

# e-Ticker News of Claremont

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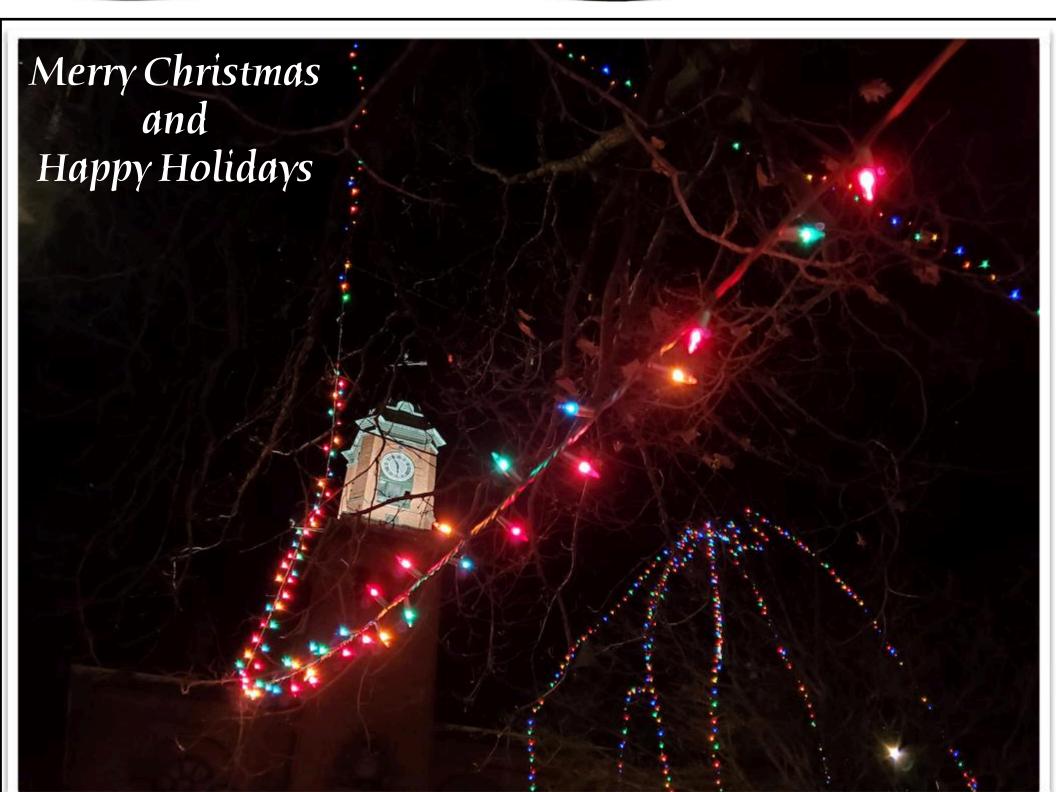


New Claremont Tax Rate Drops; page A3

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**December 23, 2019** 

Photo by Eric Zengota



#### **Christmas Eve Celebration**

CLAREMONT, NH—Christmas Eve Celebration, 7 p.m., Tuesday, Dec. 24, First Congregational Church, 72 Pleasant Street, Claremont. Everyone welcome! Candlelight Communion, special music, For all ages. Bring family and friends.

TUESDAY, DECEMBER 24
TRINITY CHURCH
Christmas Eve Family Candlelight Service
6:00pm
44 Main St. Windsor, VT

TUESDAY, DECEMBER 24 Christmas Eve Candlelight service Plainfield Community Church 1094 Rte 12-A 7:00 pm

DECEMBER 24 UNITED CHURCH OF CORNISH CHRIST-MAS EVE SERVICE

e-Ticker News of Claremont LLC is published Mondays

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

Member, NH Press Association

Member, Greater Claremont Chamber of Commerce

We will be having a family candlelight Christmas Eve Service at the Church Vestry on Center Road at 7:30 p.m. All are welcome.

## Christmas and New Year Schedule at St. Joseph Church

CLAREMONT, NH— On Christmas Eve, Tuesday, Dec. 24, there will not be a Mass at St. Joseph Church, but at 7:00 pm, a Service of Lessons and Carols will be held. This Service uses the traditional Readings, Prayers and Carols as heard on Christmas Eve from King's College, Cambridge, and broadcast on the BBC in London. The format for this Service is adapted from the Church's medieval vigil service for Christmas.

Tristan Smith will serve as organist of the 1885 Midmer & Son Pipe Organ and will direct the St. Cecelia Choir to support the congregation in singing the Christmas carols. Following the service, there will be a gathering in the Parish Hall with Christmas cookies, hot chocolate, coffee and eggnog. All are invited to attend to help celebrate the Vigil of Christmas. Christmas Day Masses, Wednesday, Dec. 25, will be at 8am and 10am.

Masses for the Solemnity of Mary, Mother of God will be onTuesday, Dec. 31, at 5pm and Wednesday, Jan. 1 at 10am

MONDAY, JANUARY 6
CORNISH SCHOOL DISTRICT
Cornish School Board Meeting
6:30 PM
Cornish Elementary School
Agenda

NH Lottery Numbers

12/21/2019

NH PowerBall 19 31 35 50 67 14

NH Mega Millions 12/20/2019 3 20 23 35 60 16

Tristate Megabucks 12/21/2019 7 8 15 23 25 4

For more lottery numbers, <a href="https://www.nhlottery.com/">https://www.nhlottery.com/</a>

Budget Discussion Guidance Presentation

Delegate Assembly Proposed Resolutions January 21, 2020 - Budget Public Hearing / Regular Meeting

January 27, 2020 - Budget Discussion- Approve Warrant Articles, Finalize Warrant for Town Report

February 24, 2020 - Preparation for District Meeting

March 2, 2020 (If needed) - Preparation for District Meeting

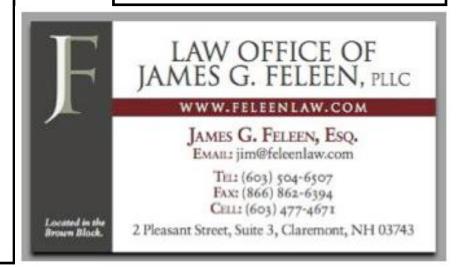
#### No Paper Dec. 30

Merry Christmas, Happy Hanukkah and Happy Holidays, everyone. We'll be taking a little holiday break and therefore will not be publishing on Dec. 30. As always, if there is breaking news, we will post on FB and our website during this hiatus.

Phyllis "Pam" Muzeroll

#### Index

Commentary	A4
Classifieds	A9-A11
Business News	A14
Sports	B1-B2
Inspiration	B3
Calendar/Events	B4-B9
Obituaries	B11-B12
Claremont Senior Center	B12
Claremont Fire Dept. Log	B14
City Council Agenda	B14



#### 2019 City Tax Rate Drops

CLAREMONT, NH—The 2019 Tax Rate for the City, School, and County has been set and bills should be in the mail by early next week. The new rate is \$40.26, which is an overall decrease of 4.32% over the 2018 tax rate of \$42.08. City Manager Ed Morris said that the revaluation resulted in a decrease of approximately 1.7% and the remainder was due to the state's distribution of education funds to the schools that had been cut in previous years.

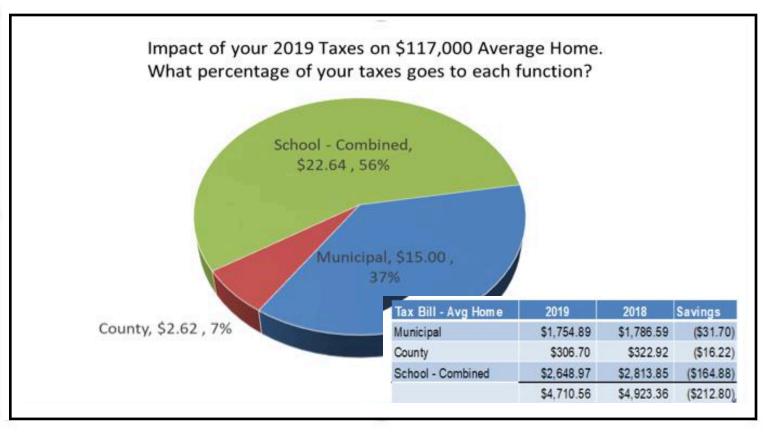
The accompanying chart to the right shows the breakdown in taxes on the average single-family home with \$117,000 in assessed property.

## **Stevens Students Surpass State Scores**

CLAREMONT, NH—Stevens High School students outperformed the average for the state on the ACT in 2019. "Stevens students earned an average composite score of 28.5" said SAU 6 Superintendent Mike Tempesta. "That level of achievement puts them in the 88th percentile nationwide."

The ACT is taken by close to two million U.S. students annually. It assesses college-readiness in English, Math, Reading and Science using a 1-36 scale. Composite scores average results for the four subjects. New Hampshire ranked third in the nation this year with an average composite score of 25. The national average was 20.7.

The Class of 2019 did not just ace the ACT, according to Stevens High School Principal Pat Barry. "Fifty-one percent of last year's senior class graduated with a 27-credit Diploma with Distinction, which means they met the highest standards for NH State Scholars. When the program was initiated during my first year here it was estimated that just twenty percent of graduating seniors might qualify; seeing more students achieve this goal each year speaks to how well they are doing on the whole. Sixty-four percent of our 2019 graduates indicated they are going on to two- or four-year degree programs. We had students matriculate to colleges all across the country



from Dartmouth to Hawaii Pacific University
 and they are studying everything from software engineering to fashion design," Barry said.

# Schedule for Christmas and New Year Services at St. Mary Parish

CLAREMONT, NH—St. Mary Parish will be offering the following schedule for Christmas and New Years:

#### **Christmas**

Tuesday, December 24th, Christmas Eve: 5:30 p.m.

Wednesday, December 25th, Midnight Mass: 12:00 a.m.

Wednesday, December 25th, Christmas Morning: 10:30 a.m.

## New Year, Solemnity of Mary, Holy Mother of God

Tuesday, December 31st, Solemnity Vigil: 5:30 p.m.

Wednesday, January 1st, Solemnity: 10:30 a.m.

#### **Parish Office Closings**

Christmas: December 24,

25, and 26

New Year: December

31st (at noon) and January 1st

#### MONDAYS, JANUARY 6 - 27 After School Art Classes at CMS

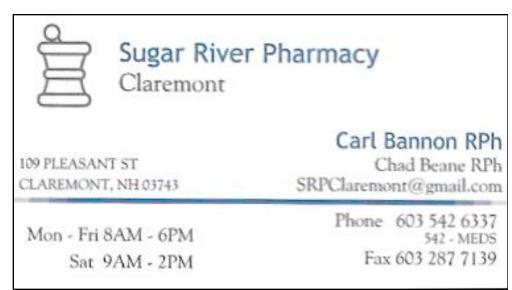
https://claremontmakerspace.org/events/#!event/2020/1/6/after-school-art-classes-at-claremont-makerspace to register.

After a long day at school come to Maker-Space and let your creative spirit soar. We'll draw, paint, print, create sculptures and metal embossed plaques. We will look at the greatest of human achievements and reach from there to create our own Art. Every month will be different.

This program will run Mondays, 3:30 to 5:30 p.m., January 6, 13, 20, 27.

Ages 6 & up.

Class Fee (includes supplies) \$120



## House of Representatives - Claremont

District 3/Ward 1: Andrew O'Hearne

friendsofandrewohearne@comcast.net

District4/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

#### <u>District 1</u> <u>Executive Councilor</u>

Michael Cryans 603-271-3632

Michael.Cryans@nh.gov

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#### 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

## **Guest Commentary**

#### Honoring the Sacrifices of Those Who Fought in the Battle of the Bulge

#### By Senator Maggie Hassan

In December 1944, Nazi Germany launched what would be its last major offensive campaign during World War II. This attack caught the Allied forces in the Ardennes Forest by surprise, and in the ensuing battle – the Battle of the Bulge – our troops faced record low-temperatures, dwindling supplies, and a German army that outnumbered them three to one. Their response was a testament to the power of common purpose devoted to the cause of freedom.

Among the Allied forces in the Battle of the Bulge was my father, Robert Wood. This month, I had the honor of traveling with a bipartisan Congressional delegation to Belgium and Luxembourg to commemorate the 75th anniversary of the Battle of the Bulge, and to thank some of the heroes who fought in the same battle as my dad.

In talking with veterans of the Battle of the Bulge, I heard firsthand about – and was struck by – the brutality of the conditions that they endured.

These troops – many of whom were just 18 or 19 years old at the time – had to fight through incredible cold and snow without appropriate gear. There wasn't enough food. Many experienced hypothermia.

Against incredible odds, unit by unit, American soldiers continued to fight – persevering with courage and resilience. And their valiant sacrifices led to a victory in the Battle of the Bulge that set the stage for defeating Hitler and, literally, saving the world.

During our visit, it was remarkably touching to see how grateful the people of Belgium and Luxemburg remain to this day. At a commemoration parade, people lined the streets, braving the cold and rain to wave American flags and thank our country's veterans.

I was particularly struck by the words of the mayor of Bastogne, Belgium, Benoit Lutgen, who at one ceremony turned to veterans and said, "Time has not changed you. You are always there, valiant, at your stations. Dignified. Unwavering. Awe-inspiring."

Those words describe perfectly the character of those who fought in the Battle of the Bulge – and all of those who were a part of what we today refer to as the Greatest Generation.

My dad told stories about his platoon and sometimes mentioned that in traditional terms, he and his fellow platoon-mates had little in common. He was partway through college, while some of those he served with had little formal education and were from different parts of the country.

He helped one of them write letters to his girlfriend every Sunday, and he read comic strips to another. And he was quick to tell us how his comrades' strength and bravery helped protect him and the entire unit.

These soldiers didn't have much in common except for one particular thing: they were all fighting for freedom, and believed in it. With that belief in mind, they fought for their country, for each other, and for people anywhere and everywhere who loved freedom.

My dad and all those who fought in the Battle of the Bulge never forgot what they experienced on the battlefields of Europe – the bloody consequences of fascism, demagoguery, and anti-Semitism.

They took the lessons of war home with them, and they built democratic institutions and reinforced democratic values across our country. They cherished freedom because they saw what could happen when freedom was eroded and then assaulted.

The question for all of us – and for generations to come – is whether we've learned that lesson too. It is the job of every generation of Americans to be ready and willing to do what it takes to ensure that our country is worthy of the sacrifices that our veterans have made.

To honor all of our veterans, each of us must give every measure of our effort to fight for, nurture, and sustain freedom. And to love each other, as Americans, and despite our differences, because of that shared and essential commitment.

#### Santa's Little Helpers — In Uniform, No Less

Police Department, Sheriff's Office Help Kids Find the Perfect Gift

CLAREMONT, NH—Two weeks ago, 73 boys and girls had the chance to pick out some free Christmas presents, courtesy of the Shop With a Cop event at the Claremont Walmart. They could roam the aisles and choose toys, dolls and clothing, then take them home without paying a cent.

The money for this program came from the Claremont Police Officer Association, explained police chief Mark Chase. "And for the last three years, Walmart as well as the Jack and Dorothy Byrne Foundation have donated money. We had officers from the Claremont Police Department and the Sullivan County Sheriff's Office — all of them volunteers. We also had volunteers from the Claremont school system."

School Resource Officer Crystal Simonds organizes the event each year. With the assistance of the school system, she helps select students and families from the Claremont area who may need help around the holidays or may need a positive event in their life.

Chase remarked how the "gift of giving" creates a great holiday atmosphere.

"Sometimes I think that I along with all the officers who participate get more from this event than the kids and families do," he said. "We have a lot of fun picking things out with the kids and talking with them about what they like. It really is a magical time for us and one of the highlights of the year."

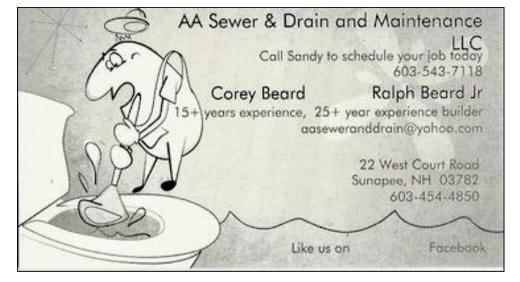
The good feelings spread throughout the store, Chase added. "It was really a treat for anyone who was shopping while we were there shopping. We even had a few customers



With elves like these to help him, a boy like Presley Rousselle can't help but find the right Christmas gift. Claremont School Resource Officer Crystal Simonds (far right) organizes the annual Shop With a Cop event (Courtesy photo).

buy extra things for the kids we were with."

-Eric Zengota











Santa and Mrs. Claus enjoyed a Christmas Party with children at the Claremont Elks Lodge. Mrs. Claus decorated her popular sugar cookies with the children and Santa delivered some gifts early (Courtesy photos).



Lavalley's Building Supply and members of the Stevens Boys Basketball team assisted the Claremont Elks Lodge in delivering 51 Christmas Dinner boxes to the community (Courtesy photos).





## **Lighting Up for Pedestrian Safety**

## New Equipment at CSBCC Enhances Crosswalk Visibility

By Eric Zengota e-Ticker News

CLAREMONT, NH—After an afternoon of basketball at the Claremont Savings Bank Community Center, Jason Beeman and his sons, Oliver and Carson, use the newly lighted crosswalk on South Street. A simple push of the button on either pole activates flashing lights for 15 seconds, signaling oncoming vehicles to stop for pedestrians.

"Parks and Rec has been wanting lights at this crossing for several years," said director Mark Brislin. "About fifty middle school students cross the street every school day, and there's foot traffic from the technical center as well. Many of our center members use the school lot for after-hours overflow parking. So do visitors when the center hosts large regional events like swim meets and basketball tournaments. Everyone will be a lot safer because of the lights."

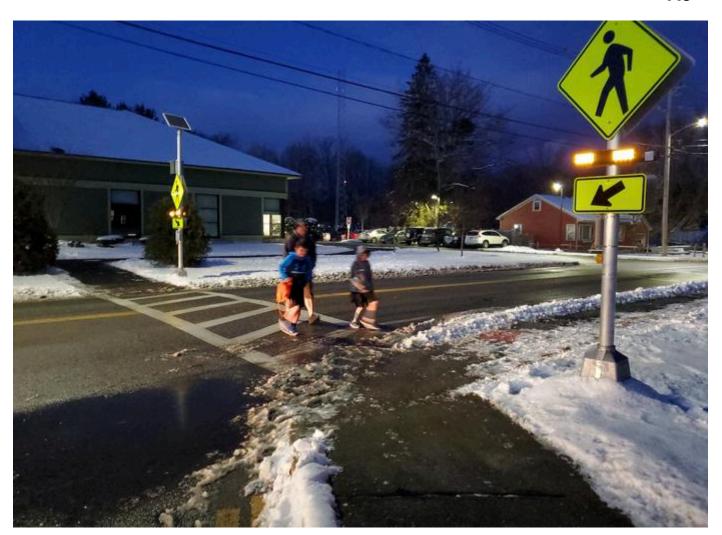
That's music to the ears of Claremont police chief Mark Chase. "As a police officer and a citizen, I'm very excited that the crosswalk received those lights. Vehicular traffic on South Street can be very busy any time of the day or night. Plus, early winter sunsets add to the hours when crossing is even more challenging."

The lights had been ordered by the city's Department of Public Works for a different project that, however, was redesigned and no longer required them. Chase worked with DPW to have them installed on South Street instead.

With his eye on public safety, Chase noted that another set of lights will be installed with the return of warm weather. These will be at the Broad Street entrance to Monadnock Park. "The entrance will be redesigned to accommodate the lights," he said. "Then after those go up — well, I'd like to see flashing lights on Main Street, too."

#### Got news?

Send us your news and photos



A new lighted crosswalk now is in use on South St. (Eric Zengota photo).

## Census 2020 – Every Person in your Household Counts!

With the US Census just around the corner, many people have questions as to who they should count on their census form.



With 675 Billion dollars

in federal aid programs on the line – the answer is – Everybody!

The US Census Bureau estimates that in 2010, more than 1,000,000 children were undercounted in the Census, and it is important that this does not happen again. School lunch programs, special education funds, and other benefits that flow to our communities are based on the numbers returned in the 2020 Census.

**Everybody Counts.** Does a child share time between their mom and dad's homes? Wherever they live the majority of the time, they count! Are you a neighbor who is housing a child while their mom and dad build a house?

Those children count! Is a friend staying with you temporarily while they look for a new place? They count! Someone staying in your RV, cottage, or even on your couch? They count!

It doesn't matter whether the members of your household are related or not, whether their stay with you is considered temporary, or whether they are 2 years old or 102...every-body counts!

Responses are Confidential. Under Title 13 of the US Code, no individual, family, or household information submitted for the Census may be revealed to anyone – not Law Enforcement agencies, not the local Building & Zoning office, not School Districts, not Immigration officials - not anyone. The purpose of the Census is to obtain a complete and accurate count of individuals living in the community – period. You may respond knowing that your responses are safe and secure, and only used to provide "aggregated" information for planning and funding purposes.

Your town depends on your participation. The US Census is easy, safe...and important!

#### Classified Ads

#### Teller: Part Time - Newport, NH

One Credit Union is currently seeking an experienced Part-Time Teller to join our Newport, New Hampshire team, located at 70 John Stark Highway.

#### The ideal candidate will have:

- Minimum of (1-3) years Teller experience
- Prior cash handling experience
- Particularly strong skills in branch operations and customer service
- Math and computer skills required
- Strong oral and written communication skills
- Ability to work branch hours
- Strong TEAM player
- Demonstrated organizational skills while managing multiple tasks
- Demonstrated time management and prioritization skills

The <u>Part-Time Teller</u> reports to the Branch Manager and performs the duties of Teller.

#### Requirements:

- Education Requirements: High School Diploma or equivalent combination of education & experience.
- Wages commensurate with experience and skillsets.
- Benefits offered: 401k plan

Email cover letter, resume and references to

jobs@onecu.org

Equal Opportunity Employer www.onecu.org



#### Classified Ads



Thank you to all my clients and customers.

Wishing you health and happiness.



Bonnie Miles

## COLDWELL BANKER 5

Homes Unlimited 112 Washington St., Claremont, NH 03743

Call or text my cell: (603) 381-9611

Office: (603) 542-2503

bonnie@coldwellbankernh.com







#### Claremont Fire Dept. Called to Scene of Garage Fire

CLAREMONT, NH—At 1:28 p.m., Saturday, Dec. 21, the Claremont Fire Department responded with two engines to a reported garage fire at the residence of 15 Pine Avenue. "At 1:33 p.m., first due engine crew arrived and encountered a well-involved garage fire," said Chief Bryan Burr. "The Crew determined early on that the garage was a total loss and turned their attention to the home that was in close proximity to the garage. Crews were able to protect the home by positioning themselves between the garage and the home with hose lines in order to protect it by cooling the exterior walls. The fire was under control at 1:45 p.m. The cause of the fire has been determined to be portable heating used in the garage. Other contributing factors were that the heater was located too close to combustible materials."

This is the third fire in recent weeks caused by the use of supplemental heating appliances, added Burr.

"The Claremont Fire Department would like to remind residents that heating appliances are the second leading cause of residential fires during this time of year," said Burr. "Fire officials can't stress the importance enough to take the time to ensure you are using all heating devises properly."

#### The Color Wheel (For Ages 8 - 12)

CLAREMONT, NH—Ready to master color? In this six week after school program, students will use a variety of mediums to better understand the use of color in art. Over the course of the class students will use paint, clay, water colors to master primary, secondary and tertiary colors. Each week will focus on a new lesson and medium in which to make and take home completed projects. This class will run on Thursdays from January 23rd - February 27th from 3 - 5 PM. Class Fee, including supplies: \$90. Ages 8 - 12. Jan. 23, 3:00 p.m. Ends Feb. 27. Instructor: Lissa Malloy. She is a graduate of Plymouth State in drawing and graphic design.

To register for this MakerSpace program, please go here:

https://claremontmakerspace.org/events/#!event/2020/1/23/the-color-wheel-for-ages-8-12.

#### Classified Ads

## Sullivan County Fugitive of the Week

TIMOTHY MACLEAN DOB: 09/03/1981

LKA: 329 Quaker City Road, Charlestown, NH

Description: White male, height: 5'9", weight: 200lbs.,

eyes: brown, hair: brown

Reason: Violation of probation Original charges: possession of the controlled drug Fentanyl, Class B Felony Possession of the controlled drug Alpha-PVP, Class A Misdemeanor

On May 22, 2019, Timothy MacLean was indicted by the Sullivan County Grand Jury on one count of possession of the controlled drug Fentanyl and one count of possession of the controlled drug Alpha-PVP.

On July 9, 2019 MacLean pled guilty in Sullivan County Superior Court to one count of possession of the controlled drug Fentanyl and one count of possession of the controlled drug Alpha-PVP. As part of his sentence, MacLean was placed on probation with the New Hampshire Department of Corrections.

On November 26, 2019, the New Hampshire Department of Corrections filed a violation of probation in the Sullivan County Superior Court. it is alleged that MacLean had violated the terms and conditions of his probation.

#### **CLAREMONT, NH**

2 Story Manuf/Mobile 2 Bed 1 Bath

- \* Replacement windows
- \* includes shed and generator

MLS # 4785762 \$27,500



#### **CLAREMONT, NH**

2 Story New Englander 3 Bed 1 Bath

- Updated kitchen, bathroom and windows
- \* Nicely landscaped

MLS # 4785754 \$139,000





#### WEATHERSFIELD, VT 1.5 Story Cape 3 Bed 2 Bath

- \* Wood floors
- \* 2.6 acres

MLS # 4774629 \$220,000





#### **HOMES UNLIMITED**

112 Washington Street Claremont, NH 03743

Phone (603) 542-2503

www.coldwellbankernh.com





On December 2, 2019, the Sullivan County Superior Court issued a warrant for the arrest of MacLean on the violation of probation.

The Fugitive of the Week is provided by Sheriff John P. Simonds of the Sullivan County Sheriff's Office. if you have any information regarding the whereabouts of this fugitive, please contact either the Sheriff's Office at 603-863-4200 or your local police department.



Tuesday, January 21, 2020, 5-7 PM

Keynote Speaker: Dr. Joe Perras, CEO and CMO of Mt. Ascutney Hospital & Health Center, Windsor, VT

# Claremont Savings Bank Community Center 152 South Street, Claremont

#### "Yee Haws and Ha Has"

## Hilarious stand-up comedy and sensational country music at COH

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



Paul D'Angelo, Lexi James (Courtesy photos)

D'Angelo has been headlining A-List comedy clubs around the country for over 30 years, entertaining hundreds of prominent corporate clients and opening for over 60 international stars such as Aretha Franklin, Ray Charles, The Beach Boys, Chicago, Tony Bennett and Tom Jones. He co-starred in the Showtime movie, "The Godfathers of Comedy" and is the author of two multiple award-winning books, "Stories I Tell" and its sequel, "More Stories to Tell".

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

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

## Tuesday, December 24 Please join us for Christmas Eve Candlelight Wonder At the Meriden Congregational Church

A Spiritually Progressive, Open & Affirming, Sanctuary Congregation of the United Church of Christ, 5 Mitchell Drive, Meriden, NH.

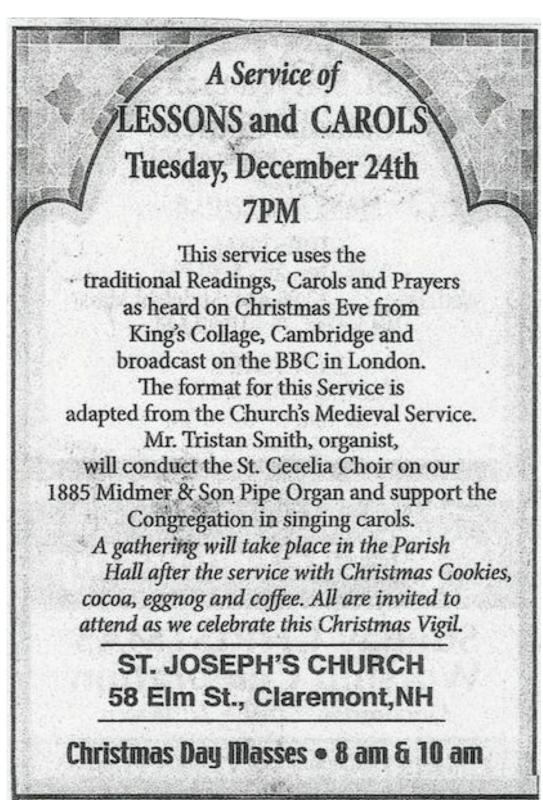
Saturday, January 4th, 10-11:30am Snow Stroll through History at Blow-Me-Down Farm Location: Blow-Me-Down Farm off Route 12 in Cornish

Join a Saint-Gaudens NHP ranger at the Blow-Me-Down Farm for a Stroll through History around the grounds of the farm. Discover the artists of the Cornish Colony and what drew them to this alluring place. Please dress appropriately for the weather and wear sturdy, warm footwear.

Pre-registration is recommended.

To register or learn more call (802) 457-3368 x222 or email us at <a href="mailto:emai

www.facebook.com/etickernews



## e-Ticker Business News

#### D-H Neurologist Honored with Prestigious Award for Work with Patients with Epilepsy

#### Barbara Jobst, M.D., honored with J. Kiffin Penry Award at American Epilepsy Society's annual meeting

LEBANON, NH – Dartmouth-Hitchcock neurologist Barbara Jobst, M.D., Ph.D., has been named the 2019 recipient of the J. Kiffin Penry Award from the American Epilepsy Society. The J. Kiffin Penry Award was established in 1997 in honor of J. Kiffin Penry, M.D., an inventor of one of the first effective epilepsy therapies,

phenytoin. The award, which embodies Dr. Penry's lifelong focus and genuine concern for patients with epilepsy, recognizes individuals whose work has had a major impact on patient care and quality of life for those living with the disorder.

Jobst accepted the award at the annual American Epilepsy Society Meeting in Baltimore on December 7. " I feel honored to be part of this

" I feel honored to be part of this elite group of awardees who received the award previously," said Jobst. "Moreover, I am proud to be recognized for my contributions to



**Dartmouth-Hitchcock** neurologist Barbara Jobst, M.D., Ph.D., has been named the 2019 recipient of the J. Kiffin **Penry Award from the American Epilepsy Soci**ety. The award recognizes individuals whose work has had a major impact on patient care and quality of life for those living with epilepsy. Jobst accepted the award at the annual **American Epilepsy Soci**ety Meeting in Baltimore on December 7 (Courtesy photo).

the field I have dedicated my career to: Bettering the lives of people with epilepsy."

Jobst serves as director of the Dartmouth-Hitchcock Epilepsy Center at Dartmouth-Hitchcock Medical Center in Lebanon. She is the section chief for adult neurology and vice chair of the Neurology department. She is also the Louis and Ruth Frank Endowed Professor of Neurosciences at the Geisel School of Medicine at Dartmouth.

Jobst, who grew up with a chronic disability and knows firsthand the challenges it presents, says her own experiences helped set the stage for her career and ignited a passion to make a difference in the lives of patients. "Epilepsy as a chronic disease is cruel in that it can render patients unable to lead a normal, fulfilling life," said Jobst. "To truly improve the lives of patients, innovations need to be based on rigorous science. At the Dartmouth-Hitchcock Epilepsy Center, our team has been able

to transform epilepsy care through a combination of excellent clinical care and translational science. I am honored to accept the J. Kiffin Penry Award for our efforts to integrate translational science into clinical care."

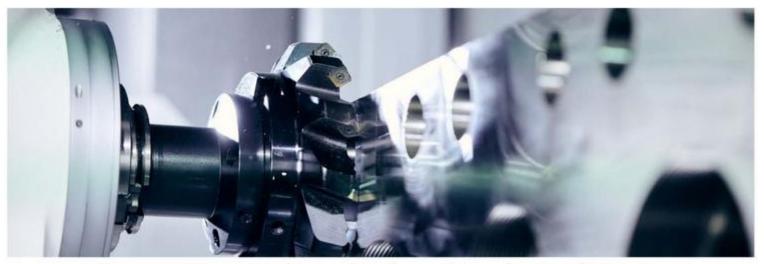
Originally from Germany, Jobst attended **Dartmouth Medical** School (now Geisel School of Medicine at Dartmouth) for four months in 1992 as a medical exchange student. She returned to the United States in 1996 as a medical resident at Dartmouth-Hitchcock Medical Center after earning her medical degree, and has been with Dartmouth-Hitchcock ever since. Her leadership roles in academics have included chair of the American Epilepsy Society annual meeting and epilepsy chair of the Scientific Program of the American Academy of Neurology.

"Barbara is exemplary of the level of medicine practiced and honored within Dartmouth-Hitchcock," said Joanne M. Conroy, M.D., CEO and President of Dartmouth-Hitchcock Health. "Along with her numerous academic pursuits and achievements, she has continued to treat patients with compassion and exhibit a true desire to alleviate the suffering of people living with epilepsy. We are proud to have her as part of our team and cannot think of anyone more deserving of this prestigious honor."

Jobst will receive \$3,000 as part of winning the J. Kiffin Penry Award, which will help fund her research.



### Basic Machinist Skills Free Adult Education Classes



#### Sugar River Valley Regional Technical Center

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

Claremont Adult Learning Center Coordinator - Kendall Duffy

Course Instructor Scott Pope - spope@sau6.org

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

Only 12 student slots available so apply now.

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

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

To register or for further information please contact us:

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

### Christmas Eve Traditions Make the Season Extra Special

By Phyllis A. Muzeroll e-Ticker News

As Christmas Eve approaches, we asked on Facebook what types of holiday traditions people enjoy on this special night. Some include fun with family, others include getting ready for Santa's visit. Here's a sampling of what was shared:



Christmas Eve Elf Box: I put in Christmas pjs, a movie, hot chocolate, popcorn and a note from Santa saying how important it is to sleep so he could come and bring presents— Denise Fletcher Spaulding

On Christmas Eve our Elf on the Shelf delivers a Christmas Eve box that contains new pajamas for each kid, a couple of new movies, popcorn, hot cocoa, and maybe some other little treats. We have a movie night while they wear their new pis. Then we leave out treats for Santa, including a few carrots for his reindeer. During the day on Christmas Eve we also make and hang out edible ornaments for the animals like squirrels and birds, which is a solstice tradition dating back hundreds of years!—Erica Vandegrift

When I was growing up, making sure Santa and his reindeer had a snack was very important. We always left out a glass of milk and cookies for Santa. We worried about the reindeer getting hungry, too, so we left out carrots

for them. We also left out a pail of water in case they were thirsty.—Ann Malcolm

We leave out snacks for Santa and the reindeer and they get to open one present on Christmas Eve at our house that is usually a new set of pis and a trinket. We also do Xmas with my husband's side of the family and the kids get excited when he brings out the scanner with the police talking about how Santa's sleigh was seen-Kelley King

My mom always made a simple cake with white frosting. It was for the Baby Jesus' birthday. The youngest child in the family got to blow out the candle on Christmas day. The first piece of cake was put out in the yard for the squirrels and birds to eat in honor of the Baby Jesus.—Ashley Hill.

We did edible glitter with oatmeal. Put it in a Tupperware container and put it outside for the reindeer when my daughter was little. We had glitter oatmeal cookies a few days later LOL-Donna Marie Rabideau

I highly look forward to washing dishes at the Claremont Soup Kitchen. The high spirits of everyone coming together on the eve on the Holiday. I keep a few toys in the car in case there happens to be kids at the meal. I drop off a toy and let them know Santa left this behind for them. I make a few local stops and then

drop toys at Valley Regional Hospital ER and then drive over to Mt. Ascutney to do the same. Simple in and out with a note that its a gift from the North Pole to be given to any children seen during the Holiday. I make my way home to get ready for St. Mary's Midnight Mass. It something that has stuck with me from when I was a kid.—Nick Koloski

Our elf brings a pair of pjs, a pack of popcorn and a Christmas movie to watch Xmas Eve-Tanya Perry.

My brother and I always left out carrots for the reindeer. One year we left out hay, too. My dad never did say where he got it from LOL. And of course we left a snack for Santa. —Marty Edwards

We always opened gifts from friends or our godmother on Christmas Eve. There was always a special feeling on Christmas Eve. you could feel the excitement in the air! Before bed, we would hang up our stockings for Santa to fill....and he sure did! LOL -Ann Marie



#### **UVCC February Vacation Camp** Winter is Coming...Are you Ready?

We are thrilled to announce the first ever UVCC February Vacation Camp. We have the privilege and honor to welcome back Theatricks, Inc. as well as Cirque Us for a Week of Winter Circus Arts. Space will be limited.

February 17 - 21, 2020

CCBA Witherell Recreation Center (Gymnasium)

8:30am - 3:00pm

Ages 8-18

\$300.00

We are so sorry our Claremont Friends will miss this due to a different vacation week, but we are still brainstorming ideas there too, so keep your chin up!

For more information, please visit <a href="https://uvcircus.com">https://uvcircus.com</a>. \$150.00 non-refundable deposit is required with registration. Final payment must be received by Feb. 1, 2020. Should we not receive your final balance payment on or before Feb.1,

2020 we will begin registering troupers from our waiting list.

Payment:

Checks should be made payable to UVCC and mailed to: P.O. Box 137 | Cornish, NH | 03746



# PRESIDENT'S AWARDS

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

## Recipients

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

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

## Christmas Eve Candlelight Service in North Charlestown

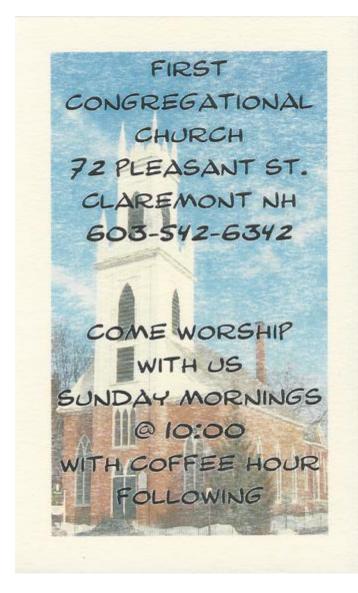
NORTH CHARLESTOWN, NH—A Christmas Eve Candlelight Service will be held at 4 PM on Tuesday, Dec. 24th, at the North Charlestown United Methodist Church at 471 River Rd (12A) in North Charlestown. The worship on Christmas Eve will be designed to be multigenerational, so be sure to bring all your friends, neighbors and, of course, children of all ages! Chances are you have never experienced anything like it!

Everyone is asked to bring with them a family candle (pillar) and a hand bell for ringing during worship.

Join us and start the 12 Days of Christmas with this joyous celebration!

Got news?

Send news and photos to etickernews@gmail.com









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#### **Tips for Managing Your RMDs**

If you've diligently invested in your retirement accounts, such as your IRA and 401(k), you will probably have accumulated a sizable amount by the time you reach retirement age. But eventually, you'll have to tap into this money. And when you do, you'll need to make the right moves – because the wrong ones could be costly.

To begin with, once you reach 70½, you generally must start taking withdrawals from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan, although if you're still working, you don't have to withdraw from your current employer's 401(k), unless you own more than 5% of the company. (If you have a Roth IRA, you're not required to take money out at any specific age.) The amount of these withdrawals – technically called required minimum distributions, or RMDs – will largely be based on your age and the value of your retirement accounts. If you don't take out at least these minimum amounts, the amount not withdrawn may be taxed at 50%.

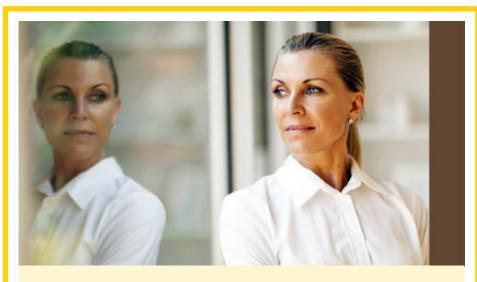
So, given these basics, what questions should you address when you start taking your RMDs? Here are a few to consider:

- When? You generally must begin taking RMDs in the year you turn 70 ½ and every year thereafter. You do have some extra time to take your first RMD up until April 1 of the year after you turn 70½. However, if you put off that first withdrawal, you must also take the second RMD by Dec. 31 of the same year. This could be a problem, because taking two RMDs in one year could force you into a higher tax bracket.
- How much? Keep in mind that the "M" in "RMD" stands for "minimum" you are free to withdraw more than this amount in any year. You do need to be careful to choose an appropriate withdrawal rate one that isn't so high it leaves you vulnerable to outliving your money.
- What about taxes? Your RMDs will be taxable at your current income tax rate.

Of course, if you don't really need the amount you must take, you might wonder if there's anything you can do to lower the tax bite. You might have a couple of options. For one thing, before you start receiving RMDs, you could convert money from a traditional IRA to a Roth IRA. You'll need to pay tax on the conversion, which can be considerable, but the converted amount will then grow tax-free and won't be subject to future RMDs. As an alternative, you can make what's known as a qualified charitable distribution by donating all or part of your IRA-related RMDs, up to \$100,000 a year, directly to charity. If you no longer itemize deductions, as is the case for many people following recent tax law changes that nearly doubled the standard deduction, you won't be able to deduct your gift, but you will be able to lower your adjusted gross income (AGI), which can reduce your tax bill. Furthermore, a lower AGI could mean lower taxes on your Social Security payments and potentially avoiding higher Medicare premiums. Before making either a Roth IRA conversion or a charitable gift from your RMDs, you will need to consult your tax advisor.

You worked very hard, for very long, to put money into your retirement accounts. Make sure you make the right decisions when you're taking it out.

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



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

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

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

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

Event details will be posted on the website.

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

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

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

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



#### **It's About Food**

#### **By Johnny Navillus**



#### Slowwww

Your slow cooker is not just for cooking. I like to make up a large batch of Sloppy Joe mixture and put it all in the slow cooker on warm. There's no stirring occasionally or concern about burning. I just let the cooker do its thing. It's never overcooked and doesn't stick to the bottom. Simple. Easy. Delicious.

Here's a great winter recipe that I don't make often enough. Just don't think about it for some reason. It's easy and very tasty.

#### **Braised Short Ribs**

- 3 lbs beef short ribs cut up
- 1 cup flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons shortening
- 2 onions sliced
- 1 bay leaf
- 1/2 teaspoon whole allspice
- 1 cup beef broth

Mix flour, salt and pepper and coat beef with mixture. Heat shortening in skillet and brown beef well. Combine all ingredients in cooker. Cook on low 8 to 10 hours or on high 4 to 6 hours. Before serving, remove bay leaf and allspice.

Skim off the fat after cooking if necessary.

In keeping with my changing approach to slow cooking, I often skip browning the meat first now. I will coat it as directed but I just put it in the cooker. The result of not browning has worked so well so far that I am really beginning to like skipping that step, especially the shortening.

Since I have the space here's another.

#### **Chicken and Mushrooms in Beer**

Chicken, mushrooms, beer. Does it get much better than this? Actually it does. This will do for now.

- 2 1/2 pounds chicken pieces
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup chopped scallions
- 2 cloves garlic, minced (I use 4)
- 1 1/2 cup sliced mushrooms (canned ok in a pinch)
- 1/2 teaspoon marjoram
- 1/2 teaspoon tarragon
- 1 can beer

If you are using a large can of beer, drink some off.

Place chicken in cooker and season with salt and pepper. Add all the other ingredients to cooker. Cook on low for 6 to 7 hours.

French fries, home fries or hash browns go well with this. Take a can of cheddar cheese soup. Empty into a sauce pan add one can of beer. Serve with crusty bread.

Play with your food. Share. Make a friend. Or don't share. More for you and who needs friends?

Write to Johnny at etickernews@gmail.com.

#### **Sullivan County Grand Jury Indictments Released**

NEWPORT, NH—The Sullivan County Grand Jury released the following indictments on Thursday:

Willem Wonsang, 45, Manchester, NH, indicted for Ball Jumping—Committed on Release, Dec. 9, 2019.

Brenden Harriman, 21, North Haverhill, NH, indicted for Theft by Unauthorized Taking (Steel Reserve alcoholic beverages), belonging to Mobil, Oct. 30, 2019.

Amy Smith, 35, Claremont, NH, indicted for Habitual Offender, Nov. 9, 2019.

Belinda Perigny, 56, Hartford, VT, indicted for Sale of Controlled Drug (crack cocaine), Jan. 31, 2019; Sale of Controlled Drug (crack cocaine), Feb. 11, 2019.

Justin Butler, 28, County Farm Rd., Unity, NH, indicted for Possession, controlled drug, alpha-PHP, Sept. 12, 2019.

Elizabeth Ball, 25, County Farm Rd., Unity, NH, indicted for Sale of Substance Represented to be a Controlled Drug, Subsequent Offense, between Sept. 22, 2019, and Sept. 24, 2019; Drug Enterprise Leader, on or between Aug. 31, 2019, and Nov. 19, 2019; Possession/Intent to Distribute, Fentanyl/ Subsequent Offense, Oct. 10, 2019; Possession/Intent to Distribute, Crack Cocaine/Subsequent Offense, Oct. 10, 2019; Sale of Substance Represented to be a Controlled Drug, Subsequent Offense, on or between Sept. 24, 2019, and Sept. 27, 2019.

Brian Coleman, 47, Claremont, NH, Sale of Substance Represented to be a Controlled Drug, Subsequent Offense, on or between Sept. 1, 2019 and Oct. 31, 2019.

Matthew Roy, 40, Springfield, VT, Sale of Controlled Drug, Subsequent Offense, Sept. 23, 2019; Sale of Controlled Drug, Subsequent Offense, Sept. 26, 2019.

Matthew Roy, 40, Croydon, NH, indicted for Sale of Controlled Drug, Subsequent Offense, on or between Sept. 24, 2019, and Oct. 11, 2019.

Matthew Roy, 40, Springfield, VT, indicted for Sale of Controlled Drug, Subsequent Offense, on or between Sept. 1, 2019, and Sept. 24, 2019.

Megan Horsfield, 30, Croydon, NH, indicted for Possession, controlled drug, fentanyl, Subsequent Offense, Oct. 10, 2019; Possession, controlled drug (alpha-PHP), Oct. 10, 2019; Sale of Controlled Drug, Subsequent Offense, on or between Sept. 1, 2019, and Oct. 31, 2019.

Jonathan W. Baldwin, 34, Newport, NH, indicted for Operation after Certification as a Habitual Offender, Oct. 30, 2019.

Bryan A. Robie, 33, Claremont, NH, indicted for Theft by Unauthorized Taking, various items from Walmart, Sept. 29, 2019.

## **Holiday Stress?**



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## Claremont First Night: A New Year's Party for All!

CLAREMONT, NH—Claremont-Sugar River Rotary Club is inviting everyone to the last event of the year — Claremont First Night. Come celebrate the New Year with activities all around the City. The evening kicks off at 6 PM on Dec. 31, and will go until midnight. Fun, family-friendly events are scheduled at Arrowhead Lodge, the Claremont Savings Bank Community Center, Claremont Opera House, Family Fun Zone and Meyer Maple Lanes. "There will be something for everyone," said Mark Brislin, Claremont's Parks and Recreation Director. "Whether you want to go tubing at Arrowhead, take a dip in the pool at the Community Center, or enjoy some of the great entertainment that we have lined up, there will be something for everyone to enjoy," explained Brislin.

At 10 PM, there will be a dazzling fireworks display over the ski area at Arrowhead, which will also be televised live on CCTV channel 8. After fireworks, the evening is not over! Meyer

Maple Lanes will ring in the New Year with bowling until midnight. "Local businesses have been very supportive of this event and are excited to bring a New Year's Eve celebration back to Claremont," said Tammy Porter, President of the Claremont-Sugar River Rotary Club. "We are thrilled to be able to offer this event to the community of Claremont and are looking for ways to help sus-

tain this event for years to come," explained Porter.

There will be three interactive LARP experiences held at the Claremont Opera House presented by World Under Wonder theater group. The Family Fun Zone, on Pleasant Street, will be back as a venue this year. Families will have full access to the inflatables and bounce houses. "It is exciting to watch this event grow," said Brislin. "When we brought the First Night activities back six years ago, all of the activities took place at the Community Center and Arrowhead. The community and local businesses are really embracing this event," he added.



Event	Time	Location
Bowling (Section 1)	5-7:00 PM	Maple Lanes
Imagination Playground	6-10:00	CSBCC
Tubing/Skiing (weather permitting)	6-9:45	Arrowhead
Open Swim	6-9:45	CSBCC Pool
Wunderle's Big Top Adventures – Interactive Circus Clinics and Tricks	6-10:00	CSBCC Gym
World Under Wonder's Interactive LARP Experience (1)	6-6:45	Opera House
Wunderle's One Man Circus (Show 1)	6:15-7:15	CSBCC
Bounce House Fun	7-9:00	Family Fun Zone
World Under Wonder's Interactive LARP Experience (2)	7-7:45	Opera House
Bowling (Section 2)	7:30-9:30	Maple Lanes
Off Broad Street Players	7:30-8:30	CSBCC
World Under Wonder's Interactive LARP Experience (3)	8-8:45	Opera House
Wunderle's One Man Circus (Show 2)	8:45-9:45	CSBCC
FIREWORKS	10:00	Arrowhead
Bowling (Section 3)	10:00 - Midnight	Maple Lanes

Food and beverages will be for sale at Arrowhead Lodge, Claremont Savings Bank Community Center and Meyer Maple Lanes. Parking will be available at Arrowhead Lodge, Claremont Savings Bank Community Center,

Claremont Middle School, and Claremont Savings Bank. A shuttle service will run from Broad Street Park to the Community Center between 6 PM and 10:00 PM.

First Night is sponsored by the Claremont-Sugar River Rotary Club with the assistance from Bar Harbor Bank & Trust, Claremont Savings Bank and Mascoma Bank.

Help sponsor the First Night events by purchasing a Claremont

First Night 2020 button, available from any Rotarian or supporting merchant in town for only \$1.00 each. Buttons are required by all members in your family or party to enjoy First Night activities. Children 3 and under are free.

Above is a schedule of events. More may be added, so for up-to-date information, please visit claremontparks.com., or like us on Facebook at Claremont First Night.

## Student Voice Conference to be held at SHS

CLAREMONT, NH—The first Ever Annual

New Hampshire Student Voice Conference at Stevens High School in Claremont will be held on March 21, 2020, from 8:00 a.m.—2:00 p.m. Organizers are looking for 70 middle school, high school or college students to attend the event. Tyler Sullivan, founder and current executive director, said that "We were founded in July 2019. This organization is 100% student run by middle school, high school and college students in New Hampshire. This provides them with a voice to bring local, county, state or national issues to the table and make change. This group fights to increase student voices throughout New Hampshire."

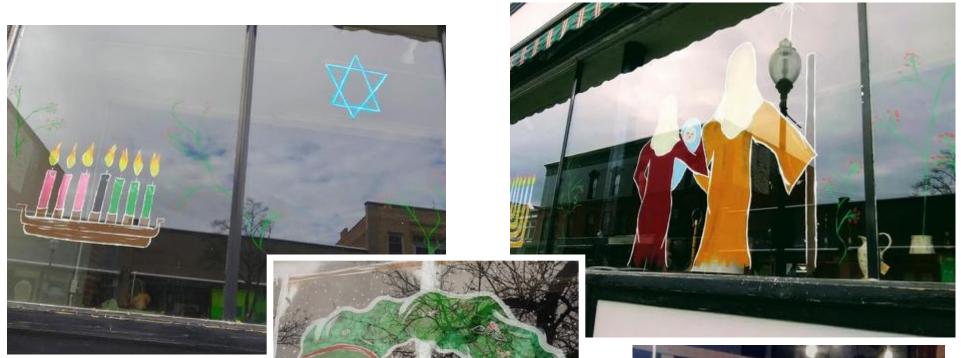
#### Full Moon Snowshoe Hike and Astronomy Program

#### Friday, January 10th, 5:30-7:30pm Location: Forest Center at Marsh-Billings-Rockefeller NHP, Woodstock, VT

Join us at Marsh-Billings-Rockefeller National Historical Park on Friday January 10th for a nighttime hike under January's full "Wolf" moon. Learn all about the moon and its different phases and take a look through one of the high powered telescopes. Please dress warmly and wear sturdy footwear. Snowshoes will be provided along with light refreshments.

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

More information can also be found on our website: <a href="https://www.nps.gov/mabi/in-dex.htm">https://www.nps.gov/mabi/in-dex.htm</a>.





## Decking the Halls and More...

Claremont resident Erica Sweetser recently led a group of volunteers to paint festive holiday scenes on the windows of local businesses. Sweetser took on the project last year, expanding it this year with the extra help from her 5-year-old daughter, Abby, 8-year-old Mikayla Laracque, and Susan Walker, Sarah Breisch, Julie Richardson, and Ruth Wadleigh (Courtesy photos).







An eerie haze hung in the morning air below the wind turbines in Lempster, NH, creating a mysterious scene.

**Photo by Bill Murgatroy**