

# e-Ticker News of Claremont

Locally Based, Locally Owned!



RVCC Nursing Program  
Granted  
5-Year Accreditation;  
Page A14

[etickernews@gmail.com](mailto:etickernews@gmail.com)  
[www.etickernewsclaremont.com](http://www.etickernewsclaremont.com)  
[www.facebook.com/etickernews](https://www.facebook.com/etickernews)

August 1, 2016

## City Council Roundup

### City Water Rates Likely To Increase

By Phyllis A. Muzeroll  
e-Ticker News

CLAREMONT, NH--Municipal water customers in Claremont likely can expect to see an increase in the near future. That was the message Wednesday night as the council and the public were given a presentation on rates by Mike Maker, senior manager with Municipal & Financial Services Group, located in Maryland. The consultant recently completed a study of the City's water and sewer rates; while no increase was recommended for sewer rates, Maker did recommend one for water. The City has said an increase is needed to meet operational costs and maintenance work on the dams at the City's reservoirs. In the past, the DPW has told the council.

(Continued on page A6)

The Yankee Brass Band held an outdoor concert Friday evening at Union Church; the event was sponsored by the West Claremont Center for Music and the Arts (Nancy Miville photo).



## Fatal Crash In Charlestown Takes Life Of Springfield, VT, Man

CHARLESTOWN, NH--On Wednesday, July 27, at approximately 2:31 p.m., the Charlestown Police Department was notified and responded to a motor vehicle collision located on NH Route 12 just south of Almar Street in the Town of Charlestown.

Upon arrival the at-scene investigation revealed a white 2010 Harley Davidson motorcycle operated by Glen L. Duchane, age 61, of Springfield, VT, was traveling northbound on NH Route 12. Simultaneously an orange 2013 NH DOT International Dump truck operated by

Christopher J. Garland, age 35, of Alstead, NH, was also traveling northbound on NH Route 12 ahead of the 2010 Harley Davidson Motorcycle.

For unknown reasons at this time the operator of the Harley Davidson motorcycle attempted to pass the NH DOT International dump truck while it was attempting to make a left-hand turn into a gravel pull off; this caused the Harley Davidson motorcycle to strike the NH DOT International dump truck, said the New Hampshire State Police.

As a result of this, the operator of the motorcycle suffered life-threatening injuries to which he succumbed hours later at the Dartmouth-Hitchcock Medical Center in Lebanon; the operator of the NH DOT truck did not suffer any injuries.

Assisting on scene were members of the NH State Police Troop C Barracks, Charlestown Police Department, Charlestown Fire & Rescue / EMS Crews, NH DOT, Springfield Vermont Fire & Rescue and EMS Crews.

(Continued on page A2)



Crash, from A1

At this time the crash investigation is being handled by the State Police Collision Analysis & Reconstruction Unit (C.A.R. Unit). Anyone who may have further information related to this crash is encouraged to please contact Trooper Michael McLaughlin at (603) 358-3333 or by email at [michael.mcLaughlin@dos.nh.gov](mailto:michael.mcLaughlin@dos.nh.gov).

Armed Robbery Indictment

The NH State Police reported A week ago Monday that a Cheshire County Grand Jury indicted Joshua Corliss, 34, of North Springfield, VT, charging him with committing the Armed Robbery that occurred at Mac's Convenience Store on Route 12 in Westmoreland, NH, on July 12, 2015.

During the course of the investigation, evidence was seized, including DNA. It was later learned that Corliss was incarcerated in Vermont for unrelated charges. With the assistance of the NH State Police Forensic Lab and

the Vermont State Police, the case culminated with Monday's indictment of Corliss.

Anyone with further information regarding this case is encouraged to contact Trooper Sean Eaton (603) 223-8494 or [sean.eaton@dos.nh.gov](mailto:sean.eaton@dos.nh.gov).

Claremont Man Turns Himself In To Newport Police Dept.

NEWPORT, NH--On July 25, Walter Bowman of Claremont turned himself into the Newport Police Department and was cooperative with an investigation involving a stolen purse case. On July 22, at 6:55 a.m., the Newport Police Department responded to the parking lot of Shaw's Supermarket for a report made by a female that a male subject had stolen her purse. Bowman was held without bail. He was brought before the Newport 5th Circuit District Division for an arraignment.

Newport Man Sentenced For Child Pornography Possession

CONCORD, NH-- Allen Langlois, 49, of Newport, NH, was sentenced in the United States District Court for the District of New Hampshire for possessing child pornography. According to United States Attorney Emily Gray Rice, the Court imposed a sentence of 42 months' imprisonment, to be followed by 10 years of supervised release.

In the fall of 2015, after a lengthy investigation, the Federal Bureau of Investigation found a collection of hundreds of still images of child pornography on the defendant's personal computer.

The defendant admitted to downloading child pornography content from several different internet websites, including sites on the dark web.

The FBI was assisted in this case by the Police Departments of Newport, Manchester, and Nashua, New Hampshire, as well as the New Hampshire State Police.

Child Injured In Near Drowning Incident In Thetford

THETFORD, VT--Last Tuesday evening, July 26th, there was an emergency incident at the Town of Thetford's Treasure Island Recreation Area, reported the Selectboard.

According to the family, which has asked not to be identified, their son, age not given, "suffered a near drowning in the incident, is in the intensive care unit, and we now know he will not survive. As we know him and his thoughtfulness and caring for others, we have chosen to stay in the hospital until he is able to donate his organs to help support others."

The town expressed its sadness and support for the family as well as to the first responders who were called to the scene.

e-Ticker News of Claremont LLC  
is published each Monday

Phyllis A. Muzeroll  
Publisher/Editor

Bill Binder  
Photographer/Reporter

Les St.Pierre  
Reporter/Columnist

Erin Collier  
Reporter

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

Snail mail to:  
6 Osgood Ave. Claremont, NH 03743  
603-542-7319

e-Ticker News reserves the right to reject any material deemed inappropriate for our publication.

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

Member, Greater Claremont Chamber Of Commerce

Index

Commentary.....	A4-A5
Les St.Pierre.....	A8
Classifieds.....	A10-A12
Business News.....	A15-A16
Mayoral Notes.....	A25
Sports.....	B1-B2
Inspiration/Entertainment.....	B3-B4
Calendar/Events.....	B5-B13
Obituaries.....	B14-B15
Fire Dept. Log.....	B15

NH Lottery Numbers  
7/30/2016

NH PowerBall  
11 17 21 23 32 5 2

Mega Millions 7/29/2016  
11 16 19 31 48 4 5

Megabucks  
7 16 18 36 40 1

Hot Lotto  
20 21 26 31 36 5

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

F

Located in the Brown Block.

LAW OFFICE OF  
JAMES G. FELEEN, PLLC

WWW.FELEENLAW.COM

JAMES G. FELEEN, ESQ.  
EMAIL: [jim@feleenlaw.com](mailto:jim@feleenlaw.com)  
TEL: (603) 504-6507  
FAX: (866) 862-6394  
CELL: (603) 477-4671  
2 Pleasant Street, Suite 3, Claremont, NH 03743



# Rates



## SLASHED


New cars - **1.99%** APR\*

Used cars - **2.49%** APR\*

New RV's - **3.25%** APR\*

Used RV's - **5.25%** APR\*

**SERVING ALL SULLIVAN COUNTY**



\* Rates for well qualified borrowers

APR - Annual Percentage rate



NH COMMUNITY FEDERAL CREDIT UNION  
98 CHARLESTOWN ROAD  
CLAREMONT, NH 03743  
542-7781 800-439-7781

Each account is insured up  
to \$250,000 by the NCUA,  
A Federal Government  
Agency



# Commentary

## NH House Happenings

By State Rep. John Cloutier

### Bi-Partisan Work Passes Significant Bills



New Hampshire has had a Democratic Governor and a Republican Legislature these past two years. But despite the split control of our state's two branches of government by different political parties, some significant measures have been adopted.

First, I believe one of the most important measures, other than the state operating and capital budgets, was the passage earlier this year of House Bill 1696, the continuation of Medicaid expansion, which was first enacted in 2014. Continuation of this expansion means that nearly 50,000 low-income, often working Granite State citizens will still have health care coverage that they otherwise would have lost. According to the New Hampshire Health & Human Services Dept., this means continued coverage for at least 1,956 Sullivan County citizens, including 907 living in Claremont. I am proud to have voted for an amended version of House Bill 1696, which was sponsored by a bipartisan group of legislators led by Manchester Rep. Joseph LaChance, a Republican.

One of the reasons that I and many of my fellow legislators supported the continuation of Medicaid expansion in House Bill 1696 is that it will enable at least some of our citizens to obtain alcohol and drug treatment needed to help New Hampshire battle the continuing opioid crisis.

Additional legislation adopted in 2016 to help battle the crisis included House Bill 1423, which modifies the rules for prescribing controlled drugs, House Bill 1210, that clarifies the appropriate times for medical practitioners to adjust or prescribe controlled drugs to patients by telemedicine, and House Bill 1490, which allows a registered pharmacy to establish a controlled and non-controlled prescription drug take-back program, provided it with federal law. Also passed in 2016 was Senate Bill 576 that equalizes the penalties for the possession and use of fentanyl to those of heroin-both of which are abused opioids. The bill also strengthens the State Prescription Drug Monitoring Program and improves private insurance coverage for substance use disorders. Yet other drug abuse bills adopted included House Bill 1594, which now requires criminal background checks for the licensure of emergency medical providers. Senate Bill 106, actually passed in 2015, bans the sale of synthetic cannabinoids such as "spice," and "K2", known to contain hazardous chemicals. Finally, there was Senate Bill 464, which provides money to counties to help establish or continue supporting county drug courts where they are now established. However, it also provides funds to counties like Sullivan that do not have drug courts but have alternative drug offender programs like TRAILS at Sullivan County's House of Corrections, a program working for our county.

In summary, I hope these just-listed bills as well as earlier-described legislation in previous columns help combat the opioid crisis, including

the reduction of opioid overdoses and deaths resulting from such overdoses. But I caution that a few years may pass before these reductions begin to occur because the fight against all drug abuse is a long-term effort.

Another important bipartisan achievement these last two years in my opinion was the passage into law of House Bill 1116. This bill lifts the cap on net metering. In other words, lifting the cap as I understand it encourages small scale producers of electricity produced by renewable sources, especially solar energy, to produce and sell the electricity they produce to electrical utilities. I believe this bill will help increase the supply of electricity produced by renewable sources as well as help protect our precious environment. This bill was sponsored by a bipartisan group of legislators led by Wilton Rep. Frank Edelbult, a Republican.

Other vital legislation adopted, especially important to some of my Claremont constituents, was that of House Bill 1616 which gives our state's citizens the option of obtaining drivers' licenses and photo identification cards that comply with the Federal Real ID Act, passed in 2005 by the United States Congress. As described in a previous column, the New Hampshire House and Senate in 2006 then approved a law refusing to comply with the controversial Real ID. Non-compliance which at first made a lot of us feel good about defying the federal government, but within the next few years would have prevented a lot of Granite State citizens from boarding commercial airplanes as well as entering federal buildings, among other activities. Thanks to a bipartisan group of legislators, including Londonderry Rep. Sherman Packard and Charlestown Rep. Steven Smith, both Republicans, the just-mentioned inconvenience will not happen.

Also, I am pleased that Senate Bill 549, which officially authorizes the use of public-private partnerships for specific infrastructure projects and mass transit services, was approved this year. The bill also creates a seven-member public-private partnership project oversight commission that will examine and endorse all public-private partnerships proposed by New Hampshire's Dept. of Transportation. Projects endorsed by the commission would then have to be approved by the House-Senate Capital Budget Overview Committee as well as the Governor and Executive Council. I believe the public-private partnerships authorized by Senate Bill 549 could help fund some infrastructure projects and mass transit services for which state government presently does not have money, maybe the Claremont-Lebanon Bus Line or the now-closed Vilas Bridge between Walpole and Bellows Falls, Vermont for example. The bill was sponsored by another bipartisan group of legislators led by Nashua Sen. Bette Lasky, a Democrat, and including Lebanon Sen. David Pierce, and myself.

Finally, this column should be my last until after the November 8 election, barring any important legislative developments at the state or county levels. If I am re-elected as a state representative, then I plan to resume this column at least on a bi-weekly basis sometime in December. Thank you for reading what I hope were informative columns, and thank you to Claremont e-Ticker's Phyllis Muzeroll for running them.

*Editor's note: The e-Ticker News extends its appreciation to Rep. Cloutier for his weekly columns to keep the public informed.*

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

**House of Representatives**  
**– Claremont**

- District 3/Ward 1: Andrew O’Hearne**  
603-558-1038  
[andrew.ohearne@leg.state.nh.us](mailto:andrew.ohearne@leg.state.nh.us)
- District4/Ward 2: Larry Converse**  
603-542-2180  
[llcallcone@aol.com](mailto:llcallcone@aol.com)
- District 5/Ward 3: Raymond Gagnon**  
603-542-7286  
[raymond.gagnon@leg.state.nh.us](mailto:raymond.gagnon@leg.state.nh.us)
- District 10/Wards 1, 2, 3: John Cloutier**  
603-542-6190  
[jocloutier@comcast.net](mailto:jocloutier@comcast.net)

**Senate – Claremont**

- District 5: David Pierce**  
603-271-3067  
[david.pierce@leg.state.nh.us](mailto:david.pierce@leg.state.nh.us)

-----

**Washington, DC**

- Sen. Jeanne Shaheen**  
520 Hart Senate Office Building  
Washington, DC 20510  
202-224-2841  
<http://shaheen.senate.gov/contact>
- Sen. Kelly Ayotte**  
188 Russell Senate Office Building  
Washington, DC 20510  
202-224-3324  
<http://www.ayotte.senate.gov/?p=contact>
- 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”

**USDA Announces Proposed Rule To Prevent  
Cruel Treatment Of Horses**

WASHINGTON, DC--Last Monday, U.S. Senators Kelly Ayotte (R-NH) and Mark Warner (D-VA) applauded the U.S. Department of Agriculture (USDA) Office of Animal and Plant Health Inspection Service (APHIS) proposed rule to prevent the cruel treatment of horses by strengthening certain aspects of the Horse Protection Act. The proposed rule also incorporates major tenets of the bipartisan Ayotte-Warner legislation, The Prevent All Soring Tactics (PAST) Act (S.1121), to eliminate the abusive practice known as “soring”, in which show horse trainers intentionally apply substances or devices to a horse's limb to make each step painful, forcing a horse to perform an exaggerated high-stepping gait that is rewarded in show rings. While soring is prohibited under federal law, a 2010 USDA Inspector General (IG) report found that some horse trainers often go to great lengths to continue this inhumane practice.

Ayotte and Warner wrote to the Office of Management and Budget (OMB) in April 2016 to urge the agency to quickly review and release the proposed rule. There will be a 60-day comment period following today’s announcement from USDA.

“I am grateful for today’s announcement from USDA, especially since this week marks three years since Senator Warner and I first led the introduction of the PAST Act to prevent the cruel treatment of horses,” said Ayotte. “I appreciate USDA taking horse soring seriously and making real reforms like those we outlined in our bill to prevent this inhumane practice. We will continue to work across the aisle to help ensure that the PAST Act clears the Senate.”

“Despite a federal ban on soring for over 40 years, this cruel practice continues in some segments of the walking horse industry,” Warner said. “This proposed rule will make the changes necessary to crack down on those bad actors who continue to engage in soring.”

Ayotte and Warner first introduced the PAST Act in 2013 and it passed the Commerce Committee in April 2014. They reintroduced the PAST Act in April 2015. The bill has been endorsed by a number of animal rights groups, including the Humane Society of the United States, the American Horse Council, the American Society for the Prevention of Cruelty to Animals, the American Veterinary Medical Association, and the American Association of Equine Practitioners.

**White House To Adopt Key Kuster-Mooney  
Proposal To Fix Prescription Glitch In ACA**

WASHINGTON, DC--Congresswoman Ann Kuster recently announced that the White House has adopted a key proposal first put forth in legislation “I introduced with my Republican colleague from West Virginia, Alex Mooney,” said Kuster. “The bill, which had 43 bipartisan cosponsors, would fix a glitch in the Affordable Care Act that indirectly incentivizes doctors to prescribe more opioid pain medication than necessary, and I have been pushing the White House to take immediate action to make these changes.

“Prescription drugs play an enormous role in the heroin epidemic; far too many individuals struggling with addiction were first introduced to their drug of choice through legally-prescribed medication. That’s why it’s imperative that we take steps to reform prescribing practices to cut down on over-prescribing and safeguard our communities. I applaud the White House and HHS for adopting the Mooney-Kuster proposal, which will help undo this completely unnecessary and harmful policy. While I remain disappointed that this legislation did not include emergency funding to address the epidemic, the funding authorizations and programs it does include are vital to the success of our efforts to stop the opioid epidemic. I will continue to fight for additional emergency funding through the house appropriations process.”

Kuster added that “The passage of CARA and the adoption of Mooney-Kuster are important milestones in our fight to end the opioid epidemic, but our work is far from done. I remain committed to helping end the epidemic once and for all, and I look forward to my continued work with Granite Staters to make that happen.”

Send Letters To The Editor to [etickernews@gmail.com](mailto:etickernews@gmail.com)



Water, from A1

cil that it is also working to replace meters as well as lines that have lead in them, more expenses that must be covered. Maker said there is little being seen in the growth of water customers and that conservation measures, such as low-flow systems, are contributing to the need to raise rates as water demands drop but costs do not.

Under the proposed five-year plan presented by Maker, rates would go up 17.5% each year for those five years. An average customer using 2,500 cubic feet is currently paying \$333 semi-annually and would see an increase to \$347.80, or an increase of \$14.80 the first year; from there the following years would be \$365.70, \$387.30, \$412.70 and \$420 over the five-year span. Most Claremont water customers receive bills twice a year.

The increased rates would help to raise monies for work slated to be done as laid out in the Capital Improvement Plan, including work on the reservoirs' spillways. Assistant Public Works Director Vic St.Pierre said that \$700,000 is earmarked for water and another \$700,000 for sewer for the Main Street project which is expected to begin this year, he said. The upgrades will be financed with monies from the water and sewer fund balances which are funded by user fees. The Claremont water supply can deliver some 2.2 million gallons of water per day; it averages about 900,000 daily. Claremont lost a major water customer when the Wheelabrator incinerator plant shut down a couple of years ago.

The council did not take action on the rate increase recommendation Wednesday night. Rather, councilors will take some time to digest the information; an ordinance regarding the rate increase is anticipated to be presented at an upcoming meeting. Increases will not go into effect until January.

"We're trying to get rates to cover operational costs," said Councilor Bruce Temple, saying that costs include both fixed and variable. He added, "It costs about a penny a gallon for water."

-----

At Wednesday night's meeting, the council also approved a motion for corporate memberships at the CSB Community Center. Parks and Rec Director Mark Brislin said that companies providing corporate memberships to their employees would pay a percentage of their membership fees to the center, with the remainder of the fee being paid by the em-



**The subcommittee to select a company to conduct the city manager search for Claremont met last Monday afternoon to review a suggested process and incorporate public input. Five members of the public were in attendance as Mayor Charlene Lovett, right, and Councilors Carolyn Towle and Scott Pope reviewed the process. The full council was brought up to date at Wednesday's meeting. The goal calls for a contract to be executed on Aug. 8, officially beginning the search for a new city manager (Phyllis A. Muzeroll photo).**

ployees themselves. The plan is being undertaken as a way to increase center memberships. The Parks and Rec Commission recommended that the resident rate be used as the base rate in determining the price and percentage for the corporate memberships to businesses based in Claremont.

Some councilors liked the concept but balked at using the resident rate, saying it was unfair to residents when some employees are non-residents. However, others countered, arguing that Claremont-based companies were already contributing to the community by locating here and paying taxes. Brislin also said that corporate memberships were not only a way to increase memberships but would provide a way to connect more with local businesses, "helping to build relationships with

them." The motion to approve a corporate membership was 6-3, but the exact rates were not set.

-----

Also at Wednesday's meeting, the council discussed the status of the city manager search. Five companies applied to conduct the search for the City; the list is being pared down to the top two companies. Some councilors wanted to interview them before a final choice is made, but time is running short to meet a council-imposed deadline of Aug. 8th to have a contract executed and the search begun, and interviews would likely have to be done by phone or Skype. The final choice is expected to be made Aug. 3rd with a contract ready to go on the 8th.

**Emergency Preparedness Drill Planned For Elm Wood Center**

CLAREMONT, NH—The Claremont Police Department, in conjunction with the Claremont Fire Department, Golden Cross Ambulance and the Elm Wood Center, will be conducting an Emergency Preparedness Drill on the morning of Tuesday, Aug. 2, at the Elm Wood Center, 290 Hanover Street. This drill is a followup to prior emergency preparedness training provided by the Claremont Police Department to the Elm Wood Center staff. The drill will be followed by a thorough debriefing with all participants. The debriefing is the most important component of the drill and forms the basis of its educational benefit, said Claremont Police Chief Alex Scott. There will be perimeter security during the event to ensure the safety of the drill along with an internal safety monitor. This information is being released by the CPD so as not to create any unnecessary concern or alarm on the part of the public, said Scott.



What's Kasasa®?

It's like  
**GETTING A REFUND**  
for something you didn't return.



[Claremontsavings.com/KASASA](http://Claremontsavings.com/KASASA)

Ask for free **Kasasa®** checking

Free Kasasa checking reimburses your iTunes®, Amazon® & Google Play™ purchases each month.\* So you get what you buy. And get your money back.

\*Qualification Information: Account transactions and activities may take one or more days to post and settle to the account and all must do so during the Monthly Qualification Cycle in order to qualify for the account's rewards. The following activities do not count toward earning account rewards: ATM-processed transactions, transfers between accounts, debit and credit card purchases processed by merchants and received by our bank as ATM transactions, signature based transactions, non-retail payment transactions and purchases made with debit cards not issued by our bank. "Monthly Qualification Cycle" means a period beginning one (1) business day prior to the first day of the current statement cycle through one (1) business day prior to the close of the current statement cycle. Reward Information: When Kasasa Tunes qualifications are met during a Monthly Qualification Cycle: you will earn up to an aggregate total of \$7 (which includes any applicable taxes) in refunds for any iTunes, Amazon.com or Google Play purchases. In order to be refunded, iTunes, Amazon.com, Google Play purchases must be made with your Kasasa Tunes debit card and must post and settle to your account no more than 60 days after the Monthly Qualification Cycle in which you qualified ends. When Kasasa Tunes qualifications are not met, iTunes, Amazon.com, or Google Play purchases are not refunded. iTunes, Amazon.com, or Google Play refunds will be credited to your account on the last day of the current statement cycle in which these purchases post and settle to your account. Rewards are variable and may change after account is opened. Additional Information: Account approval, conditions, qualifications, limits, timeframes, enrollments, log-ons and other requirements apply. \$25 minimum deposit is required to open the account. Enrollment in online banking and receipt of electronic statements are a condition of this account. Enrollment in electronic services (e.g. online banking, electronic statements) and log-ons may be required to meet some of the account's qualifications. Limit 1 account(s) per person. There are no recurring monthly service charges or fees to open or close this account. Contact one of our bank service representatives for additional information, details, restrictions, processing limitations and enrollment instructions. Member FDIC. iTunes is a registered trademark of Apple, Inc. Amazon.com is a registered trademark of Amazon.com Inc.. Google Play is a registered trademark of Google, Inc. Apple Inc., Amazon.com, Inc. and Google, Inc. is/are not participants in or sponsors of this program.

Kasasa and Kasasa Tunes are trademarks of Kasasa, Ltd., registered in the U.S.A.



## Claremont Confidential

By Les St.Pierre



### Pickleball Anyone?

It is the fastest growing sport in America. Pickleball, that is.

Well, at least it was a couple of years ago when NBC News anchorman Brian Williams delivered a segment on the rise of the sport during a nightly newscast. Just last year CBS televised the men's finals championship from Naples, Florida.

It is estimated more than two million people play the sport here in the United States and, according to Claremont's Ann Cuadrado and Charlestown's Carmina Stewart, the sport is growing by "leaps and bounds" right here in Claremont.

Cuadrado, born Ann Sadonsky, is a Claremont native and 1964 graduate of Stevens High School, and a retired nurse after a long career tending to patients at Elliot Hospital in Manchester and Valley Regional Hospital in Claremont, only began playing pickleball a year and a half ago when she and her husband took free lessons while wintering in Florida.

"We loved it," Cuadrado stated during an interview at the Claremont Savings Bank Community Center in Claremont. "We play here all summer. It is something people our age can do," she continued, mentioning there was a player aged 97 in Florida who took up the sport. "He couldn't move too fast, of course, but he could hit the ball."

Cuadrado stated she believes, on a regular basis, perhaps an average of 16 players show up for pickleball at the CSBCC with the oldest being 88 and two or three in their 20's. "I think it is safe to say most are in their 60's and over," Cuadrado explained. "You can play as fast as you want, or as slow as you want. There are no leagues, just drop-in games."

Stewart, a retired banker and antiques dealer, moved to New Hampshire from Connecticut and has been a Charlestown resident since 1987. Both Cuadrado and Stewart have raised three children, and now are spending much of their so-called golden years playing

pickleball. Stewart, a former tennis player, has been at the forefront of pickleball six years now first having learned the sport from Fred and Millie Dunfey from the Newport-Sunapee area. She, during the interview, was quick to point out pickleball is, by no means, only a senior citizens game and recounted Claremont's Hannah Putnam, currently working with VISTA and one of the regular pickleball players at the Center, earlier in the school year noticed a group of Claremont Middle School youngsters, ages 11-12, hanging out waiting for rides home and thought it would be a good idea to start a program for them. Volunteers helped her out and for six weeks, one day per week, they all had, what she reported, "a wonderful time."

The Charlestown resident explained she first started playing the sport at the Zotto Gymnasium and had nothing but kind words to say of staff member Justin Martin in helping her along the way. "The Zotto Gym was always a good place to play," Stewart related. "We always had a good crowd there. When the new building was under construction he (Martin) showed me where the new courts would go, marked and placed them for me to see, and when it opened we started playing right off at the far end of the gymnasium, sharing space on the basketball court."

The sport of pickleball is actually over 50 years, having started in Washington State in 1965 by three gentlemen, who after having returned from playing golf, learned other family members were bored with their summertime lifestyle. It is a combination of tennis, racquetball, and table tennis (ping pong). To set the record straight, there are no pickles involved. One account in the naming of the sport has one of the gentleman's wife naming it after the pickle boat used in crew, because of the different combinations of sports, whereby oarsmen were picked from the leftovers, those not originally not chosen. Another account has the sport being named after a dog named "Pickles" who often ran after a thrown ball.

Both Cuadrado and Stewart are avid backers of having outside courts installed somewhere

in Claremont, with Moody Park being their favorite site. "It certainly would be great to have outdoor courts to play on from spring to fall as an alternative choice, after being cooped up all winter," Cuadrado wrote in a letter to the Parks and Recreation Board in May.

Whereas a regulation tennis court is 78' feet and 27' wide (singles) and 36' wide (doubles), a regulation pickleball court is 44' long and 20' wide, one could easily fit more than one pickleball court onto one tennis court. The height of the net in tennis (at center) is 36"; in pickleball the height is 34".

The equipment is minimal. A paddle instead of a racquet, and a whiffleball instead of a tennis ball. Stewart stated it is better to use a tennis sneaker rather than a hiker's sneaker because of the tread. "It is important to use the right sneaker," she explained. "If your sneaker has too much tread you are apt to stop dead in your tracks, but your body will keep going forward and you could get hurt."

Cuadrado and Stewart wanted to remind not just Claremont residents, but those from surrounding communities, as well, that free lessons are available

for members now until August 22 (non-residents must pay the normal one-day fee of \$5). Although not restricted in their slots, pickleball players usually show up for two hour sessions. The days most favored are Sunday mornings 9-11 and Tuesday and Thursday mornings 10-12. In addition, Monday and Wednesday evening, 5-7, have been added through this month.

"If you are new, we invite you to join us," Cuadrado voiced. "There are very friendly people waiting to meet you and very willing to help you. We play for fun, but also for the exercise. You get a full-body workout. You will want to come back when you realize how much fun you are having. You always leave here with a smile on your face because you know you got a good workout."

Nancy Berry, a regular pickleball player, has been trying to get me to play pickleball for more than two years now. To you, Mrs. Berry, I now say this: It is no longer a question of IF, but WHEN.



**Ann Cuadrado, left, and Carmina Stewart, pickleball enthusiasts (Les St.Pierre photo).**



Mascoma  
Savings Bank  
is pleased to  
now offer  
**Debit Card  
Guardian  
Alert Service.**



**Mascoma  
Savings Bank**

To find out more  
and to sign up, visit  
**mascomabank.com**



**FRAUD ALERT!**

Enhanced 24/7 fraud  
protection and support.

Receive confirmation  
via text of any large  
transactions.

Question the transaction?  
Text us back and we'll  
investigate.

Get a text whenever  
your card is declined for  
any reason.

The active fraud  
protection you want.

# Classified Ads

## UNITY, NEW HAMPSHIRE



**Attention horse lovers** - Built in 1980, this 3 bedroom home is priced right at **\$130,000** and is located on a town maintained road. With a little love, it could be a gem! The home sits on 6.2 level acres with a spectacular pasture on the back side, just perfect for horse lovers! **See MLS# 4506214 for more photos and details.**



**Bonnie Miles**



**Homes Unlimited**  
112 Washington St.,  
Claremont, NH 03743  
(603) 542-2503  
cell (603) 381-9611

[bonnie@coldwellbankernh.com](mailto:bonnie@coldwellbankernh.com)



## Ann's Property Of The Week

**77 West Surry Road  
Keene, New Hampshire**



**Century 21/Highview Realty,  
42 Summer Street, Claremont, NH  
03743**

**603-543-7720**

[annjacques1@comcast.net](mailto:annjacques1@comcast.net)

**Sold over 5 million dollars in properties  
in 2013**

## Great Keene Location!

**Great Keene location!!** Rambling 4 bedroom 3 bath contemporary situated back from the road on 3.8 country setting acres. This property is offering open concept living, 24 x 14 heated sun room, 16 x 16 screened porch with cathedral ceilings, 2 decks, a total fenced yard area for children and pets, sunk-in living room, fireplace and so much more! **MLS #4506075 \$440,000**

**Ann Jacques**

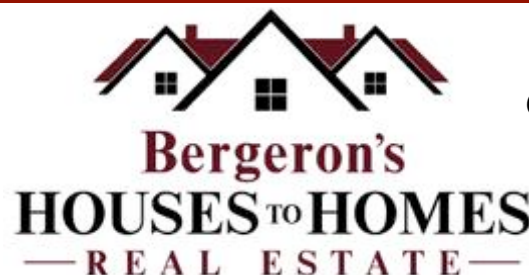
**Greater Claremont Board of REALTORS  
2012 REALTOR Of The Year**



*Sold more  
properties than any  
other agent in all  
Century 21  
offices in New  
Hampshire in 2013.  
Call me for your  
real estate needs!*



**Tammy Bergeron**  
Owner/Broker



[tammy@housetohomesnh.com](mailto:tammy@housetohomesnh.com)  
[Ashley@housetohomesnh.com](mailto:Ashley@housetohomesnh.com)  
[www.housetohomesnh.com](http://www.housetohomesnh.com)

**131 Broad Street  
Claremont, NH 03743  
Office: 603-287-4856  
Fax: 287-4857  
Cell: 603-477-1872**



**Ashley Bergeron**  
Agent



**CROYDON, NH**  
**SET ON A PRIVATE HILLSIDE,**  
THIS 3 BD, 2 BATHS HOME OFFERS  
AN OPEN CONCEPT, DECK,  
SCREENED-IN PORCH, LARGE FAM-  
ILY ROOM IN THE LOWER LEVEL,  
ONE-CAR GARAGE WITH OVER 9  
ACRES OF LAND. **\$235,000**



# Classified Ads

## MISSING CAT

### Missing cat named August

I skipped out of my house Saturday night, July 30. I live in the Pine Hill Mobile Home Court at 18 Krista Pl - Claremont, NH. I am an orange cat, weigh 18 lbs., have green eyes and a broken tail. If you see me in your area, call my owners Norman & Claire Lessard (603) 543-3617.



We post  
breaking news,  
updates and  
timely stories  
and photos on  
our website  
and  
Facebook page

[www.etickernewssofclaremont.com](http://www.etickernewssofclaremont.com)

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

**CLAREMONT:**  
JUST REDUCED – 3 BEDROOM, 2 BATH CAPE WITH LOVELY HARDWOOD FLOORS, GREAT WOODWORK AND FIREPLACE. FINISHED BASEMENT, ATTACHED GARAGE AND LARGE BACKYARD.  
**MLS# 4495221 \$125,000**



**SUNAPEE:**  
HUGE REDUCTION ON THIS MODERN CONTEMPORARY 4-SEASON HOME ON BEAUTIFUL LAKE SUNAPEE. 3 BATHS, LGE REC. ROOM AND GORGEOUS KITCHEN WITH GRANITE COUNTERTOPS.  
**MLS# 4474350 \$499,900**



**HOMES UNLIMITED**  
112 Washington Street  
Claremont, NH 03743  
Phone (603) 542-2503  
[www.coldwellbankernh.com](http://www.coldwellbankernh.com)

BUY OR SELL  
WITH US AND  
USE THIS  
TRUCK FREE!



Have you LIKED us on  
Facebook?  
Join the **11,180**  
who have!



## Claremont American Band Concerts

CLAREMONT, NH--Claremont American Band concerts are being presented weekly at Broad St. Park (weather permitting). Music includes Sousa and R.B. Hall Marches, Military Marches, and favorite classic tunes. Bring a lawn chair and enjoy this free family friendly concert Thursdays at 8:00 p.m. through Aug. 18.

The Claremont American Band is a community band with a long history of 129 years. It is led by Director Ed Evensen and is a Claremont Parks and Recreation's program. The group is made up of students, amateurs and professional musicians. New members are welcome, for info contact Ed Evensen, [eevensen@sau60.org](mailto:eevensen@sau60.org), 603-543-0312.

# NH Food Bank: Claremont Cares

Submitted by Zadia Eisenberg  
Coordinator  
Children's Community Lunch  
New Hampshire Food Bank

CLAREMONT, NH--While most of us took whatever refuge available from the heat and humidity this past week, five volunteers took to the heat of the streets with a purpose. Carrie Davis, Ellen Feleen, Jacquelyn Hall, Sherri Richardson, and Cherie Ryan went door-to-door providing information to Claremont families about the Children's Community Lunch Program. Some of these women had no contact with the program prior to the call for assistance that went out on Sunday, yet they stepped up with the belief in this program and our community. A belief that was reflected back to them by the community they encountered.

The program, sponsored by the New Hampshire Food Bank in partnership with the Claremont Soup Kitchen and SAU #6, provides free lunch and a place to socialize for those 18 and under. While other programs across New Hampshire and the country at large provide summer feeding programs, Claremont's program combines a variety of components which make it unique.

Helen Costello, the program manager at the New Hampshire Food Bank explained: "We are impressed with the level of community dedication to the Children's Community Lunch program in Claremont. Claremont is a unique site. At this point it is not run as part of a pre-existing program. It is sponsored from across the state. It began its pilot year with the lofty goal of four sites. And most notable, volunteers play such a large role in the success of the program."

Three of the four sites are staffed by a volunteer pool made up of 32 community members. Costello recalled, "One day while visiting a site I remarked to the volunteer, who teaches in the school, how impressed I was that she was volunteering on her summer vacation. She told me she loves her work, misses the children over the summer and is thrilled to donate a few hours a week to ensure that any child in Claremont can meet up with their friends for lunch in the summer. We are thrilled with the enthusiastic response from community members who volunteer to help out."

While the community supports the program for our children, people hesitate to take advantage of it due to concern that they will be taking away from someone with greater needs than their own.

Children's Community Lunch is a program specifically designed to feed any and all children in Claremont. There is no requirement to show income need in any fashion. The goal of the program is, quite simple stated, to provide a place where children and teens come to meet up over the summer. Next year the program plans to partner with many others in the community to offer recreational activities for all ages in conjunction with meals, allowing kids to beat the summer heat and boredom, gathering for fun and food.

"The greatest success of the program will occur with the most participation," said Costello.

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

## Classified Ads



Located in a prime residential area, this 7-room ranch with easy maintenance vinyl siding and in move-in condition, with its freshly painted interior and like new hardwood floors, offers a fireplaced LR, kitchen, dining room, den and 3 bedrooms. The sunsets can be seen from the screened back porch, and there's an attached garage for easy entry into the house.  
**\$138,900**



**(603) 542-5188**  
**(800) 542-5188**  
**26 Tremont Street**  
**Claremont, NH 03743**

[www.townandcountryrealty.com](http://www.townandcountryrealty.com)

**We archive back issues of the**  
***e-Ticker News***  
**on our website**

[www.etickernewssofclaremont.com](http://www.etickernewssofclaremont.com)



# Claremont Savings Bank Community Regeneration Days!

Computer Recycling  
\*Claremont location only

Secure Document  
Shredding

Local Non-Profit  
Collections

**FREE!**

**Main Office**  
**August 6<sup>th</sup>**  
8-10 AM  
145 Broad Street  
Claremont, NH

**Springfield**  
**August 13<sup>th</sup>**  
8-10 AM  
85 Main Street  
Springfield, VT



## Associate Degree Nursing Program at RVCC Granted 5-Year Accreditation

CLAREMONT, NH--River Valley Community College has announced that the Accreditation Commission for Education in Nursing (ACEN) Board voted to grant the RVCC Nursing Program initial accreditation for the full five years. Over the past two years, the nursing faculty and Dr. Patricia Shinn worked very hard to develop a program self-study that demonstrated the quality of education RVCC has to offer nursing students.

"After a successful ACEN site visit in February 2016, and the Expert Review Panel in June, we were anticipating the Board would grant us full accreditation. It feels wonderful knowing the program is back on track and able to provide a quality education for future nurses," said Shinn, Nursing Department Chair at River Valley.

Dr. Alicia Harvey-Smith, president of RVCC stated, "I am very pleased with the tremendous changes that have taken place with our Nursing Program and the excellent work of Dr. Shinn and her team. They are to be commended for their efforts to elevate River Valley's Nursing Program and make it one of the strongest in the country."

The RVCC Nursing program is accepting applications for Fall 2017 in Claremont. For more information and to apply, contact Kathy Aldrich in the Admissions Office (603) 542-7744 ext 5323.

River Valley Community College is one of seven colleges in the Community College System of New Hampshire, offering over 35 associate degree and certificate programs in Claremont, Keene, Lebanon, and Online. Financial Aid and Scholarships are available. Visit [www.rivervalley.edu](http://www.rivervalley.edu) to learn more.

## PTA Program at RVCC Granted 10-Year Continuing Accreditation

CLAREMONT, NH--River Valley Community College also announced that the Physical Therapist Assistant (PTA) program has been



**River Valley Community College has announced that the Accreditation Commission for Education in Nursing Board voted to grant the RVCC Nursing Program initial accreditation for the full five years (Courtesy photo).**

granted continuing accreditation until 2026 by the Commission on Accreditation in Physical Therapy Education (CAPTE). The program underwent an accreditation review at the end of 2015. CAPTE is responsible for accrediting nearly 100% of all Physical Therapy and Physical Therapist Assistant programs in the country.

"Through the dedication and passion of our faculty and the excellent students that enroll in this program, it comes as no surprise that we find ourselves celebrating this wonderful accomplishment," said RVCC President Alicia Harvey-Smith, "Our Physical Therapist Assistant program is top notch and we are very proud of our graduates."

River Valley Community College has hosted the PTA program since 1976 and has graduated an estimated 400 students. As of spring 2016, it is the only PTA program in New Hampshire and Vermont. The majority of graduates have remained in New Hampshire and surrounding New England states, and work in hospitals, rehabilitation centers, long term care facilities, home health agencies, private

practices and school systems. Many graduates have also continued their education and have become Physical Therapists, Athletic Trainers, or Massage Therapists. Eight of the nine graduates from May 2016 passed their national licensing examination in early July, thus adding to the data of 100% passing rate for the past three years.


"We are thrilled with the results of the national licensing examination, and it is exciting to have these graduates become our colleagues in the Physical Therapy profession!" stated Laurie Clute, PTA Program Director.

603-863-4833  603-690-5728 cell

**Megan Beard**

Country Haircuts | Hairstylist  
16 Hale St | Guild NH

*Appts or walk ins welcome*



**The Cottage**  
...by the brook

Antiques • Home Decor  
Botanicals

5859 Route 5  
Westminster, VT 05346  
(802) 722-3222

[thecottagebythebrook.com](http://thecottagebythebrook.com)  
[thecottagebythebrook@gmail.com](mailto:thecottagebythebrook@gmail.com)



# e-Ticker Business News



## Eversource Upgrading Electric System, Franklin To Sunapee

MANCHESTER, NH--Eversource announced that it “is continuously upgrading the electric system to ensure its ability to deliver reliable power to customers.” This summer, the company is investing about \$600,000 to strengthen an important transmission line that runs from the Webster Substation in Franklin to the North Road Substation in Sunapee. The storm hardening work includes installing more than 200 braces on existing structures along 25 miles of overhead electric lines.

"In the last decade, we have had numerous storms that have proven too strong for the design of existing equipment," said Joe Purington, Eversource Vice President of Electrical Operations. "We have determined which parts of the system are in need of structural enhancements and are working to complete

(Continued on page A16)



## Going Up, Coming Down...

Top: Site work is well underway at the property of the new North County Smokehouse facility project in the Syd Clarke Industrial Park in Claremont while below, the former Claremont Savings Bank branch office on Maple Avenue in Claremont was demolished last week to make room for a large expansion of the National Field Representatives building next door (Bill Binder photos).



**Wine & Gift Merchants**

**18 Opera House Square**  
**Claremont, NH 03743**

**603-287-8983**  
**[bwg@bouteillenh.com](mailto:bwg@bouteillenh.com)**

**BOUZEILLE**



We carry a variety of pure olive oils and vinegars available for sampling. Discounts offered on refills with bottle return.

**Specialty Foods ~ Gifts ~ Beer And Wine Items**  
**Sun./Mon. Closed; Tues.-Thur. 10-6; Fri. 10-7; Sat. 10-6**



# e-Ticker Business News

## Eversource, from A15

The improvements between Franklin and Sunapee will make our system more resistant to severe weather, ice and wind, reducing the risk of an electrical outage."

The project is part of a larger effort to enhance system reliability during severe storm events. Eversource also recently upgraded structures along the company's transmission lines in Southern New Hampshire.

Work in Franklin started earlier this month and construction is scheduled to move along the transmission line through Andover, Wilmot, New London, Springfield and ending in Sunapee. Additional work to enhance the reliability of the electric system in the Dartmouth/Lake Sunapee Region is expected to be completed in the fall, including the replacement of existing structures in Claremont with stronger, steel structures.

"Our job is to ensure customers have the reliable energy they need to run their businesses and live their lives," Purington said. "By making these strategic investments, we're building a more robust and resilient electric grid that will serve our customers well into the future."

The project is expected to be complete in September.

**Photo: Installing X-Braces on Transmission Structure (Courtesy)**



## Proposed Campground Back Before Zoning Board

CLAREMONT, NH--The proposed seasonal campground to be located at the Claremont Speedway will be back before the Claremont Zoning Board Monday night, Aug. 1; the meeting begins at 7:00 p.m. The three owners of the speedway are seeking a variance to develop the campground as a secondary principal use of the property. Plans include putting in 149 campsites as well as a rec hall, comfort stations and pool. Members of the Zoning Board visited the site last Monday evening as part of its review of the variance application.

## Celebrating 20 Years of Service to Our Community



**Charlestown Family Medicine**  
SPRINGFIELD MEDICAL CARE SYSTEMS

*Where People Come First*



**603-826-5711**

*Call today to establish your medical home.*  
125 Main Street / Charlestown, NH 03603 /  
[www.springfieldmed.org](http://www.springfieldmed.org)

### **Charlestown Family Medicine**

#### **Family Practice**

Daniel Caloras, MD  
Frances Uptegrove, PA-C  
Laura Lober, FNP

#### **Behavioral Health Counseling**

Ray Howard, LICSW

#### **Nutrition / Diabetes Education**

Maureen Shattuck, RN, CDE  
SooYoung Uhm, RD

#### **Obstetrics/Gynecology**

Michael E. Ritondo, MD, FACOG

#### **Practice Manager**

Lori Twombly

#### **Care Coordinator**

Lauren Boreham, RN-BC

*Accepting most insurances, including the Anthem Pathways Network, purchased through the NH Insurance Marketplace (The Exchange).*





Top: Who remembers these downtown businesses in Claremont, Fun & Games and Smith's Photo?

Bottom: The Claremont Airport hangar, 1927. The current structure is slated to be replaced, with construction beginning this fall.

# Past • Shots

Photos, courtesy of Merle Boardman

We're ready when she is!

# DANCE

CHANGES EVERYTHING!



**Ages 3 & Up**



**DANCE & GYMNASTICS CLASSES**

**CALL NOW !**


JENKINS DANCE & GYMNASTICS CENTER  
8 Tremont St, Claremont

**542 -9413 or 763 - 4435**

[www.jenkinsdanceandgym.com](http://www.jenkinsdanceandgym.com)



Tues-Fri 10am-6pm  
Sat 10am-4pm  
1 Pleasant St. Suite 101  
Claremont, NH 03743  
603.542.2953  
[www.jozachjewelers.net](http://www.jozachjewelers.net)



**JOZACH JEWELERS**

FINE DIAMONDS & GIFTS



## Magician Malik Haddadi To Perform At Charlestown's Silsby Library

CHARLESTOWN, NH--This year, the Silsby Free Public Library received a Kids, Books, and the Arts grant partially funded by the State Library and the State Arts Council to bring a performance by Malik Haddadi on Wednesday, August 3, at 5:00 p.m. to its community. This event ties in with the "On Your Mark, Get Set... Read!" summer reading program to children and families, and it offers the community the opportunity to come together for an enjoyable and high quality arts experience.

Studies show that students who read during the summer months retain more of their reading skills and are better prepared for school in the fall. The New Hampshire Summer Reading Program helps encourage children to spend more time enjoying non-assigned reading during this time. The Silsby Free Public Library looks forward to sharing this exciting children's program to help foster a lifelong love of reading in our community.

For more information, please contact the library by calling (603) 826-7793 or emailing [silsby@charlestown-nh.gov](mailto:silsby@charlestown-nh.gov). The library's website at [www.silsbyfree.org](http://www.silsbyfree.org) contains more information about the library's programs and services.

## Bike Safety Rodeo

Sunapee Police Officers participated in a bicycle safety "rodeo" on Saturday, July 23rd, at Mt. Royal Academy. Safety was discussed along with riding skills and rules of the road. Members of the police department providing instruction were Chief David Cahill, Sgt. Tim Puchtler, Officer Peter Brigham and Josh Levasseur. Pictured here: Sgt. Puchtler and Officer Brigham demonstrating skills on the obstacle course (Courtesy photo).



**Sugar River Valley Regional Technical Center  
The Claremont Preschool Center 111 South St.  
Claremont, NH 03743 543-4294 x254  
[gmattice@sau6.org](mailto:gmattice@sau6.org)**

### Free Access to Preschool!

The Claremont Preschool Center, located at the Sugar River Valley Regional Technical Center, is now offering free access to preschool for all children ages 3-5 years old residing in Claremont, NH, for the 2016-17 school year. All three-year-olds will be provided with two days a week, 9:00-11:30 and four year olds will be provided with three days a week, 12:30-3:00. Classes will be in operation on Monday, Tuesday, Thursday and Friday.

Preschool is due to begin on September 13, 2016, and will follow the Claremont School District calendar for attendance throughout the school year unless otherwise noted. If you are interested or know someone that is interested in participating in this exciting new opportunity, please contact Genine Mattice, Preschool Coordinator at 543-4294 x254 or [gmattice@sau6.org](mailto:gmattice@sau6.org).



# Financial Tips For Single Parents

Parenting is never an easy job – and, unfortunately, it can be especially difficult if you’re doing it on your own. As a single parent, you face many challenges, not the least of which are the financial ones. But by following the suggestions below, you may be able to make life easier – for you and your children.

- Create a “safety net.” On any given day, you could incur an unexpected – and unexpectedly large – expense, such as major car repair, a new furnace or a toothache-inducing bill from your dentist. Your daily cash flow may not be enough to cover these bills, and you won’t want to tap into some of your long-term investments or retirement accounts. So you’ll need to build a “safety net,” or emergency fund, containing three to six months’ worth of living expenses, held in a liquid, low-risk account.
- Purchase adequate life insurance. With sufficient life insurance, you can provide your survivors with a level of comfort and security. You might have heard that you require coverage worth seven or eight times your annual earnings, but there’s really no one “right” answer for everyone. A financial professional can assess your situation and recommend an appropriate amount, and type, of life insurance.
- Consider disability insurance. As a single parent, without the support of a spouse’s income, you could run into serious financial difficulties if you were to become ill or injured and had to miss work for an extended period. Your employer might offer disability insurance as an employee benefit, but it may not be enough to meet your needs. So you could consider adding private coverage.
- Save for retirement. It’s not always easy to simultaneously save for your retirement and your children’s college education. You will have to decide on your own priorities, but keep in mind that your children may have access to grants, loans and scholarships, whereas you have to rely on yourself for your retirement income. Consequently, you may want to put in as much as you can afford to the retirement accounts available to you, such as an IRA and your 401(k) or other employer-sponsored plan.
- Establish your estate plans. All parents need to develop their estate plans – but it may be even more essential for single parents. Your estate plans should include at least these three documents: a will, a power of attorney and a health care power of attorney. A will allows you to name a guardian for your children and specifies how you will pass your assets on to them. A power of attorney gives someone the legal authority to make financial and other decisions for you, while a health care power of attorney authorizes someone to make medical decisions on your behalf if you become incapacitated. You may also need to create other arrangements – such as a living trust– but in any case, you will need to work with your tax and legal professionals to develop comprehensive estate plans.

Single parenthood can offer every bit as much joy as any other family situation, but it will require you to plan carefully and take advantage of every opportunity to help ensure financial stability for your children and financial freedom for yourself.

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



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

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

**To learn more, call or visit your financial advisor today.**



**Martha Maki, AAMS®**

Financial Advisor

54 Opera House Sq  
Claremont, NH 03743  
603-542-7667

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC

**Edward Jones®**  
MAKING SENSE OF INVESTING

IRT-1948E-A

# Enjoy the Outdoors!



Boats, campers, ATVs...

We have the loan to  
enjoy the outdoors!

**800-578-5024**

What are you waiting for?

**One**   
CREDIT UNION



All loans subject to approval. Equal Opportunity Lender. Call for details.



## National Night Out To Be Held In Lebanon

LEBANON, NH--The Lebanon Police Department invites the public to National Night Out on August 2 from 5:00 to 8:00 p.m. in Colburn Park. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make neighborhoods safer, better places to live.

Get to know your neighbors, learn about crime prevention and develop community partnerships. Meet Lebanon police officers, detectives, members of the Tactical Containment Team and Mountain Bike Patrol and watch a Police K-9 demonstration. The Lebanon Fire Department, as well as other city departments and local organizations, will also be participating.

For more information, contact Chief Richard Mello at 603-448-8800.

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



**Maurice**  
AUTO-TRUCK & TRAILER INC.

**CAR & TRUCK PARTS**  
New • Used • Rebuilt

*If We Don't Have It,  
We'll Find It!*

**Save \$ With Used Parts 603-542-7769**  
299 Washington Street • Claremont, NH • [www.mauriceat.com](http://www.mauriceat.com)

# Dumpster Rentals

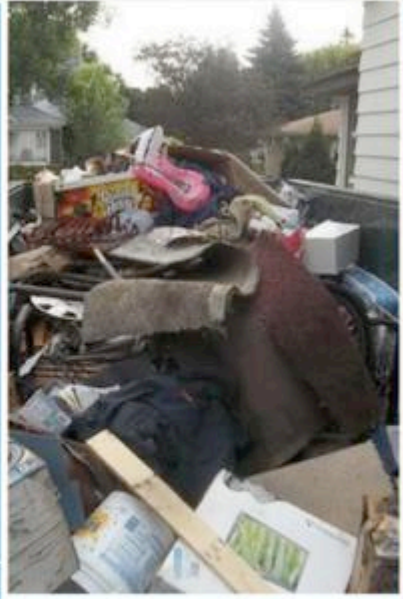
15 yard roll off dumpster

Starting at \$299

7 Day Rental  
Trucking and disposal of 1 Ton of debris

*Book Today (603) 542-8050*

The right size dumpster delivered by a smaller sized truck, with 4X4 capability to reduce the risk of damage to your property



[www.decamptrucking.com](http://www.decamptrucking.com)




## Senior Center Walking Club

CLAREMONT, NH--Social walking is good for the soul and your health. Come join the fun at the Claremont Senior Center, Inc., 5 Acer Heights Rd., Claremont, starting on Wednesday, Aug. 3, from 6:30 - 7:30 p.m. Meet at the center. Walk the avenue and about (Maple Ave.). Walk your own pace and for as long as you can. No pressure,

## Pick Your Own Raspberries

MERIDEN, NH--There are plenty of PYO raspberries at Seahorse Farm on the corner of Stage Road and Rte 120 in Meriden (about 600' past the Meriden Deli on the right headed towards Claremont). They're open 8:00 a.m. to 12:00 p.m. and 4:00 to 7:00 p.m. daily. Signs will be posted. The price is \$3 a pint. Call Mark at 603-306-7352 for more information.

[www.etickeernewssofclaremont.com](http://www.etickeernewssofclaremont.com)



**VALLEY OVERHEAD DOOR**

*We'll be there to keep you on track!*

**Valley Overhead Door, LLC**  
 Claremont, NH 03743  
**(603) 543-0880**  
[info@ValleyOverheadDoor.com](mailto:info@ValleyOverheadDoor.com)  
*Residential & Commercial • Sales & Service*  
**GARAGE DOORS & OPENERS**  
[www.ValleyOverheadDoor.com](http://www.ValleyOverheadDoor.com)

## It's About Food

By Johnny Navillus



### Summer Stuff

Omaha Mitch reports that he has been having temperatures in the upper 90s. Back here we got an idea that the rest of the country was in triple digits. Still, upper 90s and feeling like 100s is no bargain. Northern New England is still the place to be in my book.

Mitch is also singing the praises of the local Farmers Markets. Considering where he is, they are probably quite large. Our own Farmers Market does an excellent job as do the ones in surrounding towns. The products are excellent, and you are supporting your neighbors.

The grilling season is in full swing. Guys are tempted to "push" their skill levels. I saw an article online about grilling with cast iron. I didn't read it but have tried it in the past. The cast iron gets very hot very quickly, so you have to be careful not to burn your food. The biggest problem I encountered was cleaning it afterward. The exterior gets very black from the fire. It doesn't harm the skillet at all but presents a major cleaning headache. Google grilling with cast iron before you try it.

The ham recipe for the slow cooker I gave recently is a guide. You can use barbecue sauce or Maple Syrup on the ham. I like liquid smoke, so I put a few drops in the barbecue sauce before pouring on the ham. Very tasty.

Back to the slow cooker. When they make up lists of men's favorite meals, pot roast is either #1 or #2. It seems to change every couple of years but it's always up there. So here is a recipe for slow cooker, Cajun-style Pot Roast.

### Cajun-style Pot Roast

1 boneless beef chuck roast (2 to 3 pounds)  
 2 tablespoons Cajun seasoning  
 1 tablespoon olive oil  
 2 cans (10 ounces each) diced tomatoes and green chilies  
 1 medium sweet red pepper chopped  
 1 ½ cups chopped celery  
 ¾ cups chopped onion  
 ¼ cup quick cooking tapioca  
 1 ½ teaspoons minced garlic  
 1 teaspoon salt  
 Hot cooked rice

Cut roast in half and sprinkle with Cajun seasoning.

In a large skillet brown the roast on all side and drain.

Transfer to 5 qt slow cooker

Combine the tomatoes, red pepper, celery, onion, tapioca, garlic and salt and pour over roast.

Cover and cook 6 to 8 hours on low.

Slice and serve with rice

This is great for cool rainy summer evenings and it doesn't heat up the kitchen.

Play with your food. Recipes are only guides.

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





**LOLLIPOP CARNIVAL  
FRIDAY, AUGUST 12<sup>TH</sup>  
4-8PM AT BARNES PARK**

**This year’s event will feature:**

- ❖ Midway-type games where participants can earn tickets to redeem at the prize table
- ❖ Special magic performance by Dylan Tenney
- ❖ Multiple food vendors

**Other popular events from past years such as:**

- ❖ The cake walk
- ❖ Pie eating contests
- ❖ The naming of the King and Queen of the Lollipop Carnival
- ❖ And More!



**EVENT DETAILS**

**Food for sale from  
local food vendors**

\_\_\_\_\_

**Fun for the Whole  
Family**

\_\_\_\_\_

**New prize table this  
year!**

\_\_\_\_\_

**To play the games at  
the carnival, you will  
need to purchase  
lollipops at the event.  
One bag of ten  
lollipops costs \$1 and  
it will cost 2-5  
lollipops to play each  
game.**

For up to date information  
on this event, please visit  
[www.claremontparks.com](http://www.claremontparks.com)  
or call the CSBCC  
603-542-7019.

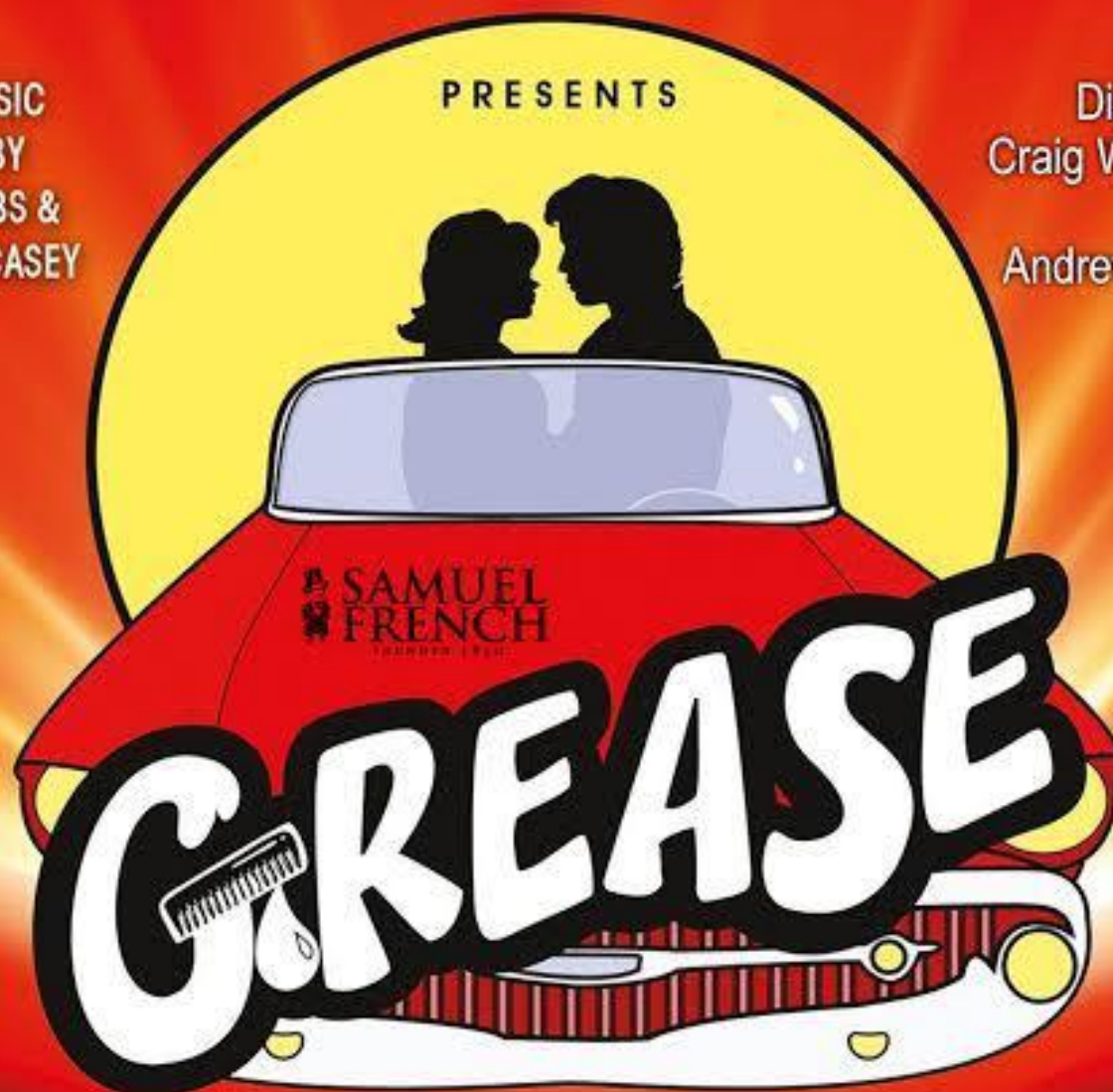


# The Repertory Theatre Company

BOOK, MUSIC  
& LYRICS BY  
JIM JACOBS &  
WARREN CASEY

PRESENTS

Directed by  
Craig Woodbury  
and  
Andrew Palmer



# AUGUST 5 & 6



Friday & Saturday  
Shows at 7pm  
603-542-0064

[claremontoperahouse.org](http://claremontoperahouse.org)





# Mayoral Notes

By  
Charlene Lovett



The Week In Review

Last week, the Selection Committee met to create a decision matrix for selecting the company to conduct the city manager search. With input from those who attended the meeting, the Committee finalized questions covering eight areas in which to evaluate each of the five companies that submitted a response to the Request for Qualifications. The Committee, composed of Councilors Pope and Towle and me, will meet again this week to select the top two companies. The Committee will then present its findings to the Council at a special meeting on Aug 3rd. It will be up to the Council to make the final selection. Once a contract is executed with the company of choice, the search for the city manager officially begins. Given the recommended timeline is 90-120 days, we are on track to have the next city manager in place towards the end of the year.

At last week’s Council meeting, Michael Maker, a senior manager with Municipal and Financial Services Group, presented a water and sewer rate study. The purpose of the study was to inform the Council of the financial health of both the water and sewer enterprise funds, and demonstrate the need to increase water rates in order to cover operating costs and infrastructure improvements. Because it was the first time that the Council had seen the study, many questions were posed and re-

quests for more information were given. The presentation is the first step in a process that will include a more in-depth discussion, public hearings, and a review of the current ordinance pertaining to utilities. Creating a water and sewer system that is financially sustainable given the current number of users is the ideal goal. This rate study is one option as to how to best do that.

Other changes that were considered at last week’s Council meeting included amendments to the charter and the establishment of a corporate membership rate for the Claremont Savings Bank Community Center (CSBCC). The Council voted on charter amendment language to be presented to the public for a vote in March 2017. There are two areas of concern. One is the residency requirement for the Police and Fire Chiefs and the DPW Director, and the other is the budgetary cycle timeline. Given that the constitutionality of a residency requirement is questionable, the Council considered language that ensured those in charge could respond quickly to an emergency without requiring them to have a specific residency. Since changing our budget cycle from a calendar year to a fiscal year beginning on July 1st and ending on June 30th, we are no longer compliant with the charter. Changing the language to require that the timing of the budgetary cycle is outlined in an ordinance rather than specifically in the charter will ensure that amendments do not have to be made whenever the budgetary cycle is changed.

Establishing a corporate membership rate for the CSBCC was a topic of heated debate. While all members of the Council agreed that establishing a corporate membership rate is a good idea, how to do so differed among the Council members. In the end the Council granted Director Brislin the authority to establish a corporate membership rate using a base

rate of no less than the resident rate. Not knowing how many new members the corporate membership rate will add and not knowing what the true cost of running the CSBCC is per member, it is impossible to know if the increased numbers will generate the desired revenue needed to offset the expenses that will occur with more members. Given the CSBCC has operated for over three years, we now have the data needed to conduct an operations efficiency study. The Council directed the City Manager to do this study so that we have the information needed to ensure that the resources dedicated to the CSBCC are utilized as cost effectively as possible.

Finally, last week was cause for celebration as River Valley Community College (RVCC) announced the accreditation of both its nursing and physical therapist assistant program, and Valley Regional Hospital (VRH) received high ratings from the U.S. Centers for Medicare and Medicaid Services for its quality of care. Receiving these accreditations and high ratings was the result of a lot of hard work by the people who comprise these organizations. Their work in creating centers of excellence for this community is something of which we can all be proud.

*Charlene Lovett is the Mayor of Claremont and welcomes your feedback. Please email questions, comments or concerns to her at [char\\_lovett@hotmail.com](mailto:char_lovett@hotmail.com).*

Dog Agility Demonstration

PLAINFIELD, NH--A Dog Agility Demonstration will be held in Plainfield on Saturday, Aug. 6, at 10:00 a.m. at the Philip Read Memorial Library. Watch a trained dog jump over barriers, crawl through a tunnel, and more.

## MAURICE'S CARPORTS

THE STRONGEST DELUXE CARPORT

Custom sizes / colors available

**FREE INSTALLATION**  
on your level land

**12' x 21'**  
Starting prices **\$995.00**

**Ph: 603-542-7769**  
[www.mauriceat.com](http://www.mauriceat.com)  
299 Washington St., Claremont, NH 03743



Private Care Consultant  
Ready to help!

# LINDA KENNEDY

Personal Assistant - Home Health Care

private duty  
transportation - recreation - shopping  
overnight and/or hospital personal care

**603-630-7412**      **805-291-3904**  
[llindagidget@aol.com](mailto:llindagidget@aol.com)







SAVE THE DATE!

# COME FLY *Away* WITH US

**2016 Auction & Gala**  
SILENT & LIVE AUCTION  
BAR BY SWEET FIRE BBQ  
FOOD & DESSERT by ABC CATERING  
MUSIC BY THE MOORES

JOIN US  
**13 AUGUST  
2016**  
6-10 pm

**CLAREMONT  
MUNICIPAL  
AIRPORT**

  
Greater  
**Claremont**  
Chamber of Commerce  
Enhance ~ Promote ~ Support

SPONSORED BY  
**Claremont  
Savings Bank**



Please join us!!

Help us celebrate our  
10<sup>th</sup> Anniversary!!



We are organizing an

# Amazingly Fun Race

to benefit the River Valley Animal  
Protection League



**Saturday Sept 17, 2016, 12 – 4 PM. Check-in begins at 12 PM, Race begins at 1 PM, starting at the Silsby Library Courtyard, Main St, Charlestown NH.**

Put together a team of three people, and run (or walk or stroll!!) to complete 10 challenges in the downtown Charlestown area. The first three teams to complete all 10 and get back to the starting point win prizes.

**\*\*Even if you don't do the race, please join us for fun, food and raffles 12 – 4 PM.\*\***

---

**For more information, contact:** RVAPL 60 Cummings Ave, PO Box 860  
Charlestown NH 603-826-3061 [rivervalleyapl.org](http://rivervalleyapl.org)

See website form for participation details (or stop by the shelter).  
This is an “Amazing Race” type event. This is a footrace.  
Pre-registration is required.



**50-Year Anniversary...**



A large crowd of friends and members of St. Mary and St. Joseph parishes, former St. Mary High classmates as well as well-wishers from the public gathered at the Student Conservation Association in North Charlestown Sunday afternoon to help Sr. Cecilia “Cece” Ferland of Claremont celebrate her 50th anniversary as a Sister of Mercy. Top left: Sister Cece with State Rep and friend, Ray Gagnon; top right: Theresa and Gary Chabot, formerly of Claremont, attended the gathering, discussing, among other topics, the St. Mary Cavaliers; bottom left: visiting with John Lambert.

**Photos By Les St.Pierre**