

# e-Ticker News of Claremont

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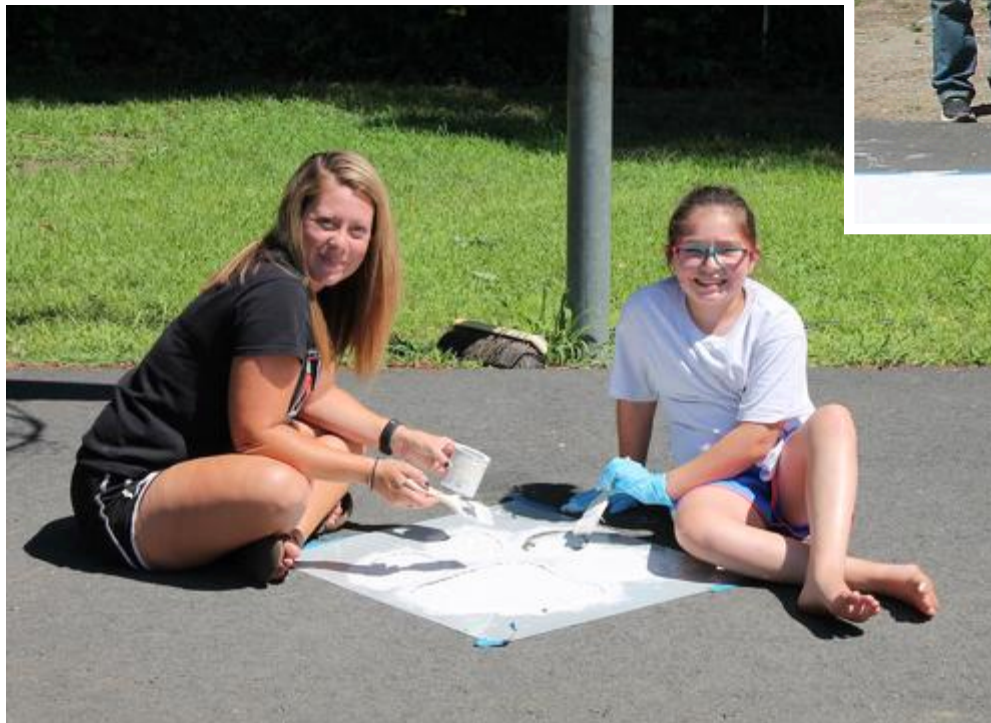


**Cornish Windsor  
Covered Bridge  
Suffers Significant  
Damage; page A15**

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July 23, 2018

## Project **Red** & **Blue** in Action...



School Resource Officer Crystal Simonds and her kids from her summer Project Red & Blue, as a Community Service Project, painted playground activities on the playground at Disnard School. The 6th graders painted different games and activities and lots of tiger paws on the paved area. Teacher volunteers from Claremont schools helped the students do the painting. Photos: Bluff School teacher Alyssa Mills and Chloe Zullo paint a large paw under the basketball hoop. Students and teachers gather for a group shot (Bill Binder photos).

## Claremont Police Release Details of Pedestrian/Motor Vehicle Accident

CLAREMONT, NH—On Saturday, July 21, at approximately 7:23 in the morning, Claremont Emergency Services responded to a motor vehicle accident on Charlestown Road involving a pick-up truck and a pedestrian, reported the Claremont Police Department in a state-

ment released Saturday afternoon. The accident occurred just south of the Buena Vista Road intersection.

The vehicle involved was a 2015 GMC 1500 pick-up truck driven by Jesse Hargrove, age 58, of Claremont, NH, said the CPD. The

pickup truck was traveling southbound at the time of the collision.

The pedestrian has been identified by the CPD as Scott Quintey, age 68, also of Claremont. The initial investigation has determined  
**(Continued on page A2)**

**Accident, from A1**

that Quintey entered the travel portion of the roadway just prior to the collision, said Capt. Brent W. Wilmot in the statement. Following the crash, immediate assistance was rendered to Quintey by other motorists who came upon the scene, several of whom had medical training. Ultimately, he was transported to Valley Regional Hospital via Golden Cross Ambulance, but he later died as a result of his injuries.

“Mr. Hargrove was cooperative during the investigation into this crash. The initial on-scene investigation did not reveal evidence that speed, impairment, or distraction were factors resulting in the collision,” said Wilmot.

The collision remains under investigation. Assisting the Claremont Police Department in this investigation are the Sullivan County Attorney’s Office and the New Hampshire Medical Examiner’s Office.

Anyone who witnessed the collision or has any information relative to this crash is asked

to call Sergeant Justin Laffin of the Claremont Police Department at 603-542-9538.

**Local Man Sentenced for Armed Robbery and Reckless Conduct with a Deadly Weapon**

Wayne Keough, 40, formerly of Claremont, NH, entered pleas of guilty on July 18th to the felony offenses of Robbery-Armed with a Deadly Weapon and Reckless Conduct with a Deadly Weapon. Keough was sentenced to serve a 7.5-15 year term of incarceration at the New Hampshire State Prison on the Robbery-Armed with a Deadly Weapon, according to the Sullivan County Attorney’s Office. He was further sentenced to a 3.5-7 year term of incarceration at the State Prison on the Reckless Conduct with a Deadly Weapon charge. That sentence was suspended for 15 years, conditioned upon his good behavior and compliance with the terms of his sentence, and if imposed, will be served consecutively to the 7.5-15 year sentence on the Robbery-Armed with a Deadly Weapon conviction.

Keough was identified by the Claremont Police Department for his role in an April 7, 2017, armed robbery of a motor vehicle from a man in the Walmart parking lot within the City of Claremont. The victim was an employee of the store at the time of the offense and was forcibly removed from his vehicle at knifepoint. On April 10, 2017, after Claremont Police Department learned of a possible location for Keough, who had fled the scene after the robbery, “Detective Casey Piehl observed Keough operating a motor vehicle in the area of 8 Park Avenue.

Det. Piehl attempted to apprehend Mr. Keough who ultimately led Claremont Police in a pursuit through the City – Mr. Keough reaching estimated speeds of up to 80 miles per hour prior to entering the state of Vermont,” said the Sullivan County Attorney’s Office in a statement.

“The law enforcement community of Sullivan County remains vigilant in their efforts to address dangerous criminal behavior of this nature,” said County Attorney Marc Hathaway, who prosecuted the cases. “The Sullivan County Attorney’s Office is determined to pursue appropriate sentences designed to keep the people and property of Sullivan County safe, while addressing the dangerous influences of criminogenic behavior at all phases of the criminal prosecution.

“The Claremont Police Department successfully investigated this case and were able to quickly identify Mr. Keough as the suspect,” added Hathaway.

Springfield Vermont Police Department further assisted in the investigation.

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Member, Greater Claremont Chamber of Commerce

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**NH Lottery Numbers**

**07/21/2018**

**NH PowerBall**

**9 23 56 58 68 1 2**

**Mega Millions 07/20/2018**

**1 14 30 44 62 1 2**

**Megabucks 07/21/2018**

**12 19 23 32 37 4**

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

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# Commentary

## NH House Happenings

By Rep. John Cloutier

### County Budget May be Adjusted

Sullivan County government officials are now considering a slight adjustment to the recently-passed Fiscal Year 2019 County Budget so as to help New Hampshire State Government fund a new regional health care program that benefits county residents.

Consideration of such an adjustment, among other possibilities, followed a July 17 meeting of the New Hampshire House of Representatives's Sullivan County Delegation in Newport, in which State Health & Human Services Commissioner Jeffrey Meyers briefed the Delegation on the recently-created IDN (Integrated Delivery Network), a state health care program, partially paid for with federal money, including Medicaid Funds. Among other goals, the IDN seeks to streamline health care delivery, and integrate behavioral services with medical services for patients, especially Medicaid recipients until at least Dec. 31, 2020. New Hampshire's IDN is organized by dividing our state into seven regions that cross the 10 county lines. Most of Sullivan County, except for Washington, is in Region 1, a region which also includes 47 other municipalities in Cheshire, Grafton, Hillsboro, and Merrimack Counties. The administrative leads for IDN's Region 1 is Lebanon's Dartmouth Hitchcock and Keene's Cheshire Medical Center.

Besides Commissioner Meyers, others speaking to the Delegation in strong support of IDN's Region 1 was Executive Director Ann Landry, Valley Regional Hospital President Peter Wright, and West Central Behavioral Health's Suellen Griffin. They all declared that more needs to be done to integrate behavioral health care with other medical services, especially in relatively lower-income areas like Sullivan County. More specifically, they defined behavioral health care as services like substance abuse recovery, mental wellness, as well as patient access to housing, job training, and public transportation. They said that integrating the above-listed services would improve the physical and mental health of county residents on Medicaid, and insure that Medicaid dollars are more efficiently spent. Mr. Wright added that IDNs are especially needed to help deal with New Hampshire's opioid crisis, a crisis that has doubled the number of Valley Regional's "emergency room admissions."

Commissioner Meyers indicated that New Hampshire's seven IDNs are projected to cost \$30 million per year with about \$10 million coming from the federal government, \$10 million from state government, and \$10 million hopefully coming from all 10 counties returning excess Proshare Funds, a complicated state and federal method designed to help pay for nursing home residents on Medicaid. According to information received from the Commissioner, Sullivan County is being asked to return between approximately \$1.4 million- \$1.7 million of excess Proshare Funds it had recently received this year. As of the date of this column, of the other four counties in IDN's Region 1, only



Grafton County has voted to return its excess Proshare to the state so as to help pay for the IDN.

Furthermore, Commissioner Meyers also indicated some consequences for IDN's Region 1, if Sullivan County decides not to return the excess Proshare by the end of Sept. 2018 at the latest. The consequences were listed in a handout earlier given to County Manager Derek Ferland, all three Commissioners, and myself at the Commissioners' July 16 Meeting in Unity. Among such consequences were a decrease in funding for all Region 1 projects, reduction in the scope of the projects, the potential elimination of current projects and workforce funding in counties where excess Proshare was not return, and/or moratorium on future Region 1 projects. The same handout also listed a total of \$1,230,855 in IDN money, paid for by the state and federal governments that has already allocated to Sullivan County projects. They include \$512,411 to Valley Regional, \$300,000 to the Newport Health Center, \$91,500 to West Central Behavioral Health, and \$6,000 to the TLC/Claremont Recovery Center.

However, Delegation representatives asked several questions of Commissioner Meyers about the IDNs and how they would be financed. Also continuing to ask questions, even though they have already had two meetings on the subject, were Commissioners Jeffrey Barrette and Ben Nelson as well as Manager Ferland. In a July 17 Memo given to the Delegation just before the meeting, Manager Ferland wrote that New Hampshire's Health & Human Services Dept. had given county officials some confusing information about how much excess Proshare Funds were needed to be returned to the state to help fund the IDNs. The memo claimed the original IDN funding model was for \$20 million from all 10 counties to be returned. Later Health & Human Services revised the amount of excess funds to be returned as \$24,25 million. Confusing information which Commissioner Meyers tried to clarify. Other questions asked included the viability of IDN's Region 1 to spend its \$20 million budget over five years, what happens to the IDNs after Dec. 31, 2020, and if the IDNs are disbanded after Dec. 31, 2020, would any of their unspent funds be returned to the counties or retained by Health & Human Services.

The Delegation's EFC (Executive Finance Committee) is scheduled to meet July 26 in Newport to further review the just-approved Fiscal Year 2019 Budget. Working with County Manager Ferland, and the three Commissioners, the EFC may ultimately recommend to the Full Delegation slightly adjusting the present budget with a supplemental budget, a process that has occurred previously. An adjustment which could result in Sullivan County helping to fund IDN's Region 1 for a few years by returning excess Proshare Funds to the state. But the EFC could also recommend setting aside extra money for future capital improvements such as transitional housing for newly-released inmates participating in the County House of Corrections' TRAILS (Transitional Re-entry And Life Skills) Program or proposed renovations at SCHC (Sullivan County Health Care). Finally, it could recommend returning money to county property taxpayers by reducing the present budget's 1.61 percent tax increase to zero percent, or even lowering taxes below zero. Regardless, of the EFC's recommendation, I'll update in future columns over the next few months. **Email: [jocloutier@comcast.net](mailto:jocloutier@comcast.net)**

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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”**

## **Hassan, Shaheen Announce \$2.5 Million Grant to Expand New Hampshire State Veterans Cemetery in Boscawen**

WASHINGTON, DC—Senators Maggie Hassan and Jeanne Shaheen announced Tuesday a \$2.5 million grant to expand and develop an additional 4.6 acres of the New Hampshire State Veterans Cemetery in Boscawen, as well as conduct needed repairs. The VA's Veterans Cemetery Grants Program awards grants to states and tribal partners with the goal of providing 95 percent of the veteran population with access to a burial option within 75 miles of their home.

With this funding, the New Hampshire State Veterans Cemetery will be able to provide Granite State veterans the same benefits as they would receive from a national veterans cemetery, including cement crypts.

“The New Hampshire State Veterans Cemetery is a solemn, peaceful, and beautiful memorial to those who have served,” Hassan said. “This new federal funding will help beautify and expand the resting place of the men and women who have sacrificed bravely in defense of our freedoms, sending an important statement about how we honor our veterans and support their families. While we can never truly repay the debt of gratitude we owe our veterans, I will keep working across party lines to do everything I can to support those who have served.”

“For more than 20 years, the New Hampshire State Veterans Cemetery in Boscawen has honored generations of brave men and women who have served our country, as well as their families,” said Shaheen. “This grant will support the cemetery's expansion by funding construction and necessary improvements to the cemetery's infrastructure, ensuring that service members will continue to be honored. As Governor, I worked to establish the cemetery as a tribute to the courage of those who fought and died protecting this nation, and I am inspired every time I visit. I look forward to this expansion and I will continue to advocate on behalf of the Veterans Cemetery and all New Hampshire veterans.”

“We have been working to secure this funding for a few years, executing the Cemetery master plan and trying to provide our veterans all burial options currently available at the national veteran cemeteries. We are very pleased to see our planning efforts now moving into the construction phase,” said Michael Horne, Director of the New Hampshire State Veterans Cemetery. “I commend the leadership of Senator Hassan and Senator Shaheen and for their committed advocacy in the U.S. Senate for New Hampshire's veterans.”

## **Kuster Appointed to Farm Bill Conference Committee**

WASHINGTON, DC—Wednesday, Congresswoman Annie Kuster (NH-02), the first Representative from New Hampshire to serve on the House Agriculture Committee in decades, was named as a Conferee to the Farm Bill Conference Committee. This Conference Committee will have the task of reconciling the House-passed and Senate-passed Farm Bills that reauthorize Federal farm and nutrition policy. The Farm Bill, which is reauthorized every five years by Congress, covers programs related to agriculture, such as nutrition, conservation, forestry, and rural development. The current Farm Bill expires on September 30, 2018.

“I am honored to represent New Hampshire's hard-working farmers, consumers, and rural communities on the Farm Bill Conference Committee,” said Kuster. “This committee has the difficult task of resolving the wide differences between the House and Senate-passed Farm Bills. The Farm Bill is an opportunity for Republicans and Democrats to come together and provide long-term certainty for families facing food insecurity and farmers that are struggling with low commodity prices, an unstable trade market, and persistent labor shortages. I am eager to work in a bipartisan manner to craft a common-sense bill that supports America's farmers and also protects the integrity of the Supplemental Nutrition Assistance Program (SNAP), which helps more than 90,000 Granite Staters put food on the table.”

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**We welcome Letters to the Editor. Send to [etickernews@gmail.com](mailto:etickernews@gmail.com); please include name, address and phone number.**



## Shaping the City's Energy Policy

Over the years, Claremont has taken numerous steps to become a more energy efficient municipality. In 2006, the City was named a Leader for Energy Efficiency at the Northeast Energy Efficiency Summit for its first lighting conversion project. In 2018, Claremont was again honored with the Energy Week Municipal Energy Champion Award for multiple actions it took to increase energy efficiency and decrease environmental impacts. Developing a comprehensive policy that promotes and supports such efforts, and positions the City to favorably respond to future energy challenges and opportunities is the work in which the Council is currently engaged.

In December of 2017 the City Council voted unanimously to establish an Energy Advisory Committee comprised of five individuals and two alternates. Since its establishment, two individuals in the community have volunteered to serve on the committee. At our last Council meeting on July 11, Councilor Pope agreed to be the Council's Representative, creating the quorum needed for the Committee to begin its work. There are an additional 4 openings on the Committee. If this is a topic you are interested in, please consider applying by contacting the Planning and Development Department

at 603.542.7008.

On June 29 of this year, the City was invited to participate in the kick-off meeting of a municipal roundtable to develop strategies for the reduction of greenhouse emissions through the use of renewable energy. The roundtable, hosted by the Conservation Law Foundation, is currently comprised of six cities – Claremont, Concord, Keene, Lebanon, Nashua and Portsmouth. City Manager McNutt, City Planner McCrory and I attended the event. It was a wonderful opportunity to learn what energy policies other municipalities have adopted, and what actions are being taken in support of them.

At our last Council meeting, we discussed the need to develop our own energy policy via resolution. In preparation, I shared with the Council the documentation circulated at the roundtable. Some of this documentation included examples of energy policies adopted in other communities. We also talked about the goals and objectives outlined in the Energy Chapter of the Claremont Master Plan which was adopted by the Planning Board in January. One of the goals identified in the Master Plan was the adoption of RSA 72:61-72, tax exemptions to incentivize the use of renewable energy.

At our next Council meeting, we will continue the discussion on the adoption of the RSA and its affect in other municipalities. We will also compare and contrast resolutions of energy policies that municipalities have adopted, and what might be best for our community. We will look to the Energy Advisory Committee and the public for their input, and refer to the goals outlined in the Energy Chapter during the discussion.

This will be a process that will occur over the

course of several months, but the Council's goal is to adopt a policy that is supported by the community with economical and environmental benefits. Shaping an energy policy that reduces costs, protects the environment and positions us for the future will have long term benefits for all.

*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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**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 Zadhah with any questions*  
603-306-9892

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

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

## 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

## “Stuff a Cruiser” Set for July 27th

NEWPORT, NH—United Way of Sullivan County and the Sullivan County Sheriff Department have joined forces to hold a “Stuff a Cruiser” event on Friday, July 27th, from 9:00 a.m.-3:00 p.m. at Shaw’s in Newport and Market Basket and Hannaford’s in Claremont. The nonperishable food will benefit the Claremont Soup Kitchen, and donations are greatly appreciated.

“We thought we would take this opportunity to support the wonderful work of the Claremont Soup Kitchen,” Dawn Ranney, Ex. Director of United Way of Sullivan County said. “The hot summer months have been exceptionally hard for our friends and neighbors, so Sheriff Simonds and I decided it was a great time to help.”

“Many donations come forward during the summer school vacation time, but with children at home, the need is great,” Simonds said.

The Claremont Soup Kitchen provides an essential service to those who find themselves food insecure. “CSK has expanded their reach by adding additional services and locations in Sullivan County,” said Ranney. “A priority of United Way of Sullivan County has always been to support the local community in any way we can. By joining with the County Sheriff’s Department, that shares the same philosophy, we can further expand the benefit given to those less fortunate.”

“Sullivan County is lucky to have agencies like these two who are willing to step up, make the commitment to help and make a difference,” Cindy Stevens, of the CSK said. “We are grateful for their support.”

“Please help United Way of Sullivan County and the Sullivan County Sheriff Department to make a difference in lives by donating nonperishable food. Thank you for your support, and we look forward to seeing you on the 27th,” added Ranney.



The 7th Grade art class at Riverside Middle School, Springfield, VT, under the direction of Marguerite Janiszyn, recently presented their rendition of classical works of art painted on ceiling tiles to brighten the patient rooms at Springfield Health Center. This unique project was a team effort with two youth partnering together to finish one ceiling tile for the project. The art work is now installed and can be seen in ceilings throughout Springfield Health Center, at 100 River Street. For more information, please contact Alex Gleeson, Springfield Health Center, [agleeson@springfieldmed.org](mailto:agleeson@springfieldmed.org) (Courtesy photo).

## Sunapee Blood Drive July 24

A Sunapee Fire Department Blood Drive will be held on Tuesday, July 24, from 12:30- 6:00 p.m. at the Safety Services Building. Appointments are highly recommended. To make an appointment, please call 800-RED-CROSS (733-2787) or go on-line at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) to complete your pre-registration paperwork.

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*Thursday, July 12th*

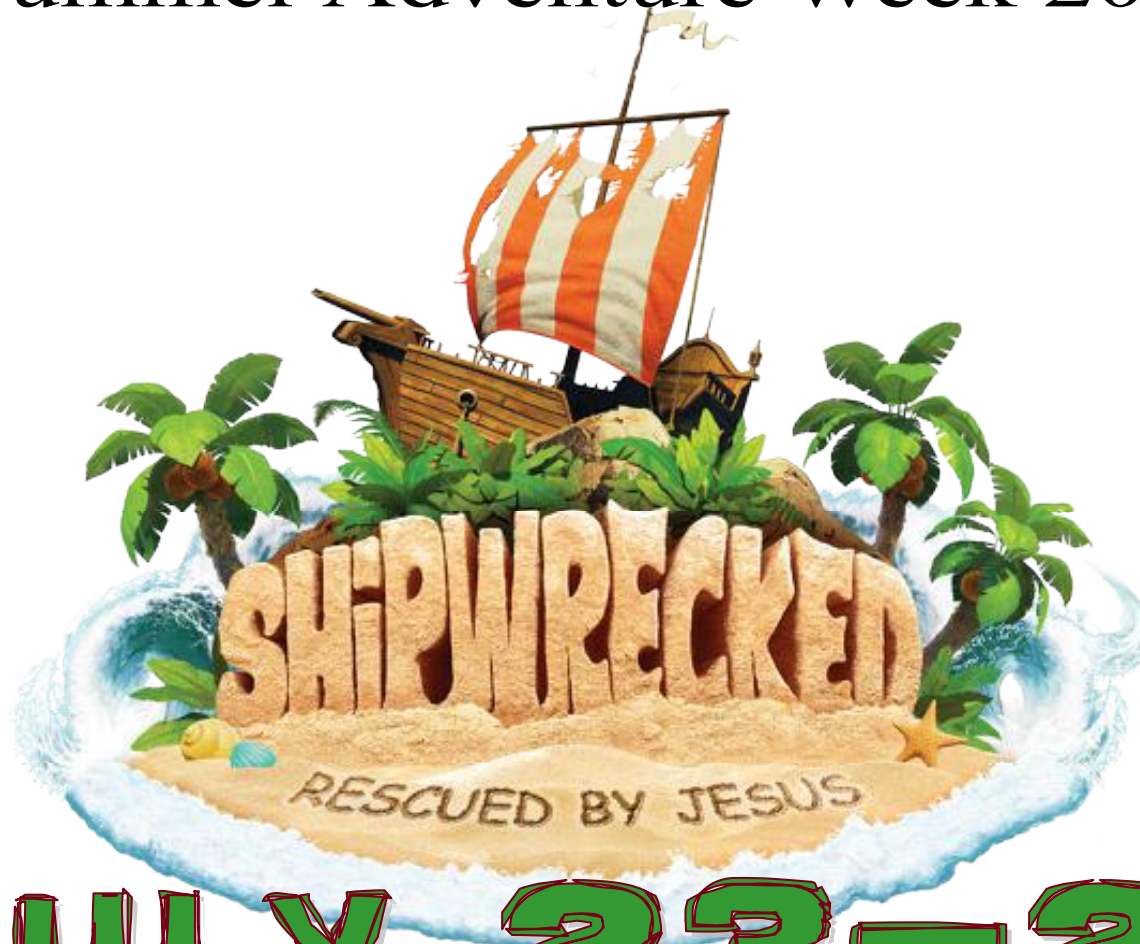
*Thursday, July 19th*

*Thursday, July 26th*

*Items discounted 20-45% off*

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## OUR TURN

### Turning Points Network – A Small Organization Full of Generous People

At my first interview, I sensed something special about this small organization. And after joining Turning Points Network, I felt the collaborative culture that my gut instinct had sensed during the hiring and orientation process. It was clear that the leadership team--Administration and Board--weren't just going through the motions. They were "all in" and completely committed to the success of TPN's mission to end personal violence.

I quickly understood that the incentive for working for this organization wasn't driven by status or recognition but rather the feeling one derives by simply doing the right thing to assist and support a fellow human being who is in less than fortunate circumstances. This isn't a glamorous business but it is full of rewards, knowing that you may have prevented a fatality by providing the support a survivor needs to escape a lethal relationship. I've never experienced such camaraderie, kindness, and energy as I have working with this small group of caring professionals.

Embodying the true meaning of not-for-profit, TPN offices are modest and staff isn't concerned with brand-new and shiny for themselves but with creating a comfortable environment for those they serve. With offices on 11 School Street in Claremont and 167 Summer St. in Newport, the organization attracts 45 to 55 volunteers to assist a small but mighty committed staff led by an executive director who has been the backbone of TPN for over 34 years. The reasons so many volunteer and donate can fall anywhere from having experienced a personal history of domestic violence or sexual abuse to having been blessed with a violence-free life and wanting to give back to those whose lives have been torn apart by abuse.

The moment a TPN client walks through the door or connects with the organization via telephone or email, they can be certain that they will not be judged. Many of their stories

are heart-wrenching and difficult to tell but all are treated in the strictest of confidence. From providing compassion to more materialistic necessities, the Direct Services staff do whatever it takes to give the boost one needs to start over, to assure long-term independence from an abuser, or to heal from domestic, sexual or stalking violence.

The Shelter Manager spends countless hours working with families to establish safety, community supports, financial stability and safe, permanent housing as well as painting and cleaning the shelter, creating a welcoming and warm environment for the individuals and families in residence. On-call advocates answer calls in the middle of the night providing victims with a calming voice and the support or action they need. And the advocates are available to jump in the car to meet a survivor at the hospital to help them through the aftermath of a physical and/or sexual assault.

TPN Educators present violence-prevention programs in area schools to educate and empower students K-12 to recognize, talk about and stop abuse. Education staff members are at community events to heighten awareness of abuse and how to access all the services that are available at TPN, including a 24-hour crisis and support line, emergency shelter, court advocacy, peer counseling, an economic independence program, support groups and Changes, our thrift store on Pleasant St. The agency is also proud of its involvement in the Green Dot initiative, a four-year bystander in-

tervention program with the goal of zero tolerance for violence.

TPN couldn't provide the services it does -- at no cost to those who need them -- without donors and supporters who give their time, money, clothing and household items. One of the most rewarding experiences of being part of the TPN team is participating in the Annual Steppin' Up to End Violence Walk and fun Run, one of the largest and most successful fundraisers in Sullivan County. After two years with TPN, I am still amazed at all the beautiful people that come together for those who only want what many of us take for granted each day -- simply to live in peace, free from abuse. It makes me very proud to work for this organization and with people who give so much every day to focus on less violence and more safety for all who live and work in Sullivan County.

*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.*

**Thanks to the good will of some local community members, Troop 38 has a new trailer to help the organization put the "out" in Scouting! Right now they are looking for a leader for their Cub Scout Pack. The Scouting Program in Claremont is looking to expand its team of volunteers and is ready to offer the very best program "we can to the youth of the community. If the idea of having a lasting, positive impact on the lives of young people and families is one that you can get behind, please contact us to find out more!" invited the Troop.**

**Scouting experience is not required. Training, resources and support are all provided, and there are a number of ways to plug in. Contact Tom Charlton, District Executive for Sunapee Council; Direct Line: (802) 384-3317, [tom.charlton@scouting.org](mailto:tom.charlton@scouting.org) or [claremontscouts@gmail.com](mailto:claremontscouts@gmail.com).**



# Classified Ads

## NEW LISTING



In Pleasant Valley Estates, Claremont - Sits on a level corner lot with a large oversized shed. This home has a 2-year old bathroom with a walk in shower, and a spacious screened patio for summer enjoyment. Listed at \$30,000. See MLS# 4706794 for more photos and info.



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## *Ann's Property Of The Week*

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**Ashley Bergeron**  
Agent



**CLAREMONT**

**This 3-bedroom cape** offers lots of charm with walking distance to school, park and hospital. ATV and hiking trails down the road. Level lot with perennials that surround the yard. Updated kitchen with newer windows, Master bedroom on the 2nd floor. Large two-car garage and a cozy front porch! **\$137,000**

# Classified Ads

## HELP WANTED

### Part-Time Bookkeeper

needed for fund balance accounting in a local church. If interested, please give us a call at 603-542-5783.

## Turning Points Network is hiring!

### Shelter Manager/ Housing First Advocate

This full-time position is responsible for providing crisis intervention, case management, transportation and support services to families living in the agency's emergency housing program as well as assisting them in finding safe permanent housing. This position will work with community organizations and government entities in Sullivan County to enhance and increase housing options. The ideal candidate will have awareness of the issues of domestic violence, sexual assault, oppression and empowerment and will hold a Bachelor's degree in a related field or have related experience. This position is Monday-Friday daytime hours with some on-call work with families in shelter as needed.

### Task Force Supervisor

**No prior experience is necessary.  
We will train.**

This position is responsible for providing on-call supervision and assistance every other week (Friday- Thursday) to volunteer advocates who staff the agency's crisis and support line evenings, weekends and Holidays when the offices are closed. Most of this work is done remotely. At times, the Task Force Supervisor will also provide crisis intervention and support services to survivors of domestic and sexual violence and stalking and to families in transition. Additional staff back-up is always available.

Both positions require a valid driver's license, reliable transportation and automobile insurance.

**Please go to**

[www.turningpointsnetwork.org](http://www.turningpointsnetwork.org)  
for the job descriptions.

Send resume and cover letter to  
[amanda@turningpointsnetwork.org](mailto:amanda@turningpointsnetwork.org).

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## Dartmouth-Hitchcock Researchers Identify Simple Blood Test for Sepsis that Could Save Lives

LEBANON, NH – Sepsis kills a quarter of a million Americans each year – as many as stroke and Alzheimer’s combined – but very little has changed in the treatment of this age-old scourge. Now an international group of researchers including Dartmouth-Hitchcock Medical Center (D-H) may have identified a simple blood test that could identify patients at greatest risk of dying from sepsis, a condition that has long defied treatment. The discovery, published in *Nature*, could save thousands of lives each year.

For most people, the immune system is incredibly effective at dealing with minor injuries such as scrapes and cuts. The body is able to wall off and clear an infection. But, when that system fails, a local infection can spread throughout the bloodstream, creating the condition known as sepsis. The body’s life-threatening reaction is known as septic shock and it can quickly kill the patient. Numerous treatments attempt to save the patients by targeting the overzealous immune response, but they have been largely ineffective in saving lives.

Researchers may have determined how sustained inflammation from a sepsis infection can trigger immunoparalysis, a condition in which patients are at much higher risk of new infections because their immune system is not capable of responding to new threats. The research team, including Matthew S. Hayden M.D., Ph.D, a senior scientist in Dermatology at D-H, identified two tiny pieces of genetic code known as microRNAs (miR-221 and miR-222) that are produced in immune cells during prolonged inflammation.

“When cells of the immune system are exposed to bacterial products for long periods of time, they increase their expression of these two small RNAs, which target a part of the cellular machinery that is needed for the inflammatory response,” Hayden explained. “As a result, when immune cells have high levels of these microRNAs, as they do in some sepsis patients, they are no longer effective at fighting off new infections.”

Testing for sepsis is not easy. The problem has been pinpointing what is causing the massive infection and applying the right treatment without doing more harm to the patient. Many patients who survive this initial spread of infection remain at significant

risk of death, partly because their immune system is almost paralyzed.

“The best treatment for sepsis starts with rapid detection. Our results suggest that specific molecules called microRNAs may be potential biomarkers of poor prognosis, indicating the need for more aggressive treatment options,” explained the study’s senior leader Sankar Ghosh, PhD, the chair of the Department of Microbiology & Immunology at Columbia University Vagelos College of Physicians and Surgeons.

The researchers have now shown that sepsis patients have higher levels of these microRNAs and are more likely to experience organ failure and immunosuppression. A simple blood test looking for these tiny particles may help identify the highest-risk sepsis patients. That could help identify therapies that help to reinvigorate the immune system by reversing immunoparalysis in order to prevent the secondary infections in sepsis patients.

Clinical trials will test the validity and usefulness of testing patients for these microRNAs as a quick guide to prognosis and treatment. The research comes at a time when the number of sepsis cases per year has been on the rise in the United States, according to the National Institute of Health. Creating better diagnostics may be able to help reverse this trend and save lives.

The study, published in *Nature*, is titled, “Induction of innate immune memory via microRNA targeting of chromatin remodeling factors.”

### Volunteers Needed for Cornish Fair

CORNISH, NH—Only four weeks until the Cornish Fair, and they have 40 volunteer slots to fill. Email [Cornishccpto@gmail.com](mailto:Cornishccpto@gmail.com), or contact Kristine Newbold 675-2914, or Corinne Kelliher 675-5405 with questions or if you would like to sign up by talking to a person.

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- **Adult children, Christmas and Aaron, and four grandchildren and great-grandchildren**
- **Elected to the state legislature in 1982 in Claremont, Ward 2, and 2004, 2006 and 2014 in Claremont, Unity and Lempster**
- **Have served on the House Labor, Human Resources, and Rehabilitation Committees.**

**I would appreciate your vote in 2018**

Paid for by Larry Converse for State Representative; Fiscal Agent: Aaron Converse

# e-Ticker Business News

## Jim Culhane Elected to Lead NH Board

NEW LONDON, NH—Jim Culhane, President & CEO of Lake Sunapee Region VNA & Hospice and resident of Contoocook, has been elected Board President of the newly formed Home Care, Hospice & Palliative Care Alliance of NH. A merger of the former Home Care Association of NH and the NH Hospice & Palliative Care Organization, the Alliance is a non-profit membership organization that enhances the ability of member agencies to deliver quality services to NH residents.

The Alliance carries out this mission through education, networking, leadership and public policy advocacy.

## Linda Thomson Receives Hartwick College President's Award

SPRINGFIELD, VT—Linda Thomson, PhD, APRN, ABMH, ABHN, FASCH, was recently honored at Hartwick College in Oneonta, NY, for her work in advancing a holistic and inclusive approach to medicine.



**Linda Thomson**

In her citation, Dr. Margaret L. Drugovich, President, stated: "As a leader in the groundbreaking field of applying clinical hypnotherapy to nursing, you have improved countless lives as a practitioner, author and educator. Today, Hartwick College recognizes your interdisciplinary approach to ad-

vancing medicine, your insatiable curiosity, and your dedication to the health and wellbeing of others with the President's Award for Liberal Arts in Practice."

Thomson commented, "While reflecting on my recovery from a life-threatening accident sustained while I was an undergraduate, and my lengthy recuperation that involved intensive care, multiple surgeries and ongoing rehabilitation, I realized how my recovery could have been aided by hypnotherapy techniques that I now practice and promote. I have dedicated myself to advancing this healing modality for the benefit of others."

Thomson received her nursing degree from Hartwick College in 1972, and later earned her MSN from the University of Massachusetts-Amherst, and her PhD from American Pacific University, Honolulu. She was the first nurse to serve as President of the American Society of Clinical Hypnosis and is currently a Diplomate of both the American Board of Medical Hypnosis and the American Board of Hypnosis in Nursing. She was awarded the prestigious John Christopher Hartwick Scholar Award as a student, and later received the Outstanding Young Alumna Award, the Meritorious Service  
(Continued on page A14)

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# e-Ticker Business News

## Award, from A13

Award, and the Distinguished Nursing Alumna Award.

Thomson shares the benefits of clinical hypnosis through her worldwide educational presentations and workshops, and her professional journal articles. She has authored two Harry the Hypno-potamus: Metaphorical Tales for Children books, created a Stress Free Surgery program; co-founded the consulting business of Hypnovations: Clinical Hypnosis Education and Training; served as the Director of the Hypnosis for Health and Healing practice; and continues her clinical hypnosis work as a nurse practitioner for Springfield Medical Care Systems.

Thomson is currently accepting patients at Rockingham Health Center, 1 Hospital Court in Bellows Falls, VT; and Springfield Health Center, 100 River Street, Springfield, VT. Appointments can be made by calling 802-886-8914.

## Mt. Ascutney Hospital Names Sara Gosselin Employee of the Month for June

WINDSOR, VT – Mt. Ascutney Hospital and Health Center (MAHHC) has announced the selection of Sara Gosselin, RT (R) (M) (CT) ARRT as Employee of the Month for June, 2018. Gosselin serves as MAHHC Radiology Supervisor.



**Sara Gosselin**

As Radiology Supervisor, Gosselin directs and coordinates radiology and diagnostic imaging procedures, and oversees staff in the operation of imaging equipment, while support-

ing patient care by resolving radiology issues with staff members and working to maintain quality assurance in a safe environment.

Terri DeMond, Director of Ancillary Services, said that Gosselin's patients and peers say "her smile and uplifting personality bring a fresh ray of sunshine to the Radiography Department each morning." DeMond and peers credit Gosselin's approachable personality, and her willingness to listen and assist others, even off the clock, as reasons for her success. She also points to Gosselin's ability as a health educator, saying, "Sara's eagerness to train, motivate, and encourage students and staff in mammography, radiography, and com-

puted tomography provides a comfortable and nourishing learning environment."

Gosselin is also a strong advocate for women to seek annual mammograms, for early detection of breast cancer. "She is known for her compassion and empathy that comforts patients," says DeMond. She has also volunteered to raise awareness and funds for breast cancer education, research, prevention, treatment, and support as a co-organizer of National Denim Day at MAHHC.

Gosselin, who is a resident of Hartland, has been an MAHHC employee since February 2010.

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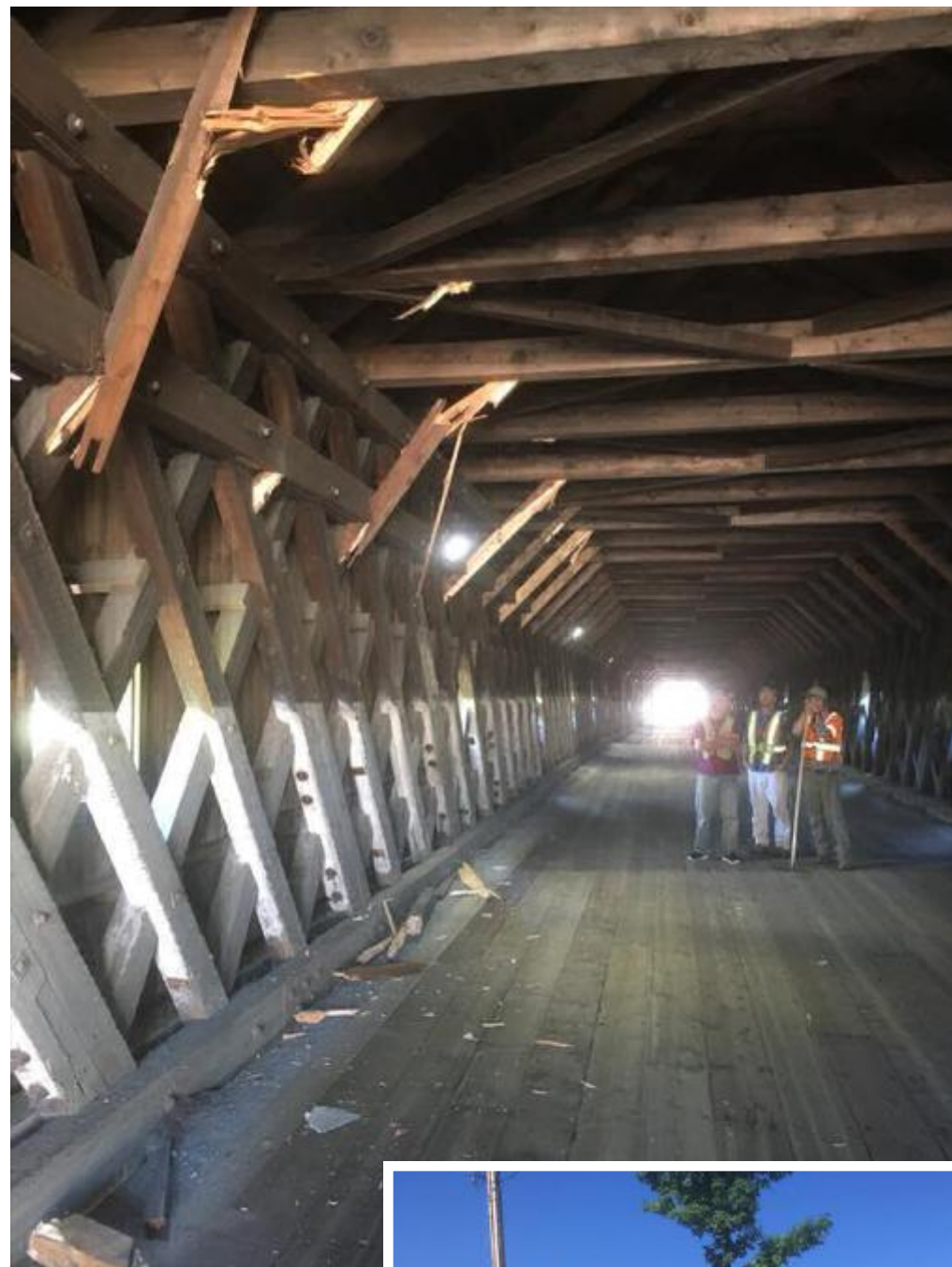
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## Cornish Windsor Covered Bridge Suffers Significant Damage from Truck Incident



CORNISH, NH—On Thursday, July 19, at 08:55, the Cornish Police Department was notified of a motor vehicle accident involving an over-sized truck and the Cornish Windsor Covered Bridge. The bridge was built in 1866, and is on the National Register. The bridge is 449'5" ft long and posted at 9'2" clearance.

Investigation by Cornish Police Officer Eric Brann revealed that a 2004 International Box truck owned by Hudson-RPM Distributors of Nashua, NH, driven by 34-year-old Nizeyimana Silas of Nashua, NH, entered the bridge from Rt 12-A in Cornish. Driving down the center of the bridge, the truck, posted at 12'7" in height cleared the side trusses. Part way across the bridge, the truck encountered a ve-

hicle traveling the opposite direction and pulled to the right striking the side trusses. The truck continued on, striking more trusses and eventually exiting the Vermont side of the bridge, causing significant damage to the facade of the bridge. "There is thousands of dollars damage to the bridge," said Cornish Police Chief Doug Hackett.

Representatives from the NH Department of Transportation inspected the bridge. The bridge was closed to traffic for several hours. Silas was given a summons for Failure to Obey Traffic Signals.

The investigation into this accident is being conducted by Officer Brann. If anyone witnessed this accident, please contact Brann at (603) 543-0535 or [eric.Brann@CornishPD.net](mailto:eric.Brann@CornishPD.net).

## Power of Produce (POP) Clubs for Kids Proving to be a Hit

Power of Produce Clubs are fun, free, and filled with fresh local food and are proving to be a hit at area farmers markets and farm stands this summer. Fourteen locations are hosting Power of Produce this summer, including the Claremont Farmers Market. Kids sign up at the POP Host table and learn about the day's produce-based activity. It might be a scavenger hunt, a quiz, an easy salad recipe. When they've completed the activity (everyone's a winner!), children receive \$2-3 of kids-only market money to spend on produce. Kids can come once or come many times, "We've had a tremendous response to the program at the Claremont Farmers Market, with 57 kids coming [recently to one Saturday Farmers Market]. It really has been a great success. Both kids and adults love it," said Market Coordinator Debbie Tardiff (Courtesy photos).



# FRIDAY NIGHT - JULY 27 (RAIN DATE JULY 28)

## NORTHEAST CLASSIC LITES

PLUS

### CODY LAFONT MEMORIAL TWIN 25'S FOR THE WILDCATS

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### 2018 EVENT SCHEDULE

*\*subject to change*

July 27	NORTHEAST CLASSIC LITES CODY LAFONT MEMORIAL TWIN 25'S FOR WILDCATS Supers, Street Stocks and Wildcats
Aug. 3	SUPER HERO COMIC CON NIGHT - SPECTATOR EVENT Supers, Street Stocks and Wildcats
Aug. 10	80'S NIGHT - CELEBRATING 1983/1988 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	RACE AGAINST CANCER EVENT - BACKPACK GIVEAWAY Supers, Street Stocks and Wildcats
Aug. 31	STREET STOCK TWIN 25'S EVENT Supers, Street Stocks and Wildcats
Sept. 8 Saturday	<b>OPEN MODIFIED EVENT - 100 LAPS **</b> Supers, Street Stocks and Wildcats
Sept. 14	FOUR CYLINDER FUN WEEKEND 4-CYLINDER NATIONALS for NEMST RED NECK ENDUROS PLUS 4-CYLINDER RADAR RUN Supers and Street Stocks
Sept. 21	REGULAR CARD - BIKE GIVEAWAY Supers, Street Stocks and Wildcats
Sept. 28	CHAMPIONSHIP NIGHT - TOP 10 RACES Supers, Street Stocks and Wildcats



## Medication Recall Alert for Valsartan

The FDA has announced a voluntary recall of several medications containing Valsartan following detection of an impurity. Not all products containing Valsartan are being recalled.

To determine whether a specific product has been recalled:

- Look at the drug name and company name on the label of your prescription bottle.
- If the information is not on the bottle, contact the pharmacy that dispensed the medication for verification.

Because Valsartan is used to treat serious medical conditions, the FDA recommends that if you're taking one of the recalled Valsartan containing medicines, you should continue taking it until you have a replacement product. If you are taking one of the recalled medicines listed below, you should follow the recall instructions provided by the specific manufacturing company. This information will be posted to the FDA's website: <https://www.fda.gov/Drugs/DrugSafety/DrugRecalls/default.htm>.

You should also contact the pharmacist who dispensed the medication to confirm that your medicine is included in this recall. If confirmed, follow up with your PCP to discuss your treatment, which may include another Valsartan product not affected by this recall or an alternative treatment option.


Below are the specific medications and the manufacturer that are being recalled according to the FDA:

- Valsartan Major Pharmaceuticals
- Valsartan Solco Healthcare
- Valsartan Teva Pharmaceuticals Industries Ltd.
- Valsartan/Hydrochlorothiazide (HCTZ) Solco Healthcare
- Valsartan/Hydrochlorothiazide (HCTZ) Teva Pharmaceuticals Industries Ltd.

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

## Ellery Queen Presentation by Local Author

CLAREMONT, NH—Arthur Vidro, one of the authors behind the anthology, “The Misadventures of Ellery Queen”, will appear live in Violet’s Book Exchange to discuss the book, his story, and Ellery Queen, a huge name in 20th century detective fiction.

Queen has a special connection to Claremont, which Vidro, a freelance writer and editor, will explain in detail. He also will talk about book editing.

The talk will occur Saturday afternoon, July 28th, at 2:00 p.m., in the lower level of Violet’s Book Exchange, located at 28 Opera House Square in Claremont. Free.



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## Where You Live as Retiree Can Affect Financial Strategies

Upon retiring, many people relocate to enjoy a more favorable climate, or to be closer to grown children, or to live in an area they've visited and enjoyed. If you, too, are thinking of moving someday, you'll want to study possible locations, but you also need to be aware that where you eventually decide to live can greatly affect your savings and investment strategies – both now and during your retirement.

Here are some relocation costs to consider:

**Housing** – Not surprisingly, the larger the city, the more expensive the housing is likely to be. Also, locations near an ocean or the mountains tend to be more costly. But the type of housing you select – house, apartment or condominium – also can affect your financial picture in terms of initial expense, maintenance and possible tax benefits. Plus, you can now find newer types of arrangements, such as senior cooperative housing, in which you own a share of the community and have a voice in how it's run.

**Health care** – If you are 65 or older when you retire, you'll have Medicare to cover some of your health care costs, though you'll still likely need to purchase some type of supplemental coverage. However, out-of-pocket health care expenses may vary in different parts of the country, so this is something else you'll want to check out before relocating. Of course, the availability of good medical facilities may be just as important to you as health care costs.

**Taxes** – You may hear about people moving to a different state to lower their tax burden during retirement. A few states don't have personal state income taxes, and many others offer favorable tax breaks on retirement income, so, if taxes are a major concern, you'll want to research the tax situation of prospective retirement locations. You may also want to consult with your tax advisor.

These aren't all the areas you will need to consider when estimating your total cost of living in a retirement destination, but they should give you a good idea of what you can expect. And your choice of where to live as a retiree can affect your financial strategy in at least two ways: how you invest today and how much you can withdraw from your retirement accounts when you're retired.

Regarding how you invest today, you should evaluate whether your current investment strategy is likely to produce the resources needed to support you adequately in the retirement location you've chosen. So, for example, if you think you're going to live in a fairly expensive place, you may need to reduce your expenses, delay retirement or work part time.

Your choice of a retirement destination also may affect how much money you withdraw each year from your 401(k) and IRA. When choosing an appropriate withdrawal rate, you'll need to consider other variables – your age, the amount of money in your retirement accounts, other available assets, etc. – but your cost of living will be a key factor. A financial professional can help you determine the withdrawal rate that's right for you.

When you retire, it can be a great feeling to live where you want, but you'll enjoy it more if you're fully aware of the costs involved – and the financial steps you'll need to take.

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

*Edward Jones, its employees and financial advisors cannot provide tax advice.*



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

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

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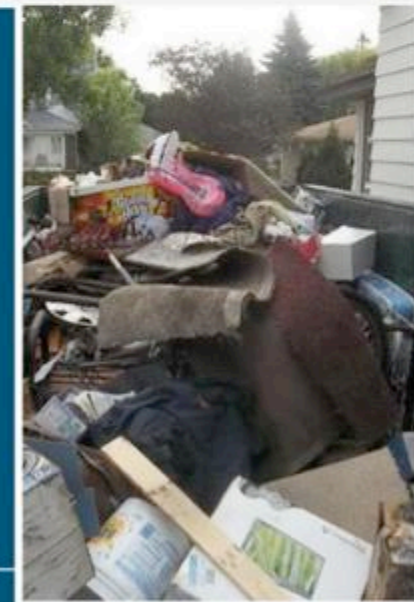
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## The Acworth Village Store Acworth Community Project Car Show

ACWORTH, NH—Motor on over to the first annual Car Show at the Acworth Village Store. This event is scheduled for July 28 from noon until 5:30 p.m. Be an attendee or be an exhibitor.

You are invited to bring your antique or classic car or motorcycle to show off. Trophies will be awarded for 1st, 2nd and 3rd Place based on the number of votes.

Entrance is free for this event, and it promises to be a fun show. There will be food and drinks available at the car show, followed by Acworth Village Store's famous Pizza Night from 5:30 until 7:30 p.m. If you are interested in showing off your awesome set of wheels, please contact Wes Cubberley at cubdebbie@aol.com or call 603-863-4802.

The Acworth Village Store is run by The Acworth Community Project. The Acworth Village Store is located at 1068 Rt. 123A, South Acworth. Phone number is 603-835-6547. Visit them at [www.acworthvillagestore.com](http://www.acworthvillagestore.com), on FaceBook.



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## It's About Food

By **Johnny Navillus**



### Summer Extended

Summer isn't done yet by a long shot. There will be more hot weather and I'm not complaining.

Don't heat up the kitchen or the grill. Break out the slow cooker for a pork rib dinner that is truly summer worthy.

The great part of slow cooking in summer is that you do all the work in the cool of the morning.

#### Tasty Pork Ribs

8 bone-in country style pork ribs 1 cup ketchup  
1 cup barbecue sauce  
1/4 cup packed brown sugar  
1/4 cup Worcestershire sauce  
1 tablespoon balsamic vinegar  
1 garlic clove minced  
2 tablespoons dried minced onion 1 teaspoon Cajun seasoning  
1 teaspoon ground mustard  
1/2 teaspoon salt  
1/4 teaspoon pepper

Place the ribs in the slow cooker.

Combine the remaining ingredients. Pour over the ribs.

Cover and cook on low for 6 to 7 hours.

Serve over rice. Steamed veggies top this off very well. If the weather is cool enough, sautéed peppers of assorted colors really add great color.

If you use your slow cooker for meatloaf, line the cooker with foil to make removing the loaf easier.

#### Glazed Julienned Carrots

2 pounds carrots julienned  
1/3 cup butter cubed (keep a little more aside in case) 1/4 cup sugar  
1/4 cup water  
1/2 teaspoon salt

In a large skillet combine all ingredients.

Cover and cook over medium heat for 7 to 10 minutes or until carrots are crisp-tender.

Serve with a slotted spoon.

I find that with some recipes the amount of butter seems a bit light, so I like to keep some extra handy just in case. These carrots will go with just about any dish and they are so easy it's almost laughable. Just don't tell anyone how easy they really are.

Play with your food. Keep cool while you do.

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

(Photos courtesy of Cornish Police Dept.)

*Each New Life is a Special Experience*

## The Childbirth Center at Springfield Hospital



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## Testing...

The Claremont Fire Dept. could be seen doing its weekly testing of the Ladder truck from a distance. This shot was taken from the parking lot of the Visitors Center Green (Bill Binder photo).



Friday afternoon, Claremont Police Officer Tyler Petrin and his K-9 partner, Maverick, aka Ricky, graduated from the Boston Police K-9 Academy. The school was 14 weeks of rigorous training, covering all aspects of K-9 patrol functions. Congratulations to both of you on a job well done! Welcome, Maverick!





## *An Army of Help...*

CLAREMONT, NH—For the fourth year in a row, youth from the United Methodists Action-Reach Out Mission by Youth (UMArmy) came to Claremont to spend a week doing community projects for homeowners who could use some help. The students, from 7th grade to high school ages, completed over 20 jobs, from landscaping, painting and minor repairs to building stairs and ramps. The campers all pay to go to camp, volunteer their labor, and the camp money is used to pay for the repairs and projects they undertake. A great group of kids doing great things for our community.

The Claremont community supported the UMArmy during its stay. Restaurants donated food, Stevens High donated space for the kids to use, the CSB Community Center invited the kids to use the shower facilities, water was donated and local Girl Scout Troop 30261 passed out Kool Pops to all the teams on one on the hot days.

—Bill Binder



**Clockwise: Samantha Hallock (L) and Hunter Harris (R) worked on the gardens around the First United Methodist Church; a team building a set of stairs for their project; Girl Scout Troop 30261 handed out popsicles; the thank-you supper Community Night for the UMArmy youth and the recipients of their projects, held Thursday evening at the church. The fun and inspirational gathering allowed residents to share their appreciation for the work done while the kids had the chance to talk about their experiences.**



**Photos by Bill Binder**



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