

e-Ticker News of Claremont

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**D-H Opioid Study Offers
New Guidelines After
Surgeries; page A7**

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December 4, 2017

Kuster Joins VRH Officials to Announce \$19.4 M Rural Development Loan

CLAREMONT, NH--Last Monday, Congresswoman Annie Kuster joined Peter Wright, President and CEO of Valley Regional Hospital, and other senior hospital and U.S. Department of Agriculture officials to announce that the U.S. Department of Agriculture (USDA) Rural Development has approved a \$19.4 million Community Facilities Loan to Valley Regional Hospital in Claremont. This loan will provide the hospital with significant savings
(Continued on page A2)

Claremont Saves Energy - and Big Money

In the December e-bulletin from the Upper Valley Lake Sunapee Regional Planning Commission, a recent energy step taken by the City to save money was highlighted. UVLSRPC published that "Vic St. Pierre, Assistant DPW Director in Claremont, reports the City will save \$100,000 worth of energy for other uses due to a recent change. The City swapped out all street lights to LED (light-emitting diode) bulbs. Assistant Director St. Pierre says, "The lights are much better in snow, rain, and fog. We have heard from older drivers that the lights make it easier to drive at night. We have reduced light pollution because the lights are focused. We can see the stars from within the City."



Two Suspects Sought in Armed Robbery of Convenience Store

CLAREMONT, NH--On Nov. 29, at approximately 2:30 a.m., the Claremont Police Department responded to a report of an armed robbery at the Cumberland Farms convenience store located on Pleasant St. in Claremont.

According to the Claremont Police Department, the initial investigation at the scene revealed that two male subjects wearing masks entered the store, threatened the clerk with a weapon and left with an undisclosed amount of money from the cash register. No injuries were sustained during the incident.

One suspect was described as a white male, thin build, dark hair, wearing a dark colored jacket, dark blue jeans, gray sneakers, a green or gray hat/mask, and tan gloves. The other suspect is described as tall, stocky build, wearing a green or gray Carhartt-style hooded jacket, black mask, light blue jeans and white sneakers.

Anyone with information is urged to contact Claremont Police Detective Casey Piehl or Detective Colby Casey at 603-542-7010. Calls can also be placed to the tip line at 603 542-7026.

VRH, from A1

and assist the parent company, Valley Regional Health Care, in acquiring certain hospital real estate assets, which will be leased back to Valley Regional Hospital. Additionally, the hospital is exploring using the savings to develop residential intensive treatment programs for people suffering from substance use disorders. As one of only 26 hospitals in New Hampshire, and one of only 13 Critical Access Hospitals, Valley Regional Hospital has been in operation for nearly 125 years and provides a full range of emergency, rehabilitative and surgical services to patients.

The USDA loan VRH is getting will be paid back over 35 years and will save the organization up to \$700,000 per year.

“USDA Rural Development funding has been a critical resource for rural communities across New Hampshire, and I applaud the \$19.4 million USDA loan to Valley Regional Hospital that will ensure that the hospital can continue to provide high-quality health care to patients in Sullivan County,” said Kuster. “Access to rural health care is a challenge that faces many Granite Staters, and the funding pro-

vided through this loan will allow Valley Regional Hospital to restructure hospital debt and maintain critical health services. I’m encouraged that Valley Regional Hospital intends to use some of the loan to expand access to treatment for substance use disorder, which is critical as we continue to address the opioid epidemic.”

“We are thrilled to be a part of this incredible program, which will be instrumental in the sustainability of Valley Regional Hospital,” said Wright. “We greatly appreciate Congresswoman Kuster and Senators Shaheen and Hassan’s strong advocacy, which played a big role in making this happen...[T]his award will allow us to strengthen our hospital, by investing in new programs, while continuing to provide the right care...”



Photo: from left: Polly Major, Beverly Mason, USDA reps; Congresswoman Annie Kuster; Mike Satzow, VRH Board of Trustees; Peter Wright, President/CEO VRH; City Manager Ryan McNutt and Asst. Mayor Allen Damren (Bill Binder photo).

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NH Lottery Numbers

12/02/2017

NH PowerBall
28 30 32 36 58 6 3

Mega Millions 12/01/2017
16 22 40 41 59 8 4

Megabucks 12/02/2017
4 26 29 37 38 2

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

Index

Commentary.....A4-A5
Past•Shots.....A8
Classifieds.....A9-A11
Business News.....A14-A15
Mayoral Notes.....A23
Sports.....B1-B2
Inspiration.....B3
Calendar/Events.....B4-B9
Obituaries.....B11
Claremont Fire Dept. Log.....B12
City Council Agenda.....B13

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Commentary

NH House Happenings

By Rep. John Cloutier



Working with the New Speaker

A familiar face is again serving as Speaker of New Hampshire's House of Representatives for the remainder of the 2016-2018 Legislative Term.

Bartlett Rep. Gene Chandler, who had earlier served as House Speaker between 2000-2004, was chosen for a third time as the House's presiding officer on Nov. 30. Rep. Chandler was chosen on the second ballot of a special election for Speaker after the previous presiding officer, Hudson's Shawn Jasper, had resigned earlier on the same date after being appointed by Gov. Christopher Sununu and confirmed by the five-member Executive Council as New Hampshire's new Agriculture Commissioner. Two days beforehand on Nov. 28, Rep. Chandler had been chosen as the Republican nominee for Speaker after defeating four fellow Republican representatives, including Charlestown's Steven Smith, in a special party caucus. Then in the Nov. 30 Special Election, he bested two other fellow representatives-Concord's Stephen Shurtleff, the Democratic nominee and presently House Democratic Leader, as well as Swanzey's James McConnell, a Republican, who ran as the nominee of the Libertarian Party, which currently holds only two House seats this term.

However, it took two ballots for the veteran legislator to be chosen Speaker because on the first ballot he fell short by two votes of the necessary simple majority of 184 votes to be elected under current House rules. By the way, 184 votes was the necessary simple majority of just over 50 percent because there were at total of 367 representatives present and voting on Nov. 30. More specifically, the first ballot tally had Rep. Chandler garnering 182 votes; Rep. Shurtleff, 153 votes; Rep. McConnell, 10 votes; and 22 write-in votes scattered among various other individuals, including 12 for the late Manchester Rep. Steven Vaillancourt, who had died in March of this year. The 12 write-ins for the late Rep. Vaillancourt earned a rebuke from House Clerk Paul Smith, who was temporarily serving as the presiding officer until a new Speaker could be chosen. Clerk Smith stated that Rep. Vaillancourt would have been dismayed to have been used as the write-in candidate for reportedly some dissident Republican representatives adamantly opposed to electing a member of former Speaker Jasper's leadership team as the new Speaker.

For readers' information, there is no requirement in the New Hampshire Constitution for a Speaker to be a House member. But never in my House service have I ever remembered a deceased individual receiving any write-in votes for Speaker.

Nevertheless, after a brief 30-minute recess for both Democratic and Republican representatives to conduct party caucuses, the second ballot began. All of us participating representatives again, as during the

first ballot, marked our votes on slips of green paper which we then individually folded, and cast into specially-designated wooden ballot boxes on the House floor, depending on the alphabetical order of the first letter of our last names. The slips were then hand counted by tellers appointed in advance by each of the three candidates.

This time Rep. Chandler garnered 192 votes-eight more than the necessary simple majority, with Rep. Shurtleff winning 152 votes, and Rep. McConnell getting 11 votes. Afterwards, as is often customary after the results of a Speaker's Election are announced, Rep. Shurtleff made a motion that Rep. Chandler's election be made unanimous, a motion which was approved by voice vote. Next, in his acceptance speech, the new Speaker said that he would work with all of us representatives regardless of party or ideology. He admitted that partisan battles would still happen under his leadership, but he promised to "treat every member of this House with the dignity and respect they deserve as a member of this great institution."

First elected in 1982, Rep. Chandler has held several other significant posts in the House besides Speaker. They include Deputy House Speaker, Speaker Pro Tempore, and House Republican Leader. He has also served several non-consecutive terms as Chair of the House Public Works & Highways Committee, House-Senate Capital Budget Overview Committee, as well as Long Range Capital Planning & Utilization Committee. He promised to serve only the remaining one year of former Speaker Jasper's 2016-2018 Term, leading to speculation by some representatives that he will not seek re-election in the 2018 Election. But his House career has not been without controversy. He did not run for re-election as Speaker in 2004 because he pled guilty to violating campaign financing laws, violations which required him to pay a fine, do community service, and nearly resulted in the full House expelling him in 2005 upon the recommendation of the Joint Legislative Ethics Committee.

For readers' information, I voted for Rep. Shurtleff as Speaker because I believe he would have been a more non-partisan presiding officer for the House-similar in manner to the Speaker of the British House of Commons. Among other actions, even though a Democrat, he said he would have appointed or re-appointed only Republicans as committee chairs and vice chairs for the 2016-2018 Term because Republicans are the duly-elected majority party for 2016-2018. But also I believe he would have given us minority Democrats more of a voice in the legislative process.

As for Speaker Chandler, I have worked with him as a fellow member of the Public Works & Highways, Capital Budget Overview, as well as Long Range Capital Planning & Utilization Committees. While I have had my disagreements with him on these committees, we have often been able to work out compromises. Overall, I believe he has been fair to us Democrats on these committees. Also, I have learned over the years when to take him seriously, and when not to do so. My sincere wish is that he will be an ethical and fair Speaker, who will be able to make some compromises with us Democrats on important issues.

Email: jocloutier@comcast.net

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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

Tax Plan Benefits the Rich, Hurts the Poor

To The Editor:

Rand Paul's website shows a alarming display of accelerating numbers representing the national debt. As if he cares. Senator Paul is on record supporting the hurriedly presented Republican tax plan. Like their health care plan, the tax plan is far worse than what it attempts to alter. It benefits the rich, hurts the poor, and does little to nothing for the middle class while adding \$1.4 trillion to the deficit. The next time a Republican tells you the party cares about debts and deficits, laugh in his or her face.

John Lajoie
Charlestown, NH

Shaheen Helps Secure Over \$650,000 in Federal Funds for NH Law Enforcement to Combat Opioid Epidemic

WASHINGTON, DC--Wednesday, Senator Jeanne Shaheen (D-NH), the lead Democrat on the Commerce, Justice & Science Appropriations Subcommittee, announced that the Community Oriented Policing Services (COPS) Office, which is managed by the Department of Justice, has awarded the New Hampshire Department of Safety, Division of State Police \$688,856 through the Anti-Heroin Task Force Program (AHTF) to help combat the opioid epidemic. Senator Shaheen secured funding for the AHTF program in the 2017 Commerce, Justice, Science Appropriations bill.

“New Hampshire’s law enforcement community is saving lives every day and need all the help they can get to battle this epidemic,” said Shaheen. “These federal dollars will help New Hampshire State Police stem the distribution of heroin and opioids, and hold traffickers accountable. We need sustained investment in New Hampshire’s efforts to fight this crisis, and I’ll keep urging the Trump administration and Congress to act so New Hampshire receives the assistance it desperately needs.”

“The New Hampshire Department of Safety, Division of State Police is both pleased and fortunate to have received funding through the 2017 COPS Anti-Heroin Task Force grant in support of our continued enforcement efforts in combating the opioid crisis in the New Hampshire,” said Colonel Christopher Wagner, Director of the New Hampshire State Police. “The grant funding will provide much needed relief in funding state and local law enforcement partnership initiatives, improve and enhance technology capabilities and broaden statewide intelligence sharing among all branches of law enforcement in the state.”

Hassan Cosponsors Bipartisan Bill to Strengthen Opioid Safety in the VA Community Care Programs

WASHINGTON, DC--Senator Maggie Hassan has cosponsored a bipartisan bill, the Andrew White Veterans Community Care Opioid Safety Act, to strengthen opioid therapy safety and pain care through the Department of Veterans Affairs (VA) community care programs, including through the VA Choice program.

“We know that many Granite Staters and Americans – including our brave veterans – struggle with substance misuse as a result of the overprescribing of opioids,” Hassan said. “While we have made progress in reducing overprescribing within the VA through stronger oversight and accountability, community care providers that serve many veterans are not currently subject to the same guidelines. This bipartisan legislation is a positive step in ensuring that veterans across New Hampshire and the country receive the best care possible...”

Shop Claremont for the Holidays, Through Dec. 31st

1) Pick up a red stamp card in any of the 53 participating businesses in Claremont's City Center.

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Spread the word! Take pictures while you shop and tag #ShopClaremontNH.

Drawings will take place on January 2 at each of the participating businesses.

For a list of the participating businesses, visit our website at

www.etickeernewsoclaremont.com and click on the Current Issue tab at the top of the Home page.

Regional Holiday Events:

Festival of Lights

Our Lady of LaSalette Shrine, Enfield, NH Annual Christmas Traditions Dinner

Saturday, Dec. 9, 5-6:30pm

At the Plainfield Community Church (new location) 1094 Rte 12-A

Buffet includes turkey, ham, lasagna, French meat pie & all the fixings; homemade pies, McNamara Dairy eggnog

\$15/adults (2/\$25); \$5/children (5-12); free under 5 Take-out available.

Please use the front entry (with ramp) and enjoy music & eggnog in the sanctuary while you wait to be seated downstairs.

Lessons & Carols Service

Wednesday, December 13th, 7:00 PM Sacred Heart Church, Lebanon NH

The Festival of Lessons and Carols is a service of Scripture and song that dates to the late 19th century. In this service, we listen to 9 Scripture lessons which recount the Fall, the promise of a Messiah, the Incarnation, and the Great Commission to preach the

Good News. Each lesson is followed by a carol that reflects on the lesson's message and a brief prayer. A light reception will follow.

Cookie Walk

Saturday, December 16th, 9:00 AM until gone Sacred Heart/St. Charles Social Center, Bel lows Falls, VT Cost: \$5 per pound.

Photos with Santa

CLAREMONT, NH--Santa will be at the Claremont Rent-A-Center in the Market Basket Plaza on Dec. 9th from 10:00 a.m.--2:00 p.m. Kids, families and pets welcome to visit with Santa and get their picture taken. Photos will be printed while you wait, or you can have the electronic version e-mailed to you. Prices are as follows: 4x6 \$5, 5x7 \$7, e-mailed image \$7. Yummy treats will also be available.

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D-H Opioid Study Offers New Guidelines After Surgeries

LEBANON, NH -- A new study by Dartmouth-Hitchcock's Chief of Surgery Dr. Richard Barth offers surgeons specific guidelines for post-surgery prescriptions for pain-relieving opioids.

The study, published in the *Journal of the American College of Surgeons*, recommends that patients who have major abdominal surgery should be able to control their pain at home by taking the same number of opioids they took the day before they were discharged.

"This guideline was true for multiple different operations," Barth said. "It didn't matter whether someone had a colon operation, liver procedure or hernia repair; no matter what type of general surgery operation they had, this association held throughout all procedures studied. So the beauty of this finding is that one guideline would apply for multiple different surgical procedures."

This is the first time that specific guidelines have been proposed for prescribing opioids upon discharge after general surgery operations that require inpatient admission, according to the peer-reviewed *Journal* article.

Although some states have adopted laws to curb opioid prescriptions, they are ambiguous. Barth noted that several New England states limit doctors to prescribing a seven-day supply of opioids, but they include no limits on dosing. "So a seven-day supply could be 84 pills or 21 pills," he said.

Rising rates of opioid prescriptions have been linked to the national epidemic, and a significant number of opioid deaths have been linked to prescriptions written by surgeons.

This is the third post-surgery study by Barth and his research team. Two previous studies showed that most outpatient surgeries for breast, gall bladder and hernia repair needed far fewer opioid pain medications than currently prescribed. Generally, Barth said in the first studies, there was no published data to guide physicians for controlling post-surgical pain.

The outpatient studies helped educate D-H providers and patients that a regimen of acetaminophen and ibuprofen could control 85 percent of post-surgical pain, resulting in a 53 percent reduction in opioid use by surgical outpatients.

Barth's new study offers guidelines for inpatient surgery prescriptions "that are easy to remember and easy to use" for providers and patients, he said. The recommendation does not mean patients won't get enough pills to manage their pain after they leave the hospital. "The guideline was based on satisfying at least 85 percent of patients' home opioid requirement," Barth said.

Claremont Holiday Transfer Station Schedule

Open Saturday, December 23, 2017

Closed Tuesday, December 26, 2017

Open Wednesday, December 27, 2017

Open Saturday, December 30, 2017

Open Tuesday, January 2, 2018



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Past • Shots

North and Washington Streets (Photo courtesy of Merle Boardman).



Washington Street, then and now (Photos courtesy of Merle Boardman).



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Ann's Property Of The Week

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Holiday Craft Making Dec. 9

CLAREMONT, NH--Holiday Craft Making for all ages, 10:00 a.m. to noon, Saturday, Dec. 9, First Congregational Church, 72 Pleasant Street.

Christmas Eve Celebration

CLAREMONT, NH--Christmas Eve Celebration, 7:00 p.m. Sunday, Dec. 24, First Congregational Church, 72 Pleasant Street, all ages welcome.

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Gingerbread House Decorating

Union Episcopal Church, 133 Old Church Rd, Claremont, NH
December 9th

Morning Session: 10am - 12pm

Afternoon Session: 1:00 - 2:00pm

Reserve your house by: December 7th

Join us for this delightful holiday tradition filled with gingerbread, candy, and fun! Houses and candy are provided, \$12 for early registration or \$15 after Dec 4th and for walk-ins (registration in advance is highly recommended, we run out of houses every year). Make sure to reserve your house by emailing unionchurchnh@gmail.com (best), or calling 802-738-0678 (leave a message with you name, ph #, and number of houses you would like) to guarantee a spot! This event is open to all, and is held at Union Church Hall, 133 Old Church Rd, Claremont, NH.

Holiday Choir in Claremont

WCCMA invites community members (adult and youth) who like to sing to join our holiday choir this December. If you missed joining us caroling at the lighting of Broad Street Park there's still more rehearsals and performances to come. We will carol around town, sing at our community sing along "Sing! A Joyful Christmas" at WCCMA, and sing at the Candlelight Christmas Eve Service and Lessons and Carols at Union Church. This is a great chance to make music singing favorite holiday and Christmas carols together. Participation is not required at all events to join the group. Please contact melissa@wcc-ma.org to sign up and get more details.

Mitchell's Magic Christmas 2017

Text and Photos By Eric Zengota

CLAREMONT, NH--When the 50,000 lights snapped on at Mitchell's Magic Christmas, the stage was set for the 10,000 visitors expected to be dazzled by the display. The lights — glowing, blinking, spinning — illuminate 100 statues and 20 cut-outs on all sides of their home, as well as dozens of stuffed toys nestling in the side porch.

If the sheer scope seems overwhelming, it's because Brian and Joyce Mitchell have been developing the display on Francis Street in Claremont for 20 years. Brian Mitchell— aka Head Elf — smiled when he remembered the first display: one tree and one set of lights. Over the years, by visiting yard sales and flea markets, as well as happily accepting donations, the Mitchells have completely filled their front, side and back yards with the holiday's beloved characters.

Mitchell, who says he knows “enough carpentry to be dangerous,” created the cut-outs, including Frosty the Snowman, the Grinch, and Alvin and the Chipmunks. He also designed and built many of the light displays.

All those bulbs, however, don't just hang there looking pretty. They dance and pulse and flash to a synchronized music sequence that Mitchell programs, “Listen to the Lights.” From traditional carols to the Beach Boys' take on old favorites, from a bold “Thus Spake Zarathustra” (think “2001, A Space Odyssey”) to “Frozen” favorites, there's something that any visitor can sing along to.

The Mitchells give out at least 2,000 candy canes each season to children (and a few sweet-tooth adults) before the families visit the crèche, point out the silver-silhouetted reindeer, and marvel at the line-up of Santa Clauses. “Which is the real one?” a girl asked her father the other chilly evening. “Well, I don't know,” he answered, “let's try to guess.”

Children also enter the spirit of giving when they and their parents drop money into the donation box. All proceeds go to David's House in Hanover, the residential facility where families can stay free of charge when their children are getting care at Children's Hospital at Dartmouth (CHaD). The Mitchells estimate that donations over the years total \$15,000.



Some 50,000 lights, 100 statues and 20 cut-outs make up the eye dazzling display on Francis Street in Claremont.

Story time and More at Plainfield Library

PLAINFIELD, NH--Story time and Snowpeople! at Philip Read Memorial Library in Plainfield. Stories & Mystery Mask-making, with Miss Lori, Saturday, Dec. 9, 10:30 a.m. until noon.

Fugitive of the Week

Michael J. Polcari

DOB: 11/13/1988

LKA: 413 Cold River Rd., Alstead, NH

Description:
White male,
5'7", 140
lbs., brown
eyes, brown
hair



Reason:
Failure to
appear in
court

Original
charges:
Reckless
conduct
with a
deadly
weapon, criminal mischief, taking without
owner consent, second degree assault-
domestic violence related.

On Sept. 20, 2017, Michael J. Polcari was indicted by the Sullivan County Grand Jury on one count of Reckless Conduct with a Deadly Weapon, one count of Criminal Mischief, one count of Taking without Owner's Consent and Second Degree-Domestic Violence related. Polcari failed to appear in Sullivan County Superior Court for his Arraignment on Oct. 11.

On Oct. 11, the Sullivan County Superior Court issued a warrant for the arrest of Polcari for failure to appear to court.

Next AARP Meeting is Dec. 14

CLAREMONT, NH--The next meeting of the Claremont AARP will be December 14 at 12:30 P.M. at the Imperial Chinese Restaurant on Washington Street in Claremont.

There will be a \$10 Yankee Swap of wrapped gifts and entertainment by songster and comedian Marie Allen.

www.facebook.com/etickernews

Santa is Coming to Windsor Dec. 16

WINDSOR, VT--Santa is Coming to Windsor by Fire Engine, Saturday, Dec. 16, from 3:00 to 4:00 p.m. at the Windsor House, 54 Main Street. Bring your list and tell Santa whether you've been naughty or nice! Hot chocolate, cookies, and candy canes! All are welcome!



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e-Ticker Business News

Tax Workroom's Debbie Freeman Attains IRS Enrolled Agent Status

CLAREMONT, NH--The IRS recently designated Debbie Freeman, of Tax Workroom, located in Claremont, as an Enrolled Agent, saying,

"Thank you for your commitment to improving tax administration. By obtaining this elite status, you will play a critical role in providing services to America's taxpayers."



Debbie Freeman

After years of providing tax preparation services, Freeman opened Tax Workroom in Claremont in 2016, fulfilling a long-held dream. One of her priorities was to attain the IRS designation of Enrolled Agent.

Taxpayers who are called to an IRS physical audit may be represented only by an Enrolled Agent, an attorney, or a CPA.

Tax preparers can attain the Enrolled Agent designation by passing a series of rigorous tests addressing individual tax preparation, businesses tax preparation, and representation before the IRS. Enrolled agents must maintain annual education requirements to retain their status.

The IRS assists tax payers in locating credentialed preparers by providing them access to The Directory of Federal Tax Return Preparers with Credentials and Select Qualifications at: <https://irs.treasury.gov/rpo/rpo.jsf>.

For more information about the Tax Workroom, visit www.taxworkroom.com or call 603.287.8395.

18 Women Leaders Selected for Carol Emmott Fellowship

D-H's Maria D. Padin, MD,
Among Those Chosen

OAKLAND, CA--The Carol Emmott Fellowship has selected 18 women from 15 health organizations nationwide for its class of 2018. They will be part of a one-of-a-kind program

for accomplished professionals who have demonstrated potential to ascend to senior executive and board-level roles.

The fellowship is tailored to expand the connections and experiences that top leadership candidates require to have the most influence in improving health for all. Fellows are nominated by their sponsoring organization and compete for acceptance into the program with a proposed impact project that transcends their current role to advance an area of health. They continue to work for their organizations during the fellowship, which provides them with more opportunities to build networking re-

(Continued on page A15)

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e-Ticker Business News

Padin, from A14

relationships with other top leaders as well as exercise high-level skills as they implement their impact projects.

Maria Padin, MD, FACOG Chief Medical Officer Dartmouth-Hitchcock is among those chosen; sponsor:

Dartmouth-Hitchcock Health System

The program fills a crucial unmet need in overcoming gender disparity by accelerating the leadership capacity and impact of women leaders in health. Women are underrepresented in senior executive and board-level positions in health because of systemic barriers that influence decision making.

"We will all benefit when men and women from diverse backgrounds, disciplines, and perspectives lead together," said Christine Malcolm, executive director of the Carol Emmott Fellowship. "The fellowship's mission is shared by the men and women who hold executive positions today, see the gaps created by gender disparity, and are committed to serving as our advisors, mentors, and supporters."

The newly selected class represents an expansion of the program, growing from 15 to 18 fellows and from 12 sponsoring organizations to 15. The class of 2018 also reflects a broader range of disciplines from emergency medicine and surgery to health-care information technology and finance. Learn more about the fellows by reading their biographies.

When fellows complete the program, they



Maria Padin, MD

join the Carol Emmott Fellowship alumnae network. Watch this video to learn about the class of 2017 and how they are making a difference through their impact projects, which cover areas as broad as the opioid crisis, care disparities, and suicide prevention.

"Healthcare faces daunting challenges and the Carol Emmott Fellowship provides opportunities for these talented leaders to advance medicine and healthcare delivery," said Mary Pittman, DrPH, Carol Emmott Fellowship Board member and CEO and president of the Public Health Institute.

Padin was named Chief Medical Officer (CMO) of Dartmouth-Hitchcock Medical Center (DHMC) in November 2015. In this role, Padin focuses on clinical and physician-related responsibilities specific to the academic medical center. She will lead efforts in overseeing and coordinating, with the Chief Nursing Officer, cross-disciplinary hospital functions, applying system policies related to physicians at the medical center; managing, with the Chief Quality Officer, accreditation issues; and maintaining and updating professional staff bylaws/rules and regulations.

Padin joined Dartmouth-Hitchcock Concord in 1997 in the Department of Obstetrics and Gynecology, where she went on to serve as Department Chair and then became the Medical Director for D-H Concord in 2010. She is board certified in Obstetrics and Gynecology, and her clinical interests include robotic surgery, minimally invasive gynecology and pelvic floor prolapse.

Padin earned her medical degree at Dartmouth Medical School, and completed her residency in Obstetrics and Gynecology at Maine Medical Center. She earned her undergraduate degree at Occidental College in Los Angeles, where she worked advocacy for Maternal Child Health in Los Angeles and with the March of Dimes.

She is a former Treasurer/Secretary of the American Congress of Obstetricians and Gynecologists and former Vice Chair of the NH Section of the organization. She previously served as chair of the Department of Obstetrics and Gynecology at Concord Hospital, and was a member of the Medical Executive Committee.


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Deborah Wyndham

Holiday Music at the Fiske

CLAREMONT, NH--Deborah Wyndham, Pianist/Composer, will present a program of holiday music on Tuesday, Dec. 5, at 7:00 p.m., at the Fiske Free Library.

This program is free and open to the public. Sponsored by: The Friends of the Fiske Free Library.

Call the library for more information at 542-7017.

Wyndham was at the library previously to present a program of ragtime music.

Drop-in Ornament-Making

Saturday mornings, December 9, and 16
10:30am-12:30pm

Library Arts Center Gallery
58 N Main St.
Newport, NH

Drop in to the Library Arts Center on Saturday mornings in December between the hours of 10:30-12:30 to make a unique, creative holiday ornament perfect for your tree, or for gifting. No pre-registration necessary. Free. Both kids and adults are welcome.

For more information on the Library Arts Center and its many programs, visit libraryartscenter.org.

Ladies' Night at Gallery of Gifts

Thursday, December 7

5:00 – 7:00 pm

Library Arts Center Gallery

58 N Main St.
Newport, NH

The Library Arts Center will host a Ladies' Night once again in 2017 to highlight the popular Gallery of Gifts: Handmade Holiday Boutique currently on display in the Center's gallery. The event will feature refreshments of wine and chocolate, and a "holiday bling" competition. Be sure to wear your glitziest holiday outfit--complete with flair--to compete for prizes. Attendees are welcome to sip, shop, and enjoy the season. Free.

For more information on the Library Arts Center and its many programs, visit libraryartscenter.org.

Gallery of Gifts: Handmade Holiday Boutique

Through December 23, Hours: Tues.-Fri.
11am-4pm, Saturdays, 10am-2pm
Library Arts Center Gallery
58 N. Main St.
Newport, NH

Admission is free.

The Library Arts Center presents its famous annual holiday exhibit of handmade craft—Gallery of Gifts. The event is a great way to find unique, locally handmade gifts for holiday giving, while supporting local artisans. The juried show features unique and carefully curated handmade crafts and art pieces from more than 100 local artists, and is also an important fundraiser for the Library Arts Center.

The Library Arts Center is non-profit art gallery and studio located at 58 N. Main Street in Newport, New Hampshire. The gallery is housed in the former carriage house of the historic mansion occupied by the Richards Free Library, across the street from the Newport Town Common. For more information on the Gallery of Gifts, as well as the Arts Center's many other programs, visit www.libraryartscenter.org.

Selling Bottles to Save Civil War Battle Flags

CONCORD, NH--Many of you reading this may not be aware that there are 107 flags from New Hampshire Civil War regiments in the State House in Concord.

Preservation efforts started in 1989 to conserve the flags for posterity, and the flags are

still waiting.

"Some funds have been raised through the sale of Collector's Edition whiskey bottles at the NH state stores. This, I think the third version, was appropriately released on Veterans Day 2017," said Nancy Miville of Claremont; she is a member of the New Hampshire Battle Flags Preservation Committee. "It's an old-style bottle with an actual image of some of the flags in their cases. Christmas shopping? Please consider the purchase of a bottle for a gift as a portion of the proceeds goes to the flag preservation fund." Miville added, "Want to help the preservation effort? Contact your representatives and ask them, "What's the hold up? All the other New England states have preserved their battle flags."

For more information on the history of the NH battle flags and preservation efforts, please visit www.nhbfpc.com.

Banners carried by color bearers into battle were the guides for soldiers, easily seen during the heat, noise, and smoke of battle. These banners,

also known as battle flags, told the soldiers when to advance, in what direction to go and when they should change direction and/or retreat with honor.

Battle flags were frequently created out of silk, with a different picture (significant of state & regiment) on each side, or were national colors, often having been made by mothers, sisters, wives, sweethearts, daughters. Many color bearers were maimed and killed carrying a banner because they were out front and perfect targets for the enemy. Six NH color bearers received the Medal of Honor for their bravery carrying national colors in battle.



Send news and photos to
etickernews@gmail.com

Catholic Daughters Education Contest Opens

CLAREMONT, NH--Art, Essay, Computer Art, Poetry, Music and Photography are the categories included in the Education Contest sponsored by the Catholic Daughters of the Americas. Any student, boy or girl, in grades 4-12 is eligible to enter the contest. There are three divisions according to grade level, and a student may enter more than one category. Awards are given for each division in each category. The 2017 themes are "The Lord has done great things for us, we are filled with joy" Psalm 125 or "Finding joy in my life."

Here is an opportunity for students to apply their talents, their lively imagination and freedom of thought. Applications and rules may be obtained from Arline Marro, CDA Education Chair, (603) 542-5933.

Christmas Events in Lempster Dec. 9, 10

LEMPSTER, NH--December 9: Christmas Social, from 5:00 to 7:00 p.m., at the historic Lempster Meetinghouse, 112 Lempster St. Enjoy an evening of holiday cheer with neighbors and friends. Refreshments will be served. Contact: 863-8180.


December 10: Sunday Christmas Jumble continues at the Miner Memorial Library in Lempster, corner of Rt. 10 and 2nd NH TPK from 11:00 a.m. - 4:00 p.m. The Jumble will feature vintage Christmas decorations, a "Tiffany" sale of jewelry from various decades, craft items and a Cookie Walk. Don't miss this opportunity to experience a holiday sale in a unique historic setting of an 1800's chapel converted into a library. Parking at the Town Office. Sponsored by the Friends of Miner Memorial Library, contact 1-603-863-5023.

Cookie Swap at Plainfield Community Church

Cookie swap, 12:30-1:30 p.m., Plainfield Community Church, Dec. 17. Bring three dozen cookies of one kind, the recipe to share, and a container to take other cookies home. Drinks provided. Chimers Bell Choir Christmas Concert, 2:00 p.m. (Donations welcome).

Send us your news and photos

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Arrest Made in Case Involving 230 Doses of Drug Believed to be Heroin

CONCORD, NH--New Hampshire Attorney General Gordon MacDonald, Lebanon Police Chief Richard Mello and Hartford, Vermont Police Chief Phillip Kasten announced that a joint investigation of the New Hampshire Attorney General's Drug Task Force, Lebanon Police Department and Hartford, VT, Police Department resulted in the arrest of Adam Colon, 27, of Lebanon, NH, shortly before midnight on November 30.



Adam Colon

During the execution of a search warrant of Colon's apartment, members of the Lebanon Police Department Tactical and Containment Team seized cash and approximately 230 doses of a controlled drug believed to be heroin, said authorities in a press release. Colon has been charged with conspiracy to sell heroin and possession with the intent to sell heroin. His arraignment on these charges is scheduled to take place on December 18 in the Grafton County Superior Court.

The investigation is ongoing.

The charges and allegations are merely accusations and the defendant is presumed innocent unless and until proven guilty.

www.facebook.com/etickernews
www.etickernewsclaremont.com

School District Partners with Local Non-Profit to Focus on Diversity

CLAREMONT, NH--A free community education program kicks off this week as the Claremont School District and TLC Family Resource Center's Rural Outright launch, "Understanding Diversity and Inclusion Through Children's Literature" with free public readings of the critically-acclaimed children's book, "I Am Jazz," written by Jazz Jennings and Jessica Herthel. The readings will be held at Maple Avenue Elementary School, 210 Maple Avenue in Claremont on Thursday, Dec. 7, at 3:30 and 5:30 p.m. Refreshments will be available. "We are excited to collaborate on this project with TLC Family Resource Center, which provides programming, support, and resources throughout Sullivan County," said Kathleen Bunnell, Curriculum, Instruction, and Assessment Coordinator for SAU 6. "Using the lens of children's literature, we will tackle a number of tough topics to make our schools and community more welcoming for every student we serve — and their families."

The readings coincide with the Human Rights Campaign's National "I Am Jazz" Day (HRC.org/iamjazz) which brings together educators, families, allies, and community members to read and discuss "I Am Jazz" to show support for transgender youth.

Other readings will be held at:

- River Valley Community College Puksta Library, located at 1 College Pl. in Claremont, at noon
- TLC Family Resource Center, located at 109 Pleasant Street in Claremont, at 3 p.m.
- Fiske Free Library, located at 108 Broad St. in Claremont, at 6 p.m.
- Richards Free Library, located at 58 N. Main St. in Newport, at 6:30 p.m.

All of the readings are free and open to the public. Everyone is encouraged to attend.

TLC Family Resource Center supports and strengthens all families, children, and youth of Sullivan and Lower Grafton counties with a wide-range of free programs, support groups, and education. For more information about the local readings, please visit tlcfamilyrc.org/rural-outright.

Eaglemania at COH

CLAREMONT, NH— Presented by Fly on the Wall Concerts, The World's greatest Eagle's tribute, Eaglemania, performs one night only, Saturday, Dec. 16, at 8:00 p.m. Formed in 2010, Eaglemania has evolved into a nationally touring tribute to The Eagles, performing to sold out audiences everywhere they go. The music of the Eagles appeals to a wide variety of age groups, and the combination of heartfelt ballads, rock anthems laden with guitar harmonies, and the unmistakable sound of vocal harmonies as only the Eagles can do, has propelled the band for the past 40-plus years, positioning them as one of the most successful and popular bands in music history.

Eaglemania performs all of the hits of the Eagles, as well as Don Henley, Glen Frey, and Joe Walsh's solo albums. Their attention to detail and their ability to reproduce the Eagles exactly leaves their fans with an experience that they do not soon forget. People often remark that if they closed their eyes they would think they were listening to the actual Eagles live in concert.

The band consists of an ensemble of veteran musicians whose goal is to faithfully reproduce the Eagle's repertoire, music they love to sing and play.

Tickets are \$29 and \$39 and can be purchased by calling 603-542-0064, in person at COH in the city hall complex, or online at www.claremontoperahouse.org. Cash bar from Sweet Fire BBQ available before the show and during intermission. Tickets make great holiday gift.

**STEVENS HIGH SCHOOL WINTER CONCERT
 THURSDAY, DECEMBER 7th, 7:00 PM SHS AUDITORIUM
 165 Broad Street, Claremont**

**PLEASE USE THE EVENT ENTRANCE BY PARKING LOT
 The Concert Band, Concert Choir, Stevenaires, Cardinal Voices,
 and Jazz Band perform a variety of classic holiday and jazz tunes –
 and some fun newer pieces such as "Italian Holiday"!
 Admission is free – donations are appreciated.**

Can You Afford to Retire Early?

Some people dream of retiring early. Are you one of them? If so, you'll need to plan ahead – because a successful early retirement can't be achieved through last-minute moves.

So, if you're determined to retire early, consider taking the following steps:

Pick a date. Early retirement means different things to different people. But it's important to pick an exact age, whether it is 60, 62, 64, or whatever, so you can build an appropriate retirement income strategy.

Think about your retirement lifestyle. You may know that you want to retire early – but have you thought about what you want to do with your newfound time? Will you simply stay close to home and pursue your hobbies? Do you dream of spending two months each winter on a tropical island? Or are you thinking of opening your own small business or doing some consulting? Different retirement lifestyles can have vastly different price tags. Once you've envisioned your future, you can develop a saving and investment plan to help you get there.

Boost contributions to your retirement plans. If you want to retire early, you may well need to accelerate your contributions to your retirement accounts, such as your IRA and your 401(k) or other employer-sponsored plan. You may need to cut back in other areas of your life to maximize the amounts you put into your retirement plans, but this sacrifice may be worth it to you.

Invest for growth. Your investment strategy essentially should be based on three key factors: your goals, risk tolerance and time horizon. When you change any one of these variables, it will affect the others. So, if you shorten your time horizon by retiring early, you may well need to reconsider your risk tolerance. Specifically, you may need to accept a somewhat higher level of investment risk so you can invest for greater growth potential.

Keep a lid on your debt load. It's easier said than done, but try to manage your debt load as tightly as possible. The lower your monthly debt payments, the more you can contribute to your retirement plans. Life is unpredictable. Even if you take all the steps described above, you may still fall short of your goal of retiring early. While this may be somewhat disappointing, you might find that adding just a few more years of work can be beneficial to building resources for your chosen retirement lifestyle. For one thing, you can continue contributing to your IRA and your 401(k) or similar employer-sponsored plan.

Plus, if you're still working, you may be able to afford delaying your Social Security payments until you're closer to your "normal" retirement age, which, as defined by the Social Security Administration, likely will be 66 or 67. The longer you put off taking these benefits, the bigger your monthly checks, although they will max out once you reach 70. And even if you are not able to retire early, some of the moves you took to reach that goal – such as contributing as much as you could afford your IRA and 401(k), controlling your debts, and so on – may pay off for you during your retirement – whenever begins.

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



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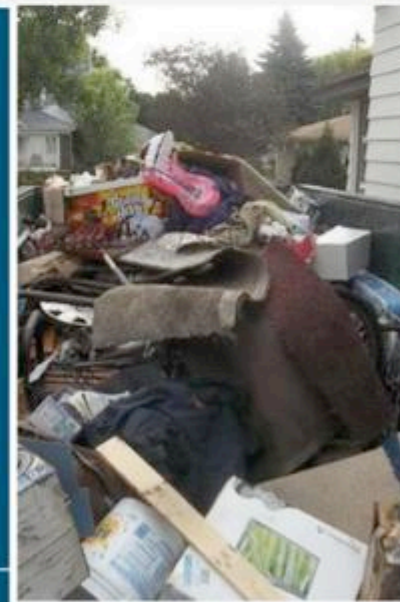
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Roast Pork Dinner At Claremont Senior Center

CLAREMONT, NH--A roast pork dinner will be held Saturday, Dec. 9 (5:00 - 6:30 PM) at the Claremont Senior Center, Inc., 5 Acer Heights Rd.

Open to the public.

Cost: \$10 per person.


The menu includes mashed potatoes, gravy, mixed vegetables, apple crisp with ice cream. The center's "Lucky" Raffle drawing will take place at 6:00 PM.

Raffle tickets are \$3 per ticket / 4 tickets \$10. You could win a one-year subscription for all three prizes:

1st Prize - Power Ball & Mega Millions. 2nd Prize-Lucky 4 Life. 3rd Prize-Mega Millions. Winner also has option of cash value: 1st Prize: \$400 / 2nd & 3rd Prizes \$200.

Get tickets at the senior center or at the dinner.

Send news, photos to etickernews@gmail.com



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It's About Food

By Johnny Navillus



Enhancements

We all have dishes that our families ask for over and over again. It gets to be routine and frankly, a bit boring to make. With a little imagination, you can change a routine meal into something worthy of the fussiest guests.

Going back to the butternut squash bisque, cook up slice or two of bacon, crumble it up and garnish the serving with two or three bits. Once your guests taste the bacon and soup, they just may ask for more bacon bits.

The same with cream of tomato soup. Throw in some cooked shrimp at the last minute for something really exotic, especially if you add a bit less than 1/8 teaspoon of Chinese Five Spice powder when cooking.

Both of the above soups should be served in small servings if served before a meal. They tend to be quite filling.

One of my favorite cuts of meat is pork tenderloin. The versatility of this cut is amazing. Once in the oven, reduce some apple cider until it thickens up a bit. Add crushed walnuts and baste the meat when about half way cooked.

Take a package of stuffing and prepare it as you would for stuffing a turkey. When the stuffing is done, cut the pork loin lengthwise without cutting all the way through. Open it like a sandwich and stuff it with some of the stuffing. Tie it closed with butcher's string about every inch and a half. Cook as usual. When done, slice and serve with the extra stuffing on the side.

You can stuff these with apple slices, mushrooms, whatever. It's up to you and whatever you have on hand.

About five minutes before the pork loin is done, remove it from the heat and let it sit about ten minutes. Wrap crescent roll dough around the meat and put it back in the oven until the dough is done. Incredible presentation. Make sure you cook the pork to an internal temperature of 160°.

I don't always serve bacon for breakfast but when I do, I always make more than enough. The leftovers are good for making bacon bits, adding a slice or two to grilled cheese, anything. You wouldn't necessarily cook up some bacon for grilled cheese, but if you have some already cooked then use it.

Scrambled eggs? Tear a slice of American Cheese up and add to the eggs as you cook them.

Leftover bruschetta? Omelet time. Or even chunks of tomato added to an omelet gives it a special touch.

Add a drop or two of vanilla to the batter for enhanced French toast. Cinnamon too.

It just isn't worth starting the grill in this weather for a couple of hot dogs. Fry them up in a skillet with a little beer. Tasty.

When making homefries, I always make four or five or more potatoes at once. Some as slices and some as chunks. Then I have them on hand for the next day or whatever comes up.

Serve homefries with the pork loin for a rustic touch. Serve homefries anytime. Not just for breakfast. Mix in some peppers, onion, tomato chunks, anything.

Add a little Burgundy wine to meatloaf mix and wait for the compliments.

Never be caught without at least one onion on hand. Shame on me.

Play with your food. Earn points.

Write to Johnny at etickernews@gmail.com.



Together We Stand



Creating an accepting, caring and kind learning environment at Claremont Middle School.

We invite the CMS community, including *students, families and staff* to attend an interactive evening of conversation to address some of the challenges in our school and community.

We welcome you to an engaging and action-driven conversation.

When: Tuesday, December 5, 2017

Where: Claremont Middle School Multipurpose Room


Time: Doors open at 5:30pm for a light supper. The conversation will conclude at 7:30pm

Child care will be provided.

**Please RSVP to Claremont Middle School by
Monday, December 4, 2017.
603-543-4250**

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Our Mission Is:
**LEARNING WITH RESPECT FOR ALL
THROUGH:**

- Providing a safe environment
- Encouraging individual talents
- Embracing diversity
- Promoting wellness and a positive self-concept
- Acknowledging good citizenship
- Striving for academic growth



Respectful — Responsible — Resourceful — Safe

Mayoral Notes

By
Charlene Lovett



In Preparation for 2018

Now that we are in the final month of 2017, the City Council is focused on completing any outstanding actions for the year and preparing for the transition to a new Council in 2018. At our last meeting on November 29th, we wrapped up several items and committed to finalizing others at our next meeting. Given that December 13th is our last meeting of the year, the next few weeks will be quite busy for all concerned.

Completed actions at our last meeting included the adoption of the policy for naming City-owned property, and a resolution signifying the last step needed to begin the Main Street Reconstruction Project. What this means to the community is outlined below:

Naming Policy - Now that we have a policy for naming City-owned property, we have a process that enables Council members to objectively consider all naming requests. The policy identifies the City Council as the sole authority for naming city-owned property, and outlines the criteria and procedures that must be followed. Any member of the Council, the City Manager, a City Board, Commission or Committee, or citizen can make a written request detailing how the proposal meets the criteria of the policy.

When adopting this policy, the Council thanked the members of the Policy Committee and, in particular, former Assistant Mayor Bergeron who chaired the Committee. This policy represents many months of research, and is believed to be the first of its type in the region and, perhaps, the State. Given the genesis for the creation of this policy was a request to name the pedestrian bridge after former City Manager Santagate, the Council anticipates receiving a written request in accordance with the policy in the very near future.

Resolution for Main Street Project – One of the most frequently asked questions during my time on the Council has been, “When will the

Main Street Reconstruction Project begin?” It is a valid question given we have talked about doing this project for many years. The project is complex as it entails a complete replacement of water and sewer lines, sidewalks, storm water drainage and road from Opera House Square to the beginning of “Ezersky’s Bridge”. Consequently, extensive engineering, right-of-way research, easements and permitting were required.

Like most complex projects, delays in breaking ground occurred and original cost estimates increased. When the project was first proposed, the estimated cost was \$2.5M (including engineering). Over time, it has increased to approximately \$2.8M. The resolution adopted by the Council at our last meeting moved \$300,000 from fund balance to cover the difference. Securing the money to fund the project was the final step needed to begin construction. Depending upon the weather, the Director for the Department of Public Works stated that construction could begin as early as March 2018.

Once construction is completed, Claremont will have a completely reconstructed road that is a primary access point to the downtown area, and all of the underlying infrastructure (dating back to the late 1800s) will be new.

At our next meeting on December 13th, the Council will decide to form either an energy commission committee. The decision will be based on a review of NH RSA

38D, findings from members of the City Council and Administration, and input from the public. Creating such an entity will better position the City to take advantage of energy resources that promote economic growth.

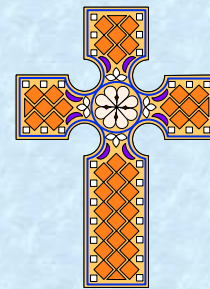
Between now and then, members of the Council will be putting in place an orientation program for Councilors-elect. By doing so, the new Councilors will be better prepared to take office, and we will continue the momentum of moving the community forward.

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



A setting sun turns day into early evening, turning trees in pieces of art (Eric Zengota photo).

Christmas can be the longest night....



If you are alone, or sad, or sick, or sick-at-heart,
You might not feel much like celebrating at this time of the year.

There is a place for you.
There is a space where you can come and be quiet with your thoughts
and prayers.

First United Methodist Church on Summer Street
in Claremont will hold a "Blue Christmas" service on
Sunday, December 17 at 3:00 p.m. We will quietly
pray, sing, light candles in honor/memory of loved
ones, and soak in God's comforting presence.

Come as just as you are. Listen to the comfortable
words of the One who left everything to come down
among us: the lonely, sad, and sick-at-heart.

For more information, call 542-5783