

e-Ticker News of Claremont

www.etickernewssofarremont.com



*DIY Weatherization Tips
from the Energy
Advisory Committee;
page A5*

etickernews@gmail.com
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December 2, 2019



Despite a busy schedule, Santa was able to take time to stop in Claremont Friday night, thanks to help from the Claremont Parks & Rec Department and the Claremont Fire Department which escorted Santa to Broad St. Park where a large crowd awaited his arrival. Santa helped to kick off the Christmas lighting of the park, ushering in the holiday season (Dakota T. Bonner photos).



Sununu Consents to Initial Refugee Resettlement in New Hampshire *Municipalities Reserve Right to Opt in or out of Program*

CONCORD, NH—Wednesday, Governor Chris Sununu issued a notice of consent in response to Presidential Executive Order 13888 “On Enhancing state and Local Involvement in Resettlement,” for an initial refugee resettlement in New Hampshire under the terms of Executive Order 13888.

“With this action, it is now up to each city’s mayor whether they want to opt-in to accepting refugees,” said Sununu. “We will work closely with area agencies to ensure those who are resettled in New Hampshire have the opportunity to become hardworking members of our local communities.”

Executive Order 13888 states that refugees may only be resettled in “jurisdictions in which both the State and local governments have consented to receive refugees under the Department of State’s Reception and Placement Program (Program).” Now that Sununu has consented to receiving refugee at the state level, local municipalities may opt-in to accepting refugees.

The executive order from Washington was originally signed on Sept. 26. “Close cooperation with State and local governments ensures that refugees are resettled in communities that are eager and equipped to support their successful integration into American society and the labor force,” said President Trump in part of the executive order.

Next Arrowhead Meeting Dec. 3, Volunteers Needed

CLAREMONT, NH—The next Arrowhead meeting is Tuesday, Dec 3rd, 7:00 p.m. at Arrowhead; open to all.

Work sessions are held Saturdays from 9:30 a.m. to 1:00 p.m., to prepare for the winter season and other tasks.

“Arrowhead is an all-volunteer group and needs members to sustain its existence,” said Chuck Allen of the Arrowhead Recreation Club. “No matter your expertise or willingness to help, we need you just to be there, attend meetings, contribute with your thoughts and to help when you can.”

Winter time operational help, which qualifies for community service hours, includes: lifts, tubing area, concessions, cook, ski shop, ski and snowboard instructors, first-aid and general help, training provided.

Also needed:

- Administrative and behind the scenes help:
- Club officers and board of director positions
 - Public relations and marketing help
 - Financial / bookkeeping person

- Mechanical maintenance, tracked equipment maintenance
- Activities coordinator (cardboard sled race director, Winterfest activities, first-night activities and other activities all year round)

“We need to bring four containers of skates (about 40 pair of skates) to Keene this week, first week of December. If anyone is going that way or can go that way, let us know, it’s at the Keene Ice/Rink Services Group skating center at 380 Marlboro Street,” said Allen.

Email: arrowhead@arrowheadnh.com - best contact method; phone: (603) 542-7016 - Leave a message; web: www.arrowheadnh.com.

Quilting Machine Training

CLAREMONT, NH—The Claremont Maker-Space's quilting machine is a great tool for creative, efficient quilting. In this hands-on training session, participants will learn how to set up a project on the quilting machine and utilize its standard features. Participants of this class will have the opportunity to sign up for follow-up certification sessions, so that they may use the machine on their own.

Note: Individuals with no prior experience on a quilting machine are required to take this workshop before getting certified to use the quilting machine at the CMS. If you already have experience with a quilting machines, you may be eligible to test out of this training. For more information, please email the CMS Fiber Arts Shop Lead, at: textiles@claremontmakerspace.org.

Workshop Fee:

CMS Members - \$35, non-members - \$40

Venue: Claremont Makerspace 46 Main St.

Starts
Tues-
day,

Dec. 3, 2:30 p.m.

To register, please go here:

<https://claremontmakerspace.org/events/#/event/2019/12/3/quilting-machine-training>.

Wednesday, December 11

6:30pm

From Book to Big Screen Book Club

Philip Read Memorial Library

Read: “A Christmas Carol” by Charles Dickens View: “The Man Who Invented Christmas”.

Join us at the library to view the film and join in a discussion. Popcorn provided.

For more information, please email

mary.king@plainfieldlibraries.org.

HISTORIC DISTRICT COMMISSION SPECIAL MEETING

Monday, December 2, 2019 5:30 PM

Visitor Center, 14 North Street, Claremont NH

To review and comment on changes to a City project at

46-54 and 56 Opera House Square

David Messier, Chairperson

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Phyllis A. Muzeroll
Publisher/Editor

Eric Zengota
Contributing Writer/Photographer

Bill Binder
Photographer

etickernews@gmail.com

Snail mail to:

6 Osgood Ave. Claremont, NH 03743
603-542-7319

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NH Lottery Numbers

11/30/2019

NH PowerBall

15 35 42 63 68 18

NH Mega Millions 11/29/2019

6 8 31 50 65 9

Tristate Megabucks 11/30/2019

7 12 23 37 38 2

For more lottery numbers,

<https://www.nhlottery.com/>

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JAMES G. FELEEN, ESQ.
EMAIL: jim@feleenlaw.com

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Santa is coming to Town!

**Photos
with
Santa**



**Pets
Kids
&
Families!**

**Join us on Saturday, December 14th
2019 from 10-2 @ the
Claremont Rent-A-Center**

Photo Prices:

4X6	\$5.00
5X7	\$7.00
Digital emailed file	\$7.00



Join SCHS and Santa for a fun photo-op! There will also be some delicious homemade baked goodies! Rent-A-Center is going to sweeten the day by offering a special as a thank you for coming out and supporting a local non-profit!



From all of us at Sullivan County Humane Society, thank you for your support!

All photo and bake sale proceeds to benefit the Sullivan County Humane Society

House of Representatives – Claremont

District 3/Ward 1: Andrew O’Hearne

friendsofandrewohearne@comcast.net

District 4/Ward 2: Gary Merchant

603-542-2228

gary.merchant@leg.state.nh.us

District 5/Ward 3: Walter Stapleton

603-542-8656

WaltStapleton@comcast.net

District 10/Wards 1, 2, 3: John Cloutier

603-542-6190

jocloutier@comcast.net

Senate – Claremont

District 5: Martha Hennessey

603-271-3067

martha.hennessey@leg.state.nh.us

District 1

Executive Councilor

Michael Cryans

603-271-3632

Michael.Cryans@nh.gov

Washington, DC

Sen. Jeanne Shaheen

520 Hart Senate Office Building

Washington, DC 20510

202-224-2841

<http://shaheen.senate.gov/contact>

Sen. Maggie Hassan

B85 Russell Senate Office Building

Washington, DC 20510

Phone: (202) 224-3324

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

Rep. Anne Kuster

137 Cannon House Office Building

Washington, DC 20515

phone: 202-225-5206

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

Shaheen Introduces Legislation to Expand Veteran’s Access to Non-Opioid Alternative to Chronic Pain Treatment

WASHINGTON, DC—Senator Jeanne Shaheen (D-NH), a senior member of the Armed Services Committee and a leader in the Senate on efforts to respond to the substance misuse epidemic, has introduced the Acupuncture for our Heroes Act to expand access to acupuncturist services for veterans enrolled in the Department of Veterans Affairs (VA) health care system. According to a report by the Veterans Health Administration, 80 percent of VA providers identified acupuncture as one of the top three services most often requested by veterans. Currently, only 60 percent of VA health centers provide often limited acupuncture services on site, and 14 percent do not provide acupuncture services at all.

“We need to make sure alternatives to opioids are being made available when it comes to pain treatment, particularly for our veterans, many of whom suffer from chronic pain because of their service,” said Shaheen. “Acupuncture has proven to be an effective pain treatment for many patients and is in high demand by veterans. However, access to acupuncture through the VA remains limited in many areas of the country, including in New Hampshire. This bill would make sure veterans have increased access to this treatment option, and avoid the risks associated with opioid painkillers.”

Specifically, the Acupuncture for Our Heroes Act would:

- Establish a program to expand acupuncturist services to veterans enrolled in the VA health care system;
- Direct the VA Secretary to carry out the program in at least one facility of the VA in each Veterans Integrated Service Network (VISN), of which there are 23;
- If the VISN includes a state without a full-service VA medical facility, then the VA Secretary is directed to carry out the program in that state.
- Ensure veterans could seek acupuncture services from licensed acupuncturists to treat a variety of conditions, including chronic pain, cancer pain, joint pain, stress management, mental health conditions, substance abuse and symptoms relating to traumatic brain injury and PTSD;
- Require the VA to provide materials to healthcare providers that explain the benefits of acupuncture services and establishes an Acupuncture Advisory Committee at the VA; and

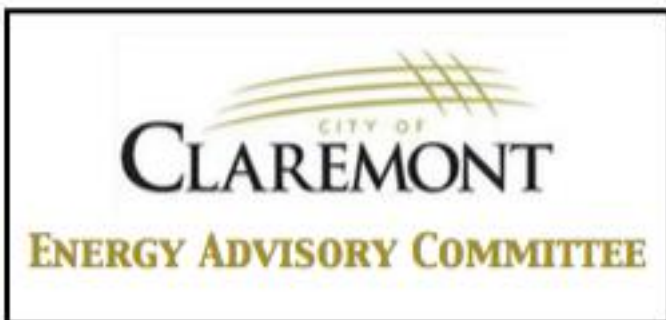
Hassan Cosponsors Bipartisan Bill to Stem Influx of Deadly Opioids & Other Synthetic Drugs

WASHINGTON, DC—Senator Maggie Hassan (D-NH) has cosponsored bipartisan legislation, led by Senators Chuck Grassley (R-IA), Joni Ernst (R-IA) and Dianne Feinstein (D-CA), aimed at stopping the importation of deadly opioids and other synthetic drugs into the United States. While existing laws prohibit the importation and use of certain specific controlled substances, illicit drug makers and importers circumvent those laws by altering a single atom or molecule of an already controlled drug to create a new, yet significantly similar substance – which in turn can make it harder to crack down on the importation of these drugs.

The bipartisan Stop Importation and Manufacturing of Synthetic Analogues Act would address this problem by allowing the Attorney General to regulate drugs that are substantively similar to already-scheduled controlled substances while more time-consuming testing, research, and analysis can be performed.

“Synthetic opioids are coming into the United States and making their way to New Hampshire, contributing to the opioid epidemic and leading to heart-breaking consequences,” said Senator Hassan. “The United States must do more to ensure that illicit drug makers can’t make a tiny change to a drug that makes it easier to enter the country. As part of my ongoing efforts to target drug trafficking and keep our communities safe, this bipartisan bill would help us better stem the flow of deadly opioids into our country.”

Editor’s Note: Rep. John Cloutier is on a winter break from writing his column, which will resume in January. We thank him for his time to provide readers will information regarding legislative action in Concord.



DIY Weatherization 101 with COVER

On December 14th, COVER will hold a Weatherization 101 workshop at Claremont's MakerSpace to educate area residents about weatherization and then oversee a weatherization project in Claremont for a pre-selected, qualified homeowner. Participants will begin the weatherization workshop at Claremont's MakerSpace at 10 AM to review or teach weather-

ization skills. Participants are welcome to bring questions to the workshop. The 101 workshop will end at 11:30 AM and volunteer



participants will then move to a pre-selected, qualified home to apply these skills. Mary Alice of COVER states, "This workshop is mostly about air-sealing."

The on-site volunteer workshop will begin with a walk through of the home to note the weatherization needs. A blower-test will create a baseline for efficiency and an infra-red camera will be used to register areas needing attention. The weatherization will then be done and a follow-up blower-test will be done to measure the project's effectiveness. The volunteer workshop will end at 3 PM.

Homeowners are invited to apply for this weatherization project by contacting John Heath at john@coverhomerepair.org or calling (802) 296-7241, ext. 6. To see the qualifying criteria for weatherization projects, visit the COVER website at <https://www.coverhomerepair.org/home-repair/project-criteria/>.

To register to participate in the workshop, please go to the Claremont MakerSpace website at <https://claremont-maker-space.org/events/#!event-list> or call Brendan Dangelo at (603) 504-3419 or email brendan@claremontmaker-space.org.



COVER, an Upper Valley organization based in White River Junction, would like to expand its service area in Claremont. To do so, volunteers are needed. COVER's mission is to "foster hope and build community. We do this by bringing together volunteers and homeowners to complete urgently needed home repair projects and to facilitate the reuse of household goods and building materials. We envision a community where the need for home repair is an opportunity for people to work together." This is a project that demonstrates their commitment to do so.

This workshop is geared to enable volunteer participants to take the skills they have learned and apply them to their own homes. Qualifying homeowners, or renters with homeowner's permission, may also apply to COVER for urgent home repairs. The home repair criteria is found on the same website page as the weatherization criteria, identified above. Qualification is based on income. COVER uses a sliding scale based on income to determine product costs. COVER works with qualifying homeowners and volunteers to supply the labor at no charge.

This article is submitted by the Claremont Energy Advisory Committee (EAC). Weatherization is a high priority for energy con-



servation, saving homeowner dollars, reducing dependence on fossil fuels, and preparing homes for a just transition to renewable energy resources. The EAC meets at the Visitor's Center, 14 North St., Claremont, NH on the 3rd Monday at 6 PM. All are welcome.

Weatherization and energy efficiency is an important part of our Master Plan goals. The Master Plan's Energy Chapter describes the goals of the EAC and can be found on the City's website. Go to Departments > Planning and Development > Master Plan Update or follow this link: http://www.claremontnh.com/MP2017/CH_4_ENERGY.pdf.

(Courtesy photos).

CDA Pot Luck Dinner

CLAREMONT, NH—Catholic Daughters of the Americas will be having their annual Advent Gathering Pot Luck Dinner for members and one guest on Sunday, Dec. 15, at 6:00 p.m. at St. Joseph Church Hall on Elm St. in Claremont.

For your reservation, please call the Regent at 603-542-6646 before December 7.

Rotary First Night Wreath Sale

CLAREMONT, NH—The Claremont-Sugar River Rotary has begun its annual wreath sale. Funds raised from this event help to fund First Night in Claremont. Wreaths are \$30, 20 to 24 inches in diameter, constructed of NH balsam boughs, and made possible through a donation from Log Cabin Nursery. There are three designs; to purchase a wreath, stop by Golden Cross Ambulance, 5 Lincoln Heights in Claremont. They are available 24/7.

Saturday, December 7
Freelance Family Singers Holiday Concert
7:00 pm

First Congregational Church
Woodstock, VT
Free admission

A fun-filled concert of sacred and secular music by Upper Valley singers.

This program will also take place on:
Sunday, December 8, 3:00 p.m.

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Ring Out for the Children

Kiwanians Brave December's Chill in Annual Fundraiser

By Eric Zengota
e-Ticker News

CLAREMONT, NH—Not storms nor snow nor sleet nor slush — the Claremont Kiwanis Club puts up with all sorts of early-winter weather during their third — and final — fundraiser of the year.

Over the next three weeks Kiwanians and their volunteer recruits will be ringing bells at Market Basket and Walmart. Club vice-president Jeffrey Coburn and long-time member Bob Landry co-chair the committee.

Coburn has been taking part for the last five years, when he's averaged 35 hours at "the well" every year. That's 2,100 minutes a year. Over five years, that's 10,500 minutes. If he hoists the bell even twice a minute, he's rung it 21,000 times. Landry's numbers would be staggering: he's been a bell-ringer for 52 years.

Neither man ever tires out. "The great thing about bell-ringing is that all the money stays local," notes Coburn. Landry adds, "These funds will be directed to our annual Kares program, which provides clothing and toys to needy children in Claremont and surrounding towns. Kares is how we distribute the fruits of bell-ringing."

Proceeds from the other two Kiwanis fundraisers — the Big Auction in the spring and September's Brewfest — fund programs and services for children, including scholarships to graduating seniors in Sullivan County's public high schools.

Coburn and Landry are not the only bell-ringers. They've recruited what Landry calls "a tremendous number of volunteers whose hearts are in the right place." Other Kiwanians, Claremont Savings Bank Community Center staff, Claremont Savings Bank employees, and members of the Stevens High School Key Club all commit to at least one 2-hour shift.

"We don't mind the weather," says Coburn, "because the best part is seeing our community come together. We've had an increase in donations every year, and we aim to keep that trend going this year, too."

What: Bell-ringing fundraiser by Claremont

Kiwanis Club

When: 10am-8pm, Dec. 6-8, 13-15 and 20-24

Where: Walmart and Market Basket, Washington Street, Claremont

Jeffrey Coburn, Kiwanis vice-president and co-chair of the bell-ringing fundraiser, plans to spend his usual 35 hours collecting donations this season. You can find him and other volunteers at the Market Basket and Walmart entrances on 11 days this month (Eric Zengota photo).

**Got news? Send news
and photos to**

etickernews@gmail.com



We are
thankful
for our dedicated staff

Claremont Savings Bank
claremontsavings.com





Depending on your perspective, these tree branches are reaching out like witches' hands to grab the clock tower, or, to protect it (Eric Zengota photo).

Mayoral Notes by Charlene Lovett



A Time of Thanksgiving

While Thanksgiving is now a memory, I still find myself reflecting upon the wonderful things that have happened throughout the year. Personally, 2019 was a difficult year. Yet, in the midst of hardship, there was much to celebrate. Upon reflection, that would not have been possible without community.

The strength of Claremont is its sense of community. I have never lived in a place in which people rally around a cause or a person in need so willingly. It is this energy that shapes the identity of a city or changes the life of an individual. Throughout the year, I have seen this in action many times, and the results are powerful. Below are some examples that come to mind:

Acknowledging the need for state funding, people traveled to Concord throughout the legislative session to advocate for our community. As a result, Claremont received over \$6.2M to fund long deferred capital improvement projects, lower the tax rate, and create educational opportunities that will produce revenue and improve learning. This, in turn, will build upon the momentum of revitalization.

Volunteers on boards, commissions, committees or national service organizations give generously of their time and resources to make a difference. Their focus may be on economic development, cultural arts, wellbeing, the environment or city governance. Whatever the case may be, these volunteers have spearheaded projects such as the revitalization of long vacant buildings in the city center, window decoration, the Opera House, Arrowhead, the Amtrak Station Host Program, lighting of Broad Street Park, First Night, scholarships and numerous city park restoration and beautification initiatives.

When non-profits need to fundraise to support the critical services they provide to the community, people in Claremont rise to the occasion. Hundreds of people showed up in April to walk or run in Turning Points Network's annual fundraiser. Others faithfully

attend TLC's annual fundraiser dinner. At other times, people opted to gift or donate something in support.

Businesses establish foundations or provide generous donations. Claremont Savings Bank, Mascoma and Red River all have foundations that distribute grants for numerous initiatives within the community. Because of McGee Toyota's donation, we had a great fireworks display on July 4. Most recently, Hannaford had a Stuff the Truck event to support local food pantries.

When adversity hits a family, Claremont people unite in solidarity. This year, the community gathered in support of Nymen and his family as they waited for a kidney transplant. When Nymen returned home with a new kidney, the community turned out in celebration.

What we have accomplished in 2019 because of community action is something of which we can be proud. Though the year may have held very different experiences for us as individuals, it is our sense of community that keeps us connected and moving forward. Thank you to all of the volunteers, organizations, businesses and people who have given so generously of their time and resources to make Claremont's sense of community a source of thanksgiving.

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

Got news?

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Agent



NEW PRICE

Located in a park is this well maintained 3 bedroom, 2 full bath double wide. Spacious kitchen with center island, central air and a whole house generator. **\$55,000**

SATURDAY, DECEMBER 14

Santa is coming to town!

He will be at the Claremont Rent-A-Center in the Market Basket Plaza on Dec 14th from 10-2. Kids, families and pets welcome to visit with Santa and get their picture taken. Photos will be printed while you wait-or you can have the electronic version e-mailed to you! Prices are as follows: 4x6 \$5, 5x7 \$7, e-mailed image \$7. Yummy treats will also be available! To benefit Sullivan County Humane Society.

WEDNESDAY, DECEMBER 11

Managing Forests with Climate Change in Mind 7 pm

Free Public Talk, Cornish Town Offices

Dode Gladders, UNH Cooperative Extension Forester in Sullivan County, will review the basics of forest ecology with an emphasis on the importance of diversity in resilient forests. Impacts and management tools for invasive species will be addressed, and the presentation will touch on some other forestry topics of local interest in the Cornish area. Dode holds a Master's Degree in Silviculture and managed the forest health program for the state of Delaware for nine years before moving to New Hampshire in 2013.

Programmed by the Cornish Conservation Commission.

DECEMBER 14 AND 15

City Center Ballet presents the enchanting holiday tradition, Clara's Dream, a nutcracker story.

Saturday, Dec 14 at 1:00pm and 7:00pm

Sunday, Dec 15 at 2:30

Lebanon Opera House

Visit CityCenterBallet.org for tickets. \$10-\$38

Clara's Tea a per-performance feast of delicious treats served by the Pastry Chefs of Clara's Dream. Saturday, Dec 14 at 11:00am, Sunday, Dec 15 at 1:00pm. Lebanon Ballet School; \$15.00.

Classified Ads

Friday, DECEMBER 6

2 pm

Philip Read Memorial Library

First Friday Films

A winter-season monthly series of award-winning short and documentary films. Get out of the house while still staying cozy indoors and watch something new.

December Film: "Faces Places"

89-year old Agnes Varda, one of the leading figures of the French New Wave, and acclaimed 33 year-old French photographer and muralist JR teamed up to co-direct this enchanting documentary/road movie. Winner of the People's Choice Award for Best Documentary

For more information:

mary.king@plainfieldlibraries.org

SATURDAY, DECEMBER 7

Intro to Watercolor: Painting the Winter Landscape

To register, please go here:

Painting the beautiful New England winter landscape in watercolor will be explored in this one-day workshop. Glazing techniques and layering of the subtle tints of snow will be introduced. Value, composition and painting light and shadow will be emphasized. Students will work from photo reference and learn to create a finished painting from a favorite winter subject. The instructor will demonstrate his approach and will provide hands on guidance to each student. A critique will be held at the end of the session.

The cost of registration does not include supplies. For a list of supplies please email brendan@claremontmakerspace.org.

Registration closes December 5th.

Instructor Robert O'Brien

Born 1954, in Rochester, NY, O'Brien has been painting in the watercolor medium for over forty years. Since moving to Vermont in 1977, he has focused his work on landscape and architectural studies. Vermont, with its distinct four season climate, provides the artist with a wealth of subject matter and ever changing light effects.

The artist finds beauty in the ordinary, subtle reminders of everyday life in rural New England. In his own words, he is driven "to

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capture the vanishing landscape in my paintings" before they disappear forever as a result of the steady hand of "progress".

Since 1998, O'Brien has traveled often to Southern France. The region's sun-splashed landscape and timeless quality of light has added a new dimension to the artist's paintings.

For more information and/or to register, visit:

<https://claremontmakerspace.org/events/#!event/2019/12/7/intro-to-watercolor-painting-the-winter-landscape>.



The Holidays and Their Emphasis on Family Can Hurt

A Self-Care Planning Guide

The colder months, and the holidays that accompany them, remind us of the important things: food, shelter, warmth, and time spent with those we love. Despite the holiday cheer, this time of year is not always joyful. For many people – including survivors of abuse, LGBTQ+ folks who fear non-acceptance, foster or adopted children who have lost contact with their biological families, or members of blended families who experience the tension of separation or re-marriage – the holidays, and their emphasis on family, can hurt. If you are one of the many people who struggle with the idea of ‘family’ during the holidays, know that you are not alone. While there are no easy solutions to such complex feelings, here are some thoughts on how to practice self-care during the holidays.

1. Remind yourself to listen to your own needs, your own wants, and to put yourself first.

Despite what anybody tells you, you are not obligated to be with family during the holidays, especially if that family is toxic, abusive, manipulative, or otherwise makes you feel small. You are allowed to say no. If saying no feels scary, daunting, or impossible, then take baby steps. Show up late to family events, or leave early. Set a time limit on how long you are willing to stay. Establish an exit plan for when you start to feel uncomfortable or unsafe. It is okay to protect yourself. It’s not selfish, it’s self-care.

2. Practice the buddy system. Identify someone in your life who can be your buddy. It can

be a family member, a friend – anyone that you trust who loves and supports you. Ask them to check in with you by calling or texting you to make sure you are okay. Ask them to help in concrete ways, like going with you to events, or sending you cute dog photos. When it feels like you are standing alone, it’s comforting to remember that someone is on your side, rooting for you. And if you are someone who does not struggle with family during the holidays, offer to be someone else’s buddy, and let them know you care.

3. Ground your expectations.

Especially when it comes to family, you may want to give those who have hurt you second (or third, or fourth) chances. And the sincere hope that those who have hurt us will recognize the pain they have caused and make amends is a beautiful thing – but people do not change overnight. Trust your intuition. If a family member is truly sorry and is invested in earning your forgiveness, but you are not yet ready, then they can wait to make amends on your terms.

4. Celebrate with your chosen family.

Family does not have to be biological. Surround yourself with people who make you feel

safe, loved, and cared for. Plan a ‘Friendsgiving’ dinner. Organize a Secret Santa gift exchange. Watch cheesy movies. Spend time with the people who warm your heart, whether you are related to them or not.

And always remember, no matter what holidays you celebrate; Christmas, Thanksgiving, Hanukkah, Kwanzaa and more - you are worthy of love and respect not only on the holidays, but on every other day of the year, as well.

OUR TURN is a public service series by Turning Points Network (TPN) serving all of Sullivan County with offices in Claremont and Newport. We provide wraparound supports for survivors of domestic and sexual violence, stalking and human trafficking and we present violence-prevention education programs in our schools. For more than 40 years, TPN has helped people of all ages move from the darkness of abuse toward the light of respect, healing and hope.

For information contact 1.800.639.3130 or www.turningpointsnetwork.org or find us on Facebook.



Freezing temps turned water splashing onto branches into mini icicles above the Cold River in Lempster (Phyllis A. Muzeroll photo).

Brownsville 2019 Holiday Happenings

BROWNSVILLE, VT—Kick off your holiday season in Brownsville at one or all of the happenings taking place on Dec. 7th and 14th.

On Saturday, Dec. 7th and 14th, various committees of the Brownsville Community Church will sponsor three festive and traditional Christmas events.

Saturday, Dec. 7th

9:00 – 2:00 Brownsville Christmas Bazaar at Town Hall

11:00 – 1:00 Luncheon at the Bazaar

5:30 Concert of Christmas Music & Carols at Brownsville Community Church

Saturday, Dec. 14th

3:00, 3:30 & 4:00

Live Nativity & Christmas Pageant

The Brownsville Christmas Bazaar runs from 9:00 a.m. until 2:00 p.m. at the West Windsor Town Hall. The ladies of the United Methodist Women's group have, once again, pulled together a fine gathering of artisans and crafters who will be selling their wares at one of the area's first Christmas Bazaars. And, shoppers at the Bazaar will enjoy coffee & donuts in the morning & Christmas music by West Windsor fiddler, Adam Boyce later on.

Busy shoppers can also recharge with lunch starting at 11:00 a.m., when the ladies will be offering an array of delicacies including homemade soups, stews, salads and sandwiches as well as freshly baked deserts. Contact Gail Britton at 802-674-6805 for more information on the Bazaar. Contact Ann Matthews for information on the United Methodist Women's group at 802-484-5502.

At 5:30 p.m., on Saturday, Dec. 7th, the community will be treated to a concert of Christmas Music and Carols at the Brownsville Community Church. Rev. Christian Huebner has arranged this concert which will feature talented musicians of all ages. There will be organ, brass, piano, voice and possibly more. Composers include Bach, Beethoven and Handel with original compositions by Skip Downing and Allie Leary.

On Saturday, Dec. 14, the community will have three opportunities to enjoy a narration of the Christmas story complete with Mary, Joseph, angels, wise men, shepherds and their sheep acting in and around the manger. All can choose from three pageant times: 3:00, 3:30 & 4:00 p.m. in Tribute Park adjacent to the church. Before, after and in between

pageants, inside in Fellowship Hall, there will be a display of crèches (Nativity scenes) and refreshments. The story will be interspersed with Christmas songs sung by pageant participants, members of the BCC Choir joined by the occasional blatting of live sheep.

These festivities are the last of a series of free-to-the-public events the Brownsville Community Church being offered to the public this year. Contact the Brownsville Community

Church at bcchurchvt@gmail.com for more information on the concert of Christmas Music and Carols.

The Brownsville Community Church is located on the Brownsville-Hartland Road, between Albert Bridge School and the West Windsor Town Hall.

A free-will offering will be accepted at the church to help offset costs.

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e-Ticker Business News

Dartmouth-Hitchcock Health Launches Vaping Education Campaign

LEBANON, NH—Dartmouth-Hitchcock Health (D-HH), which delivers care to a population of 1.9 million across Northern New England and operates New Hampshire's "top hospital" according to "US News & World Report" rankings, is launching a multi-state vaping education campaign entitled "No Safe Vape," in response to a major health issue facing the region and the nation.

According to the Centers for Disease Control and Prevention's (CDC) annual Youth Risk Behavior Survey, New Hampshire has the highest percentage of high school students reporting daily use of electronic vapor products such as vapes and e-cigarettes. With the growing number of vaping-related illnesses and deaths, "No Safe Vape" aims to educate young people and their families in New Hampshire and Vermont about the dangers of vaping and to provide resources for those seeking further information or help quitting.

The "No Safe Vape" campaign, which launched Nov. 19, coincided with the Great American Smokeout on Nov. 21, a national effort to encourage smokers to quit. "No Safe Vape" presents facts about the dangers of vaping on a new website, <https://go.d-h.org/NoSafeVape>, and features a comprehensive list of local, regional and national resources. A social media campaign, including a 20-minute Facebook Live event with D-HH experts and teens, and a thought-provoking educational video on the harmful contents of vape cartridges, supported the effort. In addition, a D-HH pediatrician and expert on adolescent tobacco use prevention briefed members of Congress on Capitol Hill on Nov. 20, and a multi-state advertising campaign will be launched throughout communities D-HH serves.

"Dartmouth-Hitchcock is helping to open up the lines of communication between those who are most susceptible to vaping and their families by way of the 'No Safe Vape' campaign," said Joanne M. Conroy, MD, CEO and President of Dartmouth-Hitchcock and Dartmouth-Hitchcock Health. "As the region's largest academic health system, it is incumbent on us to

share our knowledge and expertise while promoting the great work of so many local, regional and national organizations in this growing area of concern."

D-HH hosted a Facebook Live event on www.facebook.com/DartmouthHitchcock on Thursday, Nov. 21, featuring pediatric pulmonologist Brian O'Sullivan, MD, tobacco treatment specialist Kate McNally, and New Hampshire high school student Emily Galeva.

At the invitation of U.S. Senator Jeanne Shaheen (D-NH), Dartmouth-Hitchcock pediatrician Susanne Tanski, MD, briefed members of the Senate in a closed-door session on Capitol Hill on Wednesday, Nov. 20, about the hazards of vaping and next steps to reverse the epidemic rates of vaping among adolescents. Tanski is section chief of General Pediatrics at the Children's Hospital at Dartmouth-Hitchcock (CHaD) and Associate Director of the C. Everett Koop Institute at the Geisel School of Medicine at Dartmouth. An expert on adolescent tobacco use prevention and parental smoking cessation, Tanski is featured in videos on <https://go.d-h.org/NoSafeVape>, and shared her expertise on the harmful effects of vaping with members of Congress.

"The 'No Safe Vape' campaign is a significant step forward in the overarching mission to dispel harmful misconceptions about vaping and further emphasize the severity of this nationwide issue," said Tanski, who also testified in October about the dangers of vaping before the U.S. House Energy and Commerce Committee. "Our young people simply do not stand a chance against the predatory practices of tobacco companies that are contributing to this health crisis. It is imperative that we

do our best to help people understand the very serious risks of vaping."

One of the videos created especially for the campaign, filmed in a format similar to a social media recipe video, highlights the harmful chemicals contained inside a vape cartridge.

For more information about the dangers of vaping, please visit <https://go.d-h.org/NoSafeVape>.

New Hampshire Moving Forward with Sports Betting

CONCORD, NH—Last week, Governor Chris Sununu issued the following statement after the Executive Council voted to approve the State's sports betting contract with DraftKings Inc:

"We moved fast to get this done, and the deal is a win for New Hampshire," said Sununu. "We are partnering with a world-class company to provide a first-rate customer service experience. With today's vote, everyone will now be able to bet on Tom Brady and the New England Patriots in time for this year's Super Bowl."

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e-Ticker Business News

Dartmouth-Hitchcock Study of Ski Helmet Use Underscores Importance of Responsible Skiing

LEBANON, NH – The snow has fallen in northern New England, and skiers and snowboarders are getting ready to hit the slopes or trails. A new study by trauma surgeons at Dartmouth-Hitchcock Medical Center (DHMC) emphasizes that, while wearing a helmet can protect against some injuries, it has limited ability after certain impact forces. Skiing responsibly and within one's abilities is critical to preventing major head trauma.

Writing in the "Journal of Trauma and Acute Care Surgery", the team, led by surgeons Eleah Porter, MD, and Andrew Crockett, MD, reports on a study of ski injuries treated at DHMC from 2010-18. The team investigated the relationship between helmet use, injury types, and injury severity among skiers and snowboarders.

Sixty-five percent of the 721 patients studied—transported to DHMC from 35 ski areas around New Hampshire and Vermont—were wearing helmets. While a variety of injuries to the upper and lower extremities were studied, the most impactful findings were those surrounding helmet use.

One conclusion of the study: despite helmeted skiers and boarders being less likely to suffer skull fractures, lacerations or cervical spine injuries, they were more likely to suffer severe injuries, including intracranial hemorrhage (head bleed). The team also noted that helmeted skiers and boarders were more likely to hit a stationary object, and this mechanism of injury was also associated with having more severe injury.

"Our bottom line is that it is equally as important to wear a helmet as it is to practice safe skiing," notes Crockett, the senior author on the study. "A helmet should not dissuade a trauma evaluation and some impact forces go beyond that which a helmet can provide protection."

Skiing and snowboarding injuries account for more than 50,000 emergency room visits each year. Industry campaigns and the deaths of several high-profile recreational skiers who were not wearing helmets have led to a surge in helmet use, which is at its highest rate in history. Interestingly, however, the Dartmouth

team found that while helmet use rates doubled during their study period, the rate of head injuries suffered by skiers and boarders failed to decline.

"One aspect that's worth considering is the behavioral impact of wearing a helmet," notes lead author Porter, a native Vermonter and lifelong skier. "Previous research has found that wearing a helmet may give skiers or boarders a false sense of security, leading to riskier be-



havior on the slopes."

Porter adds that while their data cannot explicitly answer if helmeted skiers and riders engage in riskier behavior, the finding that those helmeted were more likely to hit a stationary object and to have more severe injuries is concerning. "Head bleeds most often occur from deceleration injury," says Porter, "and a helmet is limited in how much it can dampen these forces."

Crockett and Porter also note a misperception among some skiers, ski patrol members and first responders that if an injured skier is helmeted, that he or she may not have suffered a major head injury. "Anyone hitting their head, whether helmeted or not, should be evaluated for, at least, concussion symptoms. Although helmets can protect from lacerations and skull fractures, both minor and major intracranial injuries are still possible," says Crockett.

"Ski Patrol members and first responders who care for injured skiers and snowboarders should not let the fact that a helmet was used deter referring the injured to a more complete evaluation or to a trauma center," adds Porter.

"We advocate for helmet use, but helmets have limitations and skiing responsibly is a major factor in staying safe and preventing head injuries."

A "New England Journal of Medicine Emergency Medicine" review by associate editor Dr. Lauren Westafer supports Porter's and Crockett's conclusions. Westafer comments that this is a timely study, reminding both providers and recreational snowsport enthusiasts that "helmets do not protect against all head injuries nor were they intended to do so." The DHMC research was originally presented in March, 2019, at the 49th annual meeting of the Western Trauma Association in Aspen, CO. It appears in the November, 2019, issue of the "Journal of Trauma and Acute Care Surgery".

Hawthorne Named Director of Long-Term Care Services

WHITE RIVER JCT., VT—Megan Hawthorne, MSW, LICSW has been named Director of Long-Term Care Services for Visiting Nurse and Hospice for Vermont and New Hampshire (VNH). Hawthorne holds a Master's Degree in Social Work from Rutgers University School of Social Work in New Brunswick, New Jersey. She has held various positions at VNH since January 2013, including Medical Social Worker and Psychosocial Supervisor prior to being promoted to Director of Long-Term Care Services.

"I'm so excited to be working with and supporting such dedicated and competent case managers, home health aides, and personal care attendants in our Long Term Care programs in Vermont and New Hampshire," said Hawthorne. "As our population ages these programs are more essential than ever. I am also thrilled to be collaborating with our talented community partners to ensure our health-care dollars are spent wisely to provide the best care possible to our OneCare Vermont patients."

TUESDAYS, STARTING DECEMBER 3

Adult Mix Media Arts, A Visual Dialogue

Creating in a variety of media; A visual dialog of personal myths and rich history.

Adult Art Classes with Artist and Teacher Allison Zito

Students will look at a variety of great art from vital moments in history. We will discuss the events that lead up to those moments and how art reflected the spirit of the age. Students will work in a variety of media, including drawing, painting, and metal embossing. Students will learn how artists make their work more meaningful. Everyone will follow a progression of art activities designed to heighten skills and confidence.

Tuesdays from 6 to 8:30, Dec. 3, 10, 17th

Cost: Members \$125.; Non Members \$135

For more information or to register, [tps://claremontmakerspace.org/events/#!/event/2019/12/3/mix-media-arts-a-visual-dialogue](https://claremontmakerspace.org/events/#!/event/2019/12/3/mix-media-arts-a-visual-dialogue).

TUESDAY, DECEMBER 3

Plainfield/Cornish ENERGY COMMITTEES' Meeting

7:00 p.m.

Philip Read Memorial Library

The Joint Energy Committees of Cornish and Plainfield will meet to discuss actions for reaching the goal of 100% renewables for electricity by 2030.

Join us as we continue to work on renewable energy projects - an Educational Presentation on Electricity 101 for December 11, and another Weatherize launch in January, 2020.

WEDNESDAY, DECEMBER 4

Handling the Holidays After a Loss

If you've lost a loved one and feel like the holiday season might be challenging or difficult as a result, consider attending "Handling the Holidays After a Loss." This free program will be held on Wednesday, Dec. 4 from 12:00-1:00pm in the Newport Health Center Community Room (11 John Stark Highway, Newport) and will be facilitated by Lake Sunapee VNA.

RSVPs are requested by calling 603-526-4077.

Friday, DECEMBER 6, 7:00-8:30 pm

Plainfield Community Church, 1094 Rte 12-A, Plainfield

"A Charlie Brown Christmas" Concert

Jazz concert by the Heather Pierson Jazz Trio. Music composed by Vince Guaraldi. Instrumental virtuosity & stirring three part vocal harmonies.

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Introduction to 3D Printing

CLAREMONT, NH—Intro to 3D Printing is for anyone that has zero to little experience with 3D Printing. We will provide an overview of 3D printers and the printing process. In this beginner level class, we will discuss different methods of 3D printing and cover the fundamental steps for designing and printing models. Participants will get to know how the Maker-Space's printers – the LulzBot Taz 6 and Lulzbot Mini – work, and how to use them safely. Following the workshop, participants will have the opportunity to sign-up for certification sessions on these machines, so that they can use them on their own at the CMS. Bringing your own laptop is strongly encouraged.

If you already have experience with 3D printers, you may be eligible to test out of this training. For more information or to register, please go here:

<https://claremontmakerspace.org/events/#/event/2019/12/4/intro-to-3d-printing>.

This event is scheduled for Dec. 4, 6:30 p.m.



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Invest in Your Family and Community

Why do you invest? For many people, here's the answer: "I invest because I want to enjoy a comfortable retirement." And that's certainly a great reason, because all of us should regularly put money away for when we're retired. But you can also benefit by investing in your family and your community.

Let's start with your family members, particularly the younger ones. How can you invest in their future? One of the best ways is to help send them to college. A college degree is still a pretty good investment: The average lifetime earnings of a college graduate are nearly \$1 million higher than those of someone with a high school degree, according to a study by the U.S. Census Bureau.

To help your children or grandchildren pay for any college, university, vocational school or other postsecondary education, you may want to open a 529 savings plan. With this account, withdrawals are federally tax free, as long as the money is used for qualified higher education expenses, including those from trade and vocational schools. (However, if you withdraw some of the earnings on your account, and you don't use the money for qualified expenses, it will be taxable and can also incur a 10% federal tax penalty.) Plus, you retain control of the funds until it's time for them to be used for school, so if your original beneficiary chooses not to pursue some type of higher education, you can name a different eligible beneficiary.

Another way to invest in your family is to help your adult children avoid feeling obligated to provide financial assistance to you. For example, if you ever required some type of long-term care, such as an extended stay in a nursing home, could you afford it? The average cost for a private room in a nursing home is more than \$100,000 per year, according to a study by Genworth, an insurance company. And Medicare typically pays very few of these expenses. So, to avoid burdening your adult children – while also preserving your own financial independence – you may want to consider some type of long-term care insurance. A financial advisor can help you determine what coverage may be appropriate.

Moving beyond your family, you may want to invest in the social fabric of your community by contributing to local charitable, civic, educational or cultural groups. Of course, now that we're in the holiday season, it's the perfect time for such gifts. Furthermore, your gift will be more appreciated than in years past because one of the chief incentives for charitable giving – a tax deduction – was lost for many people due to tax law changes, which raised the standard deduction so significantly that far fewer people chose to itemize deductions. However, you might still be able to gain some tax benefits from your charitable gifts. To name one possibility, you could donate financial assets, such as stocks that have risen in value, freeing you of potential capital gains taxes. In any case, contact your tax advisor if you're considering sizable charitable gifts.

Saving for your retirement will always be important. But don't forget about investing in your family and your community – because these investments can provide satisfying returns.

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

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



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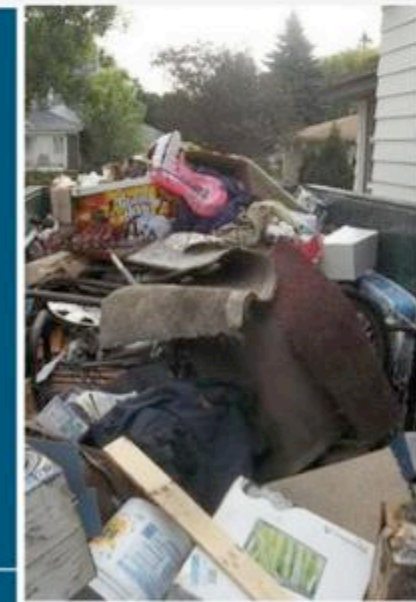
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West Pleasant, Maple Ave. and Charlestown Road Traffic Lights Notice


CLAREMONT, NH—The traffic lights at the intersection of West Pleasant, Maple Avenue and Charlestown Road (Draper Corner) will exhibit a slower traffic cycle than normal for the next two to three weeks until repairs are complete.

WEDNESDAY, DECEMBER 11

Managing Forests with Climate Change in Mind, 7 pm

Free Public Talk, Cornish Town Offices

Dode Gladders, UNH Cooperative Extension Forester in Sullivan County, will review the basics of forest ecology with an emphasis on the importance of diversity in resilient forests. Impacts and management tools for invasive species will be addressed, and the presentation will touch on some other forestry topics of local interest in the Cornish area. Programmed by the Cornish Conservation Commission.



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It's About Food

By Johnny Navillus



No Title

I got tired of trying to come up with a snappy title, so this is what you get.

Day to day, I really prefer rustic cooking. Don't "fancy up" things that are meant to be "homemade". Case in point is a ravioli made with goat cheese and dressed with sour cream, lettuce and jalapeño peppers. This mixing of Mexican and Italian just doesn't get it in my book. I have never had an Italian dish with sour cream and jalapeños. Not to mention the lettuce and other hard to identify stuff. Keep Mexican and Italian separate. This isn't playing with food, it's a misdemeanor.

Ravioli are meant to be boiled and served with a red gravy (sauce). Play with the sauce, but let's stick with tradition. Tacos Stroganoff is something I never want to see. There. I'm done ranting...

One of the things that slow cookers do best is tenderizing tough cuts of meat. I think the toughest is stew beef. Very little fat and no marbling to speak of. Stew beef begs for the crock pot.

Flavorful Beef Stew

1/2 pound medium fresh mushrooms quartered (or canned mushrooms)
2 medium red potatoes quartered
3 medium carrots cut into slices
1 medium onion chopped
1 celery rib sliced
1/4 cup all purpose flour
1 tablespoon paprika
3/4 teaspoon salt
1/4 teaspoon pepper
1 pound stew beef cut into 1 inch cubes
1 14 1/2 oz can of beef broth
4 1/2 teaspoons teriyaki sauce
2 cloves garlic minced
1 bay leaf

In your slow cooker, combine mushrooms, potatoes, carrots, onion and celery. In a large re-sealable plastic bag combine the flour, paprika, salt and pepper. Add the beef a few pieces at a time and shake to coat.

Place over the vegetable mixture.

Combine the broth, teriyaki sauce, garlic and bay leaf in a bowl. Pour over the beef.

Cover and cook on low for 6 to 8 hours or until the beef and vegetables are tender. Discard bay leaf. Serve with a hearty bread and red wine.

If you really want to make this your own, you can substitute Worcestershire sauce and ketchup for the teriyaki. You can also add a bit of red wine as well. This recipe tenderizes the beef and will be requested throughout the winter.

Dinner rolls also compliment this dish but starts to get away from the rustic feel. Remember, any recipe is just a guide and starting point. Use your experiences and knowledge, especially with the rustic dishes. These come out of home cooking traditions and not some five-star restaurant.

Play with your food. Your guests will appreciate it.

Write to Johnny at etickernews@gmail.com.



Presidential Candidate Tulsi Gabbard visits Claremont

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—Tulsi Gabbard, presidential candidate and Representative from Hawaii, paid a visit to Claremont Friday evening as part of her campaign tour in New Hampshire. The town hall was held at the CSB Community Center and drew a large crowd. She called for having respect for one another, especially as Americans, and said that all the freedoms guaranteed to the American people applied to every one. She said that bridging the divide in the country “comes down to solving problems...” and making sure the government is “working for we the people...” She acknowledged that there are differences in ideas to solve the problems facing the country and said people are talking at each other rather than working together in dialogue.

She said healthcare remains the number one issue for people and that the US is still rated as “worst outcomes” when it comes to healthcare, despite spending more money than any other industrialized country. “We know that something’s got to change,” she said.” She said “big insurance and big Pharma would have no seat” in her administration. She supports healthcare through a single-payer sys-

tem, Medicare for All, that is incentivized to increase health and prevent and heal disease, while allowing individuals to access private insurance if they choose. She also called for looking at environmental threats, especially those to water and air, saying the country needs to focus on what’s important for the environment while getting away from divisive words that are hurting the nation.

She called for a summit with Russia and China, which she would do as president, early on in her administration, to address the issue of nuclear proliferation, speaking about the impact that a false alarm of a nuclear event about to hit Hawaii had had on her and her fellow residents and noting the lack of available shelter if such an event actually hap-

pened. She also criticized the money spent on “regime-changing wars” while the country laments a lack of money for “actual needs”.

Tulsi is a Hawaii Army National Guard major serving as the U.S. Representative for Hawaii’s 2nd congressional district. She was elected in 2012. She is the first female combat veteran to run for president, having served in a field medical unit of the Hawaii Army National Guard in a combat zone in Iraq from 2004 to 2005 and was deployed to Kuwait from 2008 to 2009.

She also called for a summit with Russia and China, which she would do as president, early on in her administration, to address the issue of nuclear proliferation, speaking about the impact that a false alarm of a nuclear event about to hit Hawaii had had on her and her fellow residents and noting the lack of available shelter if such an event actually hap-





A Nashville Christmas

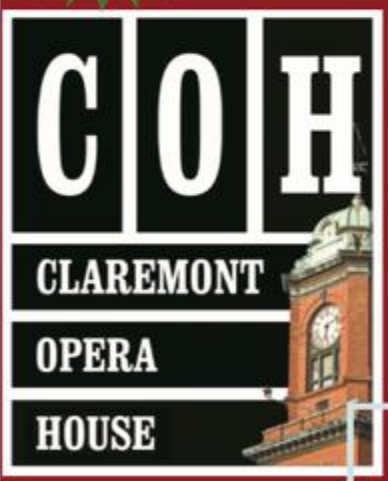
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First Major Snowstorm Blankets the State, Region

The first major winter snowstorm to hit New England and our region arrived late Sunday afternoon, blanketing the area overnight with the first wave of snow. A second wave was expected to pass through New England later on Monday and Monday night. WMUR reported over 600 active closings or delays Monday. Local schools were called off for today. A number of *e-Ticker News* followers and readers reported the following sample snow totals as of Monday morning: Claremont, 4"; Newport, 4.5"; Hinsdale, 13"; Nashua, 12"; Newbury, 6+"; Keene, 10"; upstate New York, 13"; Swanzey, 14".

The snowy view in Bradford, submitted by Stacey Elizabeth.



Hinsdale recorded 13" of snow, photo courtesy of Nicole Riccio.



Cooper doesn't seem too sure about thissubmitted by Jennifer Park.



Ruger checking out the snow accumulation this morning in Cornish. "He loves snow days!" said Katrina Strout. Grace LaBombard submitted this lower photo of 12" in Brookline; no coffee on this deck for a while.

A snowless view sent by Krystal Wood who said, "Southern Colorado. I'm in the desert; everyone thinks Colorado and snow ski but not all of Colorado is like that."

