leader Tara Tilton, will be having a "Cupcake War" using the famous Girl Scout cookies everyone loves. The girls will split into five groups of three and draw a cookie variety name to use. They will then come up with a recipe from scratch and will mix, bake and decorate the cupcakes. This will take place at First United Methodist Church in Claremont on July 7th from 9-, with judging to follow. Judges will be Tami Joslin from Uptown Bakery and Deb Snelling, from The Herbpitch Ladies. Cadette troop 22368 will also be joining the girls that day. Prizes will be awarded from 1st to 5th.

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



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**Carl Bannon RPh**  
Chad Beane RPh  
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# Summer Programs at the Fiske Free Library Continue

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Submitted by Marta Smith, Fiske Free Library

CLAREMONT, NH— On Wednesday, June 27th, at 2:00 p.m., Children’s Room assistant Alaina Granter will present a Lego Challenge on Propulsion, and on Thursday, June 28th, at 2:00 p.m., musician Judy Pancoast will present a fun program featuring a “Little Bit of Elvis” as well as a bit of Country Music, Pop music and even a bit of Jazz!

On Friday, June 29th, at 2:00 p.m., join us for Bingo for Books and win some free books. Messy Art Night which was previously listed for June will actually be held in July, on July 26th, at 6:00 p.m.; dress appropriately and plan to have fun! Steve Blunt and Marty Kelley will be at the library on Thursday, July 19th, at 3:00 p.m. to present “Let’s Rock ‘N’ Roll and Read at 3:00 pm.

Once again we will be hosting the CLiF Program with a story by the presenter and free books for any children who attend-ages 0-14. The CLiF Program will be on Monday, August 13, at 2:00 p.m.

As always, the programs are free and open to the public. Most of the programs do not require sign-ups; however, a few require sign-ups so that we will have enough supplies for all attendees: The Harmonica Program with Mike & Beverly Rogers on Tuesday, July 31st, is one, so they will know how many harmonicas to bring; the Yo-yo program on Thursday, August 2nd, is another—so that we will have enough yo-yos—and especially for the CLiF Program on Monday, August 13, so that they will bring enough books to give away.

On Wednesdays throughout the summer, we will be having Wacky Wednesdays where we will have a different activity every week—rock painting, tissue paper craft, sponge craft and Makey, Makey or Lego activity; the Wacky Wednesday programs will be on Wednesdays at 2:00 p.m. The Wacky Wednesday programs start on June 27th.

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

Send news and photos to

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## 4th of July - Work Toward Your Own Financial Independence Day

We're getting close to the Fourth of July, our national Independence Day. This celebration may get you thinking of the many freedoms you enjoy. But have you thought of what you might need to do to attain financial freedom?

Your first step is to define what financial independence signifies to you. For many people, it means being able to retire when they want to, and to enjoy a comfortable retirement lifestyle. So, if this is your vision as well, consider taking these steps:

**Pay yourself first.** If you wait until you have some extra money "lying around" before you invest for retirement, you may never get around to doing it. Instead, pay yourself first. This actually is not that hard to do, especially if you have a 401(k) or other employer-sponsored retirement plan, because your contributions are taken directly from your paycheck, before you even have the chance to spend the money. You can set up a similar arrangement with an IRA by having automatic contributions taken directly from your checking or savings account.

**Invest appropriately.** Your investment decisions should be guided by your time horizon, risk tolerance and retirement goals. If you deviate from these guideposts – for instance, by taking on either too much or too little risk – you may end up making decisions that aren't right for you and that may set you back as you pursue your financial independence.

**Avoid financial "potholes."** The road to financial liberty will always be marked with potholes you should avoid. One such pothole is debt – the higher your debt burden, the less you can invest for your retirement. It's not always easy to lower your debt load, but do the best you can to live within your means. A second pothole comes in the form of large, unexpected short-term costs, such as a major home or auto repair or a medical bill not fully covered by insurance. To avoid dipping into your long-term investments to pay for these short-term costs, try to build an emergency fund containing six months' to a year's worth of living expenses, with the money kept in a liquid, low-risk account.

**Give yourself some wiggle room.** If you decide that to achieve financial independence, you must retire at 62 or you must buy a vacation home by the beach, you may feel disappointed if you fall short of these goals. But if you're prepared to accept some flexibility in your plans – perhaps you can work until 65 or just rent a vacation home for the summer – you may be able to earn a different, but still acceptable, financial freedom. And by working a couple of extra years or paying less for your vacation home expenses, you may also improve your overall financial picture.

Putting these and other moves to work can help you keep moving toward your important goals. When you eventually reach your own "Financial Independence Day," it may not warrant a fireworks display – but it should certainly add some sparkle to your life

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



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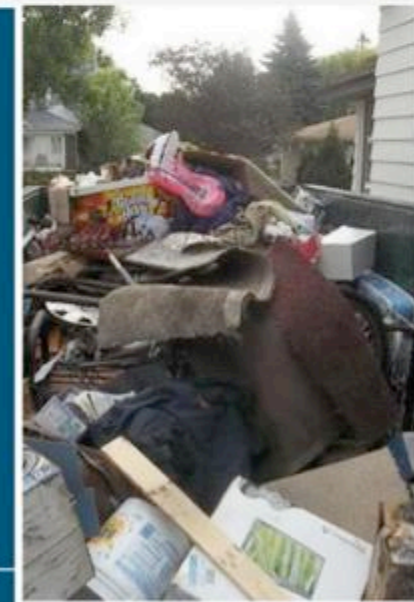
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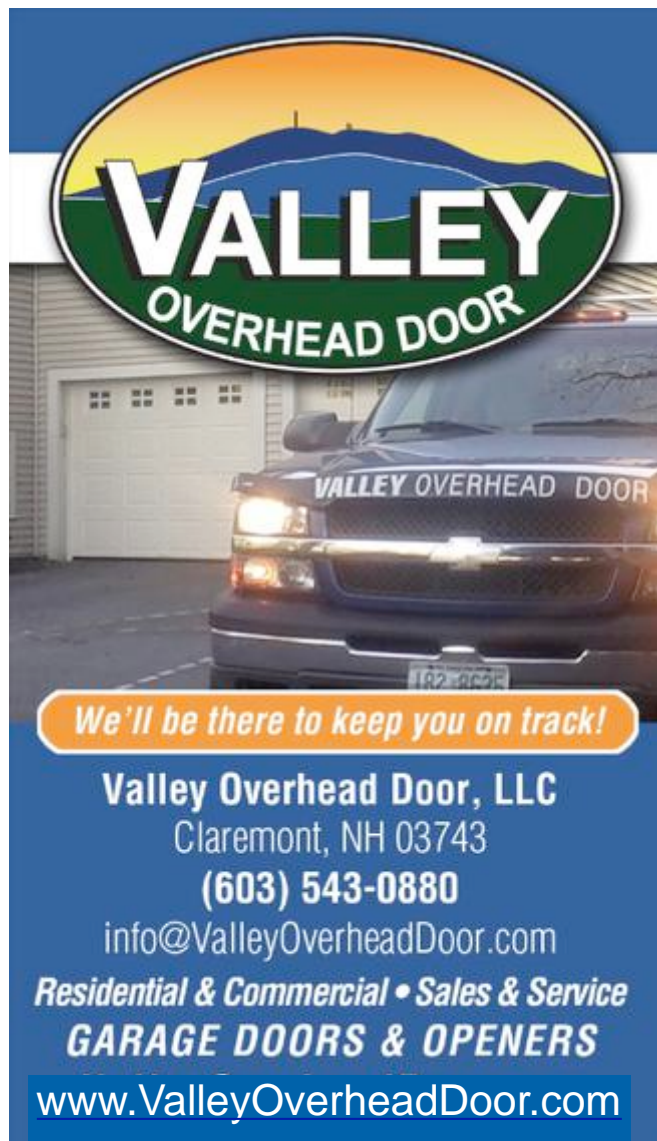
## Organ Concert at St. Joseph's Church

CLAREMONT, NH—The public is welcome to attend a concert Sunday, July 1st, at 3:00 p.m., on the new pipe organ recently donated to St. Joseph's Church, Elm St. The organ builder for this project, Lubbert Gnodde, will be the organist performing.

The organ was built in 1885 by Reuben Midmer & Sons in Brooklyn, NY, and is returning to Claremont for the second time. From 1980 until 1985 it was at Prince of Peace Lutheran Church located in West Claremont.

## Lempster Book Sale

LEMPSTER, NH—The Annual Lempster Book Sale will be held on Saturday, June 30, from 10:00 a.m. to 2:00 p.m. at History Hall, corner of RT 10 and 2nd NH TPK. in Lempster. Approximately 2,000 titles will be available in various categories for children and adults. The sale is sponsored by the Friends of the Miner Memorial Library; contact: 603 863-5023.



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## It's About Food By Johnny Navillus



### Vegetables

Before we explore the title, I made a pork butt this weekend. It seems that pulled pork has become the current favorite around my house. It's easy and extremely tasty. Just to review, salt, pepper, barbecue sauce and slow cook on low for 12 hours. This time I added some liquid smoke to the barbecue sauce, mixed it up and covered the meat. Twelve hours later I had the best pulled pork in a very long time. One of my friends thought I had cooked it over a wood fire. Try it sometime. I don't know why I don't use the liquid smoke more often. Just remember, at first you may think you added too much, but after 12 hours it has really toned down.

Regular readers have probably noticed that I don't talk about vegetables very much. That's because, like a lot of guys, I don't care for vegetables very much. Peas, corn, green beans, carrots, onions, Bell peppers and of course, potatoes. Steam 'em in a bag in the microwave and I'm happy. They lend color to a plate and that's the way I feel.

However, this week I was coerced into making two vegetable dishes that I really enjoyed. In fact, I had seconds. I got some surprised looks for that.

#### Shrimp Pasta Salad

- 1 seven ounce package small pasta shells
- 1 10 ounce pkg frozen peas (leave frozen)
- 10 ounces (+/-) shrimp, peeled, deveined and cooked
- 6 medium radishes, thinly sliced (optional)
- 1/2 medium green bell pepper finely chopped
- 1 2 ounce jar chopped pimientos
- 2 tablespoons finely chopped onion
- 1/2 cup mayonnaise
- 1 tablespoon prepared horseradish
- 1 teaspoon seasoned salt

Cook pasta according to package directions, drain in a colander and run cold water over them for about twenty seconds to stop cooking. Drain well. Combine pasta, peas, shrimp, radishes, pepper, onion and pimiento in a bowl and mix well. Combine mayo, horseradish and salt. Add to shrimp mixture and toss to coat. Refrigerate at least 4 hours before serving.

#### Vegetable Relish

- 1 small can white corn
- 1 small can peas
- 1 small can French style green beans
- 1 2 oz jar pimientos, chopped
- 1/2 cup each of celery, green pepper, onion chopped
- 1/2 cup sugar
- 1/3 cup vinegar
- 1/4 cup oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Drain all ingredients and set aside. Bring sugar, vinegar and oil to a boil for a few seconds. Cool, then add salt and pepper. When liquid has cooled, add to all the vegetables. Refrigerate at least six hours before serving.

The first time you prepare a new dish, follow the recipe. After that play with it and take ownership. Mitch does in Omaha. Kelee does in Newport.

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

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# Waterman Captures Sand Sculpting Classic

By Les St.Pierre  
e-Ticker News

HAMPTON BEACH, NH—Prince Edward Island's Abe Waterman emerged the winner of Hampton Beach's 18th Annual Master Sand Sculpting Classic held over the Father's Day weekend. He follows fellow Canadian sculptor Melineige Beauregard of Montreal, last year's first-place winner. Beauregard finished runner-up behind Waterman in this year's competition.

Waterman received \$3,000 for his winning sculpture, entitled "Temptation". His sculpture, featuring a woman intertwined within a bottle of alcohol represented, in his words, the vices of life. The backside of his sculpture featured a devil.

Beauregard received a \$2,500 second place award and Dan Belcher of Missouri captured the \$2,000 third-place monetary achievement.

A total of \$15,000 in purse and entry awards were distributed in the June 14-16 competition. The Saturday judging day was held under bright, sunny 80-degree temperatures, bringing hundreds to the competition and to the beach. A fireworks display was held in the evening.

Each sculptor had eight hours a day over the three day period in which to perfect their final presentation in the timed event. Ten tons of sand was supplied to each sculptor for their 18' x 18' plot to work in. The sand was imported from a New Hampshire quarry.

Information provided in the accompanying brochure readily available to onlookers informed the curious that no power tools or equipment could be used in shaping the sculptures. The only material other than sand and water allowed on each site were sprayers and Elmers Glue, used to preserve the completed product.

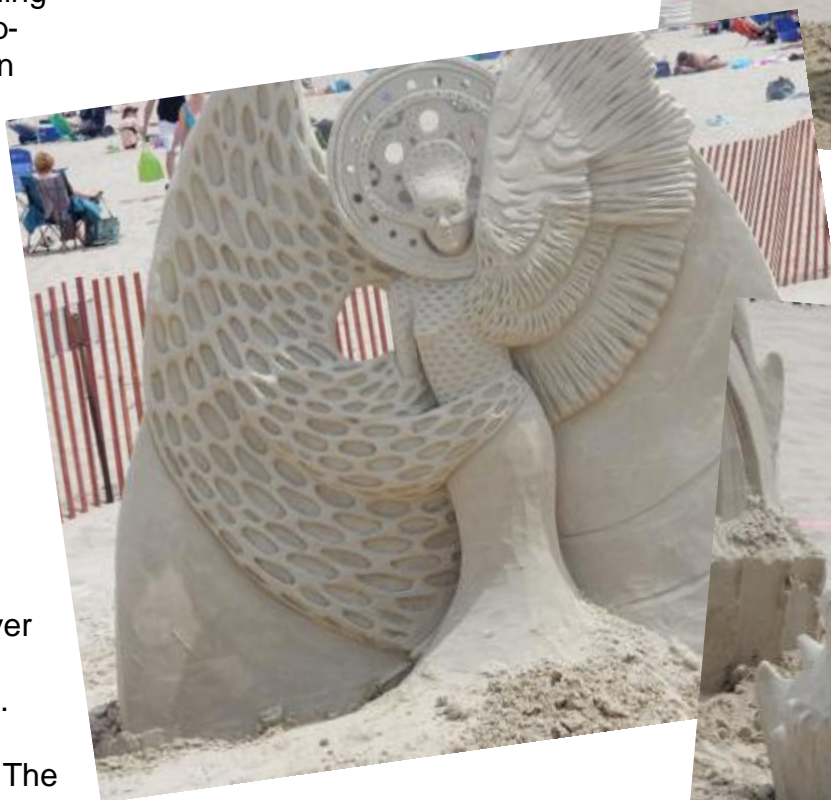
Judges for the competition, all New Hampshire residents, were Denise Brown, Ken Lessard, and Greg Grady.

The judge's criteria in deciding the winner was based on an overall "WOW" factor, technical skill and degree of difficulty, a consistent theme and message with well-balanced design and detail, and site and sand usage.

Sculptures will be standing until June 27 and there is nightly viewing.

## Photos by Les St.Pierre

A sampling of the art, including the first-place winner, top right.







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## Nash Arrested for Mother's Death

CONCORD, NH—Attorney General Gordon J. MacDonald, State Police Colonel Christopher Wagner, and Canterbury Police Chief Michael Labrecque announced Friday that Phillip Nash (age 21) has been arrested and charged with Knowing Second-Degree Murder for causing the death of his mother, Frances Nash (age 51).

Frances Nash had been reported missing on May 19. She was later discovered deceased on May 21 in Canterbury, NH. The Chief Medical Examiner later conducted an autopsy on her remains and determined that she died as a result of multiple stab wounds and her manner of death was homicide.

An arrest warrant was issued for Phillip Nash on May 21 for Theft by Unauthorized Taking for stealing Frances Nash's car as well as an employer's truck. Phillip Nash was subsequently located and taken into custody in Emporia, Virginia on May 21. He subsequently waived extradition and arrived in New Hampshire last night.

Phillip Nash was scheduled to be arraigned on the murder charge and two theft charges in the Merrimack County Superior Court on Friday, June 22.

## Research at D-H Shows Lower Incidence of Opioid Use in Patients Utilizing Chiropractic Care for Back Pain

LEBANON, NH – Research at Dartmouth-Hitchcock (D-H) and at Southern California University Health Sciences (SCU) shows another potential alternative to opioids in dealing with pain.

In the *Journal of Alternative and Complementary Medicine*, D-H primary care physician Dr. Louis A. Kazal and chiropractor Dr. Justin Goehl, along with lead author Dr. James Wheldon and epidemiologist Andrew Toler of SCU, showed that, among recipients of chiropractic care for non-cancer-related back pain, the adjusted likelihood of filling a prescription for an opioid analgesic was 55% lower than non-recipients of chiropractic treatment. The paper also shows that the average charges per person for opioid prescriptions were also significantly lower among recipients.

"We think this is a significant finding, especially as we work to find new ways to address our state's opioid addiction crisis," noted Kazal. "The potential for complementary treatments such as chiropractic to help relieve pain is increasingly important in battling the crisis."

For a limited time the full research paper, in the *Journal of Alternative and Complementary Medicine*, can be found at <https://www.liebert-pub.com/doi/pdf/10.1089/acm.2017.0131>

Data for the study came from the all payer claims database administered by the State of New Hampshire. The authors chose New Hampshire because health claims data were readily available for research, and in 2015, New Hampshire had the second-highest age-adjusted rate of drug overdose deaths in the United States.

"More research is needed to fully understand the underlying cause of this correlation," said-

Kazal, "but we are excited to talk with Chief Mara about our findings and ways we can continue to collaborate with the state on this critical work."

## Fire House Six Band Concert June 29

CLAREMONT, NH—The Fire House 6 Dixie Land Band (6-piece band) will perform on Friday, June 29, at 6:30 p.m., at the Claremont Senior Center, 5 Acer Heights Rd. Starting at 5:30 p.m.: On sale will be hot dogs, hamburgers, French Fries and pop corn.

Bring your chair and enjoy a great evening of music and fun.

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

## Notice

Newport NH – United Way of Sullivan County has been awarded State of NH Set Aside funds under the Emergency Food and Shelter National Board Program.

United Way of Sullivan County (UWSC) was chosen to receive an additional \$11,561.00 to supplement emergency food and shelter programs in the county.

The selection was made by a National Board that is chaired by the Department of Homeland Security's Federal Emergency Management Agency and consists of representatives from the American Red Cross; Catholic Charities, USA; National Council of Churches of Christ in the USA; The Salvation Army; United Jewish Communities; and United Way of America. The Local Board was charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas around the country.

A local community board representing American Red Cross, UWSC, church organizations, government agencies and area social services will determine how the funds awarded to UWSC are distributed amongst applying emergency food and shelter programs.

Under the terms of the grant from FEMA National Board, local agencies chosen to receive funds must 1) be private voluntary non-profits with voluntary boards, 2) have an accounting system, 3) practice non discrimination, 4) have demonstrated capability to deliver emergency food and/or shelter programs, and 5) if they are a private voluntary organization, they must have a voluntary board. Qualifying agencies are urged to apply.

Agencies interested in applying for EFSP funds must contact Dawn Ranney at United Way of Sullivan County, 543-0121 for an application. Completed applications must be received by July 2, 2018 for consideration.