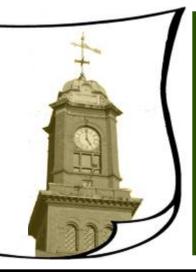


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Growing Concerns
Over Condition of
Building on Main St.;
page A9

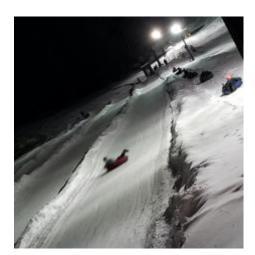
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December 17, 2018

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

CLAREMONT, NH—Claremont-Sugar River Rotary Club is inviting everyone to the last event of the year — Claremont First Night.

Come celebrate the **New Year** with activities all around the City. The evening kicks off at 6:00 p.m. on December 31, and will go until midnight. Fun, familyfriendly events are scheduled at Arrow-



Tubing at Arrowhead will be one of the offerings at First Night (File photo).

head Lodge, the Claremont Savings Bank Community Center, Claremont Opera House, Family Fun Zone and Meyer Maple Lanes.

"There will be something for everyone," said Mark Brislin, Claremont's Parks and Recreation Director. "Whether you want to go tubing at Arrowhead, take a dip in the pool at the Community Center, or enjoy some of the great entertainment that we have lined up, there will be something for everyone to enjoy," said Brislin.

At 10:00 p.m., there will be a dazzling fireworks display over the ski area at Arrowhead, which will also be televised live on CCTV channel 8. After fireworks, the evening is not over! Meyer Maple Lanes will ring in the New Year with a live DJ rocking the music until

(Continued on page A2)



Officer Michael Puksta issues a citation for speeding to a driver from New York. Charlestown Road, with its wide and often dark stretches, accounts for a large number of motor vehicle stops (Eric Zengota photo).

While the City Sleeps

Editor's Note: The Claremont Police Department recently granted e-Ticker News reporter Eric Zengota access to two ride along night shifts to help us get a better understanding of how the department carries out its duty and mission to serve the public. We thank Chief Mark Chase for his assistance and time in making this possible.

By Eric Zengota e-Ticker News

CLAREMONT, NH—All Claremont police officers rotate into the night shift, a 3-month assignment with unique challenges. There are at least three officers on duty. Shift hours are (Continued on page A6)

First Night, from A1

midnight. "Local businesses have been very supportive of this event and are excited to bring a New Year's Eve celebration back to Claremont," said Liza McSwain, President of the Claremont-Sugar River Rotary Club. "We are thrilled to be able to offer this event to the community of Claremont and are looking for ways to help sustain this event for years to come," said McSwain.

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

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Member, NH Press Association

Member, Greater Claremont Chamber of Commerce

Food and beverages will be for sale at Arrowhead Lodge, Claremont Savings Bank **Community Center** and Meyer Maple Lanes. Parking will be available at Arrowhead Lodge. **Claremont Savings Bank Community** Center, Claremont Middle School, and **Claremont Savings** Bank. A shuttle service will run from **Broad Street Park** to the Community

Center between 6:00 p.m. and 10:45 p.m.



First Night is sponsored by the Claremont-Sugar River Rotary Club with the assistance of many City businesses.

Help sponsor the First Night events by purchasing a Claremont First Night 2019 button,

> available

Event	Time	Location
Bowling	6-8:30PM & 9PM-midnight	Meyer Maple Lanes
Live DJ and Photo Booth	6-8:30PM & 9PM-midnight	Meyer Maple Lanes
Bounce House Fun	6-9PM	Family Fun Zone
Tubing / Skiing (weather permitting)	6-9:45PM	Arrowhead
World Under Wonder presents interactive Jedi Training	Shows at 6,7, 8 & 9 PM	Opera House
Pool & Gym Activities	6-9:45PM	CSBCC
Wunderle's Big Top Adventures – Interactive circus clinics and tricks	6-10PM	CSBCC
Resolutions with CCTV	6-10PM	CSBCC
Dylan Tenney – Magic Show (Show 1)	6:15-7:15PM	CSBCC
Off Broad Street Players	7:30-8:30PM	CSBCC
Dylan Tenney – Magic Show (Show 2)	8:45-9:45PM	CSBCC
Fireworks	10PM	Arrowhead

from any Rotarian or supporting merchant in town for only \$1.00 each. Buttons are required by all members in your family or party to enjoy First Night activities.

More may be added, so for up-to-date information, please visit claremontparks.com. Or like Claremont Parks and Recreation on Facebook at Claremont First Night.

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Left: Fun at the CSBCC (File photo).

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NH Lottery Numbers

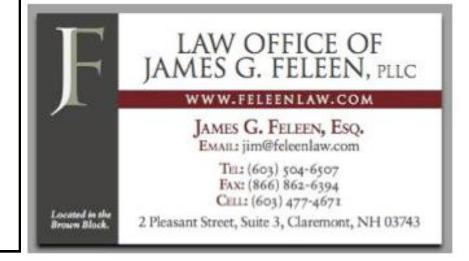
12/15/2018

NH PowerBall 8 38 43 52 55 17

NH Mega Millions 12/14//2018 5 22 26 43 49 23

Tristate Megabucks 12/15/2018 16 26 28 29 30 5

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







For each new money CD, we donate \$10 to the United Way of Sullivan County.

LOCATIONS

145 Broad St. Claremont, NH

Claremont, NH

356 Washington St. 85 Main St.

Springfield, VT

135 Main St. Charlestown, NH **LENDING OFFICE**

93 South Main St. West Lebanon, NH



800-992-0316

claremontsavings.com

*Limited time offer. The Annual Percentage Yield (APY) shown is accurate as of 11/01/2018. Rate advertised as 2.65% APY, applies to NEW money, not already on deposit at Claremont Savings Bank (CSB). Minimum to open Certificate of Deposit (CD) and earn the advertised APY is \$500. Interest compounded monthly. A penalty may be imposed for early withdrawal. IRA/Retirement CDs are not eligible for this CD Special rate. No bump-up option. Rolling of matching funds from a CSB account available (example: \$10,000 new money deposited into this CD, you can add an additional \$10,000 from one of your current CSB accounts). CDs must be opened in branch. Rates on all accounts except fixed rate certificates are variable and may change after the account is opened. Fees could reduce earnings on an account. Rates and programs are subject to change without notice. For each NEW money CD opened CSB will donate \$10 to the United Way of Sullivan County.

Commentary

NH House Happenings

By Rep. John Cloutier

County Delegation Takes Shape

Charlestown Rep. Steven Smith is the new Chair of the New Hampshire House of Representatives' Sullivan County Delegation for the 2018-2020 Term.



On Dec. 13 by unanimous voice vote, Rep. Smith, a Republican first elected in 2010, was chosen as the new Sullivan County Delegation Chair at the Delegation's first meeting of the term at the County Complex in Unity. His election as Chair was ensured after he and his fellow Republicans won seven out of the county delegation's 13 representatives in the Nov. 6 Elections. These victories left my fellow Democrats, including myself, with six representatives out of the 13. This shift in party control was confirmed by three recounts conducted on Nov. 16 in Concord, concerning several of the representatives' races, after three of my fellow Democrats lost to Republicans by narrow margins, recounts that did not change the Nov. 6 results.

Also unanimously elected by the Delegation on a voice vote at the same meeting were Newport Rep. Skip Rollins as Delegation Vice Chair, and Claremont Rep. Andrew O'Hearne as Delegation Clerk. Rep. Rollins is a Republican, while Rep. O'Hearne is a Democrat. Next, the 12 representatives present unanimously elected again by voice vote five representatives to the EFC (Executive Finance Committee). The five included Charlestown Rep. Thomas Laware, Acworth Rep. Judy Aron, Unity Rep. John Callum, Sunapee Rep. Linda Tanner, and Grantham Rep. Brian Sullivan. Reps. Laware, Aron, and Callum are Republicans, while Reps. Tanner and Sullivan are Democrats. A short recess was then declared by Rep. Smith, allowing the EFC to elect its officers for the 2018-2020 Term. A few minutes later, the EFC returned, and the Chair announced that Rep. Laware had been chosen the new Chair, and Rep. Aron as Vice Chair. By the way, the EFC is the Delegation's most important subcommittee, working with the County Commissioners and other county officials on all budget issues.

Acting under his authority as Delegation Chair, Rep. Smith then appointed four representatives to the following four county committees. The appointments included Rep. Tanner to the UNH Cooperative Extension Advisory Council, Plainfield Rep. Lee Oxenham, who was absent on Dec. 13 because of illness, to the County Conservation District Board of Supervisors, Rep. O'Hearne to the Criminal Justice Coordinating Committee, and Rep. Aron to the Nursing Home Trust Fund Committee.

The new Delegation then listened to presentations by various Sullivan County officials about county government in general, as well as the current Fiscal Year 2019 Budget, which had been adopted, and then revised by the previous Delegation earlier this year. These presentations included County Commissioner Jeffrey Barrette, High Sheriff John

Simonds, and Registrar of Deeds Janet Gibson. Further presentations came from County Manager Derek Ferland, SCHC (Sullivan County Health Care) Administrator Ted Purdy, and DOC (Dept. of Corrections) Supt. David Berry. Natural Resources Director Lionel Chute continued with his very informative presentation, which was done during a delicious lunch served by the staff of the SCHC, more popularly known as the "county nursing home." During Mr. Chute's presentation, he reminded all of those present of the facts that our county government now owns 2,170 acres of land on six parcels, mostly in Unity. These 2,170 acres include 125 acres of fields, four ponds, and eight hiking trails for the enjoyment of the public. Ms. Dawn Dextraze, Natural Resources's Education & Outreach Specialist, further elaborated on Mr. Chute's presentation. Finally, Ken LaValley, Dode Gladders, as well as Penny Whitman of the UNH(University of New Hampshire) & Sullivan County Cooperative Extension Service, discussed various roles of Cooperative Extension, an agency funded by both our state and county governments, that provides valuable agricultural, consumer, as well as economic development services to many county residents..

The Delegation's Organizational Meeting and Orientation Session was concluded with tours of the County Complex for members who wished to participate. More specifically, tours of SCHC, the House of Corrections, and the Biomass Plant led by County Manager Derek Ferland, and other county employees. All four of Claremont's representatives—Gary Merchant, Andrew O'Hearne, Walter Stapleton, and myself—participated in the tours, along with Rep. Aron. In summary, I believe this first meeting and orientation session overall went well, and Rep. Smith, who succeeds me as Delegation Chair, did very well in presiding over his first meeting as Chair.

For readers' information, the Delegation's first meeting on Dec. 13, followed the first meeting of the entire New Hampshire House of Representatives on Dec. 5 in Concord. At the meeting approximately 395 representatives out of the 400 (The other five representatives were absent) elected representatives were sworn into office by Gov. Christopher Sununu. Afterwards, we elected a new House Speaker, Concord Rep. Stephen Shurtleff by a 237-153 secret ballot vote over House Republican Leader Richard Hinch of Merrimack. Speaker Shurtleff, first elected to the House in 2004, had previously served as House Democratic Leader as well as Chair of the House Criminal Justice & Public Safety Committee. A Vietnam veteran as well as former United States Marshal, police officer, and substitute teacher, the Speaker's victory was likely guaranteed after Democrats took control of the House on Nov. 6 by winning 233 seats to the Republicans' 167 seats. But he also won the Democratic nomination for Speaker on Nov. 15 by overwhelmingly defeating Hampton Rep. Robert Cushing, who then graciously supported him on Dec. 5. I voted for Rep. Shurtleff for Speaker both on Nov. 15 and on Dec. 5. I believe he will make a great Speaker, and look forward to working with him for the good of our state, especially since Democrats are now in the majority. In the meantime over the next month, the Speaker, his leadership team, and staff are busy determining for the new term various items.

Email: jocloutier@comcast.net

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friendsofandrewohearne@comcast.net

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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

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http://shaheen.senate.gov/contact

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

Rep. Anne Kuster
137 Cannon House Office Building

Washington, DC 20515
phone: 202-225-5206
http://kuster.house.gov/contact

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

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

and click on "Who Is My Legislator"

Letter to the Editor

Thank you, Claremont Police Department

To The Editor:

On Friday, Nov. 30th, I experienced an incident that I have always thought and read about but never thought it could happen to me. My coworker and I were involved in an armed robbery. When the robber left the pharmacy, I immediately called 911. I am not sure of the actual time-frame, but it seemed as though within one minute a Claremont Police officer was at the store. Her first concern was our health and our safety. After that was established, she asked questions about what the robber looked like. While she was interviewing us, several police came into the pharmacy. Their response took place quickly. They had their K9 unit and started searching for the robber. They caught the person within a short period of time.

The reason for this letter isn't for sympathy for myself or my coworker, it is for the utmost praise and respect I have for our police department. They never left our side throughout the morning and their response was extremely fast, professional, and compassionate. Claremont is very fortunate to have a well-trained, professional police force. We take city services such as the police force for granted until we need them, and I just want to say THANK YOU!

Carl Bannon

Pharmacy Manager

Shaheen Helps Pass Bipartisan Resolution Ending U.S. Support for Saudi Arabia in Yemen Civil War

WASHINGTON, DC— U.S. Senator Jeanne Shaheen (D-NH) issued the following statement last week after the Senate passed a bipartisan resolution that ends U.S. military support for the Saudi-led coalitions involvement in the civil war in Yemen. Shaheen successfully amended this resolution with legislation introduced with Senators Todd Young (R-IN), Susan Collins (R-ME), and Chris Coons (D-DE) that prohibits the resumption of U.S. air refueling of Saudi coalition aircraft engaged in the civil war in Yemen.

"This resolution sends a clear message to Saudi leadership and the world, that the United States Senate, on a strong bipartisan basis, stands firmly on the side of human rights and democratic values," said Shaheen. "The civil war in Yemen is the worst humanitarian disaster in the world and every effort must be made to use our nation's substantial leverage to bring a cessation to the violence. My bipartisan amendment refutes the administration's cynical certification to Congress which stated that Saudi violence is in compliance with U.S. and humanitarian interests in the region, and clearly prohibits a resumption of refueling support for the Saudi coalition. Going forward, there is much work yet to be done to deliver legislation to the president's desk to hold Saudi leadership accountable, including measures that respond to the brutal murder of Jamal Khashoggi."

Hassan Announces Committee Assignments for 116th Congress

WASHINGTON, DC – U.S. Senator Maggie Hassan Thursday announced that she will join the Senate Finance Committee in January, positioning her to continue leading on efforts to expand economic opportunity and support job-creating businesses. The Senator will also continue to serve on the Homeland Security and Governmental Relations Committee, the Senate Health, Education, Labor and Pensions (HELP) Committee, and the Joint Economic Committee.

"I'm excited to join the Senate Finance Committee, where I'll be well-positioned to fight to protect and strengthen Social Security, Medicare, and Medicaid, and to help spur job creation and economic growth," Hassan said. "These committee assignments will allow me to build on our bipartisan efforts over the past two years on key New Hampshire priorities..."

Night Shift, from A1

from 6pm to 6am. Each CFS (call for service) is automatically logged in the records system with a number, beginning with the year, e.g. 18-26833.

Thursday, Dec. 6, 2018

1730 / 5.30pm CFS 18-26833. Just before his day shift ends, Sgt. Tyler Petrin makes a motor vehicle (MV) stop on Citizens Street. He gives the driver a warning that a headlight is out. In the back seat, K-9 Officer Maverick surveys the situation, but because he's not needed, Petrin doesn't call him out of the cruiser. Since joining the force on Sept. 23, Maverick has assisted on 30 calls.

1806 / 6.06pm CFS 18-26836. Lieutenant Stanley Andrewski is driving along Pearl Street when he spots a man who he suspects is wanted for a 10-23, an outstanding warrant. Andrewski runs the warrant request through the dispatchers office in City Hall. The warrant is confirmed. Andrewski detains the suspect until Officer Joshua Peavey pulls up to assist. Peavey arrests the man — it's the City's 709th arrest in 2018 — and transports him to the jail. Andrewski explains, "We get to know a lot of people in the city, especially repeat offenders. We arrest them because we see ourselves as the public's friend. We have to keep our residents safe."

1835 / 6.35pm. Over Andrewski's 23 years with the Department, he's become all too aware of the City's growing drug problem. He drives out to Half Mile Road and other nearly deserted areas on the outskirts of town. He points out houses that had been meth labs. In one raid on Plainfield Road, three officers were poisoned by breathing meth fumes; they were hospitalized, treated and released. "But it's not just out here," he says. "We busted a meth lab right downtown, in the basement of a house where five young children were living."

1838 / 6.38pm CFS 18-26838. Andrewski and Sergeant Trevor Dickerman head to McDonald's on Washington Street to respond to a call about intoxicated subjects. By the time they get there, the man and woman have left. Dickerman takes down their descriptions. The caller doesn't know in which direction their "light"



Jessica Marro monitors the night's activities on six screens. As Communications Specialist, she receives and dispatches 911 calls to the appropriate first responders in Claremont, keeps in touch with officers out on patrol, and surveys rooms and jail cells in the Department via security cameras (Eric Zengota photo).

blue or gray minivan" headed, but Andrewski checks to the Newport line. No one is located.

1905 / 7.05pm. Communications Specialist Jessica Marro is working in the dispatchers office until midnight. At her desk, monitoring six screens of real-time information, she handles incoming 911 calls as well as calls on the Department's non-emergency line. She in turn alerts the appropriate first responders: police, fire and ambulance — sometimes, depending on the emergency, all three. "We never subtract from the services 911 tells us, but we can add," Marro says. For her, "the hardest calls are the ones that involve weapons, or someone who needs help but doesn't know the address they're at."

1924 / 7.24pm CFS 18-26840. Officer Cameron Blewitt is in his first year with the Department. "I've always had an interest in police work," he says. "It really came together on a career day ride-along in 7th or 8th grade." He worked for a while at Springfield Corrections Facility before training as a police officer, following in the footsteps of his grandfather, William Blewitt, who worked for the Claremont PD.

He makes an MV stop on Charlestown Road. The driver was over the speed limit.

Blewitt gives him a warning. Back in the cruiser, he enters details of the call on the MDT (mobile data terminal). The automated records go back to 1998 and are searchable by name, date and other fields. The MDT also displays the location of other officers on patrol.

Police work suits Blewitt. "I've always been an athletic guy. I never wanted to just sit at a desk. So being an officer gets me around the whole city, helping the community I grew up in. Plus, I can make my shift different each day. I can concentrate on writing tickets or running warrants, whatever's most important that day."

1950 / 7.50pm. Blewitt is called back to the station to help a woman with paperwork on a previous day's harassment complaint. She's a Newport resident but the incident happened in Claremont. Blewitt explains, "After an incident, some people think, I'll wait till I get home and report it to my own police department. But they're wrong. The report has to be filed in the jurisdiction where the incident occurred, and as soon as possible."

2118 / 9.18pm CFS 18-26845. Peavey's radar clocks a vehicle traveling over the speed limit on Charlestown Road. Peavey switches on his cruiser's flashing blue lights and makes a

(Continued on page A7)

Night Shift, from A6

quick U-turn. The driver pulls off to the side of the road. Peavey calls in the plate number to dispatch for a check. He gets out, talks to the driver and returns with the man's driver's license, which he also calls in. The records check out. He gives the driver a warning and — having noticed his date of birth on his license — wishes him a happy birthday. "We have the discretion to issue warnings instead of writing tickets," Peavey says. In fact, the Department has about a 7-to-1 warning-to-ticket ratio.

Peavey earned a BA in Criminal Justice from Plymouth State University and worked as a corrections officer in Massachusetts before going through the 16-week police training in Concord. He's worked in Claremont since March 2017. "There are a lot of new officers in the department," he says. "It's a good sign that young people are interested in serving their community."

2145 / 9.45pm. Patrolling along Washington Street toward the Newport line, Peavey slows past the flashing blue lights of a stopped state trooper, whom he instantly identifies from the license plate "call number." Only 30 seconds later, the radio crackles with news of a reported bludgeoning in Springfield, VT. The state trooper speeds past Peavey, heading over the river to provide back-up to the call.

"There's a lot more action at night," says Peavey: DWIs, domestic disturbances, burglaries, car break-ins. The break-ins usually involve drugs, and "the person is often high and will steal anything they can cash in on." If an apprehended suspect has overdosed, the police do not administer treatment. "We're lucky to have a full-time ambulance company in Claremont. The Golden Cross EMTs are the ones who provide the Narcan while transporting the individual to the hospital."

On this Thursday evening, between 5.30pm and 9.37pm, CFS numbers start at 26833 and end at 26846. These 14 calls are classed as motor vehicle warnings, services rendered, arrests and "could not locate." They are resolved on a timely basis, but officers have to handle the related paperwork, which adds 1 to 4 hours per call.

And there are eight more hours left in the shift.

Friday, Dec. 7 and Saturday, Dec. 8, 2018

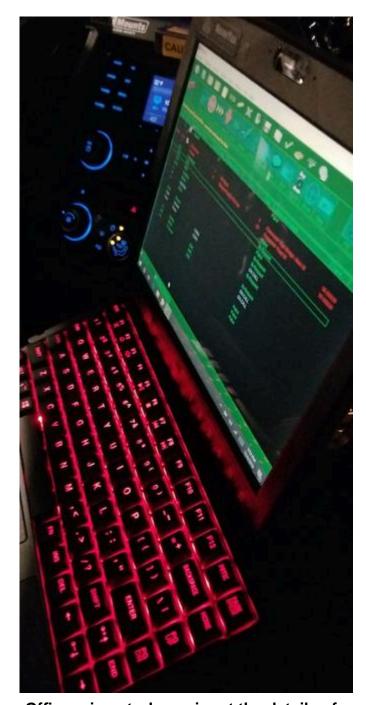
2233 / 10.33pm CFS 18-26942. Officer Michael Puksta does an MV stop on Charlestown Road and issues a warning about a defective headlight.

Puksta, in his second year with the Department, admits that getting used to the night shift is not easy. His three-month assignment is coming to an end, but it's altered his sleeping pattern as well as his eating habits. The Department has a newly refurbished kitchen where staff can make meals. But for Puksta, "I usually have something to eat at 5pm, and that's about it for the night. After work I go home and have breakfast. But I can't remember the last day I sat down and had three full meals."

What energizes Puksta is the opportunity to grow in his profession. Much of that growth derives from the constant training he and his fellow officers go through. In two days he's heading to a weeklong course in Field Force Operations at FEMA's Center for Domestic Preparedness in Alabama. In-house training by Claremont's certified instructors includes mandatory annual Taser certification and firing in lowlight conditions. Honing his skills and learning new ones means that "I can be as active as I want to be. I can always find more to do on my own initiative."

2312 / 11.12pm CFS 26946. Puksta judges that the vehicle heading north on Charlestown Road is too far over the speed limit to issue just a warning. He calls in the New York driver's license number and the leased New Jersey vehicle's plate numbers. There are no outstanding violations or other problems. He issues a citation for speed; by choosing a lower category, the fine is less than it could have been. He points out that Claremont sees none of the money from traffic violations — it's all paid to the State. The City gets revenue only from city ordinance violations, such as parking tickets and noise complaints.

2338 / 11.38pm CFS 18-26948. A call about a noise complaint comes over the radio. The location is across town on Beauregard Street. Puksta calls up GPS directions on the MDT but decides to take a different route than the one suggested. (He can also pull up a map.) "We know the City streets so well that we often find a faster way to get there. It's really necessary when the call is a true emergency." At the house on Beauregard, Puksta warns the resi-



Officers in patrol cars input the details of each call on the MDT (mobile data terminal), just as they would at their desks in the station. The Department's automated records system has been in place for 20 years and can provide information, reports and narratives for all the archived calls. MDTs also track where other officers are located and can display directions and maps critical to responding to calls (Eric Zengota photo).

dent about the loud music, and the man turns it down for the night.

0006 / 12.06am CFS 18-26951. Puksta responds to a medical call on Orchard Road involving a 6-month-old girl. As it's a "multi-tone" call, Claremont Fire Department Engine 3 and

(Continued on page A8)

Night Shift, from A7

a Golden Cross ambulance also arrive on the scene. All first responders enter the residence. In 10 minutes, the girl is judged to be fine and is not transported to the hospital. "Command terminated," the first responders leave the scene.

0022 / 12.22am CFS 18-26952. Detective Casey Piehl initiates a call that will last until 2.40am. She observes a car driving half on the sidewalk at North and Hanover streets, then stopping in the middle of the intersection. The driver admits to being on Methadone as part of her addiction recovery and on Gabapentin. Her eyes are watery and bloodshot, and her speech is slurred. Piehl transports her to Valley Regional Hospital for a blood draw. Piehl administers a standardized field sobriety test, which results in a high blood alcohol reading. Over the next two hours she arrests the driver on a DWI charge, transports her to the jail, locates a sober individual known to the woman to move the vehicle instead of having it towed. locates a sober individual in town to whom the woman can be released, and finally transports her (a "courtesy ride") to that individual, where she is released for the night.

0129 / 1.29am CFS 18-26954. A man calls the non-emergency number to request immediate police assistance because he is "getting beat up." His location is unclear, and dispatch has to call back for more information. A woman answers and says the man is highly intoxicated and out of control, but she does not want the police to respond because she does not want him to be arrested. Sergeant Petrin speaks with the woman. Both he and Puksta drive separately to the house.

"We always send two officers to a domestic disturbance," Puksta explains en route. "It's safer for everyone. Emotions can be running very high. There could be physical violence. There might be a weapon. We want to resolve the problem with no one getting hurt."

The woman lets Puksta and Petrin into the house. After 10 minutes, they emerge with the man in handcuffs. During the ride to the station in Puksta's patrol car, he sits in the back seat and complains that "it should be her who's arrested." (In fact, they are a longtime couple and she was once arrested on the same charge.) He is charged with simple assault and physical contact, and lodged in one of the jail cells. But the Claremont jail cannot hold any-

one for more than six hours, so he will be transported to the Sullivan County House of Corrections.

Between 10.33pm and 1.29am, CFS numbers run from 26942 to 26954. These 13 calls are classed as motor vehicle warnings, summons issued, services rendered, report to follow, medical call, arrests made and "could not locate."

0400 / 4am. Drug making, buying and selling are as common activities in Claremont as in the rest of New Hampshire. They thread their way into many lives and threaten the health and safety of even the youngest residents.

Piehl's call could have evolved into a drug

case. But she points out that the results of the sobriety test trumped any drug test results, and alcohol may complicate a person's reactions to drugs. Piehl speaks from her police experience and her further training as a Drug Recognition Expert. She can spot the symptoms and reactions to drugs in seven categories, such as depressants, stimulants and narcotic analgesics. "Whenever young kids and teens talk to me about their problems, including drug use, I always tell them one thing. Claremont can be a very creative place or a very destructive place. It's all up to you."

Puksta is also interested in

combating the drug epidemic. He's taken part in a drug sting in Claremont, and has set his sights on eventually joining the State's Drug Task Force, which is made up of sworn police officers assigned by the New Hampshire Attorney General.

As Chief of Police Mark Chase puts it, "Every arrest is just a finger in the dike." But Claremont's dedicated law enforcement personnel are determined to fight the war. "We act on two basic principles," Chase says, "assist the public and prevent crime."

The men and women of the Claremont Police Department carry out those principles not only in the light of day, but all night long.





Condition of Building at 139 Main Worsens

By Phyllis A.Muzeroll e-Ticker News

CLAREMONT, NH—The condition of the building at 139 Main St. in Claremont continues to rapidly deteriorate and in fact is at a point where it could come down at any time,

reported City Manager Ryan McNutt at the Wednesday night Council meeting. Mc-Nutt said a meeting was held on Monday with the "entire team" that includes an engineer and the owner of the neighboring building. The shared wall is collapsing, he said. "There is no additional support on the abutting owner's building," McNutt said. "If the wall collapses, it will take out at least three



apartments in the neighboring building." The code enforcement and health department has ordered tenants to vacate their apartments, and "the owner has been able to find accommodations for these folks," said McNutt. He added that demolition of the collapsing building is "going to be a much more complicated process and much more expensive." Barriers have been put up in front and in back of the building to protect the public. The City is seeking community development block grant funding to demolish the building, but he said it may be necessary to call an emergency meeting of the Council to take money out of fund balance for "the abatement of the hazard" more quickly. The work would include shoring up the shared wall and demolition of the building built in 1880.



City Man Honored for Saving Life

Claremont resident Keith Young was presented with a Proclamation by Assistant Mayor Allen Damren at Wednesday night's meeting honoring him for recently saving a coworker's life. Young, a member of the architectural design team at Preferred Building Systems in Claremont, is the company's designated emergency responder and is trained in First Aid and CPR. On the morning of Oct. 22, a co-worker a few offices from his own was stricken. He was called to the scene where he initiated "emergency protocol" until Golden Cross Ambulance arrived. He was cited by first responders as having saved the individual who had experienced a cardiac incident. In presenting the proclamation to Young, Damren said that he was to be commended for the action he took and that he "was a credit to himself, his family and the community." A round of applause from those in Council Chambers followed Damren's reading of the proclamation (Courtesy photo).

City officials reported in September that the building was owned by Frank Sargent, who owns a number of other buildings in town in poor condition. McNutt said at that time that Sargent is one of the City's biggest tax "scofflaws" in Claremont and owes around \$100,000 in back taxes. The City has taken action seeking an assurance of order to demolish from the court to move forward on the demolition (Bill Binder photos).



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Ann's Property Of The Week

6 Cornell St. Claremont



Century 21/Highview Realty, 42 Summer Street, Claremont, NH 03743 603-542-7766

Multi-Million Dollar Producer!

Move-in condition!

Nice ranch style home located on a dead end street, is this 2 bedroom bath & a half, with gorgeous hardwood floors, newer vinyl siding and windows, full basement and an attached direct entry garage with attached carpet, paved driveway, totally fenced in back yard. This home has been nicely maintained and is in move in condition.

MLS # 4711138 \$139,000

Ann Jacques

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annjacques1@comcast.net



Fugitive of the Week

NEIL E. WEST, JR.

DOB: 08/14/1979

LKA: 552 Maple St., Newport, NH

Description: White male, 5'03", 135 lbs., brown eyes, brown hair



Reason: Violation of Probation

Original Charge: Theft by Unauthorized Taking, Class B Felony

On Oct. 2, 2015, Neil E. West, Jr., was indicted by the Sullivan County Grand Jury on one count of Theft by Unauthorized Taking, a Class B Felony.

On March 8, 2016, West pled guilty to one count of Theft by Unauthorized Taking. As part of his sentence, West was placed on probation.

On Nov. 29, 2018, the New Hampshire Probation Department filed a Violation of Probation against West in the Sullivan County Superior Court.

On Dec. 10, 2018, the Sullivan County Superior Court issued a warrant for the arrest of West for violating the terms and conditions of his probation.

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.

CLAREMONT, NH —2 Story Cape 1 Bed 1 Bath. Newer electrical and water tank. Blank canvas; contractors, bring your tools.

MLS # 4613930 \$34,900



UNITY, NH —1 Story Ranch 3 Bed 3 Bath. 12+ acres. Radiant Multi Zone heat. MLS # 4713958 \$274,900







CHARLESTOWN, NH —2 Story Cape 3
Bed 6 Bath. Generous kitchen with Butler
Pantry. Balcony deck overlooking Connecticut River Valley.

MLS # 4681848 \$215,000





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Gallery of Gifts: Handmade Holiday Boutique at the Library Arts Center

Through Dec. 23

Hours: Tues.-Fri. 11am-4pm, Saturdays, 10am-2pm

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

Admission is free.

The Library Arts Center presents its famous annual holiday exhibit of handmade craft—Gallery of Gifts. The event is a great way to find unique, locally handmade gifts for holiday giving, while supporting local artisans. The juried show features unique and carefully curated handmade crafts and art pieces from more than 130 local artists, and is also an important fundraiser for the Library Arts Center.

Full Time Controller – Springfield, VT

One Credit Union is currently seeking a **Full-Time Controller** to join our Springfield, VT team.

The IDEAL CANDIDATE will have:

- Minimum of 5 years of experience in a finance or accounting role
- Minimum of 3 years of banking or financial services experience
- Minimum of 1 year of experience in regulatory reporting for the financial services industry
- Knowledge of financial industry regulations and associated procedures
- Knowledge of depreciation and amortization methodology and standards
- Ability to use basic reporting software, knowing common fields in a core system
- Strong oral and written communications
- Strong interpersonal skills as a TEAM player
- · Demonstrated organizational skills while managing multiple tasks
- · Demonstrated time management and prioritization skills
- Experience in change management in a fast-growth environment
- Proven results in cost control and budget management
- Experience as a liaison with auditors

. Requirements:

- Education Requirements: Bachelor's degree in Accounting, Finance, Business, or equivalent combination of education and experience
- Wages commensurate with experience and skillsets
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Email cover letter, resume and references to

<u>jobs@onecu.org</u>

Equal Opportunity Employer www.onecu.org



HELP WANTED

Turning Points Network is seeking a full-time direct services advocate to work with survivors of domestic violence, sexual abuse, stalking and human trafficking in Sullivan County. The successful candidate will have a strong desire in making a difference in this community, in working with survivors to find safety and healing, in building community partnerships, and in working with a passionate and dedicated team of advocates. Competitive salary and benefits.

Interested candidates should send a cover letter and resume to Amanda Mace at 11 School Street, Claremont, NH or Amanda@turningpointsnetwork.org. For more information on this position, visit our website at www.turningpointsnetwork.org.





News + Views from the Claremont Parks and Recreation Department

We're starting off this column — and finishing off this year — with a bang!

"First" things first.

We invite everyone to stop by the Claremont Savings Bank Community Center on Monday evening, Dec. 31, to enjoy First Night activities. From 6pm to 10pm, you can marvel at Dylan Tenney's magic show, take part in circus clinics and learn some tricks in the gymnasium, watch the Off Broad Street Players act up, and even swim for free in our Olympic-size and splash pools. Food and beverages will be available for sale. Just across the street, Arrowhead ski area will offer free tubing, skiing and riding (weather permitting).

Finally, at 10pm, Arrowhead will set off a bang-up goodbye to 2018 with their alwaysamazing fireworks display.

For a full schedule of events at the Center and around town — plus information on parking and a shuttle service — check out the First Night story on page A# of this paper.

This new Recreation Roundup column promises to keep Claremont and the entire Upper Valley up to date on the many programs and activities that the Department runs all year long. In addition, we'll share tips on making

and keeping your New Year's fitness and wellness resolutions, profile our great group of volunteers and coaches, feature the Center's Tiger Sharks swim team, and let vou know how and when to sign up for co-ed volleyball and softball leagues.

Since the Center opened in March 2013, it's grown into a true community hub. Here members from infants to seniors take part in classes including Aquafit and Yoga — learn to swim — play pickleball and basketball — work with personal trainers — and, well, there's so much to do you will never be bored. At the Center we also coordinate and run all the activities in Claremont's many parks, including the popular Fourth of July festivities. We also are the site for regional events like the TSV (Twin State Valley) basketball tournament every March and Reach the Peak in August.

We look forward to hearing from you. All your comments, suggestions, ideas for classes and activities, letters of support, and testimonials are welcome. They contribute to building Parks and Recreation into a vital part of our community.

Mark Brislin, Director / 603.542.7019 / mbrislin@claremontnh.com.

HELP WANTED

Turning Points Network, a 501(c)(3) organization in Sullivan County, NH, working to end all forms of domestic violence, sexual abuse and stalking, is seeking a part-time (approximately 16 hours a month) Accounting Manager.

Primary responsibilities of the position include providing timely and accurate financial information to the Executive Director and Board of Directors, ensuring the organization stays in compliance with GAAP accounting, federal and state grant requirements, and employee benefits regulations while supporting the organization's bookkeeper as needed.

The position requires: a Bachelor's Degree in accounting or Associate's Degree with relevant experience, at least two years experience with GAAP accounting and grants management, proficiency in Work, Excel, and Accounting Software, familiarity with statutory requirements of employee benefit plans and their tax implications, effective written and oral communication skills, professionalism. Candidates must be able to maintain client and program confidentiality and be flexible and well organized. Experience with QuickBooks is preferred. The job description for this position can be found on our website at www.turning-

Interested candidates should send a cover letter, resume and compensation requirements to Deborah Mozden at 11 School Street, Claremont, NH 03743 or via e-mail to deborah@turningpointsnetwork.org.

pointsnetwork.org

SAVE THE DATE FRIDAY, FEBRUARY 8 SULLIVAN COUNTY CONSERVATION DISTRICT 72nd Annual Awards Dinner

February 8, 2019, 6:00 - 8:00 p.m., Cornish Town Hall

Join us as we celebrate all the great work being done by volunteers, program participants, partner organizations and staff to conserve natural resources, support local agriculture and promote place-based education in Sullivan County.

Information about registration will be available in January.

Snowdate: February 22, 2019



Merry Christmas and Happy Holidays from the e-Ticker News

e-Ticker Business News

Greater Claremont Chamber of Commerce Announces President's Awards Recipients

CLAREMONT, NH—The Greater Claremont Chamber of Commerce (GCCC) has announced the recipients of the 62nd Annual President's Awards:

Young Professional of the Year – Matt Mooshian Non-Profit Organization of the Year – Claremont Maker Space Business of the Year – New Hampshire Industries Citizen of the Year – Tom Liveston Model Youth of the Year – Madeline Ferland

The award recipients will be honored at the 62nd Annual President's Awards ceremony, Friday, January 18, 6:30 p.m., at the Claremont Opera House in Claremont. Each year nominations are accepted from community members and then chosen by a committee of GCCC members and past recipients. GCCC membership is not required to be selected as an award recipient.

This year's Business of the Year honors NH Industries. Their introduction to the Claremont area began with the purchase of a vacated 137,000 square foot building and additional land, purchased with a plan for future expansion. It wasn't too long before they consolidated their Lebanon, NH, Wisconsin and South Carolina operations all in the Claremont facility and hired an additional 70 employees. The company is one of the largest manufacturers of power transmission products, creating pulleys for other manufacturers like John Deer, Toro and Husqvarna, not to mention manufacturing parts for the aerospace, construction, marine and appliance industries. This year's nominator stated, "They have helped our community with many well-paying jobs in doing what our community has done best in its past ... Manufacturing. We are Makers in this community. Skills that I believe have been handed down from local generations past and have been underutilized."

Non-Profit Organization of the Year honors Claremont Maker Space for their innovation in creating a home for a lively community of imagineers that dream, create and build in a variety of crafts. The nonprofit engages the community with learning initiates that are sure to give birth to the next generation of craftsmen in the greater Claremont area. Mentors and novices have a common ground to share their visions, knowledge, and friendship. You can drop in any time of day and see quilters hovering over sewing machines, designers at 3D printers, geeks at electronic workbenches, wood crafters planing and joining their newest creations, and students and teachers huddled in classrooms.

This year's Citizen of the Year Award honors a local retiree who is anything but "retired". Tom Liveston spent his teaching career in the classrooms of Stevens High School, as an influential instructor of physics, chemistry, electronics and computers. Now he enjoys a part time role substituting when needed and teaching science. Tom is a retired Coast Guard Reservist of 34 years and a long-standing leader of Claremont's local Boy Scouts. His commitment in the community goes beyond youth development as an active volunteer at the Claremont Senior Center. On any given day you may find him caring for the maintenance of the center, cooking food, serving on the board and committees, teaching a technology class, leading the fundraising, or organizing the next "men's breakfasts," which has resulted in enjoyable experiences for both the community leaders who present and the many who enjoy the meal and company. Tom, his wife, Denise, and son, TJ, have called Claremont their family's home for 44 years.

The Young Professional of the Year Award highlights the proven leadership and community vision of Matt Mooshian. As chair of Rural Outright and volunteer state lead of the Save the Children Action Network in New Hampshire, Matt has worked with and on behalf of children, teens and community members of all ages. The person who nominated Matt stated, "Something amazing happened on a sunny day in June, when Claremont held its first ever Rural Pride celebration on the visitor's green ... people from all different backgrounds came

together in the name of love and acceptance. Walking around that day, I saw so many smiling faces both young and old, familiar and new. I will always remember how I felt that day and that is in large part due to Matt's hard work and dedication."

Model Youth of the Year honors Madeline Ferland, who was chosen for her immediate and lasting impact on our community through her leadership and achievement in the classroom, on the athletic field and in our community. Madeline is vice-president of the Honor Society and president of the Kiwanis Key Club, an organization that focuses on services projects in support of Stevens High School and the community. As an example of one of many projects she is involved in. Madeline organized a six-person team through Habitat for Humanity last year, to spend a day replacing storm windows for an elderly couple in Claremont. She is in the top 10 percent of her class academically, and has earned varsity letters in volleyball and softball. Madeline is the daughter of Derek and Dana Ferland of Claremont.

Tickets and additional information are available on the Chamber's website: www.greater-claremontnh.org

About the Greater Claremont Chamber of Commerce:

Since 1917, the Greater Claremont Chamber of Commerce has been playing a major leadership role in shaping the economic and social growth of the city by encouraging residents and visitors to do business locally.

Today, over 150 member businesses and individuals continue that tradition of regional engagement.

Over the years the Chamber has developed unique and innovative partnerships with the city's business, civic and nonprofit communities to maintain a strong, safe, and viable Region.

The Greater Claremont Chamber of Commerce is a non-profit 501(c)(6) organization formed to represent business interests within the communities we serve.

e-Ticker Business News

SMCS Welcomes Zeta Ficko, **MD**, to Springfield Urology

SPRINGFIELD, VT —Springfield **Medical Care** Systems is pleased to announce that Zita Ficko, MD, has joined effective Springfield Urology on December 10, 2018. She previously worked with Dr. Bettencourt at Dartmouth Hitchcock **Medical Center** and at the Veterans Hospital in White River Junction, VT.



Zita Ficko, MD

Ficko attended Yale University and earned a double major in Economics and Molecular, Cellular and Development Biology. She received her Master's Degree from the University of Economics in Bratislava, Slovakia. She received her MD in 2013 from Geisel School of Medicine at Dartmouth. She also completed her Urology residency at Dartmouth.

She enjoys being outdoors, and spending time with her husband and her 4-year-old twins. Ficko grew up in Slovakia, in an area that is geographically similar to the Upper Valley, and that is why she likes it here so much said SPCS.

To schedule an appointment with Ficko, please call Springfield Urology Associates at 802-885-3556.

Attwood Named Mt. Ascutney Hospital Employee of the Month for Nov. 2018

WINDSOR, VT - Mt. Ascutney Hospital and Health Center (MAHHC) announced that Rose Attwood has been named as the Hospital's Employee of the Month for November 2018.

The monthly award recognizes employees who have demonstrated sustained service excellence in their respective departments and who have displayed compassion, a caring approach, and continuous hard work within their community.

As a member of the MAHHC Environmental Services team, Attwood is responsible for maintaining clean patient rooms, corridors, and other assigned areas, with a focus on the Acute Unit.

According to Attwood's supervisor, Multi-Service General Manager John Frisbee II, she is

"soft-spoken, respectful, and kind to all. Her work is outstanding and she keeps the Unit neat and clean." Frisbee calls her "a joy to work with, and you can see she takes great pride in her job. Her work ethic is outstanding and she is always willing to help anyone." Frisbee said that Attwood's attitude and diligence are not just admirable, they have a real impact on outcomes for patients. "A hospital is an environment in which people often have compromised immune systems, and the need to guard against infections is paramount," said

(Continued on page A17)

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e-Ticker Business News

Attwood, from A16

Frisbee. "The thorough job done by Rose and her teammates is an essential part of patient care, helping to ensure a clean environment for healing. She's an asset to the Hospital and a



Rose Attwood

role model for colleagues."

Attwood, who lives in Windsor, joined the MAHHC staff in June 2001.

Dartmouth-Hitchcock Researchers Analyze Vermont's Hub and Spoke Opioid Treatment Model

LEBANON, NH -- New Hampshire's Governor and Executive Council recently approved a multi-million dollar contract to provide opioid addiction treatment throughout the state. The goal is to mobilize nine regional health care organizations and hospitals, including Dartmouth-Hitchcock Medical Center and Cheshire Medical Center in Keene, through a "hub and spoke" model, to quickly route recovery patients to nearby treatment services throughout the state.

Experience in Vermont shows that the hub and spoke model can work well.

Researchers at Dartmouth-Hitchcock (D-H) are evaluating how well Vermont is doing in the hub and spoke model, and although there are some differences between the two states' implementation of hub and spoke, preliminary results show that the Green Mountain State's response to the opioid crisis has been successful.

Five years ago, Vermont established a statewide medication assisted treatment (MAT) plan – called the Care Alliance for Opioid Addiction – with the goal of identifying, treating,

managing and retaining patients through successful recovery.

A three-year, \$3 million grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA) is providing funds to enhance and expand MAT treatment in Rutland, Addison, Chittenden and Franklin counties, which are among the hardest-hit communities in the state. The grant has four goals: organize teams of caregivers in each hub, offer MAT in all hubs and spokes, offer specialty addiction services, and build recovery support for patients in treatment.

D-H researchers are under contract by the Vermont Department of Health to evaluate how

the Care Alliance for Opioid Addiction program is doing. The D-H evaluation team has been following nearly 500 patients for almost five years as Vermont responded to its opioid crisis.

Dr. Keri Height, PsyD, the lead investigator for the D-H team in the Department of Psychiatry, says the team initially established learning collaboratives to help community services and medical providers improve care to manage and maintain patients. They also collected and analyzed data about how patients engaged in treatment and how recovery outcomes changed over time.

One of the efforts focused on helping to recognize and treat people with post-traumatic stress disorder (PTSD), which can be a contributing factor to the chronic disease addiction. While most often associated with veterans who experienced combat trauma, PTSD often is experienced by people who have been sexually, physically or mentally abused, sometimes in childhood. "Preliminary data suggests that more than 40 percent of high risk patients with opioid use disorders entering MAT treatment may suffer from PTSD," says Height.

The D-H researchers are collecting and analyzing data related to service delivery, patient progress, and implementation that demonstrate specific outcomes. Evaluations include how well medical providers and neighborhood teams are creating multi-disciplinary community teams and coordinating patient care.





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

Christmas Eve Service of Candlelight & Carols

CLAREMONT, NH—Trinity Episcopal & Prince of Peace Lutheran Church Invite you to a Christmas Eve Service of Candlelight & Carols on Monday, Dec. 24th, Special Musical Prelude begins at 4:45 p.m.; Service begins at 5:00pm

All are welcome; 120 Broad Street, Claremont, 603-542-2103.

St. Mary Christmas Services, Holiday Office Hours

Claremont, NH Christmas

Monday, December 24th, Christmas Eve: 5:30 PM Tuesday, December 25th, Midnight Mass: 12:00 AM Tuesday, December 25th, Christmas Morning: 10:30 AM New Year - Solemnity of Mary, Holy Mother of God Monday, December 31st, Solemnity Vigil: 5:30 PM Tuesday, January 1st, Solemnity:

10:30 AM

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Parish Office Closings

Christmas: December 24, 25, and

New Year's Day: December 31 and January 1

MONDAY, DECEMBER 24 Family Candlelight Service at Trinity Church

Christmas Eve @ 6pm 44 Main St. Windsor, VT

MONDAY, DECEMBER 24 CHRISTMAS EVE SERVICE AT UNITED CHURCH OF CORNISH

We have moved over to the vestry for the winter months to save on fuel costs. Join us on Sunday, Dec. 24, family candle light Christmas Eve service, at 7:30 p.m.

MONDAY, DECEMBER 24 7PM Christmas Evo Candolid

Christmas Eve Candlelight Service

Plainfield Community Baptist Church 1094 Rte 12-A All are welcome.

FIRST CONGREGATIONAL CHURCH 72 PLEASANT ST. CLAREMONT NH 603-542-6342 COME WORSHIP WITH US SUNDAY MORNINGS @ 10:00 WITH COFFEE HOUR FOLLOWING

1st Annual Family Christmas Celebration

NEWPORT, NH—The Newport Sunshine Initiative invites everyone to celebrate the holidays with us at our 1st Annual Family Christmas Celebration, Thursday, Dec. 20th, from 5:00-7:00 p.m. in the 3rd Floor ballroom at the Richards Free Library in Newport. There will be food, games, and fun for everyone, including a special visit from Santa for the little ones. This is a great time to learn more about the Newport Sunshine Initiative, what it has done in its first year, and how you can get involved.

Please visit https://www.facebook.com/NewportSunshine/ to learn more.

Christmas Eve Candlelight Service

Union Church, 133 Old Church Rd, Claremont, NH December 24th, 7:00PM

CLAREMONT, NH—A tradition for more than 100 years, this beautiful community service is held in the historical church decorated with boughs of evergreen and lit by the warm glow of over 100 candles. The service includes the readings of the Christmas story, special music, and carols. It will also be live streamed and archived (free) at https://www.facebook.com/UnionEpiscopalChurch.



Consider Some New Year's Financial Resolutions

As the year winds down, you may want to look ahead to see which areas of your life you can improve in 2019. Perhaps you'll decide to exercise more, eat healthier foods, reconnect with old friends or volunteer at a school or charitable organization. All these goals are certainly worthwhile – but you also may want to add some New Year's financial resolutions to your list.

Here are a few ideas to consider:

Boost contributions to your employer-sponsored retirement plan. Good news! Contribution limits will be increasing for many employer-sponsored retirement plans.

For 2019, you can contribute up to \$19,000 (up from \$18,500 in 2018), or \$25,000 (up from \$24,500 in 2018) if you're 50 or older to your 401(k) or similar employer-sponsored retirement plan. It's usually a good idea to contribute as much as you can afford to your employer's plan, as your contributions may lower your taxable income, while any earnings growth is tax-deferred. (Keep in mind that taxes are due upon withdrawal, and withdrawals prior to age 59 ½ may be subject to a 10% IRS penalty.)

At a minimum, put in enough to earn your employer's matching contribution, if one is offered.

Try to "max out" on your IRA. Even if you have a 401(k) or similar plan, you can probably still invest in an IRA. For 2019, you can put in up to \$6,000 in a traditional or Roth IRA (up from \$5,500 in 2018), or \$7,000 (up from \$6,500) if you're 50

or older. (Income restrictions apply to Roth IRAs.) Contributions to a traditional IRA may be tax-deductible, depending on your income, and any earnings growth is tax-deferred. Roth IRA contributions are not deductible, but earnings growth can be withdrawn tax-free, provided you don't start taking withdrawals until you are 59 ½ and you've had your account at least five years. You can put most types of investments – stocks, bonds, mutual funds, government securities and so on – into an IRA, so it can expand your options beyond those offered in your 401(k) or similar plan.

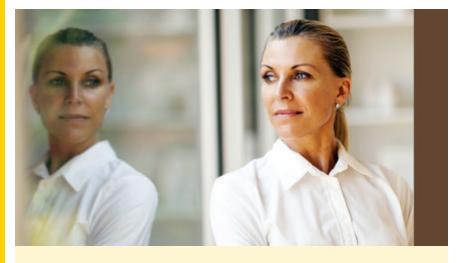
Build an emergency fund. Try to build an emergency fund containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. This fund can help you avoid dipping in to your long-term investments to pay for unexpected costs, such as a major car repair.

Control your debts. Do what you can to keep your debts under control. Ultimately, the less you have to spend on debt payments, the more you can invest for your future.

Don't overreact to financial market volatility. In 2018 – especially the last few months of the year – we saw considerable market volatility, with huge drops and big gains in rapid succession. What will 2019 bring? It's always difficult – and usually futile – trying to forecast the market's performance over the course of an entire year. But, in any case, try not to overreact to whatever ups and downs we may experience. Instead, continue pursuing an investment strategy that's appropriate for your goals, risk tolerance and time horizon.

Following these suggestions can help you become a better investor in 2019 – and beyond.

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



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

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Upper Valley Homeless Vigil Dec. 21 in WRJ

WHITE RIVER JCT, VT—Please join Upper Valley service providers on Friday, Dec. 21, the longest night of the year, for a candlelight vigil to honor the homeless who have passed away in 2018 in both New Hampshire and Vermont.

Meet at 4:30 pm at LISTEN in White River Jct. The names of Vermont residents who have passed away will be read on the Vermont side of the river. Participants will then walk across the Lyman Bridge into West Lebanon, where the names of New Hampshire residents who have passed away will be read.

Participants are invited to have hot cocoa and cookies at LISTEN after the vigil. Candles will be provided.

Contact Lebanon Human Services at 603-448-2944 for more information.

www.facebook.com/etickernews



It's About Food By Johnny Navillus

Variations



Like frugal cooks everywhere, the French are no exception. They had to find some- thing to do with stale bread. They dredged it in egg and milk and French toast was born. At least that's the way the story goes. To really be authentic, you have to let the slices of bread out over night to get a bit stale. Supposedly it makes the bread absorb the batter better. Personally, I never remember or French toast is a last minute option.

I have spoken about this luxury dish before, but some of it bears repeating for new readers or just as a reminder. Partially cook some bacon. Cut the slices down to fit on a slice of bread. Prepare your batter as usual but think about a bit of cinnamon and/or a dash of vanilla. Place the bacon in your hot skillet and place the batter coated bread on top. By the time the bread is done on that side the bacon will be done and will stick to the bread.

Another variation is to cut a circle out of the bread with a juice glass. Save the circle. Dredge the bread in egg and milk. Drop an egg into a skillet and fry it as usual. Flip it when ready and place the bread on top so the yolk shows through. Cover gently with the circle that has also been dredged. Many moms made this back in the 50's and 60's. It is the kind of thing that hangs around the back of your mind and has to be brought forward occasion- ally. Mom played with her food, too.

Toaster Oven Breakfast

2 slices of bacon 1/4 tomato 4 small potatoes one egg 1/4 cup shredded cheese

Preheat the toaster oven to 350°. Place two sheets of foil on a flat surface. Place the bacon strips in the center. Cut the potatoes into quarters. Dice up the tomato. Place the potatoes and tomato on top of the bacon. Crack an egg and place it on top. Fold up the sides of the foil to form a bowl. Bake for 15 to 20 minutes.

You could even add two eggs. A little hot sauce might start your day off nicely if you are so inclined and have a stomach less than 30 years old. Otherwise.......Hot sauce first thing in the morning is not a favorite with the AARP crowd for the most part. I usually won't touch hot sauce before noon.

You could add some peppers and onions. Diced up sausage links. Use those small purple potatoes or even go half and half with the white potatoes and purple. That would really add some color. Diced ham.

Recipes are just a guide. The measurements are a suggestion. Unlike baking, there is no need to follow a recipe to the letter. I usually do the first time and play around the next. Sometimes I play around from the start if I have some inkling of where I want it to go.

Play with your food. Be confident!

Write to Johnny at etickernews@gmail.com.



Preparing for the 2019 Legislative Session

On November 26, the Claremont City Council met with House Representatives Cloutier, Merchant, and Stapleton to discuss previous actions that the Legislature took on a number of issues impacting the City, and legislative requests for the 2019 session. Being a member of the City Council, Representative O'Hearne was also present. Senator Hennessey was not able to attend due to a prior engagement. The one hour meeting focused on the following:

A. SB193 (Freedom Savings Accounts) -In April 2017, after consensus from both the Council and School Board, I wrote a letter in opposition to the House Education Committee. As a community, Claremont supports school choice and is home to a number of private schools. However, identifying the proper funding mechanism for supporting school choice without negatively impacting public schools and taxpayers is the challenge. The complexity of this issue was recognized by the House which voted to conduct an Interim Study. The Interim Study Report recommended a bill for future legislation. It is anticipated that such a bill will be considered in the 2019 legislative session, and the Council asked the Representatives to closely follow the bill.

B. HB413 (New Hampshire Retirement System/NHRS) – In February 2018, I forwarded a letter, signed by members of both the City and School District, to the House of Representatives requesting that they reconsider their January 9 vote of Inexpedient to Legislate (ITL), otherwise known as killing the bill. The bill reestablished a state contribution to the NHRS, providing much relief to the taxpayers at the local level. The January vote took place one day before the Decennial Retirement Commission's Report was issued, recommending the re-establishment of a state subsidy. The February vote to reconsider the bill failed by one vote. It is anticipated that this issue will resur-

face in the 2019 legislative session and the Council asked that our legislators support the re-instatement of a state subsidy to the NHRS.

C. HB525 (Stabilization Grants) – In January 2017, both I and the previous school superintendent testified on behalf of the City and School Board in support of this bill which would stop the 4% annual reduction in state stabilization grants. Earlier this year, the Legislature voted the bill ITL. A growing number of communities across the State have testified that local taxpayers cannot continue to absorb the loss of state funding that has resulted from the Legislature's actions. It is anticipated that a number of bills on this topic will be introduced in the upcoming session. The Council relayed the need for our legislators to support those bills that recognize the state's legal obligation to properly fund public education.

D. HB1706 (Lake Sunapee Public Boat Launch) - Though the Council has repeatedly issued resolutions in support of the development of the Wild Goose Site as a deep-water public boat launch on Lake Sunapee and many members of the community have testified in favor of this, the Legislature voted the bill ITL in deference to the Public Boat Access Development Commission's work on the issue. The Governor appointed Commission's report recommended that the Wild Goose Site be transferred to the State's Division of Parks and Recreation and that another more suitable site be purchased. The issue is now being addressed by the Council on Resource and Development. It is anticipated that several bills will be introduced this session to expand deep water boat access at the Lake Sunapee State Beach. The Council asked the Representatives to consider the impact that the passage of such bills might have to the State Beach.

E. Legislative Service Request (LSR) – Given the deadline for House Representatives to submit LSRs was December 3, the Council asked Representative Cloutier to submit an LSR to amend RSA 673:7. Currently, City Planning Board members are prohibited, with a few exceptions, from serving on other committees, boards or commissions. This limitation does not exist for towns even though the population of many towns exceeds those of cities. Amending this RSA would remove the existing limitation, making the criteria the same for both towns and cities.

Once the 2019 Legislative Session begins in January, hundreds of bills will be introduced to the Legislature. Continued discussions be-

tween the governing bodies and our Legislators will better enable us to collectively advocate for the people of Claremont.

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

Fiske Free Library Programs

CLAREMONt, NH—Parent led Story Times are being held Thursday mornings at 11:30 a.m. at the Fiske Free Library.

Snow got you down, vacation overload and the kids are bored? Come to the Fiske Free Library during Christmas vacation. Play board games or put together puzzles, and on Friday Dec. 28, join us for Bingo for Books from 2:00-3:30 p.m. in the Sarah Gilmore Room. You can win children's books-picture books, chapter books and everything in-between. Winners of Bingo get to choose a book for a prize, and nobody goes home empty-handed.

All Children's Programs are sponsored by The Friends of the Fiske Free Library.

No Paper the Week of Christmas

Dear Readers:

As I have done in the recent past, I have decided to take a bit of a holiday break and not publish an issue the week of Christmas. Of course, the news never really stops, so I will be monitoring things as usual and posting



any breaking news or important updates on our Facebook page and website as is warranted.

Thank you for your continued support. Wishing you a wonderful season and peace to those who are alone during the holidays.

Phyllis "Pam" Muzeroll Publisher/Editor

What does Advent mean?

Come and learn more about this most important time of the year.



Beginning December 2nd, join us for 4 weeks as we explore the meaning behind the Advent themes of Hope, Joy, Love & Peace



First United Methodist Church 38 Summer Street, Claremont Service at 9:30 AM Christmas Eve service at 7 PM

Find us on Facebook - Phone 603-542-5783 - Email: clumc@myfairpoint.net

Father, Son Arrested in Newport Shooting Case

NEWPORT, NH—On Saturday Dec. 8th, at 2:20 p.m., the Newport Emergency Communication Center received a 911 call advising that there had been an altercation along Oak Street and that one person had sustained a gunshot



Kurt Richardson

wound. Upon arrival of the Newport Police Department, a 17-yearold juvenile was found to have sustained a gunshot wound to the chest.



Jordan Richardson

That juvenile was transported by the Newport Ambulance Service from the scene to the airport where he was airlifted by DHART to Dartmouth Hitchcock Medical Center.

"The initial witness reports were of a road rage incident involving two vehicles," reported James Burroughs, Newport Chief of Police. Authorities were informed of a dark GMC pickup truck that had fled the scene prior to the arrival of first responders. "That vehicle description was relayed to area law enforcement but no immediate contact was made." According to Burroughs, the investigation has since revealed that the altercation was not a random act of road rage, but rather connected to an

alleged sale and purchase of a controlled drug reported to be THC, the active ingredient in marijuana.

Due to the serious nature of the incident, the Newport Police Department was assisted by the NH State Police, Troop C, and the Major Crime Unit, along with the Sullivan County Attorney's Office and the NH Attorney General's Office; all were involved in the investigation, said Burroughs. The investigation has led the Newport and the NH State Police to make two arrests today in this case, Burroughs announced Wednesday evening. Arrested without incident were father and son:

Jordan Richardson, 18, of Goshen, NH, was arrested and charged with the following:

First degree assault, Class A Felony Felonious use of a firearm, Class B Felony Conspiracy to sell controlled drugs within a school zone, Class A Felony and

Kurt Richardson. 41. of Goshen, NH, was arrested and charged with the following: Conspiracy to sell controlled drugs within a school zone, Class A Felony **Felonious** use a firearm, Class B Felony Reckless conduct with a Deadly Weapon, Class B Felony Acts prohibited, criminal solicitation of a minor, Class A Felony

Both were held without bail and were arraigned at the Sullivan County Superior Court on Thursday, Dec. 13th, where they both pleaded not guilty to the multiple charges. They were both released on \$10,000 personal recognizance.

According to the prosecutor, Jordan Richardson allegedly also shot a second juvenile, leaving grazing marks. The 17-year-old victim reportedly received life-threatening injuries; he was listed as being in stable condition on Thursday.

The investigation remains ongoing at this time, said Burroughs. "The Newport Police Department would like to thank the Sunapee and Springfield Police Departments for their assistance," he added.

Anyone with information is encouraged to contact Sgt. Shawn Skahan of the New Hampshire State Police Troop C at (603) 223-8494 or Lt. Charles Rataj at the Newport Police Department at (603) 863-3232.

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No One Is Naughty, Everyone's Nice

Santa Claus deputized members of the Claremont Police Department and the Sullivan County Sheriff's Office to help at Shop With a Cop on Dec. 11. The "elves in uniform" accompanied 75 schoolchildren from Claremont through the aisles at Walmart to pick out Christmas gifts for themselves and their families.

Claremont School Resource Officer Crystal Simonds, who has coordinated the event for the last three years, notes that the event fosters positive relationships between the children, law enforcement and the community. Shop With a Cop is funded by grants from the Jack and Dorothy Byrne Foundation as well as donations from the Claremont Police Association and individual sponsors.



Myleigha Belville, 10, teamed up with High Sheriff John Simonds to find just the right presents to put under the Christmas tree.



Landon Sanborn, who was celebrating his 6th birthday, relied on Capt. Brent Wilmot to tote his Imaginext dinosaur plus a popcorn treat.

Text, photos by Eric Zengota



Ella Gould, 6, strolled the aisles with Deputy Heather Shea-Clark before choosing Poopsie the Surprise Unicorn.



Willow Thurston, 9, wanted to match the hot pink (her favorite color) of her coat and sneakers. Det. Casey Piehl helped her choose a baby doll and LOL surprise balls.



With antlers polished and lighted, members of the Claremont Police Department were ready to greet the young shoppers. From left, Detective Casey Piehl, Captain Brent Wilmot, Officer Joshua Wade, Chief of Police Mark Chase, School Resource Officer Crystal Simonds (Courtesy photo).

