

# e-Ticker News of Claremont

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Grant to Help Fund New Playground Equipment for Monadnock Park; Page A5

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November 20, 2017

## Decorating Time...

Volunteers, with help from the Claremont Fire Department, have been busy working to decorate Broad St. Park, stringing lights and putting up trimmings for the Christmas/Holiday season and Santa's visit, scheduled for Friday, Nov. 24th (Bill Binder photo).



## Crafting Next School District Budget Will Raise Serious Challenges

Proposed 1st Draft Includes \$1.7M Increase; Board Had Proposed Looking at a \$1.2M Decrease

By Phyllis A. Muzeroll e-Ticker News

CLAREMONT, NH--If parties thought crafting a school budget last year was challenging, it appears that the work this year will be even more arduous for the administration and Claremont School Board. In late September, the board tasked Superintendent Middleton McGoodwin with a proposal: To cut the new budget by \$1.2 million. In the draft, the "Initial budget proposal will be equal to a reduction to the 2018 operating budget by \$1.2 million," proposed school board members. "The goal of this action will be a net property tax reduction of approximately \$1.71 (including any addi-

tional costs associated with collective bargaining, etc.). No reductions in instructional staff without supporting data and board approval. No additions to administrative or support staff without supporting data and board approval. No increase to the tech center budget or programs. Outside of contract negotiated profes-

(Continued on page A2)

#### **Budget, from A1**

sional development, no conferences without supporting data and board approval. No additional pre-school programs. No additional technology initiatives. No reduction in athletics or extracurricular activities without supporting data to the board." Wednesday night, McGoodwin presented his budget draft of \$32.9 million, an increase of \$1.7 million from the current year. The proposal did not sit well with several board members.

"I'm frustrated that we gave a directive that's being ignored," charged vice chair Chris Irish. McGoodwin responded, "I'm not going to lie down and say 'Sure, board', without saying, 'do you understand what that means?" He also said, "I do not believe, with all due respect, you have a clue what you are doing." He added that he would do what the board requested while trying to minimize the impact on children. He said that with fixed cost increases. such as insurance, and the reduction of revenue from the state on top of those over the past several years, the reduction would need to be about \$1.8 million to meet the \$1.71 per

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\$1,000 reduction on the school side of the tax rate.

"We wanted to see what it would look like," reiterated Irish.

Board members Michele Pierce and Rebecca Zullo also called out the superintendent for not presenting a budget draft with the \$1.2 million in cuts. "You did not give us the option," Pierce said. "You did not follow the directive. You just said you cannot do it."

After a few more tense exchanges--and comments that the draft was intended to be the base upon which budget adjustments would be made during the budget season--McGoodwin said he would comply with the board's request with a budget bearing the deep cuts on Dec. 6. "You made it clear you want a budget \$1.2 million below this year," said McGoodwin. "You will see that and then it will be in your lap."

Irish was happy to hear that.

Give it to us," he said. "Make us do the heavy lifting. Just give us a chance to do our job. We might come up with something better."

## Time to Fill Out Arrowhead **Tubing Releases and More**

CLAREMONT, NH--Fill out your online tube release for Arrowhead by Nov. 26th and have a chance to win one of two 5 packs of day passes or night vouchers. Eligibility: Must be over the age of 18, one entry per household will be eligible for the raffle.

Everyone has to be on a release form. A slight change from last year is that each adult 18 or older has to fill out their own separate form. Minors are still required to be on an adult's form. Fill out the release form now even

> if you are not

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http://info.arrowheadnh.com/trelease.php Web Site Link: www.arrowheadnh.com

Arrowhead season Pass Packages are available at preseason prices. Passes available on the Arrowhead web site, click on "online store" tab. Prices will be going up to our In Season Rate on December 1st.

sure you or your minor children will be tubing

page tubing paragraph or under tubing / Re-

this winter. The link can be found on the Home

The site now offer gift cards. You can use gift cards on any purchase at the ski area (not for online purchases), and they do not expire at the end of the season.

Cards are available with preset values from the online store (\$10, \$20, \$25, \$50) or send an email request to

arrowheadstore@arrowheadnh.com for a specific value. Be sure to include the mailing address you would like the cards sent to.

Link to online store:

http://stuff.arrowheadnh.com/ssl/goods/store.p hp.

Volunteers are badly needed to help keep the operation going this year. Please consider helping.

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#### **NH Lottery Numbers**

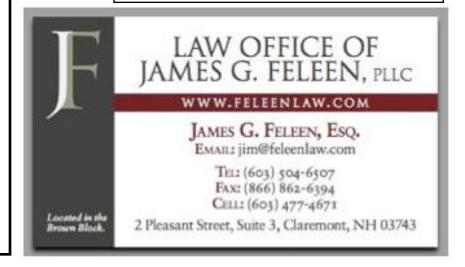
11/18/2017

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## House of Representatives - Claremont

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## **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/me mbers/wml.aspx

and click on "Who Is My Legislator"

## Letter to the Editor

#### **Thank You for Your Publication**

#### To The Editor:

Thank you to all that are a part of the *e-Ticker News* publication. You keep me fully informed on my hometown that I miss. Being so far away here in Arizona, I look forward to every Monday when I open my inbox and you are there. Happy Holidays to you and keep up the great job. **Jeff Blewitt** 

Gold Canyon, AZ

Editor's Note: Thank you for your kind note, it is very much appreciated!

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## National Defense Authorization Act with Important NH Priorities Supported by Senator Hassan Sent to President for Signature

WASHINGTON, DC-- Thursday, Senator Maggie Hassan released the following statement after the U.S. Senate unanimously passed the bipartisan National Defense Authorization Act, which includes key priorities for New Hampshire that Senator Hassan fought to include, said her office. The bipartisan bill was now on its way to the President's desk to be signed into law.

"I am pleased that the bipartisan defense bill, which supports critical priorities for New Hampshire and our national security, is now headed to the President's desk for signature. From establishing a nationwide health study on perfluorinated chemicals and other emerging contaminants in drinking water, to providing important funding to upgrade facilities at the Portsmouth Naval Shipyard and authorizing funding for the procurement of F-35 Joint Strike Fighters, which several suppliers in the Granite State help develop, this bill will help strengthen our national security while helping to boost our economy and keep our communities safe.

"As our country continues to face a variety of national security threats, it is critical that the brave men and women who put their lives on the line every day to defend our freedoms have the support they need to keep us all safe, secure, and free, which is why I also fought to include a 2.4 percent pay increase for U.S military personnel. We must keep working to ensure that the United States remains the strongest military force – and the greatest force for good – in the world, and this bipartisan bill is important to those efforts."

## Kuster Statement on House Passage of Republican Tax Plan

WASHINGTON, DC-- Congresswoman Annie Kuster (NH-02) released the following statement on Thursday's vote by the House of Representatives to pass the Republican tax plan:

"Today's vote is a missed opportunity to deliver the tax reform we need for middle class families and small businesses. I strongly support reform that starts with the goal of providing tax relief for those in the economy who need it most. This bill is little more than a giveaway to big corporate interests and wealthy individuals while creating losers among many middle class families who will see their taxes increase in the coming years. The bill is particularly damaging for students with college debt, seniors with high medical bills, and hospitals, colleges, and communities that rely on tax exempt bonds."

She added, "I urge my Republican colleagues to abandon their partisan efforts and work in a unified way to provide tax relief that starts with the middle class."

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We welcome Letters to the Editor. Please send to <a href="mailto:etickernews@gmail.com">etickernews@gmail.com</a> and include name, address and phone number.

## No Change in Councilors Elected Following Recount Request

CLAREMONT, NH--A few of the numbers changed slightly, but overall, the list of winning candidates during the recent municipal election remained the same following a recount, requested by candidate David Pacetti. The top finishers for the four At-Large Councilor seats were Nick Koloski, who gave up his Ward 3 seat to run as an At-Large candidate, 930; Jeremy Zullo, 841; Abigail Kier, 720; and Claire Lessard, 693. The remaining candidates were Lee-Anne Deveney, who garnered 541 votes, and Pacetti, who received 537.

Totals were as follows after the recount: Koloski, 934; Lessard, 695; Pacetti, 537; Zullo, 840; Deveney, 542; Kier, 722.

----Phyllis A. Muzeroll

## Playground Upgrade For Monadnock Park

CLAREMONT, NH--At the recent City Council meeting, the council passed a resolution to accept and expend a Land and Water Conservation Fund (LWCF) grant for major playground renovations at Monadnock Park, with the City's match coming from the Parks and Recreation Capital Budget and the Parks improvement allocation from the City Forest Management Fund. The project 50/50 grant applied for was in the amount of \$107,400. The LWCF grant funded by the National Park Service in that amount of \$107,400 breaks down as follows: \$53,700 to come from the LWCF grant, \$35,000 already in the current 2018 budget, \$17,256 from inkind labor and equipment and the remaining \$1,444 to come from the City Forest Management Fund.

Earlier this year, the state's Department of Natural and Cultural Resources announced that New Hampshire had awarded \$822,000 to communities for projects that promote outdoor recreation and conservation.

The playground equipment at Monadnock Park was last upgraded almost 20 years ago.

----Phyllis A.Muzeroll

## **Craft Fall at Walpole Town Hall**

The Orchard School and Community Center will hold a craft fair at the Walpole Town Hall on Friday, Dec. 8, 6:00 to 8:30 p.m. and Saturday, Dec. 9, 9:30 a.m. to 3:30 p.m. Hot soup and baked goods from the Orchard Hill Breadworks, live music. Juried, handmade crafts galore, local cider and hot drinks, silent auction.

## Santa is Coming to Town Friday, Nov. 24th

CLAREMONT, NH--Despite a heavy schedule, Santa Claus is planning to stop in Claremont on Friday, Nov. 24th, for a visit in Broad Street Park. He will be arriving at 6:00 p.m. in time to share the holiday lighting of the park with residents. The Claremont Parks and Recreation Department has arranged for Santa's visit. The Claremont Fire Department is planning the arrival of Santa with air traffic controllers. Once in the City, the Fire Department will be delivering Santa to Broad Street Park.



## **Girl Scout Troop 30261 Holding Fundraising Sales**

CLAREMONT, NH--Girl Scout Troop 30261 kicks off its fall product sales. The profit from these sales go directly to the troop to help with program supplies and community service projects.

They were in Springfield, VT, over the weekend and will make additional appearances on the following dates:

11/25 at Runnings, Claremont, from 10-2 11/26 at Jiffymart, Claremont, on Elm from 12-4 12/2 at the Shell Station in Newport from 12-4 And lastly, 12/3 at the Circle K again in Springfield from 12-4

"While we understand some people cannot eat nuts and chocolate, we invite them to consider making a purchase to donate," said Troop Leader Tara Tilton. "They can buy a box for the Charlestown Food Bank to help families in need. These items also make great gifts. We invite you to at least come say hello to our Scouts and learn about all the things we are doing!"



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## \* Past · Shots \*

Sig's Restaurant, Pleasant St., Claremont (Photo courtesy of Merle Boardman).





Roseland Ballroom, Bowker St., Claremont, where big bands played and the locals gathered to listen and dance; one of Claremont's most famous entertainment spots (Photo courtesy of Merle Boardman).

## Diabetes Support Group 2017 – Mt. Ascutney Hospital

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

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

Free and open to the public – bring a friend!

### **Blood Drive at Mt. Ascutney Hospital**

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

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

## Next AARP Meeting is Dec. 14;

#### Property Owners Warned About New Fraud Alert

CLAREMONT, NH--The Claremont Area AARP Chapter met November 8 at The Earl M. Bourdon Centre. Janet Gibson, Sullivan County Registrar of Deeds, spoke about the "Property Fraud Alert Program" that is now in all state registries. She said it is fortunate that this scam has yet to reach New Hampshire, but it is rampant in larger states like California, North Carolina and Florida. The program's purpose is notification to homeowners and renters of changes to their documents. Scammers target abandoned properties and Craigslist. They download online documents and have changes made by fraudulent attorneys and notaries. The State of Florida is now using homeowners' thumbprints on documents to protect homeowners.

Homeowners at the meeting signed up for this program in Sullivan County and will be notified if and when a document is recorded in their name at the Registry of Deeds. If property is owned in another county, they should register with that Registrar. Gibson will gladly accept telephone calls to register for the Fraud Alert Program at 603-863-2110 and encourages all property owners to do so.

The next meeting 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.

Door prizes were won by Joann Johnson (2), June Burr and Judy White.

### Make Someone's Holiday Car Giveaway!

L & K Capitol Car Mart, dba Autosmith Car Company, located in Epsom, NH, has announced their 2017 car giveaway.

Do you know someone deserving who could use a hand up? Someone who works hard? Or just fallen onto some hard times? Someone who's life would be improved by being given a new to them or or upgraded ride of their own? Tell us why and submit your nomination!

They will be awarding a pre-owned vehicle to one deserving person. All candidates need to be nominated by a member of their circle of family, friends, or community. Entries must provide the nominators name and telephone number, and the nominees name, address and telephone number. All nominees will be reviewed by an independent panel, and although it may be difficult to choose only one, the winner will be awarded the car on Friday, December 15, 2107. Nominations must be submitted in writing. Please limit to two pages maximum. Nominations must be received by December 1, 2017 and can be submitted one of two ways: Email: <a href="mailto:autosmithcargiveaway@gmail.com">autosmithcargiveaway@gmail.com</a> or via regular mail: Car Giveaway, Autosmith Car Company, 96 Old Turnpike Rd, Epsom, NH 03234

All nomination letters will become the property of Autosmith Car Company. All information and claims may be validated by the committee.

Nominees must be at least eighteen years old, a New Hampshire resident, and hold a valid New Hampshire driver's license. We do not discriminate against race, religion, creed or gender.

For the complete rules and privacy statement, please go to <a href="https://www.autosmithcar.com">www.autosmithcar.com</a>.

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## Ann's Property Of The Week

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#### CLiF Now Accepting Applications from NH, VT Elementary Schools for \$25,000 Year of the Book Literacy Grants

WATERBURY CENTER, VT--The Children's Literacy Foundation (CLiF) invites eligible elementary schools in New Hampshire and Vermont to apply for its Year of the Book grant, which provides \$25,000 in literacy programming throughout the school year. Programming includes author/illustrator visits and workshops with CLiF's 60+ professional presenters, family literacy celebrations and seminars, and exciting new literacy initiatives. The grant also provides high-quality new books for classrooms and both the school and local public library (selected by the teachers and librarians), and ten new books for each child to choose and keep.

The grant is designed to promote a culture of literacy within a community and to give children the resources and inspiration to enjoy a lifelong love of reading and writing. Schools with at least 25% of students scoring below proficient on reading and writing assessments and with at least 30% of students qualifying for free/reduced lunch are encouraged to apply today for the Year of the Book grant.

Susan Greenlaw, Reading Specialist at 2016-2017 Year of the Book school Bethlehem Elementary School in Bethlehem, NH, says, "Being a recipient of the \$25,000 Year of the Book grant has opened many doors to literacy for our children. Author and illustrator visits helped our children to realize the accessibility of words and the power that they possess. Receiving ten brand new books has put books into the homes of children who previously didn't have books. The Parent Seminar demonstrated for parents the educational power they have as an adult in the lives of their children. Money for books allowed us to purchase books for our students to enjoy. As a culminating activity, CLiF grant money allowed us to hire a hot air balloon which was a once in a lifetime experience for many of our children!"

In addition to the initial year of literacy programming, the CLiF Year of the Book grant also provides \$1,000 in literacy funding for the year after the school's grant to keep up momentum with reading and writing. School representatives are thereafter invited to CLiF's annual Literacy Conference in perpe-

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tuity to connect with past, incoming, and current Year of the Book schools, share their ideas and success stories, and network with their colleagues about creative ways to encourage literacy in their schools and communities.

CLiF Program Director Meredith Scott said, "The goals of the CLiF Year of the Book grant are to create enthusiasm for reading and writing in students, families, teachers, and community members. We hope parents and caregivers will be more involved in literacy and encourage reading and writing outside of school, especially because each child will choose 10 new books over the course of the year. The grant supports teachers in expanding literacy into more areas of study and allows both the school and public libraries to purchase \$1,000 worth of new books."

The deadline to apply for the 2018-2019 school year is January 31, 2018.

More information may be found at www.clifonline.org/year-of-the-book.

#### **Eric Mintel Quartet in Lebanon**

Sunday, Dec. 3

4:00 p.m.:

LOH on Location: First Congregational Church of Lebanon

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

Tickets and info:

https://lebanonoperahouse.org/events/eric-mintel-quartet/

Send news and photos to

etickernews@gmail.com



sport and recreational activities, and open houses. Their contributions have enabled us to host events that not only bring people to the community, but also strengthened the ability of our non-profits to succeed.

So, in keeping with Thanksgiving, I would like to say thank you to all the volunteers, non-profits and businesses dedicated to making

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CREDIT UNION

## A Time of Thanksgiving

In a world in which we are often bombarded with news of people at their very worst, it is easy to lose sight of the good that people do every day in our communities. Throughout November, the month traditionally reserved for giving thanks, we have the opportunity to reflect on the contributions of others. It is their action that makes us a stronger and richer community. Here are just a few examples:

On November 11th, local chapters of the American Legion (to include the Sons of the American Legion and Women's Auxiliary), the Veterans of Foreign Wars and Rolling Thunder banded together to create a ceremony in honor of Veterans' Day. Prior to the event, members had decorated the downtown area with American flags. Afterwards, the American Legion hosted a free lunch for all who attended the ceremony. Their efforts gave us the opportunity to publicly honor veterans who have served throughout our country's history.

On November 12th, my husband and I attended the Upper Valley Interfaith Project's (UVIP) 6th annual Micah Awards Ceremony. The UVIP is comprised of 15 member organizations of various faiths located throughout the Upper Valley, and committed to social justice. That evening, UVIP recognized individuals who are not only actively engaged in their own organizations, but who have also made a difference in the broader community. The recipients ranged in age from a high school senior to a woman in her 90s. Their stories reaffirmed that, no matter our age or background, we are all capable of making a positive difference in the lives of others.

This event was sponsored by numerous organizations and businesses in the Upper Valley. The event organizers were quick to note that, without their support, the awards ceremony would not be possible. Over the past year, our local businesses and organizations have given generously to fundraisers,



## Stuff A Truck...

The Sullivan County Young Professionals held a Stuff A Truck food drive on Saturday, Nov. 18, at the Hannaford store on Washington St. in Claremont. The food will benefit local people in need. L to R—Jackson, August and dad Brian Rapp donate a box of food to Young Professionals Gordon Brown, Danielle Scott, Catherine Andrews and Jason Rook

#### **Photos by Bill Binder**



Members of Girl Scout Troop 51296 held a hair donation event at Marion Phillips on Sunday, Nov. 19. Junior and Cadet Scouts held the event to earn their bronze and silver awards. Participants could donate their hair to one of three organizations—Wigs for Kids, Locks of Love or Children with Hair Loss U.S. Three hairdressers, Shannon Kimbale, Heather Thyne and Shea Desilets, cut a minimum of 8" off, and the hair will be donated to the organization of one's choice. Thanks to the Scouts and others who donated to this event to help other kids in need. Photos: Left top: Scouts participating In this event. L to R—Shannon Kimbale, Anna Aiken, Miranda Dunn, Sophia Day, Elizabeth Surrell, Kimberlee Surrell, Josephine Aiken, Heather Thyne, Chloe Greenwood. Right top: Shannon Klmbale holds Carey Young's donation of over 20". Bottom: All three hairdressers hard at work. L-R—Shannon Kimbale, Shea Desilets, Heather Thyne.

Hair Donations...





## e-Ticker Business News

## Titus named Mt. Ascutney Hospital Employee of the Month for September

WINDSOR, VT – Companion Aide Pat Titus has earned the designation of Employee of the Month for September, 2017, at Mt. Ascutney Hospital and Health Center (MAHHC).

As a Companion Aide, Titus is responsible for the many aspects of the wellbeing of her assigned patients such as helping with grooming, ensuring a bright, clean room, reading,

convers-



**Pat Titus** 

ing, and providing emotional support.

"Pat always goes above and beyond," said Titus's supervisor, Sharon Laskevich. "She has each patient's best interests in mind. No matter who you are, colleague, visitor, or patient, she always has a smile and a willingness to pitch in and lend a hand. She doesn't just sit with patients. She cares for their safety, health, and well-being." Laskevich continued, "Pat understands that being in the hospital can be emotionally challenging, particularly for older patients who may have less family support. For anyone who is in the hospital, it's good to have a friend, and Pat is a great friend. She relates to patients as people first, who may be experiencing an illness or injury, but who deserve comfort and dignity at all times. We know strong morale can lead to better outcomes, which is why Pat is such an important part of the care team."

Titus has been an employee of MAHHC since 2009. She resides in Windsor, VT.

## Wiegand Joins VNH Hospice Volunteer Coordinator

WHITE RIVER JCT., VT – Cindy Wiegand has been named Hospice Volunteer Coordinator for Visiting Nurse and Hospice for Vermont and New Hampshire (VNH). Wiegand holds a Certificate in Paralegal Studies with a concen-

tration in Family Law from Woodbury College. She has over 15 years of experience providing thorough and skillful administrative support to top management and senior leadership. Prior to joining VNH, Wiegand worked as a Senior Program Coordinator at Vermont Law School in South Royalton, VT.

"I am very excited for this new career opportunity and look forward to working with all of VNH's wonderful volunteers," said Wiegand. Her father, a retired Veteran, utilized hospice services throughout his battle with lung cancer and her and her family were very grateful for the services during the difficult time. "I was in-

(Continued on page A15)

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## e-Ticker Business News

#### Wiegand, from A14

spired by the compassion, as well as their knowledge and experience, so much so that when I returned after my father's passing, it became my goal to move into a



**Cindy Wiegand** 

career in caring," she said.

In this role, Wiegand will be responsible for recruitment, coordination, supervision and program administration of the hospice volunteer program. She will oversee adequacy and appropriateness of volunteer services provided to patients and family members and ensure an exceptional volunteer and patient experience.

Interested in volunteering with VNH? Visit <a href="https://www.vnhcare.org/volunteer">www.vnhcare.org/volunteer</a> or call 888-300-8853 for more information about current volunteer opportunities.

## Patrick F. Jordan III Named Chief Operating Officer at D-H

LEBANON, NH – Patrick F. Jordan III has been named Chief Operating Officer (COO) for the Dartmouth-Hitchcock health system. Jordan, who previously served as COO for the at Lahey Hospital & Medical Center in Burlington, MA, was appointed to the position by Dartmouth-Hitchcock CEO and President Dr. Joanne M. Conroy. He begins his new role at Dartmouth-Hitchcock on Nov. 20.

"I'm delighted that Pat Jordan has agreed to join us at Dartmouth-Hitchcock," said D-H CEO and President Dr. Joanne M. Conroy. "His long record of accomplishment in health care, and his skills and experience fit well with our outstanding leadership team here. I look forward to working with him again."



With city officials and family members looking on, Melissa Maranville cut the ribbon formally opening her new Granite State Hobbies store on Pleasant St. From artists supplies, radio controlled cars and boats to train sets, models and more, the shop has something for everyone (Bill Binder photo).



# This Year is Different Coping with Grief through the Holidays

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

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



## Register for our FREE workshop

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

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

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

## Comeau Announces the Release of Science Fantasy Book, "Memories of Chronosalis"

ACWORTH, NH- Ceara Comeau is proud to announce the publication of her latest work, "Memories of Chronosalis", available online at www.lulu.com. The book is coming soon to Amazon and Barnes and Noble.

"Memories of Chronosalis" is an exciting tale focused on the journey of a powerful young woman whose destiny is to save humanity.

"Memories of Chronosalis" goes deep into the world of science fiction, focusing on the make-up of a solar system and how it relies on a healthy balance of good and evil. The planets within this solar system communicate with each other in a telepathic way and can even change the personalities of its

which creates chaos throughout the entire novel. If something major occurs on one planet, then the other planets face the same change. This proves to be a problem as the balance that holds this solar system together is falling apart due to an evil force that would like nothing more than to destroy everything good.

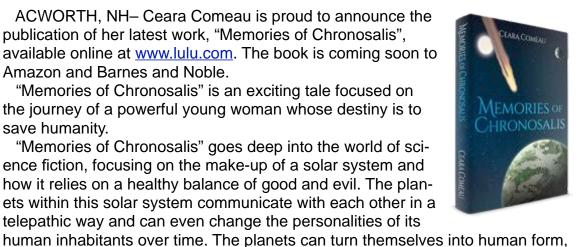
Comeau started writing stories when she was 12 years old. Her writing career began with "Amber Oak Volume 1" and "Adventures of the Young and Curious". Both books were a compilation of short stories that were self-published when she was 15 years old. Over the next few years, "Amber Oak Volume 2" was written and became self-published when she was 17. During her college years, "Amber Oak and the Missing Links" and "Amber Oak and the Master of Illusions" were born. After they were self-published, Comeau wrote another story separate from her Amber Oak world entitled "The Lost Journal of Erika Traynor". That was the last book she self-published before graduating college in December 2016. Later, she returned to the beginning and looked at her Amber Oak series. It was then that she decided to take the series she worked hard on all those years ago and rewrite it. It first started out as an eightbook novella series, then to a trilogy, and then it turned into one book, "Memories of Chronosalis."

For more information, please visit www.amberoakmysteries.com.



#### Send us your news and photos

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## Apple Blossom Children's Applications Due

SPRINGFIELD, VT--Elementary school children in grades Kindergarten through 4th are invited to participate in the 62nd annual Apple Blossom Cotillion, presented by Springfield Hospital and Springfield Medical Care Systems. These young performers, always a popular feature of the show, are introduced in couples, just like the high school participants and escorts, and they perform singing and dancing numbers.

This year's Cotillion is on Friday and Saturday, May 4 & 5. The Director of the 2018 Cotillion is Madison Moreau. While relatively new to the local area, she has been studying and teaching dance for more than 15 years. Her choreographic pieces were featured at Hampshire College, where she was a student, and she worked for the Basketball Hall of Fame as a choreographer. She also volunteered with the Good Company Theater, a non-profit community organization in Granby, Connecticut, before moving to Springfield, VT.

Children should apply in couples – a girl and her male escort – just like the high school participants. Elementary school couples who submit a completed application by the due date of December 4 are eligible to participate unless the number of applicants exceeds the capacity of the production. In that case, a random drawing will be held on December 7 to determine the participants.

An orientation for all parents and participants, including elementary school, is on Sunday, Jan. 7, at 1:00 p.m. at Riverside

gymnasium. Weekly rehearsals for elementary school participants start on Sunday, Feb. 18, from 3:00-4:00 p.m.

Parents who would like their children to participate may obtain an application form from the Springfield Hospital Development office, 802-885-7644, or <a href="mailto:lkraft@springfieldmed.org">lkraft@springfieldmed.org</a>.

## **Looking for the Next Apple Blossom Cotillion Queen**

SPRINGFIELD, VT--High school senior girls in the communities served by Springfield Hospital and Springfield Medical Care Systems (SMCS) are invited to participate in the 62nd annual Apple Blossom Cotillion. One of them will join the select group of Apple Blossom Queens. This special community event continues to be both a unique tradition and a rite of passage for area young people. Girls present themselves with and without their escorts and are interviewed by a panel of judges.

The Director of the 2018 Cotillion is Madison Moreau. While relatively new to the local area, she has been studying and teaching dance for more than 15 years. Her choreographic pieces were featured at Hampshire College, where she was a student, and she worked for the Basketball Hall of Fame as a choreographer. She also volunteered with the Good Company Theater, a non-profit community organization in Granby, Connecticut, before moving to Springfield, Vermont.

The master of ceremonies for the 18th consecutive year is Larry Kraft, Director of Development for SMCS.

Proceeds from the event are used for the Dr. E. Sherburne Lovell Health Career Award and to benefit Springfield Hospital and the ten community health centers of SMCS.

An orientation for all parents and participants, including elementary school, is on Sunday, Jan. 7, at 1:00 p.m. at Dressel Gymnasium at Riverside Middle School. Weekly rehearsals for high school couples start immediately after that orientation. Rehearsals for elementary school participants start on Sunday, February 25. It all culminates with performances on Friday and Saturday, May 4 and 5.

Applications are available at <a href="https://www.springfieldmed.org">www.springfieldmed.org</a> and at area schools. Applications must be received by December 4. For information, call Larry Kraft, 885-7644, or <a href="https://kraft@springfieldmed.org">kraft@springfieldmed.org</a>.

#### **SCHS Ski Ticket Raffle**

CLAREMONT, NH--Win two single day ski passes for Mount Sunapee Resort good on any day but a holiday; \$186 value. Two dollars per ticket or three tickets for \$5. Drawing will be held at 5:00 p.m. on Friday, Dec 1. Winner does not need to be present to win. Tickets can be purchased at the Sullivan County Humane Society located at 14 Tremont St. during any of its open hours or via mail to SCHS, PO Box 111, Claremont, NH 03743. Please include a return address and phone number.

Send news and photos to

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Thank you all for your continued support, in so many ways.

The e-Ticker News



## During Holidays, Be Extra Vigilant About Protecting Financial Data

To help achieve your long-term goals, such as a comfortable retirement, you should save and invest regularly. But that's only part of the picture. You also need to protect your financial assets in various ways. One such method is guarding your personal information – especially any information that could be linked to your financial accounts. It's obviously important to be vigilant at any time, but you need to be even more on your toes during the holiday season, when fraudsters are particularly active.

So, to help keep your important data under wraps during the holidays, consider these suggestions:

**Extend your protection to all mobile devices.** Identity thieves can now compromise your mobile devices by installing spyware that steals usernames, passwords and credit card information. Fortunately, you can fight back. By doing a little research online, you can find the best mobile security software for your needs.

**Use multiple passwords.** Online security specialists recommend that you use different passwords for each new online shopping site you visit during the holiday season. Although this might seem like a hassle, it can be helpful, because even if identity thieves were to grab one of your new passwords, they still couldn't use it for other sites you may visit. And you can even find a free online program that can help you keep track of all your passwords.

**Be suspicious of "huge savings."** It happens every holiday season – identity thieves develop fake sites with attractive graphics and stunningly low prices on a variety of items, espe-

cially digital devices. If you fall for these pitches, you won't get any merchandise, but you might get a handful of headaches once the bad guys have your credit card number and other personal information. To prevent this, be wary of any deal that sounds too good to be true, and do some digging on the websites that offer these mega-savings.

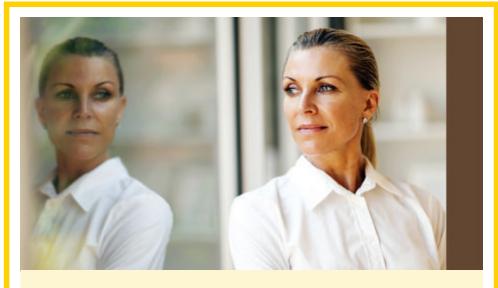
Watch for fake shipping notices. During the holidays, when you may do a lot of online shopping, you will probably receive some legitimate shipping notices. But the bad guys have gotten pretty good at generating fake notices designed to resemble those from UPS, FedEx and even the U.S. Postal Service. If you were to click on the link provided by one of these bogus notices, you could either take on some malware or get taken to a "phishing" website created by the shipping notice forgers. Your best defense: Only shop with legitimate merchants and only use the tracking numbers given to you in the email you received immediately after making your purchases.

**Keep your Social Security number to yourself.** As a general rule, don't give out your Social Security number online — to anyone. No legitimate retailer needs this number.

Finally, be aware that not all attempts at stealing your personal information will come online. When you're out shopping at old-fashioned, brick-and-mortar stores, consider bringing just one credit card with you — and protect that card from prying eyes.

By following these precautions, you should be able to greatly reduce the risk of being victimized by identity thieves and other miscreants. And the more comfortable you are in doing your holiday shopping, the more you can enjoy season.

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



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#### **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.

To benefit Sullivan County Humane Society.

## **Community Meal Schedule**

Community Meal Schedule for seniors 60+, Nov. 29; (seniors may bring guests of all ages): Reservations required - call VIA at 802-674-5971; 12:00 noon, Mt. Ascutney Hospital-Board Room. Menu: Turkey dinner, mashed potatoes, squash, salad, dessert (suggested donation \$3.00). Coordinated by: Volunteers In Action (VIA), sponsored by: Senior Solutions). Please note: If you need to cancel please call as each meal ordered is paid for by Senior Solutions (who sponsors the meals).



## **It's About Food**

### **By Johnny Navillus**

## **Turkey**

I subscribe to a number of food newsletters online. I don't open most of them unless the headline interests me. "One Hundred Ways to cook Kale" isn't of any interest to me. However, two really caught my eye this week.

First was one advising against rinsing your turkey. WHAT? Yup, this person was strongly against rinsing turkeys. The rationale was that you sprayed drops of water all around the area thus spreading bacteria. Faucet, counter top, you, everywhere. Better not to rinse and let the oven heat kill the bacteria. Wow!

I find this to be totally gross! They are probably right and for this reason I wash down the whole area when I'm finished and before I start prepping the turkey. I even wear an apron when I rinse the turkey. I'm not about to ruin the day with a houseful of sick guests. Never have and won't risk starting it now.

My late mother-in-law washed her turkey for about two hours. No exaggeration. She scrubbed that thing with a vegetable brush until the skin was paper thin. She then cooked the living daylights out of it. She served the driest turkey imaginable. She was a great cook except for her turkey. No need to get neurotic about it, just rinse it well, the inside especially. Don't forget the leg and wing joints.

The second advised against basting. They said just tightly tent the bird and it will baste it-self. I don't see how. By basting, they felt you let the heat out of the oven and prolonged the cooking time. When I baste I close the oven door. It saves the heat and keeps anyone from skinning their shins on the open door. I really don't see a great temperature drop doing this. But you can do what you want. Best to follow your grandmother's system. She always new best, unless you are related to my mother-in-law.

Something I did come across that I'm definitely trying is mashed potatoes in the slow cooker. There are never enough burners, it seems. The potatoes take up a burner for a good bit of time and if I can avoid that, so much the better. I never give out a recipe without trying it first, but this seems to make so much sense and there is always the pouch potatoes in case.

Cut up your potatoes after peeling them and place in the slow cooker with a small amount of liquid. Cover and cook until very tender. On high for about 4 hours. Then mash them right in the cooker. Actually, I don't want to scratch my liner, so I'll mash them in a bowl. Then add your milk and butter. Mix it up and return them to the cooker set on warm. The will keep for hours. If they dry out add a bit more milk and butter. If the milk gets crusty on the edges like au gratin, just scrape it off.

Another tip is to warm the milk and butter before adding to the potatoes so the cooker doesn't have to start from scratch. They will keep on low for 4 hours. You have saved a large pot, a burner and last minute mashing. If this works out like I think it will, I'm going to do this almost routinely. I'll let you know how it went.

Play with your food. The best cooks do.

Write to Johnny at etickernews @gmail.com.



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# Revels North Presents The Christmas Revels: A Nordic Celebration of the Winter Solstice

December 14-17 The Hopkins Center for the Arts Hanover, NH

As the winter solstice brings with it long nights of frosty breath and nose-nipping cold, gather with us before a warming hearth as we weave a tale of adventure, enchantment, and self-discovery.

When a young girl goes in search of her Nordic heritage, she is drawn into the mystical and fantastical stories of her father's Finnish homeland, as well as the masterful craftsmanship of her mother's Swedish musical traditions. As we are swept along on her journey through epic folklore, alongside heroes and magical creatures, and across the vast and vibrant landscape of the Nordic region, we come to realize--as does she--that the threads that connect us to our past become the fabric upon which we stitch all that we could ever want to be.

Joining a talented cast of local actors, singers, and dancers will be featured guest performers from the world of Scandinavian song and dance, bringing to the stage unique folk instruments from the Nordic region. These guest artists include: Andrea Larson, singer and fiddle player in the Swedish tradition; lydia ievins, playing the 5-string fiddle and nyckelharpa; Loretta Kelley on the Hardanger fiddle, or hardingfele; Finnish performer Merja Soria playing the kantele (Finnish folk harp); and Norwegian dancer Tom Lovli, renowned for his performance of the Norwegian hallingdans, or halling dance.

The Christmas Revels is the Upper Valley's most enduring holiday tradition, with every year bringing with it a once-in-a-lifetime performance sure to get audiences singing along and dancing in the aisles! This year, we'll be bringing a little extra hygge (Nordic coziness) to the stage, as we brighten up the dark solstice nights with music, dance, laughter...and you! Tickets are available through the Hopkins Center box office, online at <a href="https://hop.dartmouth.edu/Online/default.asp">https://hop.dartmouth.edu/Online/default.asp</a>

or by phone at 603-646-2422.

## **Cornish, Plainfield School District Meeting**

Joint Review Committee Meeting Wednesday, Nov. 29 - 6:30 PM Cornish Elementary School Library

Agenda includes Hiring Practices for the Administrative Team, Establishing and Revising JRC Policies and Practices, Joint District Goal Setting, Identification of District Partnership Opportunities, Identification of any Issues that Might Affect the Smooth Continuation of the ASA.





