

# e-Ticker News of Claremont

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*From Hollow to Hills,  
Claremont Sugar  
Houses Produce NH's  
Iconic Flavor; Page 12*

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March 21, 2022

## 349 Meatballs

### CSK Cooks Share Kitchen With Tech Center Students

By Eric Zengota  
e-Ticker News

CLAREMONT, NH—"Our kitchen floor was in need of repair," said Cindy Stevens, executive director of the Claremont Soup Kitchen and Food Pantry. "But one week while the contractor installed new flooring meant we couldn't prepare any hot meals."

Stevens and the kitchen staff reworked a week's menu to provide cold breakfasts (muffins, fruit salad) and lunches (pasta salad, wraps). Then she contacted Sarah Kainu, the culinary arts teacher at Sugar River Valley Regional Technical Center. The two had worked together on several occasions; in fact, CSK stores their Thanksgiving turkeys in The Tech's freezers until they're ready to be cooked for the holiday feast.

Stevens asked if CSK's cooks could use The Tech's kitchen for a week. Kainu replied, Of course — and even better, our culinary students could prep some of the meals. With the approval of Alex Herzog, the SRVRTC director, the collaboration went ahead.

All last week, culinary students prepared some menu items in their morning classes, and in the afternoon CSK staff came in to cook the dinner for that day or the following evening. The warm meals — up to 78 on a typical day — were transported across town to the Soup Kitchen, where they were served or handed out from 4pm to 5pm.

**(Continued on page 5)**



**Sarah Kainu, left, and Cindy Stevens check the 349 meatballs that Tech Center culinary students made last Monday for the Soup Kitchen's Tuesday dinner (Eric Zengota photo).**

## Delay Announced Regarding Charlestown Route 12 Repairs

CHARLESTOWN, NH—Unforeseen circumstances have developed which are impacting the project to repair Route 12, it was announced by the state on March 15.

"Work to install the soil nail wall began the week of February 14, 2022. As work was advancing, the track monitoring system regis-

tered excessive movement. This movement caused the railroad to reduce speeds to 10 mph and to rescind the railroad's approval of the work to construct the soil nail wall," said Kathleen Mulcahey-Hampson, Legislative Liaison, Senior Hearings Examiner for the New Hampshire DOT. "High groundwater, fluctuat-

ing temperatures, and fractured underlying ledge are all contributing factors."

Mulcahey-Hampson added, "Clearly, the railroad would like to resume normal speeds and the Department would like to reopen the road as soon as safety allows. The engineers

**(Continued on page 2)**

**Delay, from page 1**

are analyzing the situation and reevaluating design options, working towards a solution with the public's and railroad's safety and travel needs at the forefront."

The NH Route 12 repair work began on January 3, 2022. The contractor, Casella, successfully acquired the Right-of-Entry from the New England Central Railroad (NECR), the state reported earlier this year. Prior to starting any excavation work within the railroad right-of-way, Casella was required to monitor the track for seven (7) days. The baseline monitoring was completed, and this initial monitoring created a baseline for typical track movement while trains are operating. "The baseline can then be compared to any vibrations during soil nail wall drilling, excavating the roadway, and rebuilding the roadway and slope," the state reported at the time. Severe flash flooding caused significant damage, undermining the road. The state reported in November of last year that "In order to avoid a

reoccurrence of this situation, the plans require the contractor to create a drainage system to limit the groundwater and collect stormwater. A 'drainage blanket' will be constructed with stone to create a path for groundwater to flow. The roadway will be strengthened with 7 feet of structural fill. Then a foot of crushed stone will be laid as base material before 5 inches of pavement is applied."

The work to repair the roadway embankment along NH Route 12 is located approximately 0.7 miles north of the intersection of NH 12/ Bowen Crossing Road in Charlestown. This segment of roadway is constrained by the 100 year floodplain of the Connecticut River on the west, and the New England Central Railroad (NECR) on the east. According to the NHDOT, the total project length is 700 feet.

opened the 11 fixed-vaccination sites to increase access to vaccine and booster doses for New Hampshire residents and visitors 5 years old and older. As part of statewide efforts to meet the state's vaccination needs, mobile vaccination teams were increased during this period.

As the percentage of New Hampshire residents receiving their vaccines and booster doses increased, the demand for vaccines has waned and the necessity for the fixed sites and extra mobile vaccination teams decreased.

The State-managed vaccination locations in Ashland, Berlin, **Claremont**, Concord, Keene, Laconia, Manchester, Nashua, Rochester, Salem and Stratham will cease operations at 7:00 pm on Thursday, March 31. Additionally, 4 of the 7 mobile vaccination teams will not be operational after March 31, 2022.

COVID-19 vaccines remain easily accessible across the State through medical providers, pharmacies, urgent care centers and the mobile vaccination clinics. You can request a mobile vaccination clinic at your business or organization or see where the mobile vaccination teams are this week at <https://www.vaccines.nh.gov/sites/g/files/ehbemt581/files/in-line-documents/2021-09/van-locations3.pdf>.

**State-Run COVID-19 Vaccination Sites to Close on March 31**

CONCORD, NH – The New Hampshire Department of Health and Human Services (DHHS) has announced that the State-managed COVID-19 vaccination sites will permanently close on Thursday, March 31, 2022. Additionally, 4 of the 7 mobile vaccination teams will demobilize on the same day.

"The effort over the last one and a half years to get our residents vaccinated has been an immense success," said Governor Chris Sununu. "To our volunteers, members of our National Guard, local police, fire, and EMS departments, the people of New Hampshire say: Thank You!"

Between December 2021 and January 2022, the State

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**NH Lottery Numbers**

**03/19/2022**

**NH PowerBall**  
8 9 18 48 52 6

**NH Mega Millions 03/18/2022**  
2 6 25 40 45 5

**Tristate Megabucks 03/19/2022**  
8 10 18 30 33 5

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

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## 2022 Foam Collection Day

Please save your styrofoam for the 2022 Foam Collection Day

Event Details: Saturday, April 16, 2022, 9-11 am behind Jake's Coffee, 227 Mechanic Street, Lebanon, NH

Sustainable Lebanon is once again partnering with the Lebanon Rotary Club to offer a polystyrene (Styrofoam) collection day on Saturday, April 16, from 9 - 11 am at 227 Mechanic Street in Lebanon (behind Jake's Coffee). The event will take place rain or shine.

Various types of foam will be collected for recycling, including polystyrene #6 (EPS), polyethylene #4 (EPE), and #6 XPS insulation board foam which will be driven to a recycling facility in Massachusetts. This includes packaging foam used for TVs, computers, and appliances, as well as foam coolers. Food service foam, including clean food containers and egg cartons will be recycled via Terracycle. We ask that all tape and labels be removed and all foam is clean, dry, and free of food residue or other debris.

PLEASE NOTE: Foam peanuts should be brought directly to the UPS Store at True Value Hardware in Hanover.

There is no fee to participate, but donations are welcome to support the costs associated with this event. To cover transportation and recycling costs, we need to raise \$500. Donations can be made at the event via cash or check (payable to Sustainable Lebanon) or online at [www.facebook.com/SustainableLebanonNH](https://www.facebook.com/SustainableLebanonNH). Thanks in advance for considering a donation.

For more information and to volunteer, please contact Liane Avery at [L99Liane@aol.com](mailto:L99Liane@aol.com), 860-556-3114.

## Hanover Indoor Mask Update

HANOVER, NH—Effective Wednesday, March 16th, Hanover paused its indoor masking requirement that has been in place since early August of 2021. It is implementing this pause in conjunction with Dartmouth which eliminated its indoor masking requirement on college property on Wednesday, March 16th, the first day of Dartmouth's spring break,

so their announcement was timed with the departure of students from Hanover for 10 days. The Hanover/Norwich/Dresden School District announced that they would pause their indoor masking requirement effective March 14th. "Given that Hanover's policy will simply be paused, not rescinded, that enables the Town to reinstate the indoor masking requirement if we encounter another COVID variant that results in a rapid increase in cases combined with increases in hospitalization for severe illness and deaths," said town officials.

The Town will continue to welcome the wearing of masks indoors by all who wish to do so.

## CORNISH ROAD CLOSURES

2022 Mud Season in Cornish is one for the records! Due to a cold winter and light snow cover, the frost is deep and the mud is deep in many parts of town.

The following roads are closed:  
Clark Camp Road  
Edminster Road  
Mace Road

—Cornish Selectboard

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<https://www.hassan.senate.gov/>

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phone: 202-225-5206

<http://kuster.house.gov/contact>

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

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

## Letters to the Editor

### Support The Steppin’ Up 16th Annual 5k Walk and Fun Run to Help Reduce Domestic Violence

#### To The Editor:

How many times has domestic violence been in the news? Weekly, monthly...way too many times! It doesn’t matter where you live, your education, or your annual income, it happens everywhere.

Sometimes, when we see such stories, it leaves us feeling helpless, like the problem is too big for us to solve. The feeling of being overwhelmed is only made more exacerbated when we hear about the conflict in Ukraine and wondering what we can do to make a difference in the world. The good news is that we can do something positive in our own community to reduce violence. And Turning Points Network’s Steppin’ Up 16th Annual 5k Walk and Fun Run is just one way to do it.

Please join me on April 30th to help support victim-survivors of domestic violence, sexual assault, sex trafficking, and stalking. Together, let’s send a message that we have all seen or heard about too much violence in our world. Participation can be either in person or virtual, through sponsorship or putting together teams to fundraise for Turning Points Network. The proceeds raised for Steppin’ Up pay for support services for victim-survivors, their families, and community members who are seeking information on how they can help someone they are concerned about. It also funds prevention education programming that teaches our children and youth about healthy relationships and communication skills.

Please join in on April 30th and help raise funds so these services will remain free for all. Information on how you can play a part in ending violence can be found at <https://www.turning-pointsnetwork.org/steppin-up>.

Thank you for Steppin’ Up in our community.

**Christina Hill**

**Charlestown, NH**

### Has Concerns for The Future of Council District 1

#### To The Editor:

Dear residents of NH Council District 1,

Our district deserves better! NH Executive Council District 1 was most fortunate to have an accomplished and effective councilor, the late Ray Burton, who served for 34 years. I knew Ray Burton and Joe Kenney is no Ray Burton. Ray was progressive and worked hard for positive results for Council District 1. Ray supported accepting federal assistance that would improve people’s lives. Mr. Kenney continually votes against women’s health programs, COVID-19 relief funds and other funds designed to assist District 1. Mr. Kenney has suggested that the Towns of Hanover, Lebanon, Plainfield, Cornish, Grantham, Newport and City of Claremont be removed from Council District 1.

It is apparent that Mr. Kenney does not care about western New Hampshire and does not want to represent this area. If this change were to happen, it would guarantee that District 1 would become a permanent Republican seat. We call this gerrymandering.

In November, the voters of District 1 will face a stark contrast and have an opportunity to bring back Mike Cryans to represent us. He is a stalwart individual who will work for all residents of Council District 1 regardless of political affiliation.

Respectfully,

**Gerald Coogan**

**New London, NH**



**Tuesday morning prep. Louise Trottier, left, and Sue Walker came over from the Soup Kitchen to slice up veggies for a pasta salad. Johanna Parker — like Walker, a cook at CSK — dropped in to prepare more vegetables and cook the pasta for that day’s spaghetti and meatballs dinner.**



**On Friday, students prepared a dinner of pork chops and stuffing for the Soup Kitchen. Zachary Bailey and Kylee Akusis melted butter seasoned with garlic and rosemary, then drizzled it over the chops.**



**“And that’s how much butter we need for nine boxes of stuffing,” Madasia VanGuilder (right) tells Caeden Berry (left) and Bailey Truman. The three students had calculated the total amount, sliced the butter and weighed it right to the ounce. Caeden pours the stuffing into a baking pan for later reheating.**

**Photos by Eric Zengota**



## **Cooks, from page 1**

Everyone benefited. The cooks, immediately at home in their temporary kitchen, chopped, sliced and mixed as usual. The students

gained experience by preparing foods they might not yet have encountered in class and for more diners than ever. On Monday, for example, they mixed ground meat and spices, creating 349 meatballs. On Friday, they made a butter sauce for trays of pork chops and calculated the amount of butter needed to turn nine boxes of stuffing mix into a delicious side dish.

The students’ prep work last week was also valuable training for a dinner they’ll cook and

serve this week. That menu is just as ambitious: steak tips and rice, stuffed chicken breast, salad, vegetables, dinner rolls, and assorted desserts.

“This will be the first catered event in The Teal Lantern since coming out of the pandemic,” said Kainu. “I’m proud in general of how my students are progressing. This dinner will certainly be a challenge, but I’m confident everyone is up for it.”



**The March 18th full moon, known by several different names, including the Worm Moon, Crow Moon, the Crust Moon, the Sap Moon and the Chaste Moon.**

**Photo by Phyllis A. Muzeroll**



## NH DHHS COVID-19 Update March 18, 2022

CONCORD, NH – The New Hampshire Department of Health and Human Services (DHHS) issued the following update on the new coronavirus, COVID-19.

On Friday, March 18, 2022, DHHS announced 142 new positive test results for COVID-19 for Thursday, March 17. Those results included 102 people who tested positive by PCR test and 40 who tested positive by antigen test. Test results for previous days are still being processed and updated case counts for prior days will be reflected on the COVID-19 interactive dashboard. There are now 910 current COVID-19 cases diagnosed in New Hampshire.

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 were thirty-nine individuals under the age of 18 and the rest are adults with 53% being female and 47% being male. The new cases resided in Hillsborough County other than Manchester and Nashua (26), Cheshire (25), Grafton (16), Rockingham (14), Strafford (13), Carroll (12), Merrimack (5), Sullivan (5), and Belknap (3) counties, and in the cities of Nashua (9) and Manchester (7). The county of residence is being determined for seven new cases.

DHHS also announced three additional deaths related to COVID-19. We of-

fer our sympathies to the family and friends.

- 1 male resident of Cheshire County, 60 years of age and older
- 1 male resident of Hillsborough County, 60 years of age and older
- 1 male resident of Merrimack County, 60 years of age and older

There were currently 35 individuals hospitalized with COVID-19. In New Hampshire, since the start of the pandemic, there have been a total of 300,941 cases of COVID-19 diagnosed.

**As of Friday, the 18th, there were 12 current positively identified cases reported by DHHS in Claremont; 5 in Charlestown; 6 in Grantham and 1-4 cases in other towns. DHHS reported 39 current positively identified cases in Sullivan County.**

**Note: Data does not include positive home testing results.**

### Vaccination rates in NH:

**Fully vaccinated: 57.9%**

**At least 1 dose: 65.5%**

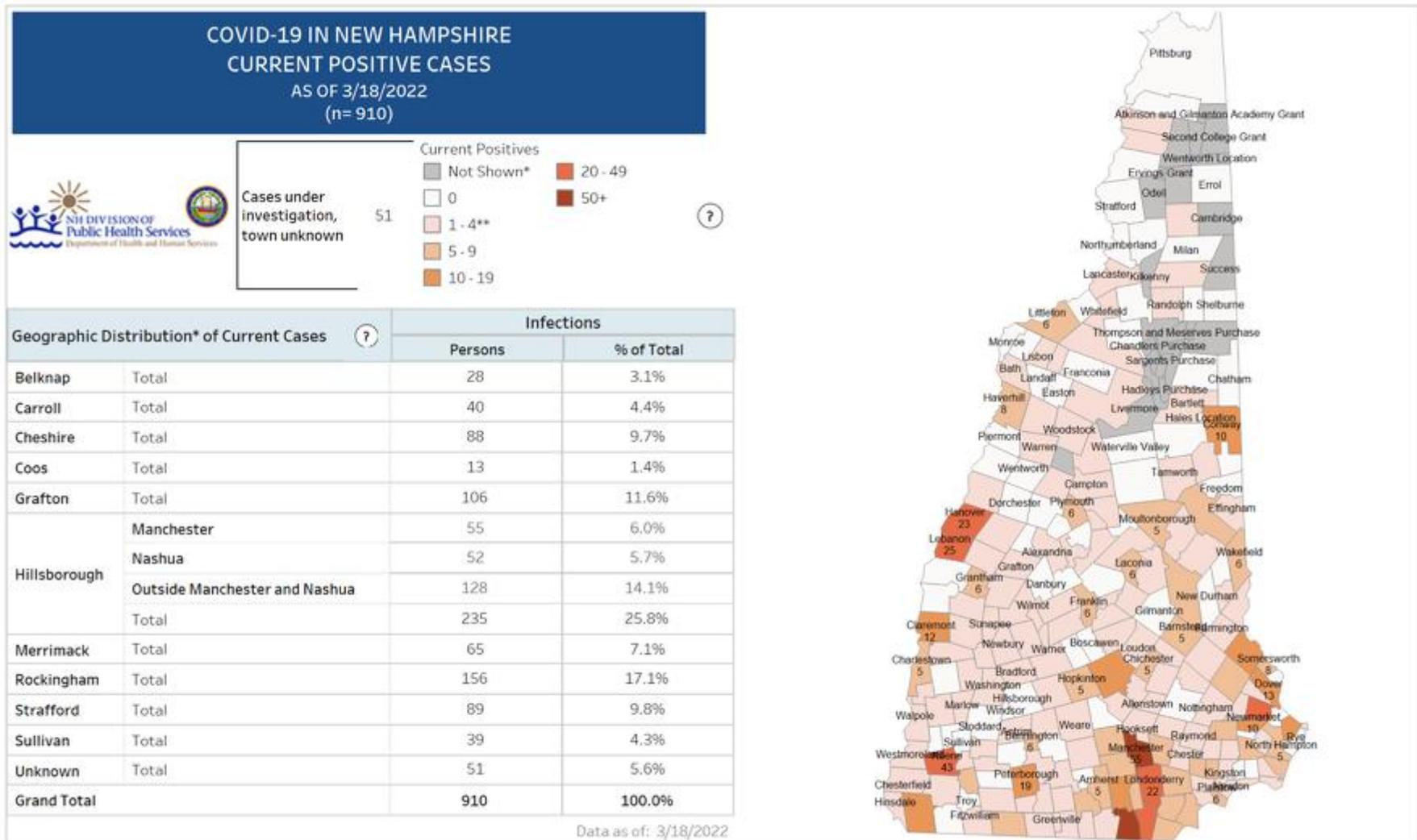
### COVID-19 Hotline

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.

### Vaccine Information in NH

For vaccine information, please visit <https://www.covid19.nh.gov/resources/vaccine-information>.

NH Persons with COVID-19	300,941
Recovered	297,597 (99%)
Deaths Attributed to COVID-19	2,434 (1%)
Total Current COVID-19 Cases	910
Current Hospitalizations	35



## Be Responsible with Bear Attractants This Spring

CONCORD, NH – The Granite State's black bears will soon be emerging from their winter dens and begin actively searching for any available food sources. While there may be some leftover nuts from last fall, bears will be primarily reliant on spring greens for food. Because of this limited menu, bears will be easily enticed by a wide variety of human-produced food sources, especially bird feeders.

With the recent onset of spring-like conditions, officials are asking the New Hampshire public to be both proactive and responsible by taking down bird feeders no later than April 1 in the North Country, and immediately in central and southern parts of the state where bear activity has already been reported.

Backyard farmers should protect poultry, livestock, and bees with electric fencing, being sure to remember these fencing needs when picking up new chicks this spring. Additionally, residents can help prevent attracting bears by securing dumpsters and garbage cans, and storing grills, pet food, and animal feed indoors. The easiest way to solve a bear-human conflict is to prevent it in the first place. Please do your part to help protect New Hampshire's bears!

"This winter has had long periods of cold temperatures, and bears have been dened and inactive in response," said Andrew Timmins, Bear Project Leader for the New Hampshire Fish and Game Department. "However, the recent spring-like weather undoubtedly will result in some bears becoming active, particularly in the central and southern parts of the state where the snow is gone. It's time to prepare for foraging bears and remove or secure all backyard food sources."

"Building good bear-human relationships is far more successful when people are preemptive, and it is easier to avoid a conflict than resolve one," said Timmins. "Bears have an extremely acute sense of smell, long memories, and high intelligence. We really need the help of residents this spring to prevent emerging bears from returning to locations where they have been previously successful in finding backyard food sources. It is harmful for bears to become conditioned to forage around homes and in residential ar-

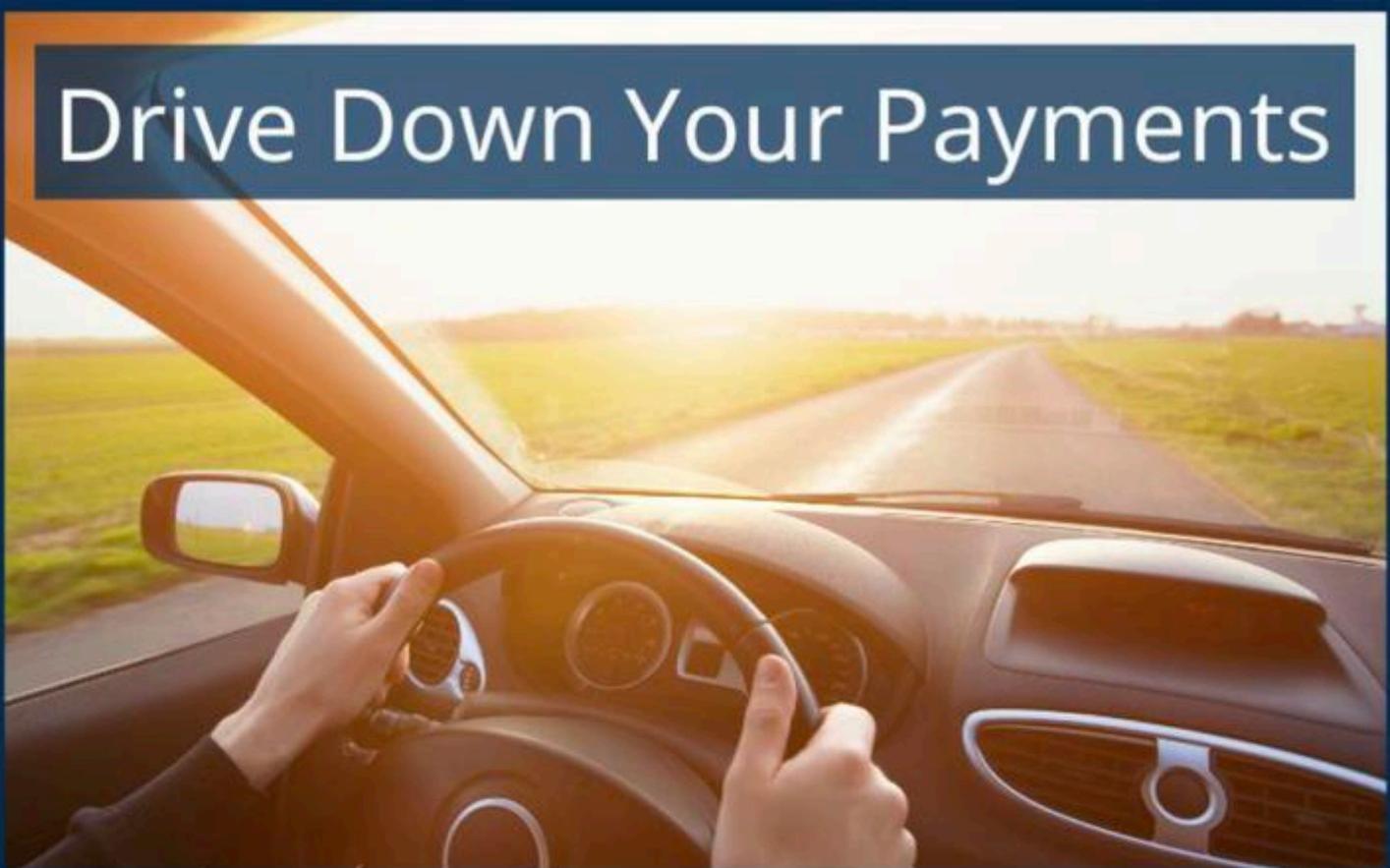
reas because they will lose some of their natural aversion to humans. Bears are much better off in the wild relying on natural food sources."

### SATURDAY, APRIL 2

#### Starting Seeds Indoors and Out with Henry Homeyer

11 AM, Cornish Store

Garden writer Henry Homeyer will teach a short class on how to start seeds, both indoors and out. It's easy, fun, and saves money. On April 2nd, Henry will give a hands-on demonstration at the Cornish Store and explain the process. This will tie in with the free seeds available in the seed library at Stowell Free Library in Cornish Flat.



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## TPN Breaks Ground on New Services Building

CLAREMONT, NH—Turning Points Network (TPN) broke ground last Thursday on a new service and office facility in Claremont. The construction project is a renovation and addition to the 2,300 square foot building formerly owned by Pierzchala Accounting, located at 231 Broad Street. The property was generously donated by the Pierzchala family to TPN in 2018. Construction is scheduled to be completed by December 2022.

“This move is a very long time in coming,” said Board President Christina Hill. “Since 1986, TPN has provided programs and services to survivors and their families within a single-family residence at 11 School Street. As needs, services and staff have increased, the space has been renovated and rearranged until finally depleting all options, space and square footage.”

Additional speakers during the ceremony included Mayor Dale Girard, Architect Frank J. Barrett, Jr, Clerk of the Works George Chait, and Executive Director Deborah Mozden. Attendees included Claremont City Council members, TPN Board and staff, the Claremont Chamber, DEW staff, and representatives from the project’s state and federal funding sources.

The project will result in a two-story, 3,856 sq. ft addition, attached to the existing main house, providing TPN with an additional 1,732 sq. ft of office space per floor. A new, finished basement area with offices and storage space will provide an additional 1,928 sq. ft of space for future expansion. Interior renovations will provide ADA-compliant restroom facilities and elevator, a large, modern classroom/conference area, kitchen, co-workspace, and a total of 18 dedicated offices, as well as two common areas that can be used for additional workspace.

The new site includes a private accessible main entrance and parking, energy efficient heating and cooling systems, modern, blown-in insulation, energy rated windows and doors, and 24/7 alarm monitoring and cameras, as well as secure entry points. The building is set back from the road in a professional, residential area of Broad Street with a private, side street entrance that offers privacy for survivors seeking services.

DEW Construction, located in Keene, NH, will provide general contractor services on this \$2.8 million project, with funding generously donated from private community members, grants from NH Community Development Finance Authority, Northern Border Regional Commission, Jane’s Trust, Mascoma Bank Foundation, Couch Family Foundation, Bio X Cell, LaValley Building Supply and Casella Waste Management Inc., as well as a USDA-Rural Development loan/grant package.

Turning Points Network provides 24-hr crisis intervention, support and advocacy services to survivors of domestic violence, sexual assault, sex trafficking and stalking, as well as school, faculty and community-based prevention education and outreach in Sullivan County communities.

**The official groundbreaking for a new service and office facility for Turning Points Network was held last week in Claremont (Courtesy photos).**



# Classified Ads

## NEW TO THE MARKET



**CLAREMONT** -This 3 bed, 2 bath cape sits on 14.3 acres; views, fields, privacy. For more info and photos, please see **MLS# 4900727**.  
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**Ashley Bergeron**  
Agent



**NEW TO MARKET, this 3 bedroom, 2 bath** raised ranch is turn key. Spacious family room, open concept kitchen to living room. New flooring, freshly painted and newer appliances. Attached garage with direct entrance. **\$250,000**



131 Broad Street  
Claremont, NH 03743

## Clinical Mental Health Provider \$30.00 - \$35.00 per hour



TLC Family Resource Center is seeking a Licensed Clinical Mental Health Provider. The LCMH will be a key partner in providing intensive services to families and children who have experienced trauma and/or are impacted by substance use, child abuse, and neglect.

The LCMH will be responsible for child and family screenings, assessments and follow up, Child Parent Psychotherapy (CPP) or similar parent-child therapy, responding to and making referrals as needed, actively participate in team meetings about wraparound services for TLC clients receiving or referred for CPP and prepare reports as needed for court hearings.

TLC is offering this position at 20-40 hours per week with evening and weekend hours available to provide maximum flexibility to potential applicants who may have another part-time position or applicants who desire a full-time schedule but need flexibility in their work hours.

In addition to a competitive salary, TLC Resource Center offers health insurance for eligible employees, a retirement contribution, paid trainings and certifications, mentorship and orientation for new employees, a flexible work schedule, supervision towards licensure, and generous paid time off within a supportive team environment. To learn more and apply, please visit: <https://www.tlcfamilyrc.org/employment-opportunities.html>.

# Classified Ads

**PUBLIC NOTICE**  
**For a meeting of the**  
**CLAREMONT PLANNING BOARD**

To be held on  
 Monday, March 28, 2022 7:00 PM  
 Council Chambers, City Hall  
 58 Opera House Square, Claremont NH

The Board will continue the discussion of  
 Proposed Amendments to the Claremont  
 Zoning Ordinance regarding  
 ADUs and Shared Parking

Richard Wahrlich, Chair

**APRIL 10 DEADLINE**

**Seed Packet Art Project: Butterflies**

Art Submission Deadline: April 10, 2022

Help us put the culture back in agri-culture as we promote pollinators by submitting a design for the front of our Native Pollinator Seed Packets that will be given to area schools and sold at the SCCD 2022 Spring Plant Sale.

Works of art will be displayed on the front of the seed packets and the artist information will go on the back. A gallery of all submissions will be put on this website and possibly exhibited during the summer at a local venue.

Theme: Butterflies

Mediums: We are looking for a diversity of mediums including but not limited to watercolor, oil, collage, quilting, carving, assemblage, stained glass, etching, seed mosaic, plant material collage, wood burning, etc.

Art on seed packets will measure 3 x 4" tall in final form.

Submissions: Please submit 2 digital photos of your art work to Dawn Dextraze at [ddextraze@sullivan-county-nh.gov](mailto:ddextraze@sullivan-county-nh.gov). Please include artist name, grade, and school as well as artwork title.

Plants included in the Native Pollinator Mix may include: Golden Alexanders, New Jersey Tea, Swamp Milkweed, Butterfly Weed, Boneset, Spotted Joe Pye Weed, Closed Gentian, New England Groundsel (ragwort), New England Aster, Great Blue Lobelia, Broad Mountain Mint, Sundial Lupine, Northern Blazing Star, and Yellow Wild Indigo.

More details can be found on our website: <https://www.sccdnh.org/school-programs>.

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**This is a must see two-bedroom, one bath, well maintained home, with a large flat fenced-in back yard and lots of potential! Close to schools, shopping and downtown dining!**

**Claremont MLS 4900580 \$99,900**



**Own your own little piece of paradise with beautiful views and open fields.** The main floor has a master bedroom with a full bath. Upstairs has 2 bedrooms, an open office area, and a 3/4 bath. The back yard has a gazebo to relax and enjoy the views.

**Claremont MLS 4900727 \$375,000**



**INVESTORS TAKE NOTE! This is a smooth running 4 Unit with updates throughout.** Mostly separate utilities with 4 separate heating units. Modern apartments, great rents with long-term tenants and plenty of parking on a 2-acre lot. This is an easy keeper in turn-key condition. It won't last!!!

**Claremont MLS 4900424 \$279,950**



Justin Ranney  
Owner



Jan Ranney  
Owner



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# The Sweetest Season

## From Hollow to Hills, Claremont Sugar Houses Produce NH's Iconic Flavor

Story and Photos By Eric Zengota  
e-Ticker News

CLAREMONT, NH—"How much sap will run this year? What type of sugar will the trees give us? How many gallons of syrup will we bottle?" Matt Steele asks himself these questions every January. "We just don't know," he answers himself. "Making syrup is totally dependent on the weather."

Steele and his wife, Cassie, live in a big white house almost at the bottom of Bible Hill Road. Behind the house, in a hollow dense with maple trees, stands the sugar house he built piece by piece in 2018.

Come 2019 sugaring season, he was waiting for the magic formula that would make the sap run: below-freezing nights and mild days. That year the weather cooperated, and sap flowed out of Steele's 400 taps (most of them in the hollow, some on land in Cornish), through long blue lines and into the holding tank outside the sugar house.

Next came boiling — the hot, smoky, ultimately rewarding process that took up many hours, day and night, until he had his first season's supply of 30 gallons. He's averaged that amount every year since. "I'm happy to have a small backyard operation," he says. "I've been making syrup most of my life, starting with my father when I was growing up in Vermont. I'm sticking to that tradition on a small scale, and that's fine by me."

"Small" does not, however, translate to "easy." Steele has to chop wood to fire the

arch, which is the stove under the evaporator. Soft woods like pine and hemlock are best because they burn faster; when his woodpile is getting low, he feeds the flames with broken-up pallets. "They're lying around all over town, and free for anyone who wants to haul them away."

Water boils at 212F. Syrup boils at 219F, requiring someone to watch the temperature gauge on the side of the evaporator, where the sap has been bubbling up. Once 219F is reached, that person opens a spigot and lets the syrup flow into cans. Another someone swirls the syrup in the different sections of the evaporator, not only to keep it flowing but also to prevent too much build-up of sugar sand (a natural residue). Someone else stokes the fire.

All these "someones" means that every boil is a team effort. As Steele puts it, "This entire operation is possible because the greatest family and the greatest friends are always coming over to help." Some drive in from Claremont, others from beyond. Neighbors walk down into the hollow straight from their homes on ridges above. Colleagues help out, whether it's glaziers and installers from Claremont Glassworks (Steele is a co-owner), or men from the Claremont Fire Department (he's also a call firefighter).

This past Saturday, Steele was boiling his last batch of what he likes to call "sweet maple gold."

But travel farther up Bible Hill Road, turn right on Piper Hill Road, and you'll arrive at Twin Hill Farm. That's where Cory and Tim LeClair have their maple syrup business; they

**(Continued on page 13)**

**Clockwise: The stream that flows through Matt Steele's hollow fools the "sugarbush" (where the trees grow) into thinking it's colder than surrounding areas, making for a longer sugaring season. Adding firewood about every four minutes causes sparks to fly up and out of Steele's sugar house; Sophie, his chocolate lab, monitors the operation. Steele waits for the sap to fill the evaporator, in which it will be boiled into syrup at a temperature of 219F.**



## Season, from page 12

estimate they have two more weeks before the sap stops running.

Both LeClairs made syrup when they were growing up. In 2016, when they formed their own business, they operated in a glasshouse at Cory's parents' home in Unity. In 2017 they set up operations in Claremont.

Twin Hill Farm is a large operation that produced 337 gallons last year. This year, they tapped the trees (they have 1,300 taps) on February 10 and 11, had their first boil on February 13, and as of March 16 have produced 52 7/8 gallons. As Cory LeClair explains the widely varying numbers, "You can never predict what Mother Nature will provide. You have to wait for those cold nights — and then you have to work to her schedule."

A vacuum pump system draws the sap through the lines to a series of tanks, some holding upwards of 300 gallons. From there,



the sap is moved first to a large outside tank, then through a reverse osmosis machine inside, which removes water, the "permeate," leaving a concentrated product to flow into the head tank. Next it drips into the



back tank and then the evaporator, where the wood fire in the arch below boils it to the requisite 219F.

The LeClairs try to boil and bottle the same day. The hot sap is sent through a filter press, where several filters remove the sugar sand and other natural residue. The syrup must be bottled at a temperature between 180F and 190F to kill residual bacteria. Bottling outside that range encourages the growth of mold.

The ratio of sap to syrup varies depending on the sap's sugar content. If, for example, sap has a 2% sugar content, 50 gallons of sap are needed to make one gallon of syrup. A higher sugar content would change the ratio to 30 gallons of sap/one gallon of syrup.

The color, the grade of syrup depends on the predominant type of sugar. According to Cory LeClair, "Sugars can differ from one tree to the next, not to mention year to year. One year we could make only dark syrup, the next only light."

Weeks dedicated to making sugar complement the LeClairs' full-time jobs. Tim works for a transportation company. Cory is the superintendent of both the Plainfield and Cornish school districts. But Twin Hill Farm is far from being a two-person operation. Like Matt Steele, they have a core team of workers who keep the fire going, monitor the equipment and bottle syrup, gallon after gallon after gallon.

Matt Steele's syrup is available for purchase at Claremont Glassworks, 125 North St., Clare-



mont; 603.542.3100.

The LeClairs' hand-crafted maple products — syrup, popcorn, candied nuts, maple cream pies and so on — can be bought at the sugar house or across the road at the farm stand, 150 Piper Hill Road, Claremont; 603.722.0609; twinhillfarmnh@gmail.com. Order online at [twinhillfarmnh.com](http://twinhillfarmnh.com).

**Clockwise:** The type of sugar in the sap determines the color and grade of the syrup. Cory LeClair checks that the head and back tanks as well as the evaporator are all operating smoothly. A year of only light syrup, a year of only dark. There's no way to know what a season will bring, says LeClair. A vacuum pump system delivers sap from Twin Hill Farm's trees into holding tanks. LeClair inserts a sample into a digital reader that displays the percentage of light shining through the syrup. The number places the syrup in one of four grades; from lightest to darkest: Delicate  $\geq 75$ , Rich 50-74, Robust 25-49, Strong  $< 25$ .



# ***River Valley Animal Protection League***

of Charlestown, NH

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**Sat. March 26, 2022 - 1 - 4 PM\*\***

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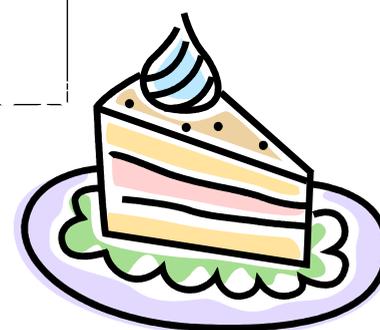
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***Thank you** to all the volunteers who helped make the 2022 TSV basketball tournament such a great success. TSV in Claremont would not happen without your hard work!*

**Justin Martin**  
Superintendent of Recreation Programs  
Claremont Parks & Recreation Dept

## Registration now open for the 41st Annual Prouty

LEBANON, NH – The Friends of Norris Cotton Cancer Center announce the launch of 41st Annual Prouty. Northern New England's largest family-friendly fundraising event is back and in-person on July 8-9, 2022. Registration is now open for the 41st Annual Prouty, benefiting life-saving cancer research and patient and family support services at Dartmouth and Dartmouth-Hitchcock's Norris Cotton Cancer Center (NCCC).

"We are thrilled to launch the 41st Prouty and bring our community back together again," says Steven D. Leach, MD, director of NCCC. "The Prouty has a profound impact at our Cancer Center. It allows us to give compassionate, disease-specific care to our patients close to their homes. It allows us to fuel ground-breaking cancer research and bring clinical trials to this region. The Prouty has a direct impact on the lives of neighbors and friends, and we are extremely grateful to the entire Prouty community for their continued support."

The Prouty began in 1982 when four NCCC nurses, inspired by the courage of their patient, Audrey Prouty, committed to cycling 100 miles through the White Mountains of New Hampshire. Over the past 41 years, thousands of passionate individuals have come together to bike, walk, row, golf, and more to help end cancer. Since its inception, the Prouty has raised more than \$52 million to support cancer research and patient support services.

Health and safety are top priorities. Event plans and logistics will be based on local public health guidelines to ensure a safe experience for all participants and volunteers. COVID-19 guidelines and restrictions continue to evolve, and more details on protocols and plans will be shared in the spring at [www.theprouthy.org](http://www.theprouthy.org).

For additional details and to register, go to: [www.theprouthy.org](http://www.theprouthy.org).

## RVAPL Fundraiser in Charlestown

CHARLESTOWN, NH—Please try to join the River Valley Animal Protection League for a Raffle-Palooza fundraiser (This will be a substitute for our annual Potluck Dinner Fundraiser).

We will have MANY great items for raffle and will be selling some merchandise as well. This will be a one-way "WALK THRU STYLE" event.

We will also have a pie and cake sale. (We will not be doing the usual cake auction but will have items priced for sale).

Saturday, March 26, 2022, 1-4pm

VFW, Charlestown, NH

Instructions: You can come ANYTIME between 1 and 4pm. You will enter thru one door, buy your tickets and proceed through the room in a one-way direction. You will then exit through a different door.

### APRIL 9 AND APRIL 23

#### RABIES CLINIC

Low cost rabies clinic!

On Saturday April 9 and April 23, Sullivan County Humane Society will be holding a rabies clinic for dogs and cats from 10-2 at the Ladies Auxiliary Bingo Hall, 183 Plains Rd, Claremont. Rabies and feline/canine distempers available for only \$10/each.

No appointment necessary.

By law, shots will be good for 3 years with proof, in the form of a rabies certificate, of previous vaccination, otherwise it is a 1 year shot.

If you have questions, please call 542-3277 for more information.

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## Business News

### Lacasse Joins Hospice & Palliative Team at Lake Sunapee VNA

NEW LONDON, NH – Rebecca Lacasse, DNP, APRN, has joined the team at Lake Sunapee Region VNA & Hospice as its Hospice & Palliative Care Nurse Practitioner, bringing with her 17 years of nursing experience. Lacasse holds a Doctorate in Nursing from Maryville University and a Master's from Walden University and completed rotations in hematology/oncology and palliative medicine during her training. She has worked at Dartmouth-Hitchcock Medical Center in orthopedic and trauma, as well as in neuroscience and ENT surgeries. For the last three years, she worked in primary care at Mid-State Health Center in Bristol, NH.



**Rebecca Lacasse**

"I was drawn to hospice and palliative care because I can treat the whole person and not just the disease," says Lacasse. "Through all my schooling and experience, to providing hospice care for my grandparents in my family's home, I was definitely drawn to this role."

Hospice focuses on physical, emotional and spiritual comfort, so individuals with a life limiting illness can live their last phase of life to the fullest wherever they call home. Lacasse works closely with the entire hospice team—nurses, therapists, social workers, home care aides, spiritual counselors and trained volunteers—in the care of hospice patients and their families.

Palliative care focuses on the conversation and navigation of advanced illness. Lacasse can assess palliative patients in the home setting, working closely with the patient's other

medical providers to achieve optimal symptom control and other goals of care.

For more information, call Lake Sunapee VNA at 603-526-4077.

### Mt. Ascutney Hospital and Health Center Now Offers Walk-in Services

WINDSOR, VT – Mt. Ascutney Hospital and Health Center (MAHHC) is now offering Walk-In Services as an option for urgent, but non-emergency medical needs. These visits are available Monday through Friday from 1 to 5 pm for patients ages 2 and up. Patients can check in at the Hospital's Central Registration, through the main entrance.

Some of the conditions that can be diagnosed and treated through Walk-In Services are minor cuts and burns, urinary tract infections, strains and sprains, minor fractures, rashes and ear, sinus and eye infections. In addition, x-ray and lab services are available on site for timely results and further diagnosis.

If a patient's symptoms indicate the possible need for care in the Emergency Department, a nurse will be on hand to evaluate to determine if their condition calls for transfer to ED.

"We look forward to providing high-quality care for our patients through our new Walk-In Services," said Joseph Perras, MD, CEO and Chief Medical Officer at MAHHC. "Regardless of whether you are experiencing a minor injury or a mild illness, our providers can assist in a timely manner for quicker relief than waiting for an appointment during clinic hours, and also help you avoid the higher cost of an Emergency Department visit. It is important to your overall health that you do not postpone care or ignore symptoms needing prompt medical attention."

Since the start of the pandemic, MAHHC has taken every measure to ensure a safe and clean experience for both patients and staff. Patients experiencing life-threatening symptoms should always go to their closest emergency department or dial 911. Screening for COVID-19 symptoms is ongoing at MAHHC.

### Vital Communities Introduces Program to Welcome Newcomers

#### *Aims to Improve Talent Retention in The Region*

WHITE RIVER JUNCTION, VT— If you are a newcomer to our region or someone who perhaps grew up here but has lived elsewhere for a while, it can be difficult to get to know your neighbors, especially if they live half a mile down the road. It can be hard to navigate the small-town experience. Or figure out how to survive New England winters. Imagine the benefit of having a friendly person to show you the ropes.

(Continued on page 18)

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# Business News

## Welcome, from page 17

The new Upper Valley chapter of the Vermont Welcome Wagon Project (VWWP) seeks to make the transition to New England life easier by connecting newcomers with local volunteers eager to meet and answer questions. By signing up for the program, new and returning residents (the program calls them "participants") will have the opportunity to meet with up to three established residents (or "hosts") who share their interests. Together hosts and participants plan to meet. This could entail grabbing a coffee or touring Main Street. These meetings offer the perfect opportunity to get to know the ins and outs of the new community and to ask questions of a neighbor.

The Upper Valley Chapter is the fifth regional chapter to open in the state since the project began in Chittenden County in 2018. The statewide program seeks to "complement the efforts in the State to close the talent gap in Vermont by helping retain new, newly returning, and existing Vermonters in the state by assisting them to get connected to community," according to the VWWP website. As our region straddles both New Hampshire and Vermont, the Upper Valley chapter is seeking participants and hosts on both sides of the Connecticut River.

"We live in an area that is so rich with community activities, delicious food, captivating arts, passionate mom and pop shops, and an abundance of beautiful recreational opportunities," said Monique Priestley, Executive Director of Bradford's The Space On Main, which is taking part in the project. "Yet for newcomers, the Upper Valley can feel challenging and isolating. With the newest chapter of VWWP, we will provide a resource that establishes an early and inviting connection to the people and places that make our region such an incredible place to live."

To enroll in the Upper Valley Chapter of the Vermont Welcome Wagon Project and to learn more about UVWWP, visit [vitalcommunities.org/upper-valley-vermont-welcome-wagon-project/](http://vitalcommunities.org/upper-valley-vermont-welcome-wagon-project/).

For more information about the Vermont Welcome Wagon Project, visit [www.vtwelcomewagon.org](http://www.vtwelcomewagon.org).

## Applications Now Being Accepted for RRCF Scholarship

Do you know a high school senior in New Hampshire or Vermont planning to study STEM in college? RRCF is now accepting applications for the Red River Charitable Foundation annual scholarship. The RRCF Scholarship was created to support students interested in majoring in computer sci-

ence, engineering, security, robotics and other relative technology fields.

All applications must be submitted by Friday, April 22.

If you or a student have questions about the RRCF scholarship, please email Kim Vacca, RRCF Director, at [kim.vacca@redriver.com](mailto:kim.vacca@redriver.com).



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## HSA: A Healthy Way to Save for Retirement

Many expenses in life are unpredictable. But there are two things you know you'll have to pay for: medical bills and retirement. You'll probably need to take a variety of steps to meet these costs, but one financial instrument that can help is a health savings account (HSA).

If you're not familiar with an HSA, here are the basics:

- **Eligibility** – If you are enrolled in a qualified high-deductible health plan (HDHP), you can generally contribute to an HSA. While HSAs are typically offered through employers, you can still open one if your employer doesn't provide it, or if you're self-employed, although you must have HDHP coverage. You also can't be enrolled in another health insurance plan, other than those permitted, such as dental, vision, long-term care and disability insurance, and you can't be enrolled in Medicare. Also, you can't be claimed as a dependent on another person's tax return.

- **Contribution limits** – In 2022, you can put in up to \$3,650 to an HSA if you have single coverage, or \$7,300 for family coverage. And if you're 55 or older, you can put in an extra \$1,000 per year.

**Tax benefits** – An HSA has triple tax advantages: Your contributions are made with pre-tax dollars, so they can reduce your taxable income for the year; your earnings grow tax-free; and your withdrawals are tax-free, provided the money is used for qualified medical expenses. (Withdrawals taken before age 65 that aren't used for qualified medical expenses are taxable and subject to a 20% penalty; once you reach 65, the penalty no longer applies, although withdrawals are still taxable.)

In addition to its providing tax benefits, an HSA can help you in other ways. Perhaps most significantly, your HSA can be an additional financial resource for your retirement. That's because the money in your HSA can be carried over from year to year – you aren't obligated to "use it or lose it." So, the money not spent on annual medical expenses can continue to grow tax-deferred. Plus, an HSA is "portable" – it moves with you when you leave a job.

Furthermore, unlike a 401(k) or a traditional IRA, an HSA does not require you to begin taking withdrawals once you reach 72 – you can leave your account untouched for essentially as long as you'd like. And while you may need to use your HSA funds to meet your medical expenses in retirement – which can be considerable, even with Medicare – you can use what you don't spend on medical costs for your other needs without penalty, once you reach age 65. (As mentioned above, any HSA withdrawals not used for qualified medical costs are taxable.)

Here's one other point to keep in mind: Your HSA likely contains investment options, along with a cash account. If you put all your funds in the cash account, as many people do, you might be depriving yourself of the growth opportunities provided by the investment options. On the other hand, of course, these investments generally carry more risk. One possible way to benefit from both parts of your HSA is to keep enough cash to cover your health insurance's out-of-pocket maximum and invest the rest.

As you can see, an HSA can help you in numerous ways. If you have access to one, consider taking advantage of it.

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

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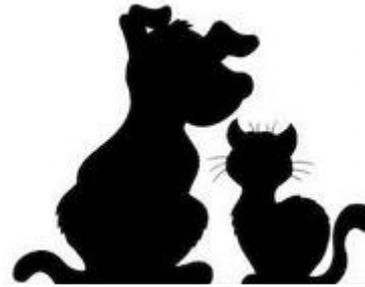
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# Sports/Recreation

## CHaD Hockey Returns to raise \$210,000

### Team Police Earns Victory as Fans Return to Support CHaD

LEBANON, NH— For the first time in nearly three years, thousands of fans cheered for the CHaD Battle of the Badges Hockey Championship, presented by AutoFair, on Sunday, March 13, 2022 at SNHU Arena. The major fundraising event for Children's Hospital at Dartmouth-Hitchcock (CHaD) was back in person and helped raise \$210,000 and counting for important programs at CHaD.

The 4,102 fans in attendance at Sunday's game were at their loudest as law enforcement and fire & rescue personnel hit the ice exactly two years after Team Fire earned a second straight victory in the streaming 2020 game. The 2021 game was canceled due to COVID-19. This year's edition, also streamed online to provide a viewing option for all fans, saw Team Police snap a two-game losing streak with a 5-2 victory.

The teams exchanged first period goals with Concord's Ian Gill opening the scoring before Durham's Erik Burke tied it up at 1-1 for Team Police. Team Police added a second goal from Alex Turgeon (Rockingham County Sheriff) to take a 2-1 lead to the final frame. That's when the game got wild.

Team Fire's Ashton Rome (Salem) tied the game with a goal from Micah Ruel (Rochester) with about eight minutes gone in the period. Less than a minute later, Chichester's Phil Arnone put Team Police back on top, 3-2, on a nifty exchange from Chris Murphy (Nashua). That was all the men in blue needed, adding a fourth goal from rookie Cameron Hult (Concord) with five minutes to go, and then their final tally with 6.6 seconds on the clock from Rochester's Jake Benjamin.

Arnone earned the game's First Star honors by snagging the game-winning goal in the final frame. Team Police goalie Chad Fazio (Manchester) was the Second Star with Team Fire's Ian Gill (Concord) earning Third Star recognition. Nashua's Murphy tallied three assists with

North Hampton's Kyle Manlow adding a pair for Police. Benjamin and Turgeon each added an assist to go along with their goals.

Funds raised through CHaD Battle of the Badges Hockey Championship help children and their families live their happiest, healthiest lives. Patients and families at CHaD receive expert, compassionate care and benefit from the latest discoveries in child health research.

Police earned the off-ice title of top fundraiser by generating over \$72,000 as a team. Once again, Kyle Daly of Manchester Police Department was the top individual fundraiser with more than \$11,000 collected with his CHaD Buddy Elliot. Fire raised an impressive \$63,000 with **Claremont's Michael Snide once again leading the team effort with a total of \$7,068.**

After the game, a special tradition also returned as our CHaD Buddies – kids who have needed CHaD services in their lives – got to visit with the teams on the ice. For many Buddies, this was the first time they got to meet their player or the first time they got to see them since the pandemic began in 2020.

Police now has eight wins in the all-time series against Fire's five total victories. The 2013 game featured East and West squads that each contained players from both police and fire departments.

Photos from the game will be available soon at the event website, [www.CHaDHockey.org](http://www.CHaDHockey.org), and on CHaD's Facebook page, [www.Facebook.com/chadkids](http://www.Facebook.com/chadkids).

## Fisher Cats Unveil 2022 Promo Schedule

MANCHESTER, NH—The New Hampshire Fisher Cats (Blue Jays Double-A affiliate) have unveiled their promotional schedule for the 2022 season, featuring 22 Atlas Fireworks shows, over a dozen giveaways, and several never-before-seen theme nights at Delta Dental Stadium. Single-game tickets went on sale on Monday, March 7.

Marquee promotional games include Marvel Defenders of the Diamond Night, Star Wars Night, Manchester Chicken Tenders Night, Hockey Night in New Hampshire, Northwoods

Law Night, and the debut of Benny the Bat Dog (In-Training) on May 13.



The highly anticipated Manchester Chicken Tenders Night now has an official date: Saturday, June 4. The Fisher Cats will celebrate the 1974 invention of the Chicken Tender with a one-night rebrand, wearing specialty jerseys and classic chicken tender hats (as voted by the fans) to honor Manchester's culinary history.

Marvel's Defenders of the Diamond Night comes to Delta Dental Stadium on Friday, June 17, featuring Marvel music, movie clips, and specialty Thor jerseys worn by the Fisher Cats.

Hockey Night in New Hampshire will celebrate the history of hockey in the Granite State on Friday, June 24 with Manchester Monarchs-inspired jerseys, a fan-voted mini stick giveaway, and celebrity appearances from Max the Monarch and former NHLers including Derek Bekar and Jeff Giuliano.

The ever-popular Northwoods Law Night returns on Friday, July 8, where fans can meet the stars of the hit TV Show Northwoods Law New Hampshire. Thanks to Northeast Delta Dental, the first 1,000 fans will receive a replica jersey, designed to match the conservation officers' uniforms.

Presented by Bellwether Community Credit Union, Star Wars Night strikes back on Saturday, July 23, returning to Delta Dental Stadium for the first time since 2019. Fans can blast off to a galaxy far, far away with Star Wars characters, music, movie clips, an intergalactic Atlas Fireworks show and specialty Mandalorian Jerseys featuring Baby Yoda.

The Fisher Cats home opener is on schedule for Tuesday, April 12 at 6:35 p.m. against the Hartford Yard Goats (Colorado Rockies) at Delta Dental Stadium, with a magnet schedule giveaway from Eastern Propane & Oil and a spectacular postgame Atlas Fireworks show.

# Inspiration

## Trust Is a Wonderful Thing

By Priscilla Hull

We learn about trust at an early age. From the first hunger pangs, we learn that someone will appear out of somewhere and fill the need with something warm and comforting! That is the beginning of trust. It goes on from there to bigger and better things. Hugs and kisses always confirm the trust that a child builds with a parent. From this infantile trust, we go to more and more. Sometimes the trust can be directed to a big sister or brother who teaches you some of life's lessons. They not only take the younger ones to school, but they protect them from all the perils that can come about with all the problems of school: bullies, play ground hazards and more. I was lucky to have three big sisters who taught me all the good things (and some of the naughty things of life). They don't live nearby, but I still trust them with all my heart.

In school as time goes by, we begin the inevitable distancing from parents and siblings. We find friends and we build trust with friends. Little by little our ideas of trust change and we find a deeper, more meaningful sense to the word. We learn that trust isn't just food and shelter and protection. Trust means life changes. Trust means sharing our deepest confidences, and wishes. I had a friend like that in grade school. Her name was Ann and we shared everything together. At the time, though, we thought we'd be BFF, but time changes things and we lost contact.

When we find someone to trust, we are the luckiest people in the world. We know that they would walk through fire for us, and more, that we would walk through fire for them. It takes time to build that kind of trust and when we do, we find it is one of the most precious things we can ever have, better than diamonds and gold.

This thing called trust is fragile, though. A small break in that trust can spoil a relationship. A larger rift can destroy a relationship. Sometimes the damage can be repaired and sometimes it is lost forever. When the rift is repaired, it is often is a stronger and better trust than before. That, too, is a beautiful thing.

Work to build trust. It goes two ways. One party can spoil it for both. It takes energy and work to build trust. It is an essential part of life. We need trust for survival. Remember the baby at the beginning? We need trust to survive.

When trust is found, we can pay no price to preserve it. We have something to hold on to. We have something that we need to preserve at all cost. It will bring joy and peace and comfort to depend on. The trust of a good relationship is sunshine on a cloudy day. It is the beauty of a rainbow. It is wonderful.

*"Have enough courage to trust love one more time and always one more time."* - Maya Angelou

*"Whoever goes about slandering reveals secrets,  
but he who is trustworthy in spirit keeps a thing covered."* Proverbs 11:13

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





**Sullivan County Humane Society**

# **RABIES CLINIC**

**Dogs & Cats welcome!**

**\$10.00 per shot**

**April 9 & 23, 2022**

**10:00 AM – 2:00 PM**

**First come, first serve**

**at the**

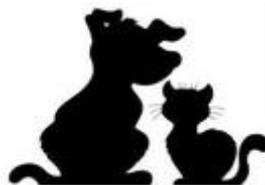
**Ladies Auxiliary Bingo Hall**

**183 Plains Rd, Claremont**

**Shot will be good for 3 years with proof of a previous vaccination. Otherwise it will be a 1 year shot.**

**Dog & Cat Distemper shot available for \$10.00.**

**Masks required**



Sponsored by Stonecliff Animal Hospital

## Calendar Of Events

### ALL YOU CAN EAT - "IN PERSON" BREAKFAST BUFFET Saturday, March 26th 7 to 10AM

North Charlestown United Methodist Church,  
Route 12A, River Road, Charlestown, NH.

Menu: Waffles, French Toast, pancakes with real maple syrup, scrambled eggs, hash brown casserole, bacon, sausage, fruit cup, choice of beverage. Price: \$9.00 adults; under 5 free.

Church is handicapped accessible.

### WEDNESDAY, MARCH 23 RED CROSS BLOOD DRIVE

If you are eligible to give the gift of life, please schedule an appointment today to donate one pint of blood. Holiday Inn, 485 Hotel Drive, Brownsville, VT, 05037, Ballroom  
1:00 PM - 06:00 PM

Blood Program Leader Name: Lanie Wadelton, 802-376-6676. Please call if you need assistance making your appointment. For questions, call 1-800-Red-Cros (733-2767).

Carry your photo ID;

Wear your mask while practicing social distancing;

Use Rapid Pass on the day of the drive to streamline pre-screening (and bring it with you to the appointment);

Know the name of your vaccination manufacturer.

Go to <https://www.redcrossblood.org/>; Zip Code 05037.

### Cone Charitable Foundation Scholarship Program for '22-'23

The Cone Automatic Machine Company Charitable Foundation scholarship program will continue for the coming school year 2022-2023. This scholarship is available to the children or grandchildren of former employees of Cone-Blanchard Machine Company having a minimum of five years of continuous service with Cone-Blanchard Machine Company who meet the eligibility requirements:

Eligibility Requirements, Terms of Award Payments and Applications may be obtained by writing to Cone Automatic Machine Compa-

ny Charitable Foundation, mailing address: PO Box 65, Claremont, NH 03743.

Completed applications must be postmarked no later than May 12, 2022. Scholarship awards will be announced in June 2022.

### Art Exhibit: Selections 2022 Through March 30, 2022

Gallery Hours:

Tues.-Fri. 11:00 am - 4:00 pm

Sat. 10:00 am - 2:00 pm

Library Arts Center Gallery

58 N. Main St.

Newport, NH 03773

Price: Free

Winners of the Juried Regional

On Exhibit: Through March 30

The Library Arts Center is pleased to kick off our first show of 2022, featuring the work of seven artists selected by jurors from the Juried Regional Exhibit to exhibit a larger body of works in the gallery in this annual favorite group show. Featured artists: Rebecca Fullerton, Betsy Holmes, Aaron Kane, Susanne Larkham, Gillian Martlew, Mary Jane Morse and Alan Shulman. \*\*Note: Due to the ongoing pandemic, there will be no scheduled opening reception for this exhibition.

### Drop-in Open Studio Art Group Wednesday Mornings (ongoing)

9:30 am - 12:30 pm

Library Arts Center Studio (lower level)

58 N. Main St.

Newport, NH 03773

Price: \$8 for LAC Members / \$12 non-members

Join this group of artists in the Arts Center's weekly drop-in Open Studio! This program has been running consistently for over 10 years in the studio, and facilitator Heidi Lorenz has cultivated a warm and welcoming community of artists of all styles and abilities, where sharing is encouraged, and the coffee is always on. Bring your own art supplies and work on your current projects alongside a delightful and supportive group of artists. Facilitator Heidi Lorenz will paint alongside all, but is available for light guidance and instruction, if desired. Drop-ins are always welcome.

\*\*Please note that class is occasionally canceled due to inclement weather or other circumstances. Check [libraryartscenter.org](http://libraryartscenter.org) for any status updates before attending the group for the first time.

### 16th Annual Steppin' Up to End Violence 5K Walk and Fun Run

CLAREMONT, NH—Turning Points Network is gearing up for their 16th Annual Steppin' Up to End Violence 5K Walk and Fun Run to be held on April 30. For the last 15 years, Sullivan County communities have come together in a public show of solidarity both virtually and in-person for Turning Points Network's vital services. Funds raised from the event through community participation directly support the agency's mission to end domestic violence, sexual assault, sex trafficking, and stalking. TPN is pleased to announce that it is planning for another successful year, this time in-person, with Claremont Savings Bank serving as the honorary chair.

Those interested in fundraising, starting a team, or joining a team are encouraged to visit the Steppin' Up webpage at <https://www.turningpointsnetwork.org/steppin-up>. For more information, contact Pascale N. Graham, Assistant Director, Turning Points Network at [pascale@turningpointsnetwork.org](mailto:pascale@turningpointsnetwork.org) or by phone at 603-543-0155.

### Croydon Ladies Auxiliary Bingo

Croydon Ladies Auxiliary Bingo is back every Thursday; doors open at 4:00 pm and games starts at 6:00 pm.

Check out our new hall at 183 Plains Road in Claremont, NH.

Lots of pull tickets for chances to win more money. 50/50 raffle and lots more.

Sandwiches and snacks available and drinks. Questions: call Sandy at 603-543-7118. Open to those 18 and older.

#### Big Money Bingo

Every Sunday, Doors open at 11:00 and games start at 1:00pm.

Check out our new hall at 183 Plains Road, Claremont, NH.

Pay out depends on the number of people who show up. Lots of pull tickets for chance to win more money.

Lots of raffles including a big raffle of cash and scratch tickets.

Sandwiches and snacks available and drinks. Questions: call Sandy at 603-543-7118. Open to those 18 and older.

## Grief Support Available Through Lake Sunapee VNA

NEW LONDON, NH – Lake Sunapee VNA offers three virtual grief support groups for the community at no cost. The “Recently Bereaved Group” is for men and women who have experienced the loss of their spouse within the last year and is held on the second and fourth Thursday of every month from 10:00-11:00am. The “Widow to Widow Group” is for women in all stages of grief and meets on the first Monday of every month from 3:30-5:00pm. Newly bereaved widows are welcome at this group as well, especially if they are feeling the need for more frequent support. In addition, a “Bereavement Check-in Group” is available for men and women experiencing a loss of any kind and is held on the third Wednesday of every month from 4:00-5:00pm.

All of these groups provide an opportunity for participants to come together in a safe place of compassion and confidentiality. Attend once, multiple times or as needed. If interested, email your contact information to Elizabeth Gantner at [egantner@lakesunapeevna.org](mailto:egantner@lakesunapeevna.org) and a member of the Lake Sunapee VNA bereavement team will call you with further details.

## Charlestown VFW Bingo Schedule

CHARLESTOWN, NH—Charlestown VFW Bingo is offering a weekly opportunity for some entertainment and socializing while helping us to raise funds for our many Veterans programs. Wednesday nights at 5:00 p.m. for early birds and 6:30 p.m. 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. The Governor’s emergency order concerning COVID has expired.

It is now time to take the lessons we have learned over the past year plus and act accordingly. If you’re sick – stay home. Cover your nose / mouth when you cough, wash and or sanitize your hands frequently, and we’ll all be healthier. The attendance limit has also ended. In keeping with the state CDC recommendations, if you have a compromised immune system you may still wear a mask for your own protection. We still have masks and

hand sanitizer for anyone that may desire either product.

The Charlestown VFW Post is located at 365 Lover’s Lane Rd, Charlestown, NH.

Updates to our schedule and the weekly carry over coverall game can be found on our Facebook page.

## Claremont Senior Center News

The Claremont Senior Center has opened the center but masks are required if non-vaccinated. We are open every Monday thru Friday from 9 am to 3 pm. We are also open Tuesday and Thursday evenings from 6pm to 9 pm. A new game afternoon has started on Tuesdays and Thursdays from 1 pm to 3 pm. Lunches will continue as drive-thru for now. We have many activities. Miracle Ear, Blood Drive and VNA Foot Clinic will continue as scheduled

We are still holding our drive-thru meals on Tuesdays and Thursdays. Tuesday, March 22nd - Pork chop, potato, vegetable, dessert. Thursday, March 24th - Chop suey, vegetable, dessert. Must call 603-543-5998 by 10:30 to reserve your meal. Price is \$4 for members and \$5 for non-members. Drive-thru pickup is from 11:45 am to 12:15 pm. Meals are always subject to change.

Foot Clinic - Our next foot clinic will be held on March 23rd. You MUST call 603-748-1731 to make an appointment with them. The fee is \$25.

Bingo – Our Wednesday afternoon Bingo is back and running. Cards are sold between noon and 12:45 only. We only take Ones, Fives and Tens, NO Twenties. Also we had to raise the cost of playing a little. A pack (a sheet of 3 cards for 18 games) for \$6.00, 2 packs (playing 6 cards for 18 games) for \$12.00 and 3 packs (playing 9 cards for 18 games) for \$18.00. The jackpot (final game, 19th, winner takes all) is still \$1.00 for a sheet of 3 cards. You need not be a member to play Bingo but you must be at least 55 years old.

AARP will be doing taxes at the center on Fridays beginning February 4th thru April 8th. Please call 802-345-5415 to make an appointment. DO NOT CALL THE CENTER FOR APPOINTMENTS.

On Tuesday, April 19th 1:00 – 2:30 pm we

will be holding a free class on painting flower vases with glass paints. All material will be supplied for the class at no cost to you. Instructor will be Patricia Jacobus. For members only. MUST sign up at the reception desk.

Nomination - It is time again for Nomination to the Board and Finance Committee. If you would like to be on the board, please fill out an application for nomination and leave at Reception Desk before the first of April when the list of candidates will be presented. Absentee ballots shall be submitted 1 week before the May Membership Meeting. Election will be held at the May Membership Meeting.

Blood Drive – There will be another Red Cross Blood Drive at the center on March 28th. You must make an appointment at 800-RED-CROSS. Thank you to all of you who can donate and do donate. Every donation is appreciated.

Penny Sale - We will hold our 9th Penny Sale at the center on May 15th. Doors are scheduled to open at 11 am and the tickets are pulled at 1 pm. We are beginning to collect donations of NEW items for the Penny Sale. Please bring to the center during business hours Mondays thru Fridays from 9:00 am to 3:00 pm or contact us in you need assistant. Volunteers are also needed to help with the Penny Sale. We will need volunteers weeks and days before the sale for sorting and labeling. Volunteers are also needed the day before for setting up and on penny sale day many are needed to sell tickets and door prize tickets.

Claremont Senior Center, 5 Acer Heights Road, Claremont, NH, Phone: 603-543-5998.

### Active Hope Book Discussion Series, Cornish and Plainfield Libraries 6:30PM

New book club at the Cornish and Plainfield Libraries: Active Hope is a short, four session book discussion series for winter hosted by Cindy Heath and Martha Zoerhide. Titles chosen are about the environment and the hopeful things that are happening to help mitigate the effects of climate change.

Discussion dates and titles:  
(all meetings at 6:30PM)

April 7: *The Book of Hope* by Jane Goodall

Email [stowelllibrary@comcast.net](mailto:stowelllibrary@comcast.net) or [mary.king@plainfieldlibraries.org](mailto:mary.king@plainfieldlibraries.org) for more information and the link to the Zoom discussion.

## Claremont Fire Dept. Log

### Sunday, March 13, 2022

21:40 Responded with E-3 to Unity for mutual aid

### Monday, March 14

12:58 Responded with E-3 to Elm St. for a motor vehicle accident

13:50 Responded with E-4 to Walnut St. for a medical call

14:06 Responded with E-3 to Hillside Terrace for a medical call

15:16 Responded with E-4 to Hillside Terrace for a lift assist

17:23 Responded with E-4 to Monarch Lane for a medical call

### Tuesday, March 15

00:18 Responded with E-4 to Elm St. for a medical call

10:26 Responded with E-4 to Arbor Lane for a medical call

13:15 Responded with E-4 to Manor Drive for a medical call

14:40 Responded with E-4 to South St. for a medical call

### Wednesday, March 16

01:50 Responded with E-4 to Pleasant St. for a medical call

12:16 Responded with E-4 to Myrtle St. for a medical call

### Thursday, March 17

17:16 Responded with E-4 to Main St. for a smoke investigation

18:15 Responded with E-4 to First St. for a medical call

### Friday, March 18

10:17 Responded with E-3 to

Tremont St. for a smell of smoke

18:21 Responded with E-4 to Maple Ave for a medical call

18:50 Responded with E-4 to Pleasant St. for a medical call

20:29 responded with E-4 to

Ledgewood Ave

for an electrical issue

### Saturday, March 19

01:38 Responded with E-3 to North St. for a motor vehicle accident

14:58 Responded with E-4 to Madison Place for a 911 call

23:41 Responded with E-4 to Bailey Ave for a medical call

## Ice Anglers Must Remove Bobhouses from Frozen Waterbodies by Friday, April 1

CONCORD, NH – According to state law, all bobhouses (also known as ice shanties) must be removed from the ice no later than the end of the day on April 1. Please remember to use all precautions, including monitoring ice thickness, to ensure your safety when removing bobhouses from frozen lakes and ponds.

Dependent on weather conditions, it may be necessary to remove bobhouses before the April 1 deadline.

Once bobhouses are moved to the shoreline, they must be relocated to your property. Do not leave bobhouses on public or private property other than your own without permission, which is a violation of state law.

“The law is designed to ensure that bobhouses and their contents do not fall through the ice and become a hazard to boaters, or get left behind on shore,” says Lieutenant Robert Mancini of the New Hampshire Fish and Game Department’s Law Enforcement Division.

Failure to remove a bobhouse from public waters, public property, or private prop-

erty by the deadline, or burning a bobhouse on the ice can result in fines and a one-year loss of the owner’s fishing license.

The New Hampshire Fish and Game Department has the authority to seize any bobhouse not removed by the deadline, including its contents.

For more information, contact your local Conservation Officer or Fish and Game’s Law Enforcement Division at (603) 271-3127.



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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.etickernewsoclaremont.com](http://www.etickernewsoclaremont.com)

#### Leonard T. Poland, Sr., 82

Leonard Truman Poland Sr., 82, of Charlestown, NH, passed away March 14, 2022, at the Sullivan County nursing home with family by his side. Leonard was born in Nelson, NH, on November 7, 1939, to parents Orville T. Poland and Florence C. Bardwell. He married his wife (of 63 years) Gail Clark (Poland) on December 27, 1958.

He was predeceased by his wife Gail C. Poland, his parents, as well as his brothers Orville, Jr., and Richard and by his sister June.

Leonard is survived by his sisters Bev and Marlene, 4 children: sons: Leonard Jr., Devin, and Calvin Poland, and daughter Luann Allard; in-laws Sue, Tammy, Julie, and Brent (respectively) as well as 7 grandchildren, and many great grandchildren.

A welder by trade, Leonard settled in Charlestown in 1974 where he lived out the rest of his life surrounded by his family, instilling in them a deep sense of community and pride. He is missed and loved by many. A special thanks goes out to Cecile Currier from Leonard's children— "She was very special to our dad and made a very difficult situation much easier."

Services were held at The Charlestown Memorial Chapel, 34 Main Street in Charlestown, Sunday, March 20th.

In lieu of flowers donations can be made to Sullivan County Health Care in Unity, NH.

The Stringer Funeral Home is assisting with arrangements.

#### Fredrick VonAhnen, 79

Fredrick "Bud" VonAhnen, 79, passed peacefully at Valley Regional Hospital on March 10, 2022, from injuries sustained after an auto accident.

Bud was born on September 13, 1942, to Sally Wheeler and Fredrick J. VonAhnen Sr. in Bloomington, NY.

He graduated from Kingston High School in 1960. Bud was an avid electrician and worked many years in the building industry for Customized Structures and LaValley's in Claremont and then as a building inspector in Charlestown.

He married Trudy Slade in May of 1983 which began the blending of the VonAhnen and Slade family. Bud was a very giving and generous man, donating to many charities and always helping the people he loved. To know

him is to love him. He was a big fan of the Red Sox, Patriots, Celtics, and Nascar.

He is survived by his sons, Perry VonAhnen; Mike VonAhnen and wife, Andrea; John Slade and wife, Jerilyn; and Robert VonAhnen; daughter Tammy Dougherty and husband, Mike; sisters, Nancy Brundage and Carol Artist along with many grandchildren, great-grandchildren, nieces, nephews, and many outstanding friends.

He was preceded in death by his wife, Trudy; son, Todd; and nephew, RJ.

Visiting hours were held at the Stringer Funeral Home on Thursday, March 17th, with a eulogy that followed. A private family gathering after the service was held.

#### SUNDAY, APRIL 3

#### The Easter Bunny is hopping into Claremont!

He will be at the Claremont Tractor Supply on Sunday, April 3 from 10-3. Kids, pets, and families welcome to get your picture with the Easter Bunny! Digital images e-mailed to you, \$5/each.

Questions? Call 603-542-3277.

“Eye doctors shouldn't have fine print.”

-Dr. Sam Giveen

At Doctor Sam's Eye Care, everything is right up front. From eye exams to glasses to contact lenses to whatever treatment you need, our prices are as comfortable as our chair-side manner. Visit Doctor Sam's and see for yourself.

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(we're right there by the hospital)

**The Claremont City Council will hold a public meeting on Wednesday, March 23, 2022, at 6:30 p.m. in the Council Chambers of City Hall.**

**AGENDA (Second Revision)**

- |         |     |   |
|---------|-----|---|
| 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<br>Minutes of March 9, 2022, City Council Meeting(s)  |
| 6:37 PM | 5.  | MAYOR'S NOTES   |
| 6:42 PM | 6.  | CITY MANAGER'S REPORT<br>General Remarks  |
| 6:50 PM | 7.  | APPOINTMENT TO BOARDS AND COMMITTEES  |
| 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.  | <i>Vote to Order Notice of Proposed Charter Amendment</i>   |
|         | 10. | NEW BUSINESS  |
| 7:20 PM | A.  | Resolution 2022-22 Withdraw Up to \$17,850 from CSBCC Building M&R Non-Capital Reserve Fund – Public Hearing (City Manager/Parks & Recreation Director) |
| 7:35 PM | B.  | Steel Mill Solar Update (City Manager/Planning & Development Director)  |
| 7:50 PM | C.  | Sullivan Tower Stack & Pump House Discussion (City Manager/Planning & Development Director)   |
| BREAK   |     |   |
| 8:15 PM | D.  | <i>Economic Development Administration ARPA Grant Application – 56 Opera House Square (City Manager/Planning &amp; Development Director)</i>            |
| 8:30 PM | E.  | Resolution 2022-23 Airport Runway 11/29 18B Survey – Public Hearing (City Manager/Airport Manager)  |
| 8:45 PM | F.  | <i>Proposed Council Rule Change (Policy Committee)</i>  |
| 9:00 PM | 11. | FUTURE AGENDA ITEMS AND DIRECTIVES  |
| 9:05 PM | 12. | CONSULTATION WITH LEGAL COUNSEL   |
| 9:10 PM | 13. | ADJOURNMENT   |

**PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, April 13, 2022, at 6:30 p.m. in the Council Chambers of City Hall.**



~ Eric Zengota