

e-Ticker News of Claremont

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**Shooting in Newport
Under Investigation;
page A23**

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December 10, 2018

Fire Destroys LaValley's Building #6 in Newport

Mutual Aid Called to Help Fight Blaze

By Phyllis A. Muzeroll
e-Ticker News

NEWPORT, NH—At 9:20 a.m. Friday, the Newport Police Department Emergency Communications Center received a call from a LaValley's employee reporting smoke and confirmed fire emitting from building #6. Building #6 is directly adjacent to route 11&103, locally referred to as Sunapee Street.

Newport Fire/EMS and Police Departments were dispatched to the scene with the first units reporting that the structure was heavily in-

(Continued on page A5)



Flames shot out of LaValley's Building 6, and heavy smoke could be seen from many parts of the towns on Friday. Right photo: The aftermath with crews on scene doing overhaul (Courtesy photos).

New Hampshire Secretary of State Bill Gardner Re-Elected in Very Close Vote

By Garry Rayno
InDepthNH.org State House Bureau Chief

CONCORD, NH—The election of Secretary of State was old guard versus new guard, change versus tradition and the two sides battled it out for more than two hours before lawmakers could decide who should hold the post. In the end, tradition prevailed by four votes although it took two votes before current, long-serving Secretary of State Bill Gardner was re-

elected to the post he has held for 42 years, the longest tenure in the country.

For the first time in many years, Gardner faced a serious challenge for the post that oversees state elections and chronicles state government activities.

Fellow Democrat and former Executive Councilor and gubernatorial candidate Colin Van Ostern of Concord waged his campaign for about a year, running on a platform of modernizing the office, protecting the rights of

eligible voters and greater financial accountability.

Gardner thanked lawmakers for electing him to another term saying he has done recounts where a vote or two determines who wins, but he had never been in an election like this one before.

"Thank all of you who have given me another term as Secretary of State. I am very grateful you let this happen," Gardner told lawmakers

(Continued on page A6)

Kibbe Pleads Guilty to Two Counts

CONCORD, NH -- Attorney General Gordon J. MacDonald announced Monday afternoon that Ian Kibbe, age 31, of Springfield, VT, pleaded guilty today to one count of unsworn falsification and one count of obstructing government administration in Sullivan County Superior Court. The Court will schedule a sentencing hearing in this matter for January of 2019.

Kibbe is a former Claremont police officer. Kibbe's guilty pleas were entered pursuant to a capped plea agreement wherein the State will argue on the charge of unsworn falsification that Kibbe should be sentenced to 12 months in the House of Corrections with all but 90 days of the sentence suspended for a period of two years, conditioned upon Kibbe's good behavior. Under the terms of the capped plea agreement, the defendant can argue for



Ian Kibbe (File photo)

no stand committed jail time. In addition, Kibbe has agreed to forfeit his certification as a law enforcement officer, meaning he can no longer work as a police officer.

On the charge of obstructing government administration, Kibbe will be sentenced to 12 months in the House of Corrections, all of which will be suspended for a period of two years.

On March 28, 2018, Attorney General MacDonald announced that he had initiated an investigation into the conduct of Sergeant Ian Kibbe and Officer Mark Burch of the Claremont Police Department. That investigation was initiated based on information from Claremont Police Chief Mark Chase which alleged that while acting in their capacity as police offi-

cers, Kibbe and Burch had falsified documentation related to a search that occurred in late February, 2018. Kibbe was later arrested on April 26, 2018, on one count of conspiracy to commit perjury, one count of attempted perjury, two counts of unsworn falsification, and two counts of obstructing government administration.

—Phyllis A. Muzeroll

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Phyllis A. Muzeroll

Publisher/Editor

Bill Binder

Photographer/Reporter

Les St.Pierre

Columnist

Eric Zengota

Contributing Writer/Photographer

etickernews@gmail.com

Snail mail to:

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

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NH Lottery Numbers

12/08/2018

NH PowerBall

14 32 34 46 61 10

NH Mega Millions 12/07//2018

4 10 20 33 57 13

Tristate Megabucks 12/08/2018

1 3 10 22 33 6

For more lottery numbers,

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

CHRISTMAS CAROL SING-A-LONG AND A VISIT FROM ST. NICK

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NH

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2018
1:30 PM

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House of Representatives **– Claremont**

District 3/Ward 1: Andrew O’Hearne

friendsofandrewohearne@comcast.net

District 4/Ward 2: Gary Merchant

603-542-2228

gary.merchant@leg.state.nh.us

District 5/Ward 3: Walter Stapleton

603-542-8656

WaltStapleton@comcast.net

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

603-542-6190

jocloutier@comcast.net

Senate – Claremont

District 5: Martha Hennessey

603-271-3067

martha.hennessey@leg.state.nh.us

Washington, DC

Sen. Jeanne Shaheen

520 Hart Senate Office Building

Washington, DC 20510

202-224-2841

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

Sen. Maggie Hassan

B85 Russell Senate Office Building

Washington, DC 20510

Phone: (202) 224-3324

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

Rep. Anne Kuster

137 Cannon House Office Building

Washington, DC 20515

phone: 202-225-5206

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

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”

Shaheen Leads Bipartisan Call to Secretary Perry to Stop “Unnecessary Delays” Over Weatherization Program Funding

WASHINGTON, DC—Thursday, U.S. Senator Jeanne Shaheen (D-NH) sent a bipartisan letter with Senators Susan Collins (R-ME), Jack Reed (D-RI), Lisa Murkowski (R-AK), Chris Coons (D-DE) and Maria Cantwell (D-WA) to U.S. Secretary of Energy Rick Perry regarding delayed guidance and documentation for the Weatherization Assistance Program (WAP). The letter comes after the Department of Energy (DOE) missed an important deadline to deliver information concerning state allocations to WAP grantees. Persistent delays in this guidance could impact critical funding for states whose WAP programs begin in the early spring. The Weatherization Assistance Program helps lower energy costs for low-income families, seniors, veterans and individuals with disabilities by making energy efficiency modifications to their homes.

In their letter, the Senators highlighted that Congress provided a \$6 million increase in funding for WAP through the annual appropriations bill that was signed into law earlier this fall and directed the Department of Energy to distribute the funds in a timely manner. The funding bill passed by the Senate Appropriations Committee also includes provisions from the Investing in State Energy Act, bipartisan legislation introduced by Senators Shaheen, Coons, Collins and Reed, directing the Department of Energy to distribute grant awards to grantees no later than 60 days after funds are appropriated by Congress in order to prevent undue delays in distributing awards to state and local partners that implement energy initiatives.

Hassan Cosponsors Bipartisan Legislation to Recoup Millions from Pharma Overcharges

WASHINGTON, DC – Senator Maggie Hassan, a member of the Senate Health, Education, Labor, and Pensions Committee, last week cosponsored bipartisan legislation introduced by Senators Ron Wyden (D-OR) and Chuck Grassley (R-IA) that would fix an issue in Medicaid that has allowed pharmaceutical manufacturers to misclassify their drugs and overcharge taxpayers by hundreds of millions of dollars.

The bipartisan Right Rebate Act of 2018 would give Medicaid more tools to go after drug manufacturers that they suspect are misclassifying a drug as a generic when it should be a brand name. When a pharmaceutical company misclassifies a drug as a generic drug as part of the Medicaid Drug Rebate Program (MDRP), the company can pay less in rebates into the program and cheat taxpayers.

In 2016, EpiPen maker Mylan was found to have drastically increased prices since it began selling the emergency allergy treatment in 2007 – a total of 17 price increases leading to a \$608.61 price for a pack of two. It became apparent that in addition to these exorbitant price increases, Mylan was also overcharging Medicaid by millions of dollars by classifying EpiPen as a generic drug when it was in fact a brand name drug. Mylan settled with the federal government for \$465 million to address this issue.

Kuster Leads Bipartisan Call to Prevent Online Sales Tax for Small Businesses

WASHINGTON, DC— Friday, Congresswoman Annie Kuster (NH-02) has brought together both Democrats and Republicans to call for a one-year moratorium on the implementation of an online sales tax for small businesses. The bipartisan call to Speaker Ryan and Leader Pelosi outlines the serious consequences the implementation of an online sales tax would have on small businesses in New Hampshire and across the country.

The letter, signed by Representatives Carol Shea-Porter (NH-01), Don Young (AK-AL), Peter A. DeFazio (OR-04), Greg Gianforte (MT-AL) and Suzanne Bonamici (OR-01), also highlights the importance of a moratorium so that Congress can consider ways to permanently protect small businesses. An online sales tax would subject New Hampshire small businesses to more than 9,000 separate tax jurisdictions across the country.

Fire, from A1

volved. At 9:36 a.m., the fire was upgraded by Fire Command to a 3rd alarm, bringing in Fire Departments from the communities of Sunapee, Lempster, Claremont, New London, Goshen, Unity, Grantham, Newbury and Ascutney, VT. Route 11&103 was closed, and the Newport Police Department received assistance with detours from the Sunapee Police Department, Sullivan County Sheriff's Department and the NH State Police. The road was closed for two hours and 20 minutes, reopening to a single lane of traffic at 11:43 a.m.

The fire was deemed under control at 10:49 a.m. Due to the extensive nature of the fire, fire personnel remained on scene for several additional hours overhauling with the use of heavy equipment. "Challenging the responding fire departments was the close proximity of several other structures," said Deputy Fire Chief David McCrillis of the Newport Fire Department Friday.

"Due to the proximity of buildings, radiating heat caused moderate damage to one adjacent building and minor exterior damage to the main retail store building, but LaValley's is expected to reopen for business tomorrow. Building #6, where the fire originated, contained flooring and counter top materials and was deemed a total loss," he added on Friday.

Building 2 had moderate damage, McCrillis said, and there was exterior damage to Building 1, which is the main office building.

The nearby Country Kitchen Restaurant was also evacuated on Friday as the fire grew.

The exact cause and origin of the fire was not reported by press time and it remained under investigation by the Newport Police and Fire Departments; it was not considered suspicious in nature, said McCrillis.

One fire fighter was transported from the scene by the Newport Ambulance Service with minor injuries and was taken to the Valley Regional Hospital where he was treated and released.

Top: Flames and thick smoke showing from the fire scene; bottom: heavy smoke continued to pour from the building on Friday as crews worked to get the fire under control (Courtesy photos).

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Gardner, from A1

after the vote.

"The tradition of the Secretary of State's office is so unique and special. Our state elections are so unique and special and that is why the rest of the country pays so much attention and why people come from all over the world to see our Presidential Primary."

Colin Van Ostern visits with citizens before the vote that re-elected William Gardner Secretary of State Wednesday.

He invited new legislators to come to his office saying he welcomes their ideas.

Recently Gardner ran afoul of members of his own party over his support for recent Republican generated laws restricting voting eligibility and serving on President Trump's election fraud commission.

Gardner said he agreed to participate on the commission to be able to debunk claims about voter fraud in the state, and his supporters expressed concern the state's vaulted position in the presidential selection process could be at risk if he were replaced.

Van Ostern raised nearly a quarter of a million dollars for the race, something that had never been done before.

He claimed the office was outdated and needs to use 21st century technology to make elections more efficient and to provide greater transparency.

Gardner and his supporters tout his honesty, integrity and his fairness in conducting elections, and stressed the need for a bipartisan hand to guide the office and not politicize it to favor one party over the other.

During the nominations at the Joint Session of the House and Senate, Gardner had the backing of longtime legislative leaders such as the Dean of the Senate Lou D'Allesandro, D-Manchester, Senate Majority Leader Jeb Bradley, R-Wolfeboro, and House and Senate veteran and retired district court judge Ned Gordon, R-Bristol.

But his opponents said a change is needed, as local election officials wrestle with outdated voting equipment, a sometimes uncooperative Secretary of State, and noted he angered municipal officials the last two years when he refused to acquiesce to postponing town meeting elections during blizzards.

The two sides pulled out all the stops for a race, which in most years has seen no one challenge Gardner.

Five former governors backed Gardner, four Republicans, John H. Sununu, Judd Gregg,

Steve Merrill, Craig Benson, and Democrat John Lynch, as well as longtime legislators.

Democrats backed Van Ostern by an eight-to-one margin at a recent House caucus, as many young, first-time House and Senate members joined long-time Democrats backing Van Ostern. They believe Gardner is too close to Republicans.

Gardner was nominated by his former Bishop Bradley teacher D'Allesandro, who praised his work over the years and his fairness, integrity and honesty.

"Life is all about one thing: relationships," D'Allesandro said. "There are no term limits on relationships."

He noted no one is perfect, but Gardner's office has an open-door policy that serves everyone.

But Rep. Paul Bergeron, D-Nashua, a city clerk cited problems with voting equipment, arbitrary decisions from Gardner and failure to carry out some of his duties.

"This is about standing up for our communities and local officials, accountability, efficiency and checks and balances, not one man's judgment," he said. "Local officials need a partner in the Secretary of State, but we've seen arbitrary decisions that have hurt our voters, endangered public safety and threatened local control."

He noted he had been Gardner's friend for 35 years, but his time has come and gone. "I know what we need," Bergeron said. "We need to elect Colin Van Ostern."

Other Van Ostern supporters praised Gardner for his work over the years, but agreed a change is needed.

"I deeply respect Bill Gardner and he will always hold a place in New Hampshire history," said Rep. Mary Heath, D-Manchester. "But I also know it is time for new leadership."

Sen. Jeb Bradley, R-Wolfeboro, said people in New Hampshire take clean fair elections for granted, unlike what occurred in several states in the recent midterm elections.

"We are fortunate we live in New Hampshire," Bradley said.

The 400 members of the House and 24 members of the Senate vote for the Secretary of State and the state Treasurer every two years on Organization Day when they are sworn into office.

On the first vote for Secretary of State, neither candidate had enough votes to win.



Secretary of State William Gardner chats with supporters in his office at the State House Wednesday (Nancy West photo).

On that vote, 416 lawmakers cast ballots with 209 votes needed to win. Gardner fell one vote shy and Van Ostern two votes shy.

On the second vote, Gardner received 209 and Van Ostern 205. On that tally, 208 were required for victory.

Gardner's staff laid out punch and kept refilling the cookie platter as confusion reigned when Gardner was told he had won on the first vote and jubilantly headed for the House floor, only to be turned back and told the first vote wasn't a victory.

Speaking to reporters after the final vote, Van Ostern said, "I regret not winning but I am really proud of what we did. I am proud that no one has done this in my lifetime."

Gardner has said he wants to be the Secretary of State when the New Hampshire Presidential Primary celebrates its 100th anniversary in 2020 and the State House's Bicentennial Celebration in 2019.

Democrats took control of the House, Senate and Executive Council for the first time since the 2009-2010 term, when Lynch was governor.

GOP Gov. Chris Sununu won re-election last month.

He told lawmakers Wednesday when he swore them in with the Executive Council, it will be an interesting two years.

But for those two years, Gardner will continue his tenure in the office he has held for 42 years. No change there.

Garry Rayno may be reached at gary.rayno@yahoo.com.

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School Board Presented with Proposed \$32 Million Operating Budget

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The Claremont School Board was presented with a proposed \$31,986,896 operating budget for 2019-20 on Wednesday, but spent only a short amount of time on it; discussion will begin in earnest at the Dec. 19th meeting.

The proposed budget sees an increase of some \$492,486 over the current one, and would increase the tax rate roughly by 73 cents per \$1,000 of assessed valuation; at this point, the budget is only in the proposal stage and numbers are likely to change before all is said and done. Members of a School Board subcommittee and administrators with the SAU office and local schools worked together to put the proposal together. School Board member Jason Benware, who served on the subcommittee, explained that the plan was to come in with an increase of no more than 50 percent of fixed cost increases and non-tax revenue cuts facing the district. Fixed costs include things such as increases in pay covered in contracts approved last year for teachers, secretaries, maintenance workers and paraprofessionals, according to Cory LeClair, Assistant Superintendent. "The fixed cost increases are not for additional people or programs," she said. They are for items already in place, she said.

Other issues impacting the increase are higher retirement and health insurance expenses as well as the continuing decrease in state funding.

Benware said the subcommittee "diligently met with" LeClair, interim Superintendent Keith Pfeifer, Business Manager Mike O'Neill and administrative personnel such as school principals to craft the proposed budget. "We worked really hard at this," he said Wednesday night. "We worked as a team...Any line item that we have control over, we looked at it."

Board chair Frank Sprague said that that perusal included asking Athletic Director Doug Beaupre if police coverage was necessary for every single sporting event; "yes" likely for football and boys soccer games but not necessarily for things such as girls' volleyball or girls' JV basketball games, he said. "It comes to a substantial amount," said Sprague. He said they also looked at other ways to save money, such as repairs versus buying something new.

LeClair said the recommended budget amounts "are closer to the actuals" than they have been in the past.

Candlelight Christmas Eve Celebration

CLAREMONT, NH—First Congregational Church will have a Candlelight Christmas Eve Celebration at 7:00 p.m. for all ages on Monday, Dec. 24.

The location is 72 Pleasant Street in Claremont. This family friendly gathering will include a young people's message, music, readings, and refreshments. Bring a friend.

Got news? Send news and photos to

etickernews@gmail.com

AARP to Hold Christmas Party

CLAREMONT, NH—The Claremont Area AARP Chapter will meet Thursday, Dec. 13, at noon at the Imperial Chinese Buffet on Washington Street for a Christmas party. There will be a Yankee Swap of wrapped, new \$10 gifts. Virginia Smith will be reading a true Christmas story. Members should also bring non-perishable food for the weekend backpack program in the school system. Suggested items include boxed mac and cheese, hamburger and tuna helper, oatmeal packets; canned goods such as vegetables, pork and beans, tuna, spaghetti/ravioli products. No glass containers, please.

Members who did not RSVP to attend the party should call Kathy at 603-542-5500 by Dec. 11. Seating is limited.



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A Visit with Santa...

Claremont Elks Lodge 879 celebrated the holidays with a Friends of the Elks Children's Christmas Party on Saturday. Children in the community in need of an early visit from Santa received gifts, a stocking, and lunch. The children also decorated a gift bag and shopped for their parents (Courtesy photos).



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tammy@housetohomesnh.com
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www.housetohomesnh.com

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Office: 603-287-4856
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**Ashley Bergeron
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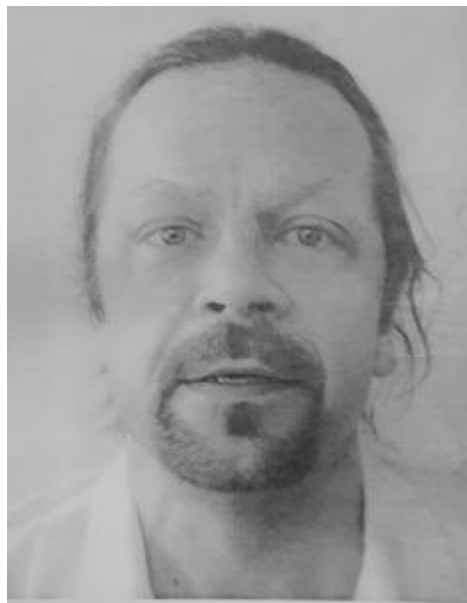


NEW LISTING! This home is minutes to Keene and easy access to the upper valley. Open floor plan, beautiful wood floors, 3 bedrooms 2.5 baths, master suite is amazing. Kitchen offers plenty of cabinets and counter space, spacious living room with gas fireplace. Large family room with radiant heat and walk out. Wrap around deck and two car garage. More photos to come! **\$187,000**

Classified Ads

Fugitive of the Week

STEVEN
VULETICH
DOB:
07/19/1967
LKA: 8
Wall
Street,
Claremont,
NH
Description: White
male, 5'10":
162 lbs.,
brown hair,
brown
eyes



Reason: Violation of Probation

Original Charge: Operating After Being Declared a Habitual Offender, Class B Felony

On Oct. 22, 2014, Steven Vuletich was indicted by the Sullivan County Grand Jury on one count of Operating After Being Declared a Habitual Offender.

On June 1, 2015, Vuletich pled guilty in Sullivan County Superior Court to Operating After Being Declared a Habitual Offender. As part of his sentence, he was placed on probation.

On Nov. 1, 2018, the New Hampshire Probation Department filed a Violation of Probation in the Sullivan County Superior Court alleging that Vuletich violated the terms and conditions of his probation.

On Nov. 7, 2018, the Sullivan County Superior Court issued a warrant for the arrest of Vuletich.

This information is provided by Sheriff John Simonds of the Sullivan County Sheriff's Department. If anyone has information regarding this individual, please contact the Sheriff's Department or your local police department.

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MLS # 4724446 \$64,900



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Sunapee 250 Online Store Closing

SUNAPEE, NH—Thinking about purchasing some Sunapee Sestercentennial commemorative items as holiday gifts? The organization still has some Sunapee 250 commemorative license plates, limited edition stamped envelopes with the single day issue US Postal Service postmark, and "The Relic" limited edition granite arrowheads designed and created by the Stocker Family of Sunapee Graniteworks for sale at the Sunapee 250 on-line store.

However time to purchase is limited. After Dec. 15th, commemorative items will still be available, but only by direct sales at Town Hall. Go to <https://www.sunapeenh250.org/store> for more information.

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City Boy Has Successful Surgery; Boston Stay Included More Surprises

By Phyllis A. Muzeroll
e-Ticker News Exclusive

CLAREMONT, NH—After a remarkable and exciting escort to the Massachusetts border a week ago Sunday by emergency services vehicles from a wide variety of New Hampshire communities, starting in Claremont, it was back-to-earth business for Levi Bonner on Monday as he prepped for heart surgery on Tuesday at Boston Children’s Hospital (See last week’s issue for details about the trip to Boston). Still, there were a few surprises awaiting him that were worked into the day on Monday. Those included a trip from the hotel to the hospital by Boston Fire and, later, a Meet-and-Greet with Boston Mayor Marty Walsh at his office, where Levi, and parents Missy and Rick Bonner were warmly welcomed. Little did the 10-year-old know that Walsh had arranged Facetime for him with Patriots owner Robert Kraft and Patriots Wide Receiver Julian Edelman. The Bonners are big Patriots fans and had the thrill of a lifetime during the video visit. Oh, and just one more “little” surprise: Walsh, in conjunction with Kraft, presented Levi with five tickets, enough for the entire family, to attend an upcoming Patriots game; plans include meeting up with Walsh there.

Levi also got to meet officers with the Boston Police Department last week.

Levi’s surgery took place on Tuesday and the family reported that things went well and all are back home in Claremont now as he continues the



final healing process. While Levi came back with a slew of fire hats and shirts, they all returned to their hometown enveloped by an amazing sense of caring and love from those they know and others they know only as strangers who reached out to gift a child at a difficult time, creating memories that will surely last a lifetime.

Surprise! Facetimeing with the Patriots! A visit to Boston Fire South End

#3 fire station; sitting in Mayor Marty Walsh’s chair (Courtesy photos).



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e-Ticker Business News

Dartmouth-Hitchcock Health Board Endorses Plan for Expansion of Dartmouth-Hitchcock Medical Center

Project would Build 60-bed Inpatient Tower, Renovate Emergency Department and add a Parking Garage

LEBANON, NH – Trustees of Dartmouth-Hitchcock Health (D-HH) announced Friday that they have unanimously approved and endorsed a plan for a major new construction project, estimated to cost approximately \$130 million, including a third inpatient tower on the Dartmouth-Hitchcock Medical Center (DHMC) campus in Lebanon.

At their quarterly meeting on Dec. 7, the Board enthusiastically affirmed a plan presented by D-HH leadership that would implement the first major capital improvement to the Lebanon campus since the 2015 opening of the Williamson Translational Research Building. The project plan includes a 132,000 square-foot, 60-bed inpatient tower, along with renovation and expansion of DHMC's Emergency Department, and the proposed construction of a new parking garage on site.

The proposed construction and renovation plans, which will be finalized in the coming few months, are intended to address a number of mission-critical needs facing New Hampshire's only tertiary care facility and improve care quality and patient experience. Demand for services at Dartmouth-Hitchcock Medical Center (DHMC) has risen dramatically over the last several years, resulting in consistently high occupancy of its 396 licensed beds. With occupancy rates that regularly run at 90%, DHMC is forced to divert approximately 250 high-acuity patients seeking high-level or specialized care to other facilities in New England because of the lack of beds and supporting space to accommodate them. Driven by demand for care caused by a several factors – including the aging of DHMC's service area population, Dartmouth-Hitchcock's status as the safety net provider for New Hampshire's rural health care network, and the growth of the Dartmouth-Hitchcock Health System – the new tower is expected to provide access for



Dartmouth-Hitchcock Medical Center aerial (Courtesy photo)

the existing, unmet demand of approximately 3,000 inpatient admissions per year.

“This is a highly ambitious, but badly needed, step toward Dartmouth-Hitchcock Health’s future,” said D-HH CEO and President Joanne M. Conroy MD. “As the region’s only tertiary and quaternary care academic medical center, we simply must evolve to meet the urgent and changing needs of the growing numbers of people who seek our care. For some time now, we’ve seen demand for our care dramatically grow, and we’ve had success with our member hospitals in both states in making sure patients receive the right care, at the right time, close to home. But the increasing demands for Dartmouth-Hitchcock’s specialty and high-acuity

care, in all disciplines, requires us to expand our capacity so that patients can access that care here in Lebanon. This plan moves us decisively in that direction.”

The proposed four-story patient tower calls for two floors of single-occupancy inpatient rooms, totaling 60 beds; a floor to accommodate another 30 beds that may be added at a later date; and a floor for service and mechanical space.

“Our case mix index (an indicator of the severity and complexity of the cases hospitals treat) is among the highest in the nation,” noted D-HH Chief Clinical Officer Edward J. Mer-

(Continued on page A16)

e-Ticker Business News

D-H, from A15

rens, MD. "This project is mission critical: it is key to ensuring that patients get the proper care in the right setting, and that our resources are used efficiently while anticipating future capacity needs. This will impact the entire organization, and our teams have thought diligently about how we can best do this. Our region needs us, and we must respond."

The existing inpatient towers at DHMC opened in 1991, when Mary Hitchcock Memorial Hospital moved to its current location from its original home in Hanover as part of the \$218 million DHMC project. The facility opened with five floors of inpatient rooms in two towers on the north side of the complex. The current design proposes to situate the new four-story tower between the existing inpatient towers. A financing plan is being developed but it is anticipated that funding for these projects will come from a mix of equity, philanthropy, and debt issuance. Pending regulatory approvals, ground-breaking for the project is anticipated later in the spring of 2019, with completion over three to four years.

Increasing demand for emergency services has quickly outstripped the facility's ability to manage incoming cases, with DHMC's Emergency Department averaging approximately 32,000 patient visits annually. The last major renovation to the Emergency Department was in 2004. The plan endorsed by D-HH Board of Trustees calls for renovations and the addition of 14 evaluation and treatment rooms in the Emergency Department.

The proposed parking garage would include 400 spaces to accommodate patients and visitors to the new patient rooms and relieve some of the increasing demand for parking by freeing space in the outdoor parking lots.

"One of the keys to Dartmouth-Hitchcock Health's strategic planning is establishing the necessary infrastructure to enable D-HH to operate efficiently and effectively as a system, and to support future initiatives," said Don Caruso, MD, MPH, President and CEO, and Chief Medical Officer of Cheshire Medical Center in Keene, a member of D-HH. "It is crucial that the capacity at New Hampshire's only academic medical center meets the clinical

needs of the communities it serves, and we are working together across the D-HH system, to ensure that the capacity at all member sites is optimized for our patient needs."

Mt. Ascutney Hospital Announces Addition of Dr. Kimberly Youngren, Interventional Pain Specialist

WINDSOR, VT – Mt. Ascutney Hospital and Health Center, (MAHHC) has introduced Dr. Kimberly Youngren as a new member of the

Hospital's medical team focused on medical interventions to address acute and chronic pain.

Youngren, who is currently accepting new patients by referral at the Pain Clinic in the MAHHC Professional Building, joined the staff in September of 2018. She works with patients who experience head, neck, back, shoulder, knee, abdominal, limb, disc, and spinal pain; post-surgical pain; shingles, arthritis, Multiple Sclerosis, cancer, diabetic neuropathy, and pain stemming from work-related injuries.

(Continued on page A17)

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e-Ticker Business News

Youngren, from A16

“Pain has many causes,” said Youngren, “and each person experiences pain differently, yet the debilitating consequences can be the same, keeping people from living the lives they want to lead. I’m

here to work with people as individuals, to assess if a medical intervention makes sense for them, and to provide the most effective solution. I want to help people have a higher quality of life, return to work and the other activities they enjoy.”

Youngren explained that she formerly worked as an anesthesiologist, where she often treated patients with pain after surgery. “I

always wondered how they did after they left the hospital. In pain management, I’m able to develop a relationship with my patients and follow their progress and improvements. It’s by far the most satisfying part of my job.”

According to Youngren, pain management can entail “medication, interventional procedures, physical therapy, physiatry, and alternative therapies” depending on the individual, “to treat the whole person, in order to improve function and quality of life.”

Youngren noted that medical interventions available at MAHHC include nerve blocks which inject local anesthetics to block pain in specific parts of the body, steroid injections, trigger point injections, and radiofrequency treatments, which non-invasively use heat to shut down specific nerves that send pain signals to the brain. She draws attention to nerve blocks and radiofrequency ablation of the knee as an intervention at MAHHC that’s not widely available in the region. “These techniques can



Dr. Kimberly Youngren

be helpful both for patients who have total knee replacement, and those who are not candidates for total knee replacement.”

While interventional treatment methods are suitable and effective for many patients, Youngren pointed out that not every patient benefits from medical intervention. For these patients, she works in collaboration with MAHHC physiatrist Dr. Annice Mason, who provides comprehensive non-surgical and non-opioid treatments for people with musculoskeletal pain.

A 2011 graduate of Ross University School of Medicine with highest honors, Youngren performed her residency at the University of Connecticut, where she served as chief resident. She has completed a fellowship in acute


pain and regional anesthesia at Hartford Hospital in Hartford, Connecticut, and a chronic pain fellowship at Dartmouth-Hitchcock. She is board-certified in both anesthesia and pain, and is a member of the American Society of Anesthesiologists, American Society of Regional Anesthesia and Pain Medicine, Spine Intervention Society, and American Academy of Pain Medicine.

Dr. Joseph Perras, President, CEO, and Chief Medical Officer at MAHHC, called Youngren

an important addition to the Hospital staff, saying “when you experience pain that interferes with your daily life and long-term goals, it’s crucial to have someone on your side who understands what you’re going through, and knows how to provide real help. Dr. Youngren has the skill and the passion to transform lives, and we’re fortunate to have here transform lives right here for the people we serve. It’s my pleasure to welcome her aboard.”

Youngren resides in Lebanon, NH.

Got Business News? Send us your news and photos



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WEDNESDAY, DECEMBER 12**Advance Directives Clinic, December 12th, Mt. Ascutney Hospital, Conference Room 1**

Advance Directives (AD) are legal documents that allow you to decide what type of medical care you want if you ever become unable to speak for yourself. Mt. Ascutney Hospital will be holding an AD Clinic in Windsor beginning December 12th from 1-3pm in Conference Room 1 and every second and fourth Wednesday of each month.

Please feel free to bring the person who will act as your agent or family member with you. The AD Clinic will be led by Linda Wilson, APRN DNP. Please register by calling (802) 674-7483.

There is an additional AD Clinic in Woodstock at the Thompson Senior Center every second Monday of the month from 1-3pm and you can schedule an appointment by calling (802) 457-3277.

THURSDAY, DECEMBER 13**Holiday Ornament & Garland Workshop****5:30 pm - 7:30 pm**

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

Price: \$10.00

Holiday Ornaments and Garlands Workshop

Make holiday decorations from many different materials we have and enjoy some creative wintertime fun in the studio.

for Adults and teens, preteens and children with adult caregivers

Cost: \$10

FRIDAY, DECEMBER 14**(New day and time)****Sanctuary in Grief Continues****11:00 AM**

In the Parish House of the Meriden Congregational Church, 5 Mitchell Drive, Meriden, NH
For more information, call (603) 469-3235,

or e-mail john@meridenucc.org

Welcome to a safe, private community - a community of grievers, a place where we hope all can find sanctuary. Through mutual respect and compassion we seek to bear witness to each other's pain, and to support and hold each other as we try to find our way in the unbearable, unimaginable world of deep grief and loss. Everyone is welcome to this community. It does not matter what your religious views are or even if you have no religion. Maybe you are looking for a spiritual path, or maybe you are so mad at God you don't even want to think about that path. While we shall focus primarily on



grief as a result of death, we hope you will find refuge and respite if you are facing imminent loss, such as a terminal illness of a loved one or even yourself. If you are grieving the death of a loved one, it doesn't matter how long ago it was. Grief has no time limit or expiration date. We will not pass judgment on your grief or loss, nor your reaction to it. We shall not try to fix you or tell you how to "move on" or "get better." As Megan Devine, author of "It's OK That You're Not OK" tells us, "Some things cannot be fixed. They can only be carried."

SATURDAY, DECEMBER 15**Charlestown Christmas Craft Fair****9 AM to 3PM**

At the Charlestown Primary School
84 East St
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45 Artist and crafts to delight everyone.

The Charlestown Recreation Department invites you to our 1st Christmas craft fair to shop for those last minute unique Christmas gifts. 45 vendors. Concessions available. A 50/50 drawing and raffles. Drawings will be at 2 PM. No need to be present, but arrangements must be made to pick up your prizes.

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What's Smarter – Paying Off Debts or Investing?

It probably doesn't happen as much as you'd like, but you may occasionally have some extra disposable income. For example, perhaps you have recently received, or will soon receive, a year-end bonus. Or maybe you will get a sizable tax refund in just a few months. Wherever this money comes from, you will want to put it to good use. Should you use the cash to pay down debts or should you invest it instead?

There's no simple answer, and everyone's situation is different, but here are a few suggestions for helping you make a good choice:

Evaluate your cash flow. If you already have enough cash to meet your daily living expenses, you might lean toward investing the money, but if you are just getting by, possibly due to heavy debt payments, then you might be better off using your newfound funds to reduce your debt load. Another way of possibly reducing your debt load is to build an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. Once you have such a fund, you could use it, instead of going into debt, to pay for unexpected costs, such as a new furnace or a major car repair.

Evaluate your debts. Some of your debts are actually more "expensive" to you than others. This expense level doesn't necessarily refer to the size of the debt, however. You might have a large mortgage, for instance, but because your interest payments are typically tax deductible, your "after-tax" interest rate may be relatively modest. Therefore, you might consider using your excess cash for investments, rather than paying down your mortgage. But if you have consumer loans or credit cards that carry a high interest rate and whose interest payments are not deductible, you might be better off paying down this debt.

Evaluate your investment opportunities. You may have heard that one season or another is a "better" time to invest – but there's really no strong evidence to support this claim. However, now that we are nearing the end of the calendar year, and only a few months away from the tax-filing deadline on April 15, you may want to take advantage of at least one time-related investment opportunity.

Specifically, you could use whatever extra money you have to fully fund your IRA, if you haven't done so already. For the 2018 tax year, you can contribute \$5,500 to a traditional or Roth IRA, or \$6,500 if you are 50 or older. (Depending on your income, you may not be able to contribute the full amount to a Roth IRA.) You've got until the April 15 deadline to fully fund your IRA, but if you have the money sooner, why wait? The quicker it's in your account, the faster it can go to work for you.

One final suggestion: If you have a company match as part of your 401(k) or similar retirement plan at work, consider contributing enough to get your employer's full matching contribution before you pay down debts – don't leave this "free money" on the table.

Your year-end bonus, tax refund or other source of beyond-the-paycheck money can help you make progress toward your financial goals – so evaluate your situation and options carefully before making any moves. It will be time well spent.

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



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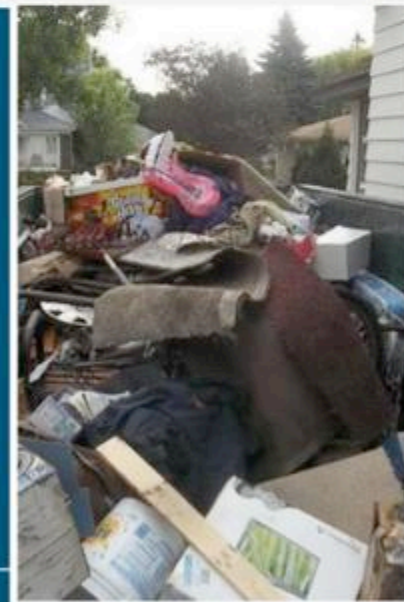
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Sullivan County Republicans to Caucus

NEWPORT, NH — Sullivan County Republicans will caucus on Saturday, Dec. 15th, at 11:00 a.m. at the Richards Free Library, 3rd floor Ballroom in Newport to elect county and state committee members. If you are a registered Republican, you are welcome to attend to have your name placed in nomination.

For more information about the Committee and/or the 2018 Caucus, contact Beard at 603-446-7113 or State Representative Steve Smith at 603-826-5940.

Claremont Senior Center Events

CLAREMONT, NH—All are invited to enjoy a movie on Tuesday, Dec. 11, entitled "Holiday Inn" at 2:15 p.m., at the Claremont Senior Center.

A pot luck dinner & movie will be held on Sunday, Dec. 16, entitled "White Christmas" at 1:00 p.m.

Questions? Call (603) 543-5998.



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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 they cook.

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.

Play with your food. Earn points.

Write to Johnny at etickernews@gmail.com.



Christmas Craft Fair

**Charlestown Primary School
84 East St
Charlestown, NH 03603**

**December 15, 2018
9am – 3pm**

Theresa Beam Tubbs Primitive Candles	Sudie Gauvin Chi for You	Shauna Nickerson Shauna's Bags	Terry Stevens Paparazzi \$5 Jewelry
Katelyn Bushneff KEB Designs	Deborah Gernat-Chamberland Wood Signs	Cynthia Noyes It's Sew Easy	Michelle Springer Thirty-One
Samantha Chalmus Blake Inc	Leah Grant Purely Sweet	Frank & Linda Palmieri Wood Ornaments	Deb Stone/Garden Club DM Stone Turtle
Charlestown Historical Society	Ivy Grenier Local Photography	Brenda Perkins Countryside Wood Craft	Ross Stone Tulip Tree Turnings
Debra Chase Stylestitchingbydlc	Tina Harris Photography	Karen Prior Wisked Things Paintings	Debra Syrene Serene Creations
Jane Clifford Made with Luv Specialties	Sabrina Herrell Simply Sweet Cosmetics	Margie Reed Braided Rugs	Michelle Thornton SunFlower Herbal Soap
Jo Ann Clifford Re-imagined Birdhouses	Samantha Hill Sam Hill Wreaths	River Valley Animal Protection League	Laurene Tuttle Sewing/Knit Crafts
Lisa J Comstock Book Author	Ben Hills Flying Crow Coffee	Alice Scudder Jewelry	Michele Westney A Scent in Thyme
Elena Delesantro Mi'Lady Jewels	Diana Holden Hearths & Flowers	Roseanna St. Pierre Sassy Brats Creations	Pam Zampano Pam's Delights
Barbara Docherty-Hendrick Hendricks Fluid Art SOULutions	Bill Lauer Old Bridge Farm	Morriah Signor Young Living Essential Oils	Phyllis Wood & Family Sewing/Knit Crafts
Jenny Lee Dunham Posh Pearls	Elizabeth Meuse Diz Designs	Jeanne Smith Stone Hill Farms	
Fall Mountain Volunteers Baked Items	Michelle Moseley Sewing/Knit Crafts		

Shooting Incident In Newport Under Investigation

Victim Flown to D-H for Treatment

NEWPORT, NH—Newport Police and New Hampshire State Police reported late Saturday night that they were investigating a shooting incident in Newport earlier Saturday afternoon. At approximately 2:20 p.m., an incident occurred on Oak Street in Newport involving two vehicles. Shortly thereafter, an individual was shot, said the NHSP. That individual was flown to Dartmouth Hitchcock Medical Center for treatment, which is ongoing. The identity of the victim had not yet been released.

Newport Police and New Hampshire State Police are currently investigating this event.

Anyone with information is encouraged to contact Sgt. Shawn Skahan of New Hampshire State Police Troop C at (603) 223-8494 or Newport Police Dispatch at (603) 863-3232. No further information had been released prior to press time today.

—Phyllis A. Muzeroll



Business Owners Help Support Student Backpack Program

CLAREMONT, NH— A local volunteer-run program that helps feed Claremont students on weekends received a donation from two small businesses on Thursday, Dec. 6.

Victoria's Artisan Gifts, an Etsy store, and Bruce Denis Photography, both based in Claremont, joined resources to donate food, funds, and children's holiday gifts for the Trinity Episcopal Church and Prince of Peace Lutheran Church School Backpack Program.

The food donation included six pounds of apples, five pounds of oranges, a dozen fruit cups, 10 cans of pop-top chicken noodle soup, six foil packages of tuna, 20 maple oatmeal packs, six cans of spaghetti and meatballs, six cans of beef ravioli, and 16 pudding cups.

They also presented program volunteers with a \$50 check donation to fill in any missing food items for their church food pantry last week. The program relies on donations and works with the local food pantry to help local students who can benefit from extra food that they can prepare themselves during the weekend if a parent is away or working. The food items, which often include fresh fruit, a granola bar, and pop-top soups or ready-to-heat meals, are packed and delivered by Trinity Church volunteers once a week in preparation to send home with students on the weekends.

Victoria Denis, owner of Victoria's Artisan Gifts, also gave program volunteers five Chalkboard Mats, handcrafted in Claremont and valued at a total of \$50, to give to any children in need this holiday.

The Student Backpack Program does not provide the backpacks, but provides food for students over the weekends for nine months out of the year by sending bags of food for school nurses to distribute in the child's own backpack. The school nurse helps identify those who may benefit from the program, a volunteer said.

On Thursday, volunteers in the church's community room included Jackie Hall, Joseph Woods, Eileen Dohrman, and Larry Marcotte, who were all busy packing a variety of food items into bags to send home.

The program provides approximately 52 bags weekly to the Claremont Middle School and to all elementary schools in Claremont, including Disnard Elementary School, Maple Avenue Elementary School, and Bluff Elementary School. This week, they sent 44 bags to local schools, according to one of the volunteers.

The food for the bags is generously supported through community gifts, and accepts donations year-round. For more information or to donate, call (603) 542-2103 on Tuesdays or Thursdays (or leave a message), visit www.trinityclaremont.org, or mail checks to P.O. Box 172, Claremont, NH 03743.



From left: Victoria Denis with program volunteers Jackie Hall, Joseph Woods, Eileen Dohrman, and Larry Marcotte, who were packing food bags to send home over the weekend for students in need of a nutritional boost (Courtesy photo).

Man on Probation Arrested for Possession of Heroin

LEBANON, NH—On December 7, Sergeant Michael Wright of the Lebanon Police Department reported that he observed a

“suspicious vehicle” parked on Main Street with two male subjects inside. After making contact with the occupants, Sgt. Wright discovered that Tory C. Roberts, age 44, of Lebanon, NH, had a warrant for his arrest. After being taken into custody, Roberts was found to be allegedly in possession of approximately 40 bags of heroin and over \$3,000 in cash, said authorities.



Tory C. Roberts

Roberts is currently on probation for a previous drug conviction and was transported to the Grafton County House of Corrections on a probation hold, said the Lebanon Police Department in a statement Friday.

Roberts is charged with Possession of the Controlled Drug Heroin, a Class B Felony. He will be arraigned in the Grafton County Superior Court on December 10, 2018, said Lebanon Police Chief Richard Mello.

Rutland Man Accused of Stealing Vehicle in Lebanon

Arrest in Case Made in Hartford, VT

LEBANON, NH—On December 6 at approximately 10:08 p.m., Lebanon Police Officers were dispatched to Sandri’s on South Main Street for a report of a stolen vehicle, said the department in a statement released Friday. While the victim was inside the convenient store, a male, who was later identified by authorities as Jack P. Martin, age 45, from Rutland, VT, allegedly approached the vehi-

cle, got into the vehicle and drove away. The stolen vehicle’s description was broadcast to area police departments and shortly thereafter, the Hartford, VT, Police observed the vehicle in Hartford and conducted a traffic stop where Martin was taken into custody.



Jack P. Martin

According to the Lebanon Police Department, witnesses stated that they had seen Martin panhandling earlier on Benning Street, holding a sign that read “stranded.”

Martin was charged by Hartford Police with Possession of Stolen Property and Operation without Owner’s Consent and held on \$200

cash. Charges will be forthcoming from the Lebanon Police Department, said Lebanon Police Chief Richard Mello.

Energy Advisory Committee Public Meeting

Monday, December 17, 2018 6:00 - 7:30 PM
Visitor Center, 14 North Street
Claremont, NH

PUBLIC NOTICE

Conservation Commission MEETING

Tuesday, December 11, 2018, 11:00 AM.
Visitor Center, 14 North Street
Claremont, NH



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