

e-Ticker News of Claremont

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**Needle Exchange
Approved by School
Board; page A18**

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September 10, 2018

Deals, Deals, Deals...!

St. Mary's Parish in Claremont held its 11th annual yard sale on Saturday, Sept. 8, at St. Mary's gym on Main St. Over a 100 people were lined up for the 8:00 a.m. start, and crowds kept coming in until the 2:00 p.m. end of the sale. Norma Limoges and her band of volunteers had all the items out on the tables and priced to sell. Folks roamed the aisles and grabbed their treasures as they found them. All proceeds will benefit the parish. Photo: Norma Limoges gives the volunteers their areas they would work for the sale (Bill Binder photo).



NH Considers New 100-Bed Forensic Psychiatric Hospital

By Nancy West
InDepthNH.org

After fighting to change New Hampshire's policy of incarcerating mentally ill people who haven't been charged with or convicted of a crime at the prison's Secure Psychiatric Unit, advocates say they are pleased the state is looking to change.

The state has put out a Request for Information to build a 100-bed forensic psychiatric hospital for patients currently receiving care at the Secure Psychiatric Unit, the New Hampshire Hospital, both in Concord, and the Lacoia Designated Receiving Facility.

"The envisioned facility would consolidate forensic care within one location and provide a comprehensive program for the forensic pa-

tients," according to the request posted on the Department of Health and Human Services' website.

The population served would include civilly committed individuals found not guilty by reason of insanity, incompetent to stand trial, patients deemed too dangerous to themselves or others to be housed in the state's psychiatric

(Continued on page A5)

Man Charged with Criminal Threatening Against D-H Security Officers

LEBANON, NH—On September 7, the Lebanon Police Department was contacted by Dartmouth Hitchcock Medical Center Security who reported that a male subject had allegedly made threats toward security officers at the



Michael Gusha

hospital. The subject, Michael Gusha, age 43, was asked to leave hospital grounds earlier that morning.

A warrant was completed for Gusha's arrest and he was taken into custody without incident at the Lebanon Police Department.

Gusha is charged with Criminal Threatening, a Class A Misdemeanor. Gusha was released on a Personal Recognizance bail with a court date of November 5, at New Hampshire 2nd Circuit Court, District Division Lebanon.

Temporary Bus Service substituting for Amtrak Vermonter Trains

Through Tuesday, Sept 11th, Amtrak Vermonter trains will operate instead as Highway Coach buses between St. Albans, VT, and New Haven, CT, due to bridge and track work on the line in MA and CT.

At New Haven, CT, passengers will transfer to and from trains for remainder of journey. Regular Vermonter train service will resume on Wednesday, Sept 12th, with the southbound Vermonter operating the entire route from St. Albans, VT, to Washington, DC, with all scheduled station stops.

The Highway Bus will make station stops on the same schedule as the Vermonter Trains.

However, the Highway Bus will not make stops at Randolph, VT, Windsor, VT, or Claremont, NH. Passengers from or to those three stations are advised to make arrangements to board and/or disembark at next closest stations, such as White River Jct., VT, or Bellows Falls, VT, or Brattleboro, VT, on the same schedule times posted for the Vermonter at those stations. Advance purchase tickets are available from



your travel agent or by phone or on-line at <https://www.amtrak.com>. For further information and station schedule times, please call Amtrak, 800-872-7245, or visit the website.

AARP Welcome Back Meeting

The Claremont Area AARP Chapter will meet Thursday, Sept. 13, at 1 PM at the Earl Bourdon Centre on Maple Avenue for a welcome back meeting to start the new year. There will be a local speaker and refreshments will be served by the board. Plans will be made for a barbecue in October. All seniors on both sides of the river are welcome. Dues are \$5 a year.

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Member, Greater Claremont Chamber of Commerce

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NH Lottery Numbers

09/08/2018

NH PowerBall

3 13 20 32 33 21

Mega Millions 09/07/2018

8 10 41 54 68 10

Megabucks 09/08/2018

8 16 24 40 41 5

For more lottery numbers,

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

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House of Representatives – Claremont

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

District 4/Ward 2: John O'Connor
603-504-6951
jwoconnor2014@yahoo.com

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

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

Senate – Claremont

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

Washington, DC

Sen. Jeanne Shaheen
520 Hart Senate Office Building
Washington, DC 20510
202-224-2841
<http://shaheen.senate.gov/contact>

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

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

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

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

and click on “Who Is My Legislator”

Letters to the Editor

Since when is Incinerating Toxics “Green and Sustainable”?

To The Editor:

NH Senate Bill 365 is the controversial incinerator subsidy bill for trees and trash that would make some Unutil customers pay more for electricity to help folks around Concord pay their trash bills. Does an \$8.1 million giveaway to Concord's largest privately-owned waste generator, a major source of air pollution and among the City's largest taxpayers, explain why nearly every Democrat and an unbelievable number of Republicans in the NH General Court voted AYE on SB365?

Why should a massive hidden tax, masquerading as an electric rate hike, raise an extra 2.7 million dollars a year for Concord's Wheelabrator incinerator? Wheelabrator's owners really don't need the money; didn't Congress just give everybody a big tax cut? (See Energy Capital Partners: That's capital with a capital C.) And Wheelabrator is only one of seven SB365 incinerators around the state; the rest are burning waste wood - or so they say, and some Eversource customers will pay a premium for that too.

Sold as rate relief, with a \$68 million dollar price tag - if you include Eversource ratepayers - SB365 supporters claim 'indigenous renewable fuel' - whatever that is - promotes 'fuel diversity' and 'clean, renewable energy' that will save NH's forests.

The only thing green about this waste combustion bill is the millions upon millions of dollars of subsidies for multinational corporations and the private equity investor-owners of an aging fleet of steam boilers. This SB365 shakedown has attracted strange bedfellows who threaten to lay off workers, shut down businesses and close off access to their land if they don't get bailed out. Not everyone paying Unutil's bills is served by Wheelabrator. But everyone around North Concord got a share of the 80+ pounds of lead Wheelabrator's incinerator reportedly released into the air in 2017. Why compel ratepayers to prop up a company that has been paid to receive over 6 million tons of fuel over the past 30 years? Truckloads of fuel from nobody knows where, containing nobody knows what, but everybody knows, nobody wants. Thank the Governor for vetoing SB365; since when is incinerating toxics “green and sustainable”?

John Tuthill
Acworth, NH

Write In Raymond Gagnon for Sullivan County Commissioner, Dist. 1

To The Editor:

ATTN: Sullivan County Voters:

I am Ray Gagnon and am asking voters taking a Democrat's ballot this Tuesday, Sept. 11, to please write my name in for Sullivan County Commissioner in District 1.

As many know, Jeff Barrette is unable to accept the Democrat nomination unless he first wins the Republican primary. Although doable – it is an uphill struggle. While I continue to support Jeff, I would not like us to not have a commissioner candidate in November. As I have been for the past 12 years a Sullivan County State Rep and a member of the County Executive Budget Committee, I am very familiar with how the County operates and able to do the job.

Therefore, on Tuesday, Sept.11, I am asking you to write in Raymond Gagnon for Sullivan County Commissioner District 1 and to fill in the circle next to the write-in section.
Thank You.

Raymond Gagnon
Claremont, NH

Hospital, from A1

hospital, forensic patients that are also diagnosed with developmental disability, and others who would benefit from a comprehensive forensic program.

“It’s exciting. I take this as a very positive step,” said state Rep. Renny Cushing, D-Hampton, a longtime advocate for change at the men’s prison unit. It’s a first step, but the proposal must get through the legislative process to get funded, he said.

“I can’t help but think this is DHHS’ response to the recent flurry of court filings to head off a possible class-action lawsuit,” Cushing said.

Court action

He was referring to a half dozen petitions filed in federal court demanding Secure Psychiatric Unit patients be transferred to a licensed psychiatric hospital, a federal lawsuit alleging patient mistreatment including taser-ing, and patient families fighting the state’s attempts to take away their guardianship.

Several of the petitions were filed with the help of Advocates for Ethical Mental Health Treatment, a citizens group co-founded by Wanda Duryea and Beatrice Coulter.

“We have fought really hard and I am glad to see this step in the right direction,” Duryea said.

Coulter added: “Hopefully, in the long term it will create an environment that fosters evidence-based best practices and civil rights safeguards.”

Lawmaker support

The Secure Psychiatric Unit has been the target of public scrutiny as more advocates, patients and their families have taken court action and spoken publicly to the press and at legislative hearings.

Duryea, Cushing, and Rep. Peter Schmidt, D-Dover, waited at the New Hampshire Hospital on Thursday to support Nancy Heath of Milan, who is fighting to maintain guardianship of her adult son, Tony Heath, who has been civilly committed to the prison’s Secure Psychiatric Unit deemed incompetent to stand trial.

Tony Heath, who filed a civil lawsuit claiming he was tasered for refusing a routine blood draw, was transported to the New Hampshire Hospital Thursday for the hearing wearing a prison uniform, leg chains and handcuffs. He struggled to eat a hamburger while handcuffed during the three-hour wait for the hearing that was ultimately cancelled.

Nancy Heath and Tony both support having Duryea, Cushing, Schmidt and InDepthNH.org

present for the continuation of the confidential guardianship hearing at the small courtroom on the hospital grounds as allowed by RSA 494-A:8. Judge Barbara Maloney has previously denied opening the hearing to anyone but the participants. Andrew Butler’s case also drew public attention as the popular former high school athlete’s friends rallied around him. The 21-year-old from Hollis was released from the Secure Psychiatric Unit in June, but is still under the control of the state because he was originally committed to the New Hampshire Hospital for two years.

He hadn’t committed a crime, but was transferred from the New Hampshire Hospital to the Secure Psychiatric Unit after a violent outburst, which his father, Doug Butler, blamed on medication. Doug Butler wants Andrew to obtain treatment from a private psychiatrist. Members of the Hollis community raised funds for Andrew and held a march from the prison in Concord to the federal court to protest him being held in a prison.

Wait lists

The state is also hoping to solve another serious problem with the delivery of mental health services – the backlog of people who spend days and sometimes weeks awaiting treatment in hospital emergency rooms.

“Through this collaboration and development of a new facility, the added inpatient capacity is expected to reduce the number of psychiatric patients waiting in hospital emergency rooms for inpatient treatment at New Hampshire Hospital,” the request states.

The request was issued by the New Hampshire Department of Health and Human Services, New Hampshire Hospital and the Department of Corrections, and the Secure Psychiatric Unit to solicit information regarding the construction and/or operation of a forensic



Secure Psychiatric Unit at the men's prison in Concord (Nancy West photo).

hospital.

Forensic licensing as a healthcare facility in the state and initial Joint Commission accreditation will be required.

The request says the state is considering all available solutions that would ensure the well-being of the patient population including:

Option #1 – Construction and Operation of a New Facility.

Option #2 – Renovation of Existing Facility and/or Addition of New Facilities and Operation of Facilities.

Option #3 – Construction of a New Facility which the State of New Hampshire will then Operate.

Option #4 – Renovation of Existing Facility and/or Addition of New Facilities.

The Department of Health and Human Services oversees the New Hampshire Hospital, the state’s psychiatric hospital as it stands now. But the Secure Psychiatric Unit at the men’s prison is part of the prison and run by the Department of Corrections.

The New Hampshire Hospital provides acute, inpatient psychiatric services for children, adults, and the elderly who need active treatment and other essential supports within a continuum of community-based care.

“The proposed facility would be constructed and operated in accordance with the Joint Commission Accreditation for Acute Psychiatric Hospitals,” the request states. It also says it is not a guarantee the facility will be built.

Newport Historical Society Program on Corbin Bridge

NEWPORT, NH—The Corbin Covered Bridge, built in 1835 and named for Newport's well-known Corbin family, was the sole survivor of Newport's six highway covered bridges. Spanning the North Sugar River for approximately 158 years, the well-loved structure was destroyed by arson on May 25, 1993. On Nov. 9, 1993, six months after its destruction, a special Town Meeting was held to decide the fate of this bridge.

Join the Newport Historical Society, on Tuesday, Sept. 11, from 6:30-8:00 p.m., in the ballroom of the Richards Free Library, 58 N. Main St, Newport, for the rest of the story of the Corbin Covered Bridge. The ballroom is handicapped accessible and light refreshments will be served. **(Photo courtesy of Venita Nudd, and the Newport Historical Society).**



Claremont Brewfest & 5K Set for Sept. 15

CLAREMONT, NH—The Claremont Kiwanis Club will be hosting the 2018 Claremont Brewfest & 5K on September 15th. This is the organization's fifth year hosting the Brewfest and fourth year running the "Back to the Brewfest 5K". The club is also pleased to announce the return of the VIP Hour with special brews that will not be available during general admission, special music selection, and hors d'oeuvres, not to mention some "quality time" with the brewers.

This will be a fun and competitive event for New England brewers, runners, and beer lovers. Once again, it is a ballot and trophy affair, but the main objective is to get people together to have fun and taste great beer while raising money for local community needs.

In the center of beautiful Claremont, sample beers from more than 30 brewers from all over New England will be featured as they compete for the top prize on Saturday, Sept. 15, at the Claremont Brewfest, Battle of the Brews, set to be held at the Visitors Center Green. Upon entrance, visitors receive a ballot; the victor is chosen by you!

The public is invited to come taste a variety of microbrews, craft-brews, shandies, and ciders. Enjoy a wide range of food that pairs well with beer and enjoy the live entertainment. The 5K starts at 11:30 a.m., the VIP hour starts at 12:00 p.m., and the gates open for general admission at 1:00 p.m. Last serve is 4:00 p.m.

Please note this is now a 21 and over event.

For more information, visit <http://claremontbrewfest.com/> or go to their Facebook page at <https://www.facebook.com/claremont.brewfest>.

Sample Claremont Ballots Available on Our Website

Sample Claremont ballots—Democratic, Libertarian and Republican—for the State Primary on Tuesday, Sept. 11, are available for viewing on our website.

Click on the following link:

<http://www.etickernewsoclaremont.com/current-issue/>

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- Commissioner NH Board of Pharmacy

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- Protecting our children's health and future by supporting legislation that safeguards our environment and strengthens public education
- Working in collaboration with other communities to build a coalition that requires the state to adequately fund education
- Legislation that lowers drug costs
- A government accountable to the people

I want to hear from you!

What issues matter to you, the constituents, the voters?

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Paid for by Merchant4NHHouse,
Fiscal Agent Garv Merchant at 272 Pleasant Street, Claremont NH 03743

Will NH Legislature Override Governor's Vetoes? Vote is Sept. 13

By Phyllis A. Muzeroll
e-Ticker News

Environmental activists around the state are making a concerted effort to stop the New Hampshire legislature from overturning the governor's veto of SB 365, an action he took in June. It is one of six vetoes the legislature will be voting on. At the time, Gov. Chris Sununu stated that "Senate Bill 365 creates another immense subsidy for New Hampshire's six independent biomass plants." He went on to say that it would "cost New Hampshire ratepayers approximately \$25 million a year over the next three years, on top of the subsidy for these plants that already became law last year through Senate Bill 129...."

Residents from Sullivan County and Merrimack County are calling on their respective state representatives and senators to oppose "Senate Bill (SB) 365, high profile legislation that makes New Hampshire ratepayers responsible for a multi-million dollar annual subsidy for the Wheelabrator waste incinerator in Concord, another component of the bill. The incinerator generates electricity, but it is not clean energy," they have said.

Sununu vetoed SB 365 in mid-June, and a legislative session on September 13 will provide an opportunity to either override or sustain the veto. The petitioners want legislators to oppose the bill by sustaining the Governor's veto, they said in a statement dated Sept. 6.

In February, Tony Caplan of Henniker, Rebecca MacKenzie of Claremont, Katie Lajoie of Charlestown, and Janet Ward of Contoocook appealed the Department of Environmental Services' (DES) decision to reissue a Title V operating permit to Wheelabrator. They filed with the New Hampshire Air Resources Council, a state-level board that hears appeals of DES decisions. The petitioners based the appeal in part on unacceptable risks from incinerator pollution.

In an August 31 letter, the petitioners call on legislators not to reward Wheelabrator with a subsidy or a "green energy" label. "New Hampshire ratepayers should not be expected to subsidize dangerous and wasteful garbage incineration," stated Caplan. "Energy policies should protect ratepayers and the environment. SB 365 does neither."

A new report from environmental groups

shows the double cost that New Hampshire residents would pay in health impacts and higher utility bills if legislators override Governor Sununu's veto of a bill subsidizing biomass and trash incineration, say the organizations.

"Burning trash is the most expensive and polluting way to manage waste or to make energy," said Mike Ewall, Founder and Director of Energy Justice Network. "Burning trees is also among the most expensive and polluting ways to make energy. There's nothing clean or wise about paying even higher electric bills to support some of New Hampshire's worst air pollutants."

If the legislature overrides the veto, many New Hampshire residents could also see an increase in their electric bills.

"If the governor's veto is overturned, New Hampshire would be paying twice for dirty air and polluting energy," said Woody Little, New Hampshire Community Organizer with Toxics Action Center Campaigns. "We should not pay more for energy that makes us sick. Governor Sununu got this one right, and responsible legislators from both parties should sustain his veto."

"Hold onto your pocket books," said John Tuthill for Working on Waste in Claremont. "The New Hampshire legislature is meeting in Special Session on September 13th to vote on a massive hidden tax, sending over sixty million dollars in subsidies to the owners of seven polluting power plants, all to be raised from Eversource and Unitil customers. Working on Waste calls on legislators to sustain the Governor's veto on SB 365."

The report was released by Working on Waste, Energy Justice Network, and Toxics Action Center Campaigns. The groups stated that they prepared the report "with the latest data from the U.S. Environmental Protection Agency's National Emissions Inventory."

According to an article in the *Concord Monitor*, "SB 365 was designed to prop up the six biomass plants, which have struggled to stay competitive as natural gas

has lowered wholesale energy prices and eaten away profits. Under the bill, electric distribution utilities would be mandated to seek contracts with the plants and buy energy at 80 percent of the default energy rate.

"The idea was that the plants, most of which burn wood products, would get the business they need to stay afloat. The reduced purchase price would help offset the cost to ratepayers by purchasing from biomass sources instead of letting the auction market decide.

"Most plants are located in the North Country, and three – Pinetree Power plants in Bethlehem and Tamworth and Bridgewater Power Plant in Ashland – announced shortly after the veto they would have to wind down operations.

"But even with the reduced purchase price, supporting the plants carried its own costs. The state Legislative Budget Assistant estimated that the bill would lead to increased costs of \$15 million to \$20 million a year for

(Continued on page A8)



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Vetoed, from A7

Eversource and \$2.7 million for Unitil, which the analysis said would be passed on in higher rates for both businesses and households.”

Springfield Power in Springfield, NH, is one of the biomass plants whose future is uncertain. The *Valley News*, in a recent article, reported that “Already losing money for the past three years, Springfield Power and New Hampshire’s five other ‘independent’ chip-burning plants say Gov. Chris Sununu’s recent veto of legislation that would have required the state’s utilities to purchase a portion of their electricity from biomass power producers all but seals their doom. The plants say they can’t afford to operate without the assured income.

“Sununu, in vetoing the bill, said the measure would have cost \$25 million annually over three years and led to higher electricity bills for ratepayers while not doing anything financially to prop up the struggling biomass plants.”

Other vetoes the legislature will be voting on

to sustain or override include net metering and abolishing the death penalty. The other three vetoed House measures include HB 143, relative to recommitment of a prisoner by the parole board; HB 314, relative to licensing requirements for autonomous vehicle testing, & establishing an automated & connected vehicle testing and development commission; and HB 1736, relative to increasing the threshold required for governor and council approval of expenditures from the dam maintenance fund.

Unity Historical Society Meeting

UNITY, NH—The Unity Historical Society meets at 6:30 p.m., on the second Tuesday of each month, April through Oct. The next meeting will be on Sept. 11. Members are currently working on a couple of different projects, one being a memorial for the Veterans of Unity and the wars in which they fought. They are planning to locate it in the town square. The other project is a cupola with an eagle weathervane

to set atop the gazebo in the town square. They would like to invite anyone interested in the history of Unity, or helping with either project to please come to the meeting or talk with any of the members. You may also call Judi Tatem at 603-a543-0955 or Bruce Kozlick at 603-863-2395 or email Sandy Bigg at dsbigg1963@gmail.com if you are interested in participating.

Meetings are held at the Unity Town Office.

Rummage Sale in Newport

NEWPORT, NH—Rummage Sale at South Congregational Church, 20 Church St., Saturday, Sept. 22nd, 9:00 a.m.—1:00 p.m. Clean, gently worn clothes for variety of ages, sizes, seasons and genders. Please stop by to look for great deals on warm coats and sweaters as well as neat and clean school clothes.

For more information, please call 863-3729.

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To my Democratic and Independent friends, I'm asking you to please write me in on Tuesday, September 11th, for Sullivan County Sheriff.

“It's all about public service.”

Thank you for your continued support.

Sheriff John Simonds

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Fiscal Agent Barry Hunter, PO Box 108, Lempster, NH 03605

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Ann's Property Of The Week

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Classified Ads

Sullivan County Fugitive of the Week

**GLENN
HUTCHINS**

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01/08/1980

LKA: 134 North
Avenue, Apt. 5,
St. Johnsbury,
VT



Description:
White male,
height: 6'01",
weight: 185 lbs., eyes: brown, hair: brown

Reason: Failure to Appear

Charges: One count of Burglary, Felony B
One count of Bail Jumping,
Felony B

On May 24, 2017, a Sullivan County Grand Jury indicted Glenn Hutchins on one count of Burglary. Hutchins failed to appear before the court, and on August 22, 2018, the Sullivan County Grand Jury indicted Hutchins on one county of Bail Jumping. The original burglary charge is still pending.

On September 4, 2018, Hutchins failed to appear for his arraignment on the bail jumping charge.

On September 5, 2018, the Sullivan County Superior Court issued a warrant for the arrest of Hutchins for Failure to Appear in court.

This information is provided by Sheriff John Simonds of the Sullivan County Sheriff's Department. Anyone with information regarding this individual is asked to contact their local police department or the Sheriff's Department.

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e-Ticker Business News

Lake Sunapee VNA Receives Gift from Gordon Research Conference

NEW LONDON, NH – Each year in August, the Gordon Research Conference on Medicinal Chemistry meets at Colby-Sawyer College in New London. This year marked the 72nd conference, with 180 medicinal chemists attending from across the spectrum of academic, government and industry research, as well as from the U.S. and many other countries. These scientists are dedicated to discovering and developing drugs that make a difference in patients' lives. They also spend some time at each conference raising money for local charities and this year donated \$3,000 to Lake Sunapee Region VNA & Hospice (LSRVNA).

"We are honored to have been chosen to receive this support, and for the third time! Because both the medicinal chemists and LSRVNA are committed to making a difference in patients' lives, it is especially rewarding to be among this program's beneficiaries," said Catherine Raymond, Development Officer.

Mt. Ascutney Hospital Receives \$12,500 Auxiliary Gift toward Defibrillator Purchase

WINDSOR, VT – Mt. Ascutney Hospital and Health Center, a not-for-profit Critical Access Hospital located in Windsor, Vermont, has received a \$12,500 gift from the Mt. Ascutney Hospital Auxiliary. The donation was presented to the Hospital's President, CEO and Chief Medical Officer, Dr. Joseph Perras, at the Auxiliary's annual appreciation luncheon held in the Hospital's boardroom on June 29. The donation was used to help purchase twelve new Automated External Defibrillators (AEDs), which have been deployed throughout Mt. Ascutney Hospital and its Ottauquechee Health Center in Woodstock, Vermont.

AEDs are portable electronic devices that are designed to automatically diagnose life-threatening heart conditions such as cardiac arrhythmias of ventricular fibrillation, and

pulseless ventricular tachycardia, both manifestations of improper electrical activity in the heart. The device can treat these conditions with defibrillation, sending electricity to stop the arrhythmia and reset electrical impulses so the heart can resume beating properly.

According to Perras, the Auxiliary's donation will cover the majority of the \$17,000 cost of the new equipment. "Our Auxiliary represents the deep commitment of our community to the mission of our Hospital, 'to improve the lives of those we serve.' Thanks to the Auxiliary, with their passion and generosity, we can reach farther, do more, and be more effective. We're very lucky to have them."

Karen Hill, President of the Auxiliary, said that the group is gratified to be able to support the Hospital's work in a tangible way. "AEDs will help Mt. Ascutney Hospital's skilled professionals directly save lives. That's what these devices are made to do." Hill explained, "Over the decades, the Auxiliary has contributed to so many programs and technologies to improve care and quality of life for patients. It's especially exciting to help our community acquire equipment that can literally give someone a second chance at life."

The Auxiliary has supported the Hospital for more than 65 years. Its members dedicate time to organizing fund raising events and projects, volunteering at the Hospital, and running the gift shop in the main lobby. Throughout its lifetime, the Auxiliary has donated more than \$700,000 for projects aimed at ensuring the highest level of patient care. Anyone interested in

becoming an Auxiliary member is encouraged to contact the organization at Auxiliary@mah-hc.org or call (802) 674-7088.

Dartmouth-Hitchcock will Host Forum October 5 to Examine the Impact of the Opioid Crisis on Families and Children

LEBANON, NH – The major issues facing families and children impacted by the nation's opioid crisis – and solutions to those issues – will be the topic of an all-day forum presented by Dartmouth-Hitchcock on Friday, Oct. 5, in Concord, NH.

U.S. Surgeon General VADM Jerome M. Adams, MD, MPH, will deliver the keynote address at the forum, "Our Families, Our Children, Our Future," to be held from 8 a.m. to 4 p.m. at the Grappone Conference Center in Concord. The forum is open to the public.

(Continued on page A14)

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Forum, from A13

Representatives from community, family, and children's organizations; elected officials; school leaders; and others who are actively engaged in finding solutions to the opioid crisis are expected to attend.

This is the first forum in Dartmouth-Hitchcock's Solutions to Opioid Addiction & Recovery (SOAR) Opioid Collaborative Series, a series that will focus on critical issues surrounding the opioid crisis in New Hampshire. Through the series Dartmouth-Hitchcock, along with a broad group of community partners, regional health care organizations, and individuals, will lead important discussions share information and inform the public about evidence-based and innovative solutions and programs that are happening locally, regionally and nationally.

The October 5 forum is hosted by Dartmouth-Hitchcock, with sponsorship by Northeast Delta Dental, Hypertherm's Hope Foundation, New Futures, the New Hampshire Charitable Foundation, New Hampshire PBS, and the AdCare Educational Institute of New England.

Advanced registration for the forum is required. Registration is \$45 and includes continental breakfast and buffet lunch. For more information about the forum, visit https://www.dartmouth-hitchcock.org/classes_events/opioid-forum.html.

Connolly as August 2018 Employee of the Month

WINDSOR, VT – Mt. Ascutney Hospital and Health Center (MAHHC) has announced the selection of Sandra Connolly as Employee of the Month for August, 2018. Connolly serves as MAHHC Inpatient Staffing Coordinator.

As Inpatient Staffing Coordinator, Connolly is responsible for creating staff schedules and replacing staff as needed, for the Hospital's Acute Unit, Emergency Room, and Rehabilitation Center. She is integral in assisting the managers in maintaining time and attendance records. She is also in charge of data entry for patient acuity, as well as daily patient census

and nursing hours submissions to the State of Vermont.

Connolly's supervisor, Acute Nurse Manager Kim Ambrose, RN calls Connolly "a breath of fresh air in this position, and she does an excellent job. This job can be quite challenging, and oftentimes difficult and thankless, but Sandy always has a 'can-do' attitude and a smile." Am-



brose says that Connolly works hard to keep the unit well staffed and happy at all times. "She has a great relationship with the all of the staff," said Ambrose, "and is a tremendous help to the Human Resources Department with updating contact information. She's a great choice for Employee of the Month."

Connolly, who is a resident of Windsor, has been an MAHHC employee since July 2014.

Sandra Connolly

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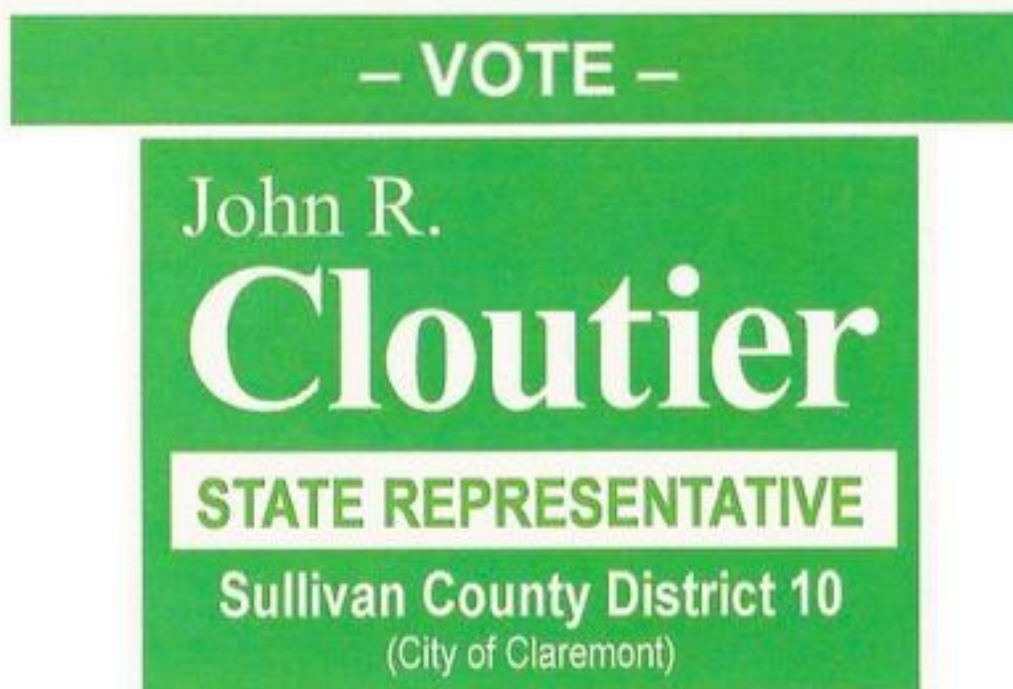
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- Had 100% attendance for N.H. House and County Delegation meetings in 2016-18 Term

Tomorrow's Primary, Sept. 11, Matters!

Please VOTE for John R. Cloutier for State Rep. in the Democratic Primary or write in his name in the Republican Primary.

Thank you.

8:00 a.m. to 7:00 p.m.
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Paid for by Campaign to Re-elect State Rep. Cloutier
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Remembering Eli

After noticing the mural on Summer St., painted by Erica Sweetser and other volunteers, Stevens High football player Justice Durgin, who wears #56, got in touch with Sweetser and asked if he could paint the #87 on the fence in remembrance of Eli Smith. Smith played for the mini Cardinals before passing away from cancer at age 16. "Once a Cardinal, always a Cardinal!" said Durgin. "He was a brother in red." (Bill Binder photo).



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School Board Approves Head Lice Policy

CLAREMONT, NH—Approved Wednesday night, the Claremont School District's Head Lice Policy has been designed to engage the parents and community in the prevention and treatment of head lice. According to the policy, Claremont schools will be applying a two-pronged approach to head lice infestation management, which includes community education and regularly scheduled screening.

At the beginning of each school year, at kindergarten registration, and for students entering during the school year, the school will provide parents with information about head lice and the school's "head lice" policy. School staff will be provided with information about head lice and the school's policy.


The district will also create opportunities to educate the community such as through information booths at school events and articles in school publications and flyers. The information that will be furnished "shall be used districtwide and created by the administration with assistance from the nurses of the schools in the district to create a consistent message."

Routine elementary school-wide head lice screenings will be held monthly, providing families prior notice of such events. This encourages families to check their children's heads, and when detected early, offers the best opportunity for successful treatment, said the district. Screeners must be properly trained by the school nurse, the use of new 6" applicator sticks for each student screened will be required, maintaining confidentiality is a must and findings will be verified, using a microscope if uncertain.

If screening is positive for lice or nits, findings will be discussed in private, and an immediate phone call to the parent/guardian of the student will be made. Chronic cases could result in dismissal from school until treatment has begun and/or a referral to the child's primary care provider, as deemed appropriate by the school nurse and administration. The definition of chronic "shall mean: continued attendance of child to school with an active infestation for a period of 4 consecutive school days and/or active infestations found at more than one school wide screening during a 3-month period."

—Phyllis A. Muzeroll

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Needle Exchange Approved by School Board

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The School Board approved a needle exchange program that will be located near the Disnard Elementary School, within Valley Regional Hospital. Its exact space has yet to be finalized. Such programs are now allowed by the state to be located in a health care facility within 1,000 feet of a school if the school board approves.

Peter Wright, CEO and president of VRH, said that he met with the district recently and that its mission, and that of the hospital, are “exactly the same” and that they discussed ways in which they can work together.

The program was previously located at the Claremont Soup Kitchen—by two Geisel School of Medicine students from Dartmouth—but was shut down when it was pointed out that it was near a school on Central St.

The vote was 5-2, with board members Rebecca Zullo and Steve Horksy voting no. Concern was expressed by the low number of needles

that were brought into the program at the CSK—330—while some 1760 were handed out. Board member Jason Beware asked, “If only 20 percent are collected, where are the rest going? It is very lopsided.”

Wright, and Laura Byrne, with the HIV/HCV Resource Center in Lebanon, said the program is not designed to be a one-for-one exchange and that they are better identified as syringe services programs. Wright said that one of the reasons they want to do the program is to better handle used needles than what is currently taking place. “If we get five or 10 percent off the street,” he said, “I would consider that a success.”

Claremont Police Chief Mark Chase supported the program, saying that he sees it as being about “harm reduction.” He said that Claremont cruisers now carry sharps containers. “I know it’s a tough decision,” he added. “My position is, if it’s anywhere, it should be up at the hospital.”

Projected hours would be 3:30 to 5:30 p.m. two days a week, after regular school hours. Board members wanted to see later or weekend hours due to an after school program that runs until 6:00 p.m. Wright said they would consider that.

Horsky, a strong opponent to the plan, said he felt it was “disrespectful” to students and the community and called for it to be located in the Newport Health Center, which is not near a school. Ashley Greenfield, with the Sullivan County Public Policy Health Network said they have been in talks but that there are other groups interested in the space ahead of them. Volunteers will staff the program in Claremont.

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Can You Benefit From an Annuity?

Retirement isn't cheap. You may have heard that you will need 70 percent to 80 percent of your pre-retirement income, but the real figure might even be higher, depending on your circumstances. And retirement isn't short, either – you could spend two or three decades as a retiree. Taken together, these factors highlight the need to identify as many sources of retirement income as possible – and one of these sources might be an annuity.

A fixed annuity is an insurance product that allows you to make a lump-sum investment and can provide insured payments to you for a designated number of years, or for life. A fixed annuity guarantees a rate of interest for a stated period that will be unaffected by market fluctuations. Your principal investment and the specified interest rate are guaranteed based on the claims-paying ability of the issuing company.

A fixed annuity offers some key benefits, including the following:

No contribution limit – No IRS contribution limits apply to non-qualified annuities – that is, annuities held outside a tax-advantaged retirement plan, such as a defined benefit pension plan, Section 403(b) plan (TSA) or an IRA. This can be especially valuable if you are already close to retirement age and think you might be short on savings.

Tax deferred accumulation – The interest you earn is tax deferred and will compound annually, meaning your money may accumulate faster than it would if it were placed in a taxable investment. Earnings will be taxed at your ordinary income rate once you start taking withdrawals, and withdrawals prior to age 59-1/2 may be subject to a 10% federal tax penalty. (You will want to consult with your tax advisor before withdrawing from your annuity.)

Income for life – You can take your annuity payout as a lump sum or choose to receive payments for a set number of years, or for the rest of your life. Your income amount will be determined by the value in your contract and your life expectancy.

Death benefit – If your annuity is still in the “accumulation” phase at the time of your death (meaning you haven't yet begun collecting payments), it might provide a death benefit to the beneficiary you've named. Typically, this lump sum will be the greater of your account balance or the total of all premiums paid, although some annuities provide additional options. Be aware, though, that the death benefit may be taxable.

As is the case with all investments, a fixed annuity does have some caveats. Most important, an annuity is a long-term investment – if you pull money out within the first several years after your purchase, you likely will face some prohibitive surrender charges. These charges decline each year, typically reaching zero after seven years. Such withdrawals also may be subject to a market value adjustment.

One more thing to keep in mind: Different annuities come with different fees, and the higher the fee, the lower your “real” return will be. Consequently, you will want to compare fees before investing.

If a fixed annuity is appropriate for your situation, you may find it can join your other income pools – Social Security, 401(k), IRA, etc. – to provide you with the resources you need to enjoy the retirement lifestyle you've envisioned.

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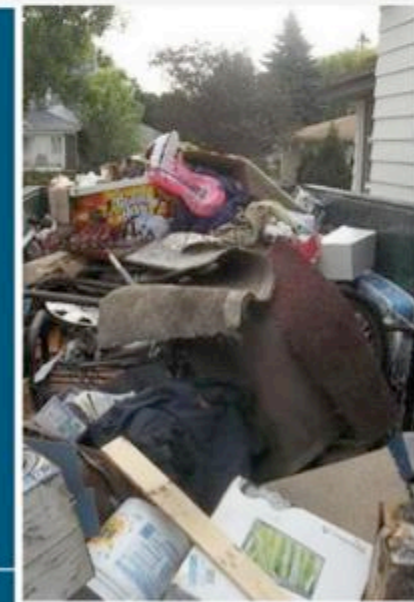
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Workshop Series for Parents of Teens and Preteens

CLAREMONT, NH—In a workshop series called Staying Connected with Your Teen being offered in at the TLC Family Resource Center in Claremont, parents of preteens and teens will learn how to improve communication, reduce the risk of problem behaviors and build strong family bonds. The free five-week program is being facilitated by New Hampshire Teen Institute at TLC Family Resource Center, 109 Pleasant St., Tuesdays, 6:00 - 8:00 pm, Sept. 25, Oct. 2, 9, 16, 23.

This is an interactive program for all parents/caregivers of teenage children. In a lively and open atmosphere, parents will learn specific strategies that will help teens become more involved in the family and less likely to engage in problem behaviors. The workshops use an interactive, skills-based format that provides plenty of opportunities for parents to learn from each other and problem-solve. For more information, please email or call Julie Yerkes at jyerkes.ti@gmail.com or 978-226-3322.



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It's About Food

By Johnny Navillus



Changes

Over the years we have seen many changes in our cuisine. Margarine has disappeared. Eggs are now OK to eat. More pre-packaged salads are available. Chocolate, at least the dark, is becoming almost medicinal. Forget the “almost” for our house. It IS medicinal.

Something came into my awareness recently. I don't know how long it has been going on. Bacon has become an option in Club Sandwiches in some places. How can you NOT have bacon in a Club sandwich? It's like having a sandwich without bread. All my life a Club sandwich has been roast beef or ham, sliced turkey, BACON, lettuce, tomato and mayo. It is assembled on toast with a third slice of bread or toast in the middle. Then it is cut into quarters and served with fries or chips. I don't know what you have without the bacon, but it is definitely not a Club Sandwich.

I even looked up the recipe for a Club Sandwich and found in every treatment of this classic bacon is consistently present.

I've been in three different places in three different areas where the bacon is an add-on for an additional \$1.50 to \$1.99. The waitresses say it's because people are eating “lighter”. They don't charge extra for the bacon on a BLT so why on the Club? I guess without the B in the BLT you have a mini salad on toast.

I always advocate playing with the food you cook. Playing means changing some flavors or substituting one herb or spice for another. I DO NOT advocate changing the main ingredients. A pot roast requires a cut of beef. Roast turkey requires a turkey be present. Smoked salmon requires salmon. Do what you want to these but at least get the main ingredient in there.

I suggest that the Club Sandwich be offered intact and let the customer ask to have the bacon removed. Then reduce the price. Don't make the bacon an “add on”. It belongs there. It is an integral part of the whole experience. No one should have to pay extra for the steering wheel of a car.

I'll put the soap box away for now.

Play Time.

Take a pork tenderloin, either plain or flavored, and cut it into circles about 1/4 inch thick. Size doesn't matter. Heat up the pan.

Add some oil.

Stir fry the pork medallions.

De-glaze with apple ale, plum wine or any fruity wine or ale or even beer. Mike likes Bourbon to de-glaze with.

Let some of that burn off.

Add some cooked rice, some mixed vegetables, cooked.

Add some soy sauce and whatever cooking sauce you have around.

No cooking sauce? Use Bar-b-cue sauce, sweetened with maple syrup, if desired. No rice? You could throw in some broth or stock. Pork likes chicken or beef broth. Let that heat up and add some sour cream. Serve over noodles.

The point here is that anything goes, but you can't leave out the pork. Play with your food. The best cooks do.

Write to Johnny at etickernews@gmail.com.

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New Playground at Monadnock Park Now Open for Fun

CLAREMONT, NH—The Claremont Parks and Recreation Department has announced that Phase One of the Monadnock Playground Project is complete. The new playground, located near the Chestnut Street entrance, is now open for all to enjoy. This project was made possible through a 50% match grant through the Land and Water Conservation Fund. The new play structure features over 20 total play components with both vertical and horizontal climbing areas and features four slides, including a spiral slide on the main structure. The new play structure meets ADA requirements, as does the new two-bay tripod swing unit that includes an ADA, One for All seat. The new swing set was funded by the Claremont Savings Bank Foundation. In the near future, other amenities are planned to be added, such as benches.

Phase Two of the Monadnock Playground Project will include removing the old play structure. This will allow the Parks and Recreation Department and schools to repurpose this area as open space that will be available for use by the many youth sports teams that already struggle to find adequate field space for the growing numbers of participants. Phase Two of the project is expected to take place this fall.

Claremont Parks and Recreation Director, Mark Brislin, said he would like to thank all those who helped with the installation of the new playground, including Blanc and Bailey Construction, City of Claremont's DPW, Claremont Fire Chief Bryan Burr, Parks and Recreation staff and other community members.



Photos by Bill Binder



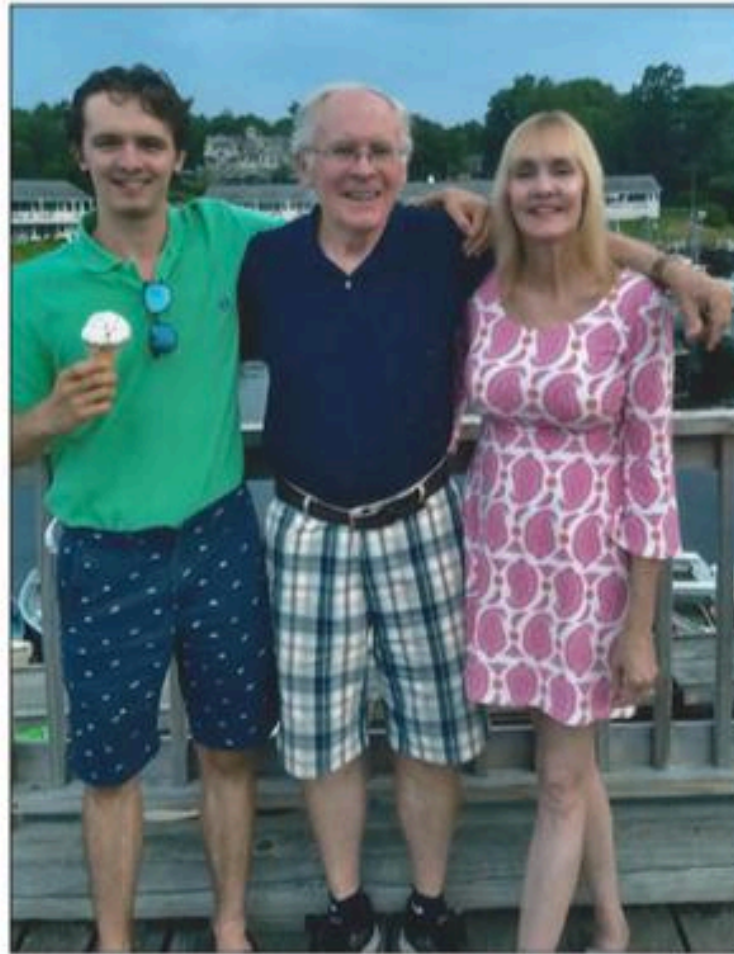
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District Fine Tunes Policy for Cell Phones in School

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—At Wednesday night's school board meeting, board members reviewed the district's 21st Century Electronic Communication Devices/Cell Phone Policy. Students will be permitted to bring cell phones to school, and they will be allowed to use them during lunch and "transitional" times but not during class.

The policy reads as follows:

"While it is the belief of the Claremont School Board that there is great potential of learning opportunities using modern electronic communication devices, there is also great possibilities of misuse and risks associated with the use of these devices by children and these potential misuse/risks outweigh the learning opportunities of a student during the educational day.

"It is our policy to strictly enforce a zero tolerance policy for use of private modern electronic communication devices, including but not limited to smart phones, cell phones, and tablet PCs, during instructional times at all of our facilities by students. The use of these private modern communication devices are allowed only during times that a student is NOT receiving instruction, which is prior to the start of the school day, during lunch, and at the end of the instructional day consistent with the daily schedule of each building.

"It is the building administrators responsibility: to ensure that this policy is being consistently followed by all faculty and staff, to create disciplinary procedures for violation of this policy, and to ensure that all students and parents are aware of the schools procedures relating to this policy by reasonable means of notification."

Exceptions:

"In cases where a medical need necessitates the need of a student to have a modern electronic communication device and is documented with a signed letter from the medical professional that clearly states the necessity will the student be exempt from this policy.

"Use of a modern electronic communication device may be used by students to contact a parent/guardian when returning from

or at the end of school-sanctioned events, including but not limited to field trips, academic conferences, dances, and sporting events, at the discretion of the staff members that are supervising the event when the supervising staff member is responsible for the student."

The policy was to be amended to specify

504 Plans, which cover children with health issues. New co-Student Rep Prescott Herzog presented the board with a petition signed by 352 students, and a total of 372 to date, asking that electronic devices be allowed in class for instructional purposes.

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CHAD ROLSTON

Democrat For State Representative

Claremont Ward 3



Chad Rolston

I have 23 years of experience with leadership in finance and technology as a credit union executive.

I believe in hard work, common sense and cooperation. I will bring those values to bear while representing you!

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Red River Collaborates with TLC for 5K Race

CLAREMONT, NH—Staff members from Red River Company have joined forces with TLC Family Resource Center to help plan the agency's Born to Run 5K race, set for Saturday, Sept. 22, and enhance it with an obstacle course. The collaboration stems from the work TLC is doing with the High-Impact Volunteer Engagement (HIVE) program through the NH Center for Nonprofits.

HIVE is a one year program that pairs a select group of nonprofits, chosen through a competitive process, throughout NH with a volunteer engagement specialist to change how the organizations work with their volunteers. TLC is using the opportunity to engage more volunteers to plan and execute their yearly Born to Run 5K race held in Cornish. Through the process, TLC reached out to members of the community to find volunteers, which included Gina Burke at the Red River Company in Claremont.

"When we met with Gina, it was clear that this could be a great collaboration," said TLC Executive Director Maggie Monroe-Cassel. "Gina and members of the Red River staff had planned and run Rock the Camo 5K in Claremont with an obstacle course. That aligned perfectly with the expansion we wanted for our event."

Burke was intrigued by the idea.

"Knowing we were taking a break on Rock Your Camo this year and focusing on other veteran initiatives I was happy to take my race planning skills and resources to the Born to Run 5K. Red River has always encouraged us to make a difference in our communities and this seemed like a perfect way to get involved," said Burke.

Burke found another member of the Red River Company team, Gabe Giacomo, to join the committee. Giacomo had worked on creating the obstacle course for the Rock the Camo 5K event—a perfect fit for the expansion of the event.

"Bringing in Gabe was a no-brainer. He was the man power, brains and designer of our dirty dash and I knew he would be a huge asset here. We are looking forward to see how we can help expand this event for TLC," Burke continued.

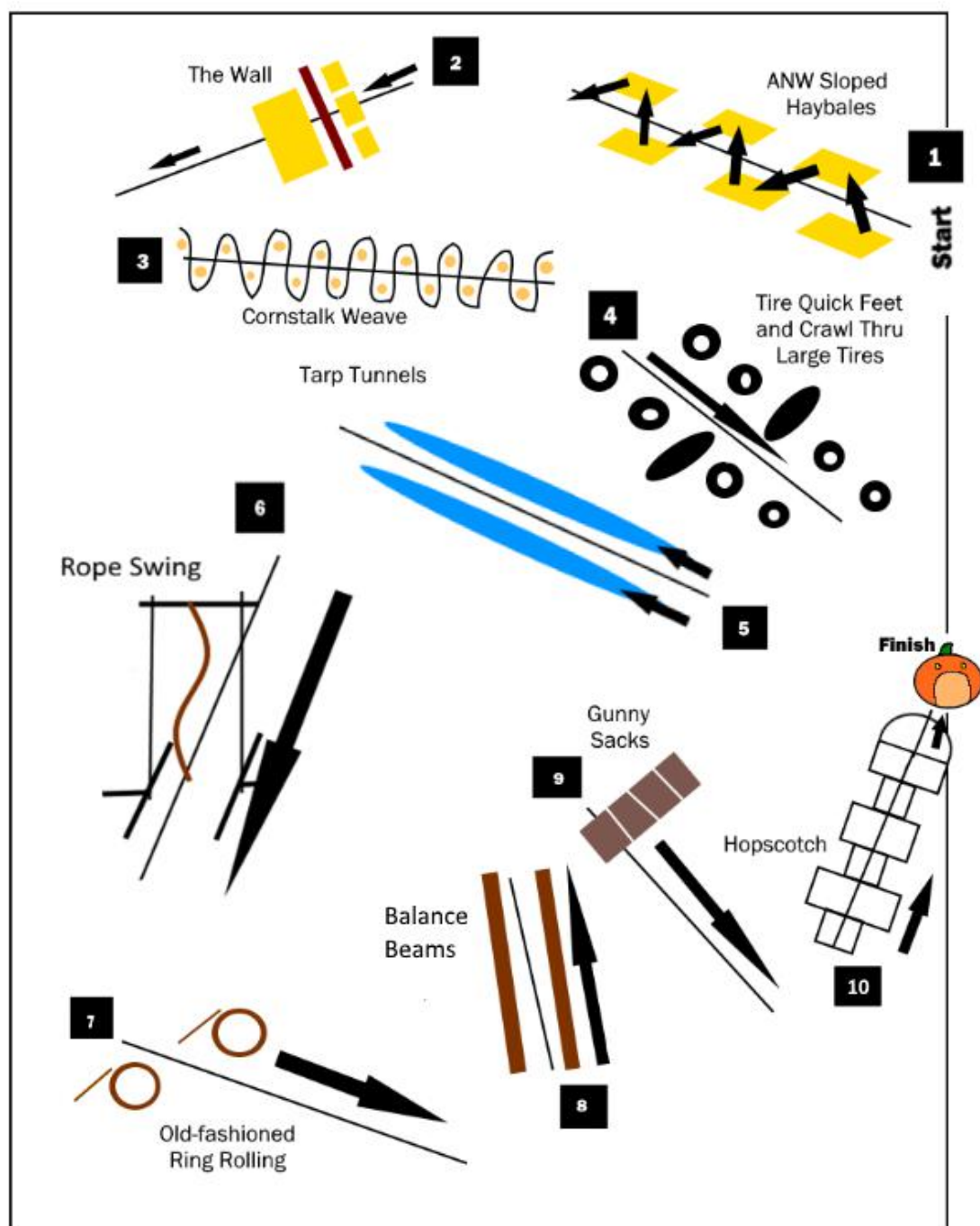
Giacomo says he was excited to join the team.

"After hearing about the Born to Run 5K event, I was excited about the opportunity to continue to our community on behalf of Red River!" said Giacomo. "I love creating and creativity, so being able to channel that effort into an event like this and work together with Gina, Neil, and the team really hits home for me."

The committee, which includes members of the HIVE team and those from Red River, has been meeting since early April to determine what the scope of the changes will be and to plan the event.

"It has been an interesting process. Through the HIVE program I have learned much about who is doing the volunteering, what volunteers are looking for, and how to integrate that into the evolving volunteer program at TLC," said Neil Allen, a former AmeriCorps VISTA member who served at TLC and was instrumental in the agency becoming involved in the HIVE program. "I'm excited for the changes to the event and seeing how it can evolve to support the agency not only as a fundraiser but also strengthen our connection to the community by involving them in the process."

TLC Family Resource Center supports and strengthens all fami-



The layout for the Pumpkin Patch Dash obstacle course that will be at the Born to Run 5K on Sept. 22, from 9 a.m. to noon. The obstacle course is free and open to the public (Courtesy photos).

lies, children, and youth with a wide range of free programs, support groups, education, and events. For more information about the race, visit tcfamilyrc.org/born-to-run-5k.html. This year's Honorary Chair is Mayor Charlene Lovett, pictured with TLC Family Resource Center Executive Director Maggie Monroe-Cassel, right.




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JEFF BARRRETTE

County Commissioner

★ ☆ ★ in the ★ ☆ ★

Republican Primary

SEPTEMBER 11, 2018

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Susan Gottling (D) State Rep., Chair, Finance Committee

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Biddy Irwin (D) State Representative

Ray Gagnon (D) State Representative