

e-Ticker News of Claremont

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**School District to
Return \$443,000 to
Claremont Taxpayers;
page A26**

etickeernews@gmail.com
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October 22, 2018

Grand Reopening...

The Walmart store in Claremont has undergone a complete store renovation and held a ribbon cutting celebration on Friday, Oct. 19. The store has new signage to help customers find what they want, new coolers, a fresh new look and much more. They also were celebrating the start of their new curbside pickup plan. Shown: Twenty-five year employees Ellen Bragg (L) and Linda Blish (R) were selected to cut the ribbon for the renovation ceremony. More on page A25 (Bill Binder photo).



A Real Maverick Joins the Police Force

Claremont's new K-9 Officer Recruited to Protect Residents, Combat Drugs

Text and Photos By Eric Zengota

CLAREMONT, NH—Sgt. Tyler Petrin of the Claremont Police Department had a lifelong dream.

"I always loved dogs, but I never owned one," he said. "And I've wanted to be a K-9 officer since I was a kid."

Petrin's dream came true when Maverick, a 2 1/2-year-old, 60-lb Belgian Malinois, reported for duty on September 23. Man and dog had trained at the Boston Police K-9 Academy for 14 weeks. During that time Maverick learned the many basic aspects of K-9 patrol, including handler obedience, tracking/trailing, apprehension, building and area search, evidence recovery and handler protection. The partners subsequently returned for

(Continued on page A7)

Claremont City Manager Goes Live with Q & A

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—Claremont City Manager Ryan McNutt used a variety of technology to hold a live Q & A Friday night. For two hours he took and answered a range of questions asked from a small group of people in attendance at the Claremont Savings Bank Community Center as well as from Facebook where the program was being livestreamed. It was also broadcast live on CCTV. The Facebook feed was overseen by Kipp Ryan, founder of What's Up Claremont, on whose FB page the Q & A was being featured.

Right off the bat, McNutt was asked what he thought the top challenges were for the City and how best to tackle them. He cited the tax rate as the first priority, due in part to low property values. He discussed the need to draw new people into Claremont, especially

young people who would offset an aging population, have income that would encourage discretionary spending and would help to revive the downtown area by encouraging new startups. He said that an aging population has less income to spend and “that has repercussions.” A resident pointed out that while taxes are high, overall expenses are lower than in the Upper Valley, which helps to offset taxes.

Other challenges, he said, included an aging infrastructure and an older housing stock. He also said it was important to see how City government could support the education system. He praised the quarterly joint meetings between the City Council and School Board as a valuable tool for that purpose.

McNutt point out that there are really two New Hampshire, the eastern part which is more affluent and the rest of the state where the population has greater economic struggles. He said he would like to see more rental housing, especially for older residents, which would allow them to downsize from their houses and open those single family homes to newcomers. He admitted that “how to attract folks on the higher income scale might be more challenging.” He said that a house in Claremont costing \$150,000 might be \$350,000 in Lebanon, giving those buying in Claremont “a lot more value for the dollar...” He said that perceptions about the City are not always “accurate.”

He advocated for more aggressive marketing toward the D-H, Lebanon-Hanover areas, and said that nine units in the planned Goddard Building renovation have already been spoken for by D-H nurses. Key to helping revive

Claremont's

economy is Pleasant St., he reiterated.

Another area in need of future investment, he said, is Charlestown Rd.; until its under-sized utilities system is upgraded, economic development growth in that part of town will remain a challenge. He said that it would take about an \$8M to \$10M investment to upgrade.

McNutt was asked about a plan recently approved by the City Council to bring in past interim City Manager, Pat MacQueen, to help “coach” him on improving communications lines between himself and the Council and the public. The decision to do so followed a non-public meeting Wednesday. He said that it was very “typical” to have issues of communication between a manager and boards and councils. The plan is for MacQueen to assist in that role for no more than 90 days, at a cost of \$4,000-\$6,500. The idea followed a recent controversy over a Topstone abatement of some \$220,000 in back taxes. The City charter does not require the administration to inform the Council about abatements, but that fact did not sit well with either members of the Council or the public. That situation has now led to the Council requesting that the Policy Committee look at creating a Board of Assessors to help with future abatement applications and to ensure that there is better transparency with the process.

It was interesting timing that the issue of improving communication between the City Manager and the Council and the public—with the hiring of MacQueen—came the same week that McNutt held the live Q & A in a publicized public forum, using today's most modern forms of communication to reach people in different ways.

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10/20/2018

NH PowerBall

16 54 57 62 69 23

NH Mega Millions 10/19//2018

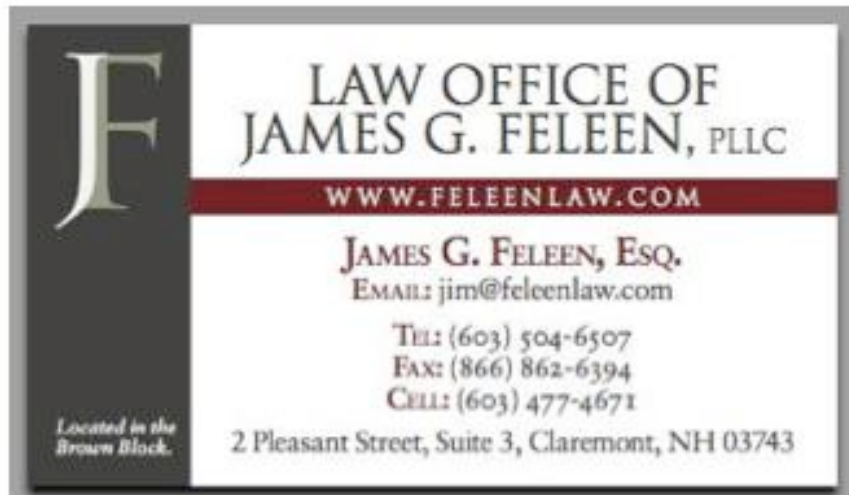
15 23 53 65 70 7

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4 7 10 20 36 5

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- **Votes on the governor’s nominations for major positions and boards in state government**
- **Votes on all judicial nominations**
- **Responsible for the 10-Year Highway Plan**
- **Councilors each represent 20% of the population; District 1 is comprised of the upper 2/3 of the state**

Paid for by Friends of Mike Cryans; Denis Ibey, Treasurer; PO Box 999, Hanover, NH

House of Representatives – Claremont

District 3/Ward 1: Francis Gauthier
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fgauthier1776@gmail.com

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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

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Washington, DC 20510
202-224-2841
<http://shaheen.senate.gov/contact>

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

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

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

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

and click on “Who Is My Legislator”

Letter to the Editor

How Do I Know If Someone Is Abusing My Child?

To The Editor:

Recent headlines, both national and local, have brought child sexual abuse to the forefront of many minds. At Turning Points Network (TPN), we have received a number of calls and questions on this topic. One question has risen above all the others: how do I know if someone is abusing my child?

While there are no easy answers there are things to be aware of, signs to look for, and conversations to have with the kids you care about.

Focus on Behavior

We know that most abusers are not strangers. They know the children they victimize and they intentionally manipulate that relationship to gain further access to a child. So, look at behavior, not the individuals you know and perhaps trust.

If behavior is concerning, trust your instincts. Many abusers engage in a process called “grooming” before they victimize a child. Grooming refers to the subtle, gradual process of building trust. Grooming is a series of behaviors intended to desensitize both their intended victim and the adults around them. The grooming process can go on for weeks, months, or even years, and often follows a predictable pattern:

Building trust: befriending a child/children and their family, caregivers, or community.

Testing boundaries: telling inappropriate jokes, tickling, roughhousing, sexualized games.

Desensitizing: touching gradually escalates to “accidental” sexual touching and then to sexual touching.

Manipulating and confusing: the abuser uses the victim’s feelings of guilt, embarrassment, confusion or fear to prevent them from telling anyone.

Be Proactive

Protecting children from sexual abuse is the responsibility of adults. We cannot expect children to prevent abuse. We can ask about child protection policies for any childcare facility, club or sport in which our child participates. If we notice something of concern, we can follow up on it—make it clear that we are paying attention.

Teach Children About Healthy Relationships

Though it is ultimately the adults’ responsibility to prevent abuse, we can also teach our kids about boundaries, empathy, and healthy relationships. Through conversations and role modeling, we have the opportunity to show kids what healthy, safe relationships look and feel like. We can also make it clear that we, as trusted adults, are here to help.

Support Survivors

Our goal is always to prevent harm, but it is important to know that when harm is done, healing and resilience are possible. As a community, we can start by simply saying, “I believe you.” We can help connect survivors with supports and services. Whether the survivor is a child or an adult, that connection is a key to healing.

TPN can help. We have workshops for parents, caregivers, schools, medical providers and community groups, as well as free and confidential services for survivors. Call our 24-hour crisis and support line at 1-800-639-3130 with any questions or for more info on community resources.

Turning Points Network, Sullivan County

NH Calls for Focus on Potential Dangers of PFAS Exposure Leading to Pediatric Cancer

Friday, U.S. Senator Jeanne Shaheen and Maggie Hassan and Congresswomen Carol Shea-Porter and Annie Kuster sent a letter to the National Institute of Environmental Health Sciences (NIEHS) calling on the federal agency to focus research efforts on the potential connection between per- and polyfluoroalkyl substances (PFAS) exposure and pediatric cancer. A Senate Committee hearing in September showed that the agency had yet to investigate potential links between pediatric cancer and exposure to PFAS. A report released in June from the Centers for Disease Control and Prevention (CDC) indicated that between 2003 and 2014, New Hampshire had the highest pediatric cancer rate in the country.

Free Coat Friday in Claremont

CLAREMONT, NH—Free Coat Friday will be held in in Claremont at the Claremont Savings Bank, Broad St. parking lot on Friday, October 26th, from 8:00 a.m.-2:30 p.m. Donations of coats will also be accepted at that time.

TPN is Shining a Light on Domestic Violence

CLAREMONT, NH—This October for Domestic Violence Awareness Month, Turning Points Network is partnering with local businesses throughout Sullivan County to promote the prevention of violence and support for survivors with their "Shine a Light" campaign. Businesses and service organizations are displaying purple lights in their windows for the month.

The purple lights represent the need to "shine a light" on domestic violence in Sullivan County. According to the CDC, an esti-

mated one in four women and one in nine men in the United States are victims of domestic violence at some point in their lives. In the past year, Turning Points Network provided services to 909 individuals in Sullivan County.

Turning Points Network is Sullivan County's 24-hour task force against domestic violence, sexual assault and stalking.

To learn more about the agency or for more information about preventing domestic violence, please visit [Turning-](http://Turning-PointsNetwork.org)

PointsNetwork.org, or call 603-543-0155.



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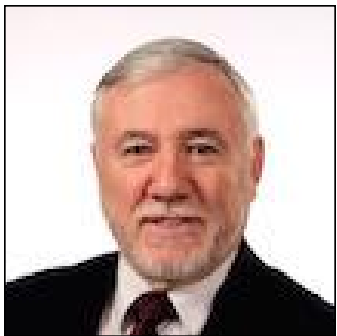
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- Graduate of Stevens High School
- Married to Joella "Nurse" Merchant
- Serves on "Healthy, Vibrant Claremont" to protect our children from lead
- Pharmacist and President of NH Board of Pharmacy

As your State Representative, I will support:

- Protecting our children's health and future by supporting legislation that safeguards our environment and strengthens public education
- Working with other communities and legislators requiring the state to adequately fund public education
- Advocating for the state to increase investments in economic infrastructure like roads, highways bridges, and broadband access
- Efforts by technical and community colleges to prepare students for great jobs that do not require a four-year education
- Protecting insurance coverage of pre-existing conditions
- Legislation to make prescription drugs affordable
- Ending all workplace discrimination while supporting equal pay for equal work
- Advocating for a government accountable to the people

I want to hear from you!

What issues matter to you?
Merchant4NHHouse@gmail.com

Vote for Gary Merchant
Ward 2, Claremont Middle School
Nov. 6

Paid for by Merchant4NHHouse,
Fiscal Agent Gary Merchant at 272 Pleasant Street,
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Maverick, from A1

six weeks of specialized narcotics training, during which Maverick learned to detect heroin, cocaine, methamphetamines, black tar and other illegal substances.

Petrin, who has been with the department for more than four years, said Maverick was “not overly friendly” when the two first met. “But we worked on it, and pretty soon we bonded. Belgian Malinois aren’t as big as German shepherds, but they have a lot more energy.” Maverick proved his worth at once. “In his first two weeks, he helped another officer track and find a 9-year-old Claremont girl who had run away from home. She was brought back unharmed to her parents. He was also involved in three drug searches.”

Maverick’s skills in drug detection are welcome news to Mark Chase, Claremont’s chief of police. “Our agency is tasked with keeping the community safe. We need as many tools as we can get. Maverick is our newest tool, and we’re glad he’s here.” He highlighted the

need in the context of a record 488 overdose deaths in New Hampshire in 2017, and about 300 from January through September 2018.

Chase emphasized that the growing opioid epidemic and consequent criminal activities were the impetus for establishing a K-9 program. “We’d seen the benefit in other agencies, such as Lebanon, of drug detection and deterrence. Both get an important assist from K-9 officers. Capt. Alex Lee in our department took the lead on a grant that eventually brought Maverick to Claremont.”

Lee, a former New Hampshire State Trooper and K-9 officer of eight years, identified and applied for a \$42,000 grant from the Stanton Foundation. In addition, he secured a \$1,000 donation from the Hannaford Charitable Foundation, which will fund related items such as a ballistic vest.

Together, Petrin and Maverick closely monitor possible drug activity. “If there’s evidence of a crime,” said Petrin, “we’ll use Maverick. I don’t release him from the cruiser until I need him.”

Chase trusts that apprehension and deterrence are key to the war on drugs. “We’re not going to arrest our way out of this crisis,” he said. “If we can quell the supply, then users may take that as a sign that the only way to change their lives, which have become so dismal, is to go through recovery and rehabilitation.”

A crowd of people got their first look at Maverick’s skills at the Fall Festival on Oct. 6, on Claremont’s Visitor Center Green. Petrin and Maverick gave a demonstration that highlighted basic commands, drug detection and suspect apprehension. Joining them was a team from Lebanon Police Department. K-9 Officer Tyler Hewes and Kimba, a German Shepherd-Czech German Shepherd mix, had trained at the Vermont Police Academy in Pittsford.

Throughout the demonstration, Lee gave a running commentary of facts, figures and insights into K-9 policing. He noted that Maverick responds to Petrin’s commands in German, and Kimba to Hewes’s in Dutch. Training

(Continued on page A8)



A Torpedo with Jaws...

Left: Maverick waits for Sgt. Petrin’s command to apprehend a “suspect”. The dog is trained to first bark fiercely to frighten a suspect into surrendering. A 30-foot leash gives the K-9 a wide range of mobility. Center: A “suspect” runs away, resists arrest or threatens the officer. Petrin gives the command and drops the leash. Maverick lunges, clamping his teeth to immobilize the suspect and take him down to the ground. In this demonstration, he latches on to Officer Hewes’s padded bite sleeve. Right: A K-9 won’t release until commanded. He’s been trained to think of an arm or leg as “just another tug toy.” Worse luck for a resisting suspect.

Maverick, from A7

academies offer foreign languages that officers can choose from. The reason? Each dog has been trained to respond only to its handler's commands in the chosen language, one a suspect is not likely to know, and so no commands in English can confuse the dog.

When Maverick heard Petrin's command, he launched into criminal takedown mode — a torpedo with jaws. The Stanton Foundation grant, which is spread out over three years, funded the purchase of Maverick, food and care, and training-related overtime costs. It also provided a kennel for the officer's garage at home. Petrin points out that this arrangement underscores the fact that although he and Maverick are together 24/7, "he's a working dog, not a pet. He's not allowed in the house. He doesn't sleep on the sofa. The kennel maintains his working status."

Maverick works the same 12-hour shifts as other officers, 36 hours one week, 44 the next. His career could last a K-9's average five to seven years, and would be extended beyond that if his work remains up to standards. He and Petrin also travel twice a month for in-service training and further skill development.

Both Petrin and Chase are eager to introduce Maverick to the Claremont community. They are prepared to give demonstrations at schools and civic organizations, as well as conduct searches in businesses. Both, however, want the community to realize that Maverick is not a pet.

"Basically, if you see Maverick around town, it means he's working," said Petrin. "He's been called out of the cruiser to do his work. Don't approach Maverick to pet him. Don't approach me, either. We're trained to protect one another. Anyone coming up to us is perceived as a threat."

To request a demonstration at a school or civic organization, or a drug search at a business, contact Police Chief Mark Chase, 603.542.9538.

To report suspected drug activity, call the anonymous tip line, 603.542.7026, x1234.

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Let's Talk ...

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My wife Claire of 50 years and I have raised our family here since 1983. Claremont has been good to us and our three sons, who all got a great start at their trades here! Let's keep Claremont growing!

I've retired my railroad consulting and insurance business in 2017, so now I've full-time to work for us in Concord and am all-in for legislative service!

I am running on the Republican ticket but I can and will work with everyone, regardless of party affiliation. We're all in this together and our common community interests are a true incentive for cooperation.

In visiting neighborhoods, I've heard from you and about your concerns -- especially about taxes! I too am a residential home owner, so I feel the angst! That's indeed a prime focus! Keeping Claremont growing and prosperous is one of the ways to increase our overall city value and lessen the burden for each taxpayer.

Safe Schools and Quality Education are essentials, and that begs to resolve the educational funding crisis which has gone on for decades without satisfactory resolution. We need to fix that!

Keeping families secure and prospering is key to community success. Good jobs, living wages, social services, and faith-based ministries are all critical components to foster and protect Our Interests!



Ward 3 Neighbors, Vote for Walt on Nov. 6th at Disnard School

Paid for by Walter Stapleton, Fiscal Agent, 90 Veterans Park Road, Claremont NH 03743.

SAU Board Approves Motion to Hire Food Compliance Monitor

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The SAU 6 board approved a motion at its Thursday night meeting to hire a food compliance monitor. The move is intended to help navigate the myriad of regulations and other issues that led to a \$32,000 debt in the Claremont breakfast and lunch program; it was discovered that a number of families, and even staff, have not been paying for their school program meals. Unity has a similar issue but on a much smaller scale, with a debt of less than \$1,000.

The person hired for the position will keep track of menus, regulations, file required documentation and do tasks that currently are

not being done since changes occurred with the hiring of The Abbey Group, which was brought on board to provide food services in the Claremont district. Point of Service transactions led to the discovery of the \$32,000 debt. The monitor will also make calls to families who have not made payments to find out the reasons for the lapse, which can sometimes simply include individuals having problems filling out lunch program applications.

District Business administrator Mike O'Neill proposed a salary of \$15,000, budgeted at \$30 an hour for 500 hours on the job. Some board members felt that the rate was a bit high considering that the requirements for the position only included a high school diploma and two years of experience with food service. A motion for the position at that rate of pay was amended to drop the salary to \$12,000 to \$15,000. The individual hired will likely work one day a week, eight hours, on average.

O'Neill said that it is possible that once progress is made in this area that the district will be able to dispense with the position.

He pressed for the position, saying, "If I miss one thing, it will cost me more than the \$15,000 for this person." He also said it would save money on the overtime that is currently being paid to a district employee who has been working in the interim on the tasks.

Claremont Board Chair Frank Sprague said that he would like to know "why people haven't paid, what are the issues," during the discussion.

The vote to pass the amended motion drew one nay, from Claremont School Board member Carolyn Towle, who explained that she was "not ready to do anything until I understand how we got to this point and why we're adding this. I'm requesting a copy of The Abbey Group contract."

Reportedly, two GoFundMe accounts have been set up to help raise money to pay off the \$32,000 food program debt. Prior to bringing The Abbey Group onboard, food service was provided in-house with a food services director overseeing the management of regulations and other related issues.

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Addressing issues of food insecurities, housing insecurities and opioid addiction head-on

Supporting policies that encourage and enhance locally-owned businesses

Supporting affordable healthcare for all

Supporting sound energy policy that makes sense for a clean, healthy self-sufficient New Hampshire



Learn more about me by
visiting

www.facebook.com/streeter4nh

Phone: 603-558-2250

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Paid for by John Streeter for State Rep,
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Ann's Property Of The Week

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Tours at the Claremont MakerSpace

CLAREMONT, NH—What exactly is a makerspace? What kind of tools and classes does the Claremont MakerSpace offer? How does membership work? Stop on by for a tour of the Claremont MakerSpace (46 Main Street in Claremont) to get answers to all of these questions and more. Tours are offered daily at 12:15 p.m. and 6:00 p.m. If neither of these times fit your schedule, send a message to info@twinstatemakerspaces.org to plan a visit for an alternate time.

Overeaters Anonymous Big Book Meetings

CLAREMONT, NH—Overeaters Anonymous Big Book Meetings are held at Valley Regional Healthcare in Claremont on Wednesdays from 3:30-4:30 p.m. in the library. Please use Dunning Street entrance.

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Racial Healing Working Group Meeting

Monday, October 22, 2018

6:30 to 8:00 PM

Where: Moody Bldg., 24 Opera House Square, Claremont, NH

Price: Free

Note: The RHWG will be discussing the up-coming Governor's Advisory Council on Diversity and Inclusion visit to Claremont on Oct. 29th, and the book "Deep Denial: The Persistence of White Supremacy in United States History and Life" by David Billings, up to page 147.

The study guide can be found at: www.cddbooks.com/public/DeepDenialStudyguide.pdf

Please join us!

Contact Info: racialhealingworkinggroup@gmail.com

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One Credit Union is currently seeking a **Full-Time Teller** to join our Springfield, VT team.

The **IDEAL CANDIDATE** will have:

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e-Ticker Business News

50 Years in Business...

State Senator Martha Hennessey and Peter McNamara, president of the New Hampshire Auto Dealers Association, presented Lambert CDJR with an award on Wednesday recognizing the dealership for being in business for 50 years. Accepting the award was John Lambert, owner of the Claremont auto business (Courtesy photo).



Martaniuk Awarded 2018 Leadership Award by the American Society for Healthcare Human Resource Administration

WINDSOR, VT – Mt. Ascutney Hospital and Health Center (MAHHC) has announced that Human Resources Director Jean Martaniuk has been selected by the American Society for Healthcare Human Resource Administration (ASHHRA) as the recipient of the 2018 Gary Willis Leadership Award. ASHHRA is a professional membership group of the American Hospital Association (AHA).



Jean Martaniuk

A 40-year veteran at MAHHC, Martaniuk began her career at the Hospital in 1977 as a member of the Accounting Office, before moving to the Human Resources Department as an Accounts Payable/Payroll Technician in 1992. She was promoted to HR Director in 1994. She is the recipient of the 2017 HR Professional Award from the Society for Human Resource Management (SHRM), which recognized her skill, dedication, and leadership at its 2017 Annual Vermont Conference.

The Gary Willis Leadership Award recognizes “mid-level managers and directors who have made outstanding leadership and operations contributions to their organization,” according to ASHHRA. The Award is named after an ASHHRA Board member who passed away in 2010. Martaniuk will receive her award and an honorarium at the ASHHRA 54th Annual Conference & Exposition in Pittsburgh, Pennsylvania, September 15 to 18, 2018.

According to Dr. Joseph Perras, MAHHC President, CEO, and Chief Medical Officer, Martaniuk is an integral facet of the Hospital, and a deserving recipient of the Award. “It’s absolutely wonderful to see Jean earn national recognition for the work she

(Continued on page A15)

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e-Ticker Business News

Martaniuk, from A14

does for a rural hospital. I've been fortunate to work alongside her for the past few years, and her skill and commitment to our people, our patients, and this Hospital are astounding to see. Having the right staff, and keeping good employees healthy, whole, and motivated is crucial to successful hospital operation, and she's an expert. We're all enormously proud of her, although I can't say we're surprised," said Perras. "We see her earn this every day."

Martaniuk is a resident of Windsor, VT.

Quealy Joins VNH as Director of Home Health Services

WHITE RIVER JCT, VT—Barbara Quealy, MBA, RN, has been named Director of Home Health Services for Visiting Nurse and Hospice for Vermont and New Hampshire (VNH). Quealy is a Registered Nurse who also holds a Master's degree in Business Administration from Franklin Pierce University. Prior to joining VNH, she was the Chief Operating Officer for Gifford Medical Center in Randolph, Vermont, where she was responsible for multiple clinical departments and led organizational initiatives to improve quality and patient satisfaction and achieve patient-centered medical home designation.



Barbara Quealy

"I am thrilled to join such an excellent organization that provides compassionate care in Vermont and New Hampshire communities," said Quealy.

Quealy will be responsible for the clinical operations, quality performance, and financial objectives of related programs. She will plan and coordinate interdisciplinary services for skilled home health services.

"Barbara brings with her many years of experience in leading interdisciplinary teams and improving patient care. She is a great asset to VNH as we build on our strengths and continue to improve our services and quality of care in our region," said VNH President and CEO Johanna Bellevue. "We are so pleased to have her on board."

Krefski Named Director of Palliative Care and Hospice

WHITE RIVER JCT., VT— Beth Krefski, MSN, RN, CHPN has been named Director of Palliative Care and Hospice for Visiting Nurse and Hospice for Vermont and New Hampshire (VNH). Krefski holds a Bachelor of Science in Nursing from LaSalle University and a Master's in Nursing from the University of Phoenix and is a Certified Hospice and Palliative Nurse (CHPN). She has held various positions at VNH since 2013, including RN Case Manager, Staff Development Coordinator, Clinical Manager, and Interim Director of Hospice.

In this position, Krefski will be overseeing and directing the VNH Hospice interdisciplinary team. She will coordinate services, assist with training and support, and build addition resources for VNH programs for patients with serious and advance illness.



Beth Krefski

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e-Ticker Business News

Public Invited to Community Forum on Droughts & Downpours: Managing for Extremes


WHITE RIVER JCT., VT— Join Vital Communities and the Upper Valley Adaptation Workgroup (UVAW) for a community conversation about how changing precipitation patterns affect the Upper Valley. The free forum is set for Tuesday, Oct. 30, from 4:30 to 8:15 pm at Hypertherm's 71 Heater Road facility in Lebanon.

Attendees will hear from regional planners about how these changes are already impacting towns, private citizens, and state-level management practices. Local practitioners will explain how managing for flooding can also help in times of drought. The group will tour Hypertherm's innovative stormwater projects, get a chance for Q&A with the expert panelists, and learn how to put best practices into action. A light meal will be served.

The event is free, but registration is required by October 25: VitalCommunities.org/Adaptation.

Vital Communities convenes the Upper Valley Adaptation Workgroup (UVAW), a bi-state, multi-stakeholder working group of leaders and partner organizations. Started in 2011, the workgroup meets monthly focusing on building climate resilient communities in the Upper Valley. Learn more at VitalCommunities.org/Adaptation.

VIP Tires & Service is relocating to a larger space in Claremont on Washington St., into the former Ford dealership building. The new 9,000-square-foot space is double that of its former location and will feature nine service bays (Bill Binder photo).

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Arrowhead Meeting, Need for Volunteers Remains

CLAREMONT, NH—The next general Arrowhead meeting is Tuesday October 23, 7:00 p.m., at the Arrowhead site. Anyone interested in Arrowhead is welcome to attend.

The winter season is approaching and to keep Arrowhead one the best low cost recreation options in the area, it needs volunteer staffing for the winter. It has had a reduction in staff for various reasons, people moving out of the area, health reasons, aging volunteers, etc. The site is also looking for additional people to serve on the board of directors.

“Work sessions at Arrowhead are held most every Saturday to complete multiple tasks to prepare for the season. One big one is brush sawing the face. The site needs a few people to operate brush saws. Depending on number of people, it will take a couple of weekends,” said Chuck Allen of the Arrowhead Recreation Club. Email: arrowhead@arrowheadnh.com.

Send news and photos to etickernews@gmail.com



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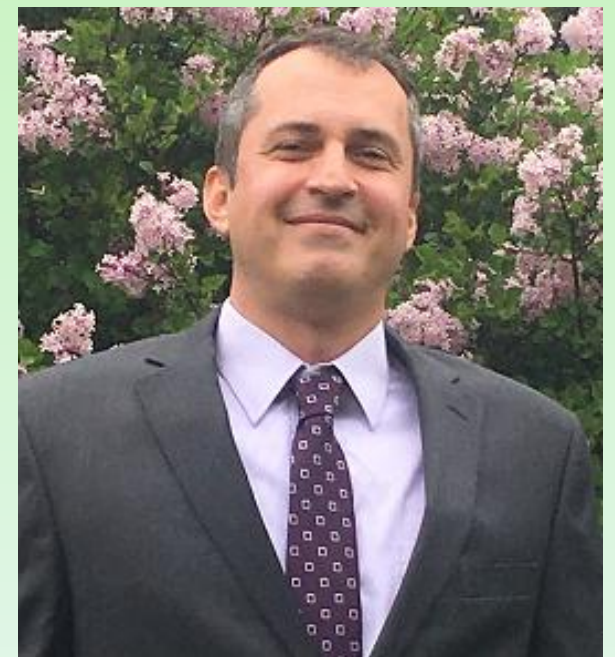
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Nov. 6

Is Your “Digital Estate” in Order?

If you spend a lot of time on the internet, you’re not just shopping or being entertained, or following the news or participating in an online community. You’re probably also dealing with accounts and information that eventually can become part of your digital “estate.” And if this estate isn’t properly looked after, it can lead to confusion and conflict among your survivors, as well as an opportunity for hackers to try to get at whatever resources they can touch.

If you haven’t stopped to think about it, you might be surprised at the number of assets that could become part of your digital estate. You may have financial accounts (banking, brokerage and bill-paying); virtual property accounts (air miles, “points” for hotel bookings); business accounts (eBay, Amazon, Etsy); e-mail accounts (Gmail, Outlook, Yahoo); social networking accounts (Facebook, Twitter, Instagram); online storage accounts (Google Drive, iCloud, Dropbox); and application accounts (Netflix, Kindle, Apple).

Given all these areas, how can you protect and preserve your digital estate? Here are a few suggestions:

Create a detailed inventory of digital assets. Following the categories listed above, draw up a list of all your digital assets.

Document your wishes for how you want your digital assets managed. If you don’t specify how you want your digital assets managed upon your death or incapacitation, you might be opening the door to lengthy legal battles over access to these assets. In a worst-case scenario, your heirs and beneficiaries might never get the assets you had intended for them.

Name a digital executor in your last will and testament. A digital executor can accomplish a variety of tasks related to your digital estate, such as transferring online assets to your heirs; closing accounts you don’t want transferred; managing personal materials by archiving or deleting files, photographs, videos and other content you have created; and, finally, informing online communities of your passing. When choosing a digital executor, you’ll want someone you can trust, of course, but you’ll also want to make sure that person is skilled enough in technology to search your computer properly and navigate the internet and multiple websites. Not all states recognize a digital executor, so you may want to consult with a legal professional to learn about the laws governing digital estate planning in your state. Also, even if you have a digital executor, online platforms enforce their own rules about who can or can’t access a deceased person’s accounts. If you are concerned about this, you may want to contact the customer service areas from these types of providers – Google, PayPal, Facebook, etc. – to learn their policies.

Review your plans. Review your digital estate plans on a regular basis, just as you do with your physical/tangible estate plans. The digital world is a fast-moving one, so you’ll need to stay current with changes.

In some ways, managing a digital estate can be more challenging than dealing with a physical estate. But by following the above suggestions, you can help reduce any “cyber-angst” your loved ones may feel when it’s time to deal with the digital presence you’ve left behind.

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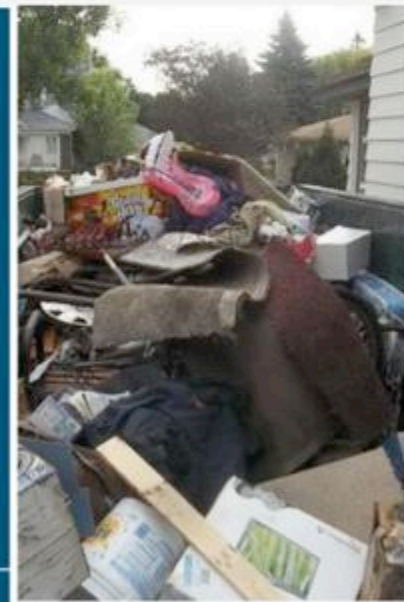
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Program on Draft Power Set for Oct. 26

LEMPSTER, NH—On Friday, Oct. 26, there will be a program on “Draft Power in the Lincoln Woods”, a talk and slide show about using draft horse-power on the farm, presented by Ed Thayer of East Washington, NH. The program will be held at the Lempster History Hall, corner of Rt. 10 and 2nd NH Tpk. and begins at 7:00 p.m. with the discussion centered on the work of two Belgian draft horses, Ozzie and Tucker, and the work they do on the farm from spreading manure to gardening and logging operations.

There is an admission fee of \$5. Light refreshments will be available.

Sponsored by the Lempster Historical Society.

Call 863-1121 for further information.

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It's About Food

By Johnny Navillus



Rustic Fare

So, we've had reports of light snow in around the Valley this past week. It's time to start thinking about hearty food. Stew is one of the first things that comes to mind. Your slow cooker is ideally suited for stews and soups. Like Sunday gravy, this is for any day of the week. This is too good for just one day.

Sunday Beef Stew

1/3 cup all purpose flour
3/4 teaspoon salt
3/4 teaspoon ground cinnamon
1/2 teaspoon pepper
2 pounds beef stew meat cut into 1 inch cubes
2 tablespoons canola (or vegetable oil)
1 14 ounce pkg frozen pearl onions
1 cup dry red wine or beef broth
3/4 cup water
2 tablespoons red wine vinegar
2 tablespoons tomato paste
1 teaspoon honey
2 bay leaves
1 clove garlic minced

In a large resealable plastic bag combine the flour, salt, cinnamon and pepper. Add the beef a few pieces at a time. Shake to coat. In a large skillet brown beef in oil. Transfer to your slow cooker. Stir in remaining ingredients.

Cover and cook on low for 7 to 8 hours. Discard bay leaves. Serve with the same dry red wine you used earlier.

Mulled Cider

Add cider to slow cooker. Add one lemon sliced. Add some cinnamon sticks. Add some cloves if desired.

Add wine or brandy or whatever adult flavoring you prefer.

If you prefer spiced rum, then ease up on the cloves and cinnamon or eliminate them. You can also get packages of mulling spice to make things easier.

The real key here is the slow cooker. The gradual warming really infuses and distributes the flavorings.

Cover and cook on high for about an hour or on low for 2 hours.

I hope you have access to good apple cider wherever you live.

Play with your food. Real Foodies do.

Write to Johnny at etickernews@gmail.com.

Mayoral Notes

by
Charlene Lovett



The Importance of Committee Work

One of the things I learned from serving as a State Representative was the critical nature of committee work. It was at the committee level that legislators were able to really study and develop a recommendation on any given issue. Those recommendations were then considered and voted upon by the full Legislature. This process is mirrored at the municipal level, and it is a process that is serving our City well.

Incorporating the work of committees (this also includes commissions and boards) into policy discussions at the Council level accomplishes several things. First, committee recommendations are the result of in-depth study, improving the Council's ability to base decisions on facts rather than opinion or individual experience. Second, committees utilize the perspectives of numerous individuals, thus decreasing the possibility of unintended consequences in policy development. Finally, it is a mechanism in which the public can be directly engaged in shaping policy in our community.

Some of our newest committees include the Energy Advisory Committee (EAC), the Finance Committee, and the Policy Committee. Below is an overview of what these committees have recently done or are doing to help shape policy at the Council level.

In support of the Master Plan and the many issues relating to energy, the Council voted to establish an EAC this year. The purpose of this committee is to identify opportunities and make recommendations to the Council regarding energy policy, and facilitate energy related educational opportunities in the community. The fact that it is already fully staffed (5 members, 2 alternates), since being established earlier this year, testifies to the community's level of interest in energy related matters.

Since its inception, the Council has asked the EAC for feedback on legislative actions, and will be seeking its input on establishing tax exemptions for renewable energy systems

(RSA 72:61-72). While the Council has agreed the adoption of this statute will be beneficial to the community, the provisions in the statute can be adapted to local priorities. Consequently, the EAC will be asked to provide feedback on those provisions.

In 2017, the Council voted to establish a Finance Committee, comprised of three Councilors. Its purpose is to develop fiscal policy recommendations for the Council's consideration, and review current fiscal policy on a periodic basis. Since its establishment, the Committee has recommended changes to the fee schedule and adoption of numerous fiscal policies. These recommendations have been approved by the Council. Most recently, the City's Moody rating was upgraded from A2 to A1, and the adoption of certain fiscal policies was cited as one of the reasons why the City's rating was upgraded.

The Policy Committee was established in 2016 and is also fully staffed, comprised of three Councilors and two residents. Its mission is to review city ordinances, in accordance with our charter, and to consider any new policy recommendations. Because of a request that the Council received from the public, one of its first actions was to create a

policy for naming city property and streets. The policy, the first of its kind in New Hampshire, was adopted by the Council. Its adoption created the criteria by which the Council can fairly consider citizens' requests to name municipal property and streets after individuals.

Currently, the Policy Committee is exploring the establishment of a Board of Assessors. Again, the impetus for this action was the result of public input. It is anticipated that the Committee will be presenting its recommendation to the Council on November 14th.

The importance of committee work in developing policy that is effective and beneficial to the City cannot be understated. We are very fortunate to have so many people in the community who are willing to invest their time and resources in this work. If you are or have been on a committee, thank you. If you would like to be on a committee, please contact DeForest Bearse at 603-504-0341. Together, we create the policy framework that provides opportunity for growth and prosperity.

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



Geese in flight is a sure sign of the deepening of fall as this flock heads south, or in this case, southwest (Phyllis A. Muzeroll photo).



Newport Families Clothing Closet

NEWPORT, NH—Newport Sugar River Valley Regional Technical Center has created a Clothing Closet for Newport families. This new resource is housed at the Towle School/SAU43 Administrative offices, 86 N. Main St. and offers gently worn clothing, newborn to adult. Since opening mid-September, 59 children from 18 families have received 204 items of clothing.

If you are looking for seasonal clothing or have clothing to donate or, please contact the SAU Family and Community Coordinator at 802-478-0844 or shammerlind@sau43.org to schedule a time to come by either for pick up or drop off.

SRVRTC is also developing a Dress for Success Program, that provides attire for job interviews and new employment needs, as well as their ongoing Cinderella's Workshop which will provide free prom dresses, suits and accessories for students to attend prom affordably.

Stacey Hammerlind, Family & Community Coordinator/Family in Transition Coordinator, extended a "special thank you to the the Newport Salvation Army, Epiphany 4-H Explorers, South Church, Church of the Good Shepherd, and the many students and parents of Newport who have been so generous with their donations and their time."

Accident Involving Newport School District Bus Reported

No Students On Board at the Time

NEWPORT, NH—On October 15, at approximately 6:30 a.m., there was a motor vehicle accident between a car and a Newport, NH, School District school bus. The accident occurred in front of LaValley's Building Supply on Sunapee Street in Newport, reported Superintendent Cindy Gallagher

in a statement released late last Monday.

According to Gallagher, "There were no students on the bus at the time of the accident; the operator of the car was transported to DHMC for injuries sustained."

The Newport Police Department in conjunction with the New Hampshire State Police were investigating the accident, said Gallagher last Monday.

"Newport School District runs seven routes, including four Newport community routes, a Goshen route and a special education/pre-school route," said Gallagher. There were no additional drivers available that morning to run the assigned route, but the District reallocated current drivers and provided transportation the following morning, said Gallagher.

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Friday, 10/19, 9:30 a.m. - 12 noon

Monday, 11/5, 8 a.m. - 12 noon

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New Hampshire Soldiers in the Great War

CLAREMONT, NH—The Fiske Free Library will host “New Hampshire Soldiers in the Great War: Their Experiences in Training, in Camp, and in the Trenches” on Friday, Oct. 26, at 7:00 p.m. The talk will be held in the Gilmore Room of the Fiske Free Library, Broad St., Claremont.

Matt Payson and two buddies, members of the 103rd Infantry 26th Division WWI Living History Group, will be the guest speakers. Payson and buddies, in their reenactor uniforms and with various pieces of gear, will describe what the New Hampshire soldiers from Claremont, Newport, Cornish, Charlestown, and other towns in the state faced as they trained for war and then headed “Over There” to Europe, France, and ultimately the trenches. The 103rd Infantry 26th Division reenactment group have based their outfit on the actual 103rd Infantry which was a NH and ME National Guard Unit and have traveled around the state and New England giving talks and participating in various encampments. Mr. Payson will be bringing along a number of authentic artifacts from the original 103rd for display.

This program, and a second to follow in two weeks, is part of the Fiske Free Library’s commemoration of the 100th Anniversary of the Armistice. The Armistice, signed in 1918 on the eleventh hour of the eleventh day of the eleventh month, ended the First World War. What had become an annual day of remembrance is now Veteran’s Day.

In addition to the Library’s WWI speaker programs a commemorative booklet has been compiled by Colin Sanborn of the Fiske Free Library staff listing our Claremont boys who died in service in World War I and several published letters from Claremont soldiers at the front. Also, in the booklet is a short essay on how Claremont remembered and honored its fallen and a second short essay on the Ladies Paget – Lady Minnie Paget, daughter of Paran Stevens, and her daughter, Lady Leila Paget, and their contributions to the war effort.

This program is sponsored by the Friends of the Fiske Free Library and is free and

open to the public. America Legion Post #29, Claremont will be cosponsoring the Library’s WWI programs.

While the talk is held after regular hours on Friday, the side entrance located on Barber Street will be open for entry to the program. As

usual, light refreshments will be available after the program while the audience has a chance to ask questions and talk with the speakers.

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CHAD ROLSTON

Democrat For State Representative Claremont



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!

- **Education and opportunities for our youth**
- **Adequate support for seniors and veterans**
- **Greater opportunities for working families**
- **Business and economic development**
- **Stewardship of the natural beauty of New Hampshire**

I would love to hear from you!

rolston4nhhouse@gmail.com

www.facebook.com/rolston4nhhouse

**Paid for by Rolston for New Hampshire
Fiscal agent, Justin Sweeney, P.O. Box 322, Claremont NH 03743**



Walmart store 1975, in Claremont, celebrated its recent renovation on Friday, Oct. 19. The store has new signage to help customers find what they want, new coolers, a fresh new look and much more. They also were celebrating the start of their new curbside pickup plan. You can now order your groceries from home, they will package them and have them ready for you in their new grocery pickup area. Also on Friday, employees Linda Blish and Ellen Bragg were honored for their 25 years of service to Walmart; they have worked at the store since it opened in 1993. Also, as part of the celebration, the store presented grants to the Claremont Police Department, Shop with a Cop, the Claremont Learning Partnership, the Claremont Soup Kitchen and Fall Mountain Friendly Meals.



Photos by Bill Binder

The Professional Firefighters of Claremont Local 1571 held its 3rd Annual Fireman's Ball at The Common Man on Friday, Oct. 19. Claremont firefighters, others from Newport and Charlestown, and wives enjoyed the music of the band Conniption Fits, visiting with old friends and making some new ones. Above: Pipers play in remembrance of those who have paid the ultimate price.

Thanks to all our Firefighters, Police Officers and all Emergency Responders for keeping us safe!



School District to Return \$443,000 to Claremont Taxpayers

CLAREMONT, NH—In what surely will be seen as good news for Claremont taxpayers, the School Board voted Wednesday night to return some \$443,000 to those paying the bills. That is expected to lower the tax rate by some 63 cents per \$1,000 of assessed value.

The money is part of a \$640,000 Medicaid reimbursement; the board voted to return as much of the money to taxpayers as the district could while applying roughly \$200,000 to unassigned fund balance. Board member Michele Pierce favored keeping most of the money in fund balance, saying that a “healthy” balance was a good thing for the district, proposing that \$200,000 be returned to the taxpayers. Assistant Superintendent Cory LeClair said that there was a cap on how much a district can keep. Mike O’Neill, Director of Business & Finance, said that the district has to have specific reasons to reserve money and

recommended the board give back the highest amount that the district could.

The motion to return the \$443,000 passed unanimously.

—Phyllis A. Muzeroll

Pumpkin Painting At the Fiske Free Library

CLAREMONT, NH—

On Saturday, Oct. 27, at 10:00 a.m., pumpkin painting will be held on the front lawn of the library. Pumpkins and all other supplies will be provided. The event is free and open to the public until pumpkins are gone. Supplies are limited, so come early to get a pumpkin!

Sponsored by The Friends of the Fiske Free Library. Please call the library for more information.



Next AARP Meeting Nov. 8

CLAREMONT, NH—The Claremont Area AARP met at The Earl Bourdon Centre October 11 for a barbecue. Chefs Tim LaBelle, Alphonse Belanger and Charlie Sisson manned the grills and various cooks contributed to a vast array of salads, etc. to compliment the meal. Following lunch, Second Wind, a duo of Terry Gould and Susan Hastings, performed various genres of songs for over an hour to the enjoyment of all. A hat was passed to thank them for coming. Each member got the choice of a Halloween favor, thanks to Faith and Tim LaBelle. A Halloween trivia game was won by Marilyn Gilbert and Carmen Vinguerra. Door prizes were won by Bob Bruzik, Nancy Miles, Mary Cook and Carmen Vinguerra.

The next meeting will be Thursday, Nov. 8, at 1:00 p.m., at The Earl Bourdon Centre, Maple Avenue. David Shikes, a comedian, will entertain. Refreshments will be served. Seniors on both sides of the river are welcome. Dues are \$5 a year.



NH Democratic gubernatorial candidate Molly Kelly was in Claremont recently campaigning at the Dem’s office on Sullivan St. It was a rainy day, but around 35 volunteers showed up to canvass for support for her as election day approaches (Courtesy photo).

Claremont
New Hampshire School District

School Board Vacancy

The Claremont School Board and SAU #6 School Boards are accepting applications from interested Claremont residents to fill one vacancy on the Board created by a recent resignation. This position will expire in March 2019.

Applicants are asked to submit an application and resume of qualifications.

Applications for this vacancy are available online at www.sau6.org, or are available at the SAU #6 Administration Office, 165 Broad Street, Claremont, NH.

Deadline: Interested residents should send a completed application to Dr. Keith M. Pfeifer, Interim Superintendent of Schools, **by Friday, November 2, 2018 at 4:30pm.**

The Claremont School Board will hear from candidates at their November 7, 2018 meeting and will make a selection at that time.



A very special Thank You goes to Bill Bluett (left), Scott Chaffee (right,) and Lavalley's Claremont Building Supply.

Bill has transported boxes for the flower project for the last 20 years and Scott for 16 years.



Thank you to our supporters who purchased a flower box, the H.O.C. volunteers who planted the boxes and delivered them around the heart of Claremont, and "In the Garden Greenhouses" .

Income from this project pays for the plantings in Opera house square and supports the Heart of Claremont Association.



PO Box 51, Claremont , NH 03743

<https://www.facebook.com/Heart-of-Claremont-1494583500837916/>