

Living Out Two Dreams in Nine Innings

Police Officer Meets his Fundraising Goal to Help CHaD Patients

By Eric Zengota
e-Ticker News

CLAREMONT, NH—On Friday evening, Claremont police officer Michael Puksta combined two of his major interests: playing baseball and helping sick children.

When he headed out to left field for the ninth annual CHaD Battle of the Badges Baseball Classic at Northeast Delta Dental Stadium in Manchester, he felt in his gut that Team Police would triumph over Team Fire. After all, he had just met his CHaD buddy, 13-year-old Gabriel, and knew he had to play his best for the boy, who is facing multiple medical issues. Puksta was also both proud and humbled to know that, in his first year at bat for CHaD, he had garnered so many donations that he was near the top of the fundraising list of the 49 players from both teams.

Team Police did, in fact, win the game, 7-2. Puksta celebrated with his teammates, took his turn hoisting the championship trophy, and greeted family, friends and Claremont law enforcement colleagues who had traveled to Manchester to support their No. 24.

By the end of the evening, \$135,000 had been raised for CHaD, bringing the grand total over the years to \$700,000. Puksta's contribution? More than \$3,000.



Clockwise: Just prior to the action getting underway, Michael Puksta posed with his CHaD Buddy, Gabriel, and Fungo, Fisher Cats mascot; each player's portrait was on the jumbotron when they were at bat; some of Puksta's colleagues from the Claremont Police Department traveled to Manchester to attend the game. Flanking Puksta are, from left, Officer Shalyn Spencer, Lieut. Stan Andrews-ki, Capt. Brent Wilmot, Sgt. Megan McDevitt, and Chief Mark Chase; a big win and a congratulatory hug from Chief Chase. Could the evening have turned out any better? (Eric Zengota photos).

Fellows Runs Win Streak to 11, Ovitt Unofficial Winner of 50-Lapper August 2

By Gary Dutton

CLAREMONT, NH—The Superman is still undefeated through 11 completed races this summer at Claremont Motorsports Park. Yes, Aaron Fellows was narrowly beaten Friday, August 2, at the Thrasher Road Speedplant but, no, it wasn't in Late Model Sportsman competition.

And, on the same night Fellows moved one step closer to an undefeated season, Dana Smith stormed to victory in the Sportsman Modified main, travelin' man Alby Ovitt was the unofficial winner of the Battle For The Belt 50-lapper, and both Kyle Templeton and Jeremy Blood added to their divisional points leads by topping their feature races.

In the Street Stock 50-lap biggie, Aaron Fellows, guest piloting a Bay State sizzler, quickly took charge, with Alby Ovitt soon glued to his bumper. Fellows, bidding for his second feature win of the night, was fast, but Ovitt was on a rail.

Ovitt, a feature winner here in Casella Street Stock action back in May, dropped Fellows to second on lap eight and never looked back as he soared away in pursuit of the \$1,000 winner's purse. With the event's finish still unofficial at press time, pending conclusion of technical inspections of the top five, it was Ovitt, Fellows, and Chase Curtis hoisting the trophies in victory lane Friday.

Dave Greenslit, who entered the event solidly in second place in Belt point standings, took a big in his pursuit of the title, exiting early to finish deep in the 23-car field.

Dana Smith took command of the Pepsi Sportman Modified feature on lap four and never looked back, easily topping his second main event of the summer. Mod points leader Brian Robie was second, and Mike Smith trophied for the third week in a row, as the Sunapee trio again claimed all the goodies in victory lane.

Ryan Bell led early in the R.E. Hinkley Late Model Sportsman feature, then giving way to potent Ben Poland on lap seven. Two laps later, Fellows was knocking.

Fellows took the lead on lap 16 and never looked back, running his phenomenal undefeated streak to 11. Poland sailed under the checkers in second, and Bell came home third,



just ahead of Guy Caron, who was making his first run of the summer at the fast third-mile.

Kyle Templeton moved to the point on the first lap of the Pure Stock feature, then keeping his foot to the floor to score the win ahead of rookie phenom Dylan Adams, who posted another runner-up finish, his second in as many races. Jim Carley, strong all night, came home third.

Six-Shooter kingpin Jeremy Blood led early and often en route to his ninth victory of the summer. Paul Colburn, victorious a week earlier, was second on the night, and Earl Moul came home third.

Next Friday, August 9, the vintage classics of the STAR, Senior Tour Auto Racers, will make their lone visit of the summer at Claremont Motorsports Park. The speedway's five NASCAR weekly racing divisions will all be in action too, with racing underway at 7 p.m

AUGUST 2 FEATURE FINISHES:

BATTLE FOR THE BELT 50-LAP STREET STOCK (Unofficial at press time): Alby Ovitt, Aaron Fellows, Chase Curtis, Jimmy Renfrew, Jarrett Curtis, Chris Riendeau, Kenny Thompson, Chris Buffone, Joe Tetreault, Hillary Renaud, Cody Schoolcraft, Travis Hollins, Larry Riendeau, Kenny Scott Jr, Nick Little, Raven Streeter, Robbie Streeter, Dave Greenslit, Nate Nunez, Kenny Dureault, Stephen Dubois, Chris Emerson. DQ – Charles Dubury.

LATE MODEL SPORTSMEN: Aaron Fellows, Ben Poland, Ryan Bell, Guy Caron, Kenny Fowler, Tyler Lescord, Briana Akusis, Mark Blair, Dennis Bell, Mark McClay, Victor Branch.

SPORTSMAN MODIFIED: Dana Smith, Brian Robie, Mike Smith, Kyle Welch, Alyssa Rivera, Eric LeClair.

PURE STOCK: Kyle Templeton, Dylan Adams, Jim Carley, Bruce Adams, Rich Streeter, Chris Carver, Bruce Cantara Jr, Clark Brooks, Sammy Silva, Camdyn Curtis.

SIX-SHOOTER: Jeremy Blood, Paul Colburn, Eric Lanou, Earl Moul.

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BATTLE FOR THE BELT -STREET STOCKS - UNOFFICIAL					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	3	35	ALBY OVITT	50	RUNNING
2	2	24MA	AARON FELLOWS	50	RUNNING
3	4	88X	CHASE CURTIS	50	RUNNING
4	15	00	JIMMY RENFREW JR	50	RUNNING
5	8	33X	JARET CURTIS	50	RUNNING
6	9	64	CHRIS RIENDEAU	50	RUNNING
7	21	9	KENNY THOMPSON	50	RUNNING
8	6	2	CHRIS BUFFONE	50	RUNNING
9	1	73	JOE TETREAULT	50	RUNNING
10	10	33W	CHARLES DUBURY	50	RUNNING
11	11	88	HILLARY RENAUD	49	RUNNING
12	20	31NH	CODY SCHOOLCRAFT(R)	49	RUNNING
13	18	07	TRAVIS HOLLINS	49	RUNNING
14	5	4	LARRY RIENDEAU	47	OUT
15	13	72	KENNY SCOTT	47	RUNNING
16	19	8	NICK LITTLE	44	OUT
17	17	52	RAVEN STREETER (R)	44	RUNNING
18	14	55	ROBBIE STREETER	43	RUNNING
19	7	20	DAVID GREENSLIT	39	OUT
20	22	15	NATHANIEL NUNEZ	13	OUT
21	23	17	KENNY DUREAULT	12	OUT
22	12	13	STEPHEN DUBOIS	8	OUT
23	16V	75	CHRIS EMERSON	8	OUT
TIME OF RACE					
37 MINUTES, 58 SECONDS					
MARGIN OF VICTORY					
.531 SECONDS					
BEST LAP TIME/SPEED					
16.100 SECONDS - ALBY OVITT					
CAUTIONS					
4- LAP 2,10, 41, 47					
LAPS LED					
FELLOWS 1-7, OVITT 8-50					
HEAT RACE WINNERS					
C.CURTIS, OVITT					

PEPSI SPORTSMAN MODIFIEDS FEATURE RACE					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	2	14	DANA SMITH	40	RUNNING
2	6	25NH	BRIAN ROBIE	40	RUNNING
3	1	27	MIKE SMITH	40	RUNNING
4	3	9	KYLE WELCH	40	RUNNING
5	4	5A	ALYSSA RIVERA	39	RUNNING
6	5	52	ERIC LECLAIR	37	RUNNING
TIME OF RACE					
9 MINUTES, 17 SECONDS					
MARGIN OF VICTORY					
.881 SECONDS					
BEST LAP TIME/SPEED					
13.663 SECONDS - BRIAN ROBIE					
CAUTIONS					
NONE					
LAPS LED					
M.SMITH 1-3, D.SMITH 4-40					
HEAT RACE WINNER					
D. SMITH					

SIX SHOOTERS FEATURE RACE					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	2	03	JEREMY BLOOD	15	RUNNING
2	1	11	ERIC LANOU	15	RUNNING
3	4	86	PAUL COLBURN	15	RUNNING
4	3	14	EARL MOUL	15	RUNNING
DNS		65	ERIC PRESCOTT	15	RUNNING
TIME OF RACE					
4 MINUTES, 46 SECONDS					
MARGIN OF VICTORY					
6.809 SECONDS					
BEST LAP TIME/SPEED					
18.482 SECONDS - PAUL COLBURN					
CAUTIONS					
NONE					
LAPS LED					
BLOOD 1-15					
HEAT RACE WINNER					
COLBURN					

R.E. HINKLEY LATE MODEL SPORTSMAN FEATURE RACE					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	11	29NH	AARON FELLOWS	35	RUNNING
2	3	00	BEN POLAND	35	RUNNING
3	2	8NH	RYAN BELL	35	RUNNING
4	6	8	GUY CARON	34	RUNNING
5	5	8	KENNY FOWLER	34	RUNNING
6	8	15	TYLER LESCORD	11	RUNNING
7	9	02NH	BRIANA AKUSIS	34	RUNNING
8	1	3	MARK BLAIR	28	OUT
9	10	8X	DENNIS BELL	6	OUT
10	7	6	MARK MCCLAY	5	OUT
11	4	51	VICTOR BRANCH (R)	5	OUT
DNS	-	42	SCOTT BOISVERT	-	DNS
DNS	-	10	ERIC MARTELL	-	DNS
TIME OF RACE					
21 MINUTES, 58 SECONDS					
MARGIN OF VICTORY					
.739 SECONDS					
BEST LAP TIME/SPEED					
14.843 SECONDS - FELLOWS					
CAUTIONS					
3 - LAPS 3, 6 (RED), 25					
LAPS LED					
BELL 1-2,5 POLAND 4, 6-15, FELLOWS 16-35					
HEAT RACE WINNER					
POLAND, BELL					

CODY LAFONT MEMORIAL TWIN 25'S OVERALL RESULTS					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	4	67	KYLE TEMPLETON	25	RUNNING
2	6	451	DYLAN ADAMS	25	RUNNING
3	2	92	JIM CARLEY	25	RUNNING
4	3	26NH	BRUCE ADAMS	25	RUNNING
5	1	22	RICHARD STREETER	25	RUNNING
6	7	88	CHRIS CARVER	25	RUNNING
7	11	33	ERIN AIKEN	25	RUNNING
8	5	78	CHRIS CONROY	25	RUNNING
9	10	92NH	BRUCE CANTARA JR	25	RUNNING
10	8	21	CLARK BROOKS	25	RUNNING
11	12	28	SAMMY SILVA	25	RUNNING
12	9	24C	CAMDYN CURTIS	25	RUNNING
TIME OF RACE					
7 MINUTES, 52 SECONDS					
MARGIN OF VICTORY					
6.548 SECONDS					
BEST LAP TIME/SPEED					
18.336 SECONDS - BRUCE ADAMS					
CAUTIONS					
NONE					
LAPS LED					
TEMPLETON 1-25					
HEAT RACE WINNER					
ADAMS, TEMPLETON					

Stevens Touchdowns Against Cancer 2019

CLAREMONT, NH—Stevens Football is pleased to announce that it will again be participating in the Touchdowns Against Cancer Campaign for 2019 to benefit the St. Jude Children's Research Hospital in its fight to end childhood cancer. "We have participated for the last three years in helping raise money for such a great cause," said Coach Paul Silva. "Supporters can pledge a certain dollar amount per touchdowns scored over the four games played during the month of September, which have been designated for the Touchdowns Against Cancer Campaign."

Donors can also make a one-time donation, as well, through the designated team page. Donations are tax deductible.

"The Stevens football family lost someone very close to us to this disease so we understand all too well how it can affect anyone," said Silva. "We will continue to proudly wear the #87 decal in honor of Eli, 'Once a Cardinal, Always a Cardinal'. In last year's efforts, we raised \$581, first in New Hampshire and 45th in the country. If we can help even one child, then we feel this will have been worth our efforts. Last year we were one of just two high schools in New Hampshire participating in this campaign. Our goal is to raise \$1,000 this year." Visit this link to help: <https://pledgeit.org/tac19-claremont-nh-stevens-cardinals>.



Final Goooooals!

The Claremont Youth Soccer Association wrapped up its summer 2019 season with a trio of championship matches. Players can give their cleats a short rest. The fall league starts with the draft on August 14. Practice follows as soon as the teams are put together. Registration is already open. For full details, visit claremontparks.com.

Top: USA over Argentina, 3 to 2; center, Nets over Fury, 3-1; bottom: Fire over Impact, 5-1.

Photos by Eric Zengota

Inspiration

Foggy Morning

By Priscilla Hull

*The fog comes in
on little cat feet.*

*It sits over looking
Over harbor and city
On silent haunches
And then moves on.*

Carl Sandburg

Carl Sandburg was an American poet and writer. He wrote a comprehensive biography of Abraham Lincoln among other things. He was born in 1878 in Galesburg, IL. Since much of his life was spent in Midwest cities, although he did relocate several times, he didn't know the early morning fog of the East Coast, particularly in New England. He is probably most famous for this little poem about fog over the harbor and city. It reminds me of our foggy early mornings.

We are lucky to have that early morning fog. I live on the side of Arrowhead and many mornings in spring, summer, fall, I look out the window and can't see across the ski slopes. Usually by 9 o'clock, the fog is gone and the sun is bright.

Many years ago I went to a music camp in Waterville, ME, on the shore of Lake Messalonskee. (Has since moved to Sidney, ME). Since we worked in the dining room, my sister and I were most days on the early riser list! The advantage of being up at 6 AM was that we got to see the mist rising from the lake which because of it was barely visible. The world at that hour, in those conditions is a mysterious thing. It is cool and damp, there is a silence that surrounds you. You speak to each other with a quiet voice. You recognize that life is fragile, mysterious and beautiful.

At the opposite end of the day, the fog does creep in on silent cats' feet, as Carl Sandburg says. Again, it wraps the world in mystery and silence and tells of the fragility of life. Fog awakens in us a new appreciation for the beauty of a summer day with bluer than blue sky. It awakens in us a new appreciation for the clarity of the air. Hopefully it awakens in us an awareness that it is our bounden duty to make sure that this blue sky, sunshine and kitten-like fog last for more generations than we can count.

It's all up to us, to remember who the earth belongs to. We are the stewards of this great blue marble which is not ours alone, but our children, grandchildren, great-grandchildren and more generations to come. Let us treat it with the love and respect of a loving parent to a child.

*The earth is the Lord's and the fullness thereof,
the world and all who dwell therein;*
Psalm 24



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

Calendar Of Events

Donations Accepted for St. Mary's Gigantic Indoor Yard Sale

CLAREMONT, NH—The annual Gigantic Indoor Yard Sale at St. Mary's Gym will be held on Saturday, Sept. 7, from 8:00 AM to 2:00 PM. Proceeds will benefit St. Mary's Parish, Claremont, NH.

Donations for the yard sale will be accepted in the gym during the following dates/times:

Monday, August 19 (3 pm – 7 pm)
Wednesday, August 21 (3 pm – 7 pm)
Saturday, August 24 (9 am – 1 pm)
Monday, August 26 (3 pm – 7 pm)
Wednesday, August 28 (3 pm – 7 pm)
Saturday, August 31 (9 am – 1 pm)

The following items will be accepted: tools, small furniture, small appliances, glassware, china, dishes, pots/pans, Christmas items, crafts, toys, jewelry, pictures/frames, tapes/movies/CD's, puzzles, linens to include drapes & bedding, home decorative items, etc.

The following items will not be accepted: books, large appliances, large furniture, televisions (except flat screen), mattresses, luggage, car seats, broken items, rugs/carpeting, clothes, shoes, exercise equipment, ski's/poles, ski boots, typewriters and computers.

Please contact Norma Limoges at (603) 542-2916 for additional information.

Junior Apprentice Program Available Daily at American Precision Museum

WINDSOR, VT—The American Precision Museum announces its Junior Apprentice Program for children ages 8-12, available for \$5.00. The program runs daily through Oct. 31, 2019. Students pay a one-time

\$5.00 admission fee and complete the Junior Apprentice booklet while exploring the museum during their visit. Each Junior Apprentice will receive a badge that serves as a Saturday admission pass for the remainder of the season. Junior Apprentices join in guided activities in the Museum's Learning Lab each Saturday, including beginning coding, basic robotics, and 3D design & printing.

"Becoming a Junior Apprentice is a terrific way for young visitors to become familiar with the Museum and take advantage of all the STEM learning opportunities we have to offer,"

said Scott Davison, Director of Education. "They'll receive hands-on experience with everything from building simple machines to programming robots. We have a lot of fun."

The \$5.00 one-time museum admission applies for participation in the Junior Apprentice Program. Children must be accompanied by an adult on each visit.

The American Precision Museum located in the 1846 Robbins & Lawrence Armory, a National Historic Landmark, traces the beginnings of manufacturing to modern technology through exhibits and interactive programs.

6 Ways to Avoid Stress Before Your Big Interview

Think of calming things: Take a few minutes in the parking lot or on the subway en route to the office to close your eyes, put on a song you like and think about a relaxing scene such as the woods or the beach. You might be surprised how much this can calm you down.

Study up: The more you can do to prepare for the interview in a number of ways, the more confident you're likely to be going in.

Practice: One of the big reasons interviews can be so stressful for job seekers is they don't happen every day, if you can get a friend or family member to play the role of interviewer and talk you through such a meeting, you might be more inclined to feel relaxed for the real thing.

Don't think negatively: Rather than fretting about the missteps you might (but probably won't) make, instead you should think about potential questions you could be asked and what your answers will be.

Think about why they're interviewing you: It's important to keep in mind that you're being called in for an interview because the company thinks you're one of the most impressive candidates out of the dozens or even hundreds who might have applied.

Use the 'thank you' email to clarify: Everyone makes mistakes and sometimes you might say something in an interview you want to take back or clarify after the fact. Since you should be sending a "thank you" email after every interview anyway, you should use that opportunity to get your messaging right.

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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. JUL 25, 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

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

FOOT CLINIC
Mascoma Senior Center, Canaan
9:00 am – 12:00 pm
Plainfield Libray
12:00 – 4:00 pm

BLOOD PRESSURE CLINIC
Claremont Senior Center
10:30 am – 12:00 pm
FOOT CLINIC
Claremont Senior Center
8:30 am – 3:00 pm
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
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

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
North Ridge, Warner
9:30 – 11:30 am
Marion Phillips Apts, Claremont
1:00 – 4:00 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

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
North Ridge, Warner
9:30 – 11:30 am
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

Open daily, Memorial Day Weekend through October 31, 10:00 a.m. to 5:00 p.m.

Presentation on Cleaning, Repairing Gravestones

LEMPSTER, NH—On Aug. 11, Richard Maloon of the NH Old Graveyard Association will present How to Clean and Repair Gravestones at 1:00 PM at History Hall, corner of Rt. 10 and 2nd NH Turnpike. The presentation will be followed by a non-abrasive gravestone cleaning demonstration at the East Lempster Cemetery by Jan Parmalee, a Goshen Cemetery Trustee.

This event is a part of the Lempster Old Home Days and is sponsored by the Lempster Cemetery Trustees. Contact 603 863 5023.

Send us your news and photos

Claremont Democrats to Caucus to elect Officers and Delegates Convention

CLAREMONT, NH—The Sullivan County Democratic Committee has announced its 2019 Claremont Democratic Caucus to elect new Officers and Delegates to serve for the next two years. All Claremont Democrats are welcome to vote or run for an office.

Join the local Claremont Democratic community on Tuesday, Aug. 20th, at 7:00 p.m. The Caucus will be held in the Moody Building, 2nd Floor Conference Room, 24 Tremont Square, Claremont, NH.

The Claremont Democratic Committee is a local committee that represents all Claremont Democrats on the County and State level. The officers elected at the Claremont Caucus include Chair, Vice Chair, Treasurer, Secretary, and one Delegate. Local Officers and Delegates can vote at the New Hampshire Democ-

atic Party Convention for the next Party Platform. If you would like to join our unique grassroots-style politics and help start a town committee and/or learn more about the Caucus scheduled for Tuesday, Aug. 20th, please contact:

Judith Kaufman, 603-542-7322, or sullivancountydemocrats@gmail.com.

CHARLESTOWN RECREATION COMMITTEE RECREATION NEWS

July 2019

CHARLESTOWN TOWN POOL: The Town Pool opened on June 22. The hours are 12 noon – 7:00 p.m. 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.

GAZEBO AT SWAN COMMON: A new gazebo will soon be installed at Swan Common.



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thecottagebythebrook.com

thecottagebythebrook@gmail.com

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.

CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE

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

Silsby Library News

Museum passes are available for check-out. We hope you will take time this summer to visit VINS, Billings Farm and Museum, New Hampshire's State Parks, and the Fort at Number 4. All passes may be reserved in advance by calling the library or stopping by to sign up. Passes go out as an overnight circulation.

Children of all ages are welcome on Wednesday mornings at 10:30 a.m. for Grafton Nature Museum's summer programs:

8/7 The Abenaki and Nature

Keep up with all the library's special events by following us on Facebook at <https://www.facebook.com/SilsbyLibrary> or check our web page at <http://www.silsbyfree.org>.

Summer Activities at the Fiske Free Library

CLAREMONT, NH—Summer Camp out of your price range, want to take arts & crafts classes but the prices are too high, gas prices keeping you home this summer? Well we have a solution for you--camp out at the library this summer!

Every week there is a Wacky Wednesday program with crafts or painting and the program is free and all supplies are provided free of charge! There are many special programs over the summer and all are free. We have at least one program a week and sometimes more. There is still time to pick up a calendar of events--There is magic, music, nature, puppets and much more! Since our theme this year is a Universe of Stories in honor of the 50th anniversary of the moon landing, there will also be a space theme to most of the programs.

When you sign up, you will get a free bracelet and pencil and at each milestone of a

certain number of hours of reading, there will be an incentive or raffle ticket which goes into a drawing at the end of the summer for a chance at many great prizes. Come in and sign up, pick up a calendar so you don't miss any of the great programs!

Monday Morning Children's Theater Returns to Claremont Opera House

CLAREMONT, NH—At 10:00 a.m., Monday mornings through August 12, five professional adult actors from Jean's Playhouse Children's Theater Company from Lincoln, NH, will perform original musical adaptations of popular fairy and folk tales on the air conditioned, historic stage of the Claremont Opera House. Shows run approximately 40 minutes. IMPACT (Imagination and Music – Professional Artistry in Children's Theatre) is the professional children's performance company of Jean's Playhouse. The company writes and performs eight children's musicals every summer; each is different and all promise a good time for both you and your kids! Children will love the catchy original songs and wacky characters, all performed by the professional IMPACT actors.

The performances finish with a cast meet and greet with autograph signing and picture taking immediately following the performance.

Show titles and descriptions:

August 12, "Jack & The Beanstalk" - Young Jack is heartbroken when he must sell his best friend, a cow, at the market. But when a mysterious man trades magic beans for the cow, it opens up a world larger than life where Jack can go on adventures beyond his wildest dreams.

Tickets are \$6 and can be purchased at the door the day of the show at the Claremont Opera House. Seating is general admission. Groups are advised to call ahead and ask for a section to be reserved for them.

More information may be found at www.claremontoperahouse.org. Phone: 603-542-0064.

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 Cunningham 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.

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 Hampshire 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.

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 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.

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 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 Main Entrance on Elm Street.

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breastfeeding mothers. Claremont La Leche League 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, Zariah (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.

SATURDAY, AUGUST 17

Blow Me Down Farm History Hikes, CORNISH

Join a ranger for a light stroll around the

grounds of the Blow Me Down Farm. You will learn about the history of the farm and how it connects to Augustus Saint-Gaudens and the rest of the Cornish Colony.

Meet at the BMD Farm, off of 12A, just north of the Blow Me Down Mill.

Saturday, August 17th 9:30-10:30AM

Saturday, September 21st 9:30-10:30AM

Saturday, October 19th 9:30-10:30AM

AUGUST 16-18

World Under Wonder to Perform "Beauty and the Beast"

Ascutney, VT

August 16th and 17th at 7pm,

August 18th at 2pm

World Under Wonder Playhouse will perform a new adaptation written by the Executive Director of World Under Wonder, Sean Edward Roberts, based on the French folktale by Gabrielle-Suzanne Barbot de Villeneuve. With this Steampunk inspired musical interpretation, the characters' vibrant costumes and choral unison should leave you excited for future work at WUW. Audience members will be welcomed into the message that beauty is deeper than skin.

Many different theatrical effects will be implemented in this show to make it immersive and exciting for the audience, including haze

machines, projections, and LED lighting within costumes.

Before the show, audience members may enjoy vegan steampunk cupcakes. At intermission, audience members may take part in the steampunk costume contest for free tickets to future shows, and a silent steam punk art auction. Stay after the show to take photos with the cast.

This World Under Wonder production of "Beauty and the Beast" is being directed by WUW's new Artistic Director Sam Maskell, who will be bringing this production to life with the help of Carol Cronce as Musical Director and Israel Cavanagh as choreographer. With a cast of 20+ and a tech crew of 15+, WUW is ready to bring you a production you won't forget.

Only 100 tickets available per performance. Tickets, \$10 for general admission and \$5 for those under 18, over 65, or veterans. Tickets are available by emailing director@worldunderwonder.org or by calling ticketing at 603-381-3344. You may also find World Under Wonder on Facebook and message the page for tickets. If you wish to become a sponsor of this production, please email WUW for sponsorship information. World Under Wonder Playhouse is a non-profit 501c3 charitable organization located in Ascutney Vermont.



The double clank of well-pitched horseshoes is frequently heard at Claremont's Veterans Park. (Of course, the thud of shoe against sand means no points won). Teams play Tuesday evenings through September (Eric Zengota photo).



Douglas Cygan, NH Invasive Species Coordinator,
 will provide an in-depth look at upland invasive plant species of New
 Hampshire. Attendees will learn about the various issues, New
 Hampshire rules and regulations, characteristics, identifying features
 and control measures of some of the most aggressive non-native
 plants here in the Granite State.

- The public is invited to attend -

August 15, 2019

6:00 PM

**Ahern Building
 Sullivan County Complex
 95 County Farm Rd.
 Unity, NH**



Stories in the Loft

at

Claremont MakerSpace

46 Main Street, Claremont, NH

Monday, August 12, 2019

FREE ADMISSION

Donations Towards Storyteller's Travel Expenses Gratefully Accepted

Featuring

Papa Joe Gaudet

**New Hampshire's
Itinerant Storyteller**

Youth to Seniors Welcome

6:30pm Refreshments
6:45pm Intro & Opener
7pm Papa Joe, Storyteller
Member
NH Storytelling Alliance



Simon Brooks Photo

Coming from outside our city?

CLAREMONT MAKERSPACE OPENS at 2pm. COME EARLY to check it out!
FREE PARKING available at the Main Street Parking Garage, adjacent to the MakerSpace
STROLL downtown through Opera House Square and Pleasant Street
TAKE A PEEK the Historic Claremont Opera House (phone ahead 603-504-3419)
WALK through Broad Street Park VISIT the Fiske Free Library (now air-conditioned!)
HAVE DINNER at one of Claremont's many great restaurants
RETURN TO MAKERSPACE for refreshment FIND YOUR SEAT for Stories in the Loft!

Claremont MakerSpace Information: 603.504.3419

Stories in the Loft August Sponsors:

Sharon & Steve Wood nh_lincoln@pobox.com 603-542-6454



Professional Clothing Drive

- Have gently used business or work attire?
- Have a desire to support your community?

Please consider donating for
those re-entering the workforce!

When: August 4th and 11th from 1:00 – 3:00 p.m.

Where: VFW Post 771, Springfield, Vermont

Organized by: Girl Scout Troop 30261



ARE YOU NEW TO MEDICARE? JOIN US!



“Welcome to Medicare” Workshops

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

**Tuesday, August 13th
1:30 PM – 4:30 PM**

**Tuesday, September 24th
1:30 PM – 4:30 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).

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

Elaine J. Brewer, 72

Elaine Joyce Brewer, 72, of Summerfield, FL, went home to be with the Lord on Tuesday (July 30th, 2019) at her daughter's home in Unity, NH. She passed peacefully surrounded by her family.

She was born in Claremont, NH, on August 16, 1946, the 2nd daughter of Basil and Katherine (Burbee) Neale. She attended St. Mary's Catholic School and graduated from Steven's High School in 1964. She married the love of her life, Jon Brewer, on November 6, 1964. She worked for the Eagle Times, Claremont, NH, and Mettler's on St. Armands Circle, Sarasota, FL.

She is survived by her loving husband, Jon Brewer; four daughters: Laurie Cook of Lake Havasu City, AZ, Ann Dewey and her husband Michael of Unity, NH, Karen Bell and husband Lyman of Sarasota, FL, and Katherine (Katie) Reveglia of Venice, FL; two grandchildren: Rachel and Jeremy Dewey of Unity, NH, four sisters: Joan Coolidge, Barbara Husack and her husband John of Claremont, NH, Mary Stephens and her husband Richard Rau of Bluffton, SC, and Martha Maurer and her husband Robert of Lebanon, NH, and several nieces, nephews and cousins in the US, London and Ireland.

She was preceded by her parents, aunts, uncles, cousins, a nephew and great niece.

A service was held at Roy Funeral Home, 93 Sullivan St. Claremont, NH on August

3rd. Interment followed in Union Cemetery. In lieu of flowers the family suggests that memorial contributions be made to the Claremont Soup Kitchen, PO Box 957, Claremont, NH 03743.

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

Claremont Fire Dept. Log

Sunday, July 28th, 2019

0145- Engine 3 responded to South St. for a box alarm.

0943- Engine 3 responded to Central St. for a medical call.

1058- Engine 3 responded to Main St. for a medical call.

1429- Ladder 1 and Rescue 1 responded to Sugar River Drive for a water rescue.

1704- Engine 3 and Utility 1 responded to Half Mile Rd. for wires down.

2007-Engine 3 responded to Bond

St. for a medical call.

2149- Engine 3 responded to Bond St. for a public assist.

Monday, July 29th, 2019

0006- Engine 3 responded to Winter St. for a medical call.

1814- Engine 3 responded to Emily Place for an odor investigation.

2024- Engine 2 responded to Pleasant St. for an alarm sounding.

Tuesday, July 30th, 2019

0752- Engine 3 responded to North St. for a medical call.

0935- Engine 3 responded to Main St. to assist PD.

Wednesday, July 31st, 2019

0052- Engine 3 responded to Clay Hill Rd. for a medical call.

1421- Engine 3 responded to Maine St. for a MVA.

2248- Engine 3 responded to Manor Dr. for a well-being check.

“Safety glasses are your friend.”

-Dr. Sam Given

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)

Thursday, August 1st, 2019

0423- Engine 3 responded to Chestnut St. for a motorcycle accident.

1331- Engine 3 responded to Schmitt St. for a medical call.

2347- Engine 3 responded to Pleasant St. for an alarm sounding.

Friday, August 2nd, 2019

1548- Engine 3 responded to Central St. for a medical call.

1643- Engine 3 responded to Sims St. for a medical call.

1702- Engine 1 responded to Deerfield Ct. for a medical call.

1937- Engine 3 responded to Rachel Pl. for a lift assist.

2308- Engine 3 responded to Main St. for a medical call.

Saturday, August, 3rd 2019

1225- Engine 3 responded to Washington St. for a MVA.

1310- Engine 3 responded to Broad St. for a well-being check.

2035- Engine 3 responded to Broad St. for an alarm sounding.

100 Years of Newport Memories



This postcard photo is of June Brill, at about 10 years old, near the Newport Train Station, where her father was the Station Master. Trains were a large part of life in Newport, before autos and trucks took over most of our transportation needs.

NEWPORT, NH—The Newport Historical Society presents "100 Years of Newport Memories" on Tuesday, Aug. 13, in the dining room of Summercrest Senior Living Community, 169 Summer Street, Newport. We are delighted to

have June Brill Lieberman, age 100, sharing memories of her life in Newport, from 6:30 to 8:00 p.m. Those of us who have known June, know what a lively, intelligent, lovely lady she is.

Her talk should be quite interesting! Light refreshments will be served.

SUNDAY, AUGUST 18 CONCERT AT SAINT GAUDENS

Gerry Grimo and East Bay Jazz
2:00 pm - 4:00 p.m.

Show tunes and the Great American Songbook.

Claremont Senior Center, Inc.

Finally, the work is done and everything is polished and clean. The Owens room is so light and beautiful. What a difference the LED lighting makes, besides the difference on the electric bill. The kitchen boasts beautiful new flooring and LED lights. It looks so good, we are putting the lunch menu first this week. We are open for business. Check us out!!

Lunch Menu: Tues. Aug. 6th- American Chop Suey, Broccoli, Strawberry Shortcake. Thurs. Aug. 8th-Chicken Cordon Bleu, Bakes Potato, Carrots, Gingerbread Cake. Meals are served at 11:45. Members-\$4, non-members-\$5. Remember, our meals are made on the premises and not brought in.



Not one but two!! An amazing day trip still has space available. On Fri. Aug. 9th, the bus will leave at 9AM to visit the fantastic Norman Rockwell Museum in Rutland, VT. Lunch will be on your own. After lunch, it's off to the Vermont Marble Museum for a self guided tour. Wear comfortable shoes. Make this a must go. Both museums are well worth the day. Members are FREE. Non-members -\$10. OPEN TO THE PUBLIC. Bring a friend or two!

Our last concert on Aug. 17th will feature the Kearsarge Community Band sponsored by Mascoma Bank, Doolittle's, and Century 21 Highland Realty. Music starts at 6:30PM. Open to the public.

The Men's Breakfast is on Mon. Aug. 19th-serving at 8:15AM. Pancakes, Bacon or Sausage and Coffee. A speaker will also be on hand to go with that extra cup of coffee. Come and avoid that chore list for a while.

Car Show – Sun. Aug. 25th, 9AM-2PM. We can't believe this is our 8th year. It has grown and grown each year. More cars are registering and more people attending. One thing they say is how nice the volunteers are and how much they like how we have it set up. Bring the family. There may be a few surprises.

Please remember the Penny Sale on Sept. 22nd. Items are still needed. Re-gift!! Gift cards are always welcome.

A special thanks to all the volunteers that help the Center function every day from receptionists, board members and kitchen staff. Thanks!

Quick Takes: Blood Drive-Mon, Aug. 12th, Foot Clinics-Wed. Aug. 14th and 21st.

All the programs at the Center are all up and running. The girls are exercising, the knitters are knitting and the pool guys are miscuing. Back to normal! LOL!

Lively conversation and laughter are always welcome and encouraged here.

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



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.



Preparing for School

By Bernadette O'Leary

The face of back to school has changed a great deal since most of us were children. Whereas public and private schooling were effectively the only options, today homeschools and virtual schools have been added to the mix. Even so, the start of the new school year is still largely the same for each form of schooling.

One difference is found in school guidelines. With the changing times, comes changing requirements for public and private schools. Whereas it was once against the rules to have such appearances as tattoos, dyed hair, and piercings, many public schools no longer consider those things taboo. Individuality, clothing styles and personal possessions have also changed with the times. For this reason, so have the dress codes and allowances regarding what items students can have with them while on school grounds for various public schools. This means that children, parents, and teachers might find it helpful to read yearly handbooks that are available in schools. These handbooks explain the guidelines for the given school, and they can remove any doubt or confusion about what is acceptable and what is not.

Preparation and getting back into the swing of things have not changed much. Anxiety and excitement are often felt by students, teachers, and parents, just like in previous years. For some students, however, the anxiety can be overwhelming. If you feel your child, or if you yourself, might fall into this category, it might be wise to connect with the school's principal and teachers to discuss your concerns. Other contacts might include the school's nurse and guidance counselor. These staff members are there to help, and they might have suggestions that fit the given situation.

Among the preparations for all involved are new clothes, shoes, schedules and supplies. This is the same for any form of schooling, and it can be difficult to know what to get. In times such as these, schools often have lists of needed supplies, and some of those lists include pricing for supplies and other items. Additionally, there are some items which might be provided by the school. It's important to ask about costs associated with those. Virtual schools often provide lists as well, and some of these schools provide everything needed. When looking into virtual schools, the question of supplies and cost is one the parent can ask. For homeschools, the supplies vary with the subjects and methods used. This form of schooling has become incredibly popular, and home-schooling communities are commonplace now. In towns with large home-schooling populations, many parents compare notes, share supplies, and chip in for "community supplies" that can be passed around between families. In this way, parents discover supplies they might not think of otherwise. So, it's okay to talk to other parents and ask questions.

The most important thing to remember about returning to school is that it's a time for growth, and it can lead to adventure for the children as well as the adults. In life, we never stop learning. With that in mind, whether we are the student, the parent, or the teacher, it is time to continue that path of learning and growing together as we usher in the 2019-2020 school year.