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June 6, 2016

Cuts In Proposed Parks Budget Raise Concerns

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH--City councilors met again Thursday evening to continue reviewing the proposed budget for 2017. Much of the time was spent on the parks budget and the cuts that the city manager has recommended for that department. Parks and Rec Director Mark Brislin put in a request of \$470,321, \$57,000 more than last year's budget; however, City Manager Guy Santagate recommended only \$302,456. Cuts include eliminating funding for next year's annual July 4th fireworks, a cut that did not go over well with several councilors.

"It seemed to strike a chord with people in the City," said Mayor Charlene Lovett. Brislin had requested \$13,000 for the July 4th celebration, up \$3,000 from previous years.

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Banner Time...

The Claremont Fire Dept. hung up the welcoming alumni banners last week on Pleasant St., ushering in a special time of year for the City (Bill Binder and Merle Boardman photos).



Kuster Hosts Opioid Regional Briefing During Visit To TRAILS Program

CLAREMONT, NH--On Wednesday, Congresswoman Annie Kuster (NH-02) gathered stakeholders from across Sullivan County to discuss her legislative agenda and the recent advancement of key bills targeting the opioid epidemic. As co-chair of the Bipartisan Task Force to Combat the Heroin Epidemic, Kuster recently helped introduce a legislative package of bipartisan bills, many of which passed the House last month during "Opioid Week," a historic session during which the House passed

18 bills addressing different aspects of the epidemic.

"Last year, I held one of my first regional briefings on the opioid epidemic here in Claremont, and I am delighted to be back to share some of the exciting progress we've made in Congress over the past year," said Kuster. "If we are to overcome the ongoing crisis, we need to come together as a society and structure our response around the understanding that substance use disorder is a chronic ill-

ness. I commend Superintendent Berry and the TRAILS program for recognizing that society is best served when individuals battling addiction are given the tools they need to rehabilitate and successfully reintegrate after serving their sentences. I thank everyone who joined me today for sharing their expertise, and I look forward to bringing their perspective with me back to Congress, where I will be working in the coming weeks to finalize legisla-

(Continued on page A2)

Kuster, from A1

tion to provide critical resources to help overcome the opioid epidemic.”

During Wednesday’s visit, Kuster toured the Transitional Re-entry and Inmate Life Skills (TRAILS) Program at the Sullivan County Department of Corrections before sitting down with local leaders to discuss best practices, and hear from event attendees about how the federal government can best continue to support their efforts. In the briefing, Kuster met with Claremont Mayor Charlene Lovett, Claremont Police Chief Alexander Scott, Superintendent David Berry of the Sullivan County Department of Corrections, treatment providers, public health experts, and local officials, among others, to discuss the TRAILS program and other local efforts to get ahead of the opioid epidemic that is threatening communities in New Hampshire and across the country. The briefing also gave local experts and stakeholders the opportunity to provide feedback to the Congresswoman’s legislative agenda and to learn more about pending legislation that will support their efforts on the ground in Sullivan County.

The briefing in Claremont came as Representative Kuster sent a letter to the Department of Health and Human Services (HHS) in support of a proposed rule change to raise the cap on the number of patients a physician can treat with medication-assisted treatment. Current regulations prohibit physicians from treating more than 100 patients at a time with evidence-based treatment involving buprenorphine. The HHS proposal would raise the cap to 200, expanding access to life-saving treatment for those struggling with substance use disorder.

Kuster has helped lead the fight to address the heroin and opioid crisis at the federal level and in New Hampshire, and she has been an outspoken advocate on the need to pass comprehensive legislation to adequately support law enforcement, treatment, and recovery efforts, said her office. This spring, Kuster brought the Bipartisan Task Force to Combat the Heroin Epidemic to New Hampshire for a field hearing to hear directly from local stakeholders. She has attended ride-alongs with law enforcement officials in Keene, Nashua, and Franklin, providing her with a direct look at the challenges facing local police departments and the communities they serve, and she continues to hold a series of regional briefings

around the dis-



Rep. Annie Kuster (yellow jacket) with leaders from Sullivan County following the briefing in Claremont (Courtesy photo).

trict to ensure the voices of local stakeholders and affected community members are heard. In recognition of Kuster’s leadership in the effort to combat the opioid epidemic, House leadership recently appointed her to the conference Committee tasked with producing the final version of the Comprehensive Addiction and Recovery Act (CARA).

e-Ticker News of Claremont LLC
is published each Monday

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6/04/2016

NH PowerBall
16 20 22 43 64 17 2

Mega Millions 6/03/2016
32 54 65 66 71 10 3

Megabucks
7 10 15 22 40 2

Hot Lotto
9 16 33 42 45 18

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Commentary

NH House Happenings

By Rep. John Cloutier



Free Admission To State Parks To Continue For Seniors

Granite State residents age 65 and over can relax for now--their almost unlimited free admission to our state parks as well as the one state ski area will continue.

On June 1, New Hampshire's House of Representatives rejected, by a 185-156 roll call vote, a committee of conference agreement on Senate Bill 441 which originally would have ended free admission to state parks for those residents age 65 and over on weekends and holidays, though free admission for them would have continued on weekdays. This was legislation which had been adopted by the New Hampshire Senate on March 3, and approved in an amended form by the House on April 6, and I had written about in my April 18 column.

However, the Senate objected to the House's amended version of Senate Bill 441, and both bodies agreed to establish a committee of conference in an attempt to hammer out a compromise version of this controversial measure. A compromise version which would have the State Parks & Recreation Division charge residents age 65 and over \$5 per day on weekdays to ski at Franconia's Cannon Mountain Ski Area, the only state-owned ski area. This version would have also allowed Parks & Recreation to annually increase the state ski area's fee by up to another \$5 per day in subsequent years. In the amended version of Senate Bill 441 as approved by the House on April 6, residents age 65 and over would have continued to ski free at Cannon Mountain on weekdays, and only be charged on weekends and holidays.

This provision in the committee of conference compromise on Senate Bill 441 permitting senior citizens to be charged for weekday skiing proved to be legislation's undoing, in my opinion. Opponents listed a number of objections. First, they said that many residents age 65 and over are not wealthy, and only live on Social Security. Second, they stated that the compromise would allow the \$5 per day charge on weekdays to be raised to \$10, \$15, \$20, and \$25 per day in future years. Third and finally, they claimed that such skiers pay for other services like food at Cannon Mountain, and often bring their children and grandchildren who pay the regular charge for weekday skiing. Consequently, charging senior citizens for weekday skiing could result in less skiers at Cannon, and less revenue than what the state ski area is now garnering.

Nevertheless, proponents of the committee of compromise on Senate Bill 441 declared that it was a reasonable measure. They included Merrimack Rep. Chris Christensen, who said the compromise provision of \$5 per day for weekday skiing would be a bargain for senior skiers, and would continue to be a bargain on weekdays even with future rate increases of no more than \$5 per day per year in the next few years.

Rep. Christensen added that New Hampshire's state parks and one ski

area need additional revenue and presently are not subsidized by any money from taxpayers. In fact, he stated that our parks are supposed to be self-sufficient from user fees and funds from specially-designed motor vehicle plates.

For readers' information, I again voted "no" on the committee of conference compromise on Senate Bill 441 as I also had on the bill as amended by the House on April 6. I agreed with the bill's proponents that our parks need more revenue. But as I think I had written in my April 18 column, charging our fellow citizens age 65 and over to use the parks, including the state ski area on weekdays should not be the answer. Especially since many of these citizens are often on fixed incomes. Instead, our state should look at other methods of paying for the parks, including the use of taxpayer money, if necessary.

Besides Senate Bill 441, the only other committee of conference agreement on legislation rejected by the House on June 1 was the one in reference to Senate Bill 485. This agreement was rejected by a narrow 160-159 division vote. The original version of the bill was approved by the Senate on Feb. 4. It would have created a state grant program to assist state and local enforcement agencies in combating heroin addiction. But the members of the Senate Bill 485 Committee of Conference also agreed to a non-germane amendment in the bill making changes to the health insurance benefits of retired public employees that the House members of the committee of conference especially wanted. These changes that have increased premiums for such benefits, premiums which could have increased by a simple majority vote of only 10 legislators on the House-Senate Fiscal Committee, rather the entire 424-member New Hampshire Legislature.

For reader's information, I also voted against the Senate Bill 485 Committee of Conference Agreement because I did not like the non-germane amendment regarding proposed changes to the health insurance benefits of retired public employees. I believe such retirees are paying enough for their duly-earned benefits now, without further premium increases. At the very least, any future premium increases ought to be decided by the entire legislature, not just 10 fellow legislators. Otherwise, I liked the the rest of Senate Bill 485 because it was trying to deal with the continuing addiction programs with heroin and other opioid drugs. A shame.

At the end of the House's June 1 meeting, the entire Sullivan County Delegation stood together in front of the House Chamber to pay a memorial tribute to Newport's Beverly Rodeschin, who passed away on May 29. Mrs. Rodeschin, a Republican, served 11 terms in the House between 1984-1994, and again from 2000-2012. In her last term she was County Delegation Chair. She also served one term between 1994-1996 as a state senator from District 8, which at the time consisted of most Sullivan County municipalities, including Newport and Claremont. Newport Rep. Virginia Irwin and Charlestown Rep. Steven Smith made brief memorial remarks as part of the tribute. I served with Mrs. Rodeschin, when she was both a representative and senator. Though I sometimes disagreed with her, I will always remember her as a dedicated public servant.

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

and click on “Who Is My Legislator”

Letter To The Editor

Thank You For Helping To Make Memorial Day Ceremonies A Success

To The Editor:

On behalf of Charlestown Memorial VFW Post 8497, I would like to thank all those who helped to make this year’s Memorial Day Ceremonies a success: Fellow Members of VFW post 8497, VFW Auxiliary of 8497, Miss Kaylyn Nadeau for singing the *Star Spangled Banner*, Fort at #4 Militia, Fall Mountain JROTC, Fun 4-H Club, Jim Dandies 4-H Club, Cub Scout Pac – 31, Charlestown Middle School and 5th grade band, Charlestown Police Department, Charlestown Fire Department, Charlestown Ambulance, the Daughter’s of the American Revolution, and the Charlestown Rotary. Also, we would like to thank Cadets George Gowdy and Alexis Brown for their Memorial Day speeches, Reverend Paul Gibbons for Invocation and Benediction, and Major Coney for the reading of the names of our fallen Veterans. A very special thank you goes out to those volunteers who work hard to make our Memorial Day programs and picnic lunch a success.

Thank you all.

Tom St.Pierre,
Commander VFW Post 8497

Ayotte Joins Bipartisan Group Of Senators To Raise Cap On Prescribing Buprenorphine For Opioid Use Disorders

WASHINGTON, DC--U.S. Senator Kelly Ayotte recently joined a bipartisan group of Senators led by Orrin Hatch (R-UT) and Ed Markey (D-MA), in sending a letter to Department of Health and Human Services (HHS) Secretary Sylvia Burwell to call on HHS to allow for greater access to medication-assisted treatment (MAT).

An HHS proposed rule issued on March 30, 2016, would increase the highest limit on the number of patients waived practitioners can treat with buprenorphine from 100 patients per practitioner to 200 patients. However, in recognition of the huge disparity that exists between those who can prescribe opioids for treatment of pain and those who can prescribe treatments for opioid use disorders, and the large gap between those with opioid use disorders and those receiving treatment for their illness, the Senate is advancing legislation that would raise this patient cap to 500 patients. The letter sent by the group of Senators urges HHS to take into account the bipartisan work done by the Senate on this legislation, S. 1455, the Recovery Enhancement for Addiction Treatment (TREAT) Act, when finalizing their proposed rule.

Shaheen Letter Prompts WHO To Evaluate Risks Of Holding 2016 Olympic Games As Scheduled

WASHINGTON, DC--The Director-General of the World Health Organization (WHO), Dr. Margaret Chan, has responded to a letter from U.S. Senator Jeanne Shaheen (D-NH) calling on the WHO to evaluate the public health risks of holding the 2016 Summer Olympics Games in Brazil. In her letter, Shaheen calls for a careful examination by the WHO of the potential for the Olympic Games to greatly accelerate the global outbreak of the Zika virus. In response, Chan expressed her appreciation for Shaheen’s letter and announced that she has directed the WHO’s Zika Emergency Committee to evaluate the risks of holding the Summer Games as currently scheduled.

Shaheen has been a leading voice in the Senate calling for action to address the Zika virus. In January, Shaheen wrote to Secretary of State John Kerry, HHS Secretary Sylvia Burwell and Homeland Security Secretary Jeh Johnson calling for an aggressive response to Zika. She questioned top health officials in Senate hearings and spoke on the floor about the need to provide funding to those preparing for the spread of Zika.

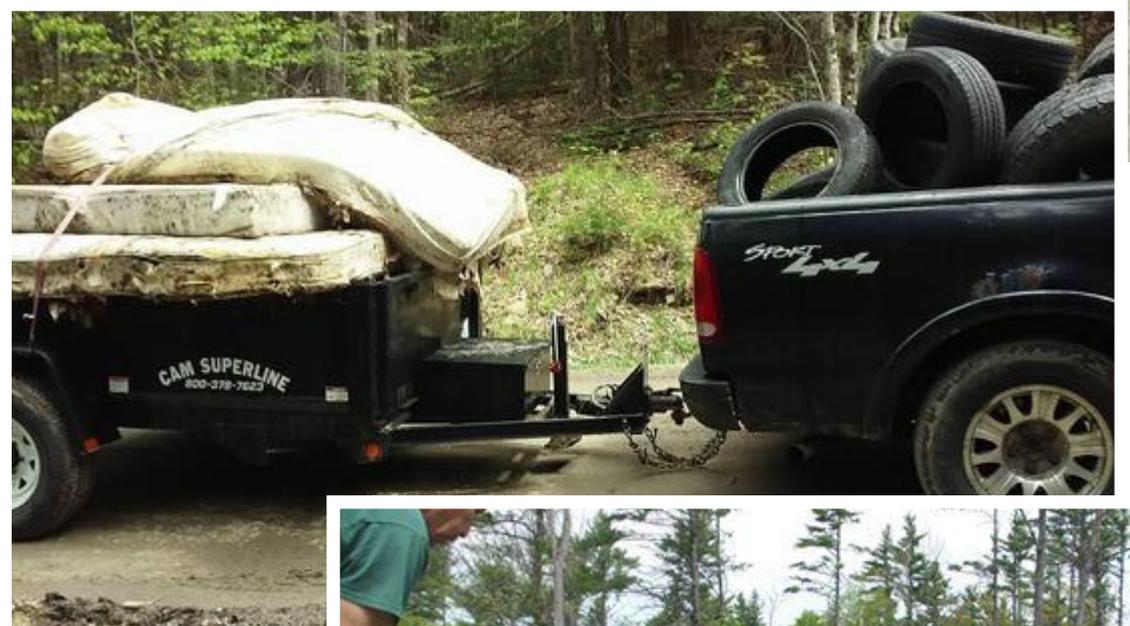
Sullivan County ATV Members Clean Up After Others' Thoughtlessness

CLAREMONT, NH--Fourteen Sullivan County ATV members spent about seven hours doing cleanup on Saturday, May 22nd, "cleaning trails behind Burger King, the trails leading to and on Cat Hole Road, where we found 19 mattresses," said club member Dianne Harlow. "Trails over on the Claremont/Unity line (Mica Mine trail) yielded 20 tires, a large desk and renovation materials. A total of 65 tires, six of which were race car tires, were found dumped on these trails. In total, we filled a 30-yard dumpster," said Harlow.

In addition, three members went out the following day and cleaned the Rail Trail from the State Gate at Home Depot all the way to Chestnut Street and picked up an additional 16 bags of rubbish on this stretch. The Rail Trail from Chestnut Street to Pleasant Street will be taken care of in the next two weeks, said Harlow. "Thanks go out to Claremont DPW for their support," she added.

---Phyllis A. Muzeroll

Courtesy photos



CCSNH Announces Tuition Freeze For Upcoming Academic Year

CONCORD, NH--The Board of Trustees of the Community College System of NH (CCSNH) voted Thursday to freeze tuition for the 2016-17 academic year, formalizing a commitment made to legislators and the Governor during the development of the state's biennial operating budget for FY16-17. In-state tuition will remain at \$200/credit, which translates into roughly \$6,000 for a year for full-time tuition.

The board took the vote at its meeting Thursday, June 2, at the River Valley Community College's Lebanon academic center, which opened earlier this year to serve students and businesses in NH's Upper Valley.

Tuition at the state's seven community colleges has not risen since 2011. In 2014 CCSNH decreased its per credit rate 5 percent to its present level of \$200. System leaders felt it was important to arrest the trend of escalating tuition costs and worked with state budget-writers on funding levels that would enable the years of freezes and the reduction.

Gov. Hassan issued a statement in which she said, "Our community colleges are nationally recognized for the value they provide to their students, and continue to lead in modernizing and innovating in higher education. Through partnerships with the business community, nimble and cutting-edge programs and extensive online education options, their efforts are helping develop a stronger workforce pipeline that can help existing businesses grow and attract new companies to our state.

After reducing in-state tuition in 2014 and freezing in-state tuition in 2015 and again in 2016, the Community College System of New Hampshire has been constant in its dedication to accessible and affordable higher education, and I am grateful for their unyielding commitment to the success of our students and our state."

"River Valley Community College is committed to providing quality and affordable education to the residents of New Hampshire. By keeping college affordable we ensure greater access for individuals to education, training and development bringing brighter futures within their reach," said River Valley Community College President Alicia Harvey-Smith.

"The success our graduates enjoy is the result of their hard work, the pathways students can follow from our colleges to skilled employment or continued education, and the

dedication of faculty and staff across the seven community colleges," said CCSNH Chancellor Ross Gittell. Gittell noted that the unemployment rate for the most recent graduates with associate degrees (those 20-24 in age) in NH is 1 percent, compared to 10 percent for young adults without a post-secondary credential. The community colleges focus on offering affordable, high quality programs that prepare graduates for successful employment as well as for transfer to four-year colleges and universities.

CCSNH and the University System of NH recently launched a new Dual Admission program enabling students to be dually admitted to a community college and UNH, Keene, Plymouth State or Granite State College and upon successful completion of an associate degree from the community college, transfer to the USNH institution to complete a bachelor's degree. While the Dual Admission program is designed for liberal arts majors, there are many other transfer agreements in place that offer pathways in specific disciplines including STEM fields with

USNH and other institutions including Southern NH University. Some of these pathways enable students to complete the bachelor's degree at community college tuition rates, such as a new nursing "3+1" program which enables community college-trained Registered Nurses with an associate degree to earn a bachelor's of science in Nursing through Granite State College at the community college tuition rate.

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Claremont Confidential

By Les St.Pierre



The Time Has Come

It's here! Or, at least, it will be here by the end of the week.

The time has come for the re-retirement of number 22 at Stevens High School. For many, it has been far too long for such an event. For others, it's not a big deal, and why have it at all?

To put things in perspective, this is Alumni Week here in Claremont, a time in which graduation takes place, followed by a parade and banquet. This year's banquet, which will take place Saturday evening at the high school, is going to feature first-year Stevens High Athletic Director Doug Beaupre presenting 55th-year graduate and former star athlete at Stevens, Walter Scott Fitz III, with a replica number 22 football jersey for all to admire.

I don't want to steal the thunder from Beaupre. He will make his presentation listing many of Fitz's accomplishments, the details that went into the arrival of the new jersey, and what this all will mean to the citizens of Claremont. I do know how hard Beaupre has worked to get this done, and I salute him for it. You see, Beaupre is just one of more than a dozen athletic directors who have held down the helm at Stevens since Fitz graduated in 1961. In that span, of course, only naturally, through the course of time, the fact Fitz had his number officially retired at the school has been unknown to both school officials and to the general public. The time to fix the confusion and mix up is now, since those who have been aware of the situation have seen number 22 on the backs of present athletes at Stevens have been asking WHY?

It's just not right," said former Stevens athlete Bill Sylvester recently when I interviewed him on another story for *e-Ticker News*. Sylvester had seen the number while watching a Stevens athletic contest on a local television channel. Sylvester, a 1965 graduate at Stevens, admitted he was a bit prejudiced since Fitz was his idol when he (Sylvester) was in junior high school. "He was just such a great

athlete," Sylvester further added, "and I enjoyed watching him play."

Another 1965 graduate, Ron Garceau, publisher of *SooNipi*, e-mailed me last August when I first mentioned this re-retirement event was in the works. His words were, "Your current story about Scott Fitz was interesting, although I'm not sure if I agree about retiring any number for high school. Maybe



Above: Don Campbell; left: Walter Scott Fitz III

if they became a big pro star?" Garceau, though, went with the "what is done, is done" approach and went on to say, "Fitz was a hero to me, and a true All-American male: good-looking, smart, great athlete, and a nice guy!"

I am hoping this re-retirement doesn't open the way for more retired numbers to take place at Stevens. Garceau does have a point. Things tend to get watered down over time going that route. Fitz, to be sure, may not even be the greatest athlete at the school. Fella Gintoff and Kelly Paton first come to mind when you start to make a list. Different eras produce different athletes, each outstanding in their own way. However, you cannot take away any of the accomplishments made by Fitz or make them any less worthy than what they were. He truly was an outstanding athlete and, when head football coach and athletic director Don Campbell made the official announcement in June, 1961, the deed had been done, not suspecting the turmoil which would follow.

Fitz, himself, had no idea of the honor that would be bestowed upon him that spring day 55 years ago. To him, it was just another school assembly, but when he saw his mother and grandfather in attendance he realized something special was about to happen.

Fitz's mother was born and raised in Claremont, and his grandfather once owned the Claremont Paper Mill. Still, it was not with any special treatment that Fitz had his number re-

tired. It was solely through his athletic prowess on the gridiron, court, and diamond that merited his honor. He made the varsity teams in the three major sports all four years of his high school career...and that is without having been noticed coming up through the ranks in his formative years. You see, Fitz only was in Claremont from 1957-1961, his four years at Stevens. However, he did have one edge. His mother had Clarence 'Ceep' Parker as a basketball coach, which may have helped him. "I am sure he most likely preferred not to have freshmen on the varsity, but I was able to make the team," Fitz reported in a statement to longtime sports writer Poody Walsh many years ago. Fitz went on to add Parker, considered the greatest coach ever at Stevens, wanted him to play quarterback, but Paul Marro was the starting quarterback at the time and Fitz believed he would get more playing time as a halfback. Pretty gutsy thinking for a 14-year-old playing with and against 17 and 18-year olds. Fitz, as we all know, went on to glory as a quarterback.

Carmella Marro Tenney, a classmate and outstanding athlete in her own right, is in full support of the re-retirement this coming Saturday evening. "He was a good athlete, no matter what the sport," she said over the phone. "He was a team player, not cocky. I am in full support of the re-retirement and I can't imagine anyone who would be against it."

Gene Fowler, captain and Most Valuable Player of the 1962 Stevens football team and the wearer of number 21, reported Fitz was "a good person and a great athlete. I was a halfback and I trusted him. That was the big thing for me about him. I trusted him."

Judy Kasaras Brown had nothing but praise for Fitz when I asked her about the re-retirement. Fitz and Ron Brown were quite the teammates on those teams and good friends. Sadly, Brown has since passed away and his wife said she will see Fitz when he and his wife come to town this week. "He is a wonderful friend," Brown reported. "He and his wife are the most wonderful people and the kids are their whole life. If Ron was still here, my gosh, he would be all for it (the re-retirement)." Fitz and his wife, Mary, are now the parents of four young men.

Fitz, always humble, admits "not too many people remember nor care", other than his classmates, about having his number 22 retired.

I think Saturday evening may prove otherwise!

Budget, from A1

Councilor Nick Koloski also expressed his feelings about that cut and reducing funding for Arrowhead as well. "I'm very concerned about Arrowhead and very concerned about the fireworks. I can't support that." Assistant Mayor Vic Bergeron agreed, saying the July 4th celebration draws people from all over to Claremont where they spend money. "We have people coming here spending money and now we want to take away stuff that bring them to the community."

Brislin's request for \$50,000 for parks maintenance work was also reduced by the city manager, to \$20,000. That funding is used for lighting upgrades, painting and upkeep of the City's park system. Maintenance for the CSB Community Center comes from the Recreation budget.

Jim Feleen, a member of the Claremont Parks and Recreation Commission, read a statement on behalf of the commission, which said in part:

"Numerous community surveys over the years clearly demonstrate the high value Claremont residents and tax payers place on parks and recreation. The most recent information comes from the master plan process and confirms this again. Unfortunately, and despite the priorities stated by the community, the Parks and Rec budgets are woefully underfunded year after year. That neglect continues in the proposed budget. Staffing is unacceptably low, maintenance funding is non-existent, programming will be impacted. City leadership regularly praises the quality of our parks and the community center. Its time to back up the talk with adequate funding. The Parks and Rec dept has absorbed more than its share of budgetary pain over the years while other departments have not. Our fee structure strikes an appropriate balance between affordability and covering costs. Raising fees is not the answer. Likewise, it is not appropriate to spend the capital reserve funds of the parks dept on operational expenses.

"While we are sensitive to the concerns of the council regarding cost recovery, the Center is not, and never has been, designed or intended to generate profit. An affordable facility and programming for the citizens of Claremont is our goal. We do not understand why the Community Center continues to be held to an artificial cost recovery formula. The Center has more than proven its viability. The council does not apply this restriction to any other city

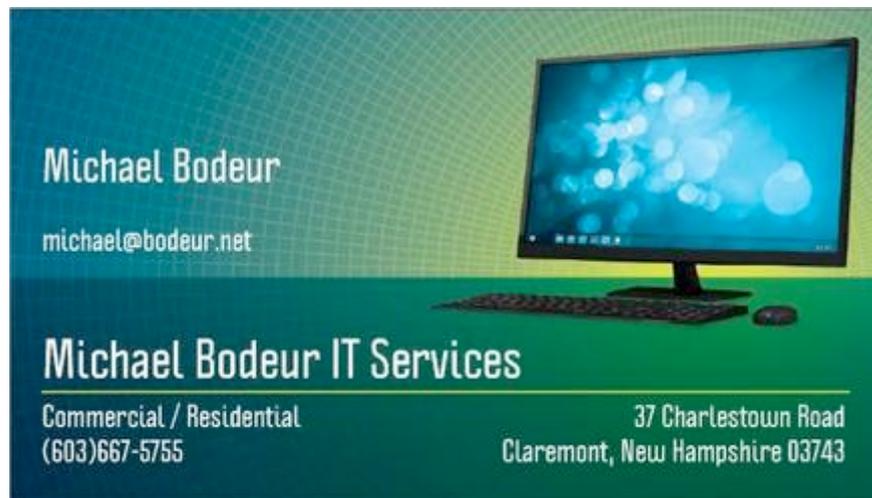
department. We have a very capable Parks dept head. Let him do his job.

"With regard to staffing, we have 1½ workers to do the hands-on maintenance of the community center and over 600 acres of parks and outdoor facilities. They do tremendous work but barely keep up with the basics. Because we cannot get budget support, there is no proper maintenance program for the center or the parks. Maintenance is continually deferred. We are headed down the same path with the new center as we did with the old center. Proper maintenance and repair was never funded and the old center deteriorated until it had to be shut down."

Brislin's recreation budget fared better, being reduced by the city manager by a little over 4%. He said that warranties with the center have now expired, and "normal wear and tear" is beginning to show in its forth year of operating. There are also some cracked and broken tiles on the pool deck, but Brislin said they won't be repaired until they know what is causing the problem.

Councilor Bruce Temple expressed concerns about future spending and said he would like to hear the rest of the budget. "I'm getting a drift we're going to be adding to the budget. We're going to be hit with additional water and sewer rates, additional

negotiations with the unions, that will add to the tax bills." He added, "I just want to remind the council there are a lot of empty wallets in the community...."



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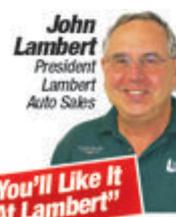


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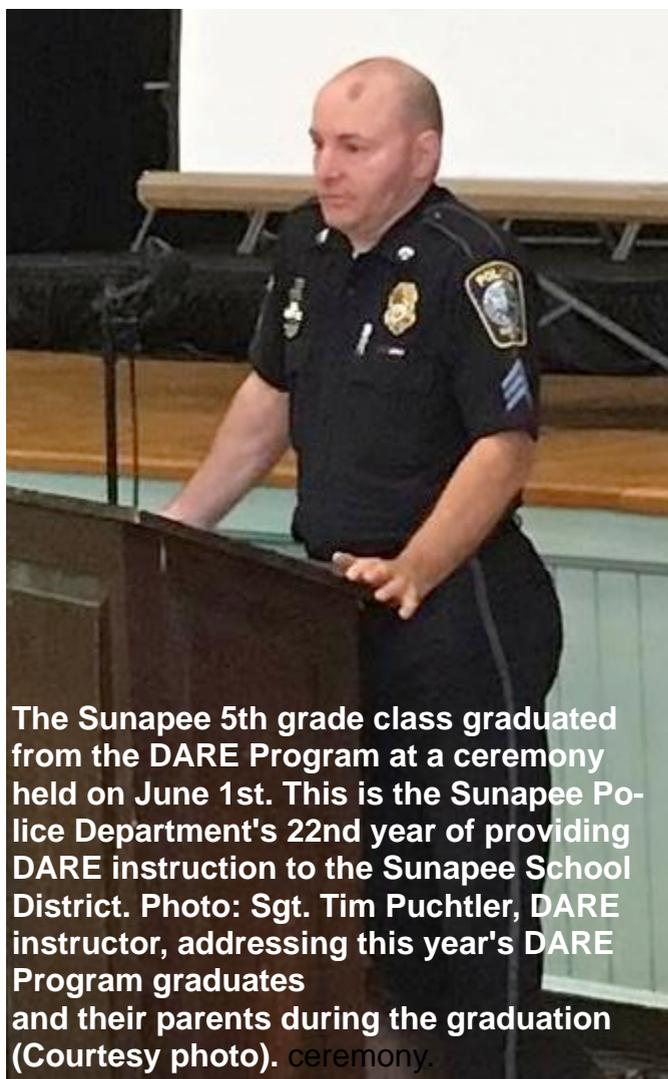


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The Sunapee 5th grade class graduated from the DARE Program at a ceremony held on June 1st. This is the Sunapee Police Department's 22nd year of providing DARE instruction to the Sunapee School District. Photo: Sgt. Tim Puchtler, DARE instructor, addressing this year's DARE Program graduates and their parents during the graduation ceremony. (Courtesy photo).

Sullivan County Annual Free Pancake Breakfast

UNITY, NH--Sullivan County's 28th Annual Free Pancake Breakfast is scheduled for: Sunday, June 12, from 8:00 – 11:00 a.m. Unity, NH – Sullivan County Health Care, 5 Nursing Home Drive.

Events Include, 7:00 a.m.: Natural Resources Bird Walk with Stan McCumber; 8:00-11:00 a.m.: Free pancakes with local syrup, served by Commissioners and County officials; 10:00 a.m.: Opioid Awareness 101 by Hope for NH Recovery.

Special presentation in the Ahern building include:

- 10:30 AM: 4-H Fashion Show with UNH Cooperative Extension
- Job Fair: Interview for Nurse & LNA positions & see the facility!
- Medical Reserve Corps & Emergency Trailer on Display
- Addiction Recovery Support with Hope for NH Recovery
- Biomass Plant & DOC Tours
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Cryans Files For District 1 Executive Council Seat

HANOVER, NH--On June 2, 10-term County Commissioner Michael J. Cryans of Hanover filed for the District 1 Executive Council seat. "He looks forward to the challenge of campaigning in this vast district which is comprised of 108 towns and four cities (Berlin, Claremont, Laconia and Lebanon) and covers the upper two-thirds of the state, containing 20% of the population," said his spokesman.



Michael Cryans

Cryans said in a statement that he will "prioritize combating the heroin/opioid/fentanyl epidemic, voting 'yes' on funding Planned Parenthood health programs, improving New Hampshire roads and bridges, expanding opportunities for young people in order to curb their exodus from the state, eliminating partisanship from voting on qualified government appointments and expanding broadband in District 1." He added that he believes "Constituent service is essential for this Northern district in order to connect its residents with the state capital."

Cryans has been on the Board of the Unique College Savings Plan (Governor's appointment) for 19 years. The Unique Plan has \$14 billion in assets, managed by Fidelity Investments. He is also the Chairman of the New Hampshire Association of Counties Commissioners Council, made up of 30 County Commissioners from ten counties.

The North Country Democrat grew up in Littleton, and now resides in Hanover with his wife Julie, and son, Connor, currently a student at Saint Michael's College. He has an older son, Cameron, and two grandchildren who live in Colorado. His mother still lives in Littleton at the age of 92. His brother, Andrew, is a Catholic priest at Saint Thomas More Parish in Durham.

Cryans enjoys daily long distance running; his 1974 time of 2:27 in the Boston Marathon still ranks as one of New Hampshire's best times.

Alumni Day BBQ At The Elks

CLAREMONT, NH--The Claremont Elks Club will once again hold its Alumni Day chicken BBQ at the lodge on Pleasant St. Drop by for delicious chicken, hamburgers, hot dogs, and their famous homemade French fries. Cooking will begin early and food will be available during and after the parade.

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CMS Marks Memorial Day...

On Tuesday, May 31, the staff and students at Claremont Middle School held their Memorial Day Ceremony outside the school's flagpole. CMS Principal, Paulette Fitzgerald, welcomed everyone and introduced Ernie Lord, Veteran of the Vietnam War and Board Member of the Rolling Thunder Motorcycle Club as their guest speaker. Drama Club members Autumn Stickney and Fionah Carbee read Memorial Day poems. Band members Isabelle Bicknell and Noah Abbott played *Taps*.



Courtesy Photos

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e-Ticker Business News

Caplan Named REALTOR Of The Year

CLAREMONT, NH--The Greater Claremont Board of REALTORS has chosen Roselyn Caplan as REALTOR Of The Year.

“Roz exemplifies the spirit of the realtor pledge and has always demonstrated the highest principles and adherence to the Code of Ethics,” said the board. “The recipient’s professional relationships with other brokers is above reproach. Roz has been a great asset to our board for many years and is always available to lend her assistance to the board with either time or financial support. She is a very active member and has helped our board members out whenever called upon whether it

be to arrange classes, chair special events or lend her time and expertise to the board yard sale.”

Caplan has served on the Greater Claremont Board of Realtors Board of Directors, new member orientation committee, and grievance committee

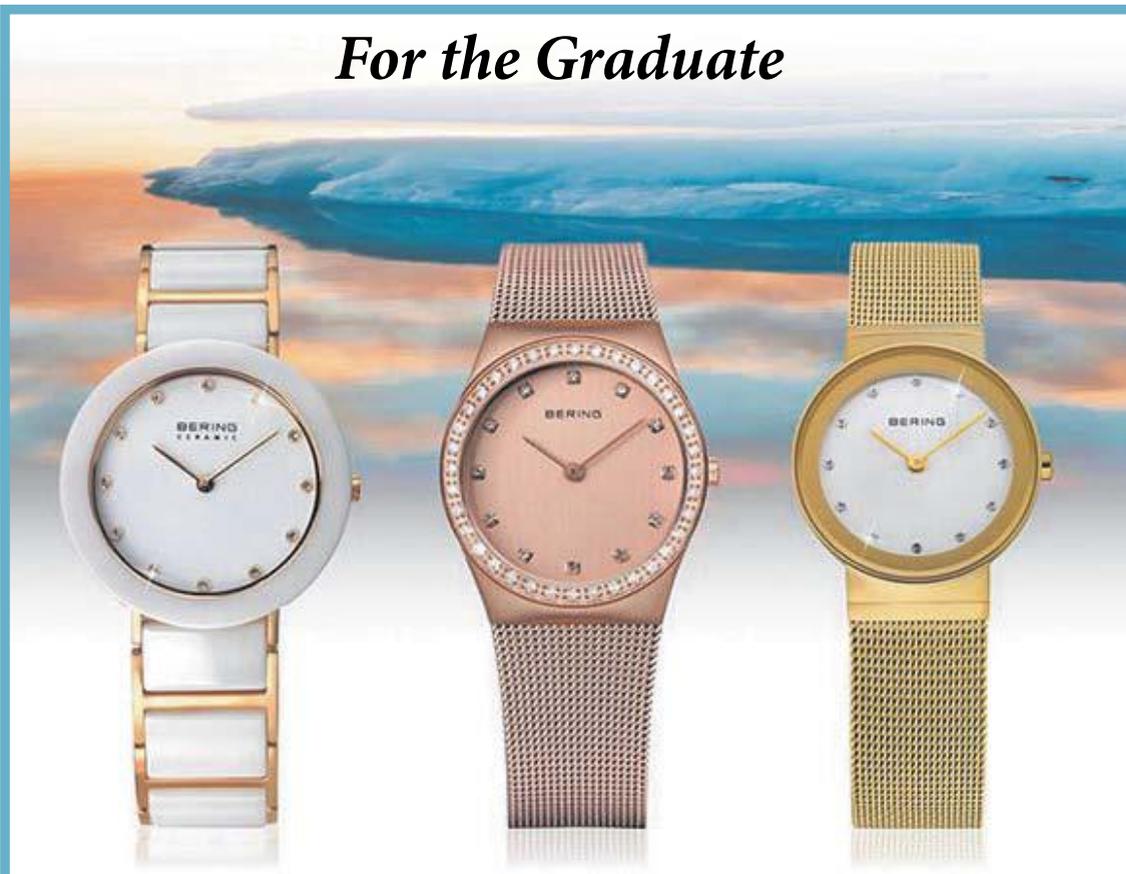


Roselyn Caplan

for many years and “is very active in her community and has been extremely generous and supportive of community organizations contributing to Easter Seals, youth organizations, the Claremont Chamber Auction, Rotary Auction, the Hospice Tournament and tireless hours on the Stevens High School Renovation Committee to name a few,” said the board. She is the President of Temple Meyer David, President of her condo association, an owner operator of Century 21 Highview since 1979, served on the Century 21 Broker Council and established The Caplan Family Scholarship Fund at Stevens High School, further giving back to the community.

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e-Ticker Business News

Governor Hassan Announces Job Training Grants For Three New Hampshire Companies

CONCORD, NH-- Governor Maggie Hassan announced Friday that three New Hampshire companies have been awarded job training grants to help train 27 workers in new skills.

The job training grants this month total \$67,640, and the companies contributed matching funds to bring the total amount for training workers to \$135,280.

"I am proud to announce the latest round of these critical grants that help New Hampshire workers develop skills for high-quality jobs at growing businesses," Hasan said. "As an essential resource that has helped thousands of Granite State workers develop the skills needed for success in the innovation economy, New Hampshire's Job Training Fund plays an important role in boosting our economy. In order to attract innovative businesses, help existing companies grow, support the creation of good jobs for New Hampshire's middle class families, and keep New Hampshire's economy moving in the right direction, we must maintain our commitment to strengthening our workforce pipeline through job training and higher education."

- Watts Regulator of Franklin received a grant of \$55,680 to help 23 workers receive a certificate in machining from Lakes Region Community College.
- Quality Fabricators LLC from Barrington was awarded a grant of \$2,360 for training two employees in Non-Destructive Testing, using Baker Testing for ASNT Level II Visual Inspection Training.
- Orion Entrance Control, Inc. of Laconia was awarded a grant of \$9,600 to enroll two employees in the Sandler Sales training program.

The Job Training Fund has awarded \$8,931,013 in grants since October 2007, with employers contributing \$11,732,717 for a total of \$20,663,730 in new training for 25,970 New Hampshire workers.

Companies interested in applying to the Job

Training Fund should visit the fund's web site at www.nhjobtrainingfund.org.

DES Launches One-Stop Data Mapper

CONCORD, NH--The New Hampshire Department of Environmental Services (NHDES) has launched a new One-Stop Data Mapper, an interactive web map that allows viewing and querying environmental data across NHDES programs. The new Mapper replaces the NHDES One-Stop Web Geographic Information System. The Mapper is mobile ready and offers greater functionality with more tools for searching and downloading geospatial data. The Mapper is also linked to NHDES One-Stop Data allowing the public access to thousands of documents in the NHDES digital library.

To access the Mapper, please click the following link:

<http://www2.des.state.nh.us/gis/onestop/>.

Gold Medal, Others Recall Flour

MINNEAPOLIS, MN--General Mills is collaborating with health officials to investigate an ongoing, multi-state outbreak of E. coli O121 that may be potentially linked to Gold Medal flour, Wondra flour, and Signature Kitchens flour (sold in Safeway, Albertsons, Jewel, Shaws, Vons, United, Randalls, and Acme). Out of an abundance of caution, a voluntary recall is being made. To date, E. coli O121 has not been found in any General Mills flour products or in the flour manufacturing facility, and the company has not been contacted directly by any consumer reporting confirmed illnesses related to these products.

To learn more about this recall, visit http://blog.generalmills.com/2016/05/general-mills-announces-flour-recall/?_ga=1.26282957.6.547120571.1465083968.

If consumers have additional questions, including how to receive replacement products, the company can be reached at 1-800-230-8103.

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Don't Keep Family In The Dark About Your Plans

You might work diligently at building a financial roadmap for your retirement years and a comprehensive estate plan. But you can't just create these strategies – you also have to communicate them. Specifically, you need to inform your spouse and your grown children what you have in mind for the future – because the more they know, the fewer the surprises that await them down the road.

Let's start with your spouse. Ideally, of course, you and your spouse should have already communicated about your respective ideas for retirement and have come to an agreement on the big issues, such as when you both plan to retire, where you'll live during retirement, and what you want to do as retirees (volunteer, travel, work part time and so on).

But what you both might have let slip through the cracks are the important specifics related to financing your retirement. You'll need to answer several questions, including these:

- When will you each start taking Social Security?
- Are there strategies for maximizing both of your Social Security payments?
- When will you need to start tapping into your respective retirement accounts, such as your IRA and 401(k)?
And, once you do start withdrawing from these accounts, how much should you take out each year?

You may want to work with a financial professional to address these issues, but however you proceed, you and your spouse need to be "on the same page" regarding the key financial components of your retirement.

Now, consider your grown children. You need to clearly communicate your estate plans to them, not only for the sake of openness and honesty, but also because they may well play active roles within those plans. So when talking to your children, make sure you cover these areas:

- Durable power of attorney – You may well decide to give one of your grown children the durable power of attorney to pay bills and make financial choices on your behalf if you are unable to do so.
- Estate executor – An executor is the person or entity you name in your will to carry out your wishes. An executor has a variety of responsibilities, so you'll want to choose someone who is honest and capable of dealing with legal and financial matters. Again, you could ask a grown child to serve as your executor, but, to avoid potential conflict of interests among your children, you might want to go outside the family. Talk with an attorney about how best to name your executor.

Status of will and living trust – Assuming you have already drawn up a will, share it with your grown children. The same is true with a living trust, a popular estate-planning tool that may allow your survivors to avoid going through the time-consuming, public and expensive process of probate. A will and a living trust will obviously contain a great deal of information your children should know about – so take the time to explain your thinking when you created these documents.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

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Ayotte Makes Campaign Stop In Newport

By Phyllis A. Muzeroll
e-Ticker News

NEWPORT, NH--US Sen. Kelly Ayotte stopped in Newport on Wednesday, just one of many stops she made during a very busy day as she revs up her re-election campaign for her Senate seat. Earlier in the day, she filed for re-election in Concord. Her Newport visit took to the popular Village Pizza; the stop in the Sunshine Town was part of a state-wide tour to talk with voters and meet grassroots supporters.

"I was excited by the size of the turnout of supporters in Concord this morning," she told the *e-Ticker News* during a phone call. "It was a great turnout. And it was a great turnout in Newport as well."

Ayotte said people wanted to talk about local issues, fiscal issues, the national debt and what could be done about it as well as issues that affect veterans. She noted that both Gov. Maggie Hassan, a Democrat, and Jim Rubens of Hanover, NH, who is vying for the spot on

the Republican side, are running against her. "They're coming at me from both sides," she said. "But that's okay. It just makes me work harder."



Sen. Kelly Ayotte talks with supporter Don Clarke of Claremont on Wednesday during her visit to Newport (Gayle Hedrington photo).

Ayotte said she would continue to work on veterans' issues in particular, an area that is of special interest to her. She said the country has to get the VA Choice Program working better so that vets can get the care they need and deserve in a timely fashion. "It's tough with all the bureaucracy," she said. "My office works on a lot of

cases for veterans. The program is in place, but it needs to be streamlined."

The VA Choice Program is designed to allow vets to receive care in their own communities rather than having to wait for a VA appointment or traveling to a VA facility. "Our veterans should be treated well," she said.

Following her time in Newport, Ayotte was on the road again to spent time in Manchester and on the seacoast. "I'm glad to be out to talk with the people of New Hampshire," she said.

Welcome to Medicare!

CLAREMONT, NH--Medicare can be confusing. Becky Rostron, the Medicare Specialist at Sullivan County ServiceLink Aging and Disability Resource Center (ADRC), can help you understand your Medicare options. The upcoming "Welcome to Medicare" workshop is scheduled for June 28th at 1:30 p.m. The workshop is designed to help new Medicare enrollees make more informed choices about their Medicare benefits. The workshops will be held in the conference room at the Sullivan County ServiceLink Resource Center building at 224 Elm Street in Claremont.



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Stevens Alumni Office Hours For Alumni Week

CLAREMONT, NH--Stevens Alumni office hours for Alumni week are as follows:

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June 8th and 9th Noon to 4:00 p.m.

June 10th Noon to 3:00 p.m.

The Alumni office is located behind the Moody building first office on the right as you go thru the doors.

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It's About Food

By Johnny Navillus



Leftovers

Last Monday I sauteed some chicken in olive oil with basil, thyme, Oregano and some other things I can't remember. I then added some red, yellow and green pepper strips. I let that cook a while and served it over Jasmine rice.

There was a huge amount of peppers and oil left, so I put them in the fridge for whatever. By Thursday they hit my three-day rule. (No leftovers kept after 3 days). In the morning I diced some of the peppers up and added them to my wife's cheesy scrambled eggs. Big hit. Yummy.

This still left me with a good amount of pepper strips. Didn't have the heart to throw them out. Thursday evening came, and I hadn't planned a menu as yet. I took the peppers out and found a package of chicken sausages flavored with apple and cinnamon. As you all know by now I have a magic fridge that just materializes stuff that I don't buy. It just appears.

Anyway, I cut the sausages up into bite sized pieces. Sauteed them and added the rest of the peppers. For some unknown reason I cooked up some angel hair pasta. Served the sausage and peppers over the pasta and had a great acceptance. Low prep time, low cook time and scored points. Playing with leftovers pays off on several levels.

The idea of not keeping leftovers more than three days came from a food site. Which one escapes me now, but they contend that even though the food is cooked, bacteria still start growing after four days. This rule also cuts down on small dishes in the fridge that get pushed back and only surface once they are unrecognizable.

Sweet and Sour Pork Ribs

2 cups packed brown sugar
¼ cup all purpose (AP) flour
½ cup cider vinegar
1/3 cup water
2 tablespoons soy sauce
2 tablespoons ketchup
3 garlic cloves, minced (or more)
8 bone-in country style pork ribs

In a small sauce pan, combine brown sugar and flour. Stir in the vinegar, water soy sauce, ketchup and garlic. Bring to a boil and stir for two minutes or until thickened.

Place the ribs in a 5-quart slow cooker. Top with the sauce. Cover and cook on low for 8 to ten hours or until meat is tender. Skim fat. Serve ribs with sauce.

Yes, I do have recipes that call for shorter cooking times in the slow cooker. I don't use them much because if you overcook them, they are not really acceptable. Since the average person is gone for an eight hour day Those are the recipes I use most often.

Play with your burgers. Mix in some ground pork, Italian bread crumbs, shredded Parmesan or any cheese. Don't overwork the patties, and don't press down on them too firmly when cooking.

If you are going to spray non-stick spray on your grill, take the grill off the fire and spray away from the fire. Better yet, spray the grill before you put it on the fire. And use a spray meant for the grill. It can withstand the high temperature of the fire.

Play with your food. It saves time and money

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Mayoral Notes

By
Charlene Lovett



Memorial Day Remembered

I'd like to thank everyone who participated in or attended this year's ceremony. Prior to the event, I received calls from individuals who could not attend due to a variety of reasons. They asked me to print my speech in my weekly column to which I agreed.

Unfortunately, I had a very difficult time preparing a speech and could not produce one prior to the publishers' deadline last week. So, this week I have included a transcription of what I said on Memorial Day. It wasn't a prepared speech and may not be grammatically correct, but it was spoken from the heart. It is truly an honor to live in a community dedicated to keeping alive the memory of our fallen.

Speech:

Thank you for coming out today. As has been said prior to myself, this is Memorial Day. Unlike Veteran's Day, this is the day that we take a moment from our busy lives and our schedules to remember those who never did come back home. It is why we stand here today among these monuments inscribed with the names of the fallen.

Memorial Day is a very important holiday for me and my family. My husband is a combat veteran who retired after 26 years of service. My stepson is a combat veteran. Two of my great uncles served in WWII, one captured by the Germans and later rescued by the Allies. My brother served one tour in the Army and I retired after 22 years.

So, you would think writing a speech about the importance of this holiday would have come easily to me. To my dismay, it proved quite the opposite. Despite all of my attempts, I just couldn't seem to get the words right. How could I capture in words what it truly meant to make the ultimate sacrifice? I had never been in combat. I had never lost a family member or a friend to war. I have never had to carry the memories of lives cut too

short, far from home, away from family and friends.

But there are those of you out there today who do, and it is to you, our combat veterans, that we owe a debt of gratitude. You have been on the front lines and, because of that, you keep the memories of our fallen alive. How many times have we walked by the monuments with the names inscribed of the fallen?

For us, some of these people we know. From those of the Civil War, there is none left of us with that personal connection. The same for WW1. But recently I have had the honor and the privilege to speak to two WWII vets within two weeks of each other. Both of them are in their 90s, and despite their differences and their experiences during the war (one served in the European theater and one served in the Pacific Theater) and despite the fact that 70 years plus have gone by since they were in combat, they all knew the names of the people that they lost while they were serving so far from home.

This is our opportunity to keep the essence of what it means to serve and make the ultimate sacrifice alive. These combat veterans, although difficult at times, have offered to share with me and with you their stories. Because of that, those names on those monuments that you read today are not just names. They are lives. We may not have known them personally, but they lived and they died way too soon.

Recently my family and I had the opportunity to celebrate two graduations. Three generations were sitting around our table. I am almost 53 years old and when I looked at them and I knew that Memorial Day was coming around the corner and it was our opportunity to remember those lives lost, I thought about how fortunate I was to not have to pay that price. How fortunate I was that I was the recipient of so many blessings because of their sacrifice.

So, as I conclude, I want to thank you – those who have served and those who have not. For those who have not served, thank you for coming out today. Thank you for keeping their memories alive. Even though we may not carry them in our hearts, we rally around those who do. We listen to their stories. We share them with others and their lives will always be remembered. Thank You.

Charlene Lovett is the Mayor of Claremont. Please email questions, comments or concerns to her at char_lovett@hotmail.com.



Memorial Day ceremony in Broad St. Park (Bill Binder photo).

Elderly Property Tax Exemption Survey

CLAREMONT, NH--The Elderly Exemption program in Claremont begins at age 65 and currently has income limits of \$19,600, single; and \$26,600, married; and an asset limit of \$50,000 for single and married in order to qualify. If qualified your assessed value will be reduced for property tax purposes. Elderly I (ages 65-74) \$30,000 reduction; Elderly II (ages 75-79) \$50,000 reduction; Elderly III (age 80+) \$77,000 reduction.

The City Council is reviewing these limits and would appreciate your feedback. Please complete survey by July 1, 2016.

<https://www.surveymonkey.com/r/JTY7LGT>.

**June 21
5 to 7 PM**

Buckley Room

**Valley Regional Hospital
243 Elm Street
Claremont, NH**

RSVP Requested

Attendance is Free



Women's Night Out



Panel discussion of women's health topics

Join our medical staff for a panel discussion over a glass of wine.

Featuring:

Dr. Gailyn Thomas, Board Certified Ob/Gyn

Liza Draper, MA, SHINE Coordinator for
TLC Family Resource Center

And other practitioners

Wine & Hors D'oeuvres served.

Limited seating for this free event. RSVP required by June 20.

RSVP:

Online via Eventbrite; look for Women's Night Out

Or to Kyle at 543-5601 or email kyle.ranney@vrh.org





Downtown Beauty...

A great group of over 25 volunteers showed up on Saturday morning to help transform Opera House Square (aka the Bullpen) into its beautiful summertime floral display. Under the direction for the last time by Dave and Kyle Messier, the volunteers made short work of the weeding, planting and mulching of the flowers. Many thanks to all who showed up to help produce a showplace that will be enjoyed by so many as they visit the Square this summer. The Heart of Claremont also had volunteers out working on some of the flower boxes in front of businesses in the Square (Bill Binder photos).



Official Opening For The Farmers And Artisans Market...

The 2016 Farmers and Artisans Market season officially opened on Thursday, June 2. Terry Gould, V.P. of the Farmers Market Board of Directors, welcomed everyone and introduced Debbie Freeman the new manager of the Market. In addition, Gould was happy to announce that Mascoma Savings Bank will be sponsoring the Farmers Market for the 2016 season and the City of Claremont will be sponsoring the music for the season. Tom Hoyt, Public Relations Social Media Coordinator for Mascoma Savings Bank told the crowd, "This is a great venue. It is a pleasure for Mascoma Savings Bank to underwrite the Farmers Market for the 2016 season." Lisa McSwain, Branch Manager at the Broad St. location of Mascoma Savings Bank, is looking forward to a successful season for the Market and invited everyone to stop by and help the market grow. The Farmers and Artisans Market is open every Thursday afternoon from 4:00 to 7:00 p.m. Pictured, from left: Tom Hoyt, Terry Gould, Debbie Freeman and Lisa McSwain (Photos by Bill Binder).

St. Paul's School In Concord Sued Over Sexual Assault Case

CONCORD, NH— St. Paul's School, an elite New Hampshire boarding institution located in Concord, was sued Wednesday, June 1st, in federal court by the parents of a girl who was sexually assaulted two years ago as a freshman. In the lawsuit, the family alleges that her assault resulted from the school's failure to stop the "Senior Salute," a competition among male seniors to have the most sexual encounters with underage girls in the months prior to graduation.

"St. Paul's fostered a culture of misogyny and male privilege that deprived its female students of the safe and healthy educational environment they would expect from one of the nation's premier private schools," said lead counsel Steve Kelly of the Baltimore law firm Silverman|Thompson|Slutkin|White in a press release. "Administrators ignored the health, safety and welfare of the children entrusted to their care, and turned their favorite motto on its head—rather than 'freedom with responsibility,' administrators held themselves and the students to the standard 'freedom from responsibility.'"

Owen Labrie was convicted of misdemeanor sexual assault against a 15-year-old classmate and a felony charge of using computer-related seduction. He was also found guilty of endangering the welfare of a minor. He was found not guilty of the more serious charges of aggravated felonious sexual assault.

St. Paul's is an Episcopal, co-educational fully residential high school founded in 1856.

List Of Floats, Entrants For Alumni Parade

CLAREMONT, NH--All five year Class floats are registered for the 2016 Stevens High School Alumni Parade. Cars, people carriers and trams will carry Classes of 1932, 1936, 1940, 1944, 1946 and 1951. Floats include: 1956 Class of SHS-Greatest Generation; the 1961 Class of SHS- Dr. Seuss Books; 1966 Class of SHS-The Adventures of Tom Sawyer and Huckleberry Finn; 1966 Class of SMH-

Charlotte's Web; 1971 Class SHS- Winnie-The-Pooh; 1976 Class of SHS- Jaws; 1981 Class of SHS- The Three Little Pigs; 1986 Class of SHS- Charlie and the Chocolate Factory; 1991 Class of SHS- Back In Black; 1996 Class of SHS- Charlotte's Web; 2001 Class of SHS- Alice and Wonderland; 2006 Class of SHS-Harry Potter; 2011 Class of SHS- Where The Wild Things Are; 2016 Class of SHS- Oh The Places You Will Go.

Also the River Valley College-Jungle Book; Valley Regional Hospital; Hiram Lodge; Live Free or Die Riders; Ronald McDonald; the Patriots Mascot and two cheerleaders; and the

Loudon, NH, Pace Car and their Mascot. Parade lineup also includes two horse-drawn carriages, two clown units, two mini car units, and ten band units.

Everyone in the parade must fill out a Parade Registration to be in the parade, and you must register with the Claremont Police Department, 542-9538, for inspection of your float.

If you are not listed in the format above, call Bob Stringer at 542-5129 or e-mail him at RSTRINGER@STRINGERFH.COM.

www.facebook.com/etickernews

Questions to Ask At An Interview

Many people forget to prepare for that final interviewer's inquiry, "Do you have any questions for me?" Don't be silent, speak up!! Here is a list of great questions to impress your potential employer!!

- Do you have any reservations about my qualifications? If yes, this give you a second chance to toot your own horn and change their mind. You can elaborate even more about your qualifications and skills that you may not have spoken about previously.
- Can you tell me about the team I'd be working with? You can gain insight into the coworkers you would deal with on a daily basis.
- Who has formerly held the position? Did they retire? Were they fired? If so, why? What were their best traits that they brought to the job? Then you can respond upon those traits with how yours are similar, therefore making you an excellent fit.
- What is the biggest problem currently facing your staff? Sales 101, and interviewing is selling yourself, is to solve the company's problem. How do you know what strengths to project unless you ask what they need???
- What constitutes success in this position? This shows that you take success in your job seriously, which equates to the success of the company.
- What are the prospects for growth in this job? Employers want people who want to be a part of their company and are interested in working their way up the ladder, for the long term. And finally, don't forget to ask the all-important:
- What is the next step in the hiring process? Let them know you are interested and want to proceed.



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