

Welch Scores First in Mods, Fellows, Riendeau, Zullo Roll on July 5 at Claremont

By Gary Dutton

CLAREMONT, NH—Sportsman Modified rookie Kyle Welch earned his career-first open-wheel victory lap Friday, July 5, at Claremont Motorsports Park, dominating the 40-lap main event to win in only his third outing in the potent Pepsi Sportsman Mods.

Superman Aaron Fellows stayed undefeated in R.E. Hinkley Late Model Sportsman action this summer, again dusting the field to run his winning streak to eight in a row. Chris Riendeau topped the Casella Street Stocks for the second time this season, ditto for Red Neck Enduro ace Jimmy Zullo.

Six-Shooter ace Jeremy Blood used a late-race pass to win for the eighth time in nine outings, while Newport's Jim Carley kept himself in the Pure Stock championship points race by notching his third feature win this year. It was Carley's second win in as many weeks.

Little changed in the weekly racing series points battles, as Modzman Brian Robie, Street Stocker Dave Greenslit, and Pure Stock strongman Kyle Templeton each came home second Friday to stay atop his respective division in the 2019 points parade.

Kyle Welch and Alyssa Rivera led the Pepsi Sportsman Modifieds to the green and this one was over quickly. Welch took off like a man possessed and, with the entire race quickly run under all green, he was never challenged.

Five-time 2019 winner Brian Robie got up for second on lap four and two-time track champ Dana Smith powered into third three go-rounds later but, on this night, Welch was in a class of his own, taking the checkers a full three seconds ahead of Robie. Smith, Kenny Thompson and Mike Smith completed the top five.

Tyler Lescord led lap one of the R.E. Hinkley Late Model Sportsman main, then giving way to Ben Poland, who held the point until Aaron Fellows inched ahead on lap eight. Once in front, the 11-time track champ drove away, easily winning his eighth feature in a row.

Poland, strong all night, came home second, with Lescord earning his first trophy of the summer in third. Jack McClay and Ryan Bell completed the top five. The 35-lapper, like the



Claremont's Jimmy Zullo won his second Redneck Enduro event of the year on Friday (Photo courtesy of Miss Em's Photography Adventures).

Sportsman Modified feature before, was run caution free.

Chris Riendeau beat Briana Akusis to the stripe to lead lap one of the Casella Street Stock main. Riendeau's mirror was filled by the Dave Greenslit ride the rest of the way, but the Ascutney star held strong to earn his second victory lap of the summer. Robbie Streeter was third on the night, his first podium finish of the season.

Richard Streeter was the point man for the first nine laps of the Pure Stock main, then giving way to Jim Carley, who outran Kyle Templeton and Bruce Adams to win for the second week in a row.

Eric Lanou led all but the final two circuits of the Six-Shooter feature. Those belonged to Jeremy Blood, who led Lanou under the flags to score his eighth win of the summer. Eric Prescott finished third.

Two weeks ago, Jimmy Zullo gobbled up everything in site en route to winning round two of the Red Neck Enduro series. Friday, the hometown hot shoe made it a little more interesting, outracing Leon Keniston to top the night's 50-lapper.

Keniston took the lead from Kyle Buck on lap ten but, over the last 20 go-rounds, it was Zullo who was quickest through often-dense lapped traffic. Hometown pilot Andrew Brousseau, fifth two weeks earlier, came home third. The Red Necks square off again on August 30.

Next Friday, July 12, Claremont Motorsports Park will host a special Five Dollar Fireworks Friday event, with admission only \$5 for a full five-division card of racing, along with a huge aerial fireworks display at the storied Thrasher Road oval.

JULY 5 FEATURE FINISHES:

SPORTSMAN MODIFIEDS: Kyle Welch, Brian Robie, Dana Smith, Kenny Thompson, Mike Smith, Eric LaClair, Alyssa Rivera.

LATE MODEL SPORTSMEN: Aaron Fellows, Ben Poland, Tyler Lescord, Jack McClay, Ryan Bell, Mark Blair, Eric Martell, Victor Branch.

STREET STOCKS: Chris Riendeau, Dave Greenslit, Robbie Streeter, Cody Schoolcraft, Raven Streeter, Briana Akusis, Nick Little, Chris Buffone.

PURE STOCKS: Jim Carley, Kyle Templeton,
(Continued on page B2)

PEPSI SPORTSMAN MODIFIEDS FEATURE RACE					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	1	9	KYLE WELCH	40	RUNNING
2	5	25NH	BRIAN ROBIE	40	RUNNING
3	4	14	DANA SMITH	40	RUNNING
4	6	39	KENNY THOMPSON (R)	40	RUNNING
5	3	27	MIKE SMITH	39	RUNNING
6	7	52	ERIC LECLAIR	36	RUNNING
7	2	5A	ALYSSA RIVERA	18	OUT
TIME OF RACE					
9 MINUTES, 13 SECONDS					
MARGIN OF VICTORY					
3.047 SECONDS					
BEST LAP TIME/SPEED					
13.467 SECONDS - KYLE WELCH					
CAUTIONS					
NONE					
LAPS LED					
WELCH 1-40					
HEAT RACE WINNER					
WELCH					

R.E. HINKLEY LATE MODEL SPORTSMAN FEATURE RACE					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	4	29NH	AARON FELLOWS	35	RUNNING
2	3	00	BEN POLAND	35	RUNNING
3	1	15	TYLER LESCORD	35	RUNNING
4	5	16	JACK MCCLAY	34	RUNNING
5	7	8NH	RYAN BELL	34	RUNNING
6	2	3	MARK BLAIR	33	RUNNING
7	6	10	ERIC MARTELL	33	RUNNING
8	8	51	VICTOR BRANCH (R)	19	OUT
9TIME OF RACE					
8 MINUTES, 54 SECONDS					
MARGIN OF VICTORY					
5.599 SECONDS					
BEST LAP TIME/SPEED					
14.881 SECONDS - FELLOWS					
CAUTIONS					
NONE					
LAPS LED					
LESCORD 1, POLAND 2-8, FELLOWS 9-35					
HEAT RACE WINNER					
FELLOWS					

CASELLA STREET STOCKS FEATURE RACE					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	2	64	CHRIS RIENDEAU	30	RUNNING
2	3	20	DAVID GREENSLIT	30	RUNNING
3	8	55	ROBBIE STREETER	30	RUNNING
4	6	31NH	CODY SCHOOLCRAFT (R)	30	RUNNING
5	7	52	RAVEN STREETER (R)	30	RUNNING
6	1	02	BRIANA AKUSIS	30	RUNNING
7	5	8	NICK LITTLE	29	RUNNING
8	4	2	CHRIS BUFFONE	7	OUT
DNS	-	32	TRAVIS CASS	-	DNS
TIME OF RACE					
20 MINUTES, 9 SECONDS					
MARGIN OF VICTORY					
3.223 SECONDS					
BEST LAP TIME/SPEED					
16.190 SECONDS - CHRIS RIENDEAU					
CAUTIONS					
4 - LAP 3,7,9,14					
LAPS LED					
RIENDEAU					
HEAT RACE WINNER					
RIENDEAU					

PURE STOCKS FEATURE RACE					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	3	92	JIM CARLEY	25	RUNNING
2	5	67	KYLE TEMPLETON	25	RUNNING
3	4	26NH	BRUCE ADAMS	25	RUNNING
4	1	22	RICHARD STREETER	25	RUNNING
5	2	88	CHRIS CARVER	25	RUNNING
6	9	28	SAMMY SILVA	25	RUNNING
7	7	5	KYLE BUCK	25	RUNNING
8	6	72	CARTER CHAMBELAIN	24	RUNNING
9	8	19	AARON THOMPSON	23	RUNNING
10	10	8	SEAN LANTAS	15	OUT
DNS	-	06	THOMAS ENGELHART	-	DNS
TIME OF RACE					
7 MINUTES, 54 SECONDS					
MARGIN OF VICTORY					
.726 SECONDS					
BEST LAP TIME/SPEED					
18.561 SECONDS - CHRIS CARVER					
CAUTIONS					
NONE					
LAPS LED					
STREETER 1-9, CARLEY 10-25					
HEAT RACE WINNER					
ADAMS, TEMPLETON					

SIX SHOOTERS FEATURE RACE					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	4	03	JEREMY BLOOD	15	RUNNING
2	2	11	ERIC LANOU	15	RUNNING
3	1	65	ERIC PRESCOTT	15	RUNNING
4	3	86	PAUL COLBURN	12	OUT
DNS	-	3	KYLE CURRIER	-	DNS
TIME OF RACE					
7 MINUTES, 34 SECONDS					
MARGIN OF VICTORY					
UNKNOWN					
BEST LAP TIME/SPEED					
18.762 SECONDS - JEREMY BLOOD					
CAUTIONS					
1 - LAP 13					
LAPS LED					
LANOU 1-13, BLOOD 14-15					
HEAT RACE WINNER					
LANOU					

Racing, from B1

Bruce Adams, Rich Streeter, Chris Carver, Sammy Silva, Kyle Buck, Carter Chamberlain, Aaron Thompson, Sean Lantas. SIX-SHOOTERS: Jeremy Blood, Eric Lanou, Eric Prescott, Paul Colburn. RED NECK ENDURO, Top three of 30: Jimmy Zullo, Leon Keniston, Andrew Brousseau.



38th Annual Prouty to Fight Cancer July 12 and 13 Two-day Event Brings Together Bikers, Walkers, Rowers and Golfers

Lineup of Events

What:

The Prouty, the biggest charity challenge north of Boston is the signature event of the Friends of Norris Cotton Cancer Center and raises money to fund patient supportive services and cancer research at nationally recognized Dartmouth-Hitchcock Norris Cotton Cancer Center. More than 4,000 participants, 1,200 volunteers, 135 corporate sponsors.

Where:

The Richmond Middle School (RMS), 63 Lyme Road, Hanover, NH.

When:

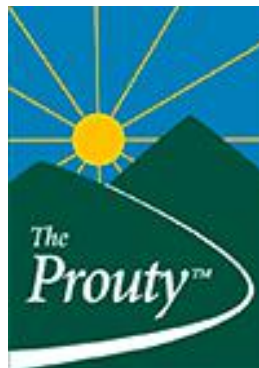
Friday, July 12

Saturday, July 13 Event runs all day from 6am to 4pm

- 6:00am - Start of the Prouty Ultimate 200-mile bike ride: Dartmouth Green.
- 5:00-6:00pm - Dr. Joanne Conroy and Dean Compton help greet participants: Richmond Middle School Foyer
- 6:00am - 3:00pm - Golf The Prouty – Hanover Country Club
- 7:00am - Mass start of the Gravel Metric Century at RMS
- 8am-12:30pm - Row The Prouty – Kendall Riverfront Docks, could ride a river launch
- 8, 9, and 10:00am - Mass starts for Walk The Prouty –RMS
- 2:30-3:00pm - Most traffic within the event space – RMS
- 2:00pm – Awards Ceremony – RMS, Entertainment tent

Who:

2:00-3:00 pm - Joanne Conroy, MD, President/CEO of Dartmouth-Hitchcock, Duane Compton, PhD, Dean of the Geisel School of Medicine at Dartmouth, and Steven Leach, MD,



Director of Norris Cotton Cancer Center, will make brief remarks at the Awards Ceremony.

More information can be found on the Prouty webpage: www.TheProuty.org.

Event Information:

https://secure3.convio.net/dhmc/site/TR?sid=1075&type=fr_informational&pg=informational&fr_id=1301.

Unit L Antlerless Deer Permit Lottery Application Period Opens July 8; Unit M Permits Available Beginning July 22

CONCORD, NH – Hunters with a current New Hampshire hunting license who want the chance to take additional antlerless deer in Wildlife Management Unit L in southeastern New Hampshire during the fall hunting seasons will soon be able to apply for a special permit online. These permits will be issued through an online lottery, and the application period will run July 8-19. Hunters should note the specific details about applying for these permits. Unit L permits are available online only.

Unit L Permits:

Unit L permits will be distributed through an online lottery. A two-week application period will open on July 8 at 9:00 a.m. and will be administered online only at nhfishandgame.com. The application period will close on July 19 at midnight. There will be no application fee to enter the lottery. On August 5 applicants will be randomly drawn and notified through email whether or not they were selected. Hunters who are selected may then visit the NHFG licensing site on August 5 beginning at 9:00 a.m. to purchase their Unit L Permit. Lottery winners will have until midnight Tuesday, September 3 to purchase their permit. Hunters can visit www.huntnh.com/hunting/deer-ul-permits.html for more details on how to apply for these permits. Up to 2,000 hunters will be allowed to purchase Special Antlerless

Deer Permits for Unit L this year. These permits all come with 1 deer tag at a cost of \$26. Hunters who enter the online lottery will be notified of their selection status by email on Tuesday, August 5. Those who do not receive an email confirmation should call (603) 271-2743 for more information.

Unit M Permits:

A total of up to 4,000 hunters will be allowed to purchase Special Antlerless Deer Permits for Unit M. All Unit M permits cost \$36 and come with 2 deer tags. Sales for Unit M permits will begin on July 22. Unit M permits may be purchased either online or at Fish and Game headquarters in Concord.

Interested hunters can purchase Unit M permits starting July 22:

Online at www.nhfishandgame.com;

Over-the-counter at Fish and Game headquarters in Concord;

By using a print and mail-in application from the Fish and Game website at www.huntnh.com/hunting/deer-um-permits.html; or
By calling (603) 271-3422 to request a permit application by mail.



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Inspiration

Beauty in Many Forms

By Priscilla Hull

1 I lift my eyes to the hills. From where does my help come. Psalm 121

We live in one of the most beautiful areas of a state that is one of the most beautiful states in a country that has some of the most beautiful scenery in the world! There, how's that for putting our little corner of the world in the spotlight!

There is beauty all around us. From the top of Arrowhead, our own beloved scenic tour, to the distant mountains that can be seen far off. If you are able, on a sunny day, walk up to Flat Rock where you can, on a clear day, see forever. Then come down and walk through downtown! Look at the architecture of the buildings that were built in an era where beauty mattered.

There is another kind of beauty in Claremont that is not visible! That is the beauty of people helping people. I've been working with some people about helping neighbors. There is an old Chinese proverb that says, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime."

These helpers are mostly young people who care about our neighbors and so are helping others get access to good, healthy food, how to prepare it. I won't mention names for fear of leaving someone out. Working with them is both refreshing and inspiring.

We live in this beautiful place that is scarred by conditions of others. Rather than cover up and ignore the problems, these helpers are working to solve them. Whether we call these works of a religious sort or simply works by good people doesn't really matter. What matters is that people in this city are working to make the world a better place for others. They deserve our greatest respect and support.

Let us keep these people and the people they serve in our prayers and care. We have them to thank for a better world, a better life and more beautiful city.

8 The LORD will keep your going out and your coming in from this time forth and forevermore. Psalm 121

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



Calendar Of Events

CHARLESTOWN RECREATION COMMITTEE RECREATION NEWS July 2019

CHARLESTOWN TOWN POOL: The Town Pool opened on June 22. The hours are 12noon – 7pm. Pool fees are \$1.00 Individual Daily Rate; \$15.00 Individual Season Pass; \$40.00 Family Season Pass. Season Passes can be obtained at the Pool or Town Office.

CRAFT FAIR AND FLEA MARKET: The CREC will be hosting a craft fair and flea market at the Fort No. 4 on Saturday, July 20, 9am – 3pm. This is the same day as the Charlestown Town Wide Yard Sale Day. Vendors, please message on the Charlestown Recreation Department Facebook page for details.

GAZEBO AT SWAN COMMON: A new gazebo will soon be installed at Swan Common. The gazebo can be enjoyed just to sit and read a book or have a picnic while visiting the Swan Common. Please contact the Town Office to reserve the gazebo for special events.

RECREATION COMMITTEE MEETINGS: The July CREC meetings will be on July 9, and July 16 at 6:00 pm at the Recreation Committee Office, 216 Main St., Charlestown. The meeting is open to the public.

CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE

Please continue to check the Facebook page for all announcements and upcoming events.

Acworth Community Charitable Trust Garden Tour and Plant Sale

ACWORTH, NH—The Acworth Community Charitable Trust announces its fundraising Garden Tour and Plant Sale on July 13, 10:00 a.m. to 4:00 p.m., rain or shine. Featured are the nationally recognized gardens and arboretum of Kristian Fenderson, landscape designer, at 384 Grout Hill Rd, Acworth, NH. The sale will offer a wide variety of plants from some of New England's finest specialty grow-

ers. Also on view and for sale will be horticultural etchings by noted botanical artist, Bobbi Angell.

Lunch fare and other refreshments are available for purchase at the Village Store, 1068 NH Route 123A, South Acworth, NH. Restroom and ATM.

A Book Sale by the Acworth Silsby Library will be held in the Town Hall offices from 9:00 a.m. to 4:30 p.m. Ticket not required. Restrooms available.

The Trust was founded in 2007 for the purpose of supporting charitable projects benefiting the town of Acworth and its citizens. In twelve years the Trust has awarded over \$110,000 in grants to local projects.

For tickets and more information, visit the Trust's website, www.acworthtrust.org, email Stella Herpel, secretary, at frogwood@myfairpoint.net, or call 603-835-6439.

Unity Historical Society Meeting July 9

UNITY, NH—The Unity Historical Society will be meeting on Tuesday July 9, at the Unity Town Hall at 6:30 p.m.

The Historical society Museum is now open to the public the last Saturday of each month through October 26, from 10am until 1pm. The next open time will be July 27. We have a lot of history to share.

We are also planning for Old Home Day activities for August 3.

Julian Castro Meet and Greet July 19

Peter and Jean Burling's home
20 Lang Road
Cornish, NH
6:30 p.m.

A New Hampshire First will Take the Stage at Amplified Arts

CLAREMONT, NH—"Shakespeare in Love" is the stage adaption of the academy award-winning Marc Norman and Tom Stoppard screenplay, of the same name, adapted for the stage by Lee Hall with music by Paddy Cunneen and performed with special permission from Samuel French. Amplified Arts will be the first theatre company in NH to perform it on stage.

According to Amplified Arts Executive Director Shelly Hudson, "A cast filled with local, award-winning talent will play such roles as Will Shakespeare, Kit Marlow, and Queen Elizabeth I. All set in Elizabeth's England in 1593, done in contemporary language with Shakespeare's verse, no accents, and live renaissance music, this show is not one you will want to miss!"

The story follows Will, who has writer's block and Viola, who would do anything to be on the stage. They meet and sparks fly, and soon their love affair becomes the inspiration for Shakespeare's epic tale of the star crossed lovers in "Romeo & Juliet".

In AMP's intimate space, you will be only a few feet away from this play with music as the Bard borrows language from his beloved London to create a masterpiece of love and lost. This is a dramatic comedy, so there is sword fighting, fine acting and even a bit with a dog!

The show opens August 8th with a Dinner and Show event at an increased ticket price. Two additional shows on August 9th and 10th offers our regular rates and discounts for members. Tickets on sale now as www.amplifiedartsnh.com. You can also follow Amplified Arts on Facebook, Twitter and instagram.

"Amplified Arts is an arts education and performance hub located in downtown Claremont NH. AMP's vision is to bring together live theatre, film, art, and music under one roof, while being a vital part of Sullivan County's growing creative arts scene," said Hudson. "In the past four years, through award-winning arts education programming, AMP already provides access to quality programming and content not currently available in the region, and with the addition of the Streetside Artist Space and Gallery, AMP is well on its way to becoming a beacon for high-quality arts experiences for all ages and backgrounds in Sullivan County and beyond."

Those interested are invited to reach out to amplifiedartsnh@gmail.com for information on membership, corporate sponsorships and investment opportunities.

Celebrate New Hampshire Eat Local Month With The Acworth Village Store

ACWORTH, NH—This August, The Acworth Village Store will join over 70 partners throughout the state to highlight New Hamp-

shire Eat Local Month -- a month-long celebration of local food and New Hampshire farmers and food producers. Increased interest in local food benefits us all by positively affecting the health of the economy, communities, and environment.

"New Hampshire residents and visitors, alike, are showing unprecedented interest in local food, and this month-long celebration offers a great opportunity to feature New Hampshire grown foods and farms," said Gail McWilliam Jellie from the New Hampshire Department of Agriculture, Markets & Food.

As part of the NH Eat Local Month festivities, The Acworth Village Store (located at 1068 Route 123A, South Acworth, NH) will be presenting these events:

- There is our very popular Saturday Night Pizza Night, which is every Saturday Night from 5:30 PM to 7:30 PM. Enjoy freshly made pizza, with some locally grown toppings, from our outdoor clay oven and listen to live local music.

- On August 10th, as part of our Pizza Night, we will also be hosting an Ice Cream Social, featuring an ice cream topping bar. Kids and adult portions will be available. Come on over and enjoy time with friends and family!

- We also will be hosting our annual Harvest Dinner, on August 24th, at 6 PM. Come celebrate the harvest with us! - Our annual Gala Event featuring a multi-course meal which showcases deliciously prepared locally harvested foods. Limited Seating. Tickets can be purchased at the Village Store at the end of July.

The celebration also includes a virtual scavenger hunt, buy local campaign, story sharing from farmers and businesses, and events hosted by NH Eat Local Month partners.

The organizers of these events said, "We are interested in letting everyone know about these events taking place at the Acworth Village Store. We work very hard to host these events for the benefit and enjoyment of our community, and also as a way to help sustain the Village Store's operations. The Acworth Community Project is the body that runs the Acworth Village Store, which is a Community Owned - non-profit business. It relies on local patronage and donations to serve the community with fun events, terrific food, and a convenient, yet charming, local grocery all wrapped up in small town atmosphere. We hope that people stop by for

some of our famous fresh store made donuts and coffee or for a few groceries and a hot delicious breakfast or lunch! We sell many locally produced foods, such as eggs, honey, maple syrup, cheeses, meat, and more! It's a great community gathering place, and we love to see new faces!"

Find more information at www.nheatlocal.org and www.facebook.com/nheatlocal. To become a NH Eat Local Month partner, contact Samantha Cave at samantha.cave@unh.edu.

www.etickeernewssofclaremont.com

Summer Fun at the Fiske

CLAREMONT, NH—Stop in at the library and pick up our summer reading calendar and sign up for our Summer Reading Program to receive free reading incentives and prizes. And remember as always, all children's programs are FREE and open to all.

This summer at the library there are many exciting programs and events planned—from staff-led craft programs to special presentations by Mr. Aaron, music and movement and instruments, Fun with Yo-Yo's with Christine

3 Tips for Negotiating a Salary

Give them a range of options

Inflexibility when it comes to a salary negotiation is rarely a good idea, so you would be wise to present a range of a few thousand dollars in which your preferred salary lies, according to Glassdoor. If, for example, you want to make \$55,000 per year at your new job, perhaps offering a range of \$54,000 to \$57,000 will give you the opportunity to make more or less what you hope for, but maybe a bit more as well.

Show your confidence, with help

Usually, these salary negotiations aren't done in person, and instead are done via email or telephone. According to The Muse, this gives you the opportunity to refer to notes - such as some important talking points or some carefully researched salary information about people in your field or with the exact position you're being offered - that help you feel a bit more confident in your approach.

Know what not to say

Finally, when dealing with a salary negotiation, it's important to know what kinds of things you can say that would end up being a negative, according to HR expert Liz Ryan, writing for Forbes. For example, saying why you need to make a certain amount (i.e. "I have a lot of expenses") is rarely a good idea, and so is saying that a number of other companies are also trying to hire you. This is also true of once again highlighting your qualifications, since they should already be well-acquainted with those standards, and that's why they're trying to hire you.



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Bingo at the Charlestown Memorial VFW Post 8497 Post Hall

CHARLESTOWN, NH--Bingo is held Wednesdays at the Charlestown Memorial VFW Post 8497 Post Hall, 365 Lovers Lane Road in Charlestown, NH. The regular games start at 6:30 p.m. with Early Birds games commencing at 5:00 p.m. Eight regular games, four two-part games, and three special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, a carry-over cover-all game also paying off in 50#'s or less or a consolation of \$150, plus the final Jackpot game paying \$150. All regular and special games are now on PAPER. Bingo is the VFW Post 8497's primary fundraiser for its various scholarships and sponsorships. Food and drinks are available.

Newport Historical Society Museum Hours

NEWPORT, NH--Interested in local history? Come visit the Newport Historical Society Museum, 20 Central St., Newport, NH. Located in the 1837 Nettleton House, the museum has two floors of annually changing displays to wander through.

Open Sundays (except holiday weekends), from 10AM to 2PM, and by appointment by calling 603-863-1294. The museum is free, heated, air-conditioned, and handicapped accessible.



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REV. JUN 14, 2019

MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1st

WEEK
of the month

BLOOD PRESSURE CLINIC
COA, New London
9:45 – 11:15 am
Lebanon Senior Center
10:00 am – 12:00 pm

FOOT CLINIC
Plainfield Library
12:00 – 4:00 pm

BLOOD PRESSURE CLINIC
Lake Sunapee VNA
9:00 am – 12:00 pm
Newport Senior Center
10:45 am – 12:00 pm

FOOT CLINIC
Claremont Senior Center
8:30 am – 3:00 pm
Mascoma Senior Center, Canaan
9:00 am – 12:00 pm

BLOOD PRESSURE CLINIC
Claremont Senior Center
10:30 am – 12:00 pm

FOOT CLINIC
Lake Sunapee VNA
9:30 am – 1:30 pm

FOOT CLINIC
COA, New London
9:30 am – 1:00 pm

2nd

WEEK
of the month

BLOOD PRESSURE CLINIC
Lebanon Senior Center
10:00 am – 12:00 pm

FOOT CLINIC
North Ridge, Warner
9:30 – 11:30 am

BLOOD PRESSURE CLINIC
Lake Sunapee VNA
9:00 am – 12:00 pm
Bourdon Centre, Claremont
10:00 – 11:00 am
Grantham Methodist Church
11:15 am – 12:00 pm (Apr-Dec)
Sugar River Mills, Claremont
1:00 – 2:00 pm

FOOT CLINIC
Bourdon Centre, Claremont
8:00 am – 12:00 pm
Sugar River Mills, Claremont
12:30 – 2:00 pm

FOOT CLINIC
Claremont Senior Center
8:30 am – 3:00 pm

BLOOD PRESSURE CLINIC
Charlestown Senior Center
11:00 am – 1:00 pm

FOOT CLINIC
Charlestown Senior Center
9:00 am – 4:00 pm
Lake Sunapee VNA
9:30 am – 1:30 pm

FOOT CLINIC
COA, New London
9:30 am – 1:00 pm

3rd

WEEK
of the month

BLOOD PRESSURE CLINIC
Lebanon Senior Center
10:00 am – 12:00 pm

FOOT CLINIC
North Ridge, Warner
9:30 – 11:30 am

BLOOD PRESSURE CLINIC
Lake Sunapee VNA
9:00 am – 12:00 pm
Newport Senior Center
11:00 am – 12:30 pm
Marion Phillips Apts, Claremont
1:00 – 2:00 pm

FOOT CLINIC
Marion Phillips Apts, Claremont
1:00 – 4:00 pm

FOOT CLINIC
Claremont Senior Center
8:30 am – 3:00 pm

BLOOD PRESSURE CLINIC
Bradford Senior Center
11:00 am – 12:00 pm
Claremont Senior Center
11:00 am – 12:00 pm

FOOT CLINIC
Lake Sunapee VNA
9:30 am – 1:30 pm

4th

WEEK
of the month

FOOT CLINIC
Newport Senior Center
9:00 am – 3:00 pm
Lake Sunapee VNA
9:30 am – 1:30 pm

BLOOD PRESSURE CLINIC
Lake Sunapee VNA
9:00 am – 12:00 pm
Cornish Town Hall
11:15 am – 12:30 pm

FOOT CLINIC
Lebanon Senior Center
10:00 am – 2:00 pm

BLOOD PRESSURE CLINIC
Warner Senior Center
10:30 am – 12:00 pm

FOOT CLINIC
Newport Senior Center
8:30 am – 3:00 pm

BLOOD PRESSURE CLINIC
CSB Community Center, Claremont
9:30 – 11:00 am
Plainfield-location varies
11:30 am – 1:30 pm

FOOT CLINIC
Lake Sunapee VNA
9:30 am – 1:30 pm

These events take place every month, except on holidays. Foot Clinics are by appointment only and cost \$25. For more information or to verify a date, call 603-526-4077 or visit: LakeSunapeeVNA.org

Porter, Wild About Turtles featuring live turtles, Puppet show with The Hampstead Stage Company, The New Hampshire Children's Museum's Presentation on nocturnal animals, and a visit by a former NASA employee and rocket launch.

So, don't miss the fun at the library this summer; come in and check it out and pick up a calendar or check us out online and print the calendar.

WCCMA Concert Series

July 15, 6:30pm

Bassel and the Supernaturals*

Chicago-based funk band with a Syrian soul
Outdoor concert at Broad Street Park

July 20, 6:30pm

Yankee Brass Band

Triumphant horns from America's Golden Age
of band music

July 27, 6:30pm

Kinan Azmeh and Dinuk Wijeratne, with City-Band*

Celebrated artists from "The Art of the Duo" collaborate with the virtuosic CityBand in a high-energy night fusing classical, jazz, and Middle Eastern originals.

August 3, 6:30pm

Aardvark Jazztet *

Members of the legendary Aardvark Jazz Orchestra play standards from the songbook of the jazz greats

August 17, 6:30pm

Delphi Trio *

Immensely rich classic repertoire and contemporary music by critically acclaimed California piano trio

*Concerts part of the 2-day Music Experience with Saint-Gaudens Memorial (sgnhs.org), and immersive opportunity to explore great artists across 2 days/2 locations.

Concerts are presented at Union Episcopal Church, 133 Old Church Rd. freewill donation.

Recycled Percussion Performance Rescheduled

CLAREMONT, NH—According to an official statement released by the Claremont Opera House on behalf of Recycled Percussion, the Recycled Percussion show [scheduled for] Saturday, June 22, at the Claremont Opera House has been rescheduled to Saturday, August 10, at 7:00 p.m.

The postponement is due to a broken leg suffered by Tony Zane, the dancer/roller skater on the current tour.

All tickets will be honored for the new date.

Kinship Raising Support Group

NEWPORT, NH—A support group in Newport for kinship raising family member's kids is meeting 10:00 a.m. to noon every other Friday. Meetings held at the old Towle School, 86



5859 Route 5
Westminster, VT 05346

(802) 722-3222

thecottagebythebrook.com

thecottagebythebrook@gmail.com

North Main Street. Learn more at New Hampshire Grandparents raising Grandchildren on Facebook; check the page for updates or call Stacey Hammerlind at 802-478-0844.

Overeaters Anonymous Big Book Meetings

CLAREMONT, NH—Overeaters Anonymous Big Book Meetings are held at Valley Regional Healthcare in Claremont on Wednesdays from 3:30-4:30 p.m. in the library. Please use Dunning Street entrance.

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breastfeeding mothers. Claremont La Leche League will be meeting on the 3rd Thursday of the month at the TLC Family Resource Center, 109 Pleasant Street: Mornings, from 9:30—11:00 a.m., evenings, 5:30—7:00 p.m. LLL Leaders are trained and accredited through LLLI to offer help to parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. A leader will be available to answer your questions.

Assistance, information, and support are also available via telephone, email, and the LLLI website. ClaremontLLL@gmail.com, Jess (603) 630-0184, Zadiah (603) 306-9892; they may also be found on Facebook.

Caregiver Support Group

SPRINGFIELD, VT—A Caregiver Support Group (formerly Alzheimer's Support Group) is available to help enhance the lives of individuals with Alzheimer's disease and other dementias. Presented by Alzheimer's Association, Vermont Chapter, the Caregivers Support Group meets the third Wednesday of every month, 5:00 - 6:30 p.m. at Springfield Hospital Library, Level D, Springfield.

Help Available for Advance Directive Documents

WINDSOR, VT—Thinking about completing an Advance Directive as a loving gift to your family? Advance Directives (AD) are legal documents that allow you to decide what type

of medical care you want if you ever become unable to speak for yourself.

Mt. Ascutney Hospital offers free individual sessions for assistance in completing this important document. Our AD Clinics are being held the 2nd and 4th Wednesday of the month in Windsor from 1:00-3:00 p.m. The Clinics are led by Linda Wilson, APRN, DNP. Make an appointment by calling (802) 674-7483.

There is an additional AD Clinic in Woodstock at the Thompson Senior Center every 2nd Monday of the month from 1:00-3:00 p.m. Make an appointment by calling (802) 457-3277.

Join the Boy Scouts

CLAREMONT, NH—If you have a young man going into 6th grade and is 11 years old that you think needs an advantage in life, then have them consider becoming a Boy Scout. Boy Scouts learn valuable skills in leadership, team building and self-reliance. Boy Scouts that earn the rank of Eagle have a high likelihood of becoming successful in life and stay active in their communities. When the school starts, Troop 38 of Claremont, NH, meets every Thursday 6:30-8:00 p.m. at St. Mary's church gymnasium. Join us for a good time and new adventures. Contact Alex Herzog, Scoutmaster of Troop 38, at claremontscout@gmail.com for more info or come and join us at one of our upcoming meetings.

Croydon Ladies Auxiliary Bingo

CLAREMONT, NH--The Croydon Ladies Auxiliary is sponsoring bingo every Thursday. Held at the Claremont Senior Center, 5 Acer Heights off Maple Avenue in Claremont. Doors open at 4:30 p.m. and games start at 6:30 p.m. Food and drinks available. Open to those 18 and older. Call Sandy at 543-7118 for more information.

All paper games.

Claremont Farmers Market

CLAREMONT, NH—The Claremont Farmers' Market has fruits, vegetables, canned and baked goods, flowers and plants, crafts, POP (Power of Produce) kids activities, weekly entertainment, and other events. It accepts the

EBT card, with the Granite State Market Match, up to \$10 free for fruits and vegetables. It is now at the Broad Street Park, Saturdays, from 10:00 a.m.-1:00 p.m. through Sept. 14.

Dartmouth Humanitarian Engineers Present Socially-Conscious Technology at American Precision Museum July 13

WINDSOR, VT—The Dartmouth Humanitarian Engineers (DHE) student group is presenting at the American Precision Museum on Saturday, July 13, at 3:00 p.m. as part of the Museum's free 2019 Sustainability Speaker Series. Their presentation, "Designing Appropriate Technology for Long Term Agricultural Sustainability", explains the group's work creating an ultra-fast, inexpensive, simple system to produce hydroponic nutrient solution, aka compost tea, which contains all the macronutrients necessary for plant survival and can be diluted for use as an organic fertilizer. The project was chosen as one of five finalists in the National Academy of Engineers US Global Grand Challenge in Washington, DC. Next the DHE will be traveling to London to compete in the International Global Grand Challenge against finalists from the UK and China.

DHE is committed to designing sustainable, affordable, socially-conscious technology for communities in need. Since 2004, DHE has been active in Haiti, Rwanda, Tanzania, Marrakech, Morocco, Quito as well as Upper Valley communities surrounding Dartmouth. The group is currently running three projects, including one in Ecuador building a rapid composter and one designing a more durable cot for a local homeless shelter. By addressing humanitarian challenges with appropriate technologies,

The American Precision Museum (APM), located in the 1846 Robbins & Lawrence Armory, a National Historic Landmark, is a non-profit museum that traces the beginnings of manufacturing to modern technology through exhibits and daily interactive programs. Its popular free Sustainability Speaker Series was launched in 2018, attracting audiences from across Vermont and New Hampshire. The Museum is open daily, Memorial Day Weekend through October 31, 10:00 a.m. to 5:00 p.m. and is proud to be a Blue Star Museum, offering free admission to active duty military & their families. Information: American Precision Museum: www.americanprecision.org; 802-674-5781; 196 Main Street, Windsor.

ARE YOU NEW TO MEDICARE? JOIN US!



“Welcome to Medicare” Workshop

- Hospital Insurance
- Medical Insurance
- Rx Drug Coverage
- Medicare Supplements
- Medicare Advantage
- Preventing Fraud & Abuse

**Tuesday, July 23rd
1:30 PM**

REGISTRATION REQUIRED Sullivan County ServiceLink (ADRC)

224 Elm Street

Claremont, NH 03743

For Information and to Register Call:

603-542-5177 or 1-866-634-9412

www.servicelink.nh.gov



LOCAL HELP FOR PEOPLE WITH MEDICARE



This information is provided through a partnership between the NH Department of Health and Human Services and ServiceLink. Funding is provided by the U.S. Administration for Community Living (State Health Insurance Assistance Program (SHIP) grant# # 90SAPG0011 and the Senior Medicare Patrol (SMP) grant# 90MPPG0003).



Autographed Ledger Photo & Autographed Danny Gokey CD

To enter:

1. Follow me on Twitter and/or "Like" my Facebook Page.
2. Send email with "Win 7/31" in subject field to etickernews.bernadette.oleary@gmail.com
3. "Like" drawing posts on Facebook and Twitter.
4. Send me a private message on Facebook or Twitter with "Win 7/31".
5. Text "Win 7/31" to (405) 269-5211.

Choose only one way to enter or all five and enter each week.



Saturday 7/13/2019 7am to 11am
Arrowhead Recreation Center
18 Robert Easter Way, Claremont NH

\$8 Adults, \$7 Children age 3-12 and Free under 3

Hosted by Girl Scout Troop 30261

The Junior and Cadette Scouts are raising funds for their High Award Projects. Come hear how our girls are making the world a better place. Juniors are making busy boxes and Cadettes are making wheelchair costumes for CHaD.

Take Out
Available!

Menu:
Buttermilk pancakes
Chocolate chip pancakes
Bacon
Sausage
Fresh Fruit
Coffee, Tea, Juice & Milk



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

Lois R. Collins, 81

Lois R. Collins, 81, of River Road in Claremont, NH, died Tuesday (July 2, 2019) at Valley Regional Hospital with her children by her side.

She was born in Dandridge, TN, on June 30, 1938, the daughter of Richard and Francine (Green) Myers and had been a Claremont resident for many years. Lois had been employed as a Registered Nurse. She enjoyed gardening, cooking, keeping up with current events and reading. She was a devoted football fan, especially of the University of Tennessee Volunteers and the New England Patriots. She was the widow of Daniel Collins who died in 2007.

Members of her family include a son, Larry Collins, Claremont, NH; a daughter, Leslie Collins, Claremont, NH; three grandchildren, David Danny and Amanda; nieces and nephews.

She was predeceased by two brothers, Charles Myers and Randy Myers.

There will be no visiting hours. A Mass of Christian Burial will be celebrated at 10:00 am on Tuesday (July 9) at St. Mary's Church with the Very Reverend Shawn M. Therrien, officiating. Committal will follow in St. Mary's Cemetery.

You are invited to share a memory of Lois with the family or leave a message of condolence in the family guest book at www.royfuneralhome.com. Arrangements have been

entrusted to the Roy Funeral Home and Cremation Service.

Floyd E. Paxton, Jr., 69

Floyd Earl Paxton, Jr., age 69, died on June 25, 2019. He was born on May 4, 1950, and was the older of two sons of Helen Nemcovich Paxton and Floyd Earl Paxton, Sr., and a grandson of Jacob G. and Fenia V. Nemcovich of Claremont, NH. Floyd was a resident of Santa Monica, CA.

Floyd is survived by his brother, Jesse Paxton of Norwalk, CA, one niece Jennifer Paxton, an aunt, Nancy N. Gussman, an uncle, John Nemcovich, and many cousins.

A service was held in Mountain View Cemetery in Claremont on July 5.

The Stringer Funeral Home is in charge of arrangements.

Claremont Fire Dept. Log

Sunday, June 30

11:27 Responded with E-1 to Wildwood Rd. for

a water problem

11:59 Responded with E-1 to Chellis St. for an odor investigation

16:17 Responded with E-1 to Strand Rd. for a tree down with wires

21:12 Responded with E-1 to Lisa Place for a check the well being

22:40 Responded with E-1 to Hillside Terrace for an alarm sounding

Monday, July 1

11:12 Responded with E-1 to Cat Hole Rd. for a check the well being

13:46 Responded with E-1 to Sugar River Drive for a medical call

16:37 Responded with E-1 to Bowker St. for a medical call

20:47 Responded with E-1 to Broad St. for an alarm sounding

21:00 Responded with E-1 to Broad St. for an alarm sounding

23:34 Responded with E-1 to Central St. for and alarm sounding

23:51 Responded with E-1 to Fitch Reservoir Rd. for a tree on wires

23:55 Responded with E-3 to Central St. for an

“Safety glasses are your friend.”

-Dr. Sam Giveen

All kinds of common eye injuries can be prevented just by wearing safety glasses. That's what Dr. Sam will tell you. Does he sound like your dad?

Sometimes. But your dad had some good advice.

And so does Dr. Sam. See for yourself.

DOCTOR **SAM'S**
EYE CARE

(603) 543-2020

9 Dunning St, Claremont

(we're right there by the hospital)



alarm sounding

Tuesday, July 2

09:58 Responded with E-1 to Trinity St. for a Box Alarm

16:17 Responded with E-1 to North St. for a medical call

16:21 Responded with E-3 to Unity for a Box Alarm

Wednesday, July 3

04:49 Responded with E-1 to North St. for a medical call

14:59 Responded with E-3 to Winter St. for a medical call

21:08 Responded with E-3 to Sullivan St. for a medical call

22:20 Responded with E-3 to Kenyon St. for an illegal burn

Thursday, July 4

02:44 Responded with E-3 to Broad St. for an alarm sounding

09:16 Responded with E-3 to Twistback Rd. for a medical call

09:23 Responded with E-1 to Broad St. for an alarm sounding

11:48 Responded with E-3 to Winter St. for a car into a pole

14:00 Responded with E-3 to Glidden St. for a motor vehicle accident

21:54 Responded with L-1 to Washington St. for a public assist

Friday, July 5

00:23 Responded with E-3 to Heritage Drive for a medical call

15:06 Responded with E-3 to Manor Drive for a medical call

19:08 Responded with E-3 to Bonmark Drive for a tree on wires

23:18 Responded with E-3 and L-2 to Washington St. for a Box Alarm

Saturday, July 6

09:26 Responded with E-3 to East Green Mountain Rd. for a medical call

10:03 Responded with E-3 to Washington St. for a medical call

12:35 Responded with E-3 and L-2 to West Terrace St. for a smoke investigation

22:04 Responded with E-3 To Pearl St. for a medical call

Sunday, July 7

05:18 Responded with E-3 to Washington St. for an alarm sounding

Claremont Senior Center, Inc.

PARDON OUR DUST!! AND A LITTLE NOISE!!! We are so excited !! The Center is all abuzz. We are receiving a renovation! Yup! The kitchen will receive a much needed update and the Owens Hall will be completely renovated top to bottom. We can only imagine how beautiful and modern we will be.

The work will be done by the Home Depot Team through their grant. They will be doing the majority of the work with the added help of volunteers. And there is a lot the volunteers can do.

We are still in need of volunteers to help fill paint trays, pack up the kitchen, handle tiles being replaced. There is no ladder work involved. Any time you can give will be appreciated. Even an hour will help.

A special Thank You goes out to the Home Depot organization and all the workers on the team ahead of time. We are so deeply thankful for all they are doing for us.

DeCamp Disposal has been nice enough to donate a dumpster for the clean up and clean out and an electrician is donating his time. We are so grateful to those who are helping our Center become a better place for all seniors.

The Center will still be OPEN for activities. However, meals will be suspended for a couple of weeks. Ken and the kitchen staff will resume serving on July 23rd with BBQ chicken, French Fries, corn and strawberry shortcake on a biscuit. The meal is served at 11:45 a.m. Members—\$4, non members—\$5. Join us to see our new kitchen and Hall.

On Sunday, July 21st, at 1:00 p.m., we will be having a "Christmas in July" Tupperware Party. Our consultant, Toni Chase, will be presenting all the new items and some updated favorites. Some of us have already made out our wish lists. There will be games, awards and fun. Light refreshments will be served. Remember, Christmas is only five months away. This event is open to the public.

The Men's Breakfast will be on July 22nd at 8:00 a.m. Pancakes, bacon or sausage and juice will be on the menu. There will be a surprise speaker. The public is invited. Members—\$2, non-members—\$3.

The trip to the Kearsarge Indian and the Telephone Museums in Warner was a success to say the least. A wonderful and educational time was had by all. Tom is already working on the next trip. Stay tuned. Deb is also looking into some day trip with Best of Times. The Center is on the move!!

Our next concert will be on July 27th. We will be entertained by the East Bay Jazz Band. This concert is sponsored by Country Realty and Valley Regional Hospital. Mark your calendars.

Penny Sale items are still needed for this September fundraiser. Look around to see if you have a gently used item or a new one still in the box that you could donate. Cash donations are also welcome. Thank you to all who have donated items so far.

The 8th Annual Car Show is rapidly coming upon us. The event on Sunday, August 25th, 9:00 a.m.-2:00 p.m. Promises to be a bigger event than last year. The word is out about the show. We are now an established show put on many car club lists as one to attend. Join us for over 100 years of transportation history, good food, music and prizes. See you there!

Quick Takes: Foot Clinic-July 10th. Remember you loved one with a memorial brick on the Memorial Wall. One month free memberships still available. Come try us out.

Remember, we are still open for activities. It may be a little noisy, but it will be worth it in the end. We thank you for your patience and help during this renovation.

Lively conversation and laughter always encouraged and welcome here.

Claremont Senior Center, 5 Acer Heights, Claremont NH. (603)543-3998. Smoke Free.





The Claremont City Council will hold a public meeting on Wednesday, July 10, 2019, at 5:30 p.m. in the Council Chambers of City Hall.

NOTE: EARLIER START TIME

AGENDA (Revised)

- | | | |
|---|-----|---|
| 5:30 PM | 1. | PLEDGE OF ALLEGIANCE |
| 5:32 PM | 2. | ROLL CALL |
| | 3. | NEW BUSINESS |
| 5:34 PM | A. | Interview and Selection of Candidate to Fill Vacant At-Large Councilor Seat |
| 7:30 PM | B. | Swearing In of At-Large Councilor |
| 7:34 PM | 4. | AGENDA CHANGES |
| 7:35 PM | 5. | REPORT OF THE SECRETARY
Minutes of May 22, June 12, 19 and 26, 2019, City Council Meetings |
| 7:37 PM | 6. | MAYOR'S NOTES |
| 7:42 PM | 7. | CITY MANAGER'S REPORT |
| BREAK | | |
| 8:05 PM | 8. | APPOINTMENT TO BOARDS AND COMMITTEES |
| 8:10 PM | 9. | CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23)) |
| | 10. | OLD BUSINESS |
| 8:20 PM | A. | City Manager Search Update |
| | 11. | NEW BUSINESS (Continued) |
| 8:25 PM | A. | Real Estate – 56 Opera House Square, Map 120, Lot 51 |
| 8:30 PM | B. | CDBG Public Facilities Grant Application |
| The City proposes to submit an application for funding titled Community Development Block Grant (CDBG) Public Facilities Grant for up to \$500,000 from its application authority for 2019 to the NH Community Development Finance Authority for the expansion of the West Claremont Center for Music and Art in Claremont. | | |
| Application for Grant – Public Hearing | | |
| Review and Adopt or Re-adopt City's Residential Anti-Displacement and Relocation Assistance Plan – Public Hearing | | |
| 8:50 PM | C. | Application for Jane's Trust |
| 9:00 PM | D. | Resolution 2020-6 Application for Clean Water SRF WWTP Aeration Blower – Public Hearing |
| 9:10 PM | E. | Ordinance 568 Amending the Non-Union Employee Pay Schedule – First Reading |
| 9:20PM | F. | Opera House Roof Repair |
| 9:30 PM | 12. | COMMITTEE REPORTS |
| 9:35 PM | 13. | FUTURE AGENDA ITEMS AND DIRECTIVES |
| 9:45 PM | 14. | CONSULTATION WITH LEGAL COUNSEL |
| 9:50 PM | 15. | ADJOURNMENT |

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, July 24 2019, at 6:30 p.m. in the Council Chambers at City Hall.

Independence Day, Let Freedom Ring

By Bernadette O'Leary

Americans across the country celebrated what could easily be called the most significant holiday for the country, Thursday, July 4. It is common knowledge that the 4th of July celebrates the signing of the Declaration of Independence in 1776. However, what this signing did for the birth of our country did not simply end with declaring us free from Great Britain. Rather, it started a ball rolling in this country that would take hundreds of years to stop rolling. In fact, it continues rolling today.

The beginnings of freedom for this country began with the signing of the Declaration of Independence on that day in 1776. It was a long and dangerous road for those who stood up and fought for their independence from Great Britain, and many factors led to it coming to pass. However, in spite of declaring themselves free, slavery still existed within the United States until the 13th amendment was passed by Congress in 1865. So, although the United States was touted as a free nation, it wasn't free for everyone. That being said, the groundwork had been laid for future generations to change that.

Just as independence from Great Britain faced its critics from people in the territories who opposed it, the same was true with later efforts like the Civil War and the abolition of slavery. Many years later, the women's movement arose. The ball continued to roll as women fought for equal rights to men. Not all women were for it, and not all men were against it. As with previous movements for more freedom, women's rights activists desired the freedoms that would allow them to be equal to men in society, such as having the right to vote.

Today, we still see activists across the country coming together for a common goal: change. This was exactly what people did back in 1776. It took courage to step forward and say that the way things were being done was not right, and it took even more courage to take up the mightiest weapon of all: the pen.

Authors from both sides of the issue took to using words to express what they felt needed to happen, including such well-known names as Thomas Paine and his "Common Sense." These writings expressed both sides of the issue as authors picked up the pen to declare that either independence, justice for colony members or total loyalty to the crown must be the priority. Each of these writings promoted the individual author's preference. These writers had opponents who did not believe what they were doing was right, but they did not listen and followed their own paths, even in the face of danger.

The celebrations we have each year bring families, friends, and communities together. Parades, cookouts and fireworks last all week in many places, but those are not the point of the day. They are merely the methods of choice for celebrants to show their patriotism more than 100 years after our forefathers took those brave steps into an uncertain future.

As we put another Fourth of July in the books, we call to mind the struggles of our forefathers and compare them to our own struggles today, for which many try to rally for change. There are countless causes for which people still rise up and demand change. With the actions of the brave men and women who paved the way for our country's birth were seen the passion and drive that is still found in the hearts of Americans today.

