

e-Ticker News of Claremont

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**City Needle Exchange
Program in Need of
New Location if
It's to Continue;
Page A6**

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November 13, 2017

Claremont Sets 2017 Tax Rate; About \$5 Million in Values Restored

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH--The NH Department of Revenue Administration has set the 2017 tax rate for Claremont, City Manager Ryan McNutt announced Tuesday afternoon. The 2017 rate was set at \$42.66, which was \$.19 less than anticipated, he said. The average assessed home in Claremont is \$127,000, and the average tax bill for a residential property is \$5,417.82 for 2017, which covers all services delivered by the city, school and county, said McNutt.

"The city portion of the tax rate has been set at \$14.84 per \$1,000 in assessed value. During the Fiscal Year 2018 budget process the city finance administration must make a series of projections related to revenues and expenditures. The finance staff tends toward conservative projections on what revenues the city expects to receive during the fiscal year," said McNutt. "Those conservative projections meant we anticipated setting the city portion of the tax rate at \$15.03. Stronger than anticipated revenues allowed for setting the city portion of the rate \$.19 lower than that projection." He added, "Through conservative budgeting we have reduced the costs of operations."

The school portion of the tax rate is \$24.88 (local, \$22.64; state \$2.24), while the county's is \$2.94.

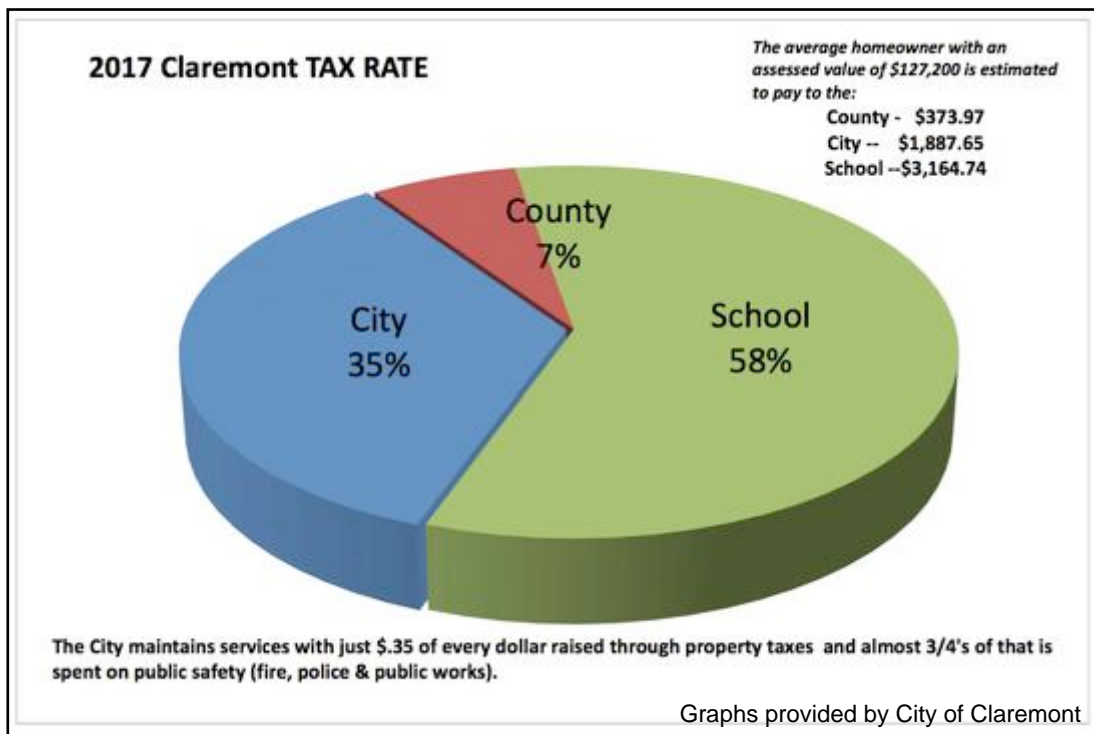
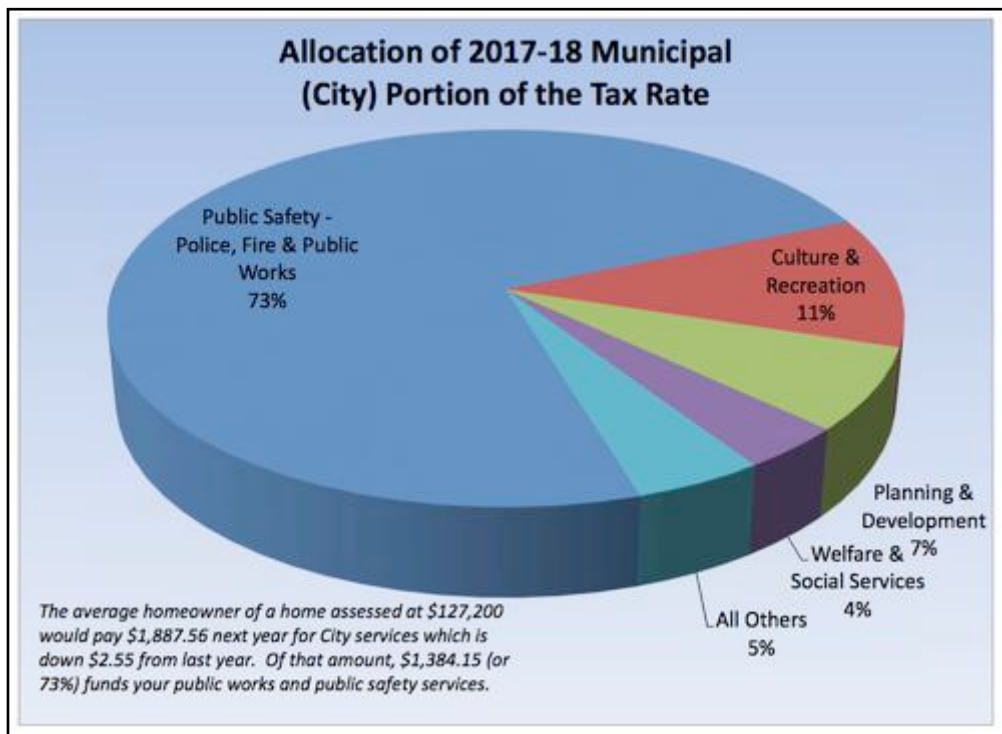
"This drop in the tax rate is indicative of the work that the City is doing to recapture lost valuation by focusing on economic growth while holding the line on expenses," explained Mayor Charlene Lovett. "We know that there is
(Continued on page A2)

Election Results, Page A5



A small but hearty group braved frigid temperatures to support their veterans in Broad St. Park on Saturday, Nov. 11, Veterans Day. After opening remarks by Post 29 Adjutant Michael Richmond and the opening prayer by Maureen Goodwin, Post 29 Commander George Lapan spoke to the crowd. Denis Desilets, President of Rolling Thunder NH Chapter 2, spoke of the 91,000 POWS/MIAs still on foreign soil and hoped that someday all 91,000 could be brought home. The Memorial Decoration was presented by Debbie Ferland, the rifle volley was conducted by the Honor Guard and *Taps* was played. Goodwin gave the closing prayer, and Richmond invited everyone to a luncheon at the American Legion Post 29. Photos: Rolling Thunder Honor Guard; Post 29 Commander George Lapan addresses the crowd (Bill Binder photos).





Tax rate, from A1

much more work to be done, but we are making progress in the right direction.”

The City's total assessed property value is \$701 million, an increase of about \$5 million

from last year due to a slowly recovering residential market, said McNutt.

The 2016 tax rate was set at \$42.62, with the city portion being \$14.86; the school, \$24.90 (local, \$22.48, state, \$2.42); and the county, \$2.86.

introduced to more advanced techniques that they can use on future projects after the workshop has ended. Saturday, November 18th, 10:00 a.m.-1:00 p.m., 31 Pleasant Street. More info and RSVP (required by 11/15): www.claremontmakerspace.org/events. Contact: info@twinstatemakerspaces.org.

MakerSpace Workshop: DIY Beanies

CLAREMONT, NH--Fall is here. Winter is on its way. It's time for warm hats – and it's time that you learned how to make your own!

Join the Claremont MakerSpace for DIY Beanies and learn how to crochet a one-of-a-kind hat that will keep your head warm all winter. Participants will be taught the fundamentals of crocheting with this hands on project and will be

NH Lottery Numbers

11/11/2017

NH PowerBall

4 6 16 30 56 18 2

Mega Millions 11/10/2017

6 23 38 42 58 24 2

Megabucks

6 16 29 32 37 4

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

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Crab and scallion cream cheese dip, topped with chili sauce. Served with flash-fried wonton crisps. **8.99**

SPAN O BITES
Phyllo dough stuffed with leek cheese and spinach. Served with tzatziki sauce. **8.99**

FIRECRACKER TEMPURA SHRIMP
Crispy tempura shrimp tossed in General Taci's sauce and topped with scallions and sesame seeds. Served with a cucumber wasabi sauce. **9.99**

TOMATO BASIL FLATBREAD
Fresh mozzarella, plum tomatoes, basil pesto, olive oil, balsamic reduction and parmesan. **8.99**

BBQ PULLED PORK NACHOS
House made tortilla chips loaded with jalapenos, black olives, tomatoes, red onion, smothered in our NCJM smoked cheddar cheese sauce, maple garlic BBQ sauce and topped with our BBQ pulled pork. **10.99**

TAVERNE TIPS
Marinated steak tip kabobis with spiced fried onions and a bleu cheese cream sauce. **10.99**

CLAM CHOWDER
Freshly prepared with New England Clams, cream bacon and potatoes. **Cup 4.99 / Bowl 5.99**

FRENCH ONION SOUP
Made from scratch, old fashioned Grand Mère's French onion soup. **Crock 6.99**

SOUP OF THE DAY
Ask your server!

Entrées

18 HOUR SMOKED BRISKET
Spice rubbed brisket fashioned with house BBQ sauce. Served with Chef's baked beans and coleslaw. **19.99**

CHICKEN FLORENTINE
Murphy's free range organic pan seared chicken with sautéed spinach, roasted fingerlings with a garlic butter cream sauce. **18.99**

JAVA BUZZ NY STRIP
Deliver 10 oz. center cut, encrusted in a coffee and spice rub served with roasted herb fingerling potatoes and seasonal vegetables. **23.99**

TAVERNE RIBS
Half rack of slow cooked baby back ribs, house rub, finished with house BBQ sauce. Served with Chef's baked beans and coleslaw. **17.99**

TAVERNE STEAK TIPS
Marinated steak kabobis with wild mushroom and shaved chive glaze. Served over rice and seasonal vegetables. **21.99**

ROASTED GARLIC AND PEPPERCORN NY STRIP
Deliver 10 oz. center cut encrusted in a blend of roasted garlic, cracked black peppercorn and other spices. Served with roasted fingerling potatoes and seasonal vegetable. **23.99**

Salads

GARDEN
Spring greens, grape tomatoes, red onions, cucumbers and shredded carrots. **5.99 / 7.99**

THE MAYOR'S FAVORITE
Spring greens, candied pecans, cranberries, bleu cheese croutons. **7.99 / 9.99**

CAESAR
Romano lettuce, croutons, parmesan cheese and a Tuscan Caesar dressing. **6.99 / 8.99**

PLEASANT STREET SALAD
Spring greens, walnuts, sliced apples and Brie cheese. **8.99 / 10.99**

Sandwiches

THE TAVERNE CLUB
Steak Turkey, North Country Smokehouse bacon, lettuce, tomato, mayo on toasted wheat. **10.99**

FRIED FISH
Fresh beer battered Haddock on a Brioche roll with tartar sauce and coleslaw. **10.99**

SOUTHERN FRIED CHICKEN
Hand battered fried chicken with pickles, honey and mayo on a Brioche roll. **10.99**

LOW AND SLOW
Our 18 hour slow cooked brisket with smoked cheddar cheese, spiced onions topped with maple garlic BBQ sauce on a Brioche bun. **10.99**

FRIED GREEN TOMATO BLT
North Country Smokehouse Applewood bacon, spring greens, fried green tomatoes, lemon basil aioli on toasted wheat. **9.99**

VEGGIE WRAP
Cheddar, roasted red peppers, pickled red onions, spring mix and tomatoes with pesto mayo. **9.99**

CUBAN PANINI
House pulled pork, hardwood smoked ham, garlic oil pickles, Swiss cheese and garlic mayo grilled on a Paris press. **10.99**

HOT HAM AND BRIE PANINI
Hardwood smoked ham, brie, sliced apples and honey mustard grilled on a Paris press. **10.99**

Pasta

NORTH COUNTRY MAC
"Puffa" macaroni tossed with Smokehouse Cheddar cheese and bacon cream sauce topped with herb buttered bread crumbs. **12.99**

CHICKEN PARMESAN
Tenderized chicken breast coated in Italian bread crumbs topped with house made tomato sauce and mozzarella cheese over angel hair. **10.99**

CHICKEN MARSALA
Chicken breast covered in a mushroom, lemon, shallot and marsala cream sauce over a bed of pasta. **17.99**

FETTUCCHINE ALFREDO
Fettuccine tossed in our house garlic and parmesan cream sauce with broccoli, bacon and tomatoes (available in our garlic and white wine sauce). **14.99**

Taverne Burgers

TAVERNE BURGER
Half pound Angus beef patty topped with lettuce, tomato, onion and pickles on a Brioche roll. **10.99**

NORTH COUNTRY SMOKER
Half pound Angus beef patty topped with Applewood smoked cheddar cheese, North Country Smokehouse bacon, lettuce, tomato, onion on a Brioche roll. **10.99**

VEGGIE BURGER
Patty is made with brown rice, sweet potato, black beans, corn and mushroom spouts. Topped with cheddar cheese, lettuce, tomato and onion on a Brioche roll. **9.99**

THE CLAREMONT
Half pound grass fed beef patty topped with lettuce, tomato, onion and pickles on a Brioche roll. **10.99**

GOUDA GO
Half pound Angus beef patty topped with lettuce, tomato, sautéed mushrooms, honey mustard and Gouda cheese. **10.99**

CHEESE American + .50 Swiss + .50 Cheddar + .50 Blue cheese + .75	TOPPING Mushrooms + .50 Caramelized Onions + .50 Jalapeno Peppers + .50 Spiced Onions + .75 Bacon + .2
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Rate: cool red center
Medium rare: warm red center
Medium: warm pink center
Medium well: slight pink center
Well Done: cooked through grey center

Seafood

FISH AND CHIPS
Fresh beer battered Haddock served with French fries and coleslaw. **17.99**

TAVERNE SHRIMP
Slightly spicy garlic and herb shrimp served over dumplings, tomato sauce and seasonal vegetables. **10.99**

AHI TUNA TERIYAKI
Pan-seared Ahi Tuna, vinegared rice, snow peas, house teriyaki sauce, orange ginger sesame dressing. **16.99**

GRILLED SALMON
Salmon grilled in a sun-dried tomato and garlic crust. Served with a Mediterranean cucumber salad and seasonal vegetable. **16.99**

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Soft flour tortillas, blackened fish, lettuce, tomato, onion and chipotle remoulade. Served with regional rice. **14.99**



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Senate – Claremont

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martha.hennessey@leg.state.nh.us

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202-224-2841
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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>

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

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

and click on “Who Is My Legislator”

Letter to the Editor

Remembering Mr. Magoon

To The Editor:

I was saddened to read of Mr. Paul Magoon passing. Mr. Magoon was a very popular teacher at SHS when I was attending in the mid-60's. He was a “tough love” teacher. He was a considered that because he wanted his students, all students, to be more precise, to succeed. Or at least try to. Mr. Magoon was always friendly and gracious...very, very professional. He will always be remembered as a “teacher’s teacher”. RIP Mr. Magoon.

Jeff Blewitt
Gold Canyon, AZ

Shaheen Helps Introduce Bill To Permanently Close Gun Loophole Used By Texas Shooter

WASHINGTON, DC--Tuesday, U.S. Senator Jeanne Shaheen (D-NH) helped introduce the Domestic Violence Loophole Closure Act with U.S. Senators Martin Heinrich (D-NM) and Jeff Flake (R-AZ). The bipartisan legislation would close the background check loophole exploited by the Sutherland Springs, Texas shooter and ensure that any individual convicted of domestic violence – whether it is in criminal or military court – cannot legally purchase a firearm.

“The tragedy in Texas highlights how important it is that the military document and report domestic violence immediately so that firearms don’t end up in the wrong hands,” said Shaheen. “The failure to report in this case demonstrates the need for legislative action and I’m proud to join this bipartisan effort. We know that domestic violence is a red flag for further violence and we must do more to prevent the next attack.”

“Our country is weary from violence and grief and the American people deserve meaningful action from Congress. With each new tragic shooting, we see clear examples of how we are failing to keep guns out of the hands of those who would turn them against our communities,” said Heinrich. “We must address the loopholes that helped lead to this weekend's mass shooting in Texas. The military failed to report a domestic violence conviction that should have prevented the gunman from purchasing weapons. The Department of Defense has a responsibility to report these convictions and ensure the NICS database is accurate to prevent tragedies like the Sutherland Springs shooting. This is something Republicans and Democrats can agree on and action we must take to prevent future tragedies.”

“It appears this loophole allowed a man who was clearly unfit to purchase a firearm to do so at the cost of 26 innocent lives,” said Flake. “This bill will ensure that a situation like this will not happen again and that anyone...”

Kuster Opposes Legislation That Could Threaten NH VA Facilities

WASHINGTON, DC--Wednesday, Congresswoman Annie Kuster (NH-02), a member of the House Committee on Veterans’ Affairs, voted against the Asset Infrastructure Review (AIR) Act during consideration by the VA Committee. The legislation would provide the Department of Veterans Affairs and a Commission the authority to recommend closure of VA facilities. The bill would create a system similar to Base Realignment and Closure (BRAC), which has previously been proposed by the Department of Defense. In Committee, Kuster discussed the unique challenges faced by Granite State veterans and secured commitment from Committee Chairman Phil Roe (TN-01) to work with her to strengthen access to care for veterans in New Hampshire.

“I’m adamantly opposed to legislation that would create a commission with virtually no oversight, accountability, or transparency that could potentially close VA facilities in New Hampshire,” said Kuster. “We need more resources to bolster our current VA infrastructure and to improve and expand the Veterans Choice Program so that veterans can access the care they need and deserve.”

Claremont City Council will Have New Look Come January

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH--Twenty percent of eligible voters went to the polls on Tuesday to cast ballots for candidates for the City Council and election officials. Voters also were asked whether they wanted to approve to allow Keno in the City. As it turned out, they did, 866 to 440.

Mayor Charlene Lovett, Asst. Mayor Allen Damren and Ward 2 Councilor Scott Pope all ran unopposed, keeping their seats with votes of 1197, 1149 and 486, respectively. Andrew O'Hearne beat out Francis Gauthier for the Ward 1 seat, 222 to 113. Jonathan F. Stone defeated Patrick Howe for the Ward 3 seat; Howe ran as a write-in candidate. Stone received 295 votes while Howe collected 114. Both were newcomers to running for council.

The top finishers for the four At-Large Councilor seats were Nick Koloski, who gave up his Ward 3 seat to run as an At-Large candidate, 930; Jeremy Zullo, 841; Abigail Kier, 720; and Claire Lessard, 693. Zullo and Lessard are also newcomers to the council. The remaining candidates were Lee-Anne Deveney, who garnered 541, votes and David Pacetti, who received 537. Pacetti, who came in last, has requested a recount. According to City Clerk Gwen Melcher, because the recount is for an At-Large seat rather than just a single ward, the council is required to do the recount rather than City staff. That recount was scheduled for Wednesday, Nov. 15.

Right: At-Large City Councilor Abigail Kier, who was re-elected Tuesday, stopped by the polls to vote with husband Matthew and four-day-old son, Curtis (Les St.Pierre photo).

Naturalist Series: Astronomy

Nov. 14, 6:30-8:30 p.m., meeting at the Ahern Building, Sullivan County Complex

Bring your family out to view the stars. Program will start indoor and then go out to stargaze, so bundle up and bring your binoculars. Hot chocolate will be provided. RSVP: Dawn Dextraze at 603-504-1004 or ddextraze@sullivancountynh.gov.



Incumbents Scott Pope, Ward 2 Councilor, and Mayor Charlene Lovett were on-site at the Claremont Middle School where Ward 1 and 2 voters cast ballots. Both ran unopposed (Bill Binder photo).



Chocolatier Application Seeking 79-E Tax Relief Incentive Approved

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH--The City Council unanimously passed a resolution Wednesday night following a public hearing approving an application for the RSA 79-E Community Revitalization Tax Relief Incentive for the "substantial rehabilitation" of 40 Union St. The property has been purchased by Deglace, LLC, a Kentucky-based chocolatier that plans to open a test kitchen in the former Esersky Hardware building. Deglace plans to invest about \$159,700 to rehabilitate the property into a business use, featuring commercial space and storage. The tax relief incentive would be for a period of five years, beginning upon the completion of the property rehab and the issuance of a Certificate of Occupancy.

In July of 2015, the City adopted the provisions of 79-E; it has been used once so far, by the Ink Factory which rehabbed a mill building on Water St. and relocated there from Pleasant St. The Union St. property is also located in the historic district and was built in 1833 as a commercial building. The property is currently assessed at \$90,300. It is currently vacant and has been for approximately three years.

In order to approve an application for 79-E, the City must determine that a development project will create one or more "public benefits", such as enhancing the economic vitality of the downtown, enhances and improves a structure that is culturally or historically important on a local, regional, state or national level and promotes the preservation and reuse of existing building stock throughout a municipality by the rehabilitation of historic structures. The council also considered the following when it evaluated the application: That the property has been vacant for three years and is located in the Lower Village Historic District, the \$159,700 renovation budget is in excess of \$75,000 or 25% of pre-renovation assessed value, which is the Claremont threshold and the proposal is consistent with the 2011 and

draft 2017 Master Plans and the findings of the 2013 City Center Initiative Report.

The building will be restored to a more historical appearance through repairs and replacements to windows, masonry, carpentry and other exterior features.

City Needle Exchange Program in Need of New Location if It's to Continue

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH--If the City wants to continue having a needle exchange program, it will have to find a new home for the project, which has been operating out of the Claremont Soup Kitchen; it has been determined that the space is located within 1,000 feet of a school and therefore is not permitted to be there.

The topic was presented during the City Manager's Report at Wednesday night's council meeting.

In a letter from City Manager Ryan McNutt to the council, an update regarding the Dartmouth Harm Reduction Program, "Project 439", otherwise known as the "Needle Exchange", was presented on the Syringe Service Program (SSP) run by some Dartmouth medical students. The program took in dirty needles and distributed clean needles and sharp-needle containers among other medical and addiction-related information. "The City generally supported the merits of the project," wrote McNutt, "but learned that the location being used, the Claremont Soup Kitchen, is within the radius of a school's drug-free zone. NH Law, according to our analysis, does not permit this activity in such a zone."

According to McNutt, City and Project 439 staff met on Thursday, Oct. 26, to discuss the finding and work towards an "appropriate and legal location for the project." Locations discussed include Valley Regional Hospital and the Hope for Recovery Center at 169 Main St. However, the same issue remains: VRH is within Disnard's Drug-Free Zone, and the building housing Hope for Recovery, while not within a drug-free zone, is home to an SAU-sponsored activity, One 4 All, possibly preventing that location from being suitable as well.

As a result, further actions will include legal reviews by the SAU 6, VRH and potential legislative amendments to RSA 318-B:43-45 to allow for this activity at a hospital regardless of proximity to a school zone.

In a memo from Mayor Charlene Lovett to the City Manager and Asst. Mayor Allen Damm, Lovett wrote that "Given the seriousness of the opioid crisis and the fact that scientific evidence on addiction shows that SSPs reduce harm in communities, it is my belief that we need to find a solution for the location sooner rather than later."

Council Passes Resolution Supporting Wild Goose Boat Launch

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH--At Wednesday night's council meeting, councilors passed a resolution supporting the construction of a public boat launch at Wild Goose in Newbury, NH. The action followed a request from Claremont resident Don Clarke, representing the Sullivan County Sportsmen, for the support. Clarke told the council that there was "strong opposition from landowners around the lake" and that it would be very helpful if the City offered its support. "It would strengthen our position," he said. "This is a public rights issue. The residents of Claremont, Newport, surrounding towns, are most affected by this."

The resolution in part read, "...the...City Council fully supports the construction of the public boat launch at Wild Goose. We ask that the NH Legislature, Executive Council and Governor move forward with the funding and construction of this project which has been delayed for over 25 years. By making this project a reality, the public will...have access to a public boat launch as prescribed in RSA 233-A."

A similar resolution was passed by the council in June of 2009. The City listed a number of reasons for supporting the project then, including that the site was suitable for convenient public boat access and such access would benefit City residents and local businesses that sell boats and related equipment as well as encourage tourism and help the economy. The State Beach site, proposed as a substitute, was deemed "unsuitable for aesthetic, safety and environmental reasons."



OUR TURN Leaving: Not Always An Easy Decision

When survivors stay with their abusers beyond the first clear episode of violence, they are often blamed for both the violence and its continuance.

But staying where there has been abuse does not signify consent or permission for the abuse.

Attempting to leave an abusive relationship can be blocked or punished by an abuser in a variety of ways: increased physical injury to the victim; threats to harm the children or the family pets; shifting the guilt (“If you did this, I wouldn’t have to do that”) to the survivor; and making the victim feel powerless (“You know you can’t survive without me, you’re too stupid to be able to take care of yourself.”)

It can be difficult for someone outside the immediate situation to understand that neither confusion nor submission are consent. Most people endure occasional meanness from a partner because it seems like an aberration that (they hope) won’t be repeated. Only over time, does the methodical nature of domestic violence become obvious. Many try to change their own behavior to end the abuse, long before realizing that it’s the partner’s behavior that must change.

Blaming the victim perpetuates the myth that the victim is the one at fault. Blaming the victim only increases the trauma of abuse while obstructing the process of validation that’s critical for the change and personal growth that contribute to healing.

“I thought if I kept the perfect home, dressed a certain way, made the requested meals and bought the right brand of snacks, things would be better,” said one survivor. “But the rules kept changing and I finally realized I could never please this person or ever do the right thing.” After time and with no network of support to encourage resistance, it becomes a way of life.

The more victims are isolated from family and friends, and the longer the abuse and control continue, the more normative the situation

becomes. Low self-esteem, bitterness, and lessened sensitivity to danger can make it appear that the victim “chooses” to stay. When in reality, staying can seem to be the best option when looking at the difficulties and lack of support in leaving and facing the world alone.

And finally, if the abused partner has no vehicle or access to public transportation, does not control the money and has no meaningful social contacts, escape can loom as a far greater danger than the volatile situation at home.

Turning Points Network has been described as nonjudgmental as well as compassionate, resourceful and successful by the survivors the agency has helped heal from abuse. At TPN, each person can regain their self-confidence and find the skills to transition to their definition of independence at their own pace and in their own very individual way. “I learned so much from the others in my peer support group,” one survivor explained. “I could never have found out who I really am and how strong I am without the patience, kindness and positive encouragement I experienced every day at TPN,” said another.

If you or someone you know needs help or information regarding domestic violence, sexual abuse, stalking or human trafficking, call the TPN Crisis and Support Line, anytime 24/ seven at 1.800.639.3130.

OUR TURN is a public service series made available by Turning Points Network in celebration of its 40th anniversary of providing violence-prevention education programs in our schools, services for survivors of domestic and sexual violence, and helping people 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.

Parent/Guardian Workshop For Newport School District

NEWPORT, NH--The Newport School District has announced a parent/guardian workshop for families in the Newport District and beyond. “Special Education: Building Partnerships and Working Together to Help Your Student Succeed” will be held on Tuesday, Nov.14th, 6:00- 7:30 p.m., at the Towle School Building Conference Room, 86 North Main St.

Do you have questions about Special Education? Come learn what that means, how the

system works, and how you can help your child.

Special education advocate, consultant and columnist for Parenting NH, Elizabeth Feingold, will be speaking on the ins and outs of the special education process and how to create a positive educational experience for your student through teamwork. She will also be discussing effective advocacy strategies.

For more information please call or text the SAU43 Family and Community Coordinator at 603-454-8271 or email SHammerlind@sau43.org.

Open Auditions to be Held for “Dear Friends”

CLAREMONT, NH--Open auditions will be held for “Dear Friends,” a gripping drama by playwright Reginald Rose (of “Twelve Angry Men” fame). The auditions will be held at the Fiske Free Library (on Broad Street in Claremont) on Wednesday, Nov. 15, at 6:30 p.m. and Thursday, Nov. 16, at 6:30 p.m. If you cannot attend either audition night but wish to be considered, call Arthur Vidro at 603-543-0040.

Rehearsals will begin in early January. The play will be performed by the Off Broad Street Players in mid-March. The play requires four couples of various ages. There is also a small cameo role for a child.

With the intention of patching up the dissolved marriage of a pair of their friends, three couples assemble for a party in the apartment of Douglas and Sally Lambert. The estranged couple, Michael and Lois Graves, arrive separately -- with no hint that the real purpose of the party is to get them to reconcile. When it becomes apparent what their friends’ motive is, they decide to leave. But at their friends’ pleading they stay -- not only to discuss their With the intention of patching up the disown problems but to expose the skeletons in the other couples’ closets as well. Gradually, tensions and antagonisms begin to erupt. One by one, the “dear friends” lash out at each other until the facade of affection and kindness is stripped away. What is left is brash reality: to probe into the lives of others is to risk the disquieting examination of one’s own failures.

Send news and photos to
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Diabetes Support Group 2017 – Mt. Ascutney Hospital

November 15th Food Label Follies

Let’s look for the truth on labels together.

Bring in some labels from home!

December 20th How to help your body decrease its insulin levels. High blood insulin levels are hard on the body. How to get them down.

All meetings are held in the Board Room from 10:30am-11:30am

Free and open to the public – bring a friend!

Blood Drive at Mt. Ascutney Hospital

Black Friday Blood Drive, Friday, Nov. 24th, Mt. Ascutney Hospital Board Room

The next Mt. Ascutney Hospital Blood Drive will be on Friday, Nov. 24th from 1:00-6pm. For an appointment visit www.redcrossblood.org or call 1-800-REDCROSS or simply walk in. Please give if you can and thanks to all our past donors!

Documentary with Panel Discussion

CLAREMONT, NH--On November 16th, you are invited to participate in the free documentary film showing of “Shadows Fall North” at 6:00 p.m. and a panel discussion of distinguished pre-

senters following the film from 8:00-9:00 p.m. at Stevens High School's Auditorium. The evening's program is designed to be informative, provocative and inspiring. Please bring friends or family. The presentation is part of Claremont’s ongoing commitment to address inclusion, equity and justice for all in the community.

The first gathering was at Broad Street Park on September 12th. City officials, clergy and activists helped give a clear message that acts of racism and white supremacy are not welcome in Claremont after an alleged racially-motivated injury of a youth in the community.

The second event on September 21st was held at Trinity Episcopal and Prince of Peace Church. Dr. Dottie Morris of Keene State College helped moderate the event. Mayor Charlene Lovett shared a statement of support, with members of the City Council in attendance.

Besides the documentary, there will be a panel discussion led by Morris, Associate Vice President for Institutional Equity and Diversity for Keene State College. JerriAnne Boggis, Director of the Black Heritage Trail of New Hampshire of Portsmouth, and Rev. Erik Jackson, Senior Pastor of the Brookside Congregational Church and President of the NAACP of Manchester, will also be on the panel.

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Disnard Elementary School Art teacher Heather Leonbruno partnered with Artome, a fundraising organization from Georgia, and had her students in K-5 send their artwork to be matted and framed by Artome. The artwork could be purchased matted and framed for \$25 or if choosing not to purchase, the students will get their artwork back after the fundraiser. The artwork was put on display at Disnard on Wednesday, Nov., 8, and according to Leonbruno, Disnard is the first school in NH to use this program. Proceeds will benefit the Art Program at Disnard (Bill Binder photos).

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Ann's Property Of The Week

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A Real Treasure! This 3.72 acre property includes a beautiful, elegantly & tastefully restored 11 room 4 bdrm 1900's era New Englander, another home 2 bedroom 1 bath ranch home with attached garage for rental or guest house & a magnificent 3 level garage w/elevator, the garage has 2 levels that are showroom finished with a party and currently an exercise room, & a heated basement workshop. Property is beautifully landscaped & abuts the golf course on 2 sides. **MLS# 4635355 \$399,990**

Ann Jacques

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Ashley Bergeron
Agent



This is a doll house! Low maintenance with the vinyl siding and standing seam roof. Two bedrooms, hardwood floors, updated kitchen, tiled bath, nice level backyard and small deck of the side of the home. **\$106,000**

“The Great Gatsby” in Newport

NEWPORT, NH--The “Great Gatsby” opens at the Newport Opera House on Nov. 17 at 7:30 p.m. and runs until the 19th. The production is a partnership between Amplified Arts, The Newport Opera House Association and the Performer's Playground. Tickets are on sale at the Newport Opera House box office or at www.newportoperahouse.com \$15 adult, \$10 students.



Ethan Rhoad (Windsor High Senior) as Tom Buchanan, David Stark (Newport High Senior) as Jay Gatsby and Anna Caccavaro (Newport High Senior) as Daisy Fay Buchanan (Courtesy photo).

PUBLIC NOTICE

Claremont Development Authority Full Board Meeting

Thursday, November 16, 2017 7:30 AM
Visitors Center, 14 North Street, Claremont, NH

Posted: 11/8/2017

- City Hall
- Planning and Development
- City of Claremont website www.claremontnh.com

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PUBLIC NOTICE

Claremont Development Authority Full Board Meeting

Thursday, November 16, 2017 7:30 AM
Visitors Center, 14 North Street, Claremont, NH

Posted: 11/8/2017

- City Hall
- Planning and Development
- City of Claremont website www.claremontnh.com

Eric Mintel Quartet in Lebanon

Sunday, Dec. 3

4:00 p.m.:

LOH on Location: First Congregational Church of Lebanon

Mintel pays tribute to fellow jazz pianist Vince Guaraldi with a program featuring music from A Charlie Brown Christmas and new twists on holiday classics.

Tickets and info: <https://lebanonoperahouse.org/events/eric-mintel-quartet/>

Mayoral Notes

By
Charlene Lovett



questions, comments or concerns to her at clovett.ccc@gmail.com.

SCHS Ski Ticket Raffle

CLAREMONT, NH--Win two single day ski passes for Mount Sunapee Resort good on any day but a holiday; \$186 value. Two dollars

per ticket or three tickets for \$5. Drawing will be held at 5:00 p.m. on Friday, Dec 1. Winner does not need to be present to win. Tickets can be purchased at the Sullivan County Humane Society located at 14 Tremont St. during any of its open hours or via mail to SCHS, PO Box 111, Claremont, NH 03743. Please include a return address and phone number.

Honoring Those Who Serve

Saturday, November 11th, was a time of reflection and an opportunity to honor those who have served our country since its birth. Donning the uniform is a privilege that comes with sacrifice, and it is important that we recognize those sacrifices given for the benefit of us all. Because less than one percent of the U.S. population is currently serving in the Armed Forces, it is becoming increasingly difficult for us to be connected to veterans.

Because of Claremont's rich military history, there are many veterans among us. You may recognize them by the clothing that they wear or the stories that they tell. On the other hand, you may encounter others and never know that they have served. Every veteran has a different experience, and it is their decision as to how much they wish to share.

Our choice rests on how we choose to honor them. Will we demonstrate our appreciation of our freedom by exercising our right to vote during elections? Will we take the time to attend a special ceremony or offer a word of thanks? Will we visit a memorial or support the work of the many veterans' clubs in the area?

Whatever the choice may be, the important factor is that we do something to remember those who served and those who are serving. Living here in New Hampshire, it is difficult to imagine the experiences of service personnel who are deployed thousands of miles away, engaged in missions that put their lives at risk. As we ramp up for the holiday season, they are reconciling themselves to the fact that they may not be home for Thanksgiving or Christmas.

As they do each year, the American Legion hosted a Veteran's Day ceremony in Broad Street Park, giving all of us an opportunity to remember the service and sacrifice of our veterans.

Charlene Lovett is the Mayor of Claremont and welcomes your feedback. Please email



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Legal Notice
NOTICE OF SOLICITATION OF BIDS FOR
Building Demolition

The City of Claremont is soliciting firm fixed price bids for the complete demolition of three structures located at 20 Goulet Ave., 235 Hanover St., and 30 West Pleasant Street. Demolition will include but not be limited to the complete demolition, removal and disposal of wood frame structures, debris, interior walls, floors, contents, site debris and garbage and site restoration. Coordination and notifications of adjacent property owners will be required in addition to maintaining safe pedestrian and vehicular traffic in the vicinity of the work site.

SCOPE OF WORK:

- Perform pre-demolition asbestos containing material survey per NHDES requirements
- If any asbestos containing materials are uncovered during the pre-demolition survey, the Contractor shall submit a change order to remove and properly dispose of those materials. The City will have the option to approve that change order or contract separately to have those materials removed and disposed of prior to demolition.
- Verify Utility disconnects
- Notify Dig Safe
- Site Equipment and dump containers
- Demolish and remove all above ground buildings, appurtenances, garbage and debris.
- Any and all building contents, if any, become the property of the contractor, with salvage value to be a consideration in the bid price.
- Contractor must have adequate on-site dust control and erosion measures in place.
- Remove existing foundation to minimum two feet below grade.
- Fill (must be non-hazardous materials), grade, loam and seed all disturbed areas.
- Maintain Protection of adjacent structures, utilities and properties
- Maintain Protection of vehicular traffic and pedestrians
- Contractor must ensure adequate access to adjacent properties

Contractors will be responsible for all permits and pre-demolition asbestos survey. The Asbestos Survey shall be in compliance with all New Hampshire Department of Environmental Services Regulations. Bids must be received no later than 2:00 P.M Wednesday, December 6, 2017 at the City Manager's Office, 58 Opera House Square, Claremont, NH 03743, where they will be opened and read aloud. Bids must be clearly marked "Goulet/Hanover/W. Pleasant Demolition". The City Manager reserves the right to waive defects in form and minor irregularities and to reject any or all bids as determined to be in the best interest of the City. The lowest responsive and responsible bidder will be required to sign a Standard Form of Agreement, provide proof of insurance in amounts acceptable to the City and list the City as an additional insured on insurance certificates. All demolition activities shall comply with City, State and Federal laws, rules, regulations and ordinances. **A mandatory on-site meeting will be held on Monday, November 27, 2017 at 9:00 A.M beginning at 30 West Pleasant Street.** For questions or to request additional information call Steve Coombs at 603-504-0346 or scoombs@claremontnh.com.

e-Ticker Business News



Larry Kraft, Director of Development, at Display of Lifetime Gifts at Springfield Hospital (Courtesy photo).

Springfield Hospital Receives Bequests

SPRINGFIELD, VT--Springfield Hospital has recently received two bequests totaling almost \$200,000.

James and Eleanor Krieger of Chester, VT, established a charitable remainder trust in which Springfield Hospital had an interest. Dr. Krieger passed away in 2012 and Mrs. Krieger in 2017. The hospital's share of that trust was \$11,308.

Kenneth and Frances Balch of Springfield, VT, established a charitable remainder trust that named Springfield Hospital as a beneficiary. Fran passed away in 2014 and Ken in 2015. The hospital is receiving \$186,000 from that trust.

"These two couples were long time friends and supporters of Springfield Hospital," said Larry Kraft, its Director of Development. "It

was a pleasure to spend time with them at our events and an honor for us to be included in their legacies."

Proceeds from both estates will support the renovation of the Hospital's Childbirth Center. "With the help of these donors, and those who are giving to our 'Springfield Hospital Delivers' campaign," stated Kraft, "we are determined that our Childbirth Center will be the best possible place to give birth in the region."

An exhibit that honors all bequests and trusts received by Springfield Hospital since it opened in 1914 is located near the hospital's Level B waiting area.

For information about making a gift to Springfield Hospital, please contact Larry Kraft, 885-7644, lkraft@springfieldmed.org.

Impacts of a Global Economy on Local Recycling Efforts

Date: December 7

Time: 11:30 a.m. - 2:30 p.m.

Place: Hypertherm, 71 Heater Road, Lebanon, NH

Recycling markets have always had seasonal fluctuations. Holidays like Christmas and the Chinese New Year have also impacted recycling commodity pricing. In 2008, the Olympics held in China impacted pricing considerably. We live in a world with a global economy. Recycling commodities are not immune to political pressures, changes in investments, and the value of the dollar etc....

China purchases approximately 30% of the world's recyclables. They are a major player in the market. Recently, China has changed how it will be participating in the global recycling market through an effort called National Sword. On December 7, a discussion about this topic is scheduled from 11:30 a.m. to 2:30 p.m. at the Hypertherm facility, 71 Heater Rd., Lebanon, NH.

Come hear how recycling industry leaders envision China's changes will impact local recycling efforts. Bring your questions and comments.

This session will be free and open to the public. Lunch will be provided.

To sign up for this event, email info@uvlsrpc.org or call (603) 448-1680.

Say Cheese!

The Upper Valley Lake Sunapee Regional Planning Commission wants to see pictures of your town and special events. We'll use them in this monthly e-Bulletin and on our Facebook Page. If you would like to publish notices of special community events, the deadline is the 25th of the month for the following month Bulletin published on the 1st. Send both photos (in *.jpg format with name and location info for credits) and items for publication to info@uvlsrpc.org.

e-Ticker Business News



Official Groundbreaking for Ford Dealership

CLAREMONT, NH--The new Ford of Claremont dealership held a groundbreaking ceremony at the site on Charlestown Rd. on Monday, Nov. 6. Owner Christian Gomes greeted a crowd of local city officials and Ford Motor Co. officials, thanking everyone for attending and expressing his excitement about the new dealership coming to Claremont. Gomes previously owned a Ford dealership on Long Island, NY, and was approached by Ford about running their new dealership in Claremont. According to Marc Rogowski, Ford Regional Manager for New England, Ford has been looking for a site to open a dealership since the Ford dealership on Washington St. shut down. They wanted to stay in the Claremont area and were happy to acquire this site and to get Gomes to run it. They are planning a Spring opening.

----Bill Binder

Photos: Rendering of what the dealership will look like; the first shovel-full—L-R—Joseph, Kaylin, Cynthia, Samantha and Grayson Gomes, Reggie Greene from Claremont Savings Bank, Mayor Charlene Lovett, Marc Rogowski—Ford Motor Co. New England Regional Manager and Christian Gomes—owner of the new Ford of Claremont dealership (Bill Binder photos).



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This Year is Different

Coping with Grief through the Holidays

The loss of a loved one changes our lives in unimaginable ways. As we approach the holidays we wonder if we can get through them when we feel the burden of grief within us.

This workshop explores normal grief reactions during the holiday time and presents specific coping strategies we can utilize to help us navigate through them. Open to anyone who is grieving, those who are concerned about the bereaved, or anyone who would like to know about grief.



**Mt. Ascutney Hospital
and Health Center**
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Register for our FREE workshop

Sunday, December 3 from 2:00 to 4:00 pm – Hospital Boardroom

Call Ann LaRocque at (802) 674-7054 to register.

289 County Road, Windsor, Vermont 05089 | (802) 674-6711 | MtAscutneyHospital.org

Lempster Veteran Honored by Lake Sunapee VNA

LEMPSTER, NH-- On November 9, Richard Louder of Lempster was honored at a "We Honor Veterans" ceremony in his home, offered by Lake Sunapee Region VNA & Hospice to patients who served in the military. LSRVNA became a national We Honor Veterans "Partner" in 2011, the first home care agency in New Hampshire to do so. As such, the agency has made a commitment to train staff and volunteers to better meet the unique needs of home care and hospice patients who are veterans. With family members by his side, Louder was presented with a "We Honor Veterans" plaque, pin and memory book.




(L-R) Daughter Molly Berry, granddaughter Diane Berry and partner Louise Richards at the ceremony for Richard Louder (Courtesy photo).

Louder served in the Air Force from 1952-1954. He was stationed at Pease Air Force Base, Portsmouth, NH, and at Elmendorf Air Force Base, Anchorage, AK. He worked on landing gear, remembers the pilots being friendly, and that he served with good people. While in Alaska, where temperatures could go as low as -68 degrees, he recounts seeing polar bears and eating salmon that he was fortunate to catch. When asked about the food in general, he responded, "Don't ask!"

Louder and his family were deeply touched and thankful for this special recognition.

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The "Fill A Truck" food drive to benefit the Charlestown food shelter was a huge success. Lambert Auto Sales would like to thank everyone who donated including the Sugar River BNI chapter (pictured) along with Bunnell's Parts & Accessories Plus.

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Left: Claremont Middle School recently recognized the October Students of the Month. From left - right: Audra Bucklin, Assistant Principal; Kiley Bundy, 6th grade; Gabrielle Beaudry, 7th grade; Hannah Miller, 8th grade; Paulette Fitzgerald, Principal. Right: CMS Student Council Officers were also recently elected; from left to right: Standing: Courtney Steele, Advisor; Matthew Davis, 1st VP; Matthew Eagan, 2nd VP; Nathan Knowlton, Treasurer; Paulette Fitzgerald, Principal; kneeling: Emily Vire, President; Hannah Royce, Secretary; Emily Historica, Public Relations (Courtesy photos).

Nicholas Koloski, City Councilor, small business owner, and call firefighter for the City of Claremont (third from left), made another large stuffed animal delivery on Monday, Nov. 6th, to the Children's Hospital at Dartmouth (CHaD). Koloski, who has previously used his yearly stipend from the fire department to furnish the hospital with over 600 toys, said he had been planning this delivery since making his return to Loudon as a pit road firefighter for NASCAR. Koloski's firefighting check from working the NASCAR race was used in making this delivery possible. Hospitalized for eye surgery as a young child, Koloski said he remembered "being scared in a hospital setting and the sense of relief the toys provided." He has vowed to continue to supply toys to CHaD and hopes to bring attention to the importance of them as comfort items. Koloski cited the last delivery "as a bucket list item and one of [my] favorite moments." (Photo courtesy of D-H).



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How Can You Share Your Financial “Abundance” With Your Family?

Thanksgiving is almost here. Ideally, this day should be about more than football and the imminent arrival of Black Friday mega-sales. After all, the spirit of the holiday invites us to be grateful for what we have and for the presence of our loved ones.

But it's important to look beyond just one day in November if you want your family to take part in your “abundance.” If you want to ensure your financial resources eventually are shared in the way you envision, you will need to follow a detailed action plan, including these steps:

Identify your assets. If you haven't done so already, it's a good idea to take an inventory of all your financial assets – your retirement accounts (401(k) and IRA), other investments, life insurance, real estate, collectibles and other items. Once you know exactly what you have, you can determine how you would like these assets distributed among your loved ones.

Get professional help. To ensure your assets go to the right people, you will need to create some legal documents, such as a will and a living trust. The depth and complexity of these instruments will depend a great deal on your individual circumstances, but in any case, you certainly will need to consult with a legal professional because estate planning is not a “do-it-yourself” endeavor. You may also need to work with a tax professional and your financial advisor, as taxes and investments are key components of the legacy you hope to leave.

Protect your financial independence. If your own financial resources were to become endangered, you clearly would have less to share with your loved ones, and if your financial independence were jeopardized, the result might be even worse – your adult children might be forced to use their own resources to help support you. Consequently, you will need to protect yourself, and your financial assets, in several ways. For one thing, you may want to work with your legal professional to create a power of attorney, which would enable someone – possibly a grown child – to make financial decisions for you, should you become incapacitated. Also, you may want to guard yourself against the devastating costs of long-term care, such as an extended nursing home stay. Medicare typically pays very little of these expenses, but a financial advisor may be able to suggest techniques or products that can help.

Communicate your wishes. Once you have all your plans in place, you'll want to communicate them to your loved ones. By doing so, you'll be sparing your loved ones from unpleasant surprises when it's time to settle your estate. And, second, by making your plans and wishes known to your family well in advance of when any action needs to be taken, you'll prepare your loved ones for the roles you wish them to assume, such as taking on power of attorney, serving as executor of your estate, and so on. And you'll also want to make sure your family is acquainted with the legal, tax and financial professionals you've chosen to help you with your estate plans.

Thanksgiving comes just once a year. Taking the steps described here can help ensure your family will share in your financial abundance as you intended.

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



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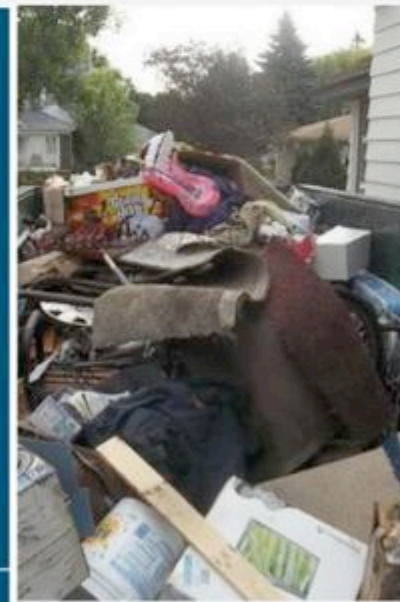
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Christmas Bazaar in Charlestown

CHARLESTOWN, NH--The Charlestown Congregational Church, 71 Main Street, will hold its 26th Annual Christmas Bazaar on Saturday, Nov. 18, from 8:00 a.m. until 3:00 p.m. Purchase a pie for your Thanksgiving table or many other food treats: Breads, cookies, candy, and tasty gifts. Our popular Luncheon from 11:00 a.m. to 1:00 p.m. will feature homemade soup, chili, and hotdogs.

The Craft & Artisans Market of wonderful gifts and holiday décor includes gourmet pickles, jellies & jams, unique jewelry, winterwear & scarves, rugs and quilts, dolls, bird houses, angels, origami, and unique vintage designs. Many holiday raffles. Come visit our Up-Attic Thrift Shop and our Bookstore with gently used pages for all ages.

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It's About Food

By Johnny Navillus



Turkey Stuff

One of the better parts of the Thanksgiving menu is stuffing. This is something that just begs to be played with. Every family has their traditional recipes. Oyster stuffing, chestnut stuffing, whatever. Personally, I like traditional herb dressing with my own additions. You can add whatever you like.

I start with a bag, actually two bags, and go from there. I do two because one is enough to stuff the turkey but there doesn't ever seem to be enough for leftovers, especially with a big crowd. So I do a batch outside of the bird.

For the liquid component I use half water and half apple cider. Sometimes more cider depending on my mood. The sautéed onions and celery, of course. I use chunks of red apples, raisins, chopped walnuts, dried cranberries and dried blueberries if I have them. Maple Syrup goes well in stuffing. Maple Syrup goes well with a car bumper. I also throw in some more thyme and sage if the mood strikes me. This gives me plenty for the meal and the next day.



This year I found two different presentations for that extra stuffing. One has the stuffing put in a muffin pan and cooked up as stuffing muffins. The picture was really neat. The other one that really caught my eye was to put the stuffing in a bundt pan and bake that up. A bundt cake of stuffing! Genius! Where do these creative folks come up with these ideas?

As for the turkey. Those of you who are new to roasting turkey, just a few hints that may or may not have been passed down to you. Some of our elders were so concerned with turkey hygiene that they scrubbed the skin almost off. The place that you most need to be concerned with as far as cleanliness goes is the interior. Wash the skin by all means but don't go crazy with the vegetable brush. It should not take two hours to wash a store-bought turkey.

Salt the exterior the night before. This tightens up the skin and keeps moisture in. Speaking of moisture, lift the skin and push in as much butter as you can. You won't reach all the way but slip in as many pats of butter as you can. This ensures a moist turkey.

When you season the turkey, rub your herbs and spices around gently. The butter under the skin will make it lumpy, so going gently will avoid ripping the skin.

I again use half water and half apple cider to roast the turkey. Keep basting about every hour and if you start to get low on liquid, add more cider. A little Maple Syrup never hurt any one.

The very last thing is to stuff the bird. Pack the stuffing loosely. You want the heat to circulate to prevent the growth of bacteria.

If you have layered your cards right, you are done for the day. Everyone else is doing the sides and they can have your kitchen. Assign someone to baste the turkey hourly and because it was so much work, you can take a nap. Poor you. Up since the crack of dawn doing the hard part. You deserve at least a couple of hours off.

As for carving, there are plenty of instructions on line and it really is simple. If it seems daunting, give the "honors" to the male parent you trust the most.

Have a great Thanksgiving. Hug a Vet. They deserve it.
Play with your food. All the best chefs do.

Write to Johnny at etickeernews@gmail.com.

Record 48 Tons of Meds Collected During Prescription Drug Take-Back Day

BOSTON, MA--The final tally is in from the 14th National Prescription Drug Take-Back Day on October 28th. The Drug Enforcement Administration's New England Field Division (NEFD) and its partners, over the course of four hours, collected 96,130 pounds or 48 tons of expired, unused, and unwanted prescription drugs at 578 collection sites throughout New England. This is in comparison to the first National Prescription Drug Take-Back Day on September 2010, when the NEFD collected 25,810 pounds of unwanted drugs. It is estimated that 10% of the drugs collected are opioid pain killers which would represent approximately 9,600 pounds of opioids that are out of medicine cabinets and potentially off our streets.

"We are pleased to see that New Englanders are motivated and continue to make their homes safer for our youth," said Special Agent in Charge Michael J. Ferguson. "Approximately 137 of our neighbors, friends, co-workers and loved ones are dying every day from opioid-related overdoses. These efforts help remove unwanted, expired and unused prescription pills that can be abused, stolen, or resold which helps our continued dedication to combat the prescription pill, heroin, and fentanyl epidemic of substance abuse and addiction."

The following is a breakdown of collected weights for the six New England States:

Connecticut 5,814.4 pounds

Massachusetts 25,837.43 pounds

Maine 41,581 pounds

New Hampshire 13,160 pounds

Rhode Island 3,825 pounds

Vermont 5,912.70 pounds

Total = 96,130.13 pounds

Send news, photos to
etickernews@gmail.com

Philip Read Memorial Library in Plainfield - Enjoy Doodling?

For Adults & Teens - a Zen Doodle Workshop
Wednesday, Nov. 15, 3 - 5pm

Margaret Sheehan will guide us in freeing up our minds and learning the limitless possibilities of pen and pencil on paper!

Join us for the fun; free to all who attend

Sponsored by the Friends of the Philip Read Memorial Library
mary.king@plainfieldlibraries.org 603-675-6866

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ONLINE ORDERING	YOU CAN NOW ORDER ONLINE AT www.TaverneOnTheSquare.com
DELIVERY ORDERS	DON'T FEEL LIKE LEAVING THE OFFICE? WE NOW DELIVER BUSINESS ORDERS OF \$75+
EVENT CATERING	WE WILL CATER YOUR EVENTS & COMPANY PARTIES! CALL FOR MORE INFORMATION
HOLIDAY RSVP	WE ARE NOW ACCEPTING RESERVATIONS FOR THE APPROACHING HOLIDAYS
CUSTOMIZED MENU	HAVE AN EVENT BUT DON'T KNOW WHERE TO START? WE CAN HELP WITH THE MENU
DISCOUNTS	CONTACT US DIRECTLY FOR COMPANY AND EMPLOYEE DISCOUNTS AT THE RESTAURANT

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Green Mountain Hypnosis Will Hold Free Smoking Cessation Event

Every year since the 1970's, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout. Some use the date to make a plan to quit, and others plan in advance and quit smoking that day. By quitting – even for 1 day – smokers will be taking an important step toward a healthier life and reducing their risk of cancer.

Green Mountain Hypnosis will be hosting a free Smoking Cessation Event in honor of The Great American Smokeout on Thursday November 16, from 6:30 to 9:00 p.m.

Can you imagine what it would be like to take a deep breath of fresh air? Can you imagine how much better your home, your clothes, and your car will smell after you quit? Can you picture yourself with an extra \$10 or more in your pocket every day? Can you picture yourself living a long life with healthy lungs?

According to the American Cancer Society, About 36.5 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the world. While cigarette smoking rates have dropped (from 42% in 1965 to 15.1% in 2015), cigar, pipe, and hookah – other dangerous and addictive ways to smoke tobacco - are very much on the rise. Smoking kills people – there's no "safe" way to smoke tobacco.

Participants will enjoy a group hypnosis session, learn powerful stress reducing techniques, and receive a digital download to reinforce their success.

Time: Thursday, November 16th, 6:30 to 9:00 p.m.

Location: White River CoWorks Building, 240 South Main St. White River Jct., VT

Cost: Free

Presenters: John Burchell, Certified Hypnotist and Founder of Green Mountain Hypnosis and Karen Gray, Certified Hypnotist, Registered Nurse and Director of Green Mountain Hypnosis.

For more information, contact Karen Gray at Green Mountain Hypnosis at (802) 566-0464, or email info@greenmountainhypnosis.com. To register for this event, visit <http://www.greenmountainhypnosis.com/the-great-american-smoke-out-2017.html>.



Samaritan's Purse, an international relief organization, collects shoeboxes filled with gifts and delivers them to children in need around the world. The Life Fellowship Church, in Charlestown who is a designated drop off destination for the Operation Christmas Child program held a "fill a shoebox" event at their REMIX site on Pleasant St. in Claremont on Saturday, Nov. 11, to kick off the National Collection Week, Nov. 13-20. Each box contains school supplies, fun toys and hygiene supplies and are filled to the top. There is \$9.00 shipping fee for your container and you can "follow your box" and discover the destination of your shoebox. You can put your address information in the box to allow the destination child to contact you. The organization hopes to fill and deliver 10 million shoeboxes this year. Life Fellowship Church on 85 Wheeler Rd., Charlestown, is having a Operation Christmas Child party on Nov. 18 at the church from 4:00-7:00 p.m. For more information: Church phone—603-826-3979, email—christimartin1212@live.com, www.samaritanspurse.org/occ. Photo: Chase and Addison Lycero added their boxes to the collection at REMIX (Bill Binder photo).





**Sullivan County
Humane Society**



**Benefit Dinner
at
The Common Man
November 14th, 2017**

**5 to 9 pm: \$30 / ticket
\$10 of each ticket is donated back to
the Humane Society!**

-  Each ticket includes 1 three course meal from a pre-set menu & 1 non-alcoholic beverage
-  Many silent auction items the night of the event

Call 542-3277 for Dinner Tickets!!