

e-Ticker News of Claremont

www.etickernewssofarremont.com



**Delegation Favors New
SCHC Facility Over
Renovation
Proposal; Plan on Hold;
page A4**

etickernews@gmail.com
www.facebook.com/etickernews

September 28, 2020

Scan-n-Go

Fiske Library Offers Touch-Free Check Out

By Eric Zengota
e-Ticker News

CLAREMONT, NH—When Claremont's Fiske Free Library was closed to patrons, city librarian Michael Grace was already planning how to reopen safely once restrictions were modified. Most of all, he said, "We had to come up with procedures in line with social distancing and health and safety guidelines to protect our staff and our patrons."

Grace knew that the software system the Fiske has been using for years for circulation and cataloging had an add-on for patron check-out. He activated it, bought a scanner and receipt printer, and set up a station with a monitor just inside the main entrance.

Voilà — contactless check-out.

The procedure is simple. A patron scans their library
(Continued on page A2)

City librarian Michael Grace demonstrates the first step in the self check out process: scanning his library card. His account instantly appears on screen, and he can begin scanning the items he wants to check out (Eric Zengota photo).



UVHFH Committing \$30,000 to Help Remove Lead from Homes in Claremont

The Upper Valley Habitat for Humanity (UVHFH) has launched a new grant program aimed at helping to remove lead from residential homes in Claremont. Priority will be given to families with children who are living in buildings with confirmed or suspected lead.

Lead exposure during childhood can lead to brain damage, growth delays, and slow development, among others. Children can come in

contact with lead by inhaling paint chips and dust in buildings and homes with lead paint.

UVHFH said that three families will receive \$10,000 to have lead removed from their home. Families with children are encouraged to apply.

The deadline to apply is November 1, 2020. This project is funded by the Jack and Dorothy Byrne Foundation.

Eligibility

Anyone who lives in Claremont, NH, and has confirmed lead or suspected lead on their property is encouraged to apply. Priority will be given to applicants who:

1. Have household incomes that is below 80% of the area median income (AMI) (see table below)

(Continued on page A2)

Lead, from A1

2. Live with a child/children
3. Need lead abatement in areas where children spend time (i.e., inside the home, not in a garage or out-building)
4. Will remain in the property for at least two years after the work is completed (for landlords that apply, we ask that for at least two years, you rent to families who meet the above criteria).

For more information, please visit <https://www.uvhabitat.org/claremont-lead-grant>.

Library, from A1

card. Their account appears on screen, showing which items may already be checked out. The patron scans the bar code of each item to be checked out, which instantly displays in the account. When the user is done, the system automatically closes out the account after a minute's inactivity.

A patron has to use the mouse in only two instances: entering their borrower number if

they don't have their card with them, and pressing the print icon to get a paper receipt.

The system went live on Sept. 14, and already patrons have checked out 83 items. Books, CDs, DVDs — "Anything that can be checked out of the library can be checked out at the station," Grace noted. "Our patrons have been excited to use it, and a few already use it exclusively."

**Sununu Issues
Proclamation Prohibiting
Open Fires and Smoking
In and Near NH Woodlands**

CONCORD, NH – On Friday, Gov. Chris Sununu issued a proclamation that bans both outdoor burning and smoking in and near New Hampshire woodlands statewide due to the extremely high danger of wildfires that threaten the state.

The emergency ban became effective immediately upon his signature and will remain in effect until fire danger conditions change significantly.

The Executive Council has endorsed the proclamation.

"This ban is necessary to protect New Hampshire from the very serious fire danger threat currently affecting our state," said Chief Steven Sherman of the NH Forest Protection Bureau. "While the restrictions may be a slight inconvenience to some, we must work together to protect lives, property and our natural resources from the imminent threat of wildfires."

The Governor's proclamation bans the following: - kindling of open fire, including fires built for camping, the

burning of debris, or warming, on all public trails or other public property, excluding public campgrounds; and

- kindling of Category 3 fires; a fire greater than 4 feet in diameter or a fire not contained within a ring of fire resistive material; and
 - smoking a pipe, cigar and/or cigarette outdoors in or near public woodlands or on public trails; and
 - kindling of Category 1 & 2 "campfires"; those not contained within a ring of fire resistive material or in a portable fire place.
- The proclamation does not ban the use of propane or liquid-fueled grills or camping stoves.

"What this means," said Claremont Fire Chief Bryan Burr, "is that:

- All fires are prohibited on public lands, except in a campground
- Category 3 fires 'brush piles' are banned everywhere, public and private lands
- Category 1 and 2 fires are allowed on private property with a fire permit
- No smoking is allowed in or near public woodlands or on public trails."

e-Ticker News of Claremont LLC
is published Mondays

Phyllis A. Muzeroll
Publisher/Editor

Eric Zengota
Contributing Writer/Photographer

etickernews@gmail.com

Snail mail to:
6 Osgood Ave. Claremont, NH 03743
603-542-7319

e-Ticker News reserves the right to reject/decline/edit any material submitted that is deemed inappropriate for our publication.

The opinions expressed in articles, Letters to the Editor or columns are those of the writers and do not necessarily reflect the opinion of the e-Ticker News

Advertisers are solely responsible for the content of their advertising.

Member, NH Press Association

Member, Greater Claremont Chamber of Commerce

Index

Commentary.....	A4-A5
Classifieds.....	A9-A13
Business News.....	A14
Mayoral Notes.....	A16
Sports.....	A22
Inspiration.....	A25
Calendar/Events.....	A26-A31
Claremont Senior Center.....	A31
Obituaries.....	A34
Claremont Fire Dept. Log.....	A35

NH Lottery Numbers

09/27/2020

NH PowerBall

11 21 27 36 62 24

NH Mega Millions 09/25/2020

20 36 37 48 67 16

Tristate Megabucks 09/26/2020

8 13 18 31 38 2

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



**LAW OFFICE OF
JAMES G. FELEEN, PLLC**

WWW.FELEENLAW.COM

JAMES G. FELEEN, ESQ.
EMAIL: jim@feleenlaw.com

TEL: (603) 504-6507
FAX: (866) 862-6394
CELL: (603) 477-4671

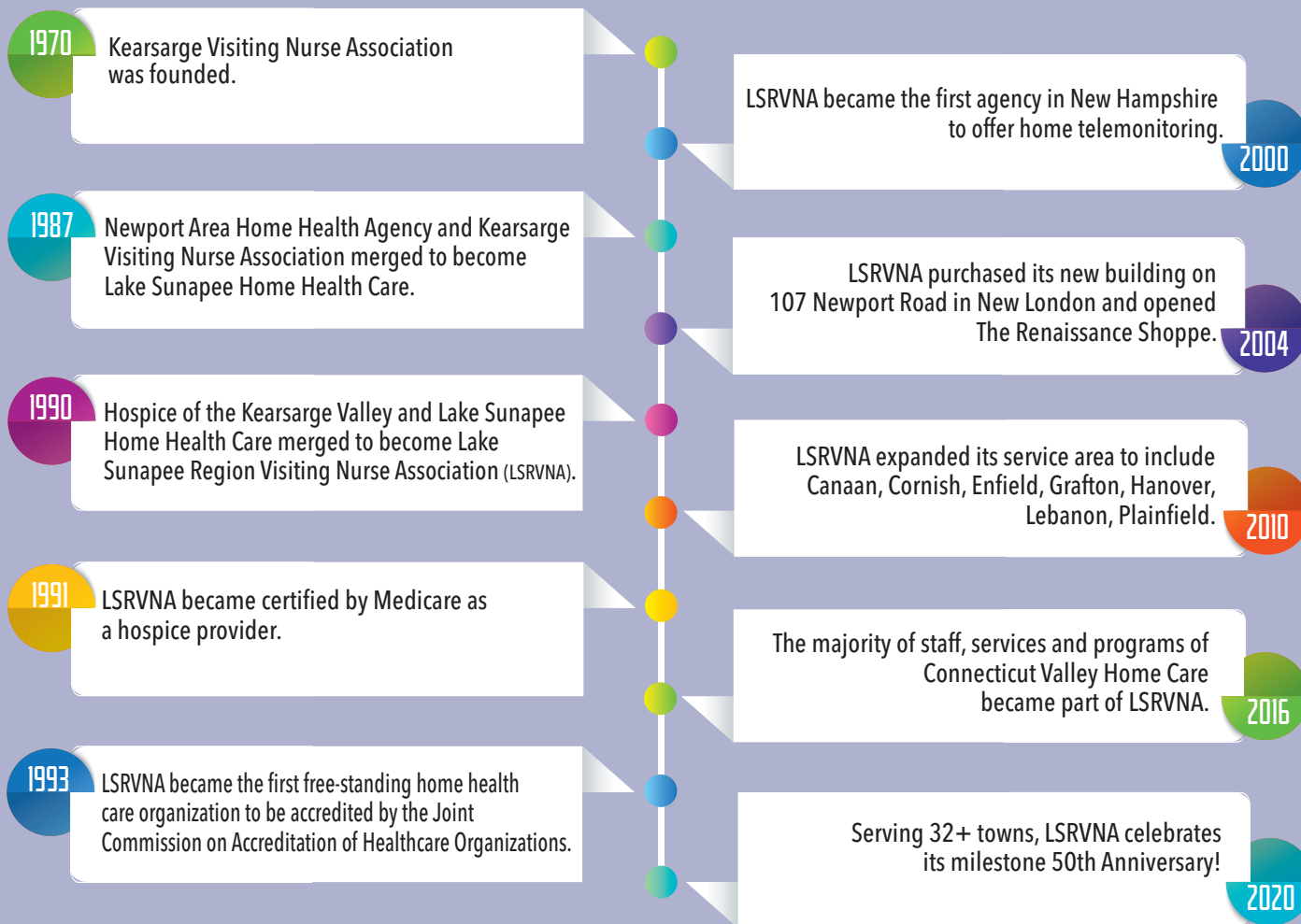
2 Pleasant Street, Suite 3, Claremont, NH 03743

Located in the Brown Block.



Caring for the community since 1970!

REFLECTIONS OF FIFTY YEARS



*For information about our 50th Anniversary activities contact
 Cathy Raymond @ 603-526-4077 x231; craymond@lakesunapeevna.org...or visit LakeSunapeeVNA.org*

Sincere thanks to



for its generous support of our 50th!

Commentary

NH House Happenings

By Rep. John Cloutier

Delegation Favors New SCHC Facility Over Renovation Proposal; Plan on Hold



A final decision on where to build a new Sullivan County Health Care or "SCHC" for short will not be made until at least next year at the earliest.

However, this decision came only after the Sullivan County Delegation to New Hampshire's House of Representatives on Sept. 25 in Newport turned down two proposals concerning SCHC recently presented to the Delegation by County Manger Derek Ferland. First, the Delegation rejected by an overwhelming 11-1 roll call vote a proposed renovation of SCHC. Next, it defeated by a 9-3 roll call vote a proposal to construct a new nursing home. The second proposal was only defeated though after the representatives, all of whom were present either in person, via Zoom, or phone debated whether to amend the proposal to study not just constructing a new facility on the County's existing 2,000 plus acres in Unity, but on available acreage in other communities like Claremont.

Returning to SCHC's proposed renovation, it was shot down after brief debate with only Newport Rep. Skip Rollins voting "yes". Rep. Rollins stated that the Delegation should support renovation because the County could "lock in" the established price for the renovation which was established at nearly \$50 million as submitted by Mr. Ferland at an Aug. 11 meeting. He added that for the foreseeable future building materials are likely to continue rising in price due to several reasons. Among them is the fact that many homeowners nationwide and in Sullivan County are spending their spare time and cash remodeling their homes because they can't do as many activities due to the coronavirus pandemic. Also, the recent California wildfires have destroyed many homes in that state, thus increasing demand for wood and other materials needed to rebuild homes. But the Delegation majority believed that SCHC's renovation could be more expensive in the long run. Also, it believed that it would be too disruptive to residents, their families, and staff.

Nevertheless, the debate was longer over the question of constructing a new nursing home. Claremont Rep. Walter Stapleton and Acworth Rep. Judy Aron proposed authorizing up to \$250,000 for preliminary engineering and other site work on the County's Unity land. Rep. Stapleton indicated that most of his constituents with whom he has communicated favor a new nursing home built in Unity. But Sunapee Rep. Linda Tanner and Claremont Rep. Gary Merchant offered an amendment to Reprs. Stapleton and Aron's proposal to require the Commissioners and Mr. Ferland to examine other possible sites besides Unity, including Claremont. Grantham Rep. Brian Sullivan spoke in the amendment's support, stating many of his constituents are not even aware there is a county nursing home, and are unsure where it is.

However, Rep. Stapleton declared that he was opposed to the Tanner-Merchant amendment because he strongly believes a new facility

should be constructed in Unity so as to keep costs down. He added that he would not only vote against the amendment, but even against his new facility proposal, if the amendment was added. Reprs. Tanner and Merchant eventually withdrew their amendment, in order for the Stapleton-Aron proposal to be considered on its own merits. But the proposal failed on a 9-3 roll call vote with only Reprs. Aron, Stapleton, and Charlestown Rep. Thomas Laware voting "yes", and all the other Delegation representatives, including myself, voting "no."

Consequently, the Delegation then unanimously agreed without objection to the three County Commissioners and Mr. Ferland looking at other properties besides the County land in Unity that could contain a new SCHC. It also suggested that the \$16,000 left over from the renovation project study be utilized to conduct an examination of such properties, and that the just-named officials report back their findings in approximately three months to a new Delegation that will be chosen in the Nov. 3 General Election and take office on Dec. 2, 2020.

For readers' information, I voted against SCHC's renovation for most of the same reasons my 10 other fellow representatives voted against it. But in addition to the earlier-mentioned disruption to the lives of the nursing home's residents, families, and staff now trying to deal with the coronavirus pandemic, it would pose an added disadvantage to our county. It would likely encourage many residents to leave and relocate to other nursing homes, an exit which would likely reduce SCHC's revenue, especially revenue from wealthier private pay residents. Also, the renovation's ground excavation and demolition of both the Sanders and most of the Stearns Building could reveal unexpected environmental and other safety hazards which would have to be dealt with at a much higher cost than originally anticipated. Additionally, I learned at the Aug. 11 Delegation Meeting that renovation would actually take longer than new construction, thus discouraging some subcontractors from bidding on the job, and thus possibly lead to higher costs. In summary, I came to believe that renovation would likely be more expensive in the long run than new construction.

As for construction of a new SCHC, I actually lean towards building in Unity because the County has plenty of available land, inmates from the County House of Corrections to perform some of the unskilled labor SCHC needs from time to time, as well as the nearby Biomass Plant to provide heat and electricity to any new facility. Also once the new SCHC is built, Stearns and MacConnell could be remodeled so as to provide assisted living facilities for senior citizens who might eventually be interested in transitioning to the SCHC as they age. But I am willing to entertain constructing a new nursing home at an alternative site in another community like Claremont, if overall construction costs are the same or less than in Unity, and overall operational costs in the long run are the same or less than in Unity. Finally, I believe that if a new nursing home is built in any community other than Unity, that the community should welcome and support it, even though such a facility could reduce the amount of its taxable property as well as increase the strain on its municipal services like water and sewer, fire, ambulance, and police.

Finally, I plan to file my final column for the 2018-2020 Legislative Term in next week's *e-Ticker* that will discuss the House's final meeting of the term at the Whittemore Center on the campus of the University of New Hampshire in Durham and Governor Sununu's vetoes.

Email: jocloutier@comcast.net

House of Representatives – Claremont

District 3/Ward 1: Andrew O’Hearne

friendsofandrewohearne@comcast.net

District 4/Ward 2: Gary Merchant
603-542-2228

gary.merchant@leg.state.nh.us

District 5/Ward 3: Walter Stapleton
603-542-8656

WaltStapleton@comcast.net

District 10/Wards 1, 2, 3: John Cloutier
603-542-6190

jocloutier@comcast.net

Senate – Claremont

District 5: Martha Hennessey
603-271-3067

martha.hennessey@leg.state.nh.us

District 1

Executive Councilor

Michael Cryans
603-271-3632

Michael.Cryans@nh.gov

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>

Letters to The Editor

Draper’s Community Involvement and Advocacy Make Her My Choice

To The Editor:

I am writing to support Liza Draper for NH State Representative Sullivan County District 5, in the upcoming Nov 3rd general election.

I first met Liza when our children were at Disnard Elementary School and we served on the PTA together, then on through Claremont Middle and Stevens High School, where we cheered our kids on in their athletic, academic and arts pursuits. During that time I witnessed her commitment to our community and our community’s youth. Liza was always an active participant, and she continues to be a strong voice for Claremont, receiving the 2019 Visionary Voice Award from the NH Coalition against Domestic & Sexual Violence.

I was fortunate to work professionally with Liza for 5 years and experience her passion for public health. In her role as a community health educator for the TLC Family Resource Center, she partnered with the state and local school districts to prevent teen pregnancies and STIs, ensuring that students always had accurate, comprehensive and inclusive information. In response to increased bullying in our schools, she co-founded Rural Outright, a support and advocacy program for LGBTQ+ youth and their families, and continues to act as an advisor for local GSTAs. It is this work that earned her an endorsement from NH’s Stonewall Democrats.

Liza has been a member of our community since 2002. She will advocate for affordable, accessible healthcare; equitable education funding and school safety; social justice, and action on climate change on our behalf.

I trust that Liza will demonstrate dedication and integrity as an elected official and hope that you will join me in voting for her on Nov 3rd!

Jo-Ann Kleyensteuber, Claremont, NH, Ward 3

Supports Liza Draper for NH House Seat

To the Editor:

I'm writing to endorse Liza Draper, candidate for NH House of Representatives representing Sullivan County District 5 (Claremont Ward 3). I've known Liza for a number of years. She is an energetic cheerleader for Claremont and brings that energy to bear on issues important to Claremont and more broadly to NH. I like the fact that she supports mail-in voting for all voters, not just absentees. A number of states already use mail-in voting, some for many years, and it works well. She supports extending the renewable energy portfolio beyond 2025. This standard requires public utilities to obtain more than 25% of electricity from renewable energy sources. Closer to home, and near to my heart, she supports an increase in state per pupil funding provided to local school districts, an immediate benefit to Claremont. These positions, together with others, are why I endorse Liza Draper. I urge all residents of Ward 3 in Claremont to cast their votes for Liza Draper for NH House of Representatives on election day, November 3. We need her voice and energy advocating for us.

Allen Damren, Claremont, NH

Residents Invited to Complete City Survey on Litter

To the Editor:

The Claremont Conservation Commission has created an online survey on Survey Monkey seeking your opinion about litter in the City of Claremont. We ask that citizens of Claremont fill out this short survey. The survey can be found at https://www.surveymonkey.com/r/CSP83LW?fbclid=IwAR1WPcAZmSHUbkMCjWyl_J8zrJNt-NvX_wfWvSQObkEouVco9nCA5fghc_k or on Facebook and on the city’s webpage in the header bar or on the Commission site. If you have questions regarding the survey, you can call deForest Bearse at the Planning and Development Office.

Jim Contois, Conservation Commission Member

School Board Votes for Full Return to School for Lower Grades Starting Oct. 19

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—The Claremont School Board voted Wednesday night to open up school to full in-person instruction Oct. 19 for the lower grades, i.e., cohorts A and B, five days a week. Remote learning would still continue for those who want to use that model. High school students will continue using the hybrid model until the end of the first quarter.

The motion that passed read: *To open schools fully on 10/19 for Cohorts A and B, pending all necessary safety equipment is installed. High school will remain hybrid till the end of the first quarter. Cohort C will remain remote until the end of the first semester [Feb. 1st]. No busing will be provided for the high school.* Remote will be an option all year. The motion passed 6-1, with board member Mike Petrin voting no. An earlier vote on a motion to fully open all the schools on Oct. 5 was defeated 4-3. Superintendent Mike Tempesta said that while they could reopen earlier than the original November timeline they had put together, they really needed another two to three weeks to put everything in place and that the Oct. 5 date would be difficult to meet, staff wise and safety wise since some of the necessary PPE had not yet been secured. For example, safety “bubbles” for bus drivers that had been ordered six weeks ago have still not arrived, said Asst. Superintendent Donna Magoon. She added that she didn’t think they could open for the Oct. 5 date because they didn’t have all the equipment they need. “I think we can do it, but we need more time,” she said. “We do not have the supplies we need to be safe.” Tempesta said that the schools will be able to meet the state’s guidelines of three to six feet distancing but not the CDC’s guidelines of six feet since the classrooms are not large enough for that kind of spacing with full return. The district has come up with a plan to install plexiglass dividers at the tables in the cafeterias so that the students can eat “together” and see one another while still being protected.

In terms of following safety protocols, Magoon explained that if someone—student, teacher or staff—has symptoms of illness such as a runny nose or cough, they are sent home. The choice is having a negative test result or being out for 10 days. If someone chooses not

to have the test, it’s an automatic 10 days. The 14-day requirement kicks in if they have had contact with someone who has a confirmed case of COVID.

Tempesta’s presentation Wednesday night included a 23-page plan to “fast-track” to a full

return in October rather than November. The plan may be found via the SAU6 website.

A survey for Cohort A and B students is available at <https://forms.gle/3KFMUfbv7VQA-grWq7> until Oct. 2nd.

Refinance & \$ave



Lower your rate **1%***

All Vehicle Types

Trucks, cars, boats and RVs

onecu.org/borrow

One 

CREDIT UNION

TOGETHER, WE'RE ONE.

**Charlestown Rd, Claremont
John Stark Hwy, Newport**

* See site for details. Federally Insured by NCUA. Equal Opportunity Lender.

ELECT A WINNING TEAM FOR CLAREMONT



Andrew O'Hearne
Candidate for State Representative
Ward 1



Virginia "Biddy" Irwin
Candidate for Sullivan County
Commissioner District 2



Gary Merchant
Candidate for State Representative
Ward 2



Liza Draper
Candidate for State Representative
Ward 3



Ray Gagnon
Candidate for Sullivan County
Commissioner District 1



John Cloutier
Candidate for State Representative
Citywide

We're ready to work for Claremont at the State & County level!

Each of us is committed to:

- Improving Healthcare
- Reducing Property Tax
- Funding Public Education
- Protecting the Environment
- Fighting Inequality

Andrew O'Hearne

John Cloutier

Virginia "Biddy" Irwin

Liza Draper

Gary Merchant

Ray Gagnon

Avoid COVID: Vote safely from home. Request your ballot* now!...

www.voteinnh.org

*Be sure to sign it

Vote by or on November 3



COVID-19 Hotline

211NH has been mobilized to handle all COVID-19 related calls from New Hampshire residents. All residents with questions or concerns regarding COVID-19 can call 2-1-1.

Sununu Orders Face Coverings for Gatherings of 100 or More

CONCORD, NH—Recently, Gov. Sununu issued Emergency Order #63, an order requiring face coverings for scheduled gatherings of 100 or more individuals attending social, spiritual and recreational activities. At his press conference, he said videos of the recent motorcycle rally in Sturgis showing large crowds of people not wearing masks as well as a planned tent revival scheduled for New Ipswich last week prompted the new order. Organizers of the tent revival had said they did not plan to enforce physical distancing or other measures used to help prevent the spread of the virus; some 200-500 people were expected to attend and would likely be a mix of both local individuals as well as people from out of state. The order goes into effect immediately. Fines or penalties may be issued to those who willfully disobey the order, said the state.

NH DHHS COVID-19 Update

September 27, 2020

CONCORD, NH – The New Hampshire Department of Health and Human Services (DHHS) has issued the following update on the new coronavirus, COVID-19.

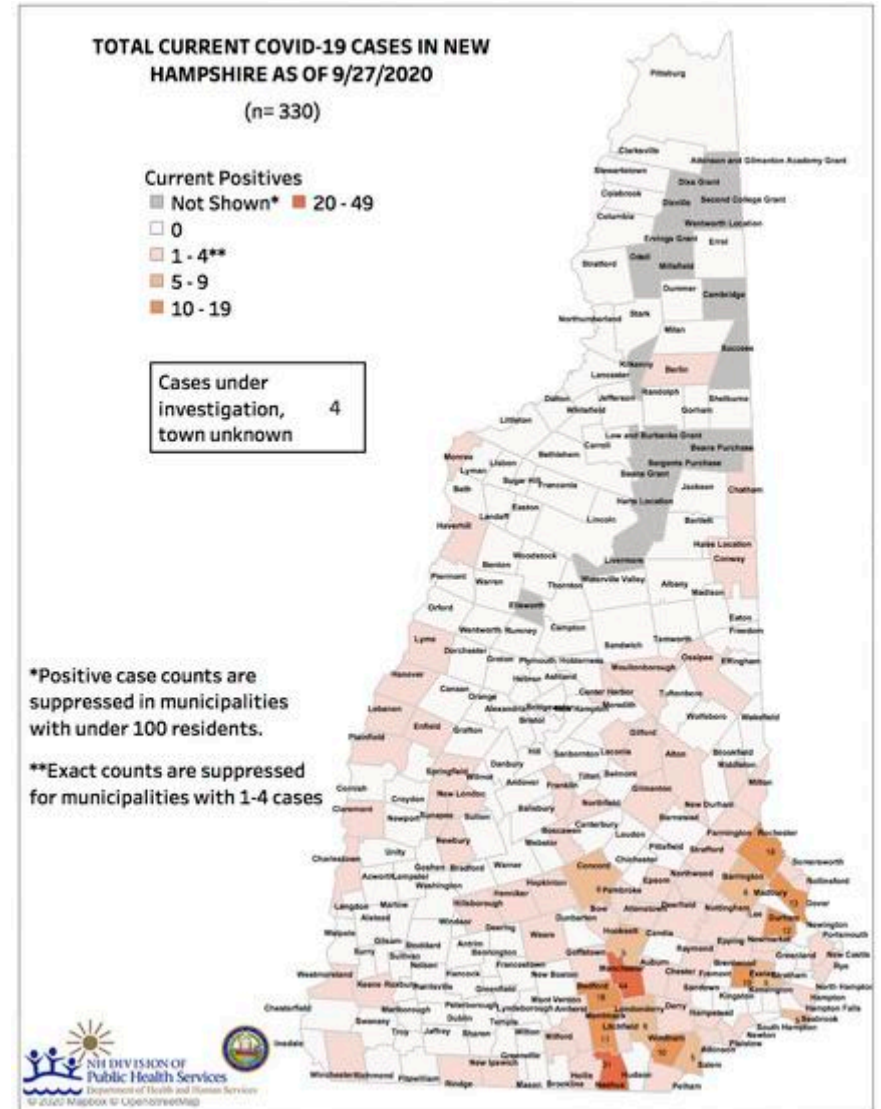
On Sunday, September 27, 2020, DHHS announced 53 new positive test results for COVID-19. There have now been 8,172 cases of COVID-19 diagnosed in New Hampshire. Several cases are still under investigation. Additional information from ongoing investigations will be incorporated into future COVID-19 updates. Of those with complete information, there are four individuals under the age of 18 and the rest are adults with 44% being female

and 56% being male. The new cases reside in Merrimack (10), Strafford (9), Rockingham (7), Cheshire (5), Hillsborough County other than Manchester and Nashua (5), Grafton (3), and Sullivan (1) counties, and in the cities of Manchester (8) and Nashua (3). The county of residence is being determined for two new cases.

There are 8 current positive cases in Sullivan County.

Two new hospitalized cases were identified for a total of 736 (9%) of 8,172 cases. Ten of the new cases had no identified risk factors. Community-based transmission continues to occur in the State and has been identified in all counties. Of those with complete risk information, most of the cases have either had close contact with a person with a confirmed COVID-19 diagnosis or have recently traveled.

SAU 85 closed the Sunapee Middle High School for the day, Friday, after it was learned of a confirmed case of COVID-19 in a student who attends the school. In a letter to families on the 25th, the district said anyone in close contact to the student would be hearing from NHD-HHS as to the steps to follow, and the school was expected to open Monday. Kearsarge Regional Middle School also reported a single case involving a student last week; learning for the grade was changed to remote for Wednesday.



In-person learning returned on Thursday.

Geographic Distribution* of COVID-19		Infections		Hospitalizations		Deaths	
		Persons	% of Total	Persons	% of Total	Persons	% of Total
Belknap	Total	147	1.8%	14	1.9%	4	0.9%
Carroll	Total	123	1.5%	14	1.9%	2	0.5%
Cheshire	Total	148	1.8%	12	1.6%	3	0.7%
Coos	Total	22	0.3%	1	0.1%	0	0.0%
Grafton	Total	141	1.7%	8	1.1%	1	0.2%
Hillsborough	Manchester	2,058	25.2%	211	28.7%	115	26.2%
	Nashua	901	11.0%	81	11.0%	38	8.7%
	Outside Manchester and Nashua	1,422	17.4%	146	19.8%	136	31.0%
	Total	4,381	53.6%	438	59.5%	289	65.8%
Merrimack	Total	583	7.1%	43	5.8%	23	5.2%
Rockingham	Total	2,017	24.7%	172	23.4%	103	23.5%
Strafford	Total	551	6.7%	30	4.1%	13	3.0%
Sullivan	Total	55	0.7%	4	0.5%	1	0.2%
Unknown	Total	4	0.0%	0	0.0%	0	0.0%
Grand Total		8,172	100.0%	736	100.0%	439	100.0%

Data as of: 9/27/2020

Classified Ads

Online: Watercolor Class Tuesday Mornings, Ongoing 10:00 am - 12:00 pm

Online via Zoom, presented by the Library Arts Center

Price: \$10 per session, or \$35 for a four-class pass

Weekly Online Watercolor Classes for Beginners and Intermediate Students

Learn the basics or work on developing what you already know in this weekly class. Each week is a stand-alone lesson, so sign up for one session or plan on attending each week to build your skills. The lessons shared each week will help beginners learn the basics, while engaging intermediate painters in ways that will develop their skills. Instructor Becky Bense has created a warm and welcoming class environment where all her students feel encouraged.

Register at <https://libraryartscenter.org/classes-and-workshops/classes-for-adults/>.

Online: Art Class: Photoshop for Artists Saturday, October 24, 2020 10:00 am - 1:00 pm

Sunday, October 25, 2020 10:00 am - 1:00 pm

Saturday, October 31, 2020 10:00 am - 1:00 pm

presented by the Library Arts Center
Online via Zoom

Price: \$190.00 —10% discount for LAC members

Photoshop for Artists

Instructor: Peter Granucci

Many artists have discovered the ease with which they can explore ideas and stimulate their creativity using Photoshop. This class will give you an overview of some of the basic tools and means of painting and drawing in Photoshop. It's for beginners, mostly, and all you need is your computer and Photoshop. You'll learn how to create new ideas and how to use the tools to improve and edit your existing ideas (your original physical artwork). It's fun, it's direct, and eminently useful. Online via Zoom.

Find out more and register online at:
<https://libraryartscenter.org/classes-and-workshops/classes-for-adults/>.

CLAREMONT, NH

****Price Drop****

2 Story Colonial 3 Bed 2 Bath

- Spacious rooms with some hardwood floors
- Welcoming floor plan

MLS #4806535 \$149,900



CLAREMONT, NH

****Price Drop****

1 Story Ranch 2 Bed 1 Bath

- Quiet dead end road
- Near I-91 for easy access to Upper Valley

MLS #4781326 \$79,500



GRANTHAM, NH

1.5 Story Contemporary 3 Bed 2 Bath

* Open concept kitchen, living, and dining room

* Eastman community

MLS #4822420 \$189,900



**COLDWELL
BANKER**

HOMES UNLIMITED

112 Washington Street
Claremont, NH 03743

Phone (603) 542-2503

www.coldwellbankernh.com



PUBLIC NOTICE PLANNING BOARD HEARING Monday, September 28, 2020 7:00 p.m.

**Due to the COVID-19 Pandemic, this meeting will be conducted via Zoom.*

Join the Zoom Webinar Online: <https://us02web.zoom.us/j/86862509273?pwd=UnVYQ2xWS1Fj-Z3d0QWZlZFE2UklhQT09>

Passcode: 367432 By Phone: 1-646-558-8656 US (New York) Webinar ID: 868 6250 9273

If there is a problem getting through to this number, please call 603-504-0341.

Notice is hereby given that a public hearing will be held concerning the following application:

A. (PL 2020-00012) Debra & Greg Chase, 230 Main Street – Application to annex 0.04 acre from parcel 121-61 (15 First Street) to parcel 121-70 (25 Second Street). Tax Map:121, Lot: 61. Zoning District: R2

Interested parties may review the applications at the City of Claremont's Planning and Development Department, 14 North Street during normal business hours. Comments may be submitted in person at the hearing, or in writing at 14 North Street, Claremont NH 03743, or by email at cityplanner@claremontnh.com.

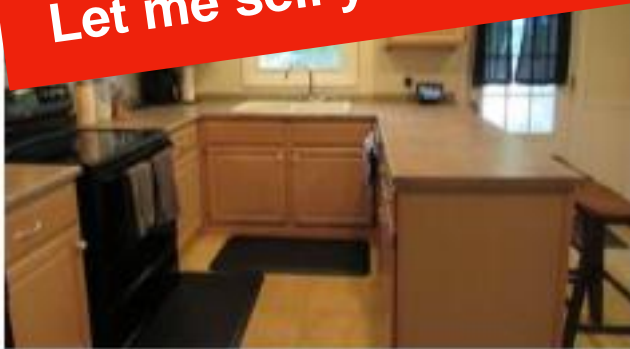
Richard Wahrlich, Chair

Classified Ads



SOLD!

Let me sell yours, too.



Claremont - 3 Bedrooms, 2 baths, re-modeled kitchen & bath, plus a family room, dining room, den, & office. Close to the Community Center. **See MLS# 4815626** for more photos & info.

**4.2 Million Dollar
Producer in 2019**



**Homes Unlimited
112 Washington St.,
Claremont, NH 03743**

**Bonnie
Miles**

**Call or text my cell:
(603) 381-9611**

**35 Years
Experience**

Office: (603) 542-2503

bonnie@coldwellbankernh.com



Tammy Bergeron



tammy@housetohomesnh.com
ashley@housetohomesnh.com

131 Broad Street
Claremont, NH 03743
Office: 603-287-4856
Fax: 287-4857
Cell: 603-477-1872



Ashley Bergeron

JUST REDUCED

This home has been well maintained and is located in a well sought out development. Lovely landscaped 1.06 acre lot with a garden shed (Nobody can build behind the

home or to the right of the home). Attached two-car garage with direct entrance to the home. Paved driveway with plenty of parking.



\$239,900

Juried Regional Exhibit 2020 Virtual Exhibit Library Arts Center Through October 31

View the online anytime at libraryartscenter.org.

The Library Arts Center is pleased to present the annual favorite Juried Regional Exhibition. This exhibit highlights the diverse and creative talent from regional artists residing in New Hampshire and Vermont. Painting, drawing, printmaking, sculpture, photography and mixed media are all featured. Works were selected by the 2020 juror, Robert J. O'Brien AWS NWS.

View the online exhibit at: <https://libraryartscenter.org/exhibits/juriedregional2020/>.

VNH Announces Virtual Country Benefit Concert

WHITE RIVER JCT., VT— On Saturday, November 7th, Visiting Nurse and Hospice for Vermont and New Hampshire (VNH) will be hosting its inaugural fundraising event, A Night Out...At Home, that will safely bring the community together during National Homecare and Hospice Month. The virtual country benefit concert will support home health and hospice care in Vermont and New Hampshire.

A Night Out...At Home will feature country artists including Brooks Hubbard, Ben Fuller, Jesse Lopez, and Ryland Fisher. The emcee for the event is award winning broadcaster Tracy Caruso.

For more information and to purchase a ticket to A Night Out...At Home, please visit vn-hcare.org/benefitconcert or call 1 (888) 300- 8853.

Got news? Send us your news and photos; etickernews@gmail.com

Classified Ads

SELL INDUSTRY LEADING TECHNOLOGY
EARN A GREAT INCOME
BECOME PART OF AN AMAZING TEAM
EARN WHILE YOU LEARN - PAID TRAINING

WE ARE HIRING!

*ALL LOCATIONS

PLEASE EMAIL YOUR RESUMES TO
HIRING@AMCOMMWIRELESS.COM

OR

VISIT US ONLINE AT
WWW.AMCOMMWIRELESS.COM/EMPLOYMENT





WE'RE HIRING!

Fantastic Benefits ♦ **Variety of Jobs Available**



We Offer:

- ♦ **FREE Employee Health, Dental, Vision, Life, & Short-Term Disability Insurance****
(With ability to buy-up for health plan with increased coverage)
- ♦ **20% Discount on Your Groceries & Auto Repairs**
- ♦ **Four Weeks Paid Time Off****
- ♦ **Competitive Wages**
- ♦ **Generous 401(k)**
- ♦ **And Much More**

** Full-Time Employees (30 hrs min. per week)

Apply in Person or Online coopfoodstore.coop/employment

Lebanon | Hanover | White River Junction

Classified Ads

Commercial Loan Processor – Springfield, VT.

One Credit Union is currently seeking an experienced full-time Commercial Loan Processor to join our team.

The ideal candidate will have:

- Minimum of (1) year of related experience.
- Knowledge of Credit Union loan services, policies and procedures.
- Understanding of related legal and regulatory standards and required loan documentation.
- Knowledge of consumer and residential lending practices.
- Strong oral and written communications.
- Outstanding attention to detail.
- Excellent interviewing, communication and public relations skills.
- Demonstrated analytical and financial skills.
- Ability to operate related computer applications.

The full-time Commercial Loan Processor reports to the Senior Commercial Loan Officer.

Requirements:

- Education Requirements: High School Diploma or equivalent combination of education & experience.
- Wages commensurate with experience and skillsets.
- Benefits offered: Health Care, HRA, FSA, Dental, Vision, Life & Disability, 401k Plan, Paid Holidays, Paid Time Off (PTO)

Email cover letter, resume and
references to

jobs@onecu.org

Equal Opportunity Employer
www.onecu.org



e-Ticker Business News

Friends of Norris Cotton Cancer Center Announce New Executive Director

LEBANON, NH – After a national search, the Friends of the Norris Cotton Cancer Center (NCCC) has named Jaclynn Rodriguez as the next Executive Director of the Friends of the Norris Cotton Cancer Center.

Rodriguez joins NCCC from the Rivkin Center for Ovarian Cancer, a non-profit in Seattle, WA, dedicated to funding ovarian cancer research and providing ovarian and breast health education. While at Rivkin Center for Ovarian Cancer she was responsible for overseeing fundraising efforts for the organization, including the annual SummeRun & Walk for Ovarian Cancer presented by Swedish, which raised \$500,000 annually with 2,000 participants, and the Family & Friends Auction which raised \$1.5 million annually. Rodriguez also has previous experience overseeing the Cystic Fibrosis Foundation of Washington & Alaska's Great Strides, Cycle for Life, and the CF StairClimb events as well as overseeing the national volunteer program for the Avon Walk for Breast Cancer series.

Rodriguez is a New Hampshire native who grew up in the Seacoast area. She graduated from Boston University's College of Communications with a BS in Journalism. "I am thrilled and honored to join the Friends of the Norris Cotton Cancer Center as the new executive director," said Rodriguez. "I am excited to bring my experience in fundraising, community events, corporate partnerships, and volunteer management to the Friends. New Hampshire has always been my home, and I look forward to joining the Upper Valley community. I'm passionate about making a difference in the fight against cancer and giving back to my community..."

"We are all so truly proud of the great work of the Friends of the Norris Cotton Cancer Center this year. The team of staff and volun-

teers pulled together a successful virtual Prouty and many other fundraising efforts," said Bethany Solomon, Director of Development at NCCC. "It's with this same level of dedication and excitement they welcome Jaclynn and begin planning for the 40th Prouty in July 2021."

D-H Women's Health Resource Center Opens Donor Milk Depot and Dispensary

LEBANON, NH – Dartmouth-Hitchcock (D-H) announces the opening of a Donor Milk Depot and Dispensary at its Women's Health Resource Center (WHRC), in partnership with Mothers' Milk Bank Northeast. A grand opening event was held on September 4, 2020.

A donor milk depot is a community location where screened milk donors can drop off donor human milk for shipment to the milk bank. Mothers from the Upper Valley area will now be able to drop off their milk conveniently at the depot for shipment to the milk bank, after first registering with Mothers' Milk Bank Northeast.

A donor milk dispensary is an outpatient location where a family whose baby has a prescription for pasteurized human donor milk can fill the prescription and take home the milk. Currently, babies at 11 New Hampshire hospitals can receive pasteurized donor human milk

while hospitalized. However, once a baby leaves the hospital, if the baby still needs milk, the family must pick up the pasteurized donor human milk in person from a dispensary, or by placing an order to be shipped overnight from Mothers' Milk Bank Northeast in Newton, MA.

Donations from mothers who have more milk than their babies need are screened, pasteurized, and tested at the milk bank, and then dispensed to babies whose mothers do not have enough milk for them. The WHRC maintains an average of 150 bottles of donor milk. Donor milk may be obtained via prescription from the dispensary, regardless of whether the patient is a D-H patient.

With the opening of this location, Mothers' Milk Bank Northeast will now have five dispensaries in four states, including two in New Hampshire, and 30 depots in 10 states, including five in New Hampshire.



Call Today! 603 443-3747 603 863-0451



VALLEY OVERHEAD DOOR

We'll be there to keep you on track!

Valley Overhead Door, LLC
Claremont, NH 03743
(603) 543-0880
info@ValleyOverheadDoor.com

Residential & Commercial • Sales & Service
GARAGE DOORS & OPENERS
www.ValleyOverheadDoor.com

VFW NEWS

**By Tom St.Pierre FTC/SS, USN, Ret. Commander
Charlestown Memorial Post 8497
Veterans of Foreign Wars of the United States**

The work of the VFW doesn't stop just because we have a little pandemic on our hands. Last month we were contacted by a citizen whose husband has come down with a debilitating disease and is need of a wheelchair ramp. She is graced with friends and family that were able to locate and donate ramps, platform, and guardrails for them. However, they still needed it to be installed. We were able to get a small crew together along with a few tools, several hours of labor and a donated load of Sta-Pac from St. Pierre Inc. and successfully completed the mission. Another fine example of how our community comes together to take care of each other, especially during difficult times.

The Post has started a raffle to raise funds to support the Department of NH Commander, Darwin Beeman, a member of our Post. First prize is \$400 cash, Second prize \$200 Market

Basket gift card, and third prize \$100 Cit-go gas card. We are asking for a donation of \$3 per ticket or two tickets for \$5. Drawing will be held on Veterans Day, Nov 11th at 6:15 p.m. at the Post hall. Contact us through our Facebook page or call 603 826 5186 and leave a message and we will make arrangements to get you your tickets. Several of the active members have tickets and we will also have them available on Wednesday nights 5-9 during bingo. Thank you for your support.

On the Bingo front, the pandemic continues; thus, we are still short of help from our members in working Wednesday night Bingo. If you have some free time, please contact us and find out how you can contribute. We are flexible and would appreciate any help we can get, even if it's just an hour or two. Also, if you know any active duty members or Veterans who may qualify for the VFW, encourage them to join up or at least contact us to see what we can do for them.

If you are wondering if you are eligible to join, you are welcome to stop in during bingo or you may call the Post at 826-5186 and leave



a message and we'll get back to you. Hall rentals are available; call Walter directly at 802-522-7055. Learn more about the VFW's programs at www.vfw.org or email at our new Post email: vfw8497@gmail.com. Bingo is every Wednesday starting at 5:00 p.m. for Early Birds and 6:30 for regular games.

I'll finish with one last question. What have you done for your neighbor lately? Our community begins with our neighbors, it's a great place to start!

Left photo: L-R: Tim O'Hearne, Bill Fowle, and Louis Sabotto (Courtesy photo).






KEVIN "COACH" TALLMAN

 603-542-9800 x227
cell 802-738-8686

 coach@fordofclaremont.com

 www.fordofclaremont.com
www.cdjrofclaremont.com



Mayoral Notes by Charlene Lovett



Claremont Participates in the Source to Sea Cleanup

Now in its 24th year, the annual Source to Sea Cleanup is a river cleanup coordinated by the Connecticut River Conservancy (CRC) in all four states of the 410-mile Connecticut River basin (NH, VT, MA, CT). Usually, the annual event is held over two days in September, but this year is a bit different due to the pandemic. Rather than a concentrated effort over two days, this year's cleanup is occurring throughout the month. For several years, Claremont has participated in this event and continues to do so with the help of the Conservation Commission.

As the number of communities participating increased over the years, the Source to Sea Cleanup is now one of the largest river cleanup efforts in the country. In 2019, over 3,600 volunteers removed nearly 67 tons of trash from riverbanks and waterways across the four states. Among the usual items of bottles and cans, volunteers hauled out fishing equipment, food waste, tires, televisions and even refrigerators. Since its inception, volunteers have collected more than 1,167 tons of trash from the Connecticut River watershed.

With the Connecticut River on one border and various tributaries passing through the City, Claremont is directly impacted by the health of this watershed. Promoting and fostering good stewardship of this valuable natural resource is one focus of the Conservation Commission. Led by Gary Dickerman, the Commission organizes clean-up efforts in support of the Source to Sea event. This year, the Commissioners, their friends and family focused on the Ashley Boat Landing and Stevens Brook near Tractor Supply.

Collectively, they removed 10 bags of trash from these two areas. Unlike previous years, there were no tires and the number of bags collected was less. All good signs that their efforts are making a difference locally. However, opportunities still exist for others to par-

ticipate in this year's event. Mr. Dickerman has a list of trash hot spots throughout the City that need to be addressed and is working with various individuals and groups to get these areas cleaned up. Should individuals or groups wish to adopt a hot spot, please contact Chair Dickerman at gdman411@gmail.com.

If collecting trash is not an option, there are lots of other ways to help. People can report a trash site with the City's Department of Public Works or be a #RiverWitness on social media. New this year, the Connecticut River Conservancy added this online feature to help people connect with others who share a concern for and appreciation of the watershed.

Over the last 24 years, thousands of volunteers have rallied to protect the Connecticut

River and its tributaries. Not only have their actions improved the health of these waterways, but we as a region have become more invested in the stewardship of this watershed. For Claremont, this effort secures one of our water sources, preserves one of our natural resources and enhances recreational opportunity. To all who have volunteered in previous Source to Sea Cleanups, thank you. Claremont is one of the many beneficiaries of your efforts. To learn more about the work of the CRC, please go to www.criver.org.

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



Gathering the Flags...

With the same dedication shown in May when American flags are placed in the cemeteries in Claremont, volunteers spent Saturday picking them up before cold weather sets in. Peter and Maureen (shown) Goodwin organize the placement of flags before Memorial Day and oversee their removal in the fall. Helping this weekend were 89-year-old veteran Arthur "Bones" Brasaw and several youngsters who reverently carried the flags to the car. Also helping were Rick Doxter, Kurt Smith and Jon Glines who collected flags at St. Mary's cemetery (Courtesy photo).

FORWARD THINKING

>> Five Ways to Keep Moving Forward in the Age of Social Distancing

Activities that people used to take for granted have changed in major ways — like a trip to the grocery store, attending a live concert or sporting event, participating in church services or even just hugging a friend.

Remember that the simple things, like exercise and eating right are essential to maintain your health. Here are some things to focus on as we continue to adjust to the changes in our daily lives.

BE MORE PRESENT

One positive thing is that people may be actually talking to each other a bit more, instead of communicating primarily through texting and emails. No matter how you are contacting each other, take time to really listen to your friends and family, and not let the distractions of the day or moment take away from that.

SUPPORT SMALL BUSINESSES IN YOUR COMMUNITY

The past several months have been a particularly difficult and challenging time for many small businesses. As it becomes possible and appropriate, consider supporting your favorite local restaurant, salon or retailer as much and as often as you can, as they recover.

REBOOT HEALTHY EATING HABITS

What's your diet been like over the past several months? It's understandable if you indulged in more than your fair share of comfort foods and beverages during this stressful time. But if you

maintained healthy eating habits — good for you! If you feel the need to get back on track, you're not alone. It's always a good idea to incorporate more fruits, vegetables, and whole grains into your daily diet (and perhaps less red meat), while reducing the amount of sugar you're consuming.

READ MORE BOOKS

Do you need a change of pace from all the binge-watching of popular television shows? Whether you purchase it through a digital reader app or have it delivered to your door, a good book can make for a great change of pace. And if you have a library card, most public libraries offer apps through which you can access books in digital formats, at no cost.

KEEP WALKING

For many Americans, a daily walk outdoors has become their primary way of managing the stress over the past several months. If you started a daily walking regimen, keep it up — especially if you didn't regularly exercise before the crisis.

To help mix things up with your walking routine, consider doing a speed interval workout as part of a longer session. Pick a milestone while you are walking, like the next tree or stoplight, and speed up for the 30 or 60 seconds it takes to get there. Then, slow down to your normal pace until you're ready to pick another milestone and go again. Beginners should try to walk slowly for 5 minutes, then do 15 minutes of alternating speed intervals, then cool down for 10 minutes. That can make for a nice half-hour cardio workout.



Becky Vittum LPL Investment Advisor Representative
 Ashleigh McFarlin CFP® LPL Investment Advisor Representative
 Kayla Putnam Client Services Assistant

Let our team of professionals be your guide towards the financial future you desire.

- Retirement Planning
- Financial Planning
- Life Insurance
- Legacy and Estate Planning
- Cash Management Services
- Small Business Strategies

CLAREMONT
 FINANCIAL SERVICES

LPL Financial

FULL SERVICE OFFICE
 145 Broad St. Claremont, NH
 603-542-2696



www.claremontsavings.com/investmentservices

Securities and advisory services are offered through LPL Financial (LPL), a registered investment advisor and broker dealer (member FINRA/SIPC). Insurance products are offered through LPL or its licensed affiliates. Claremont Savings Bank and Claremont Financial Services are not registered as a broker-dealer or investment advisor. Registered representatives of LPL offer products and services using Claremont Financial Services, and may also be employees of Claremont Savings Bank. These products and services are being offered through LPL or its affiliates, which are separate entities from, and not affiliates of, Claremont Savings Bank or Claremont Financial Services. Securities and insurance offered through LPL or its affiliates are:

Not Insured by FDIC or Any Other Government Agency	Not Bank Guaranteed
Not Bank Deposits or Obligations	May Lose Value

The LPL Financial Registered Representatives associated with this site may only discuss and/or transact securities business with residents of the following states: NH, VT, MA, ME, VA, AZ, CT, FL, CO, NC, NJ, TX, WA.

This material was created for educational and informational purposes only and is not intended as ERISA, tax, legal or investment advice. If you are seeking investment advice specific to your needs, such advice services must be obtained on your own separate from this educational material.

Kmotion, Inc., 412 Beaver Creek Road, Suite 611, Oregon City, OR 97045; www.kmotion.com

©2020 Kmotion, Inc. This newsletter is a publication of Kmotion, Inc., whose role is solely that of publisher. The articles and opinions in this newsletter are those of Kmotion. The articles and opinions are for general information only and are not intended to provide specific advice or recommendations for any individual. Nothing in this publication shall be construed as providing investment counseling or directing employees to participate in any investment program in any way. Please consult your financial advisor or other appropriate professional for further assistance with regard to your individual situation.

School Bus Accident Follows Medical Event Involving Driver

HANOVER, NH—On September 23, at approximately 7:42 a.m., Hanover Dispatch Center received multiple calls reporting an accident involving a school bus on Lyme Road near Kendal Riverfront Park in Hanover. Preliminary investigation revealed that the school bus was southbound on Lyme Road and it appears that the bus driver experienced some type of medical event causing the bus to cross over the northbound lane, onto the shoulder, striking the guardrail and traveling a short distance before coming to a stop.

Hanover Police Sergeant Ufford arrived at the scene and immediately began CPR and life saving measures with the assistance of bystanders. Hanover Fire and EMS along with mutual aid from Lebanon Fire and EMS responded to the scene and transported the bus driver to Dartmouth Hitchcock Medical Center where the driver was later pronounced dead. No passengers were injured on the bus.

While first responders were dealing with the bus accident, a second bus arrived, and students were transferred onto that bus for transport. At approximately 8:27 a.m., a vehicle that was stopped in southbound traffic attempted to turn around and the bus and vehicle collided which further complicated the ongoing crash scene. No injuries were reported in the second accident.

The first accident is being investigated by Hanover Police and the New Hampshire State Police (Troop G) and the second accident is being investigated by Hanover Police. Both investigations are on-going.

If anyone has additional information regarding these accidents, please contact Hanover Police at (603) 643-2222.

Virtual Instructors Wanted

CLAREMONT, NH—Claremont Maker-Space is looking for people with a passion for STEAM (science, technology, engineering, art and math) subjects to offer virtual learning classes to our enthusiastic community of makers including adults, students and children. We have offered a large variety in the past and look to continue and expand these.

Pay is \$36 per class hour. If interested, please contact Brendan at brendan@claremontmakerspace.org to learn more.

Absentee Ballots Available in Sunapee

SUNAPEE, NH—2020 General Election Absentee Ballots are available at the Town

Clerk's Office. You may obtain your ballot anytime during normal business hours in person. Please wear a mask and ring the intercom. (One person/family at a time allowed in the office). If you would like your ballot mailed, use this link to fill out an application: <https://www.town.sunapee.nh.us/police-department/news/2020-general-election-absentee-ballots>.

Two Months Free*



Rewards Checking

Benefits You Can Use

Cellphone protection, Shopping Discounts, Credit Monitoring & Reports, Roadside Assistance and so much more!

***Monthly fee will be waived for 2 months. If you aren't enjoying real savings, you can switch back at no cost!**

One

CREDIT UNION

TOGETHER, WE'RE ONE.

**Charlestown Rd, Claremont
John Stark Hwy, Newport**

One CU is Federally Insured by the NCUA. Insurance products are not a deposit, not federally insured, not an obligation or guaranteed by the credit union, or any government agency. Cell phone protection, ID theft benefit, buyer's protection and extended warranty are subject to additional terms and conditions.

Lessons from Experienced Investors

Those who have lived a long time have done a lot, seen a lot – and can teach us a lot. And that’s certainly true when it comes to investing.

Consider some of the lessons you might learn from experienced investors:

- **Regulate your emotions.** In the investment world, there’s always something coming at us that could sound scary: political flashpoints, economic news, and even those once-in-a-generation occurrences, such as the COVID-19 pandemic. But older people may take these events in stride; in fact, baby boomers and members of the Silent Generation (born between 1925 and 1945) are coping better emotionally with the impacts of COVID-19 than younger age cohorts, according to the 2020 Edward Jones/Age Wave Four Pillars of the New Retirement study. And by keeping control of your emotions, you may be less likely to make moves such as selling quality investments with good fundamentals just because their prices have fallen in the midst of an overall market decline.

- **Learn from experience.** By definition, the older we get, the more experiences we will have. And most people do indeed learn from experience. Investors, too, benefit from having seen and done things before. Did you chase a “hot” stock only to have found it cooled off before you bought it? Did you buy too many of the same type of investments, only to see your portfolio take a bigger hit during a downturn than it would have if you had diversified? In the investment arena, as in most walks of life, patterns emerge, and once you learn to recognize them, you can learn from past mistakes.

- **Know yourself.** When we reach a certain age, most of us know ourselves pretty well. But you don’t have to wait decades to gain this knowledge – at least not when it comes to investing. For example, you should quickly gain a good sense of your ability to withstand risk. How? Just consider how you react when the market declines sharply. If you find yourself losing sleep over your losses – even if they’re just on paper – you might be taking on too much risk for your own comfort level. Conversely, if market downturns don’t bother you as much as lack of growth in your portfolio, you might be investing too conservatively for your own risk tolerance.

- **Take a longer-term perspective.** When we’re young, we sometimes are more inclined to desire instant gratification – we want results now. Translated into the investment world, this could mean we want to see big returns in a short period. However, despite the popular mythology, it’s quite hard to turn enormous profits on investments overnight – or even over weeks or months. But as the years pass, we learn the value of thinking long-term – how investments we made years ago, and have added to steadily, are now yielding results that can help build the resources we need to reach our objectives.

- **Don’t go it alone.** Some of us, when we’re young, have a tendency to think we have all the answers and don’t need much help in our endeavors. But age gives us the wisdom to recognize that, although we may have acquired much knowledge over the years, we can still use some help in specialized areas, such as creating a long-term investment strategy.

These suggestions are appropriate for anyone – and they can help you on your journey toward your goals.

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

Edward Jones, Member SIPC



Martha Maki, AAMS®
Financial Advisor

54 Opera House Sq
Claremont, NH 03743
603-542-7667

edwardjones.com

Edward Jones®
MAKING SENSE OF INVESTING

Rates



SLASHED

New cars - **2.00%** APR*

Used cars - **4.00%** APR*

New RV's - **3.25%** APR*

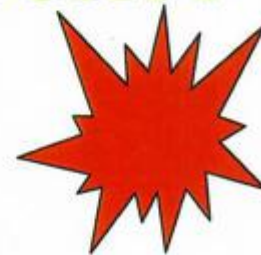
Used RV's - **4.50%** APR*

SERVING ALL SULLIVAN COUNTY



* Rates for well qualified borrowers

APR - Annual Percentage rate



NH COMMUNITY FEDERAL CREDIT UNION
98 CHARLESTOWN ROAD
CLAREMONT, NH 03743
542-7781 800-439-7781

Each account is insured up
to \$250,000 by the NCUA,
A Federal Government
Agency



Why Drive an Electric Vehicle?

Why might an electric vehicle (EV) be in your future? EV drivers save hundreds of dollars in operating costs compared to those of a gasoline powered vehicle. Plug-in electric automobiles can be “fueled-up” during off peak energy hours to save substantial savings on electric charges. The US Department of Energy states that EV owners who home charge will pay half the amount for fuel as those who drive gasoline powered cars. Additionally, EVs mitigate negative environmental impacts by reducing emissions, and thus, counter the effect of air pollution, a significant respiratory health risk. During “National Drive Electric Week” September 26th – October 4th, it may be a good time to consider this newer type of automobile.

EVs come in many shapes and sizes from hatchbacks, SUVs and sedans to pickup trucks. From the top of the line Tesla S to the moderately priced Toyota Prius, EVs are some of the best cars on the road, according to rankings in this year’s Consumer Reports car issue. Prices for new vehicles range from \$24,000 to \$140,000. There are models from 17 auto makers with new models coming out this year and next. Polestar, a spinoff from Volvo, has an all-wheel drive hatchback with a vegan fabric interior that reduces the amount of phthalates or plastics used in conventional auto fabrics. The Rivian R1t is an all-electric pickup truck and the Rivian R1s is a luxury SUV with three rows of seats.

Electric vehicles come in three types. **BEV (Battery Electric Vehicles)** are fully electric vehicles with batteries that store the electric energy that powers the motor, in rechargeable battery packs. They have no other source of propulsion.

HEVs (Hybrid Electric Vehicles) run on gasoline or electricity. They operate with an electric motor and internal combustion engine. Onboard batteries are charged by “regenerative braking” and by the internal combustion engine.

PHEV (Plug-in Hybrid Electric vehicles) run on gasoline and batteries but the batteries in these cars can be recharged by plug-

ging in to an external source of power like BEVs as well as the braking mechanism available in the HEVs.

Batteries can be charged in many ways and are classified by the source of power and strength.

Level 1 chargers use a standard household 110 volts. They are the slowest way to charge a vehicle taking approximately 8 to 12 hours.

Level 2 chargers use 240 volts through a heavy-duty outlet such as one used for electric clothes dryers. They charge at a rate four times faster than Level 1. Dedicated chargers are sold at Home Depot and Amazon.

Level 3 chargers, also called DC Fast Chargers, can add 100 miles range in 30 minutes. They are usually owned by commercial enterprises and municipalities and are located along interstates and at shopping centers. The availability of charging stations in the Upper Valley is increasing as EV ownership continues to grow.

Reliability is a hallmark of electric vehicles due to their electric motor and simple single speed transmission. There are fewer components than a gas engine that can wear out and be expensive to repair. EV batteries do de-

grade with time. On average, an EV with a battery life starting range of 149 miles will be reduced to approximately 132 miles after five years. The owner can reduce this degradation by charging at 20-80% and by not draining the battery to zero or charging to the max at 100%. During the winter, cold weather can reduce performance but housing the auto in a partly heated garage will help.

Federal tax credits on a new EV, purchase incentives from electric companies such as New Hampshire Electric Cooperative, insurance discounts, rebates and savings from fuel and maintenance may make an electric vehicle the right choice for you.

See: <https://www.driveelectricnh.org/drive-electric-week>; <https://www.energy.gov/eere/electricvehicles/charging-home>; and *Consumer Reports* April 2020 Car Issue.

Coffee With the Chief

SUNAPEE, NH— Coffee with the Chief on Tuesday, Sept. 29th, from 8 to 9 a.m. at the Safety Services Building. We will provide the coffee and homemade treats. Once again, we will be following the COVID-19 safety recommendations.

NEW DENTAL OFFICE IN CLAREMONT

Area Dental Services is a privately owned, family friendly, neighborhood general dental practice. Jack Weaver, DDS, and Elizabeth Starr, DMD, offer comprehensive dental treatment for the entire family, and our dental hygienist is here for dental cleanings. We have brand new, state of the art dental equipment, including a 3-D Cone Beam/Panoramic x-ray unit that eliminates the need for uncomfortable, time consuming, individual x-rays.

We are accepting new patients. Our providers are in network with Delta Dental insurance and accept all other dental insurances with the exception of state-funded insurance. We have financing options available, making treatment plans affordable.

Our friendly staff is here to take your call Monday-Thursday, 8am-5pm at 603-372-7268 or email us at areadentalservices@gmail.com. Take a look at our new website at www.areadentalservices.com.

e-Ticker Sports

SHS Football Season Opens on the Road at Lebanon

The Stevens football team finally got their season underway this past Friday night at Lebanon. With the COVID-19 pandemic threatening all fall sports, the NHIAA allowed New Hampshire schools to make their own decision regarding full contact football. All of the other states in New England opted to either cancel their football season, or go to 7 on 7 touch football. Eight of the 10 schools in Division III decided to play football. With a delayed start to the season, and teams opting to play a regionalized local schedule, Stevens opened their season playing the Division II Raiders on opening night.

The Raiders, who moved up a division after playing in the Division III State Championship last fall, returned with plenty of quality starters. Lebanon proved to be too much for the Cardinals as they rolled to a 59-14 win in front of a smaller crowd than usual as both teams were limited to 2 guests per player and coach to avoid a larger gathering in this pandemic. Despite the score, with all that has gone with the pandemic, with the spring sports season being cancelled and fall sports in jeopardy just a month or so ago, just to get to play the game is a win for both teams.

Stevens got a strong performance from senior Clayton Wadsworth as he scored a pair of touchdowns. The first came on a 10 yard pass from fellow senior Owen Taylor. Wadsworth, who caught 3 passes for 60 yards, would later give the visiting crowd a chance to cheer as he returned a kickoff 81 yards for his 2nd touchdown of the game. Jai-Lique Ribeiro ran in the two point conversion for the Cardinals. Taylor completed 5 of his 8 passes for 90 yards and the touchdown. JJ Tursky caught a pair of passes for 30 yards.

Stevens will play a 4 game schedule before the Division III open tournament begins on October 31st. The Cardinals will host Division II Hanover on Friday night at Barnes Park. The game will be Senior night for the Cardinals se-

It was an exciting boys soccer battle between Stevens and Lebanon at Monadnock Park, with a score of 0-0 at the end of regulation. The Raiders scored with less than a minute left in the first overtime to take the win Monday night, 1-0. (Courtesy photo).



niors, who will be honored before the game. Game time is 7PM.

SHS Field Hockey

Wednesday night: The Cardinal Field Hockey team lost 4-0 against a strong Lebanon team under the lights. The JV team tied 0-0 in their game.

Saturday: The Cardinals played a great game against Lebanon on the road. "We scored first and held onto the lead until the 4th quarter," said Coach Patty Deschaine. "We lost 2-1 and thought we tied the game on a penalty

corner with no time left on the clock which we would have caused the game to go into overtime. But the goal was denied. Stevens coaches were very proud of the team's performance."

The JV team won, 1-0.

SHS Boys Soccer

09/18/20	Mascoma Valley	W	2 - 1
09/21/20	Lebanon	L	0 - 1
09/23/20	at Lebanon		04:00 PM
09/29/20	at Hanover		07:30 PM
10/03/20	Hanover		03:00 PM
10/07/20	at Sunapee		05:30 PM
10/09/20	Sunapee		06:30 PM
10/13/20	Fall Mountain		07:00 PM
10/17/20	at Fall Mountain		10:00 AM
10/21/20	Newport		07:00 PM
10/24/20	at Newport		09:00 AM

SHS Girls Soccer

09/19/20	at Mascoma Valley	W	5 - 0
09/24/20	Lebanon		07:00 PM
09/26/20	at Lebanon	L	0 - 3
09/29/20	at Hanover		05:30 PM
10/03/20	Hanover		07:00 PM
10/07/20	Sunapee		06:30 PM
10/10/20	at Sunapee		01:00 PM
10/14/20	at Fall Mountain		04:00 PM
10/17/20	Fall Mountain		11:00 AM
10/21/20	Newport		05:00 PM
10/24/20	at Newport		11:00 AM

Claremont Elks Lodge #879



****To Go****

Chicken BBQ Fundraiser

Come Support Our Lodge!!

**Saturday, October 10th
11:00 am - 2:00 pm**

\$10.00 per person (*Cash Only*)

**Includes Half Chicken, Corn on Cob
and a Side of Coleslaw**

Cold Soda or Water \$1.00 each

**Please Call Ahead to Pre-Order
by October 5th**

603-542-9802

Pleasant Street, Claremont, NH

Paid Political Ad

Paid Political Ad

Paid Political Ad

Paid Political Ad

Re-elect Mike Cryans for Executive Council

Duties of the Executive Council:

- Votes on the Governor's nominations for major positions and boards in state government
 - Votes on all Judicial nominations
- Responsible for the 10-Year Highway Plan that includes projects for roads, bridges and airports
 - Councilors each represent 20% of the population; District 1 is comprised of the upper 2/3 of the state and includes 4 cities and 109 towns

As District 1 Executive Councilor, I have:

Voted for projects that benefit Claremont and Newport



“Constituent Service is My #1 Priority!”

Paid for by Friends of Mike Cryans; Denis Ibey, Fiscal Agent; PO Box 999, Hanover, NH 03755

Inspiration

Solidarity

By Priscilla Hull

This wall is built with many different stones. The stones are all different sizes, shapes and components. It is primarily granite because, after all, this is the Granite State and the people in the Granite State are frugal, so they use what is at hand. There are dark and light stones in this wall with each one placed carefully to do its job in the wall. I walk by this wall almost every day and I was first drawn to the complexity of the construction when I saw the very large white stone at the top of the wall. It stands out even more by being so light, almost pure white! As you study stone walls throughout the state, you'll find that most stones as large as this one are near the base of the wall, supporting the smaller stones which are placed above. Each stone has a place and is fitted together to maintain the integrity of the wall. Why then, did the builder use a very large stone in this place in this wall? Was his purpose to bring attention to this beautiful stone? Did he plan it to be the focal point? Or was his reason to make curious people wonder about its placement. There is always the possibility that he put it there just because it was the one stone that fit in that particular place. What do you think?

In life, if we're lucky, we meet a wide variety of people. We meet people from all parts of the country and the world. We meet people of all shapes and sizes. We meet people made of a variety of compositions and many colors. When we meet these people, we can learn as much about them, their culture, religion, mores as possible. If we can, we should discover who they are, what they've done, what they stand for and what they are made of. We're not all made of granite, some are mica, some are sandstone, some are bluestone or marble.

The variety of stones in a wall make the stone wall a thing of beauty, and the builder doesn't care what the color is as long as it fits together and is strong. He uses a variety of shapes and sizes and balances the stones so that the wall is firm and strong.

So it is with people in the world. Each one is different and each one is of equal importance. People of different shapes, sizes, composition, color can work together, bringing their backgrounds, ideals, desires, styles together to build a strong community. After all, if we had a community made up mostly of soccer coaches, where would the crafts people go for help? If we had a community made primarily of musicians, where would the writers go? If we had a community mostly comprised of builders, soon they'd have built all the houses, furniture and lawn swings that we need and then what would they do?

If the man building a stone wall used rocks of the same size and shape, it would not be a very strong wall, the stones easily displaced by careless people. When he builds it with the variety of stones, the stones fit together with their weight and placement making it a powerful wall, that will last hundreds of years.

When our community, state, country, world is built of a variety of people with a variety of talents and skills, it too, is strong. It too will last for many years. We build on each other. We use the talents of each other. We don't have to be the doers of everything. We just have to fit into our place, support one another and stand together to make our community strong and beautiful.

The day for building your walls will come, the day for extending your boundaries.
Micah 7:11

Priscilla Hull is the Lay Leader of the First United Methodist Church in Claremont, NH.



A new career as a tax pro could be yours in 12 weeks.

Take our virtual tax course for \$149.

Completion of this safe, at-home learning could lead to:

- ✓ Extra income
- ✓ Flexible schedule
- ✓ Remote work opportunities

Enroll today:

hrblock.com/class



**H&R
BLOCK**

126 Washington Street, Suite 3 | Claremont, NH | 855-833-1040

31 John Stark Highway | Newport, NH | 855-833-1040

Enrollment in, or completion of, the H&R Block Income Tax Course is neither an offer nor a guarantee of employment. Enrollment restrictions apply. Not open to persons who are employed by or seeking employment with any professional tax preparation company other than H&R Block. H&R Block reserves the right to immediately cancel any such student's enrollment. CTEC# 1040-0E-2355

Calendar Of Events

ArtEx Offering Free Digital Arts Activities and Education

CLAREMONT, NH—After a summer of adapting programs and listening to families about their needs, the West Claremont Center for Music and the Arts (WCCMA) has launched ArtsEx, free digital arts activities and education. Part of the Youth Arts Enrichment Initiative, ArtEx is a new year-round program designed to introduce students to a wide variety of creative opportunities, cultivate connections, and nurture creative thinking. ArtEx will provide members monthly (or more!) Art Experiences featuring virtual content created by incredible artists from close to home and all over the world. The Art Experiences Playlists are hosted on YouTube and curated by WCCMA Executive Director Melissa Richmond with other WCCMA artists serving as guest curators. Each Art Experience will include several short video clips featuring Music, Art, Dance, Theater, Culinary Arts, and Crafts, plus activities students can try at home.

ArtEx students can choose to attend master classes, workshops, WCCMA concerts, and will have access to Art Packs (coming in October), instrument loan programs, and YAE scholarship opportunities.

The ArtEx Characters and Creatures Workshop is geared for beginners -- no experience necessary -- all ages are welcome and best for ages 8 - 12. This ArtEx Workshop is free to all, but registration is necessary. Sign up by visiting <https://artex-characters.eventbrite.com>.

WCCMA is asking for families to complete the survey found at www.wcc-ma.org/ArtEx to share what subject ar-

reas you are interested in, and to sign up to learn more. In October the Art Packs will launch. These packs will provide music and supplies to create from home, and to learn along with upcoming workshops. The boxes will be provided for free/scholarship to those who opt in, or can be purchased at cost. The first box will include basic art supplies, a bag to store supplies, a music drive/CDs, a specially selected book, and other fun surprises.

West Claremont Center for Music and the Arts brings professional music and arts experiences, diverse musicians, and equitable educational opportunities to Claremont and the broader Upper Valley region. We offer more than 50 performances, camps, classes, and workshops annually for free, pay-what-you-can, or low-cost, ensuring all citizens in our region have access to the arts and opportunities to nur-

ture their talents.

To learn more, or to sign up for emails visit www.wcc-ma.org.

CORNISH CEMETERY NOTICE

All Town of Cornish Cemeteries must have live or non-live items removed from the cemeteries no later than September 30th. Any items left after September 30th will be removed by the Cemetery Crew. This includes, but is not limited to, hanging baskets, containers, lights, etc.

Town of Cornish Cemetery Trustees



AA Sewer & Drain and Maintenance
LLC
Call Sandy to schedule your job today
603-543-7118
Corey Beard 15+ years experience, Ralph Beard Jr 25+ year experience builder
aaseweranddrain@yahoo.com
22 West Court Road
Sunapee, NH 03782
603-454-4850
Like us on Facebook

REMINDER to all Owners of property in Claremont

– your 2nd quarter
property tax bill is
due by October 1st

This bill should be
the same amount
that was due in
July.



Hannaford Reusable Bag Program Benefits Arrowhead

CLAREMONT, NH—For the month of September at the Hannaford store, located at 220 Washington Street in Claremont, the Hannaford Helps Reusable Bag Program will be focused on supporting the Arrowhead Recreation Club. Every time you purchase a blue Hannaford Helps Community Reusable bag for \$2.50, a donation of \$1 will be made to Arrowhead. The more bags purchased, the more the Arrowhead site benefits.

Now that you can use reusable bags at Hannaford, it's time to get some new ones. For new first time bag purchases associates will bag your groceries, if you bring in your own bag, you will have to bag them yourself.

Lake Sunapee VNA Foot and Flu Clinic Update

NEW LONDON, NH – Many community members have come to rely on Lake Sunapee VNA for its regular Foot Care Clinics and annual Flu Clinics held throughout the area. Though the pandemic has created challenges to operating these clinics, things are looking up.

Foot Clinics, all of which were closed down in March, are slowly beginning to re-open with appointments now available at COA Chapin Senior Center (call 526-6368) and Claremont Senior Center (call 526-4077).

Lake Sunapee VNA does plan to offer Flu Clinics this year, but there will be fewer than usual, and they may look quite different. For more information, visit lakesunapeevna.org/calendar.

Contact Info for Help for Vets

For those Veterans who live out in the Keene, Claremont, and Western part of NH, the Veteran Services Officer who usually works that area will be unable to assist you for a while. Until he returns, we are asking that you reach out to Cynthia Fisher (NH Division of Veterans Services Admin) at (603) 624-9230, Ext. 301 and she will get you an appointment with another Service Officer who can assist you in the interim.

Bingo at Charlestown Memorial VFW Post 8497

CHARLESTOWN, NH—Bingo at Charlestown Memorial VFW Post 8497 is back in operation with a few changes to the schedule of games. We listened to feedback from our patrons and have added a 50/50 game to the line-up (averaging about \$255 payout) as well as some variation to the last game of the night, a caller's choice, one of four different games each week (pays \$150). We still have the winner take all (average \$375), and the carry over coverall which if won in 50 #'s or less is up over \$9,000, after 50 pays \$150.

Bingo is held Wednesday night at the Post Hall at 365 Lovers Lane Rd, Charlestown. Early Birds start at 5:00 and regular bingo at 6:30. Food and refreshments available. No one under 18 allowed during bingo. It is highly recommended to wear masks, practice social distancing, and frequent hand washing / sanitizing, but there may be those who don't. If you are sick, then please don't attend until you're feeling better.

- Wednesday October 7, 14, 21, and 28 VFW Bingo 5 p.m.

A Message from ServiceLink

NH ServiceLink offices across the state are open via phone and email during the COVID-19 pandemic. In this time of social distancing it's easy to feel alone and isolated. ServiceLink is a phone call away! Trained, nationally and state certified staff is available via phone during normal working hours.

ServiceLink staff is here to listen, answer questions, problem solve, and link you to resources and services.

In addition, ServiceLink helps individuals connect to long term services and supports, access family caregiver information and supports, explore options and understand and access Medicare and Medicaid. We are, as always, confidential, unbiased, and free to the public.

Call 1-866-634-9412 toll free or find us online.

Direct phone numbers and email addresses for each local office are listed on our website. Offices are located in Atkinson, Berlin, Claremont, Concord, Keene, Laconia, Lebanon, Littleton, Manchester, Nashua, Stratham, Rochester, and Tamworth.

Area Grocery Store Hours Reserved for High Risk Population

HANNAFORD - Most stores reserve 7 AM – 8 AM on Tuesday, Wednesday and Thursday mornings. In Massachusetts, those special hours are 7 AM – 8 AM daily
MARKET BASKET 6 AM - 7 AM EVERY DAY Claremont
CO-OP FOOD STORES 7AM - 8 AM EVERYDAY WRJCT, Lebanon & Hanover
PRICE CHOPPER 6AM - 7AM EVERYDAY - Windsor & West Lebanon
SHAWS 7AM - 9AM TUES & THURS West Lebanon
WALMART 6 AM - 7 AM TUESDAYS ONLY Claremont & West Lebanon
PLAINFIELD COUNTRY STORE Call ahead for curb side pickup, 709-7055. Prepared meals, grocery items.

PUBLIC NOTICE

The City of Claremont, Zoning Board of Adjustment will meet on
Monday, October 5, 2020 7:00 PM

*Due to the COVID-19 Pandemic, this meeting is being conducted via Zoom.

The public is invited to join the Zoom meeting online at: <https://us02web.zoom.us/j/82221534582?pwd=Kyt0eFJoV1NBTFkMEc1VUhlZnJ3QT09>
Passcode: 904578 By Phone: 1-646-558-8656 US (New York) Webinar ID: 822 2153 4582

If there is a problem getting through to that number, please call 603-504-0341.

Notice is hereby given that public hearings will be held concerning the following applications:

A. (ZO 2020-00020) Pamela Fenlason, 58 Roberts Hill Rd – Application for a Special Exception to permit a Family Group Daycare at 58 Roberts Hill Rd. Tax Map 134, Lot 21. Zoning District: RR2 (Cont. from 9/10/2020)

B. (ZO 2020-00021) Catherine Andrews and Chris Thompson, 233 Broad Street – Appeal of an administrative decision regarding the use of the property at 209 Broad Street. Tax Map 132, Lot 38. Zoning District: PR

Interested parties may review these applications at the Planning and Development Department, 14 North Street during normal business hours. Comments about these applications may be submitted in person during the hearing, or in writing prior to the hearing at 14 North Street, Claremont NH 03743, or by email at cityplanner@claremontnh.com.

Michael Hurd,
Chair

Intro to Plumbing, Heating & Air Conditioning **Sugar River Valley Regional Technical Center**

Tuition is sponsored by Sullivan County, New Hampshire

SRVRTC Director - Dr. Alex Herzog

SAU6 Adult Learning Coordinator – Kendall Duffy

*This course is being taught by Licensed Master Plumber,
Doug Morton, who has over 30 years of experience in the field.*

*During this 8 week course you will learn the work expectations of this
trade, basic safety, hand and power tool use, materials, and
application of the basic methods used to help you gain entry into the
Plumbing and HVAC field as an experienced basic apprentice.
This is a demanding, but very rewarding line of work with many
openings for those who wish to enter as an apprentice.*

Only 12 student slots available, so apply now!



October 13th - December 8th 2020

Tuesday & Thursday nights from 5:30pm-8:30pm

* * *

To register or for further information please contact us:

***TPI Staffing Group
Attention: Amanda Brosseau
claremontoffice@tpistaffing.net
11 Dunning Street, Suite 6
Claremont, NH 03743
(603) 543-4155***



NEW ENGLAND CLASSICAL ACADEMY
2nd ANNUAL



FAIRY & HOBBIT HOUSE TOUR

CRAFTS * FOOD * FACE PAINTING

Come dressed as your favorite woodland creature!

SAT. OCT. 3, 10 *am-1 pm*

RAIN DATE: *Sun. Oct. 4 1-4*

\$5 per person *Masks required for face painting and crafts*

New England Classical Academy Woods

59 Old Church Rd., Claremont, NH

FOR INFORMATION ON ENTERING A HOUSE IN THE TOUR

EMAIL neca_office@yahoo.com or call (603) 543-3400

WWW.NEWENGLANDCLASSICALACADEMY.COM

News from the Plainfield Library

Announcements:

Check out our NEW Story Walk at the Corey Taber Memorial Park.

Take a Story Walk to enjoy literacy, exercise, and the outdoors!

Start the walk behind the Philip Read Memorial Library. Park in the library parking lot and look for the sign that directs you to follow the walk.

Read along with We Don't Eat Our Classmates the perfect story for the start of the school year.

Don't forget to sign the signature board at the end!

The Plainfield Libraries are Open For Browsing by Appointment.

We are happy to welcome patrons back to the Meriden Library and Philip Read Memorial Library. The libraries will be open with limited hours and by appointment only. Call the library you would like to visit 675-6866/ Philip Read Memorial 469-3252/ Meriden or email: merprml@plainfieldlibraries.org to set up a time to visit.

New Transfer Station/Beach Decals Available

Sunapee Transfer Station/Beach Decals will up for renewal on October 1st. There are a couple of options to make obtaining your new passes a little easier this year. One option is to go to the town's website at

<https://www.town.sunapee.nh.us/transfer-station/webforms/transfer-station-sticker-renewal-replacement-form> and fill in the renewal form and submit or you can email

frontdesk@town.sunapee.nh.us with the following information: Owner name on property, property address, phone number, vehicle make, plate number & state, mailing address or it can be taped to the outside of the Town Office front door for pick up.

If you are renting in Sunapee, a copy of your current lease will need to be provided. If you have any questions, please contact Barb at 603-763-2212.

Make a Coptic Notebook (Free Virtual Learning)

Create a notebook as adventurous as you.

This traveler's notebook uses the Coptic binding method. This unique binding method is one of the oldest in human history, dating back as early as the second century. It allows the book to lay flat when opened to any page, making it great for sketchbooks. Notebook measures 5.75" x 8.75" when done. You can have a name or phrase laser etched on the cover. Follow along virtually as you construct the notebook!

This class will be presented virtually via Zoom and class connection information will be sent out prior to the class.

Upon registration, you will be asked for the line of text which you would like to have personalized on the book as well as a font selection from a select number of choices. You will be emailed to coordinate how to purchase the required class materials (\$20).

Claremont MakerSpace members can take this class in person for free, as long as they use CMS tools and are on site the night of the class.

Recommended age range: 10 & up (Adult Supervision Suggested)

This class is presented free & registration is required. Registration closes 9/23/20.

You will need the following tools in addition to the kit to assemble your notebook:

Bone folder (or butter knife)

Scissors

Pencil

Paper - 50 sheets of printer paper, graph paper, or any other medium weight 8.5x11 paper
Thimbles (optional only if you're worried about poking your fingers with the needles)

To register, please go here:

<https://claremontmakerspace.org/events/#!event/2020/9/29/make-a-laser-cut-bounded-book-virtual-learning>.

Tuesday, Sept. 29, 6:00pm.

Claremont Senior Center Updates

The Center is open. Masks are mandatory and social distancing observed. Hours are Tuesday and Thursday, 9am-3pm, Wednesday 11am -3pm and Tuesday game night, 6pm-9pm. Everyone must sign in for CDC tracking, answer COVID questions and sign a form before participating in any activity.

Wednesday, September 30, members only Bingo, contact Ken at cateringken@gmail.com for a required reservation. Please do not

call the center as Ken is making the reservations. Masks must be worn while at the center and social distancing will be enforced. Four players to a table MAX. Doors open at 11:00 am. Sales start at 12:15 and end at 12:45 on the dot. There is a limit of 50, including players and workers.

Our turkey dinners will resume on October 17, 5 – 6:30pm. The dinner will be a drive through. Call 543-5998 for a dinner reservation.

A VNA Flu Clinic will take place on Oct. 2 from 10-12. You must have a reservation. Call the VNA office at 603-748-1731. Please print and fill out the registration form prior to arriving and bring it to the center when you come for your vaccine. Forms will be available prior to Oct. 2 at the center. Ask for one when you go to the lunch drive through or when you can stop by the center during regular hours or print it from home by going to this site: Lake-SunapeeVNA.org

The VNA foot clinic is now open for business: October 14, 21 and 28. Call for an appointment, 603-526-4077.

Blood Drive, Monday, October 19, 2020, 12 – 5pm. Appointments online or call 1-800-RED CROSS.

Do not forget our weekly drive-up meals, check it out, our food is great:

Tuesday (Sept 29) Open Face Turkey Sandwich, Stuffing, Gravy, Cranberry Sauce, Veggie, Dessert

Thursday (Oct 1) Fresh Made Stuffed Peppers w/tomato sauce, Veggie, Dessert

Call 543-5998 to reserve your meal by 10:30AM. Members-\$4, non-members-\$5.

Takeout meals only: Tuesdays and Thursdays. Reservations required. Pick-up-11:45AM-12:15PM.

During the month of October, the Hannaford Re-useable Bag Program will benefit the Claremont Senior Center. Just purchase a Hannaford Helps Community reusable bag for \$2.50 and Hannaford will make a \$1 donation to the Center.

The Penny Sale, May 8, 2021, is still in need of items, call ahead for donation times.

Sunday, Nov. 1, 2020, Winter Craft Fair. We will have a great variety of handmade items on hand. If you wish to join us with your beautiful wares, call 543-5998 or 542-5798 for an application.

Claremont Senior Center, 5 Acer Heights, Claremont, NH. (603) 543-5998. Smoke Free. Worry Free. Stress Free. Call 543-5998.

Thought for the week: It will all be okay.

To the Rescue: Parks & Rec Lifeguards Attend Monthly Training Sessions

**Story and Photos By Eric Zengota
e-Ticker News**

CLAREMONT, NH—When it comes to refreshing lifeguarding skills, there's no fresher place than a cool, empty, Olympic-sized pool. One recent Saturday morning, an hour before the Claremont Savings Bank Community Center pool opened to the public, five staff guards took part in an inservice.

"All of our lifeguards have two-year certifications through the American Red Cross," said Ivy Condon, Parks and Recreation Department's center coordinator. "The Red Cross also requires periodic training before guards can be recertified. So we do an inservice training every month."

A lifeguard herself, Condon noted, "Training helps keep lifeguards fresh with their lifeguard saving skills. There's a lot of information to remember when being a lifeguard, and it's important to review the life-saving skills. We also go over facility rules, and keep everyone up to date with any changes."

Jennie Benson, a Red Cross-certified lifeguard instructor for the past three years, was in charge of the session. She monitored the five guards as they went through a series of exercises, beginning with a 2-minute, 300-yard lap swim. After that, the guards had to tread water for 2 minutes — without using their hands.

An underwater detection drill involved 10 different colored rings that Benson had thrown into parts of the pool and which had sunk to various depths. Benson blew her whistle and called out a name and a color. The guard cir-

led the pool before spotting the ring, diving or jumping in, and retrieving it from the bottom.

The longest search and retrieval, as might be imagined, was the one with the blue ring, which blended into the pool's pale blue coloring.

Practicing rescues is a critical feature of any training session, as Benson noted. "In my 11 years of guarding I've probably done around a dozen rescues. I've done a couple of lake rescues and the rest in pools, from young children to adults. Each rescue is challenging in its own way. But I've been fortunate that preventative lifeguarding and swimmer skills assessments have helped to keep swimmers safe."

At the Saturday session, guards alternated as victim and guard in three rescues. Each victim thrashed about, gasped for air, shouted for help, or sank down and came back up — or not. Each guard blew a whistle and entered the pool with a long buoy. For the basic, one-on-one rescue, the guard calmed down the victim, took hold and towed them to the edge of the pool.

In the extrication rescue, the victim sank and did not resurface. The guard had to haul the victim from the bottom of the pool before towing them to safety. In real life, these rescues often necessitate a call to 911 because of the severity of the victim's condition.

Finally, two victims screamed and flailed and clung to each other before a guard swam up to save them in a multiple victim rescue. Two panicked swimmers, however, would overwhelm any guard, so the guard called in a colleague, who separated the victims and towed one to safety.

After the session — and after helping sanitize all the equipment that was used — guard Glen Lizotte recalled the first person whose life he saved, even before he was a lifeguard. "There was an elderly man who walked too far out in Lake Sunapee. I heard him yelling for help and went to save him. Here at the community center I helped three

boys who couldn't touch bottom, one in the big pool and two in the kiddie pool."



Lizotte recognizes the need for regular inservice training. "We need to be always ready to help swimmers in danger. Practice is the best way to keep our skills up."

Parks & Recreation is always looking to hire lifeguards. The department is offering a two-day American Red Cross Blended Learning Lifeguard Course, Saturday and Sunday, Oct. 24 and 25, in the CSB Community Center pool. Successful completion results in a 2-year certification in Lifeguarding First Aid, professional-level CPR, and AED, as well as a possible job opportunity at the CSBCC. For more information, contact course instructor Jennie Benson at musicaltreble@gmail.com.

Top: Lifeguards practice basic one-on-one rescues in the large pool at the Claremont Savings Bank Community Center. Carol Orth (top lane) rescues Abbey Rouillard, while Glen Lizotte saves Olivia Barcelou. Left: An extrication rescue involves retrieving a person who has sunk completely underwater. Under the watchful eye of instructor Jennie Benson, Glen Lizotte — who has shouted to other guards to call 911 — brings victim Prescott Herzog to the surface and tows him to the water's edge. Abbey Rouillard positions a back board and helps drag Herzog to where he lies flat on the ground. Guards perform CPR, AED or other first aid measures as needed until EMTs arrive in an ambulance.



**MEMBER NOTICE
ANNUAL MEETING**

The 61st Annual Meeting of the NH Community Federal Credit Union will be held at the credit union office on Friday, October 16th at 7:00 p.m.

The public is welcome to attend. This meeting allows members to vote for members seeking election to the board of directors and to ask questions about their credit union.

Members running for a board of director position and wanting to be included on the ballot must submit an application, to the attention of the C.E.O., no later than Friday October 2nd before 5:00 p.m. Applications are available at the office.

We are asking that attendees please wear a mask.

After the meeting there will be a special drawing for those in attendance.

Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in “real time,” as they are released by funeral homes. We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewsclaremont.com

Adam Purple, 38

Adam Purple, 38, passed away Sept 24, 2020, at DHMC. He loved you all but he was just too weak to fight his year long illness. He was born in Claremont, NH, on April 17, 1982. He graduated from Stevens in Claremont. He was employed by PBS in Claremont, till his illness. He previously worked at Lentex in Walpole and American Brush in Claremont. He loved his time with his boys, especially anything outside; he was outside with them till he couldn't.

He leaves his mother Maryann Purple and his father Leo Stone [Lori] both of Claremont, his children Ryan and Carter Purple, both of Claremont. His brother Joshua Purple (Sarah) and their son Bradley and his ex-wife and mother of his boys, Shannon Kimball of Claremont.

If you would like to donate towards cremation, please send donations to Stringer Funeral Home 146 Broad St., Claremont NH 03743.

A gathering will be held at the American Legion on Broad St. Oct 18th, 12-4. if you would like to bring a dish, you are most certainly welcome. Bartender will be on duty. Please come and share stories or whatever. We have a life to celebrate!

Send news and photos to

etickernews@gmail.com

Patricia M. Gould, 90

Patricia Miles 'Pat' Gould, 90, passed away peacefully in the care of Sullivan County Healthcare Center in Unity, NH, on September 19, 2020.

Pat was a lifelong resident of Claremont, NH. Since the age of 18, she was employed by the City of Claremont, first in the capacity of secretary to the manager, then as treasurer, and finally as tax collector. She retired after 40+ years there in the city offices. She then was employed for several years in administration at the non-profit Student Conservation Society in Charlestown, NH. She enjoyed her experience there immensely, partly because she was so proud to be a part of an organization that was engaged in placing teen and college age students for work in the state and national parks, and the wild, and for helping protect the environment. Pat was well known to many in the Claremont community. She loved working with others, and served the public with integrity, patience, and grace. At the same time Pat lived a very quiet private life, loving her cats, and often enjoying summer vacationing on the coast

of Maine with the kids, and her husband of 37 years, Bunny Gould.

She leaves a son, Michael Pullen of Claremont; a grandson, Django Pullen of Lubec, ME; a stepson, James Gould of Springfield, VT; a stepdaughter, Deborah McCarthy of Hilton Head Island, SC; two step-grandchildren; and two step – great – grandchildren. And of course, all her friends and a few cousins.

A graveside service was held Thursday, Sept. 24th, at Mountain View Cemetery in Claremont, with the Rev. Andrew Tregubov officiating.

In lieu of flowers or gifts, please donate to the Student Conservation Association in her name.

The Stringer Funeral Home is in charge of arrangements.

Collin D. Clifford, 57

Collin D. Clifford, 57, of Charlestown, NH, passed away from natural causes at his home on September 15, 2020.

Collin is survived by his mother, Gina, brother

“The true primary-care provider is Mom.”

-Dr. Sam Giveen

Most of the time, a doctor can't help anything until Mom decides something isn't right. She makes the first move and calls the doctor. Dr. Sam attributes any success he and his staff have with kids to that vital first step. Yay, Mom.

DOCTOR **SAM'S**
EYE CARE



(603) 543-2020

9 Dunning St, Claremont

(we're right there by the hospital)

Mitchell, and his wife Deveney, of Springfield, VT. Also two sisters, Sandy, of Claremont, NH, and Sharon French, and her husband Todd, of Grantham, NH. He leaves a nephew, Logan D. French, of Grantham, NH, and several cousins.

To his friends, thank you for your friendship, good memories and fast engines. No services will be held; donations may be made in Collin's name to the American Heart Association at 2 Wall Street #104, Manchester, NH 03101.

The Stringer Funeral Home is in charge of arrangements.

Claremont Fire Dept. Log

Monday, September 21, 2020

20:25 Responded with E-3 to Myrtle St. for a water problem

21:50 Responded with E-3 to Maple Ave for a medical call

Tuesday, September 22

05:45 Responded with E-3 to Hanover St. for a sign on fire

15:15 Responded with E-3 to Heritage Drive for a medical call

16:39 Responded with E-3 to Maple Ave for a motor vehicle accident

19:29 Responded with E-3 to Charlestown Rd. for a medical call

20:34 Responded with E-3 to Maple Ave for a medical call

Wednesday, September 23

13:52 Responded with E-3 to Washington St. for a mulch fire

14:51 Responded with E-1 to Leet Drive for a medical call

15:27 Responded with E-3 to Clay Hill Rd. for a motor vehicle accident

23:39 Responded with E-3 to Freedom Ave for an illegal burn

Thursday, September 24

10:29 Responded with E-3 to Heritage Drive for a medical call

16:03 Responded with E-3 to Charlestown Rd. for a possible illegal burn

18:52 Responded with E-3 to First St. for a smoke investigation

21:24 Responded with E-3 to Highland Ave for a water problem

22:37 Responded with E-3 to North St. and Elm St. for a motor vehicle accident

Friday, September 25

13:30 Responded with E-3 to Grandview St. for a public assist

15:26 Responded with E-1 and U-1 to Parson Ave for a wire down

18:48 Responded with E-3 to Washington St. for an illegal burn

Saturday, September 26

10:31 Responded with E-3 to Charlestown Rd. for a motor vehicle accident

13:05 Responded with E-3 to South St. for a medical call

18:54 Responded with E-3 to Juniper Hill for an illegal burn

20:28 Responded with E-3 to Pleasant St. for a medical call

Introduction to Music Theory & Composition (Virtual Learning)

CLAREMONT, NH—Introduction to Music Theory & Composition takes a fun approach to grasping the fundamental ideas and tools that are used to compose music that resonates with us. With a range of listening exercises and composition games, this course teaches the language of Western music from the most basic elements through to more nuanced expressions. Participants are encouraged to bring recordings, questions, and observations to class for discussion as we unlock the secrets of what makes music meaningful.

This class will be presented via Zoom. After registration, a link to the class connection will be sent to the email associated with the registration. Space is limited. Please answer the registration question thoroughly and accurately.

Presented by Claremont MakerSpace

Age 13+

Supplies required: None, other than an internet connected device.

Class schedule: 10 weeks, Mondays, starting October 5th and finishing on December 14th, 6-7PM

<https://claremontmakerspace.org/events/#/event/2020/10/5/introduction-to-music-theory-composition-virtual-learning>.

www.facebook.com/etickernews

Send news and photos to

etickernews@gmail.com

American Ingenuity: The American System of Manufacture

CLAREMONT, NH—In this four part series we will examine Yankee ingenuity through the manufacture of guns, sewing machines, clocks, watches, and automobiles that collectively tell the story of "The American System" of manufacturing.

This Claremont MakerSpace class will be presented free via Zoom. After you register, you will receive a link for the class. Please sign up for each session individually.

Highlights of each week will include:

Week 1: Oct 13th, 2 PM: Early Gun Making

Week 2: Oct 20th, 2 PM: History of the Sewing Machine

Week 3: Oct. 27th, 2 PM: Clock & Watchmaking

Week 4: Nov. 3rd, 2 PM: The Development of the Automobile

Instructor, Roberto Rodriguez:

Rodriguez's career spans 48 years as a museum professional including past work as the Executive Director of the American Precision Museum, Executive Director of The Seal Cove Auto Museum, and Executive Director of Fort No. 4.

Sign up for each session, here:

<https://claremontmakerspace.org/events/#/event-list>.

THROUGH OCTOBER 31

PLAINFIELD PUMPKIN PEOPLE

Come September 26th the Pumpkin People started to arrive. The residents scratch their heads and make a plan to join in the fun putting up a pumpkin person. Slowly, house by house you will find the Pumpkin People will arrive. On October 10th the show really starts to ramp up with businesses handing out paper maps of routes where you can find the Pumpkin People. But, if you want to go it alone there is a mapping site that will also help you see where to look. Find more at <https://pumpkin-people.org/>.

SATURDAY, OCTOBER 10

PORK ROAST SUPPER IN PLAINFIELD

Potatoes, Squash, Cole Slaw, Applesauce
Dessert, Roll and Drink. Cost \$12.00 per meal
Blow-Me-Down Grange, 1107 Rte. 12A, Plainfield; 4 – 6 pm.

CURBSIDE ONLY - Mask required.