

e-Ticker News of Claremont

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**Mayoral Notes:
Community Driven
Energy Solutions;
Page 14**

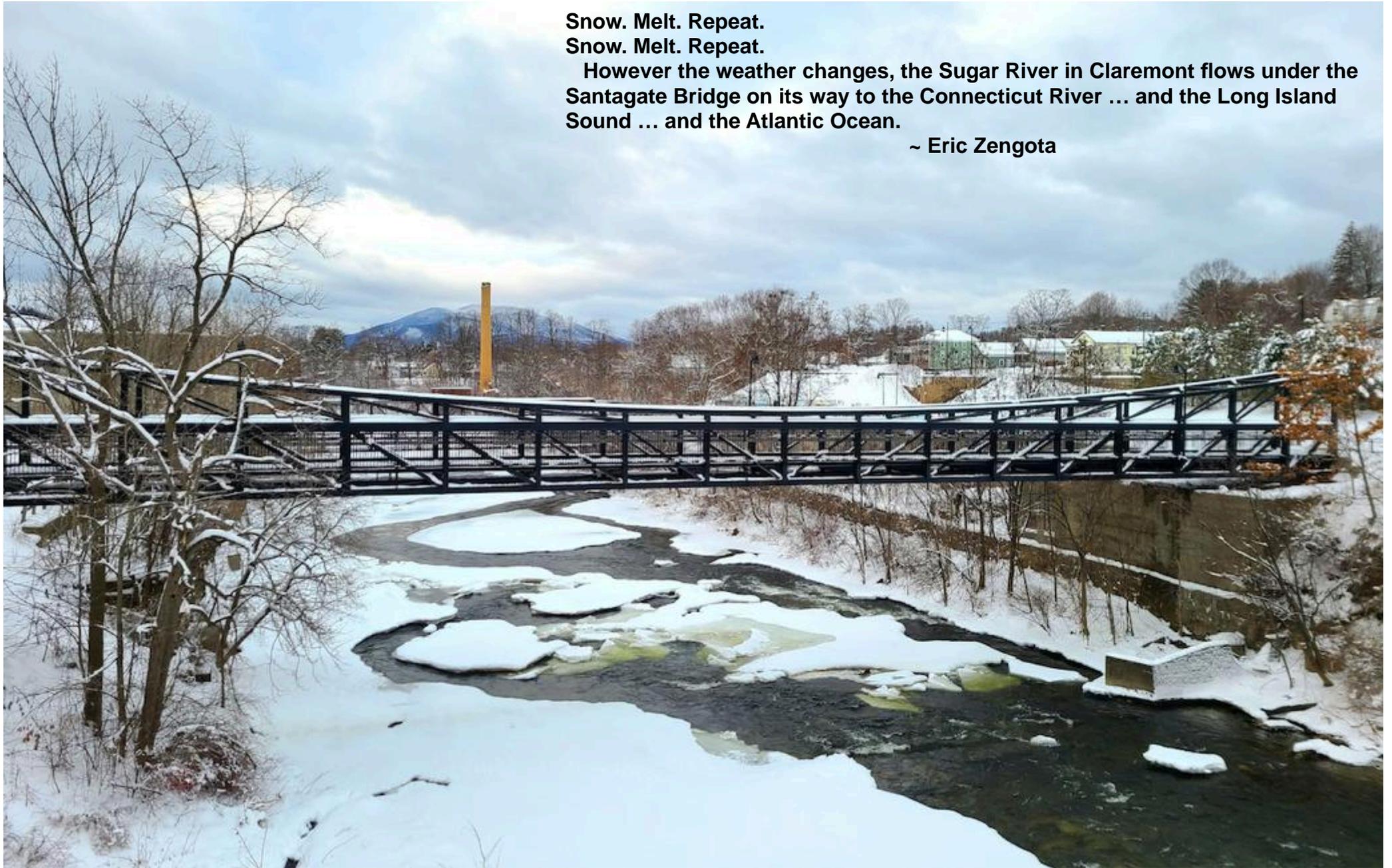
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February 8, 2021

Snow. Melt. Repeat.
Snow. Melt. Repeat.

However the weather changes, the Sugar River in Claremont flows under the Santagate Bridge on its way to the Connecticut River ... and the Long Island Sound ... and the Atlantic Ocean.

~ Eric Zengota



3 File for 3 Opening Seats on Claremont School Board

**By Phyllis A. Muzeroll
e-Ticker News**

CLAREMONT, NH—In an unusually quiet year for the Annual Claremont School District

meeting and filing period for opening seats on the school board, nary a blip registered on the radar.

On the board side of things, only three

people filed for the seats that are opening this year. They include Heather Whitney, a current member who is running for re-election; Steven

(Continued on page 13)

Award Ceremony Honors Lebanon Police Officer Following Emergency Call

On February 3, Lebanon Senior Police Officer Jeremy Perkins received the Meritorious Police Service Award. The award recognizes Perkins for responding to an emergency call of a suicidal male who had cut his throat with a knife and was in need of medical attention. Perkins was the first to arrive on scene and immediately began speaking with the male and was able to build a rapport and de-escalate the situation until the male agreed to comply and surrender the weapon. Lebanon Police Officers are trained in Crisis Intervention, which played an important role in ensuring a successful outcome during this incident. Lebanon Police Chief Richard Mello presented the award to Perkins (Courtesy photo).



Virtual Instructors Wanted

CLAREMONT, NH—Claremont MakerSpace is looking for people with a passion for STEAM (science, technology, engineering, art and math) subjects to offer virtual learning classes to its enthusiastic community of makers, including adults, students and children. “We have offered a large variety in the past and look to continue and expand these. Pay is \$36 per class hour.

If interested, please contact Brendan at brendan@claremontmakerspace.org to learn more.”

NH Lottery Numbers

02/06/2021

NH PowerBall

1 16 48 49 65 8

NH Mega Millions 02/05/2021

14 17 28 29 44 2

Tristate Megabucks 02/06/2021

19 29 31 34 36 3

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

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FORWARD THINKING

Fiber Optics

Celebrate American Heart Month by embracing more fiber in your diet.

According to the National Institutes of Health, most people consume less than half of the recommended amounts of fiber, despite the health benefits that come with it. Those who have diets rich in fiber are more likely to manage their weight, and have better control of their cholesterol, blood pressure and blood sugar levels. Over a lifetime, this may result in significant benefits to your heart, along with a decreased risk of diabetes and some cancers.



THE HEART OF THE MATTER

It couldn't be easier to tell which foods provide fiber. It comes from plants. You won't find any fiber in animal products such as meat, eggs or dairy (not that those foods don't have any benefits). If you're seeking out minimally processed plant foods like fruits, veggies, whole grains, nuts, seeds and beans, you can be confident that you are getting a good amount of fiber. But not all fibers are created equal. There are actually two main types of fiber: soluble and

insoluble. Most whole plant foods contain a mix of both, but some foods contain more of one than the other. Both have their benefits:

- **Soluble fiber** is the type most beneficial to your heart. This type of fiber dissolves, becomes a gel and absorbs water and cholesterol in the stomach, slowing down digestion and decreasing fat absorption. This action supports your heart health by lowering cholesterol levels, increasing feelings of fullness and regulating blood sugar.
- **Insoluble fiber** is the type of fiber that does not dissolve in water, but acts more like a cleaner, sweeping waste out of your body. This action helps to keep you regular, preventing constipation, and long term, may reduce the risk of colorectal cancer.

GET YOUR FILL OF FIBER

The Institute of Medicine recommends men and women, aged 50 or younger, consume at least 38 grams and 25 grams of fiber a day, respectively. If you're over the age of 50, recommendations for men change to 30 grams and for women to 21 grams a day. Foods that are most rich in soluble fiber include acorn squash, navy beans, bran cereal, avocados and chia seeds (among many others). Foods that are most rich in insoluble fiber include cauliflower, split peas, wheat bran, raspberries and pine nuts. For more information on high fiber foods and diet plans, check out webmd.com and mayoclinic.org (search word: fiber).



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Commentary

NH House Happenings

By Rep. John Cloutier



The Mission of The NH DOT

Nearly 10 days ago I personally participated in my first House committee meeting since the COVID-19 pandemic closed the State House Complex to all representatives, senators, staff members, & visitors in March 2020. The committee meeting was conducted in a vastly different manner than my last in-person committee meeting.

The Jan. 28 meeting of the House Public Works & Highways Committee included public hearings on five different House bills, followed by executive sessions in which the committee approved recommendations on all five to the full House which should be taken up by the House within the next few weeks. The five-hour meeting then concluded with an afternoon briefing by New Hampshire's DOT (Department of Transportation), the state government agency with which my committee mostly deals. A total of nine committee members, including myself, personally participated, with the 14 other representatives who are members, participating via Zoom.

However, committee members personally attending Jan. 28 had to wear masks upon entering the State House Complex, submit to temperature and health screening checks, as well as stay at least six feet from all other representatives, state senators, and legislative staff. We walked to committee rooms that were converted into double rooms so as to enable our committee seats to be further apart in an effort at continued social distancing. Also air purifiers and hand sanitizer dispensers were installed in the committee rooms. Furthermore, most of the oral testimony on the five bills heard by my committee that day was done virtually via digital platforms like Zoom, except for the testimony on two bills. The two testimonies were personally presented by Bedford Rep. John Graham, who is not only a committee member, but is the Public Works & Highways Committee Chair this term.

Once committee members were in their chosen seats, they were permitted to remove masks for so long as they remained seated. While several Public Works members present at their seats did remove their masks, I was one of those who did not for reasons of better protecting my health. In fact, the only time I removed my mask while seated was to eat lunch during a break between the morning and afternoon segments of the meeting, a break in which only two other committee members remained in the room more than six feet apart. I decided to personally attend the Jan. 28 meeting because as the committee's Ranking Democrat, I believed it was important to monitor what happened during the meeting, monitoring that would have been more difficult if I had attended via Zoom.

After hearing our five assigned House bills, Public Works shortly thereafter held executive sessions on all five measures that same day so as to make its committee recommendations, an action allowed un-

der the new House rules for the 2020-2022 Term as approved by the Republican majority which controls the House this term. During the previous 2018-2020 Term when the House was controlled by Democrats, committees were not usually permitted to hold executive sessions on measures the same day as their public hearings unless they were noncontroversial naming bills for special days, manmade structures, or natural features, or there was a legislative emergency. Of the five bills heard Jan. 28, the committee decided to recommend the passage of one, the rejection of two, and the retention of the other two for more scrutiny because of the subjects involved.

More specifically, the two measures Public Works voted to retain were House Bills 122 and 595, which would respectively authorize capital appropriations for state rail lines as well as the preservation and digitalization of New Hampshire Supreme Court records between 1849-1977. The appropriations are likely to be incorporated in the state's new capital budget, traditionally known as House Bill 25, which our committee will work on during the next two months. The two rejected measures were House Bills 74 and 114 that respectively deal with the one remaining Merrimack toll booth as well as highway traffic sound barriers. Both were rejected because of the negative financial impact the two could have on the New Hampshire Highway and Turnpike Funds. The one measure recommended for passage by a unanimous majority of the committee was House Bill 305, which would allow the placement of more essential motorist service signs under certain conditions along limited access highways in the southern part of our state. This "blue sign" bill is sponsored by Durham Rep. Timothy Horrigan, a Democrat.

For readers' information, the public hearings and executive sessions on the just-listed five bills occurred during the morning segment of the Jan. 28 meeting. During the afternoon segment, New Hampshire DOT, under the leadership of Commissioner Victoria Sheehan, gave the committee an approximately 90-minute presentation on the Department. The title of the presentation, "DOT 101" was basically an overview and summary of this vital state agency.

First, Commissioner Sheehan's presentation stated that DOT's Mission is "Transportation excellence enhancing the quality of life in New Hampshire." The presentation then explained the Mission Statement in two sentences: "Transportation excellence in New Hampshire is fundamental to the state's economic development and land use, enhancing the environment, and preserving the unique character and quality of life. The Department will provide safe and secure mobility and travel options for all of the state's residents, visitors, and goods movement through a transportation system and services that are well-maintained, efficient, reliable and provide seamless interstate and intrastate connectivity."

Commissioner Sheehan's presentation continued by outlining some key facts about New Hampshire DOT. First, the Department presently has 1,650 employees to carry out the just-stated mission, a large number, but actually 17 percent less employees to carry out this same mission today than in comparison to 1992. Second, DOT must main-

(Continued on page 5)

Rep, Cloutier, from page 4

tain 4,606 centerline miles of road in New Hampshire, including 100,000 highway signs, 75 million feet of stripping, 440 traffic signals, and 2,161 state bridges. Third, it must maintain or help maintain over 195 miles of active state-owned rail lines, 25 public-accessible airports, as well as 11 local public transit systems. Fourth, for the most previous fiscal year, Fiscal Year 2020, which began July 1, 2019 and ended June 30, 2020, DOT spent a total of \$681 million with \$419 million of this total going for municipal highway aid as well as actual road and bridge construction costs. Meanwhile, \$262 million of the same total went for spending on employee salaries and benefits as well as supplies and light equipment. Money for the \$419 million expenditure came from various sources, including 46 percent from the federal government, 22 percent from the Highway Fund, 16 percent from the Highway Fund, 1 percent from the General Fund, and 15 percent from other sources. I plan to write about more DOT facts which should be illuminating. Additionally, I plan to review what Commissioner Sheehan and her division heads believe are the key issues and challenges for Department and its mission over the next few years.

Finally, congratulations to Charlestown Rep. Steven Smith, who was appointed Deputy House Speaker by Speaker Sherman Packard. Rep. Smith, a Republican lawmaker, who formerly served as House Transportation Committee as well as Sullivan County Delegation Chair, will preside over the House whenever Speaker Packard is unavailable, and traditionally has the task of determining to which committees all legislation will be referred, among other responsibilities. A well-deserved appointment, in my opinion. He joins four other Sullivan County representatives who have House leadership positions in the 2020-2022 Term. The four include George Mills Rep. Linda Tanner, who is a Democratic Policy Leader, Acworth Rep. Judy Aron, who is the Environment & Agriculture Committee Vice Chair, as well as Grantham Rep. Brian Sullivan and myself, who respectively are the Ranking Democrats for the Labor, Industrial, & Rehabilitative Services and Public Works Committees. **Email: joeloutier@comcast.net.**

Letter to the Editor

Representative's Comments "Demeaning and Elitist"

To The Editor:

In case you missed it, local State Representative Linda Tanner (D-Georges Mill) representing District Nine (FLOTERRIAL): Cornish, Croydon, Grantham, Newport, Plainfield, Springfield, Sunapee and Unity, testified on an Education Committee bill (HB349) by implying that nurses with associate degrees from community college aren't qualified to serve as school nurses. HB349 is proposed legislation that would allow schools to hire nurses with associate degrees [AD] rather than the current bachelor's degree requirement.

Tanner stated, "I don't know about you, but when I'm in the hospital and a nurse walks in the room I don't want just some 'Jeannie Smith off the sidewalk' that's maybe taken two years at a community college with basic education and I have something that's very technical."

Of course, she is now claiming her demeaning and elitist comment was "taken out of context", but we all see exactly what she thinks of community college training and credentials. She claims to be pro-education and routinely demands taxpayers shell out more money for education, yet she disparages the curriculum of our nursing programs by inferring they are not rigorous enough to produce people capable enough to care for her.

Nursing professionals and educators across the state came out to defend their programs and their capable and qualified graduates and students against these disparaging remarks. Their graduates have gone on to work in our hospitals, nursing homes and health centers. They are the work horses and backbone of our healthcare system. They care for our loved ones every day and are dedicated individuals. They go on to pursue higher degrees and further training. They are in high demand and they do not deserve the kind of unappreciative comment from this state lawmaker.

As Sullivan County Republican Party Chair, I think it is high time the voters in her district recognize that change is needed. It truly is a shame they did not choose Margaret Drye in November. So for all of you "Jeannie Smith's" out there who work hard studying to get your associate's degree, in community colleges across NH, just remember on election day in 2022 that you're not good enough or qualified enough for Rep. Tanner.

Michael Aron, Chair, Sullivan County Republican Committee

Editor's Note: The full meeting during which Rep. Tanner spoke may be viewed at https://www.youtube.com/watch?fbclid=IwAR3Rnawggy_r-BGHIBJIAeeqtOP-BlqODe4whXF3cjzjfcAggDSuObwBvD-4&v=byME6vPFS3U&feature=youtu.be. The comments in question begin at about the 55-minute mark.

Shaheen, Tillis Reintroduce Bipartisan Bill to Increase Emergency Funding for Rural Water Systems

WASHINGTON, DC— U.S. Senator Jeanne Shaheen (D-NH) reintroduced bipartisan legislation with Senator Thom Tillis (R-NC) to provide rural communities under economic strain during the COVID-19 pandemic with emergency assistance to repair, modernize and renovate failing water infrastructure. The Emergency Assistance for Rural Water Systems Act would provide \$1 billion in emergency grants, low- and zero-interest loans and loan forgiveness for struggling small and rural water and wastewater systems across the nation.

Small rural water and wastewater systems lost billions of dollars last year, with over 80% of small water systems in New Hampshire reporting decreased revenues since the pandemic, according to the Rural Community Assistance Partnership (RCAP). As the financial impacts of the COVID-19 pandemic continue, it is estimated 30 percent of systems cannot last more than six months under current financial conditions.

Protect Yourself from COVID-19 **Vaccine Scams:**



Any representation that a COVID-19 vaccination can be provided quickly in exchange for money or personal identifiable information is a scam.

You will **NEVER** be asked:

- For payment in any form to reserve a vaccine for you or another person
- For payment in any form to schedule an appointment for yourself or another person
- To provide confidential information (such as a social security number, bank or credit card information) to reserve a vaccine or appointment
- To provide cash, money orders, gift cards, or another form of payment to secure your access in any manner to a COVID-19 vaccine



Visit nh.gov/covid19 to learn about updates related to the vaccine and for all other COVID-19 related information.



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NH DHHS COVID-19 Update – February 7, 2021

CONCORD, NH – On Sunday, February 7, 2021, DHHS announced 362 new positive test results for COVID-19, for a current PCR test positivity rate of 2.7%. Today’s results include 249 people who tested positive by PCR test and 113 who tested positive by antigen test. There are now 3,661 current COVID-19 cases diagnosed in New Hampshire. Of the results reported Sunday:

2/5: 19 new cases today, for an updated total of 339 cases

2/6: 343 new cases

Test results for previous days are still being processed and the total number of new positives for those days are not yet complete. Several cases are still under investigation. Additional information from ongoing investigations will be incorporated into future COVID-19 updates. Of those with complete information, there are forty-nine individuals under the age

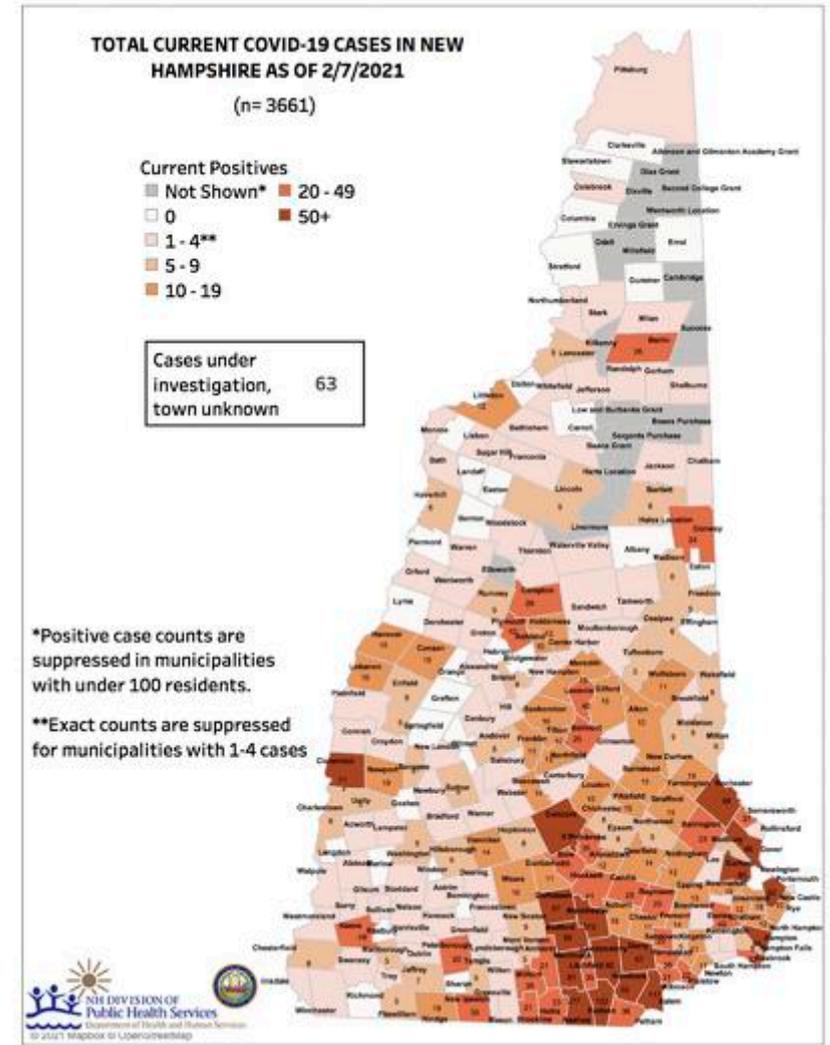
of 18 and the rest are adults with 46% being female and 54% being male.

The new cases reside in Rockingham (79), Hillsborough County other than Manchester and Nashua (60), Strafford (46), Merrimack (29), Grafton (23), Cheshire (14), Sullivan (12), Belknap (11), Carroll (8), and Coos (8) counties, and in the cities of Manchester (38) and Nashua (26). The county of residence is being determined for eight new cases.

Community-based transmission continues to occur in the State and has been identified in all counties. Of those with complete risk information, most of the cases have either had close contact with a person with a confirmed COVID-19 diagnosis or are associated with an outbreak setting.

As of Sunday, there were 71 positively identified cases in Claremont and 126 in Sullivan County.

DHHS has also announced six additional deaths related to COVID-19: 1 female resident of Cheshire County, 60 years of age and older
1 female resident of Coos County, 60 years of age and older



1 female resident of Hillsborough County, 60 years of age and older
2 male residents of Merrimack County, 60 years of age and older
1 female resident of Strafford County, 60 years of age and older

There are currently 186 individuals hospitalized with COVID-19. In New Hampshire since the start of the pandemic, there have been a total of 68,379 cases of COVID-19 diagnosed.

COVID-19 Hotline

211NH has been mobilized to handle all COVID-19 related calls from New Hampshire residents. All residents with questions or concerns regarding COVID-19 can call 2-1-1.

Case Reported at SHS

Sunday evening, the Claremont School District was informed of a confirmed case of COVID-19 at Stevens High School. In order to complete contact tracing, SHS was to have a remote learning day today, Monday, February 8, school officials reported Sunday evening.

Geographic Distribution* of COVID-19		Infections		Hospitalizations		Deaths	
		Persons	% of Total	Persons	% of Total	Persons	% of Total
Belknap	Total	2,929	4.3%	31	2.9%	90	8.2%
Carroll	Total	1,555	2.3%	22	2.1%	6	0.5%
Cheshire	Total	2,329	3.4%	19	1.8%	21	1.9%
Coos	Total	1,194	1.7%	9	0.9%	31	2.8%
Grafton	Total	2,120	3.1%	16	1.5%	16	1.4%
Hillsborough	Manchester	9,099	13.3%	255	24.1%	192	17.4%
	Nashua	5,989	8.8%	119	11.3%	74	6.7%
	Outside Manchester and Nashua	11,421	16.7%	188	17.8%	293	26.5%
	Total	26,509	38.8%	562	53.2%	559	50.6%
Merrimack	Total	6,911	10.1%	92	8.7%	100	9.1%
Rockingham	Total	16,694	24.4%	244	23.1%	191	17.3%
Strafford	Total	5,929	8.7%	46	4.4%	68	6.2%
Sullivan	Total	1,205	1.8%	14	1.3%	17	1.5%
Unknown	Total	1,004	1.5%	1	0.1%	5	0.5%
Grand Total		68,379	100.0%	1,056	100.0%	1,104	100.0%

Data as of: 2/7/2021

COVID-19 Roundup

Sullivan County Facilities

NEWPORT, NH—On Friday, County Manager Derek Ferland reported the following COVID cases numbers to the e-Ticker News for the County Home and the Corrections facilities:

Nursing Home:

- Residents:
- 84 total cases
- 79 active
- 5 deaths
- Staff:
- 46 total cases
- 33 returned to work
- 11 active
- 2 resignations

Jail:

- Inmates:
- 37 total cases
- 31 active
- 6 recovered
- Staff:
- 13 total cases
- 7 active
- 6 returned to work

Vaccine Update

Thursday, state officials addressed issues that residents have been having when trying to sign up for the second dose of the COVID-19 vaccine. Many who have had their first dose of the vaccine have been unable to schedule appointments for the second dose using the federal system. The state is now working on its own scheduling system. For those who have received a first dose and are still having problems scheduling a timely second dose, more appointment times are still being added, said

the governor. He said anyone who can't find a good day when logging into the federal VAMS system should try again in the next day or two.

Gov. Sununu also said on Thursday that starting this past Sunday, those who receive the first dose of the vaccine will get a card that specifies which vaccine they received and the day they will receive their second dose. He said the new process will ensure that the second dose is scheduled before the person leaves their vaccination site.

As of Thursday, 148,000 doses have been administered in NH: 110,000 1st doses and 38,000 2nd doses. The number of doses coming into the state on a weekly basis is ticking up, to approximately 20,000 this past week. Small increases are expected to continue, with the state expecting to receive 21,475 doses this coming week.

Many local residents reported that they, too, had encountered frustrating issues when it came to signing up for the second dose of the COVID-19 vaccine.

On the e-Ticker Facebook page, some of the comments related to the question on how the process had gone included the following:

"Vaccination process itself was flawless. Signing up for second vaccine was awful. A full 8 weeks out. Have to cancel appt to try to get one earlier. Spent 3 hours on Tuesday trying to find an appt closer to when it should have been. No appts available in Claremont. Have to travel to Keene for second vaccine."

"First dose was great! Easy! First time signing up for the second dose, although a little longer wait, still easy, but lack of time/dates, which was to be expected. Then the email telling us to delete and pick a sooner date. Yeah. Not likely to happen. Once I cancelled the soonest date was more than 20 days past my original 2nd appointment, yet others were showing dates sooner."

So after a total of 7 hours on hold I was told to be patient and keep refreshing. I'm glad I wasted about 48 hours of my life trying to refresh a page. Thanks for the non helpful advice. Also, and I'll say this loud for the people in the back.... IF YOU ARE UNABLE TO SCHEDULE AN APPOINTMENT FOR SOMEONE YOU SHOULD NOT HAVE A PROMPT TO SCHEDULE AN APPOINTMENT!!! I certainly would have not wasted my time on hold."

"Signed up for the first dose, no problem at all. Although it is not until the beginning of March."

"Nope! I can't even get a call from the State! My physician didn't include my email and I was told by the 211 operators it would be 3-5 business days. That was Jan 22...spoke to them yesterday and they said we have no idea when the state will call! This is a mess!!"

"I'm suppose to have shot in March...But if they aren't giving appointments for the second shot right then and there..forget it...I'll wait."

"Still haven't gotten an appointment for the first vaccine. Got an email saying that I should sign up online because I was in the 1B group. Tried to sign up online and got a message saying they have to be contacted by DHMC first. Got an email from DHMC saying they contacted the state and the State will contact me to set up appt in 5 days. Never heard back from the state. That was on 01/23/21."

"First shot on 1/13. Second scheduled for next week. Both at RVCC Claremont. Keep checking to ensure appointment for second shot doesn't go away with the roll out of the new state system the governor is rolling out. No issues so far."

"The second shot scheduling was crazy, but VAMS is doing better now. Also 211 is overwhelmed with calls."



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OF
CLAREMONT



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Classified Ads



The Claremont Opera House is seeking an experienced **Office Manager** to help the COH through this year of reduced capacity and prepare for future growth. The successful candidate will report to the Executive Artistic Director, Andrew Pinard, and work closely with him and other staff and stakeholders to carry out the following responsibilities:

1. Manage accounts receivable from renters, sponsors, advertisers and other debtor accounts.
2. Verify and record revenues and fees from weekly ticket orders; process daily as volume requires.
3. Manage accounts payable to performers, utilities, licenses and other creditors.
4. Manage Quickbooks database and work closely with the Executive Director to administer the budget, highlighting financial discrepancies when they occur.
5. Process expense submissions, reconcile checkbook and monthly accounts, and prepare financial reports as required.
6. Manage payroll and taxes with contracted accounting companies.
7. Partner with the Executive Director to prepare grant submissions and if successful, administer the grant requirements.
8. Maintain mailing lists of patrons and business supporters.
9. Oversee petty cash and ensure it is available for shows and concessions.
10. Pick-up and record physical mail and box office voice messages.
11. Manage COH filing system, binders and archive of records.
12. Assist with other office duties when necessary (i.e. mailings, meeting logistics, etc).
13. Coordinate and maintain media campaigns to include: COH website, third-party calendars, Constant Contact, Facebook, Instagram, and Twitter.

Experience with not-for-profit organizations, QuickBooks accounting software, and social media/promotion preferred.

Position will be part time 15 hours per week to start, with expanded hours set by the Executive Director depending on workload, funding and on the full reopening of NH performing arts venues. Pay will range from \$15-20 per hour depending on prior experience. Once the COH is operating at full capacity, a yearly salary can be negotiated vs hourly wage.

Resumes should be emailed to Andrew Pinard at andrewp@claremontoperahouse.org by **5pm EDT on February 16, 2020**. Questions about this position can also be sent to Andrew.

Classified Ads

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CLAREMONT - Near Maple Ave School. 3 bedrooms, updated 1st floor bath, plenty of cabinets and counter space. Finish off a basement room to do whatever you wish. From the large back deck, you'll see the back playground and street behind the school. Great location for learning to ride a bike! **MLS# 4845721 for more photos & info. \$139,000.**



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CLAREMONT

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Nice layout, with sliders that take you to the side-fenced yard. Four bedrooms, open concept living and kitchen area. Simple living on one level. Walking distance to downtown shopping and parks.

\$125,000

CLAREMONT Energy Advisory Committee PUBLIC Meeting

Tuesday, February 16, 2021 6:00 PM – 7:30 PM

Due to the COVID-19 Pandemic, the City suggests citizens participate in this meeting by ZOOM. Join the ZOOM Meeting online at: <https://us02web.zoom.us/j/84652192911?pwd=S25ZWnhz-Ykd6UWRIRFBTN2NoOG04Zz09>

Passcode: 142713 By Phone: US: +1 646 558 8656 Webinar ID: 846 5219 2911

If there is a problem getting through to the above number, please call 603-504-0341

PUBLIC NOTICE Conservation Commission MEETING

Thursday, February 18, 2021 6:00 PM

Via Zoom

Gary Dickerman, Chair

*Due to the COVID-19 Pandemic, the City is suggesting citizens participate in this meeting by Zoom.

Join Zoom Meeting Online at: <https://us02web.zoom.us/j/88264274790?pwd=dEU0YVNReHpGanVh-clczV115UEgxZz09>

Passcode: 176217 by Telephone: 1 646 558 8656 Webinar ID: 882 6427 4790

If there is a problem getting through to that number, please call 603-504-0341.

EVERY TUESDAY

Storytime at the Meriden Library

10 am, Virtual

Join us on Zoom for stories and songs for young children.

Email mary.king@plainfieldlibraries.org for the link.

Classified Ads

PRAYERS

ST. JUDE'S NOVENA

May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us.

St. Jude, helper of the hopeless, pray for us. Say this prayer 9 times a day. By the 8th day your prayer will be answered. Say it for 9 days. It has never been known to fail. Publication must be promised.

Thank you, St. Jude.

M.D.

Twin State Innovation - Virtual Networking Event

CLAREMONT, NH—A free Claremont MakerSpace event for entrepreneurs, innovators, and the community.

Everyone plays a role in launching new ideas, supporting existing businesses, and growing entrepreneurship in the region.

Second Tuesday of every month
8:00 - 9:00 a.m.

Via Zoom.us

Webinar ID: 878 1479 0299

Passcode: 241464

Contact jared.reynolds@unh.edu or 603-796-2151

or rvinduska@claremontnh.com or 603-504-0344.

Visit this link for more information:
<https://claremontmakerspace.org/events/#!event/2021/2/9/twin-state-innovation>.

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2021

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Recovery Services Find Their Way As Country Marks a Year Dealing With Pandemic

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—No part of life, no one, no business, no service has not been affected by the COVID-19 pandemic. The past year has been a time of struggle, loss and angst as the country tries to find its way out of the crisis.

Isolation and lack of social interaction has been hard on most people, but for those in addiction recovery, face-to-face, being with another person, maybe just talking over a cup of coffee, is paramount to staying on course. In a world where virtually everything has gone, well, virtual, the challenge of adjusting to this nearly-all tech world has been difficult for all ages. And an ongoing learning experience.

One of the chief things that Dan Wargo, program manager at The Center for Recovery Services, said they have learned is “how to better use technology to reach the people we serve, especially the younger generation of people; they’re all good with virtual and doing things over the phone or conference calls. For some other people, it doesn’t work for them.”

The service is a program of the TLC Family Resource Center.

Wargo said they continue working on better ways to reach everyone. “We’re working it out, we encourage people to engage with us over Zoom or the phone, and we still provide the option of doing it in person, as long as they’re doing the safety practices, masks and social distancing.”

When Sullivan County starting getting an influx of COVID cases, particularly last month, Wargo said that 50 percent of staff was working from home with 50 percent working from the Recovery Center. “People have relapsed in our community,” he said, as has happened across the country since the pandemic began, “so we’re busier than we’ve ever been.” Wargo said he he’s not sure “things will ever go back to what they used to be.” For him, he’s not sure what normal was with his job anyway; he started his position a year ago this month, when the pandemic began hitting the country and the state. “I’m not sure what normal is working through a pandemic,” he said. But he knows that he would rather be able to focus on in-person support as much as possible. “There’s just a lot missed when you’re trying to engage on the phone or in Zoom.” He



added, “The growth really happens with the in-person support, that’s what happened for me and I know that’s when it happens for a lot of people, sometimes just sitting down in a kitchen over a cup of coffee. The encouragement, the support, a lot is missed when you’re just looking through a screen.”

Wargo said that “We’re not clinical, we do things on a peer-to-peer level. Communication, intimacy, it’s that kind of relationship; there’s a higher chance that things will be missed without that. There’s a lag time, sometimes you lose internet service during online sessions. But I appreciate my team’s efforts through this.” Right now, he said, they, a team of four, are serving twice as many people compared to when he started a year ago.

It’s that sense of community, those connections, that help to fill the void in people’s lives. When those things are taken away, drugs often come back to fill the emptiness caused by isolation, boredom, a lost job.

Currently, the Recovery Center is adding some new programs, including a hybrid group of in-person with safety practices in place coupled with virtual participants. One new offering is the:

All Recovery Meeting

Come experience recovery support in a safe, nonjudgmental environment that honors all pathways to recovery. In the All Recovery meeting we emphasize the hope and healing of recovery, and how it has changed our lives, as we each walk our own path to recovery. All pathways to addiction recovery are welcome! Please be prepared to wear a face mask and practice social distancing. Every Friday 7:30-8:30pm (Starting Feb. 12th)

For more information on the Center’s in-person and online support groups, <https://centerforrecoveryresourcesnh.weebly.com/support-groups.html>. Other information may be found at <https://centerforrecoveryresourcesnh.weebly.com/>.

They may also be found on Facebook at <https://www.facebook.com/recoveryresource-center/>.

They are located at 1 Pleasant Street, Suite 104, Claremont. The phone number is (603) 287-7127.

SHS Alumni Looking for Float Participation Confirmation

Dick Girard, parade chairman for SHS Alumni Weekend, is asking classes that registered for last year’s parade to contact him about this year’s event.

“I have classes that registered for last year and I have to get in touch with them to see if they still plan to participate, but if they are not going to participate, that will free up the theme they chose last year. We don’t allow duplicate themes, but I want to make sure that the classes that picked last year and still plan on participating keep their choice.”

Due to COVID-19, this year’s parade has been moved to October 2nd. Girard may be contacted at (603) 543- 6398 (cell), or email dick@goldencrossamb.com.

The line-up will consist of the 2020 portion which includes the parade marshal, prom king and queen and the graduating class of 2020 on their trailer, followed by anniversary years ending in 0 and 5; this will roll out first. The second portion will consist of 2021, the parade marshal, prom king and queen and anniversary years ending in 1 and 6 and will form on South St. toward Chestnut. “We welcome any and all non-anniversary years to participate in our 150th alumni reunion,” said Girard.

As a reminder, the 2020 theme is “Board Games”, but these classes are welcome to use the 2021 theme of “SHS Alumni Proudly Presents our 150th Reunion Celebration”, which can be anything from 1871 through 2021.

www.facebook.com/etickernews

Board, from page 1

Horsky who was on the board previously a few years ago but resigned; and Joshua Lambert. Not seeking re-election are Jason Benware and Rebecca Zullo.

Also filing for district offices were Tracy Pope, Moderator; and Mary Woodman, Clerk.

On Monday night, Feb. 1st, the district held an online virtual information session to discuss the procedures used for the Annual Meeting and to go over the School District Warrant. The public was invited to access the online meeting in a variety of ways and to review the warrant, agenda and minutes for approval. Registered voters were also invited to submit comments, concerns, and requested amendments to the district between Feb. 1st and Feb 4, when the second session of the Annual Meeting was set to be held, also virtually.

At the Feb. 4th meeting, which lasted about 12 minutes, the two warrant articles were reviewed: the first being the Election of School District Officials to elect a Moderator, District Clerk, and District Treasurer, each for a one (1) year term, and THREE (3) School Board members, each for a three (3) year term.

Article Two, also reviewed, is the main budget and reads as follows:

*Shall the Claremont School District raise and appropriate as an operating budget the amounts set forth on the budget posted with the warrant or as amended by vote of the first session and second session, for the purposes set forth therein, totaling THIRTY SEVEN MILLION SEVEN HUNDRED EIGHTY FIVE THOUSAND FOUR HUNDRED SIX DOLLARS? (\$37,785,406)? Should this article be defeated, the default budget shall be THIRTY SEVEN MILLION SEVEN HUNDRED SIXTY TWO THOUSAND THREE HUNDRED NINETY EIGHT DOLLARS. (\$37,762,398) which is the same as last year, with certain adjustments required by previous action of the Claremont School District or by law, or the governing body may hold one special meeting, in accordance with RSA 40:13, X and XVI, to take up the issue of a revised operating budget only.
(Majority vote required)
(The School Board Recommends this Article).*

There were no comments, concerns or requested amendments for either article from the public.

"We're excited to follow up [on] our work on the strategic plan," said superintendent Mike

Tempesta, and on the district's goals, he said, including increasing student focus on learning, recruiting and retaining the "best and the brightest" staff, expanding safety efforts and creating in-district programs for special ed and other learning.

While some areas of the budget saw an increase, others saw a decrease, such as a large decrease in maintenance, due to improvements made at various schools. One-time money from the state last year was used to address many of the capital improvement issues. Other savings are coming from staff reductions through attrition and not filling certain positions but combining duties, thus enabling the district to reduce staff. CARES dollars have also been "heavily invested" in technology for remote learning, and once back-in-school learning is the norm again, to support tech to an improved level to support learning. "We're very comfortable with this budget," said Tempesta. "A lot of time went into it."

Special ed costs for out-of-district needs were down \$399,654, the result of new in-district programs that have been put into place. Reducing out of district needs also reduces transportation costs. It is hoped that the programs can be expanded and offered to neighboring districts at a better cost than what they are currently paying, which would provide a revenue source for Claremont.

SHS has seen a significant increase in ex-

penses, separate from negotiated agreements, in special ed (out-of-district) costs. Business manager Richard Seaman said that "Over the course of the past summer, two students moved to the district after we completed last year's budget; we are covering the expenses in this year's actual operations that put the cost for the district [to] close to a half a million dollars for the two out-of-district placements." He added that Special ed director Ben Nester is reviewing the matter to see if anything can be done to bring the two students back to the district.

If the proposed budget passes, with a net to be raised by taxes of \$17,038,22, it would increase the tax rate by 60 cents; the default budget would be 3 cents less.

To see full details about the proposed budget, review Claremont School Board: District Meeting Procedures of 2/1/21 on the CCTV website, <http://claremontv.org/>, under channel 8.

RVCC BLS CPR CLASS TUESDAY, FEBRUARY 9

We have opened a BLS CPR class at our Claremont campus for Tuesday, February 9th, from 4-7pm. If you are interested, please go to: <https://rvcc.coursetorm.com/category/health-and-safety1>

These classes are very limited in size due to COVID and fill up quickly.

TOWN OF UNITY SELECT BOARD

NOTICE OF PUBLIC BOND HEARING

**Thursday, February 11, 2021
7:00 PM
AT THE UNITY TOWN HALL**

Pursuant to RSA 33:8-a, I, notice is hereby given that the Unity Select Board will conduct a Public Bond Hearing on Thursday, February 11, 2021 at **7:00 p.m.** at **THE UNITY TOWN HALL 713 2ND NH Turnpike** to discuss a proposed \$1,749,375 bond for the purpose of furnishing, constructing and installing facilities and equipment to provide Fiber Optic Broadband Network in the Town.

Broadband bond for the Town of Unity, NH
Posted Feb. 4, 2021



Community Driven Energy Solutions

Innovation has long been lauded as the attribute that enables communities to successfully navigate the challenges of today. Whether those challenges are economic or environmental, creative solutions generate resiliency and vibrancy in municipalities across the nation. In 2019, Governor Sununu signed into law changes to RSA 53-E, enabling communities to create market-based energy solutions on behalf of their residents and businesses. This legislative session HB 315 proposes to reverse this, unnecessarily restricting municipalities from developing options that could lead to reduced electricity rates and greater procurement of renewable energy.

For the first time, changes made to RSA 53-E created the opportunity to explore the benefits of aggregating or grouping retail electric customers at the community level. Also known as the "Community Power Law", it required local governing bodies to vote upon whether to establish aggregation committees. If established, these committees are statutorily charged with examining the pros and cons of community power and developing an implementation plan should the committee find it to be beneficial. The plan is then presented to the governing body for potential adoption.

Since the changes to RSA 53-E became effective in October 2019, many municipalities and one county have begun working to leverage Community Power for the benefit of their citizens. Bristol, Cheshire County, Concord, Cornish, Enfield, Exeter, Hanover, Harrisville, Keene, Lebanon, Nashua, Newmarket, Plaistow, Portsmouth, Rye and Warner are in various stages of pursuing community power and its potential ability to obtain lower electric rates, improve energy conservation and increase renewable energy usage. Many more, like Claremont, are just beginning to explore the potential benefits.

In 2020, the Claremont City Council, with the recommendation of its Energy Advisory Committee, established an Aggregation Committee. While we are in the initial phase of exploring community power as an option, we are doing so with our Master Plan in mind. The vision for the energy chapter of our master plan reads, "Claremont will be a resilient, energy-efficient community able to adapt to and mitigate the effects of local, regional and global changes, by creating and implementing comprehensive, sustainable and regenerative energy policies for all." The goals and objectives outlined in the chapter encourage the pursuit of solutions that promote energy efficiency, conservation and sustainability.

Municipal master plans are documents that reflect the desires of its citizens on a variety of topics. To achieve the goals and objectives outlined in these plans, state law that allows for innovation is vital. Like many communities, Claremont has capitalized on other changes in state law regarding energy. As a result, the City has increased usage of renewable energy, lowered operating costs and adopted ordinances pertaining to the use of residential solar power. Keeping RSA 53-E in its current form will enable NH communities to continue the economic and environmental gains already realized and further promote innovation in the energy sector.

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

Presenting the Jan. / Feb. CMS Artist in Residence

CLAREMONT, NH—The Claremont MakerSpace (CMS), with support from the New Hampshire State Council on the Arts, has announced the January / February Artist in Residence, Eric Diven. Diven is a graduate of The Furniture Institute of Massachusetts and operates his own custom furniture company, Long Walk Woodworking.

"The Artist in Residence program provides an opportunity to showcase the versatility of CMS and the creativity of our local community of makers. Eric will be able to access education, 21st century tools and an enthusiastic network of creative people during his residency. With our recent shift to virtual learning, Eric

will be teaching a class that will be free and open to the community," stated Brendan Dangelo, Director of Education and Workforce Development at the Claremont MakerSpace.



Eric Diven

During Diven's Artist in Residency, he will commit to creating a project using CMS tools, education and resources. "As an Artist in Residence at CMS, I look forward to the opportunity to explore aspects and styles of woodworking for future client pieces."

Diven will use his Artist in Residency time at the Claremont MakerSpace as a "chance to develop a sculptural lighting piece. I'm looking forward to mixing wood and lighting again and experimenting with some of the possibilities opened up by the facilities at CMS."

The Claremont MakerSpace Artist In Residence Program is designed to empower New Hampshire and Vermont based artists with tools, training and space to create compelling new work. Each CMS Artist In Residence receives \$800 towards the creation of new work at the CMS, two months of Unlimited CMS Membership, a dedicated studio space at the CMS, and training to use new tools. Each residency runs for two months, with the second of five residencies commencing in January 2021. Applications for the third residency must be submitted by 2/15/21. Artists/makers in all mediums are welcome to apply.

TwinState MakerSpaces, Inc. and the CMS Artist In Residence Program is supported in part by the New Hampshire State Council on the Arts and the National Endowment for the Arts.

To learn about the CMS Artist in Residency program and how to apply, visit <https://claremontmakerspace.org/special-programs/>.

e-Ticker Business News

\$3.35 Million Gifts Fuel Cancer Research at New Hampshire's Only Nationally Designated Comprehensive Cancer Center

LEBANON, NH—Three new gifts, totaling \$3.35 million, will advance cancer immunotherapy research and teaching at Dartmouth's and Dartmouth-Hitchcock's Norris Cotton Cancer Center (NCCC) These gifts will help accelerate the development of multiple, promising, next-generation immunotherapies, which harness a patient's own immune system.

"These drugs take the brakes off the immune system and allow it to recognize, treat and cure a cancer, just as it would an infection," says Steven Leach, MD, director of NCCC and the Preston T. and Virginia R. Kelsey Distinguished Chair in Cancer at the Geisel School of Medicine at Dartmouth. "However, current immunotherapies benefit only a small fraction of patients with cancer. That's why our Cancer Center is focused on developing the next generation of immunotherapies."

Part of Dartmouth College's The Call to Lead Campaign, the Cancer Center and immunotherapy research are top fundraising priorities for Geisel.

These recent gifts were made by Paul Guyre, PhD, who is a pioneering immunologist, entrepreneur, and emeritus professor of microbiology and immunology at Geisel; Bob Barber, whose wife, Esther, was treated at NCCC; and Justin Gmelich and Victoria Hall Gmelich, who is a 1991 graduate of Dartmouth College.

Guyre is a lifelong researcher and cofounder of the company Medarex, which developed the first successful immunotherapy drugs for cancer. The Guyres' gift will provide the Cancer Center with immediate, flexible funding to rapidly scale up its preclinical and early phase clinical trial capacity and to invest in the development of several high-potential areas of immunotherapy research.

Upcoming virtual event: "Dartmouth: Pioneering in Cancer Immunotherapy" - On February 9, 2021, at 5:00 p.m., Guyre and three other top immunotherapy researchers will talk about the latest efforts to mobilize the immune system to fight cancer. The event is free and

open to the public. Learn more and register here: https://dartmouth.zoom.us/webinar/register/WN_R2KiKsG9SWqwPh6eQCxTAQ.

Unlike chemotherapy, which uses powerful drugs that can have painful and long-term side effects, immunotherapies engage the body's immune system to battle cancer cells. Immunotherapies can be less risky, more effective and easier to tolerate for patients. The hope for improved and enhanced cancer treatments and a desire to help as many people as possible inspired Barber to establish the Robert L. and Esther T. Barber Cancer Immunotherapy Research Current-Use Fund.

A Dartmouth faculty member, a husband grateful for the care his wife received, and a Dartmouth College alumna and her husband have made gifts to accelerate immunotherapy research at Dartmouth's and Dartmouth-Hitchcock's Norris Cotton Cancer Center.

"I felt that if I could assist Dartmouth in these new therapies that could supplant chemotherapy and other debilitating treatments, that would mean a great deal to me and my family," says Barber.

The Gmelich family's gift will establish the Victoria Hall Gmelich 1991 and Justin G. Gmelich Professorship, supporting Geisel faculty focused on teaching and/or research in the areas of immunology or oncology. Justin and Victoria have been longtime supporters of both education and medical research. The Gmelichs are founders of the all-girls STEM high school, Trinity Hall.

Dartmouth scientists, like Guyre, have been at the forefront of cancer immunotherapy for decades. Medarex, the company that Guyre cofounded with Dartmouth researchers Michael Fanger, PhD, and Edward Ball, MD, went on to develop the first successful blockbuster cancer immunotherapy drugs. Since

then, 14 biomedical startups have had their roots in the Cancer Center, several of them focused on immunotherapy.

Guyre's colleagues continue to be on the leading edge of cancer immunotherapy. One treatment, now in early clinical trials, is based on research by Dartmouth immunologist Charles Sentman, PhD. His team created a unique form of engineered white blood cells, called CAR T-cells, which can target up to 80 to 90 percent of human cancers and can be compatible with any patient.



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Their Hearts Are Still in the Right Place

At-Home Date Night Is 2021's Version of Dance Night

By Eric Zengota
e-Ticker News

CLAREMONT, NH—For the past several years, the Daddy Daughter Dance at the Claremont Savings Bank Community Center, held around Valentine's Day, has attracted gym-filling crowds. Girls dressed like princesses, daddies sported ties and jackets, and everyone rocked to the beat of DJ-spun music.

"We wanted to have the dance again this year," said Justin Martin. "But along came COVID-19, which meant so many people couldn't gather safely. How could we make that night still special under very different circumstances?"



Last year, Jeremy and Shaylynn Herrell were part of the crowd at the Daddy Daughter Dance. At this year's Date Night, couples can cut a rug in their own living rooms (File photo).

Martin, the Parks and Rec superintendent of recreation programs, and the rest of the department staff had a brainstorming meeting. The result: the traditional Dance evolved into Date Night.

This year, dads (and uncles and big brothers) and daughters (and nieces and granddaughters) will pick up a Date Night bag at the CSBCC that's filled with goodies like popcorn

Moms and sons can also have a fun evening this Saturday when they go tubing at Arrowhead Recreation Area. This season, all visitors must reserve time slots online. Make reservations at arrowheadnh.com/Info/atube/tprpp/treserv.php.

Phone: 603-542-7016

and games like Mad Libs to enjoy at home. But what's a date without pizza? Good news: when registering, they choose a large cheese or pepperoni pizza from Tremont House of Pizza to take home along with the goodies bag. And for that special touch, each girl gets a carnation.

Nicholas and Reagan MacLeay, of Cornish, are one of the dozens of father-daughter couples who have already made their reservation. "We've been to two of the dances in past years," says Nicholas. "These days, more than ever, we realize how important spending time with family is. Reagan is six now, and kids grow up really fast. This will be a nice treat."

Another game in the goodies bag is Disney Trivia. As Martin explained, "Everyone can play during their date, then post their answers to the Parks and Rec Facebook page. Submissions with all correct answers will go into a live raffle. We'll pick three winners at random. Each winner gets a two-part prize: a kit of art supplies from Hobby Lobby and a Ramunto's pizza."

Event: Daddy Daughter Date Night, Saturday, February 13.

Pick-up: Claremont Savings Bank Community Center, 152 South St.

Reservations: start at claremontparks.com then follow the link to the event.

Cost: \$20 couple, \$7 each additional child; \$10, each extra pizza.

Contact: 603-542-7019 / parksandrecinfo@claremontnh.com.

Making It As A Maker Roundtable

CLAREMONT, NH—Claremont MakerSpace is celebrating National Entrepreneurship Week with a panel of local makers! They'll share their stories, how they got their small businesses off the ground, and the challenges they've faced and successes they've had. This event is free and open for anyone to join. Feb. 16, 2021 at 4 PM

Visit this link for more information: <https://claremontmakerspace.org/events/#!event/2021/2/16/making-it-as-a-maker>.

CORNISH TOWN MEETING 2021 – POSTPONED TO 6/8/21

Due to the COVID-19 situation, the Annual Meeting of the Town of Cornish has been postponed until June 8, 2021. On advice of the State, the date of the Public Budget Hearing, 2/8/2021, remains unchanged. Members of the public may choose to attend the Public Budget Hearing in person or remotely. Room capacity is limited. Cloth face-coverings and social distancing will be required for those attending the hearing in-person.

Visit the Town Meeting 2021 page at http://www.cornishnh.net/?page_id=5743 for information about remote access, proposed Town Warrant, Budget, and Estimated Tax Rates.

Math Art For Kids - Free Virtual Learning Series

CLAREMONT, NH—In this 3-part MakerSpace series, kids will create art projects that reflect math concepts. We'll explore geometry, patterns, symmetry and more through activities such as paper quilting, string art, and Escher-like tessellations. This series is designed for ages 9-12.

Please note: Family members are welcome, but younger kids will need assistance. Instructor will provide templates and a materials list prior to each class.

This class will run Tuesday, Feb. 23, Wednesday, Feb. 24, and Thursday, Feb. 25 from 10:00-11:30 am each day. Registration includes attendance at all 3 classes.

For more information, visit <https://claremontmakerspace.org/events/#!event/2021/2/23/math-art-for-kids>.

Public Announcement from the NH Health Department

Please be aware that we have had a recent case of rabies within our community. Local livestock have recently been infected.

Please be on the look out for animals acting strangely. Please do not confront wildlife.

Contact your local police department for assistance or NH Infectious Disease, 271-4496. **Stephanie M. Schell, Director of Community Resources, Town of Plainfield, NH.**

Financial Gifts for Your Valentine

For many of us, the COVID-19 pandemic may be putting a hold on dinner at the charming local bistro, but the spirit of Valentine's Day cannot be extinguished. This year, perhaps more so than in the past, you may want to make your Valentine's Day gifts even more meaningful. So, for example, what can you give your loved ones to help them along on the road to financial security?

Here are a few possibilities:

- **Contribute (indirectly) to an IRA**

Virtually anyone with earned income can contribute to an IRA, which offers tax benefits and an almost unlimited array of investment options. Yet, most people never contribute the maximum amount allowable each year, which, in 2021, is \$6,000, or \$7,000 for those 50 and older. You can't contribute to another person's IRA, but you can give that person the money for that purpose. However, an individual can't contribute more to an IRA than he or she earned during that year. So, if you were to give someone \$1,000 to be placed in an IRA, that individual must have at least \$1,000 in earnings. Be aware, though, that the recipient can use the money for any purpose.

- **Give shares of stock**

You probably are already familiar with the products your loved ones use – so why not give them shares of stock in the companies that make those goods or services? Most people enjoy being "owners" of businesses whose products they use. Furthermore, owning stocks for the long term can be a valuable component of anyone's financial strategy. If you are unsure of how to give stocks, you may want to consult with a financial professional.

- **Stay protected**

If your valentine also happens to be your spouse, you can give a gift of tremendous value by simply working to protect what you have. For example, if something happened to you, would your spouse be able to maintain the household, educate children, pay the mortgage and so on? A financial professional can help you find the protection you need, as well as suggest ways to defend yourself against the devastating costs of long-term care. A private room in a nursing home can cost \$100,000 or more each year, according to the insurance company Genworth, and Medicare typically pays few of these expenses, so you'll want to be prepared.

- **Create (or revise) your estate plans**

It doesn't sound very romantic but making sure your estate plans are in order is one of the best gifts you can give to all your loved ones. If you haven't created your plan yet, contact an attorney who specializes in estate planning. You may also want to involve your tax and financial advisors. And if it's been a while since you looked at your existing plan, take the time to review it – this is especially important if you've had changes in your family situation.

On Valentine's Day, the chocolate hearts and flowers are certainly always appreciated. But financial gifts can help you make a truly lasting impact on your loved ones' lives.

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



Martha Maki, AAMS®
Financial Advisor

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Claremont, NH 03743
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MAKING SENSE OF INVESTING

Sports

Claremont Youth Basketball (Grades 3rd Through 6th)

For those interested in Claremont Youth Basketball (grades 3rd through 6th), if you have not registered yet, you can do so here: claremontparks.com. Please find important skills assessment information below:

- Boys 3/4 Skill Assessment – Tuesday, February 9th @ 5:00 PM
- Girls 3/4 Skill Assessment – Tuesday, February 9th @ 6:30 PM
- Boys 5/6 Skill Assessment – Wednesday, February 10th @ 5:00 PM
- Girls 5/6 Skill Assessment - Wednesday, February 10th @ 6:30 PM

All evaluations will be held at the Claremont Community Center.

Sunapee Recreation Dept. "Pay later" Program

The start of the Sunapee Spring/Summer programs will be impacted, to what degree we are not yet certain, due to COVID-19. Sunapee Recreation Dept. is implementing a "pay later" system for all programs as this will ensure that you still receive the pertinent information regarding the activity you have registered for. Therefore, please still register for programs at no cost. As we re-evaluate, we will send out

SHS Boys Basketball

01/19/21	at Sunapee	Cancelled
01/22/21	Sunapee	Cancelled
01/25/21	Lebanon	Cancelled
01/28/21	at Lebanon	Cancelled
02/04/21	at Mascoma Valley	L 38 - 58
02/05/21	Mascoma Valley	L 33 - 70
02/09/21	at Hanover	06:30 PM
02/12/21	Hanover	06:30 PM
02/16/21	at Newport	06:30 PM
02/19/21	Newport	06:30 PM
02/23/21	Fall Mountain	06:30 PM
02/26/21	at Fall Mountain	03:30 PM

It was a double win for the SHS girls basketball teams Wednesday night as the Cards defeated the Royals from Mascoma. The Varsity took the win, 50-29 while the Jr. Varsity came out on top, 39-26 (Courtesy photo).



Lebanon/Stevens/Mt. Royal boys ice hockey team defeated Berlin High School last Monday evening at Campion Ice Arena, 3-1. The three Cardinals on the team include #4 Tyler Christian, #14 Hunter Christian and #24 Ryan West (Courtesy photo).



information on start dates and fees.

Any questions, please contact Scott Blewitt, Recreation Director at recreation@town.-sunapee.nh.us

Currently taking registrations for:

- Tee-ball - pre school & kinders
- Baseball - grades 1st-6th
- Softball -grades 3rd-5th
- Summer Day Camp x 8 weeks
- Swim Lessons - Dewey Beach
- Sailing Lessons
- Jr. Adventure
- Camps -

fishing, archery, fort building
Granite State Track & Field-ages 9-14 and more to come.

Lebanon-Stevens-Kearsarge Girls Ice Hockey

01/16/21	Hanover	L	0 - 6
01/23/21	at Oyster River-Portsmouth	L	1 - 2
01/27/21	Keene-Mon-Fall Mountain		Cancelled
01/30/21	at Hanover		02:50 PM
01/30/21	at Keene-Mon-Fall Mountain		Cancelled
02/03/21	at Bishop Brady-Trinity-West		03:05 PM
02/06/21	Bishop Brady-Trinity-West	W	3 - 2
02/13/21	at Hanover		Rescheduled to 1/30/2021
02/16/21	Concord		08:10 PM
02/20/21	at Concord		08:45 PM
02/24/21	Berlin-Gorham		05:20 PM

Inspiration

Sunshine and Snow

By Priscilla Hull

We had two days last week of perfect Sunshine and Snow. Well, I'll amend that to say we had two hours (or so) on two afternoons of perfect Sunshine and Snow! Around here that's something to note! I was lucky to be walking my dog during those times. When I say "perfect Sunshine and Snow", I'm talking about the snow being smooth and clean. The sun casts shadows of trees, dogs and people that are sharp and clear. There are deer, rabbit and other small tracks crossing and crisscrossing over the smooth expanse of snow. Between those tracks there are vast expanses of unbroken snow. The snow is so white that it's blue. Like a calm lake on a flawless summer day reflects the blue sky, so the snow appears to reflect the blue sky. The white of the snow and the contrasting blue sky complement each other. Meanwhile, the tracks tell their own stories. The deer tracks follow the same path night after night. They almost plant their feet in the same spot each time they cross the expanse of snow. They move directly across the otherwise unbroken snow.

Rabbit tracks, on the other hand, are not so straight and true. The rabbit colonies around seem to enjoy moving from ground shrub to ground shrub. Their tracks will suddenly turn this way or that with no particular goal evident. They are all individual, sometimes near, almost parallel, but not the same any night. Often they seem hidden under a shrub. Once while we were walking, doggo poked her nose into a shrub and was chased out by a loud hissing sound. She tried to investigate further but I didn't want to risk a nip on her nose. Then, oh no, bloody mess! The rabbit trail ended, very suddenly. Not a lot of blood but strange sweeping on the surface of the snow. It appears that an owl has taken home a rabbit dinner. Must have been a small rabbit and a Great Horned or a Snowy Owl to carry it off.

That's how nature works. Sad day for the rabbit colony under ground when one of theirs doesn't return, but a good day for the owl who lives on his prey for another few days. We may think it's a cruel world, but it isn't. It's just the way things go.

We are like the deer and the rabbits. We make tracks in the virgin snow. Sometimes we follow the tracks of others. Sometimes we are the leaders. Our path might be a straight path to the goal. We might blaze that trail by ourselves, or we might follow the steps of someone else. We mostly follow the path our parents blazed for a while, then we branch off because we see something different over there. We come back for a while and then leave the path they laid out and go off on our own. Eventually we blaze our own pathway and others follow us.

Sometimes, our paths twist and turn like the rabbit paths, with a sudden stop and change of direction. Sometimes a path ends in tragedy and the rest of the clan goes on alone. Now and then a path will go from one shelter to another, seeking, always searching for something better, never satisfied that what we have is the best, the most desirable, the right thing.

No matter what path we follow, what we must remember is that whatever path we choose, we should follow it with confidence and the assurance that it is our path, and ours alone. The path we choose might be a struggle, it might be simple, it is probably a combination of both, but it is our path, ours alone. Have no regrets. Find joy. Be confident. You are on the path of life, so make the most of it!

"You make known to me the path of life;
you fill me with joy in your presence,
with eternal pleasures at your right hand." Psalm 16:11



Priscilla Hull is the Lay Leader of the First United Methodist Church in Claremont, NH.

Calendar Of Events

Climate Action for New Hampshire Towns

The impacts of climate change are becoming increasingly visible in our state and across the nation, and these impacts are directly tied to the increasing carbon emissions in our atmosphere. We need to reduce carbon emissions as quickly as possible to avoid the dangers of wildfires, intense storms, and warming oceans.

By Dan Weeks, Director of Market Development at ReVision Energy.

Join ReVision Energy and Claremont MakerSpace to learn how towns in New Hampshire can rapidly decrease their carbon emissions by switching to solar and other clean technologies. The cost of solar technology has dropped 75% in the past ten years, making solar electricity more accessible than ever. Using local communities like Hanover and Lebanon as case studies, we'll look at how individuals can lead the charge in bringing clean energy to their towns.

Wednesday, Feb. 17, 2021, 12:00pm.

Register at <https://claremontmakerspace.org/events/#!event/register/2021/2/17/climate-action-for-new-hampshire-towns>.

Bookkeeping & Record Keeping 101 - Virtual Learning

CLAREMONT, NH—Learn best practices and IRS requirements of keeping books and records for your business. We'll also cover how to read basic financial statements and how to pick a record keeping system that fits your needs.

This Claremont MakerSpace class will be presented virtually. Please register and follow the directions on how to access the virtual learning portion. This class is presented free of charge.

Instructor is Amity Ollis. Ollis is a CPA, creative, and serial entrepreneur. She has over a decade of experience in accounting for small businesses and non-profits. Recently, she has

focused on nurturing her creative side and balancing out left brain/right brain activities.

Current careers/projects are:

Lifeboataccounting.com

Raq-on.net

Amitylynncustoms.com

Thursday, Feb. 18, 2021, 12:00 p.m.

<https://claremontmakerspace.org/events/#!event/2021/2/18/bookkeeping-and-record-keeping-101-virtual-learning>.

Father Daughter Dance to Look Different This Year

CLAREMONT, NH—In light of the current COVID-19 pandemic, the Claremont Parks and Recreation Department is sponsoring a Daddy Daughter Date Night that you can enjoy at home! This is not just for dads! Here is a chance to make a great memory with that special little girl in your life. Dads, granddads, uncles, adult brothers or family friends are welcome. Join in on the fun! (*This event is in place of the traditional father daughter dance).

Each couple will receive a Daddy Daughter Date Night bag filled with fun activities such as, Disney trivia, Mad-Libs, popcorn to watch a movie together and more! Enjoy these exciting goodies at home together! Along with the bag of treats, each couple will be receiving a Tremont House of Pizza Large Pizza to share.

Couples will be able to pick up their pizza and date night bags on the night of the event, Saturday, February 13th, at the CSBCC (pick up time information will be e-mailed out to participants closer to the event date).

To register, visit https://anc.apm.activecommunities.com/claremontparksandrec/activity/search/detail/6474?onlineSiteId=0&from_original_cui=true.

Virtual Grief Support Available Through Lake Sunapee VNA

NEW LONDON, NH—Lake Sunapee VNA offers two virtual grief support groups for the community, which can be attended once, multiple times or as needed. To help anyone grieving during this pandemic and time of social distancing, a "Bereavement Check-in" group is available on the third Wednesday of every month from 4:00-5:00pm. A "Widow to Widow" group is held on the first Monday of every

month from 3:30-5:00pm.

Anyone interested in participating in these free groups should email their contact information to Lori O'Connor at loconnor@lake-sunapeevna.org and a member of the bereavement team will call with further details.

SCCD Seeks Nominations for Conservation Legacy Awards

UNITY, NH—In honor of the 75th anniversary for Conservation Districts in the State of NH, the Sullivan County Conservation District seeks nominations for the Conservation Legacy Award. This award seeks to honor the nominees sustained commitment to the stewardship of natural resources in Sullivan County.

For 75 years the County Conservation Districts have worked tirelessly with landowners and communities to promote the conservation and responsible use of natural and agricultural resources. The Legacy Award endeavors to shine a spotlight on those who embody this mission. Businesses, organizations, individuals, and families are eligible for the award if they live in or are based in the County, have a minimum of 5 years experience of sustained commitment to conservation and stewardship.

Nominations should be no more than two pages and include a summary of why the nominee is deserving of this honor. Nominations could include information on the nominees' property stewardship, overall impact of the County's environmental health, activism on behalf of conservation and agriculture, education and outreach in the community, their willingness to share natural resource information with the public, service as a mentor for others, service to conservation organizations, and/or any notable accomplishments or awards.

Nominations are due to the SCCD no later than March 31, 2021 and can be submitted digitally or by hard copy in the mail. Nominations can be mailed to Conservation Legacy Awards, Sullivan County Conservation District, 95 County Farm Rd. Unity, NH 03743 or emailed to ddextraze@sullivancountynh.gov.

These awardees will be announced in June 2021.

For further information about legacy awards, contact: Dawn Dextraze at 603-504-1004 or ddextraze@sullivancountynh.gov.

NEWS FROM THE SULLIVAN COUNTY CONSERVATION DISTRICT

The 2021 Spring Plant Sale is Here! We are taking orders now.

This year's Plant Sale is now underway, featuring a variety of quality plants at good prices. The money raised from the sale supports conservation activities throughout the year, including workshops, programs and projects aimed at promoting and conserving the county's natural resources. This sale is also a service we provide for our community. All of the plants offered are hardy, healthy, and adapted to our growing conditions. Most are native, and none are invasive. New items this year include blueberries from Bascom Road Blueberry Farm in Newport. Bonus and Chandler Blueberries produce the largest berries. We are offering many Wild Edibles that are good for humans and wildlife alike. Elderberry is back due to popular demand and an increased awareness of the health benefits of elderberry syrup. We are selling it bare root and potted this year. You can find a recipe for elderberry syrup here or on our website.

Visit <https://www.sccdnh.org/local-agriculture> to view the catalog and download an order form. The order deadline is Wednesday, March 3rd.

Plant pick-up will be on Friday, April 30, and Saturday, May 2, at the Ahern Building garage, Sullivan County Complex, County Farm Rd. Unity, NH. You will receive an email or phone call to schedule a time frame for pick-up. ***Some wildflowers will not be ready for pick-up until the first week of June.

If you would like a catalog and order form mailed to you, please contact Dawn Dextraze at 603-542-9511 x269 or ddextraze@sullivan-countynh.gov.

Catalogs and order forms may also be found starting the first week of February at these places: Grantham Public Library, Acworth General Store, Claremont Community Center, Newport and Lempster Town Offices, Goshen Country Store, 100 Mile Market, and Plainfield Country Store.

Need Some Extra Space for Your Next Project/Business/ Creative Experiment?

CLAREMONT, NH—Need some extra space for your next project/business/creative experiment?

The Claremont MakerSpace has Personal Studio Spaces that provide personal work areas for dedicated users to call their own. Personal studio spaces are made up of 48" dividers and come in sizes of 60 sq/ft and 100 sq/ft, with each studio including 2 power outlets and an Ethernet jack.

Learn more about CMS Personal Studio Spaces at <https://claremontmakerspace.org/studio-space/>.

As well, they are currently offering tours of CMS. Tours are scheduled in advance and participants must follow our COVID-19 policies. To schedule a tour, please email info@twinstatemakerspaces.org.

Charlestown VFW Bingo Schedule

CHARLESTOWN, NH—Charlestown VFW Bingo schedule for the new year: Charlestown VFW

Bingo is offering a weekly opportunity for some semblance of normalcy. Wednesday nights 5:00 for early birds and 6:30 for regular fun and games. Currently we play 12 regular and two 2 part games, as well as a 50/50 game, Winner-take-all game, Carry Over Coverall game and a Jackpot game. In Gov. Sununu's most recent mandate request is that when moving about the hall, please wear a face covering whenever 6' social distancing can't be maintained. While seated at the tables, masks may be removed. Be mindful that in the Gov.'s mandate there are many reasons why someone may choose to not wear a mask – and they cannot be questioned or made to prove why they choose not to; nor will they be penalized for not wearing a mask. Please be respectful of others.

Attendance will be limited to 94. We do have some masks on hand as well as plenty of hand sanitizer for your use. To all our patrons that choose to attend, thank you for your patronage during these turbulent times. For those who don't feel comfortable attending at this time, we understand and wish you well until we can meet again.

Tom St.Pierre, Commander, Charlestown Memorial VFW Post 8497

A Message from ServiceLink

NH ServiceLink offices across the state are open via phone and email during the COVID-19 pandemic. In this time of social distancing it's easy to feel alone and isolated. ServiceLink is a phone call away! Trained, na-

AA Sewer & Drain and Maintenance LLC
 Call Sandy to schedule your job today
 603-543-7118
 Corey Beard 15+ years experience, 25+ year experience builder
 Ralph Beard Jr 25+ year experience builder
 aaseweranddrain@yahoo.com
 22 West Court Road
 Sunapee, NH 03782
 603-454-4850
 Like us on Facebook

DJ TreeWork & LANDSCAPING
 FREE ESTIMATES
 FULLY INSURED
 STUMP GRINDING
 TREE REMOVAL
 FIRE WOOD
 LANDSCAPING
 SNOW PLOWING
 Call Today! 603 443-3747 603 863-0451

tionally and state certified staff is available via phone during normal working hours.

ServiceLink staff is here to listen, answer questions, problem solve, and link you to resources and services.

In addition, ServiceLink helps individuals connect to long term services and supports, access family caregiver information and supports, explore options and understand and access Medicare and Medicaid. We are, as always, confidential, unbiased, and free to the public.

Call 1-866-634-9412 toll free or find us online.

Direct phone numbers and email addresses for each local office are listed on our website. Offices are located in Atkinson, Berlin, Claremont, Concord, Keene, Laconia, Lebanon, Littleton, Manchester, Nashua, Stratham, Rochester, and Tamworth.

Area Grocery Store Hours Reserved for High Risk Population

HANNAFORD - Most stores reserve 7 AM – 8 AM on Tuesday, Wednesday and Thursday mornings. In Massachusetts, those special hours are 7 AM – 8 AM daily

MARKET BASKET 6 AM - 7 AM EVERY DAY
Claremont

CO-OP FOOD STORES 7AM - 8 AM EVERYDAY
WRJCT, Lebanon & Hanover

PRICE CHOPPER 6AM - 7AM EVERYDAY-
Windsor & West Lebanon

SHAWS 7AM - 9AM TUES & THURS West
Lebanon

WALMART 6 AM - 7 AM TUESDAYS ONLY
Claremont & West Lebanon

PLAINFIELD COUNTRY STORE Call ahead
for curb side pickup, 709-7055. Prepared
meals, grocery items.

Center for the Arts: Lake Sunapee Region 2021 Calendar of Events

www.CenterForTheArtsNH.org

“SAFE” LIVE AND VIRTUAL EVENTS

Dates, Times, and Venues are subject to
change...please check the website for up to
date information

February 20th - Will Ogmundson in Concert-
Part of the CFA Performing Arts Series Post-
poned to summer 2021! Date and Time TBD
Tickets on sale at Tatewell Gallery, Morgan Hill

Bookstore and online at www.centerforthearts-nh.org/performing-arts-series

March 5th - First Fridays! Virtual Winter
Dance Performance Time TBD A evening of
new works by Kearsarge Conservatory of the
Performing Arts Get the link at www.cfanh.org
www.centerfortheartsnh.org/first-fridays
- We ask that all attendees wear a mask into
the building, which can be removed once you
are seated at your table.

- Volunteers will be present to bring coffee and
homemade treats to your table. All homemade
treats will be individually wrapped.

WEDNESDAY, FEBRUARY 10

Starry Snowshoe Hike, 5:30 - 6:30PM Eco Ag Center, Unity, NH

Join us for a short winter hike and learn
about the stars and other celestial objects
above while you sip on hot chocolate. Bring
your own snowshoes and make sure to bundle
up! Hot chocolate will be provided. You might
want to bring a sled too. Please register by
emailing Dawn at ddextraze@sullivancountynh.gov
with your name, phone number, and how
many are in your party. You must register to
attend. Space is limited. Wed. February 17,
2021 is the rain date.

Stargazing

On a clear night after your eyes have adjust-
ed, find a spot to look up out into the universe.
The brightest things you see are probably
planets or the moon! Planets don't twinkle like
stars do. They are much closer to Earth than
the stars. Do you see any "stars" that seem to
move at a constant speed in a constant direc-
tion? That is probably a satellite or even the
International Space Station (ISS). Look for
shooting stars, the aurora borealis, and planes
flying by. See if you can pick out constellations
and learn about their stories.

TUESDAY, FEBRUARY 16 2PM

The Lightness of Painting

Join artist Jamie Townsend as he shares his
process of painting layers and color in this free
virtual MakerSpace class. Townsend will
demonstrate his craft while talking about his
technique and answering questions from the
virtual audience.

This class is presented free and a link to the
Zoom connection information will be sent after
registration.

Influenced by the rich and fearless colors of
his youth in the 1970's, Townsend's palette is
balanced with pastels that came into his work

after attending the Ringling College of Art +
Design in Florida. Drawing from his life experi-
ence, it was merging with Eastern Philosophy
that gave him the confidence to develop his
own style. He began researching Abstract Ex-
pressionists and painting large scale pieces.
He embraces the modern street art movement
and finds himself doing many murals as can-
vases.

Soon Townsend was traveling to Europe and
discovering the culture and places that fos-
tered this style. He found painting in Provence
to be his favorite where the light is so muted
and easy to see furthering his sense of color.

When Townsend is not traveling and paint-
ing, he enjoys being inspired by his children
and the natural landscape and farmland of
Vermont and its hardworking people. You can
often find him building tea houses and doing
sculpture out in the forests he has loved since
his youth.

<https://claremontmakerspace.org/events/#/event/2021/2/16/the-lightness-of-painting-with-jamie-townsend>.

FEBRUARY 15-20

Lebanon Opera House presents Cahoots NI in The University of Wonder & Imagination

February 15-20 (various start times)

Here's a fun way to bring your socially-dis-
tanced family and friends together during the
February school break week!

The University of Wonder and Imagination is
a live interactive Zoom theater experience
suitable for the entire family. Assemble with
your fellow students and journey to the most
unusual of universities where the mysterious
Professor Bamberg will send you off on a jour-
ney that proves nothing is quite as it seems.

Along the way, you'll interact with the liveli-
est of lecturers, choose your subjects of study,
enter themed rooms, and encounter a series of
puzzles which unlock your magical powers.

In a unique staging for the COVID age, Ca-
hoots NI broadcasts from an extensive, pur-
pose-built set where magic and illusion have
no boundaries. The acclaimed Belfast-based
company brings a fun-filled, immersive theatri-
cal experience to a screen near you. The
choices you make in the moment will shape
your unique experience.

Each 60-minute Zoom performance is limit-
ed to 10 households (each household being
under one roof, using one device) and is best
suited for ages 7 and up.

For tickets and information, go to <https://lebanonoperahouse.org/events/cahoots-ni-the-university-of-wonder-imagination/>.

WEDNESDAY, FEBRUARY 17 PLUMBERS' LICENSE RENEWAL CLASS AT RVCC

The next Plumbers' License Renewal Class is scheduled for Wednesday, February 17th at 6:00 p.m. at the Claremont Campus.

For more information or to register, please go to: <https://rvcc.coursetorm.com/category/plumbing-licensure>.

Claremont Senior Center News

The Senior Center is closed until further notice. Drive up meals will continue.

Meals are Drive Thru takeout ONLY on Tuesdays and Thursdays. Call 543-5998 before 10:30 AM for reservations, \$5 nonmembers, \$4 members. Pickup between 11:45 and 12:15. Menu is subject to change (according to what is available!).

Our vendors: VNA Foot Clinic and Miracle Ear are open by appointment with those vendors.

American Red Cross Blood Drive: Monday, February 15, 2021, schedule at rcblood.org/portal or 1-800-RED CROSS.

This is the AARP link for vaccine information: <https://states.aarp.org/new-hampshire/covid-19-vaccine-distribution>.

AARP tax help will be available at the Claremont Senior Center. However, the Center will NOT be making appointments. Appointments will be on Fridays beginning February 19. Please call 1-802-952-3954 to schedule an appointment (please do not call the center). VNA foot clinic: February 10, 17 and 24, 2021. Call for an appointment, 603-526-4077.

Weekly drive-up meals:
Tuesday 2/9, soup, mac and cheese, stewed tomatoes, dessert
Thursday 2/11, soup, turkey ala king over rice, dessert

Call 543-5998 to reserve your meal by 10:30AM.

Claremont Senior Center, 5 Acer Heights, Claremont, NH. (603) 543-5998. Smoke Free. Worry Free. Stress Free. Call 543-5998.

Thought for the week: February is the shortest month, so if you are having a miserable month, try to schedule it for February.

Claremont Fire Dept. Log

Sunday, January 31st

0418 E-1 Responded to Bond ST for a medical call
0853 L-1 Responded mutual aid to Blueberry Ridge RD in Newport for structure fire
1328 E-1 Responded to Madison PL for a medical call
1453 E-1 Responded to Washington St for a medical call
1955 E-1 Responded to Sullivan St for an alarm sounding
2007 E-1 Responded to Main St for a medical call

Monday, February 1st

1116 E-1 Responded to Heritage Dr for a medical call
1313 E-1 Responded to Industrial Blvd for an alarm sounding
1646 E-1 Responded to Albert St for illegal burn
1911 E-1 Responded to Heritage Dr for a medical call

Tuesday, February 2nd

0605 E-1 Responded to Washington St for a broken pipe
0835 E-1 Responded to Heritage Dr for a down wire
1411 E-1 Responded to Broad St for a fire alarm

Wednesday, February 3rd

0143 E-1 Responded to Mulberry St for a box alarm
0314 E-1 Responded to Main St for a public assist
1544 E-1 Responded to Union St for a medical call
1605 E-1 Responded to Washington St for a medical call
1705 E-1 Responded to Ridge Ave for a low hanging wire
1838 E-1 Responded to Belding St for a medical call

Thursday, February 4th

0400 E-1 Responded to Broad St for a medical call
1058 E-1 Responded to Union St for a medical call
1121 E-1 Responded to Hanover St for a smoke investigation

Friday, February 5th

0859 E-1 Responded to Winter St for a box alarm
1045 L-2 Responded to Elm St for a box alarm
1251 E-1 Responded to Lincoln Heights for a medical call
1433 E-1 Responded to Winter St for a box alarm

Saturday, February 6th

No Calls

PUBLIC NOTICE PLANNING BOARD HEARING Monday, February 8, 2021 7:00 p.m.

*Due to the COVID-19 Pandemic, this meeting will be conducted via Zoom.

Join the Zoom Webinar Online: <https://us02web.zoom.us/j/88046509323?pwd=VFdJSnN6OWVj-SVNXY2haT3RnemhFUT09>

Passcode: 272825 By Phone: 1-646-558-8656 US (New York) Webinar ID: 880 4650 9323

If there is a problem getting through to this number, please call 603-504-0341.

Notice is hereby given that public hearings will be held concerning the following applications:

A. (PL 2020-00021) Jonathan Nelson & Berkley Heath, 31 Myrtle Street – Application for a Conditional Use Permit for a 3rd dwelling unit at 31 Myrtle Street. Tax Map 119, Lot 289. Zoning District: CR-2.

B. (PL 2021-00002) Michael & Sheila Satzow, 14 Fisher Place – Application for a Conditional Use permit for an ADU in a detached building at 14 Fisher Place. Tax Map 143, Lots 152 & 153. Zoning District: R1

Interested parties may review the applications at the City of Claremont's Planning and Development Department, 14 North Street during normal business hours. Comments may be submitted in person at the hearing, or in writing at 14 North Street, Claremont NH 03743, or by email at cityplanner@claremontnh.com. Richard Wahrlich, Chair.

**Got news?
Send us your news and photos**



VALENTINES DAY IS COMING FAST,
WOULDN'T YOU LIKE A FRIEND THAT'LL LAST?

NO KIDS, NO PETS, I'M A ONE MAN SHOW,
I'VE COMPLETED MY TRAINING, AND I'M READY TO GO!

5 MONTHS IN A SHELTER IS WAY TOO LONG,
IF YOU'RE A SINGLE MAN OR WOMAN,
I KNOW WE'LL GET ALONG.

IF YOUR HEART HAS ROOM, CONSIDER ADOPTING ME,
MY NAME IS SPUD; I'M FIVE YEAR'S GOING YOU SEE!

HOPEFULLY THIS VALENTINE HAS STRUCK A CHORD.
READ MY BIO, AND APPLY AT WAGSWIGGLES.ORG

Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in “real time,” as they are released by funeral homes. We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewsclaremont.com

David H. Travis, 51

David Howard Travis, 51, known affectionately as “Dapper Dave” by friends and family died early Sunday morning, January 31, 2021, at his shared residence in Claremont, NH.

He was born in Rochester, NY; he relocated with his mother and older brother, Edward, to Claremont. He attended grade school at Saint Mary’s Catholic School where he made many lifelong friends. He was a Stevens High School alumnus of 1988.

He was a prominent parts manager at many dealerships in the valley area for most of his life.

After surviving a brutal car crash in 2004, he rallied and learned to walk, talk and live life again. He was diagnosed with Traumatic Brain Injury but did not allow that to stop his enjoyment of life. He was a well-loved sight at local gas stations, where he worked part-time.

He was predeceased by his father, Melvin Edson Travis in 2004; his mother, Elizabeth Rita Travis in 2007; his uncle, Alfred Meunier in 2012 and various aunts, uncles, and cousins.

He is survived by his two children, Ethan Travis and Cameron Travis; two grandchildren, Olivia Travis and Grayson Travis; his brother, Edward Travis and a half-brother, Mark Travis.

A graveside service was held at West Claremont Burying Grounds, Plains Road in Claremont on Monday, February 8th.

The Stringer Funeral Home is in charge of

arrangements.

Claire B. Tewksbury, 97

Claire B. Tewksbury of Homosassa, FL, passed away on January 6, 2021, at the age of 97 at VITAS Hospice in Lecanto, FL. Claire was born on September 28, 1923, to Charles A. and Beatrice G. Belisle in Randolph, VT.

Claire grew up first in Randolph Center, VT, and then West Lebanon, NH, graduating from West Lebanon High School in 1942. She enjoyed returning when she was able for the alumni events and catching up with classmates.

Claire married John W. Hancock on September 9th, 1946. They had four children together, three daughters and one son. Claire was a homemaker at that time until John’s death in October of 1964. Claire went back in the workforce and was employed by Cray Oil in North Walpole, NH, then Windham Northeast Supervisory in Bellows Falls.

Claire married Rowland F. Tewksbury on August 16, 1975, in Saxtons River, VT. The family grew to nine kids total. She moved to Charlestown, NH, and worked alongside Row-

land operating Tewksbury Trucking and Fall Mt. Transport for the next 20 years. They moved to Claremont in 1997 and were semiretired. Rowland passed away on March 31, 2002. Claire lived in Claremont until 2016 when she moved to Homosassa Florida to live with her daughter Joanne and Richard Tuxbury.

Claire loved to travel and had been to Europe and enjoyed traveling to California to see family.

Claire was a people person, and her laughter and smile were daily medicine for her and others around her. She loved being outside whenever possible. Family meant everything to her and doting on her grand and great grandchildren was especially important to her. She was so proud of all of their accomplishments.

She was predeceased by a brother Louis M. Belisle, a sister Jacqueline Lindsay and two daughters, Janice Langstraat and Linda Tewksbury Cynewski.

Survivors include a younger brother, Charles P. Belisle of Ft. Myers, FL; daughters, Joanne L. Tuxbury and husband Dick of Homosassa; Karen Quinn of Bethlehem, NH; Cheryl Lath-

“Eye doctors shouldn’t have fine print.”

-Dr. Sam Giveen

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am and husband Steve of Walpole, NH; Nancy Brand and husband Tom of Cranston, RI; sons, Charles S Hancock and Toni Collins of Westminster, VT; Brian Tewksbury and wife Kareen of Murphys, CA; and Scott Tewksbury and wife Monique, of Barre, VT; sons-in-law, Ed Cynewski and wife Maria of St. Simon's Is, GA, and Jan Langstraat of Keene, NH. Her many grand and great grandchildren, nieces and nephews are left to celebrate her memory.

Funeral services will be scheduled for the late spring or early summer of 2021.

In lieu of flowers, contributions may be made to: Foundation Fighting Blindness, PO Box 45740, Baltimore, MD 21297-5740.

The Stringer Funeral Home is in charge of arrangements.

Phillip L. Falk, 76

Phillip Lee Falk of Claremont, NH, passed away peacefully Sunday January 24th, 2021, at Sullivan County Nursing Home at the age of 76. He is remembered and loved by his second wife, Nancy Falk and his four adult children, Anthony Falk; Tracy Kliest and her spouse, Ted Kliest; Phillip L Falk and his spouse, Alisha Carrico; and his daughter, Donna Falk-Maheu and her spouse, Jeremy Maheu. His grandchildren Kyle and Zachary Kliest, Jack Falk, Jersey Nelson and Gavin Maheu. His brother and sister as well as many aunts and uncles, cousins, nieces and nephews.

Phillip was predeceased by his parents, Ethel and Joseph Falk.

Originally from Aurora, IL, Phillip came to New Hampshire in the 1970's and eventually settled in Claremont where for many years he owned and operated Phil's Service Center. He was a warm, compassionate and selfless soul. He had a fondness for good food and his family, He was the heart that brought us all together. He was the type of man that would go out of his way just to make you smile, who would drive his son cross country to college, go with his daughter to her senior prom and who would help anyone with anything. He loved nature, sunsets, a good laugh and, of course, to share his stories. He was the salt of the earth and he will be forever missed.

Memorial services were held on Friday, February 5th, 2021 at Stringer's Funeral Home in Claremont, NH.

In lieu of flowers, donations may be made to The Dementia Society of America as well as

Turning Points Network here in Claremont, NH. We thank you in advance.

Donald R Bunnell, 90

Donald R. Bunnell, 90, of Washington Street in Claremont, NH, died Saturday (Jan. 30, 2021) at his home following a period of failing health.

He was born in East Columbia, NH, on February 12, 1930, the son of Newton B. and Marion M. (Murphy) Bunnell and had been a long-time Claremont resident. He was a US Army veteran. Don had been employed by the Claremont Paper Mill for 48 years as a fork lift operator, then worked for Sturm Ruger for five years until his retirement. He enjoyed fishing, hunting, snowmobiling, camping and attend sporting events where he was known to root for the opposing team. Don volunteered many hours at the Claremont Soup Kitchen.

Members of his family include his wife, Janet "Jan" (Jarvis) Bunnell who he married on August 29, 1953, Claremont, NH; two sons, Mark Bunnell and his wife Rosemary, Malden, MA; Brian Bunnell and his wife, Deborah, Claremont, NH; two daughters, Sharon Brown and her husband, William, Wewoka, OK; Kimberly Galbreath and her husband, Stephen, Ascutney, VT; eight grandchildren, Ericka, Kara, Alex, Nicholas, Danielle, Kristine, Jeanne, Anthony, 11 great grandchildren, a brother, Paul Bunnell, Claremont, NH several nieces and nephews, a special friend, David LaCoy.

He was predeceased by a son, Donald Bunnell, Jr.; five brothers, Norman, George, Herman, Frederick, William; and three sisters, Kay Ferguson, Elsie Bailey, Roseanne Gratacos.

Graveside services with military honors will be held at 1:00 pm on Friday (Feb. 12) in St. Mary's Cemetery with the Rev. Arockia Antony, officiating. A walk through visitation will be held at the Roy Funeral Home from 7 – 9 pm on Thursday (Feb. 11). Due to the current Covid-19 pandemic, the Bunnell family and the Roy Funeral Home remind anyone attending the visitation or services to please wear a mask and practice social distancing.

The family suggests that in lieu of flowers, memorial contributions may be made to the VA Medical Center, Respiratory Unit, 215 N. Main Street, White River Junction, VT 05001.

You are invited to share a memory of Don with the family or leave a message of condolence in the family guest book at www.royfuneralhome.com.

Maple Celebration Features Sleigh Rides and Torchlight Snowshoe

WOODSTOCK, VT—Billings Farm & Museum will host its annual Maple Celebration, February 13-21 from 10 am – 4 pm. The Vermont traditions of maple sugaring will be on display – the tools, historic photos and exhibits on the maple sugaring process. Daily cooking demonstrations and samples of two popular maple recipes, Maple Popcorn and Maple French Toast Cookie will take place.

Conditions permitting, the site will offer horse-drawn sleigh rides Feb. 13-20 to families (socially distanced) from 11 am – 1 pm. Reservations for rides will be taken upon arrival at the Ticket Desk, on a first come, first served basis. The cost is \$5 per person in addition to the purchase of a general admission ticket.

Enjoy the winter landscapes with a snowshoe trek through the picturesque snow-covered farm fields and along the Ottauquechee River— bring your own or rent from the nearby Woodstock Inn & Resort's Nordic Center or Activity Center. Bring your sled to speed down the small hill next to the orchard. Gather round the fire pit and warm up with hot chocolate and s'mores.

Tour the Farm Life Exhibits to see what life on the farm was like in the 1890's and find the snowpeople hidden within the exhibits. Learn about the families and history of Billings Farm in our Upon This Land Exhibit. A Place in the Land, the Academy Award – nominee film which chronicles the development of Billings Farm is shown throughout the day. Guests are invited to view re-creations of the Sitting and Dining Rooms and the Creamery from the 1890 Farm Manager's House.

Join us for an evening of fun with a special after-hours Torchlight Snowshoe, Feb. 20, 4:30-6:30 pm. Take a twilight trek along the Ottauquechee, warm up with hot drinks and s'mores by the fire pit and settle in for some Vermont folk stories told around the fire. Additional fee; reservations are required. Find more information at billingsfarm.org.

Visiting safely Billings Farm & Museum enforces safety standards in compliance with Vermont State guidelines.

For more about visiting Billings Farm safely, updates on our site capacity, and to learn which spaces are open, visit billingsfarm.org/safety.

The Claremont City Council will hold a public meeting on Wednesday, February 10, 2021, at 6:30 p.m. in the Council Chambers of City Hall and via Zoom.

To join the webinar:

<https://us02web.zoom.us/j/87916056352?pwd=VDdXVWppaDJuOXZITEV2a2tPQkc3dz09>

Passcode: 739587. Or by telephone: 1-646-558-8656, Webinar ID: 879 1605 6352 Passcode: 739587

If there is a problem getting through to that number, please call 603-542-7002.

AGENDA (*Revised*)

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. REPORT OF THE SECRETARY
Minutes of January 13 and 27, 2021, City Council Meetings

- 6:37 PM 5. MAYOR'S NOTES
- 6:42 PM 6. CITY MANAGER'S REPORT
 - A. COVID-19 Update
 - B.
- 6:50 PM 7. APPOINTMENT TO BOARDS AND COMMITTEES
 - A. Electric Aggregation Committee – City Council Representative
 - B. Claremont Community Television Board of Directors – City Council Representative
- 6:55 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 24))

- 9. OLD BUSINESS
 - 7:05 PM A. Legislative Update
 - 7:15 PM B. Pleasant Street Update
 - 7:30 PM C. Lead Update
 - 7:40 PM D. Council Goals Discussion

- 10. NEW BUSINESS
 - 7:55 PM A. Mask Donation from Claremont-Sugar River Rotary Club (Mayor Lovett)
 - BREAK
 - 8:15 PM B. Resolution 2021-23 Energy Lighting Audit & Proposal – Municipal Buildings – Public Hearing (City Manager)
 - 8:30 PM C. Resolution 2021-24 \$1,000 New England Grass Roots Fund Grant for Conservation Commission Public Education Programs – Public Hearing (City Manager)
 - 8:40 PM E. Ordinance 582 Amend Merit Plan – First Reading (City Manager)
 - 8:55 PM F. Boston Post Cane Discussion (City Council)

- 9:00 PM 11. COMMITTEE REPORTS
- 9:05 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:10 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:15 PM 14. *NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(a) — PERSONNEL*
- 9:45 PM 14. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, February 24, 2021, at 6:30 p.m. in the Council Chambers at City Hall and via Zoom.