

e-Ticker News of Claremont

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Klobuchar, Buttigieg make Campaign Stops in Claremont; pages A6 &A8

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January 6, 2020

LPN Program Receives Approval from NH Board of Nursing

NH has Significant Nursing Shortage

CLAREMONT, NH— To help address the significant shortfall in the number of nurses in New Hampshire, River Valley Community College (RVCC) is launching a Licensed Practical Nurse (LPN) program, with its first student cohort beginning January 21, 2020. The new LPN program, recently approved by the New Hampshire Board of Nursing, will be offered at RVCC's Claremont campus and can be completed in three semesters.

"There's significant demand for LPNs in the state. We continually hear from our clinical partners and providers who are looking for a new stream of employees," said Dr. Eileen Glover, LPN program director and professor of nursing at RVCC. "Additionally, the demand from prospective and current students who want to continue their nursing education is high, especially from those who have received their LNA (License Nursing Assistant) and are looking to work towards their LPN. We are excited to offer a program that's in such demand and look forward to accepting our first cohort of students in the New Year."

Working under the supervision of physicians, mid-level practitioners and registered nurses, LPNs play a critical role in providing patients with quality care in a variety of settings that include long-term facilities, outpatient clinics, physician's offices, acute care settings and others. They serve as a crucial component of multifaceted healthcare teams that work collaboratively to deliver the best care possible for patients.

(Continued on page A2)



First Night Fun...

Claremont ushered in the new year with fun and excitement at a number of venues in the community. More on page A23 (Eric Zengota photos).



Nursing, from A1

The college began developing the new program in June, 2019 and has been working diligently to put the required pieces in place - including receiving approval from the NH Board of Nursing and the Accreditation Commission for Education in Nursing (ACEN) - to launch for the spring 2020 semester. According to Glover, workforce development groups, partners and leaders from healthcare centers who are in desperate need of employees, voiced their support of the proposed program to legislators and others in the community.

"The healthcare community was truly instrumental in the successful launch of our LPN program and eagerly stepped up to the plate to partner with us." said Glover. "We are delighted to play our part in helping solve the shortage of healthcare workers in our state by offering comprehensive programs that train those who wish to pursue a career or advance themselves in healthcare."

Individuals interested in the LPN program at RVCC must have successfully passed all four sections of the nursing entrance exam, ATI's TEAS, have had high school or college chem-

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istry and must submit their high school transcript, GED or HiSet in order for the application to be complete. Prospective students are also required to be a licensed nursing assistant (LNA) in order to apply to the program. Interested students who do not meet these prerequisites are encouraged to speak with a RVCC advisor about ways to achieve eligibility.

To learn more contact Eileen Glover at 603-542-7744 ext. 5422, eglover@ccsnh.edu or visit rivervalley.edu.

River Valley Community College is one of seven colleges in the Community College System of New Hampshire, offering thirty-nine associate degree and certificate programs in Claremont, Keene, Lebanon, and Online. Financial Aid and Scholarships are available.

The seven community colleges in the system are committed to working with businesses throughout the state to train and retain employees to develop a robust workforce across all sectors and embraces the "65 by 25 Initiative," which calls for 65% of NH citizens to have some form of post-secondary education by 2025 to meet future workforce demands.

Newport Police Report Fatal Pedestrian-Motor Vehicle Collision, North Main St.

NEWPORT, NH—The Newport Police Department Communications Center received several 911 calls at 7:25 P.M. Saturday night, Dec. 28, advising that there had been a motor vehicle collision with a pedestrian on North Main Street near Yoshi's Convenience store. According to the Newport Police Department,

the

scene and found that Carlton R. Barton, 80, Newport, NH, had been struck while crossing North Main Street having just left Yoshi's Convenience Store. He sustained serious injuries and was transported from the scene by the Newport Ambulance Service to Valley Regional Hospital, where he later succumbed to his injuries, said authorities.

According to Newport Police Chief James Burroughs in a press release, the investigation "revealed that a Jamie L. Fordiani, 33, Newport, NH, was operating her 2008 Ford Escape Northbound on North Main Street at the time of the collision. Neither speed nor alcohol appear to be factors in the collision and Mr. Barton was not utilizing a crosswalk when he was struck."

The collision remains under investigation at this time by the Newport Accident Reconstruction team. Anyone who may have witnessed the collision is encouraged to contact the Newport Police Department, Lt. Craig Robertson at 863-3232.

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the Newport Police, EMS and Fire Rescue re-

sponded to

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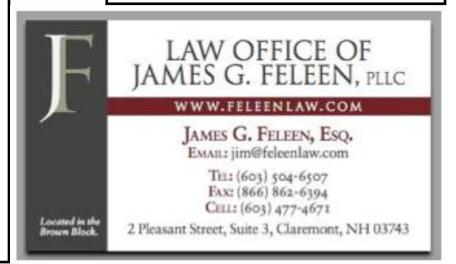
NH Lottery Numbers 01/04/2020

> NH PowerBall 1 11 21 25 54 7

NH Mega Millions 01/03/2020 37 41 42 53 63 16

Tristate Megabucks 01/04/2020 4 15 19 29 37 1

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



Claremont Opera House Launches 2020 Membership Campaign

CLAREMONT, NH—The Claremont Opera House has launched a fresh approach to membership for the 2020 calendar year. The objectives of the new membership campaign are to offer members unique benefits, to fund a series of fun pop-up events for smaller audiences, and to introduce new patrons to the COH. Members will be more engaged with special programming for them, while they continue to support the ongoing operations and maintenance of the historic opera house.

The 2020 membership fee structure is \$100 for Silver members and \$250 for Gold members. Benefits to all members include:

Two free tickets to the kickoff Jazz Speakeasy on January 18th.

Access to the historic Ladies Parlor for concessions during the intermission of selected shows.

Chances to win ticket giveaways for regular season shows.

Ability to purchase tickets prior to them going on sale to the public.

Listed on the Membership Wall of Fame. In addition to these benefits, Gold members will receive two free tickets to every pop-up event.

Pop-up events will provide experiences that are more than just coming to watch a show. For the Speakeasy, attendees can only enter through a back door to the Opera House and they must know the password (access also available via the elevator). There will be beer/wine service, and other surprises are in progress. All while listening to a live jazz quintet from Gerry Grimo and the East Bay Jazz. A Valentine matinee of Sinatra favorites is planned for February, and a folk music concert with live art is in the works for April. Future pop-ups will be based on member input and preferences. Pop-up tickets will also be on sale to the general public for \$15 each.

More details about the membership program are available on the COH website: www.claremontoperahouse.org and questions can be directed to members@clare-montoperahouse.org.

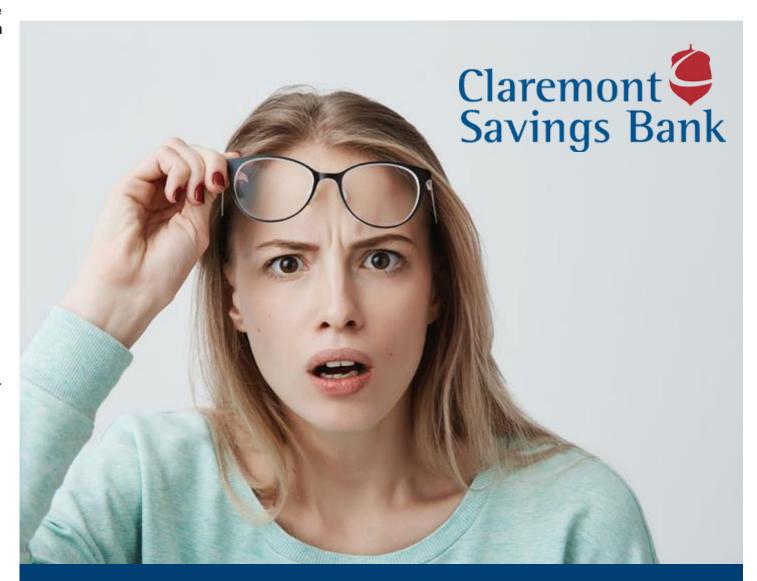
TUESDAY, JANUARY 7

7 pm

At Meriden Library

ENERGY COMMITTEES of Cornish and Plainfield

Meeting to discuss actions to reach the goal of 100% renewables for electricity by 2030. Open to the public. Join us as we continue to work on renewables and our WEATHERIZE II launch in January 22, (snow date, 29) 2020.



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Letter to the Editor

Stay in Touch with your New Ward II Councilor

To The Editor:

On January 2, the new Claremont City Council was sworn into office. I would like to thank all the voters in Ward II, Claremont who voted for me. Thank you for taking the time to vote, it is essential to our democracy. I am thankful to live in Claremont, it has so much to offer. We may have some challenges but the assets of the city are greater than the liabilities. The city will soon issue an email address for me and it will be available on the website. Let me know what you think. Happy New Year.

Jim Contois, Ward II Claremont, NH

Senators Hassan, Johnson Introduce Bipartisan Bill to Establish Federal Commission on Counterterrorism

WASHINGTON, DC—U.S. Senators Maggie Hassan (D-NH), a member of the Senate Homeland Security and Governmental Affairs Committee, and Ron Johnson (R-WI), Chair of the Committee, have introduced bipartisan legislation to establish a federal commission to reevaluate counterterrorism information sharing and the ability of federal, state, and local law enforcement to identify, track, and prevent all terrorist threats in the United States.

"Eighteen years after 9/11, it's time that we reevaluate counterterrorism information sharing efforts at all levels of government and address any gaps," Hassan said. "Critically, this new commission would focus on both domestic and internationally inspired homegrown terrorism, and would also include the input of state and local law enforcement who play an invaluable role in our counterterrorism efforts."

"The timely sharing of terrorist threat information is a critical part of defending the homeland," Johnson said. "It is not only important that information is shared between federal agencies, but also with state and local partners to help ensure all law enforcement resources are effectively utilized to keep us safe. In light of the grave consequences of mistake or failure, a review of this kind is long overdue."

The commission would convene representatives from the Office of the Director of National Intelligence, Department of Homeland Security, Federal Bureau of Investigation, and Department of Justice, as well as state and local law enforcement, to review how terrorist threat information – relating to both domestic and internationally inspired terrorism in the U.S. – is shared between federal agencies and with all levels of government.

Kuster Wins Increase in Northern Border Regional Commission Funding Included in Government Spending Bill

WASHINGTON, DC—Rep. Annie Kuster (NH-02) has applauded passage of a government funding bill that included an increase in funding for the Northern Border Regional Commission (NBRC). Kuster led a bipartisan call for a \$3 million increase for the successful economic development program. The NBRC will now be funded at \$25 million per year. The NBRC provided more than \$3 million in funding to projects in New Hampshire in 2019.

"Communities throughout northern and rural New Hampshire have seen the success of the Northern Border Regional Commission in spurring a variety of economic development projects," said Kuster. "I'm thrilled that we've advanced funding that will allow the NBRC to continue to support local communities to grow and thrive. From infrastructure projects to the expansion of substance misuse treatment and recovery services, the NBRC has made a real difference in many communities. I look forward to continuing to advocate for rural communities across the Granite State."

Dancing with the Newport Stars Jan. 24th, 25th

NEWPORT, NH—The Newport Area Chamber of Commerce is once again proud to partner with the Newport Opera House Association to present Dancing With The Newport Stars, Friday, Jan. 24th, and Saturday, Jan. 25th. Both shows start at 7pm on the historic Charles Massey stage inside the Newport Opera House. This annual tradition will feature 10 local "stars" partnered up with 10 local "professionals" dancing on stage, with the audience in attendance voting for who they want to win each night's competition.

Once again this year, Dancing With The Newport Stars will have two different categories, Adult and Student dancers. The six adult couples will compete against each other, as will the four student couples, with one winner for each category awarded each evening.

"Both the Newport Chamber and Opera House Association were saddened this past month with the passing of Natalie Miles," said-Steve Smith, Board Of Directors, Newport Area Chamber of Commerce. "Natalie was the owner of the Newport Ballroom, 35 Main Street in Newport, and was instrumental with the creation of this event, and tirelessly working on the choreography of the show for each of the previous eight shows. In our 9th year for this show, though ill, Natalie continued to work on the choreography, and her routines will be once again showcased this year. She had asked all involved to promise that the show must go on."

This fun evening has become a large fundraiser for the Chamber and Opera House Association, with Chamber events like the Newport Winter Carnival, Concerts On The

Common, 'Twas Just Before Christmas & more and programs at the Opera House like the Spring Musical, Taste Of Sullivan County, the Winter Carnival Pageant & Semi-Formal and more, along with infrastructure improvements like their lighting upgrades, all benefiting from Dancing With The Newport Stars.

"Our 2020 cast lineup for Dancing With The Newport Stars is Bobby Bates, Sam Nelson, Scott Barton, Lisa Ferrigno, Fran Huot and Donna Mahair for the adult dancers, and our junior dancers are Natasha Whipple, Allie Howald, Cameron Hall and Cody O'Brian. Tickets are \$25 - reserved seating, \$20 - general admission, and \$15 for student general admission and can be purchased online at NewportOperaHouse.-

com, at the Newport Opera House Box Office, or at the Petal Patch," said Smith. "We look forward to this wonderful community show, thank our local sponsors' support and could not thank our dancers and their families enough for the countless hours of hard work they put in to make this show a gigantic success. The show must go on, and will take place on January 24th & 25th."

SATURDAY, FEBRUARY 8 We Heart Art: Valentine's Day Art Projects at Saint-Gaudens NHP 10am-12pm

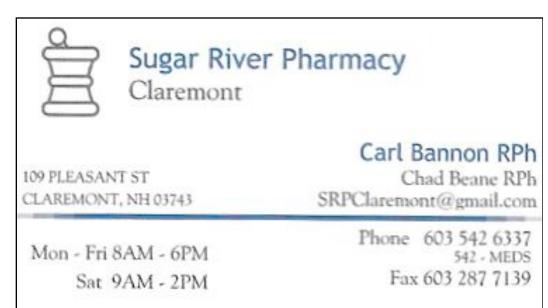
Location: Saint-Gaudens National Historical Park

Got a special someone in mind for Valentine's Day? Join us at Saint-Gaudens NHP in the Visitor Center ~ we'll create Valentine's Day cards, crafts and gifts. Great for families: materials, light refreshments and inspiration included!

Pre-registration is recommended. To register or learn more call (802) 457-3368 x222 or email us at emma beck@partner.nps.gov.

More information can also be found on our website: https://www.nps.gov/saga/index.htm

Got news? Send news and photos to etickernews@gmail.com







Shared Values, National Projects Underscore Buttigieg Proposals

'Education makes us free,' Says Presidential Candidate

By Eric Zengota e-Ticker News

CLAREMONT, NH—"Visualize a day in our not too-distant future, when the sun comes up over Claremont and Donald Trump is no longer president of the United States. When we can put the chaos and corruption behind us. So many Americans are just exhausted by the nastiness — by the tweets!"

Those were Pete Buttigieg's first words as he addressed the estimated 525 people at a town hall on Jan. 4, in the Stevens High School auditorium.

He wasn't going to let the audience off easy, however. Visualizing that day will "help us think about what we're going to need from our president. Think about how divided and polarized and exhausted our country will be, even more than we are right now. We need a president capable of uniting the country, who prioritizes a sense of unity to bring us together."

Buttigieg's scenario continued: "The big issues crying out for action will only be more urgent. Climate change is at a critical point. The economy looks strong from the stock market's perspective, but more Americans are finding out that one job is not enough. There are many schools where students are stressed out. And some kids are learning active shooter drills before they're old enough to learn how to read. That is what our country will be up against that day."

Buttigieg's plan to reunite the nation comes down to electing a president with bold solutions that can be acted upon quickly for the good of the entire country.

"Does that sound like a tall order? Well, that's why we have a president. The purpose of the presidency is not the glorification of the president but the empowerment and unification of the American people to solve big problems.

"That's how I plan to use the presidency, to engage Americans around the values that we share and let those values light the way for the solutions that we need. What those values require of us is that we move in a pretty progressive direction."

The audience's cheers and applause validated Buttigieg's vision, while acknowledging

(Continued on page A7)



Above: Presidential candidate Mayor Pete Buttigieg meets with some of those attending his town hall event at Stevens High School in Claremont on Saturday. Below: The school auditorium was packed for his visit, drawing more than an estimated 500 people from the area (Eric Zengota photos).



Buttigieg, from A6

the need for coalitions, both-sides-of-the-aisle cooperation, and citizen participation.

Two attendees spoke directly to his plan. Pat Barry, Stevens High School principal, introduced Buttigieg to the audience. "I am glad to live in a state where we can engage with politicians when they're only a few feet away," she said. "But I'm not happy to live in a state where education is inadequately funded.

"For my next president, I want someone who's eloquent and intelligent. I want someone battle-tested as both a naval officer and a public servant. And I want a president to make me feel safe again. Here at Stevens I meet with kids who are unable to focus on their studies because they're affected by news like the drone strike in Iran."

After the town hall, Barry commented, "The more I got to know Pete, the more I found how genuine he is. He doesn't have a big political ego. He's real."

Buttigieg also spoke about the need for a ban on assault rifles, stressing that the Second Amendment's first words are "well-regulated."

Jessica Wilmot, of Claremont, shares
Buttigieg's concerns. A fourth-grade teacher in
Weathersfield, VT, she said, "As an educator
and a mom, I want to keep kids safe from gun
violence. We have to draw a line in the sand.
We need to have background checks, which
even a majority of NRA members are in favor
of. But the organization refuses to support that,
so they're up against their own members."

Wilmot added that Buttigieg's ideas on climate change resonated with her. He had said that the work has to be a "national project, because we're all part of the solution. I'd also like the United States to lead the world on this question. If 2030 is the critical date for a climate crisis, then 2020 is the deadline to begin fixing the problems."

"We need a legitimate leader who cares about the environment," said Wilmot. "We have to stop the constant pillaging of our environment." Community involvement is necessary for change, she added, noting that her fourth-graders are doing a sustainable-living unit and developing "green" cleaning solutions.

A Q & A session included asking Buttigieg what his idea of national service would entail.

Many Americans want to participate in some sort of national service, he said. He would meet those demands by not only supporting current programs like Americorps and the Peace Corps, but also developing intergenerational programs and providing more mentalhealth services.

His military deployment provided other lessons. "We were all strangers, thrown together to do a job. No one cared if I went home to a boyfriend or a girlfriend. No one cared about the color of someone's skin. We learned to know, trust and even like each other. I would like all Americans to do that — without having to go to war."

In asking for votes in the New Hampshire primary — and beyond — Buttigieg said, "I'm calling out to independents, progressives, and what I like to call future former Republicans." Americans must work together to achieve progressive goals. "The point is not to fight but to reach the point beyond fighting to what we want our country to be. The only thing that does not belong in this country is hate."



Do you LOVE Halloween???

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Skills wanted – artists, engineers, seamstresses, visionaries!

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A 'Blue Wall' Can Defeat the President, Says Klobuchar

Winning Back U.S. Senate Also Key to Progress

By Eric Zengota e-Ticker News

CLAREMONT, NH—Amy Klobuchar pulled no punches in her town hall in Claremont last week.

The U.S. Senator from Minnesota, a candidate for the Democratic nomination for President, told the 250-plus audience at the Common Man Inn that the 2020 election will be "a check on values, a check on decency, a check on patriotism."

All of which qualities, she maintained, are lacking in President Trump. She cited the joke he made after the "private meeting" with Russian President Putin at the G20 summit; by siding with Russia on the 2016 election-hacking issue, Trump "directly insulted the thousands of Americans who have died fighting for democracy."

"We have a whiner in the White House," Klobuchar stated to extensive applause. "He never blames himself, only other people. He even blamed the entire country of Denmark."

On one of her campaign swings through Minnesota, Klobuchar met with a cattle farmer who said he'd voted for Trump in 2016. "Not this time," the farmer said, who cried the day after the inauguration when the president politicized a visit in front of the CIA Memorial Wall in Langley, Va., the CIA he later routinely demonized. But the last straw, said the farmer, was the president's political-rally speech at the National Scout Jamboree. "No, you don't do that. You don't treat the Boy Scouts like that," he said.

Klobuchar predicts that the 2020 election will also be "an economic check on this president, who is not dealing with the major issues facing our country. On health care, workforce development and immigration, he's done nothing."

In contrast, Klobuchar proposed progressive programs to help "regular people."

Workforce development is critical. "We have to make it easier for kids to attend college," she said. "Our country has a shortage of home health aides and nurses. We're short on electricians and plumbers, too, even though these are well-paying careers. We should have free tuition for associates degrees and technical training in our community colleges, because

that's where our workers will come from."

Klobuchar also proposed making it easier to refinance student loans. "But first, of course, I'd have to fire Betsy DeVos," she said, referring to the current U.S. Secretary of Education. Instead of cutting educational opportunities, Klobuchar maintained that "we have an obligation to lift people up. You have to love the kids you serve."

Immigration reform is necessary, stated Klobuchar,

noting as one example that once foreign students earn their M.D. degrees in a U.S. school, they're routinely sent back to their countries. "Let them at least do their residencies here and serve the community where they studied." There is no need for a wall to keep out immigrants seeking asylum and citizenship, she added. "It's not just that immigrants made America. Immigrants are America."

As for health care, Klobuchar noted that the Affordable Care Act is 10 points more popular than the president, and it must be improved not abandoned. Pharma prices must be lowered, or less expensive medication "should be allowed to be brought here from safe countries." Long-term care should be more affordable, given the fact that the country's senior population doubles every decade.

Climate change is a critical, worldwide problem. "On day one, I'll have the United States rejoin the Paris Agreement. We are the only nation that does not belong to the International Climate Change Forum. What's more, we have to develop more methods to improve energy efficiency."



Presidential candidate Amy Klobuchar drew a full house at her stop in Claremont on Tuesday (Eric Zengota photos).

The success of all of these proposals, Klobuchar made clear, depends on citizens working together, regardless of party affiliation. The legislative victories in 2018 were "based on a coalition of Democrats, independents and moderate Republicans. What unites us is so much bigger than what divides us."

She believes her own election victories "all the way back to fourth grade" demonstrate her success and willingness to cross the aisle. "I've sponsored 100 bills in the Senate, many of them bi-partisan. But there's not much we can do when Mitch McConnell is sitting on 400 bills, refusing to bring them to the floor for debate and a vote. So let's win back the Senate and send Mitch McConnell home."

Klobuchar returned to pointed criticism of the president. "His businesses have lost more than \$1 billion, which shows how absurd he is. Let's be clear — he's treating all of you like poker chips in one of his bankrupt casinos."

There is only one wall that the country needs right now, she said. "Build a big blue wall around Ohio, Pennsylvania and Michigan — and let Donald Trump pay for it."



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EXTREME COLD WEATHER RESOURCES

In the event of extreme cold temperatures outside we want to remind residents that they can use the common areas located inside the Claremont Savings Bank Community Center (membership not required) or the Fiske Free Library as a warming shelter during open hours



HOURS OF OPERATION:

CSBCC: Fiske Free Library:

Mon - Thurs: 5:30 am to 9 pm **Mon, Tues & Thurs:** 9 am -7 pm

Friday: 5:30 am to 7 pm Wednesday & Friday: 11 am-5 pm

Sat & Sun: 8 am to 6 pm Saturday: 9 am-1 pm

Valley Regional Hospital Dunning Street ER Waiting Room is also available

FOR EMERGENCY SITUATIONS, PLEASE CALL 911

Classified Ads

THURSDAYS, JANUARY 9 - 30 Introduction to Schematic Capture and Circuit Board Design with KiCAD at Claremont Makerspace

To registerhttps://claremontmakerspace.org/events/#!event/2020/1/9/introduction-to-schematic-capture-and-circuit-board-design-with-kicad.

This course will introduce you to KiCAD, a free and open-source design suite for electronic design. KiCAD allows you to enter an electronic schematic into your computer and then use that schematic to design a printed circuit board. We will take you through example designs so you can see the process from one end to the other and be able to go on to design your own circuit boards.

We will discuss how to then get boards fabricated, either doing it yourself or sending out for production. These days, a lot of interesting components are available in surface-mount packages so we will talk about using those as well. They really are not as difficult as they may seem, easier in some ways, any they give you a wider range of possibilities when it comes to designing and fabricating your circuits.

If people are interested, they can have boards fabricated and we'll have an extra class once the boards arrive to assemble them and, if it applies, to experience surface-mount soldering.

We recommend that you bring a three-button mouse with a scroll-wheel. The kind where the middle button is found by pushing down the scroll-wheel works okay. If you wish to bring your own laptop, that's great. Install KiCAD 5.1.4 [or version 5.1.5 if it comes out before the class] before you come and remember to load the component and footprint libraries. The 3d libraries are optional as they take a *lot* of disk space. The MakerSpace also has laptops and a few desktop machines you can use as well; bring a thumb drive so you can take your designs home.

You can also bring your own design that you want to make. We'll work through the examples together but you can branch off and do your own too. Unless you have a solid background in electronics, it's best not to go too complicated for your first one.

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2 Story Gambrel 3 Bed 2 Bath

- * Recent cherry kitchen cabinetry
- * 11.3 acres

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WEATHERSFIELD, VT

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CORNISH, NH

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- * 180° views to west

MLS # 4751324 \$444,900



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This class will run Thursdays January 9th - January 30th, 6 - 8 PM. Ages 12 & up. Workshop Fee: Members, \$75; non-members, \$85

About the Instructor: David Bridgham is a maker in multiple mediums and has been teaching community members how to use the CMS's ShopBot CNC router since the day the MakerSpace opened. Dave spent the 80's and 90's developing the burgeoning Internet, and now spends his time flying airplanes and building airplanes (and a replica of a 1960s-era mainframe computer). Venue: Claremont Makerspace, 46 Main St.





Swearing In...

The newly elected members of the Claremont City Council were sworn in and seated Thursday evening at Council Chambers. City Clerk Gwen Melcher swore in each member, with the At-Large councilors swearing their oaths together. After being seated, Mayor Charlene Lovett opened a general discussion of some of the rules and procedures for the new members, especially those who have not served before. Photos, top: Mayor Charlene Lovett and Asst. Mayor Allen Damren; center, left: Andrew O'Hearne, Ward 1, James Contois, Ward 2; below, Jonathan Stone, Ward 3, and At-Large Councilors, Erica Sweetser, Abigail Kier, Nicholas Koloski and Debora Matteau (Eric Zengota photos).





"Yee Haws and Ha Has"

Hilarious stand-up comedy and sensational country music at COH

CLAREMONT. NH—Claremont Opera House will present comedian Paul D'Angelo and Nashville recording artist Lexi James as they coheadlining a "Yee Haws and Ha Has" event for a night of hilarious stand-up comedy and sensational country music, 8pm Saturday, Jan. 25.

D'Angelo has been headlining A-List comedy clubs around the country for over 30 years, entertaining hundreds of prominent



Paul D'Angelo, Lexi James (Courtesy photos)

corporate clients and opening for over 60 international stars such as Aretha Franklin, Ray Charles, The Beach Boys, Chicago, Tony Bennett and Tom Jones. He co-starred in the Showtime movie, "The Godfathers of Comedy" and is the author of two multiple award-winning books, "Stories I Tell" and its sequel, "More Stories to Tell".

As a New England front-runner in Pop-Country music, singer/song-writer James has amassed more than 16,000 Facebook fans in her short career. She's toured up and down the Northeast and beyond with her message of feel-good, be yourself lyrics paired with a soulful vocal performance. James has shared the stage with country legends such as Charlie Daniels Band, Marshall Tucker and Brad Paisley. She recently released her last record, "Ripple in the Water" in 2018, and in 2019 she expanded her touring and moved to Nashville part-time.

Tickets are \$25 and can be purchased online at www.claremontoperahouse.org with print at home option, by phone at 603-542-4433 or in person at the Opera House Box office in City Hall Complex at 58 Opera House Square.

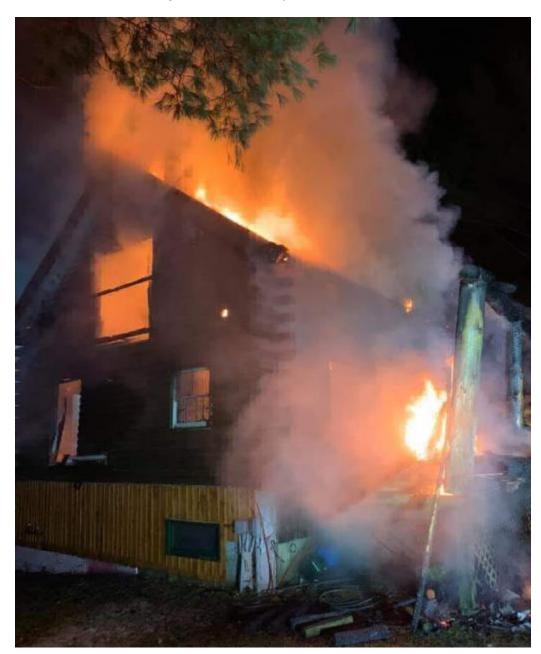
SATURDAY, MARCH 21 Maple Sugar Shack Open House 10am-2pm

Location: The King Farm (128 King Farm Rd, Woodstock, VT)

Are you curious how Vermont's famous maple syrup is made? Come find out at our sugar shack open house! On March 21st from 10am-2pm, we will be boiling sap at the King Farm and you are welcome to join. To register or learn more, call (802) 457-3368 x222 or email us at emmailto:emma_beck@partner.nps.gov.

Student Voice Conference to be held at Stevens High School

CLAREMONT, NH—The first Ever Annual New Hampshire Student Voice Conference at Stevens High School in Claremont will be held on March 21, from 8:00 a.m.—2:00 p.m. Organizers are looking for 70 middle school, high school or college students to attend the event. Tyler Sullivan, founder and current executive director, said that "We were founded in July 2019. This organization is 100% student run by middle school, high school and college students in New Hampshire. This provides them with a voice to bring local, county, state or national issues to the table and make change. This group fights to increase student voices throughout New Hampshire."



VT-44A in Windsor was temporarily closed between VT-44 and Cole Hill Rd. Sunday night as crews fought a structure fire on Black Mt. Rd. WCAX reported that according to the Windsor Fire chief, there was ammunition going off in the house, requiring fire-fighters to attack the fire from outside. No injuries were reported but some animals were said to be missing. The cause of the fire had not been reported as of press time (Springfield Fire Dept. photo).

e-Ticker Business News

Merchant Awarded 2019 Bowl of Hygeia Award

CLAREMONT, NH—The New Hampshire

Pharmacists
Association
(NHPA) has selected Gary
Merchant,
Pharmacist, as
the recipient of
the 2019 Bowl
of Hygeia
Award for outstanding community service.
Pharmacist
Merchant was

presented the



Gary Merchant

award at the NHPA Annual Awards event during the holiday celebration on Wednesday, December 18, 2019. The Bowl of Hygeia is sponsored by the American Pharmacists Association Foundation, the National Alliance of State Pharmacy Associations, and the American Pharmacists Association, with support from Boehringer Ingelheim.

After graduating from Stevens High school in 1971, Merchant attended Northeastern University in Boston Massachusetts and graduated in 1977 with a bachelor's degree in Pharmacy. In 1995 he received the degree of Master of Business Administration from the University of New Hampshire. He has practiced pharmacy in a variety of settings from homecare, nursing home, community, hospital, and consulting. The last 17 years were at Dartmouth-Hitchcock Medical Center where is successfully led the New England Pharmacy Collaborative, an organization composed of 17 hospitals affiliated with the medical center focused on pharmacy initiatives. Prior to receiving the Bowl of Hygeia Award, his peers honored him with the New Hampshire Pharmacist of the Year award in 2000.

The community of Claremont has benefited from Merchant's passion as a pharmacist and

his commitment to service opportunities during his career. Organizations he has been or is a member of include Claremont Rotary Club (President), Rotary International (Assistant District Governor), Sullivan County Hospice (Board of Directors), Ammonoosuc Community Health Services (Board of Directors and Finance Committee), Prince of Peace Lutheran Church (President and Board of Directors). and most recently, State Representative. During his professional career, Merchant served on the board of directors and president of the New Hampshire Pharmacists Association, on advisory councils of national organizations as Apexus, Vizient, and Purchase Connection. Merchant recently completed serving on the New Hampshire Board of Pharmacy for ten years, the last two as president of the board.

Merchant is a member of the American Health-system Pharmacist Association, the American Pharmacists Association, the New Hampshire Health-system Pharmacist Association, the New Hampshire Pharmacists Association, the National Association of Boards of Pharmacy, a member of the New Hampshire House of Representatives seating on the Executive Department and Administration committee, and currently serves on two House study committees exploring the cost of drugs.

Established in 1958, the Bowl of Hygeia Award recognizes pharmacists who possess outstanding records of civic leadership in their communities and encourages pharmacists to take an active role in the affairs of their respective communities. The award is presented annually by partici-



pating state pharmacist associations, including those in the District of Columbia and Puerto Rico. In addition to service through their local, state and national pharmacy associations, award recipients have devoted their time, talent, and resources to a wide variety of causes and community service.

The Bowl of Hygeia is the most widely re-

cognized international symbol for the pharmacy profession and is considered one of the profession's most prestigious awards. The Bowl of Hygeia has been associated with the pharmacy profession since as early as 1796 when the symbol was used on a coin minted for the Parisian Society of Pharmacy. The bowl represents a medicinal potion and the snake represents healing. Healing through medicine is precisely why the pharmacy profession has adopted the Bowl of Hygeia symbol.

CHaD Injury Prevention Center Offers Road Safety Tips for Teen Drivers

LEBANON, NH—As winter bears down on northern New England, roads become slick and icy, and driving conditions become more dangerous. While seasoned drivers are prepared for New Hampshire's winter roads, the colder months can be especially dangerous for inexperienced teen drivers.

The Injury Prevention Center at the Children's Hospital at Dartmouth-Hitchcock (CHaD) is urging new and experienced drivers alike to keep their eyes on the road, especially as road conditions deteriorate over the course of the winter.

In New Hampshire, distracted driving is one of the top three causes of traffic crashes, from fender-benders to fatal accidents. For teen drivers, smartphones can be a source of distraction behind the wheel, with apps and texts from friends competing for their attention. Both teen and adult drivers may benefit from disabling phone notifications while behind the wheel. Smartphone apps are available for that exact purpose; some are built-in to the phone's operating system, while others are available for download. For example, if a driver gets a text, an automated reply is sent that says the driver is on the road and will reply to the sender once they have reached their destination.

"We all want our friends and family to travel safely," said Christopher Bishop, Youth Operator Specialist with the New Hampshire Teen

(Continued on page A15)

e-Ticker Business News

Drivers, from A14

Driver Program, part of the Injury Prevention Center. "Turn off app notifications, use an auto-reply app, or tell people that you won't respond when you are driving. A proactive approach helps reduce distraction in the moment, gives social wiggle room, and provides a strong role model for teens and younger children about a driver's responsibility."

Parents also need to stress to their teen drivers that not only is using their phone while behind the wheel dangerous — it's also against the law. New Hampshire's Hands-Free Law, which went into effect in 2015, prohibits the use of hand-held devices while driving, but allows the use of a Bluetooth device if over the age of 18. If caught using a hand-held device while driving, there are substantial fines and the potential for license suspension.

Along with modern distractions, teen drivers should be aware of the dangers of driving on slick roads and be prepared for the elements. Remember to take it slow, brake gently to avoid skidding, and give plenty of room to plow trucks, snow removal crews and other vehicles. Keep a shovel, sand/kitty litter, ice scraper/brush and emergency kit with food, water, flashlight, blankets, extra hats/gloves, hand warmers, jumper cables, a cell phone charger, first aid kit and one to two days' worth of personal medications in the car.

"For some drivers, this might be their first winter driving on our roads. Educating your teens about winter safety is important," Bishop said. "Like getting winter clothes out of storage or putting up holiday decorations, make sure to be prepared and get your car ready for winter weather."

The Teen Driver Program also recommends going through a checklist to make sure your teen's car is in good working condition before venturing out onto the roads:

- Tires are in good order. Tires with worn treads don't work as well as newer tires.
- Tires are inflated properly. In the cold weather, tires may not grip the road/stop effectively if not properly inflated.
- Windshield wipers are working and fluid is topped off.
- Battery is in working order.
- Lights are in working order: blinkers, high beams, hazard lights.
- Defrost/defog system is in working order.

More than at any other time of year, it's essential for all drivers to stay focused and keep their eyes on the roads when conditions are poor. For teens, that can also mean having to speak up when a driver isn't paying attention, or a passenger is being distracting. Evidence shows that passengers in a car with a teen driver are the most common cause of distraction.

"When talking with your teen, encourage them to speak up and say to a friend, 'Hey, that's unsafe,' when they feel their friend is making an unsafe choice while driving," Bishop said. "Friends speaking up tends to be a better way for teens to understand that they need to put their phone down while driving."

For more information, visit the Injury Prevention Center's Traffic Safety page and the Teen Driver Program website at https://nhteendrivers.com.

SPRINGFIELD MEDICAL CARE SYSTEMS

Welcomes

Brittany Gubinski, PA-C

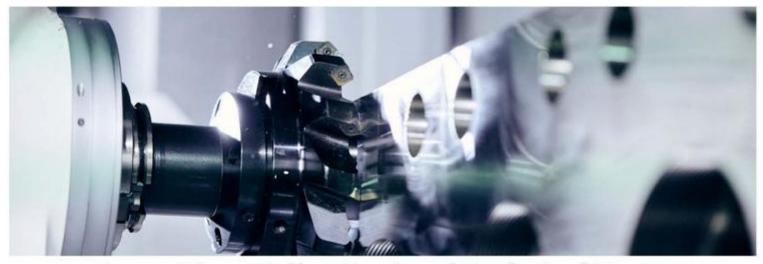


to Springfield Health Center Appointments are available. 802-886-8980



100 River Street, Springfield, VT www.springfieldmed.org Financial Assistance Available

Basic Machinist Skills Free Adult Education Classes



Sugar River Valley Regional Technical Center

SRVRTC Director Dr. Alex Herzog - aherzog@sau6.org

Claremont Adult Learning Center Coordinator – Kendall Duffy

Course Instructor Scott Pope - spope@sau6.org

Come and learn basic machining skills to be able to be employed in the manufacturing field from a 30 year Industry Veteran. Tuition is FREE for Sullivan County residents that meet the selection criteria. Guaranteed interviews with area companies include; Sturm Ruger & Co, RDS, GKN Aerospace, Lake Machine Company as well as others upon successful completion of the program.

Only 12 student slots available so apply now.

Classes run 5:30-8:30pm on the following Tuesdays and Thursdays:

January 21, 23, 28, 30 February 4, 6, 11, 13, 18, 20 March 3, 5, 10, 12, 17, 19

To register or for further information please contact us:

TPI Staffing Group
Attention Debra Drake, General Manager
ddrake@tpistaffing.net
11 Dunning Street, Suite 6
Claremont, NH 03743
(603) 543-4155



PRESIDENT'S AWARDS

Claremont Senior Center January 31, 2020 5:30 PM Award Reception 7:00 PM Award Ceremony

Recipients

Young Professional - Rachel Naugler Model Youth - Clara Avery NonProfit - Baby Steps Family Assistance Business - Mascoma Bank Citizen - Courtney Porter

FOR TICKETS & MORE INFORMATION: www.greaterclaremontnh.org | 603-543-1296

Sununu Places State's First Legal Sports Wager in NH

DraftKings will operate as many as 10 retail sportsbook locations throughout the state

MANCHESTER, NH—The New Hampshire Lottery and DraftKings Inc. officially launched mobile and online sports betting in New Hampshire on Dec. 30. Those 18 years of age and older are now able to bet on their favorite teams heading into the New Year using Draft-Kings' digital sportsbook. Governor Chris Sununu placed the Granite State's ceremonial first legal sports wager on the New England Patriots to win the Super Bowl at Shoppers Pub + Eatery at Indian Head in Manchester alongside DraftKings co-founder and Chief Revenue Officer, Matt Kalish, and former NFL great Rob Ninkovich. DraftKings is the exclusive digital operator for sports betting in New Hampshire (Saturday night, the NE Patriots lost to the Titans, ending their quest this season for another Super Bowl win).

"Sports betting is the right bet for New Hampshire," said Sununu. "We moved fast to get this done by partnering with a world-class company to provide a first-rate customer service experience and the state is poised to dominate the market. The launch of sports betting will also benefit our education system - a win for our kids."

"This is a significant milestone and an exciting moment in the New Hampshire Lottery's evolution, as sports betting represents a major addition to our portfolio of products," said Charlie McIntyre, executive director, New Hampshire Lottery. "We are pleased to be working with DraftKings to introduce our players to a completely new way to win in New Hampshire and to continue maximizing revenue for education in the Granite State. All of New Hampshire and New England is hoping the Governor wins his wager!"

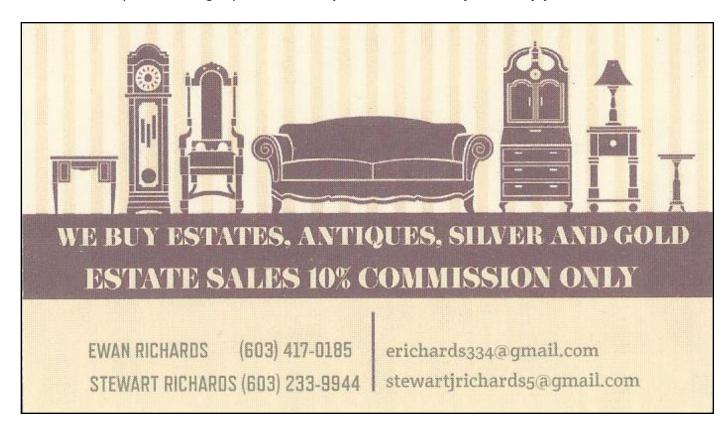
DraftKings' contract with the New Hampshire Lottery was approved in late November by the Executive Council after being selected through a competitive bidding process. As part of the agreement, New Hampshire will receive 50-percent of sports betting revenue, which will support the New Hampshire Lottery's mission to drive funds in support of education in the Granite State.

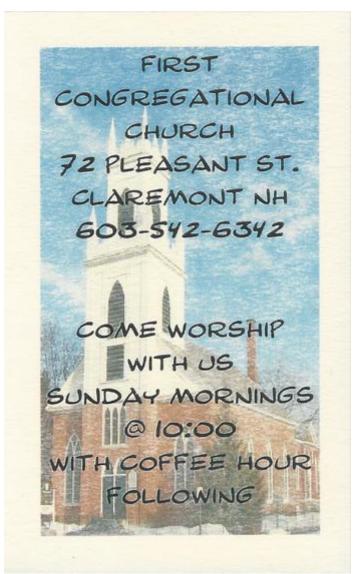
"As a New England-based company, Draft-Kings is honored to launch our American-made sportsbook product in New Hampshire for the start of the NFL playoffs," said Matt Kalish, chief revenue officer and co-founder, DraftKings. "We want to thank Governor Sununu, Director McIntyre and the New Hampshire Lottery for their commitment to launching safe, legal sports betting as soon as possible and we look forward to working with them closely for many years to come."

DraftKings, which is headquartered in Boston, Massachusetts, is set to open an office location in New Hampshire in order to work in closer collaboration with the New Hampshire Lottery. DraftKings will also operate as many as 10 retail sportsbook locations throughout the state.

DraftKings Sportsbook users will see that the app looks the same in all states where sports betting is legal, allowing for a friendly customer-first experience. New Hampshire state laws do not allow wagers to be placed on college teams from the state or college games taking place within state lines. Sports fans can place their bets on the DraftKings Sportsbook app via iOS and Android or online at Sportsbook.DraftKings.com.

For more information and to download the app, visit: https://nhlottery.com/Sports/Mobile-Internet-Sports-Betting.





Protect Yourself Against Long-term Care Costs

If you're fortunate, you'll live independently and in good health throughout your retirement years. However, if you ever needed some type of long-term care, such as a stay in a nursing home, would you be financially prepared?

To answer this question, you may want to evaluate two variables: your likelihood of needing long-term care and the cost of such care. Consider the following:

Someone turning age 65 today has an almost 70% chance of eventually needing some type of long-term care, according to the U.S. Department of Health and Human Services.

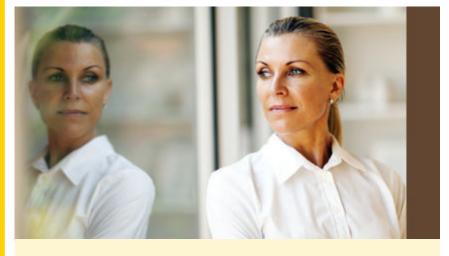
The average cost for a private room in a nursing home is about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to Genworth, an insurance company.

Clearly, these numbers are worth thinking about. If you needed several years of long-term care, the expense could seriously erode your savings and investments. And keep in mind that Medicare typically pays only a small percentage of longterm care costs. Therefore, you may want to evaluate the following options for meeting these expenses:

- Self-insure You could "self-insure" against long-term care expenses by designating some of your investment portfolio for this purpose. However, as the above numbers suggest, you'd likely have to put away a lot of money before you felt you were truly protected. This could be especially difficult, given the need to save and invest for the other expenses associated with retirement.
- Long-term care insurance When you purchase long-term care insurance, you are essentially transferring the risk of paying for long-term care from yourself to an insurance company. Some policies pay long-term care costs for a set number of years, while others cover you for life. You can also choose optional features, such as benefits that increase with inflation. And most long-term care policies have a waiting period between 0 and 90 days, or longer, before benefits kick in. You'll want to shop around for a policy that offers the combination of features you think best meet your needs. Also, you'll want an insurer that has demonstrated strength and stability, as measured by independent rating agencies. Here's one final point to keep in mind: Long-term care premiums get more expensive as you get older, so if you're interested in this type of coverage, don't wait too long to compare policies.
- Hybrid policy A "hybrid" policy, such as life insurance with a long-term care/chronic illness rider, combines long-term care benefits with those offered by a traditional life insurance policy. So, if you were to buy a hybrid policy and you never needed long-term care, your policy would pay a death benefit to the beneficiary you've named. Conversely, if you ever do need long-term care, your policy will pay benefits toward those expenses. And the amount of money available for long-term care can exceed the death benefit significantly. Hybrid policies can vary greatly in several ways, so, again, you'll need to do some research before choosing appropriate coverage.

Ultimately, you may decide you're willing to take the chance of never needing any type of long-term care. But if you think that's a risk you'd rather not take, then explore all your coverage options carefully. There's no one right answer for everyone - but there's almost certainly one for you.

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



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

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Learn About Livestock with 4-H 4-H Animal Science Bonanza January 11, 2020 Walpole Elementary School

Learn more about beef, sheep, goats, dairy cattle, and horses as guest speakers present at this year's Animal Science Bonanza.

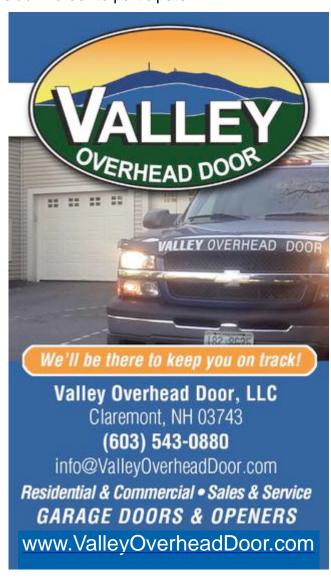
Event details will be posted on the website.

Milk and Cheese Please Special Interest Project (SPIN) February 29, 2020 Newport Middle High School 9:00am - 3:00pm

Come learn about several different kinds of cheese, how cheese is processed, where cheese comes from, handwashing, food safety, knife cutting skills, nutrition, and cooking!

Participants will cook their own grilled cheese lunch and practice some ideas they can use at this spring's Grilled Cheese Challenge at the Makers' Expo on April 18.

Open to ALL youth ages 8 to 18. (Younger youth are welcome with an adult.) Youth do not need to be a member of an existing 4-H club in order to participate.



It's About Food

By Johnny Navillus



When You're Cooking for One

To the person or persons who lost five pounds over the Holidays: You can stop looking. I found them. I am taking good care of them. You're welcome.

I always cook for a minimum of two people, but someone recently pointed out that a lot of people these days cook for one. That started me thinking...

There are several advantages to cooking for one:

You don't have to think about what the other had for lunch. (I had that for lunch. Last week) Too bad. You have a phone.

You don't have to consider the likes or dislikes of another. (I don't like that. I never had that before.) ????????

You can have leftovers. (We had that last night) This is tonight.

You are on your own. (My mother didn't do it like that). Do I look like your mother?

You are on your own. (Your temperature is too high). Really?

You can use fresh mushrooms. (I only like canned mushrooms) Not me.

You can do anything you want. (I wouldn't do it like that). Except for two or three meat loaves a year, you haven't cooked in 25 years.

Disadvantages:

The downside is that you don't get the satisfaction of pleasing someone else. You have to eat alone.

Strange. Seven advantages and two disadvantages. Hmmmm.

There are probably many recipes out there for cooking for one. Probably some cookbooks, too.

Most food items seem to come packaged in amounts for three or more. Those that do fall into the "prepared foods" category and don't count.

What we are left with is buying the smallest amounts of meats or poultry and saving or freezing the leftovers. Just remember to use up refrigerated leftovers within three days. Four at the very most. And don't let your freezer get too full. Save space for frozen yogurt or ice cream.

I really only intended to briefly speak to solo cooking but got carried away. This is a subject that needs to be better addressed. This is one of those things that will end up being googled; I bet there are lots of meal ideas out there for the solo diner and cook.

Someone suggested freezing the leftover tomato paste in an ice cube tray. Good thought. How about in plastic re-sealable bags? You would have to label the bag though.

Play with your food. Even if it's just for you.

With this column, Johnny bids us all goodbye; he is pursuing new interests in addition to his love of cooking. Thank you, Johnny, for your many years of great columns infused with delicious recipes, humor and wonderful tips. Keep playing!

HAPPY NEW YEAR FROM STEVENS ALUMNI ASSOCIATION TO ALL OUR SPONSORS AND **DEDICATED MEMBERS**

The Stevens High School Alumni Association Thanks The Following For Making The 148th Consecutive Reunion Weekend A Success.

Douglas and Carolyn LeBlanc

Beverly Janelle

Richard and Pat Girard Bob and Elaine Stringer Steve Smith – WCNL/Emcee

CCTV/Keith Druhl

Claremont Fire Department Claremont Middle School Band

Claremont Police Department/Traffic control Golden Cross Ambulance Service/Medical coverage Claremont Savings Bank - Parking Lot/Band formations

Country Kitchen Catering/Tonya Gibbs

Custodial Staff: Albie Derosiers, Dale Bunnell, Cliff Blair

Debbie Bond Janet Eno Sonya Lawson Paul Couture David Hale Alyse Crossman Heather Girard Cam Williams

Denise and Tom Liveston

Mary Woodman Wayne McElreavy Parade Judges

Stevens High School Band

Stevens High School A-capella Chorus Priscilla Hull/Rector Methodist Church

Stephen Fitch/Parade photos Claremont History Museum

Parade Committee: Dick Girard, Karen Broussard Allard, Dale Girard

Jr., Ray Bernard, Cam Williams, Heather Girard, Mark Girard, D.J. Girard, Ross Girard, Todd Girard

Cars & Drivers: Steve Lizotte, Stan Woodman, Roger Hamel, Bob Lawson, Lyle Howe, Scott Little, Skip Patten, Roger Chicoine, Sally

Weston, Jerry Moore, Tom Callum and Jim Boisclair

Richard Girard/NHMS Tram

Thomas Blanchette/ N.H. Motor Speedway Sullivan County ATV Club/Steve Wilkie and Staff Sullivan County Sheriff's Department/John Simonds

Women of the Moose/Luncheon Jeff Hewett/Masthead Maine Press

Parade Float Cash Prize Sponsors And Winners

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TO HEATHER GIRARD AND BOB STRINGER CHAIRING THE ANNUAL CHRISTMAS POINSETTIA FUND-RAISER AND TO ALL THOSE WHO BOUGHT PLANTS. TO DOUG LEBLANC, BEV JANELLE, MERLE BOARDMAN, KEN COULOMBE, JAN ENO, BOB STRINGER, BILL TEN-NEY, DOUG HACKETT, AND HEATHER GIRARD

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Kiwanis Club of Claremont

Greater Claremont Chamber of Commerce

Tremont House of Pizza Lambert Auto Sales

NIMMA/National Institute of Modern Martial Arts

North Country Smokehouse Pleasant St Restaurant & Lounge

The Insurance Center Putnam's Colonial Florist Ramunto's Brick Oven Pizza Reed Trucking Services Inc Rivard's Repairs and Sales Revolution Cantina Running Bear Camping Area

Stone House Forge

Stringer Funeral Home Inc. & Crematorium

Town & Country Realty Associates

Valley Regional Healthcare

TO THE ALUMNI MEMBERSHIP FOR THEIR CONTINUED **DONATIONS TO SUPPORT THE PARADE!**

TO ALL THOSE MENTIONED AND TO THOSE BEHIND THE SCENES – A BIG, BIG THANK YOU!!





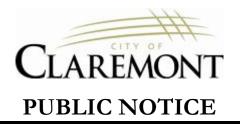




Welcome, 2020!

Claremont-Sugar River Rotary Club invited everyone to the last event of the year — Claremont First Night—to celebrate the New Year with activities all around the City. The evening kicked off at 6 PM on Dec. 31, and ran until midnight. Fun, family-friendly events were scheduled at Arrowhead

Lodge, the Claremont Savings Bank Community Center, Claremont Opera House, Family Fun Zone and Meyer Maple Lanes. Events included activities at Arrowhead, World Under Wonder Interactive experiences, open swim at the CSB Community Center, Imagination Play Ground, Wunderle's Big Top Adventures—Interactive Circus clinics and tricks, Off Broad Street Players and fireworks at 10:00 p.m. from the hill at Arrowhead. Photos: Activities on the basketball court at the CSB Community Center, circus clinic, open swim, tricycle ride and Dylan Eno, 4, enjoying some circus fun (photo courtesy of his grandfather, Vic Eno). All other photos by Eric Zengota.



Boards, Committees and Commissions Vacancies

The City of Claremont is inviting citizens to apply for vacancies which exist on the following volunteer Boards, Committees and Commissions:

Airport Advisory Board	
Board of Appeals	5 Vacant Seats
	3 Vacant Alternate Seats
Board of Assessors	1 Vacant Seat
	1 Vacant Alternate Seat
Claremont Community Television Board of	4 Vacant Seats
Directors	
Claremont Development Authority	
Claremont Housing Authority	2 Vacant Seats
Claremont Planning Board	1 Vacant Seats
	2 Vacant Alternate Seats
Claremont Police Commission	
Conservation Commission	1 Vacant Seat (City Council Rep)
	4 Vacant Alternate Seats
Energy Advisory Committee	1 Vacant Alternate Seat
Fiske Free Library Board of Trustees	1 Vacant Alternate Seat
Frances Tolles Home Board	1 Vacant Seat
Historic District Commission	3 Vacant Alternate Seats
MT Ascutney Region River Subcommittee of	2 Vacant Seats
the CT River Joint Commission	2 Vacant Alternate Seats
Parks & Recreation Commission	1 Vacant Seats
	4 Vacant Alternate Seats
Personnel Advisory Board	
Policy Committee	2 Vacant Seats
TIF Downtown Advisory Board	5 Vacant Seats
Trustees of Trust Funds	
Upper Valley Lake Sunapee Regional Planning	1 Vacant Seat
Commission	
Zoning Board of Adjustment	

Seats for Future Availability:

Claremont Planning Board	3 seats expire $3/31/2020$
Conservation Commission	1 seat expires 3/31/2020
Upper Valley Lake Sunapee Regional Planning	1 seat expires 3/31/2020
Commission	
Zoning Board of Adjustment	3 seats expire 3/31/2020

Call deForest Bearse at 504-0341 or stop by the Visitor Center at 14 North Street to find out how you can volunteer, or go online to www.claremontnh.com/government/boards-and-committees. 1/3/2020