

e-Ticker News of Claremont

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**Music & Art Center
Receives Funding
Recommendation;
page 24**

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November 25, 2019

Claremont Voters Approve \$650,000 for Special Education Programs

Balance of Allotment Returned to City for Taxpayer Relief

By Eric Zengota
e-Ticker News

CLAREMONT, NH—At a special school district meeting on Nov. 21, residents approved a warrant article appropriating half of the current fiscal year's "unanticipated revenue" coming to the district from the State compromise budget. The total allotment for the district is \$1.3 million; next fiscal year's is \$1.6 million.

The article, which was approved by the Claremont School Board in a regular meeting on Nov. 6, proposed the establishment of a special education expendable trust fund that would appropriate \$650,000 available from increases to the district's Adequate Education Grant. None of the money would be raised by taxation.

About 100 members of the public attended the meeting in the Stevens High School auditorium. Superintendent Michael Tempesta opened the meeting by showing a short video of an art class held at Maple Avenue School as part of the PRIDE (Project based Respectful Individualized Data driven Education) program, which serves special needs students at the elementary school level. "I saw this for the first time today," he said. "It shows the intense involvement that our special education students have in their classes."

(Continued on page A2)

CPD Earns Re-Accreditation Under Exacting CALEA Standards

Claremont Among 116 Agencies to Achieve Internationally Recognized Goal



Claremont police chief Mark Chase (left) responded to questions from CALEA's six-person panel of law enforcement professionals. Accompanying Chase was Bill Wilmot, Claremont's accreditation manager (Courtesy photo).

By Eric Zengota
e-Ticker News

CLAREMONT, NH—The Claremont Police Department successfully concluded a months-long process when it was awarded re-accreditation by CALEA (Commission on Accreditation for Law Enforcement Agencies). This continues the department's history with CALEA. Initial accreditation came in November 2012, and the first re-accreditation in November 2015.

CALEA, a private, not-for-profit organization, develops public safety policies and standards, and administers the accreditation process through which agencies such as the Claremont PD demonstrate that they meet professionally-recognized criteria for excellence in management and service delivery.

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Voters, from A1

Tempesta summarized the purposes underlying the proposed new funding. SAU 6 would be able to educate more special-needs students from Claremont in their home community instead of sending them to other districts. The average *per-student* “send out” costs \$90,000 every school year. The district would be able to keep that tuition money in Claremont. The \$280,000 proposed for PRIDE would counter the \$540,000 in tuition being sent out of district this school year for eight students. In addition, an expansion of the program would allow Claremont to bring in students from other districts; their tuitions would be a revenue stream for the City.

Tempesta outlined further. SAU 6 would bring back students already being sent out, forestall future students from leaving Claremont, and have better control over the curriculum.

The balance of \$370,000 would create two programs. An in-district autism program designed for older students would include job training. An alternative program at Stevens

would address credit recovery and drop-out prevention.

School board member Jason Benware read out the article.

Board chairman Frank Sprague noted that the new money essentially restores the funds lost when stabilization grants were phased out following the 2008 recession. Since then, he said, many Claremont students have been identified as having several ACEs (adverse childhood experiences) such as food insecurity, domestic violence, incarceration of one or both parents, and learning disabilities. Such identified students qualify for various types of special education.

Ten members of the public spoke either in favor of or opposition to the article; they were limited to two minutes under school board regulations. Those opposed, including Marie Lozito and Cynthia Howard, wanted the entire \$1.3 million available this fiscal year to go toward taxpayer relief. Approval now, Lozito argued, would also jeopardize future tax relief initiatives from the State legislature as its membership — and majority control — change. Howard maintained that adding programs and personnel would actually increase the City budget, and wanted proof that the district’s current programs were successful before adding new ones.

Ellie Feleen, a fifth-grade teacher at Maple Avenue School for 22 years, and newly elected City Councilor Deb Matteau were among those who spoke in favor of the article. Feleen noted “a great change in the students, especially in the last five years. Teaching is more challenging because we can’t provide the students with all they need.” Matteau thought that dividing the total allotment was a “fair compromise between programming and tax relief.”

Howard spoke for a second time, stating that “75 percent of the budget is salaries and personnel. You’re adding bodies, increasing the budget. These programs should be privatized.”

In contrast, David van Inwagen pointed out that the overall tax rate would be reduced. Given the increase in learning, behavioral and social issues, he said, “Give the teachers all the tools they need.”

Sprague asked moderator Tracey Pope that the question be called. Members of the public voiced their approval of this request. The vote on the article was done by voice. The majority to approve was so clear there was no need for a ballot vote.

**HISTORIC DISTRICT COMMISSION
SPECIAL MEETING**

Monday, December 2, 2019 5:30 PM
Visitor Center, 14 North Street, Claremont NH

To review and comment on changes to a City project at
46-54 and 56 Opera House Square

David Messier, Chairperson

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NH Lottery Numbers

11/23/2019

NH PowerBall
28 35 38 61 66 23

NH Mega Millions 11/22/2019
7 12 17 49 53 24

Tristate Megabucks 11/23/2019
1 9 12 14 34 1

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

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Commentary

NH House Happenings

By Rep. John Cloutier

Gun Rights Vs. Gun Safety-Part 2

As regular readers of this column have noticed, I have been writing several columns recently about the 57 bills vetoed by Gov. Christopher Sununu this year.

Frankly, my purpose in writing these columns is to enlighten readers about some of the more interesting, if not more important measures, vetoed by the Governor, not just the operating budget and its trailer bill either. I wrote about such vetoes because I want readers to understand that many of the bills were introduced with large number of sponsors, not just Democratic legislators, but Republicans as well. Also I want readers to understand that the bills were thoroughly vetted by the House of Representatives and Senate. Several were scrutinized by two different House and Senate committees and were approved by two separate votes of both bodies on the floor. Many of these same measures were amended in order to improve them for the benefit of our entire state, and also avoid a possible gubernatorial veto. In other words, these measures were not rushed thru the House and Senate. But in fairness to Gov. Sununu, I quoted almost word-for-word most of his veto messages, so readers could understand the reasons he objected to the vetoed legislation. All the measures I described in some detail are just a handful of all the vetoed legislation.

For readers' information, I voted to override all of the vetoes of the bills listed in my columns over the past few weeks. Readers with questions about some of other vetoed legislation should contact at my listed email address or phone number. I voted to override these vetoes because I believed rejected legislation would have benefited most residents of our entire state, and not just a few individuals. Speaking of benefiting many residents, I wish I could have voted to override the vetoes of two Senate bills, the substance of both I have written about in previous columns. They included Senate Bill 1, which would have mandated a paid Family & Medical Leave Insurance Program, and Senate Bill 10 that would have raised New Hampshire's minimum wage from \$7.25 per hour to \$12 per hour by 2022. But the Senate sustained both vetoes, preventing us representatives from attempting to override either veto.

Nevertheless, the vetoed legislation, which I wish to explain in some detail how and why I voted the way I did, were the four gun-related measures-House Bills 109, 514, 564, and 696 that I wrote about last week. I believe my explanation is important, since many of my constituents expressed their opinions on all four throughout this year, up until Sept. 18, when the House sustained all four vetoes. Yes, I voted for all four of the just-listed bills, and voted to override Gov. Sununu's veto of all four. I supported all four bills, and was disappointed the Governor chose to veto three of the four bills just days after two more mass shootings in our nation. I believe all four bills as finally adopted



by the House and Senate were reasonable measures that might have helped prevent at least some gun-related violence, including mass shootings. Furthermore, I believe that none of the vetoed bills would have infringed on the rights of law-abiding gun owners to keep and bear firearms in our state, as enumerated in the United States Constitution's Second Amendment as well as Part 1, Article 2-a of the New Hampshire.

For example, House Bill 514, as finally approved by both House and Senate, would have imposed a three-day waiting period on the purchase of most firearms. But exempted from the bill, would have been residents with a valid New Hampshire Hunting License, or those who had completed a 16-hour hunter safety course offered by the State Fish & Game Dept. While it might not have stopped all criminals and other evil individuals from buying firearms, it might have prevented the impulsive purchase of guns to be used in domestic violence offenses or suicide. By the way, firearms are now one of the leading causes of suicides in our nation and state, according to my informed sources.

Additionally, House Bill 109 as finally adopted, would have required background checks on all commercial firearm sales and transfers. But private noncommercial sales or transfers between individuals would have been exempted from the bill, provided the affected individuals are not prohibited from owning or possessing guns under state and federal law. Also under the same bill's provisions, state, county, and local law enforcement agencies would have been prohibited from establishing or maintaining a central registry of firearms sold or transferred under its other provisions.

Furthermore, as for House Bill 564, which would prohibited the possession of most firearms on public school property, its final version as ultimately adopted, might surprise some gun rights activists. Among other provisions, motor vehicle drivers would be able to drop off and pick up school students and staff on school grounds with firearms inside their vehicles, provided the firearms remain inside their vehicles. Additionally, school staff, including teachers, custodians, paraprofessionals as well as administrative assistants, among others, would have been allowed to carry guns on school property, if they had received advance permission from their school boards or designated administrators. Also the names of these gun-carrying staffers would be exempt from public knowledge under New Hampshire's Right-to-Know Law. My understanding is that the House agreed to add the just-described provision at the Senate's insistence.

As for the fourth and final vetoed measure-House Bill 696, which would have established procedure orders for vulnerable adults, I believe it was the most unfortunate of all of the Governor's vetoes. This is because the bill in my opinion could have provided greater protection to such adults, who may be subject to emotional, physical, and sexual abuse, as well as financial exploitation. By the way, his veto message on this bill was one of the longest he wrote, and was way too long to quote word-for-word in my previous column. But to summarize, he claimed that the bill, "has the potential to endanger victims of domestic violence and their children by providing victims of domestic violence and their children with a false sense of security, and ultimately putting

(Continued on page A5)

Rep.Cloutier, from A4

them at grave risk.” Additionally, he claimed that one of the bill’s provisions could have “violated without judicial oversight” an individual’s Second Amendment constitutional right to bear arms. But from my understanding, the bill’s prime sponsor, Hampton Rep. Robert “Renny” Cushing worked closely with all the domestic violence stakeholders to craft legislation, which was effective and constitutional.

With all due respect to some opponents of these four listed bills, I realize that all four are not the total answer to dealing with the problem of gun violence. Actually, I believe gun violence is a complex problem caused by many different sources, including substance abuse, mental illness, glorification of violence on TV, in the movies, on the internet, as well as video games, misogyny, racism, as well as lack of proper parental supervision and good moral training by parents of their children. I believe the solution is also complex, and will involve not just government, but parents, churches, schools, the media, businesses, and non-profit human service organizations. But I believe House Bills 109, 514, 564, and 696 would have been a small first step.

One final point. As most readers know by now, I also work as a private security officer and substitute teacher. As a security officer, I have been recently trained about how to react in the event an “active shooter” enters the workplace. As a substitute teacher, I have occasionally participated in lockdown drills of all our schools in case gun-toting individuals ever enter the schools intending to harm students or staff. Necessary training and drills which past generations have never before had to participate in, but actions which are now necessary in order to deal with gun violence. To those who would claim that the four previously-listed bills would have violated their Second Amendment rights, I would respond with this question, which is based on the New Hampshire Constitution’s Part 1, Article 2, which declares among other rights that all residents “have certain natural, essential, and inherent rights, among which are the enjoying and defending life and liberty: acquiring, possessing, and protecting property, and in a word, of seeking and obtaining happiness.” What about the rights of company employees as well as school students and staff to live in peace, and free from the fear of being a mass shooting victim? **Email: jocloutier@comcast.net**

Shaheen, Hassan, Kuster Announce \$3 Million in Funding for Claremont Municipal Airport

WASHINGTON, DC—Friday, U.S. Senator Jeanne Shaheen (D-NH), a senior member of the Senate Appropriations Committee, announced with U.S. Senator Maggie Hassan (D-NH) and Congresswoman Annie Kuster (NH-02), that the Federal Aviation Administration (FAA) awarded Claremont Municipal airport a \$3 million federal grant. The federal funding was awarded under the agency’s Airport Improvement Program (AIP). Shaheen helped craft the omnibus funding legislation for fiscal year (FY) 2019 that included an additional \$500 million for AIP projects. While a member of the Senate Commerce Committee, Senator Hassan helped advance the FAA Reauthorization Act of 2018, which included important New Hampshire priorities. The law included \$3.35 billion in mandatory funding for AIP, and instructs the FAA to prioritize small or medium-sized airports located outside of metropolitan areas, like Claremont Municipal, for airport improvement funding.

“New Hampshire’s regional airports serve as economic and transportation hubs for surrounding communities, which is why federal grants like this are useful tools that can help our cities and towns make necessary improvements to enhance our local infrastructure system,” said Shaheen, a senior member of the Senate Appropriations Committee. “This runway reconstruction project is an important investment in the economic development, safety and efficiency of Claremont Municipal Airport. Ensuring New Hampshire infrastructure projects like this have the federal assistance they need will always be a top priority for me in the Senate.”

“This \$3 million runway reconstruction grant is vital to the future of Claremont Municipal Airport, which is an important part of the local economy,” Hassan said. “I will continue fighting to ensure that other important projects across New Hampshire receive the federal funding that is necessary to strengthen and modernize our state’s transportation infrastructure.”

“This funding for Claremont Municipal Airport will help improve the airport’s efficiency and invest in the economic vitality of the Claremont region and our entire state,” said Kuster. “I’m excited to help announce this grant and I will continue working to secure the funding and resources needed to upgrade New Hampshire’s infrastructure and strengthen our communities.”

Kuster, Fitzpatrick Introduce Bipartisan Extend Act in Fentanyl-Related Battle

WASHINGTON, DC—Last week, Representatives Annie Kuster (D-NH) and Fitzpatrick (R-PA), the Co-Chairs of the Bipartisan Opioid Taskforce, introduced the Extend Act – a bipartisan bill that will help the Drug Enforcement Administration (DEA) continue to treat fentanyl-related substances as Schedule I substances. Currently this provision is set to expire in February of 2020. This legislation will extend that deadline until February of 2022. At this week’s Bipartisan Opioid Taskforce Roundtable, DEA cited that their top legislative priority was extending the February 2020 deadline.

“Synthetic opioids are extremely potent and new formulations continue to be more and more lethal – fentanyl and other illicit compounds have caused substantial harm in communities in New Hampshire and across the country,” said Rep. Kuster. “This legislation will help ensure the Drug Enforcement Agency (DEA) has the tools it needs to address the increasing prevalence of dangerous synthetics that pose a threat to public health and safety. I’m proud to join my colleagues to introduce this commonsense bill and I will continue working to secure critical resources and funding to help combat the opioid epidemic.”

HOUSEWARE BLOWOUT
SALE

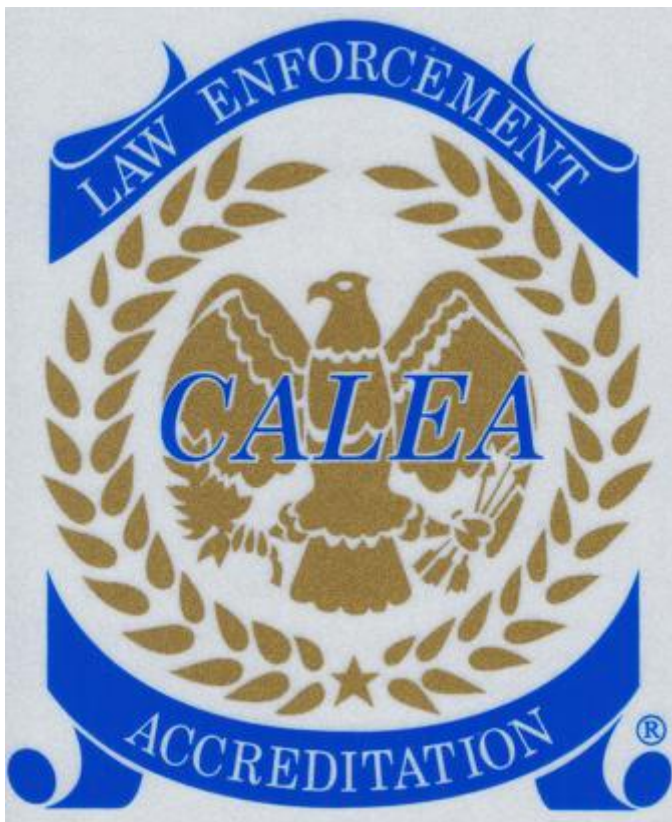
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CALEA, from A1

An on-site assessment and a public meeting were held in Claremont in June, after which the assessors filed a favorable report. Earlier this month, police chief Mark Chase and retired deputy police chief Bill Wilmot (Claremont's accreditation manager) attended the annual CALEA conference in Covington, Ky.

In the final step of the process, Chase faced a six-person panel of CALEA and other law enforcement professionals. He responded to questions based on the assessors' report and reviewed the measures Claremont continues to take in order to perform according to CALEA standards. His responses and all of the department's work led to the re-accreditation.

Chase and Wilmot attended other conference events. "We attended several sessions dealing with issues that affect all police agencies," said Chase. "Bail reform plus recruitment and retention were some of the big topics. We met law enforcement officers from the U.S., Canada and Mexico, and learned how they're working to resolve these and other issues."

The re-accreditation term lasts for four years. Until 2023, the department is also responsible for annual remote web-based assessments.

"Our department is dedicated to maintain-

ing the highest standards of law enforcement," says Chase. "Working with a national organization gives us support for providing all people's rights and protections."

**NOV 29 - DEC 1ST
WALPOLE ARTISAN EVENT**

Welcome to the 17th Annual Walpole Artisans Tour! This special event is a great way to find locally handmade gifts for that special someone, or even yourself. Held Thanksgiving weekend, Friday thru Sunday, Nov. 29th, 30th & December 1st, and housed at three locations. The tour features original juried artwork, fine crafts, and many special and unique items created by over 20 artisans from the region.

Perfect for the gift-giving season, items for sale represent a wide variety of mediums, including wool and silk scarves, hand-forged jewelry, blown-glass vases and paperweights, cloth and leather handbags, wood and leather candle holders, wooden bowls and pens, etched and carved glass, metal garden sculptures, all-natural skin care products, wooden harps, etched black onyx jewelry, original

paintings, holiday ornaments, as well as beautiful and charming note cards. You'll have the opportunity to meet the artisans and talk about their process or their goals.

Visit us at all three locations:

*The Walpole Artisans gift shop at 52 Main Street, Walpole, NH

(Fri - Sat 10 to 5, Sun. 10-3)

*The Walpole Town Hall, 34 Elm Street, Walpole, NH

(Fri.- Sat. 10 to 5, Sun. 10 to 3)

*Sherwin Art Glass, 33 Bridge Street, Bellows Falls, VT

(Fri.- Sun. 10 to 5)

**Friday, December 6, 7:00-8:30 pm
Plainfield Community Church
1094 Rte 12-A, Plainfield**

"A Charlie Brown Christmas" Concert

Jazz concert by the Heather Pierson Jazz Trio. Music composed by Vince Guaraldi. Instrumental virtuosity & stirring three part vocal harmonies.

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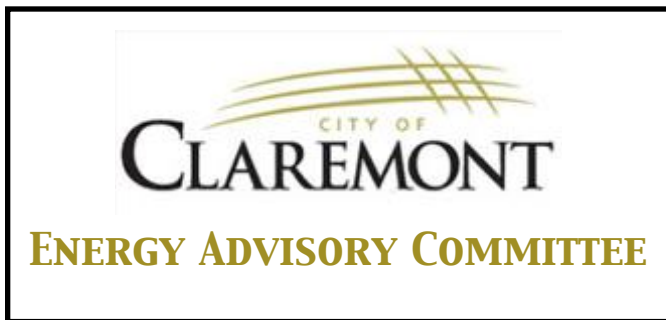
Refreshments available during intermission.

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Staying Warm

In the winter, staying warm while managing heating costs is everyone's priority. An article from the Associated Press last winter noted that New England, for a time, was paying the highest prices in the world for natural gas. Due to a two-week cold snap, much of the natural gas that powers energy generation plants was diverted to heating homes and businesses. So instead of natural gas, electricity was produced by oil and coal-fired power plants.

Recognizing that using these fossil burning fuels was not sustainable, ISO New England, which manages the regional power grid, is increasingly looking forward to the use of hydro-electricity and solar power to produce electricity for the region.

Locally, Eversource and NH Electric Cooperative are among the utilities advocating for energy-efficient heating sources and conservation practices from customers. The goal is to use less energy to heat our homes and businesses while staying warm and comfortable. That is one of the reasons Clean Energy NH, a consortium of NH utility providers, recently came to Claremont to provide a "Button-Up" workshop on best practices for the weatherization of homes. The Claremont Energy Advisory Committee (EAC) hosted this workshop which was recorded and is available at CCTV on channel 10. To watch, enter "NH Saves 2019 Button Up" in the Search Bar or go to: <http://50.241.100.254/CablecastPublicSite/show/10546?channel=2>

Building heat loss, one of the major roadblocks to achieving energy savings, was covered in the workshop. It was noted that air leaks are among the most significant sources of this type of loss. Focusing on sealing air leaks in the attic is one of the most effective ways to reduce heat loss. As all spray-based foam products are petroleum-based and inherently flammable, they should not be used around heat-producing components such as chimneys, flues, or older ceiling can lights.

Using protective gear, a DIYer can use a small amount of this foam in spaces adjacent to attic hatches, pull-down stairs, bath fans, pipe, electrical boxes and penetrations in the ceiling. In addition, leaky ducts should have mastic and drywall joint tape applied to seal the area before insulation.

Mold formation on interior surfaces is another potential issue. Attics are prone to this as a result of warm, moist air leakage hitting cold surfaces. This phenomenon also causes ice dams on roof exteriors. Adding insulation can help reduce or eliminate this problem. Bath exhaust vented into or through attics with flexible venting pipes rather than the preferred rigid pipes, is also a primary culprit in mold formation. Always vent to the outdoors with a rigid vent pipe. This is not a DIY project. In addition, a high-quality bathroom fan will provide fresh airflow and control air leakage.

Basements are another source for moisture and heat loss. Repair all moisture problems before insulation is installed. Seal exterior doors, bulkheads, and windows, as well as electrical and plumbing penetrations. Apply tightly sealed rigid or spray foam on the walls. Professional advice is needed here as foam needs a fire barrier.

There are air sealing opportunities in the center of the house, too.

Drafty homes may need insulation. Look for products with the highest "R-Value" to provide the best insulation. Spray foam is R6-R7 per inch, while fiberglass or cellulose, used in attics, are R-3.7 and R-3.6 per inch. The workshop presenter emphasized that the functional R-value may be affected more by the install quality rather than the product. Cover all areas with insulation thoroughly as that makes a significant impact.

Q-lon door style weather stripping on exterior doors and the bottom of door sweeps will help to keep cold air out as will a door snake, (a DIY sewing project). If the exterior door jiggles when closed, move the striker/latch door plate closer to the doorstop. The door will then be closer to the weather stripping. Close chimney dampers when not in use and place a "chimney balloon" in unused fireplaces. Use gaskets to seal wall outlets that leak cold air.

Old windows may be replaced or retrofitted with exterior storm windows, insulated or thick curtains, window quilts, (a great DIY project is using "Warm Window" quilting fabric), or window film. Plastic sheeting can be placed over interior windows creating a storm window effect inside the home. Taken down in the

spring, they can be used again in the following years.

Cover Home Repair in White River Junction, VT, suggests all fan-driven exterior vents, such as dryer, stove, and bathroom have an exterior flap/door that closes tightly when the fan is off. Cover hot water tanks and pipes with insulated tank wrap jackets or foam pipe insulation and set the tank temperature at 120 degrees so the water is not over heated.

Setting the home thermostat to the low 60's (F) when away from home or sleeping will save about 1% of fuel use for each degree setback 8 hours per day. A programmable thermostat can help with that effort and the Energy Star website has excellent tips on how to use it.

Finally, it is important to remember that enclosed buildings require a certain amount of air exchange to prevent back drafting of flue gasses, which can poison occupants. Powered and controlled air vents or heat recovery ventilators will provide adequate ventilation. Monitor, eliminate, isolate, or control indoor air pollution such as tobacco smoke, cleaning products, new carpets, furniture, and paints; and install/check carbon monoxide detectors to ensure safety.

Friday, December 6

2 pm

Philip Read Memorial Library First Friday Films

A winter-season monthly series of award-winning short and documentary films. Get out of the house while still staying cozy indoors and watch something new.

December Film: "Faces Places".

For this film, 89-year old Agnes Varda, one of the leading figures of the French New Wave, and acclaimed 33-year-old French photographer and muralist JR teamed up to co-direct this enchanting documentary/road movie. Winner of the People's Choice Award for Best Documentary.

For more information: mary.king@plainfieldlibraries.org or visit <https://plainfieldlibraries.org/>

Wednesday, December 11

6:30pm

From Book to Big Screen Book Club Philip Read Memorial Library

Read: A Christmas Carol by Charles Dickens
View: The Man Who Invented Christmas
Join us at the library to view the film and join in a discussion. Popcorn provided.

Sullivan County Grand Jury Indictments Released

NEWPORT, NH—The Sullivan County Grand Jury released the following indictments on Thursday:

Albert Wood, 35, Claremont, NH, indicted for Theft by Unauthorized Taking, certain retail items, including but not necessarily limited to various resistance bands belonging to Olympia Sports, June 23, 2019.

Sarah Runnion-Bareford, 43, Montpelier, VT, indicted for Theft by Unauthorized Taking, quantity of United States currency belonging to MacNamara Dairy and/or MAC's Happy Acres, Oct. 5, 2019; Robbery, Oct. 5, 2019.

Ashley Follensbee, 32, 103 County Farm Rd., Unity, NH, indicted for Reckless Conduct, Deadly Weapon, motor vehicle without lights at excessive speeds, Nov. 3, 2019; Reckless Conduct Deadly Weapon, Nov. 3, 2019.

Jennifer Howe, 35, Claremont, NH, indicted for Felon in Possession, a firearm, Oct. 3, 2019.

Dalton Rowe, 29, 103 County Farm Rd., Unity, NH, indicted of Infernal Machine, possessing a quantity of Pyrodex Black Powder and subsequently igniting said substance, Oct. 22, 2019; Reckless Conduct, Deadly Weapon, container of Pyrodex Black Powder and subsequently igniting said device, Oct. 22, 2019; Burglary, Nighttime, Oct. 22, 2019; Criminal Threatening, Deadly Weapon, brandishing knives, Oct. 22, 2019.

Mark Webb, 54, Sunapee, NH, indicted for Convicted Felon-Firearm, Nov. 3, 2019, Convicted Felon-Firearm, Nov. 3, 2019; Convicted Felon-Firearm, Nov. 3, 2019; Convicted Felon-Firearm, Nov. 3, 2019.

Tyler Anstruther, 25, Bridgewater, VT, indicted for Receiving Stolen Property, Aug. 9, 2019; Bailjumping, Aug. 22, 2019.

Ashley E. Smith, 26, Croydon, NH, indicted for Falsifying Physical Evidence, Oct. 14, 2019.

Ashley L. Zuzgo, 26, Claremont, NH, indicted for Second Degree Assault, Nov. 5, 2019.

Paul Laplante, 33, Springfield, VT, indicted for Indecent Exposure, in the presence of a minor, on or between Jan. 1, 2018, and July 31, 2019; Indecent Exposure, in the presence of a minor, on or between Jan. 1, 2018, and July 31, 2019.

Bryan A. Robie, 33, Claremont, NH, indicted for Theft by Unauthorized Taking-3rd Committed on Release, pair of headphones at Wal-

mart, Sept. 29, 2019; Bailjumping, Oct. 10, 2019.

Eric Rheault, 35, Manchester, NH, indicted for Habitual Offender, March 1, 2019.

Charles Hall, 32, 103 County Farm Rd., Unity, NH, indicted for Conspiracy to Commit Assault by Prisoner, Aug. 17, 2019; Assault by Prisoner, Aug. 17, 2019; Conspiracy to Commit Falsifying Physical Evidence, Aug. 17, 2019; Conspiracy to Commit Assault by Prisoner, Aug. 17, 2019.

Alexis Banks, 23, Claremont, NH, indicted for Assault by Prisoner, Oct. 15, 2019; Assault by Prisoner, Oct. 15, 2019.

Eric Dow, 28, Claremont, NH, indicted for Possession of Controlled Drug, Sept. 26, 2019.

Shaun Walsh, 26, Newport, NH, indicted for Possession of Controlled Drug, Oct. 12, 2019.

Laura King, 32, Claremont, NH, indicted for Delivery of Articles Prohibited, Sept. 27, 2019.

Monday, Dec. 9

1:30- 4:00 pm

Holiday Card Workshop

Philip Read Memorial Library

Patti Warren and Gael Clauson will be back in December to host another papercraft workshop. Create a holiday or New Year's card, with watercolors led by Patti and lettering and envelope decorating led by Gael.

This program was made possible by a donation in memory of Nancy Liston by the Friends of the Philip Read Memorial Library. Limited to 12 participants.

Please register mary.king@plainfieldlibraries.org or 675-6866.



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Ashley Bergeron
Agent



*Happy Thanksgiving
from our house
to yours*

SATURDAY, DECEMBER 14

Santa is coming to town!

He will be at the Claremont Rent-A-Center in the Market Basket Plaza on Dec 14th from 10-2. Kids, families and pets welcome to visit with Santa and get their picture taken. Photos will be printed while you wait-or you can have the electronic version e-mailed to you! Prices are as follows: 4x6 \$5, 5x7 \$7, e-mailed image \$7. Yummy treats will also be available! To benefit Sullivan County Humane Society.

WEDNESDAY, DECEMBER 11

Managing Forests with Climate Change in Mind

7 pm

Free Public Talk, Cornish Town Offices

Dode Gladders, UNH Cooperative Extension Forester in Sullivan County, will review the basics of forest ecology with an emphasis on the importance of diversity in resilient forests. Impacts and management tools for invasive species will be addressed, and the presentation will touch on some other forestry topics of local interest in the Cornish area. Dode holds a Master's Degree in Silviculture and managed the forest health program for the state of Delaware for nine years before moving to New Hampshire in 2013.

Programmed by the Cornish Conservation Commission.

DECEMBER 14 AND 15

City Center Ballet presents the enchanting holiday tradition, Clara's Dream, a nutcracker story.

Saturday, Dec 14 at 1:00pm and 7:00pm

Sunday, Dec 15 at 2:30

Lebanon Opera House

Visit CityCenterBallet.org for tickets. \$10-\$38

Clara's Tea a per-performance feast of delicious treats served by the Pastry Chefs of Clara's Dream. Saturday, Dec 14 at 11:00am, Sunday, Dec 15 at 1:00pm. Lebanon Ballet School; \$15.00.

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FOR SALE

Echo Dot, brand new, still in sealed box. \$30. Postage to be determined if mailed.



Contact etickernews@gmail.com

Sullivan County Fugitive of the Week

COREY QUIMBY
DOB: 10/23/1980

LKA: 50 East St.,
Claremont, NH

Description: White male, height: 6'00", weight: 250 lbs., hair: brown, eyes: blue

Reason: Failure to appear

Original charge: Operating after Being Certified a Habitual Offender, Class B Felony

On March 24, 2019, Corey Quimby was arrested by the NH State Police for one count of operating after being certified a habitual offender.

On April 12, 2019, at an arraignment in Sullivan County Superior Court, Quimby pled not guilty.

On April 24, 2019, Quimby was indicted by the Sullivan County Grand Jury on one count of operating after being certified a habitual offender.

A final pretrial hearing was set for Nov. 4, 2019, in the Sullivan County Superior Court. Quimby failed to appear for the hearing.

On Nov. 5, 2019, the Sullivan County Superior Court issued a warrant for the arrest of



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Quimby for failure to appear.

The Fugitive of the Week is provided by Sheriff John P. Simonds of the Sullivan County Sheriff's Office. If you have any information regarding the whereabouts of this fugitive, please contact either the Sheriff's Office at 603-863-4200 or your local police department.

Got news? Send news and photos to etickernews@gmail.com

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CLAREMONT--A sweet spot in a rural setting with views in two directions to Mt. Ascutney and Green Mountain. Just far enough out of town, 1.4 miles, so you are country but minutes to any amenities you want. Even the road going home is picturesque. Plenty of open pasture but also a brook and woods to the stone wall along the back. Recently surveyed and ready for you! \$59,900 (MLS#4780276)



NEWPORT--Just up the hill off Bradford Rd, tucked back and away on Short St, this home offers easy access to downtown in a nice neighborhood area. There is an oversized 2 car garage and great lawn area. Inside there are 3 bedrooms, formal dining room, and large living room. This one is looking for a new owner to restore and love for years to come. \$59,900 (MLS#4781940)



CHARLESTOWN--A good opportunity to make this 2 bedroom Manufactured Home your home with some work! Carport, enclosed patio, landscaped lot, shed, and kitchen with great breakfast bar. Located close to major routes to Vermont and right in the middle of the Charlestown & Claremont area. \$12,500 (MLS#4784363)



CLAREMONT--Quality built home with lots of character and long term neighbors. This home boasts of seven rooms, three bedrooms and a fourth room for an office. It has 1 1/4 baths, hardwood floors, and a glassed in front porch. It also has a 13 x 26 back deck leading to a fenced yard with a walk-out basement. Move in condition!! \$124,900 (MLS#4775471)



CLAREMONT--STUNNING western views of NH & VT mountains and ski areas are found from this magnificent setting featuring a 9+ room Raised Ranch with unbelievably spacious rooms. The lower level features a family room, guest room and 3/4 bath and laundry and walks directly into the over-sized garage. The main level has a beautiful modern kitchen w/all new appliances, wood cabinets, polished hardwood floor and eating island. Fireplace, in-ground pool, and more! \$499,000 (MLS#4775777)



ACWORTH-- 8+ acres of open and wooded land with a drilled well and also a dug well, septic, and leach field. Land backs up to walking, snowmobile, and 4-wheeling trails. There is a house on the property which is sold in as-is condition. \$99,000 (MLS#4775991)



CLAREMONT--Enjoy easy Condominium living in a peaceful setting in this 2 bedroom, 1.5 bath unit. Lots of fresh paint on the walls, and a private deck off the living room overlooking trees. Full basement for your pool table! \$87,900 (MLS#4776939)



CLAREMONT--Circa 1774 Classic Cape with spacious rooms, 3 original fireplaces, formal dining room, covered patio, 2 car garage with auto openers, and a pantry with ample cabinet space. \$155,000 (MLS#4784980)



CLAREMONT - This is a lovely house of worship in a great country location with lots of parking and close proximity to I-91 for easy access from Vermont. Spacious sanctuary, 2 or 3 bedroom apartment on the second floor with patio over the two car garage, plus a large function room with kitchen and two half baths. Situated on a 2 acre lot with mature trees. \$275,000 (MLS#4778650)



CLAREMONT-- This home has multiple bedrooms, dens, or office. This spacious home has gleaming hardwood floors, curved walls, and double doors. Updates include kitchen, baths, windows, and a standing seam roof. \$248,500 (MLS#4785193)



SUTTON--Move-in ready home that has undergone major renovations including new roof, new vinyl siding, new furnace, new hot water heater, new flooring, and new paint throughout. New large front deck and rebuilt rear deck plus large open front yard. There is an additional bedroom/flex room in the walk-out basement with full egress windows, plus room to add a family room if you wish! \$230,000 (MLS#4785467)



CHARLESTOWN-- This split level Raised Ranch with newer siding and standing seam roof is only minutes from village conveniences but has an "off the grid feel" from your nearly 3 acre lot. Drilled well and septic, hardwood floors, and an over-sized two car garage with a great shop above. A huge lawn area and wooded surroundings with a beautiful brook running through the property make this property irresistible. \$174,900 (MLS#4785831)

Claremont Fire Caused by Masonry Chimney Flue Problem

CLAREMONT, NH—At 8:34 a.m., Saturday, Nov. 23, the Claremont Fire Department responded with two engines to a report of smoke in the residence of 258 Maple Avenue. At 8:40 a.m., first due engine crew arrived and encountered light smoke on all levels of the single-family home. Crews found a fire had extended into the partition behind a fireplace. The flames were knocked down quickly once the wall was opened up, making for a quick extinguishment. The fire was under control at 9:07 a.m. According to the Claremont Fire Department, the cause of the fire has been attributed to improper installation of the masonry chimney flue by exposing wood ash from the fireplace into the building's wooden structure. The home remains habitable. Damage is estimated to be at approximately \$10,000.00.

"This is the second fire in recent days caused by the use of supplemental heating appliances," said Claremont Fire Chief Bryan Burr. "On Nov. 17, fire crews were called to a residence on 23 Byrd Avenue for a deck fire. Minor damage was caused to the deck and outside of the single-family home. The cause of that fire was due to improper disposal of wood ash in a combustible bucket placed on the wood deck."

Burr continued, "The Claremont Fire Department would like to remind residents that heating appliances are the second leading cause of fires in the home. Having wood stoves and fire places inspected and cleaned is the most significant way to reduce the incidents of a fire in your home. Also, electric heaters being placed too close to combustibles is another way a fire can start. If you have questions regarding heating appliance installations, please call the Claremont Fire Department and/or the city's building inspector, as both departments are available to answer all questions regarding proper installation of heating appliances and chimney installation."

Lebanon Police Department's K9 Kymba to Receive Donation of Body Armor

LEBANON, NH—Lebanon Police Depart-

ment's K9 Kymba will receive a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc. K9 Kymba's vest will be embroidered with the sentiment "This gift of protection provided by Annie and Blue". Delivery is expected within eight to ten weeks.

K9 Kymba joined the Lebanon Police Department K9 Unit in January 2017. K9 Kymba is a female German Shepherd purchased from the Vermont Sheriff's Department. She is partnered with K9 Officer Tyler Hewes. To learn more about the Lebanon Police Department's K9 Teams, please visit the Police Department's website.

Vested Interest in K9s, Inc. is a 501c (3) charity located in East Taunton, MA whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies throughout the United States. The non-profit was established in 2009 to assist law enforcement agencies with this potentially lifesaving body armor for their four-legged K9 officers. Since its inception, Vested Interest in K9s, Inc. provided over 3,500 U.S. made, custom fitted, NIJ certified protective vests, in 50 states, through private and corporate donations, at a value of \$6.9 million.

The program is open to dogs actively employed in the U.S. with law enforcement or related agencies who are certified and at least 20 months of age. New K9 graduates, as well as K9s with expired vests, are eligible to participate.

The donation to provide one protective vest for a law enforcement K9 is \$950.00. Each vest has a value between \$1,744 – \$2,283 and a five-year warranty, and an average weight of 4-5 lbs. There is an estimated 30,000 law enforcement K9s throughout the United States. For more information or to learn about volunteer opportunities, please call 508-824-6978. Vested Interest in K9s, Inc. provides information, lists events, and accepts tax-deductible donations of any denomination at



K9 Kymba

www.vik9s.org or mailed to P.O. Box 9 East Taunton, MA 02718.

Mount Royal Academy Announces 1st Quarter Academic Honors

SUNAPEE, NH – Mount Royal Academy has announced academic awards for the 1st Quarter of the 2019-2020 school year.

Grade 6

Headmaster's List: Matthew Bissah, Francis Fryckowski

High Honors: John Breisch, Taylor Goodspeed, Edward Kanu, Blaise McMenaman

Honors: Warren Bugbee, Clare Castor, Maria Fraioli, Jurgen Gannon, Amae Parige

Grade 7

Headmaster's List: Dominic Dorman, Luke Moorehouse

High Honors: Amelia Caravan

Honors: Kaitlyn Costello, Marianne Dowsett, Melody Heacock, Athanasius Orlowski, Nora Walsh

Grade 8

Headmaster's List: Catherine Bellino, Joshua Bissah, Lauren Dustin, Brennan Walsh

High Honors: Lauren Brewer, Ava O'Brien, Felix Prieto

Honors: Peter Hogan, Claire McMenaman, Katherine McMenaman, Sienna Regan

Grade 9

Headmaster's List: Luke Kalpakgian, Maryrose McLaughlin, Anya Moorehouse, Julia Stout

High Honors: Nonah Dowsett, Annemarie Sweet

Honors: Alice Breisch, Brian Heacock, Susan Kanu, Emma Stone, John Paul Treece

Grade 10

Headmaster's List: Caleb North, Vinzenz Vingl

Honors: Liam Ouellette

Grade 11

Headmaster's List: Marius Edwards, Nicholas Hogan, Brendan Moorehouse

Honors: Emma Treece, Sarah Yost

Grade 12

Headmaster's List: Henry Harman, Kateri Kalpakgian, John Klucinec, Mary Grace Klucinec, Aidan Moorehouse, Andrew Normandin, Antigoni Souliotis

High Honors: Amy Alterisio, Grace Mather, Tristan Ouellette

Honors: Benjamin French, Nicholas Kleinschmidt

e-Ticker Business News

CSB Announces Two New Hires

CLAREMONT, NH—Claremont Savings Bank announces the following new hires:

Sean Long, VP, Commercial Lending. Long comes to CSB with a degree from Champlain College and New England School of Banking at Williams College. His career in banking spans nearly 20 years and includes serving as Retail Market Manager, Vice President, Corporate Lending and Vice President, Commercial Lending and Upper Valley Market Manager with local and community banks. Long has received awards for his excellence in banking and he sits on Boards for youth sports and economic development organizations.



Sean Long

"I am excited to be joining the team at Claremont Savings Bank, I look forward to working in the communities we serve to support and service their business needs," added Long.

Adam Pippin, AVP, Commercial Lending. Pippin comes to CSB with a B.S. in Business Administration from Lyndon State



Adam Pippin

College. He has worked in the Financial sector for nearly 10 years and brings Commercial Lending experience from previous local community bank employment. Pippin is the President of the Board for Health Care and Rehabilitation Services of Southeastern Vermont, is a Commercial Lending Committee member for the Vermont Bankers Association and is a Board Member for Space on Main, a CoMaker Space in Bradford, VT. Pippin will be based out of CSB's West Lebanon, NH, office. "I am excited to be a part of such a great organization, that values our local communities and is supporting our continued growth within the Upper Valley region."

"We are very pleased to have Adam and Sean join our Commercial Banking Team," said Jim Lynch, Senior Vice President, Commercial Banking. "Their experience and enthusiasm for working with business owners will benefit our customers and will also help Claremont Savings Bank to continue fulfilling our mission of supporting local businesses and the communities we serve," added Lynch.

Public Health Alert Issued for Romaine Lettuce From the Salinas, CA, Growing Region

The U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) has issued a public health alert due to illnesses caused by E. coli O157:H7 associated with romaine lettuce from the Salinas, CA, growing region. FSIS warns against consuming any wraps, sandwiches, prepackaged salad, salad kits, or other product containing romaine lettuce harvested from that region. Additionally, consumers should not eat any salad products identified in a Missa Bay, LLC, recall announced by FSIS on November 21, 2019.

On November 22, 2019, the Centers for Disease Control and Prevention (CDC) and Food and Drug Administration (FDA) advised consumers, retailers, and restaurants not to eat or sell any romaine lettuce harvested from the Salinas, CA, growing region. Most romaine lettuce products at retail are labeled with a harvest location showing where they were grown.



CDC and the FDA are advising that if this voluntary label indicates that the romaine lettuce was grown in "Salinas" (whether alone or with the name of another location), do not eat it.

If the romaine does not have information about harvest region or does not indicate that it has been grown indoors (i.e. hydroponically and greenhouse-grown), throw it away or return it to the place of purchase.

(Continued on page A15)



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e-Ticker Business News

Members of the Lake Sunapee VNA hospice team enjoying the 31st Annual Hospice Dinner (from left): Cinnamon Blomquist, Spiritual Care Coordinator, Dr. Kristi Saunders, Associate Hospice Medical Director, Tammy Porter, Outreach Liaison, JoJo Hayes, Hospice LPN, Rachel Riedel, Hospice Clinical Coordinator, Jen Taylor, Hospice Program Director, and Kyleigh Mercier, Hospice RN Case Manager (Courtesy photo).

Lake Sunapee VNA Celebrates 31st Annual Hospice Dinner

NEW LONDON, NH—The 2019 Lake Sunapee VNA Hospice Dinner, held on Nov. 13 and again graciously hosted by The Millstone at 74 Main, saw a record attendance of nearly 110 guests. “Such strong support from the community over many years is empowering and deeply appreciated,” says Cathy Raymond, Development Officer.

This elegant evening honors hospice and raises funds and awareness that help to sustain compassionate end-of-life care. The occasion featured music, words of gratitude from staff and hospice families and a delicious meal prepared under the expert guidance of Rich Stockwell. Special thanks to Bar Harbor Bank & Trust, dessert sponsor, and Horizon Beverage, wine sponsor.

For information about hospice care or any of the programs provided by Lake Sunapee VNA, call 603-526-4077.

Romaine, from A14

FSIS-regulated establishments are advised not to serve, ship, or sell any products that contain romaine lettuce (whole heads of romaine, hearts of romaine, and packages of precut lettuce and salad mixes that contain romaine, including baby romaine, spring mix, and Caesar salad) from the growing region in question. If you do not know the source of your romaine lettuce, and if you cannot obtain that information from your supplier, you should not serve, ship, or sell the product.



Nicholas J. Hobart
Financial Advisor

Our Newest Addition

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AARP Hears Presentation on Upcoming Census

CLAREMONT, NH—The Claremont Area AARP Chapter met Nov. 14 at the Earl Boudon Centre and heard Tom Simmons talk about the importance of the upcoming mandated U.S. Census. Done every 10 years and required by the constitution, it decides how 675 billion dollars appropriated and apportioned to states is divided to programs such as Meals on Wheels, ambulance reimbursement, Medicare Part B, housing rehabilitation, women/infant/children programs to name a few of the 65 programs who share the funding. The census also decides how many representatives will be apportioned to each state. It is a huge undertaking employing 500,000 people.

Roll out begins in mid-March with every house getting a notice addressed to Occupant. Do not throw it out! This is not the actual census. One week later the census will arrive by mail with directions to go online or by phone to complete it. If there is no response, a third notice will arrive by mail the first week of April. There are only nine questions on the census.

Some questions he answered: temporary residents should be mentioned, seniors are best responders, single male seniors are worst responders, seniors are afraid of responding by computer, children 0-5 are most undercounted, landlords should tell their renters to respond, and homeless will be counted by staff. Staff will be identified by photo badges and census information will not be shared. A census taker will only come to a house if the census is not completed by third notice in April.

Door prize winners were Bev McGuire, Bob Bruzik, Judy White and Chris McElreavy. The chapter's next meeting is the Christmas party Dec. 12 at noon at the Imperial Chinese Buffet on Washington Street, Claremont. Ask for a senior discount when paying. There will be a Yankee Swap of \$10 new gifts, entertainment and a surprise visitor.

MONDAYS, DEC 2-23

Home Schoolers Adventures in Art at Claremont MakerSpace

For more information or to register, please visit: <https://claremontmakerspace.org/events/#!event/2019/12/2/home-schoolers-adventures-in-art>

Art is fun and it encompasses all the fundamental disciplines. History, math, science, literature, humanities, all inform and enliven our art. We will look at the greatest of human achievements and from those lofty heights we will create our own art work. Students will draw, paint, print, create craft projects and more. We will focus on the upcoming holidays in our December classes.


Join Allison Zito at Claremont MakerSpace for this creative and exciting program.

Age 6 & up.

Dates: Mondays, December 2, 9, 16, 23, 10 am - Noon.

Registration

\$112



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Chad Beane RPh
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School Lunch Debt Climbs Again

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—At Wednesday's school board meeting, board members were updated on a continuing issue facing the district—lunch debt, which has now climbed to more than \$32,000. At the end of the last school year, the amount was nearly \$26,000, and over the course of this new school year, or about three months, that debt has grown by about \$6,000.

SAU 6 Director of Finance Operations & Human Resources Richard Seaman said the district and the Abbey Group are using best practices to try to pursue payments, sending letters and doing follow-up phone calls seeking what is owed, and that they are also working with families to help them fill out applications for reduced or free lunches for those who qualify. One challenge has been getting families to complete the forms and returning them. Regardless, said Seaman, every student will continue to get a proper meal regardless of what they owe; special or a la carte items are, however, excluded, for those with debt. They are doing "best practices" to get payments and to provide lunch, he said.

Seaman raised the idea of providing free or reduced lunches for every student, which is being done at Bluff Elementary School. He conceded that the district might lose some revenue going that route but that it would eliminate providing meals and then dealing with the challenge of meals not being paid for and the issues related to that dilemma.

School Board member Jason Benware said that lunch at Bluff is "basically free now" due to the demographics of the student population attending there.

The board was told that there have been inquiries and offers to help with the debt to offset some of it, but that the administration wanted to bring the issue up before the board first.

Seaman also told the board that the proper forms have been submitted for food service reimbursements for the months of September and October, something that was not properly handled over the last two years and which cost the district about \$340,000 in lost reimbursement money.

Monday, December 2, 4 - 6 pm, Holiday Crafts, Meriden Library

Join us for fun holiday crafting and gift making. We'll supply all the popsicle sticks, pompoms, and glitter glue you could ever need! Come with your children and spend some time crafting together. Fun for all ages. For more information: mary.king@plainfieldlibraries.org.

For more information: mary.king@plainfieldlibraries.org

Charlestown Police Association is Hosting...

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to Help Support the Charlestown Food Shelf

 **Donation BOX:** 

Lobby of Charlestown Police Department

from Sunday December 1st
until Monday December 16th

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Santa Is Coming To Town/ Holiday Tree Lighting

CLAREMONT, NH—Despite a heavy schedule, Santa Claus is planning to stop in Claremont on Friday, Nov. 29, for a visit in Broad Street Park. He will be arriving at 6:00 PM in time to share the holiday lighting of the park with residents. The Claremont Parks and Recreation Department has arranged for Santa's visit. The Claremont Fire Department is planning the arrival of Santa with air traffic controllers. Once in the city, the Fire Department will be delivering Santa to Broad Street Park.



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New at Investing? Follow These Suggestions

If you're fairly new to investing, you might be wondering what sort of rules you should follow or moves you should make. And while everyone's situation is different, there are indeed guidelines that make sense for all investors. Here are some to consider:

- **Learn the basics.** The investment world can seem confusing, but the more you know about the basic components, the more confident you'll be when you begin to invest. For starters, you'll want to be familiar with the essential types of investments: stocks, bonds, mutual funds, government securities and so on. And it's also important to know that some investments are designed to provide growth – an increase in the investment's value – while others provide income in the form of dividends or interest payments, and still others may offer growth and income.

- **Set your goals.** You need to know why you're investing – and that means you must clearly define your goals. Do you want to retire early? When you do retire, what kind of lifestyle would you like to have? Are you planning on helping your children (or grandchildren) pay for college? Once you've established your goals, you can create the appropriate investment strategy for achieving them, taking into account your time horizon and risk tolerance.

- **Invest regularly.** At first, you may only be able to afford to put in small amounts to your investment accounts, but even so, try to contribute regularly. You'll get into the habit of investing and, later on, when you earn more money, you can ramp up your contributions. If you have a 401(k) or similar plan at work, the money can come out of your paycheck before you even see it.

- **Think long term.** As you begin investing, it's important to have the right attitude. Specifically, don't look for the "hot" investments that will make you a "bundle" in a matter of weeks. Investing just doesn't work that way – instead, it's a decades-long process of carefully choosing, managing and adjusting a diversified portfolio that's suitable for your individual needs. And by maintaining a long-term focus, you'll be less susceptible to making ill-advised moves in response to short-term market events.

- **Don't get scared off by downturns.** If you invest for many years, it's inevitable that you will experience sharp drops in the financial markets. But these declines are actually a normal part of investing. If you overreact to them by selling investments just because their price has dropped, you'll not only be breaking a cardinal rule of investing – to buy low and sell high – but you'll also be disrupting the type of cohesive, continuous investment strategy that's necessary to help you achieve your goals.

- **Get some help.** You may find it easier to navigate the investment landscape if you get some help from a professional advisor – someone who understands your goals and family situation and who can make appropriate investment recommendations. A financial advisor can also suggest changes to your portfolio in response to changes in your life (new job, child graduating college, etc.) and in your goals, such as a new date for retirement.

When you invest, there aren't many guarantees. But by following these suggestions, you will know, at the very least, that you're taking the steps that can lead to success.

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



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

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To learn more, call or visit your financial advisor today.



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

On exhibit: Through Dec. 22, 2019
Hours: Tues.-Fri. 11am-4pm, Saturdays, 10am-2pm
Opening Reception: Fri. Nov. 8, 5-7pm
Library Arts Center Gallery,
58 N. Main St.
Newport, NH
Admission is free.

PUBLIC NOTICE

PLANNING BOARD MEETING

Thursday, December 5, 2019 6:00 PM
Visitor Center, 14 North Street
Claremont NH

Workshop meeting to discuss the
Claremont Housing Grant

Richard Wahrlich, Chair

www.facebook.com/etickernews
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It's About Food

By Johnny Navillus



Enhancements

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

Take butternut squash bisque, for example. Cook up a slice or two of bacon, crumble it up and garnish the serving with two or three bits. Once your guests taste the bacon and soup, they just may ask for more bacon bits.

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

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

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

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

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

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

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

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

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

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

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

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

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

Add a little Burgundy wine to meatloaf mix and wait for the compliments. Never be caught without at least one onion on hand. Shame on me.

Play with your food. Earn points.

Write to Johnny at etickernews@gmail.com.

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Hello, Kitty!

Sullivan County Humane Society Reaches Remarkable Milestone

By Eric Zengota & Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH—Thursday was a big day for the Sullivan County Humane Society in Claremont. The non-profit saw the spaying/neutering of their 5,000th cat since starting these clinics in 2014. As part of the low cost spay/neuter program, they have a Sponsor a Spay program that helps those who can't afford the cost of this surgery. The Sponsor a Spay program is supported by donations. In celebration of their 5,000th cat fixed, please consider a donation to support this important program.

Trixie had the honor of being the 5,000th cat to be fixed since that first clinic, but she appeared to be somewhat less than enthusiastic about her celebrity status. The Society notes that "by the most conservative estimates, we have prevented the birth of over 100,000 kittens. There are not enough homes, so this is definitely decreasing the number of homeless cats in our region."

Also taken care of at last week's clinic was Purrango, rescued from being tormented by three adolescents on Pleasant Street. Veterinarian Dr. Sara C. White, licensed in NH and VT, examined the orange and white kitty and declared Purrango eligible for



Trixie had the "honor" of being No. 5,000 (Sherry Bell photo).



Veterinarian Dr. Sara C. White, licensed in NH and VT, weighs Purrango, rescued from being tormented by three adolescents on Pleasant Street. White continued the examination and declared Purrango eligible for surgery (Eric Zengota photo).



Maggie May (left) holds Jessica while Sue Tarczewski cradles Genevieve. Both felines are the Society's and are available for adoption (Eric Zengota photo).

surgery. A family noticed a group of children standing in a circle in an alley and realized they were beating on a cat. Animal control was called and immediately responded, stopping the children who responded with obscenities. Sadly, the children got away, but the cat was rescued. If anyone has any information on the children involved in this incident that occurred near the Bouncy House on Pleasant St. around 1:30 p.m. on Saturday, Nov. 9, please contact the SCHS. The non-profit's Executive Director

Cheryl Koenig said on Friday that Purrango is "still very scared" following his ordeal of being abused.

Thursday's clinic had 45 pre-registered cats. Owners brought them in the morning and picked them up later in the day. Females are booked out into January 2020.

According to the SCHS, there are 17 clinics scheduled in 2020. Three of them are exclusively for dogs. Find the schedule at sullivan-countyhumanesociety.org.

What: spay/neuter clinics for cats and dogs
When: 17 dates in 2020

Cost: Cats: Male \$40, female \$50; vaccines \$5 each; feline flea treatment \$5; ear-mite medication \$5/bottle; rabies and distemper shots \$5/shot.

Contact: 603-542-3277



A Nashville Christmas

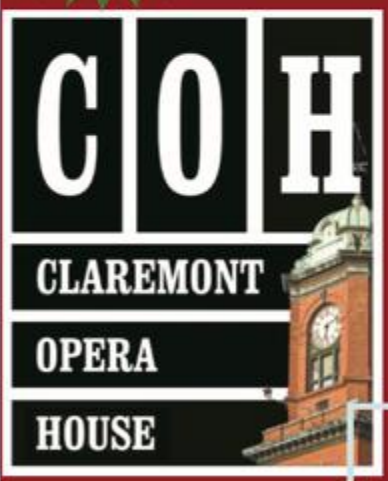
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Music & Art Center Receives Funding Recommendation

CLAREMONT, NH – It has been 25 years since the lights went out at 56 Opera House Square, once the Old Pleasant Restaurant in downtown Claremont. Last week the NH Community Development Finance Authority (NHCDFA) recommended funding a \$500,000 grant request by the City/Claremont Development Authority for redevelopment of the building. As a tenant, West Claremont Center for Music and the Arts (WCCMA) will relocate their current home base from West Claremont; 56 Opera House Sq. will become their new center for the cultural arts, allowing them to expand their offerings and add visibility to their mission.

"WCCMA will inject a new vibrancy into the long vacant space, and provide a home to create, explore, and refine for youth, community members, and artists", according to Melissa Richmond, WCCMA Executive Director. "The newly renovated building will be a multi-use space including a fully outfitted performance venue that can seat over 100 people, event and meeting rental spaces, classroom spaces, practice rooms, visual arts exhibition space, and a commercial kitchen. This project will provide us with space to meet the needs of the community by expanding lessons, visual and performing arts workshops, and community events, all in a location that is easily accessible and walkable for the majority of Claremont. WCCMA has been fortunate to collaborate with many great organizations in Claremont, and across the Upper Valley, and in the future we are looking forward to strengthening and broadening those relationships to maximize the opportunities and optimizing the potential of the space. We are grateful for the many individuals and businesses who have already supported this center for the cultural arts, and we look forward to developing more relationships through our upcoming capital campaign and the sale of NHCDFA tax credits."

"The partnership of the Claremont Development Authority and WCCMA is consistent with the CDA's direction on downtown revitalization", stated CDA Chair Tom Rock. "We serve our mission by partnering with active tenants to re-open long vacant buildings in the City Center to create additional jobs and add to the tax base. This project could be a catalyst en-

couraging other new businesses to move to the city center and developers to renovate other historic buildings."

According to Nancy Merrill, Director of Planning & Development, "We recognize the importance of the arts to economic development. The current Master Plan includes recommendations for arts entrepreneurship, collaboration, and creative recreation and tourism, as well as continued efforts in building redevelopment in the downtown."

The consolidation of arts assets in the City Center, including the Claremont MakerSpace, Opera House, Amplified Arts, and WCCMA, will change the downtown experience for both residents and visitors. It is anticipated that the growth of the creative economy will also have a positive impact on local retail and restaurant businesses.

CDBG funding is pending approval by the Governor and Executive Council.

Rotary Begins First Night Wreath Sale

By Annalisa Parent

CLAREMONT, NH—The Claremont-Sugar River Rotary has begun its annual wreath sale. Funds raised from this event help to fund First Night in Claremont.

"The Rotary Club functions as the project managers for First Night," Claremont Rotary Past President Josh Nelson said. "We bring in all of the dollars that then go out to support the event."

The Rotary works with the City of Claremont, the Recreation Department, Arrowhead, and other local organizations and businesses to organize the event. They also provide about a dozen volunteers to work at First Night.

The wreath sale is one of the major fundraisers the group puts on to support the event. Last year the wreath sale earned \$1700, all of which went to First Night.

Wreaths are \$30, 20 to 24 inches in diameter, constructed of NH balsam boughs, and made possible through a donation from Log Cabin Nursery. "They do a lot for the communi-

ty," Rotarian Lynn Girard who organizes the sale said. "If it weren't for Log Cabin, we wouldn't get the high quality wreaths we do."

Wreaths come in three designs: Candy Cane which features frosted pine cones and a red and white striped bow; Classic which has a simple single bow; and traditional which has pine cones, berries and a single bow.

To purchase a wreath, stop by Golden Cross Ambulance, 5 Lincoln Heights in Claremont. They are available 24/7.

Beginner Zentangle

CLAREMONT, NH—Zentangle is a simple-to-learn method to create beautiful art by drawing simple patterns. The process is a mindful and meditative art form that some use to enhance creativity, increase focus, or just to relax. In this class, participants will learn philosophy, method, and approach to creating Zentangle art. Students will put pen to paper and learn to tangle beautiful patterns on small square paper tiles. All materials will be provided by the instructor in class. If you can draw a line and very basic shapes, you can create beautiful work! No artistic experience is required, but artists looking to incorporate something new into their practice are welcome. Ages 12 & up. 8 - 12 allowed with parent/ guardian accompaniment.

Workshop Fee:

CMS Members - \$35

Non-Members - \$40

About the instructor: Lora Gerard

Lora Gerard, CZT, has been creating Zentangles and Zentangle-Inspired-Art for many years, using a wide variety of media. She also does many other crafts and arts, integrating Zentangle whenever possible. She became a Certified Zentangle Teacher in 2019 and hopes to give many people access to this inexpensive, fun, creative, and portable art form.

Claremont Makerspace

Address 46 Main St

Monday, Dec. 2, 6:00 p.m.

To register, please visit:

<https://claremontmakerspace.org/events/#/event/2019/12/2/beginner-zentangle>

Got news? Send news and photos to

etickernews@gmail.com