

## Hardy Souls Test Their Hardy Soles

### 75 Tough-it-Out Racers Conquer Obstacles on Arrowhead

By Eric Zengota  
e-Ticker News

CLAREMONT, NH—Saturday morning's rain cleared out in time for the Claremont Parks & Recreation Department's annual Reach the Peak obstacle-course race. Participants from 7 to 70 maneuvered up and down the slopes, sped over the trails and splashed through the water hazards of Arrowhead Mountain.

Justin Martin, superintendent of recreation programs, and the rest of the committee spent months planning this year's course. One new obstacle, the Over and Under, challenged running, grabbing, hoisting, crawling and climbing down stairs backwards skills. Matt Blanc of Blanc & Bailey Construction built that structure in one morning and, as always, corralled his crew to prepare the course, especially the ever-popular double mud pit (aka The Moat) where get wet/get muddy/get wet was the way to go.

A squad of volunteers in neon pink tee shirts were vital in keeping racers on course, life-guarding, handing out ribbons, registering racers and passing out cold water to hydrate in the face of sunny, humid conditions. Hanaford stocked a food tent with a plantation's worth of bananas; the store also paid the registration fees for the youth racers.

Exhaustion, wrecked shoes, muddy clothes — these were all good things. And all were incentives to start training for next year's event.



Left: Claremont resident Jeff Barrette catches his breath during the competition; he took 1st Place in the male 40-49 division. Brian Lashway was the Male Overall winner, Female Overall winner was Krystal Decouteau and Overall Team was The Mountain Mudslinging Mcgillicuty Crew.

Photos by Eric Zengota



To see complete race results, visit our website at [www.etickernewsoclaremont.com](http://www.etickernewsoclaremont.com) and click on Current Issue on the Home page.



## Newport Recreation Programs

NEWPORT, NH—Newport Recreation is offering soccer, flag football and field hockey. Registration deadline is Friday, August 30th, for these sports; register online, [newportrec.com](http://newportrec.com), or stop by the Rec for a form. Soccer: Grades K-6; flag football: Grades 2-4; field hockey, Grades 5-8. There will also be an after school program for grades 2+.

## 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 Re-search 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>.

## Navigating in the Outdoors Workshop for Women Offered

CONCORD, NH – The Becoming an Outdoors Woman (BOW) program is offering a one-day workshop for women who want to be prepared to find their way in the outdoors. Learn how to use a compass, read a topo-



graphic map, and then pair both tools to find your way through the woods. Also learn how to use a hand-held Global Positioning System (GPS) unit and compare its use to a map and compass on a moderately wooded course.

The workshop will take place October 5 from 8:00 a.m. – 4:00 p.m. at the New Hampshire Fish and Game Department's Owl Brook Hunter Education Center in Holderness, NH. Participants must be 18 years of age or older. "Beyond BOW" workshops are in-depth sessions designed to expand on the offerings of the traditional Becoming an Outdoors Woman fall and winter programs, helping women gain the skills needed to participate in outdoor activities on their own.

Registration opens on August 31 and all registration is done online. To sign up, visit [www.nhbow.com](http://www.nhbow.com), where you will be directed to the event registration page, or go directly to <https://nhfishandgame.com/EventWeb/Event/AllEvents?EventTypeID=164&ClassActivity=102>.

The workshop fee of \$70 is due with registration and payment and accompanying forms must be received at Fish and Game headquarters by September 16, 2019. Registration is limited to 20 participants. If you are interested in attending, fill out and mail in your application right away. Only mailed applications will be accepted.

The New Hampshire Becoming an Outdoors Woman program is co-sponsored by the New Hampshire Fish and Game Department ([www.wildnh.com](http://www.wildnh.com)) and the New Hampshire Wildlife Federation ([www.nhwf.org](http://www.nhwf.org)).

## Season-High 18 Hits Lead Fisher Cats to 10-1 Win over Portland

MANCHESTER, NH—Behind a strong start from Thomas Hatch (W, 1-3), a three-run homer from Riley Adams, and a season-high 18 hits, the New Hampshire Fisher Cats (Toronto Blue Jays Double-A affiliate) blew out the Portland Sea Dogs (Boston Red Sox) 10-1 on Sunday afternoon at Delta Dental Stadium, taking two of three games in the weekend series.

Portland's Brett Netzer gave his team a 1-0 lead when he belted a home run to start the fourth inning, but New Hampshire took over from there.

The Fisher Cats rallied for the lead in the bottom of the fifth inning against Matthew Kent (L, 5-6). Vinny Capra singled, then Nash Knight and Riley Adams drew walks to load the bases with two outs. Kevin Smith brought everybody home with a double to left center, and Christian Williams followed with another two-bagger to the center field wall to make it 4-1 New Hampshire.

The Fisher Cats added a pair of runs in the bottom of the seventh with a two-out rally. Williams singled and Chad Spanberger walked. Logan Warmoth then ripped a double into the gap in right center as Williams and Spanberger scored to make it 6-1.

Eight different Fisher Cats had hits, including three from Spanberger, Williams and Cullen Large, who extended his hitting streak to seven games.

Hatch finished after six innings, holding Portland to three hits (including the Netzer homer) with no walks and five strikeouts.

Corey Copping (H, 2) surrendered just one base hit in his 1.2 innings of relief, and Jake Fishman retired all four batters he faced with two strikeouts to close out the game.

The Fisher Cats open a three-game series on Monday night in Trenton at 7:00 p.m. RHP Joey Murray (1-2, 3.96 ERA) is scheduled to start against Thunder RHP Trevor Stephan (2-4, 5.74 ERA).

New Hampshire returns home on Thursday (August 22) to open the final homestand of the season against Binghamton (New York Mets). Thursday is Margaritaville Night and an Atlas Fireworks Show will follow the contest. For tickets and information, visit [nhfishercats.com](http://nhfishercats.com).

**Got Sports?**





**A hummingbird finds a patch of cosmos flowers to check out on a beautiful sunny Sunday afternoon.**

**Photo by Phyllis A. Muzeroll**

# Inspiration

## Time and Patience

By Priscilla Hull

I don't think that there a resident of Claremont who would not agree that this past Thursday, August 15, was one of most difficult days that we've experienced. It was no fun to hear, when we woke up, that there was an active shooter situation in Claremont, New Hampshire.

That's not supposed to happen in my home town, or yours, either. This sort of thing happens in big cities. We heard about the carnage that took place in Philadelphia the day before. We know that it happens elsewhere, just not here. I'm sure the people in Philadelphia, the City of Brotherly Love, thought that their homes were safe, too. Also the people in Newtown, Connecticut and Parkland, Florida, not to mention concert goers in Las Vegas, Nevada, shoppers in El Paso, Texas, and so many more, all thought that they and their loved ones and children were all safe. So why should we be any different?

We aren't! However, we have something that others could take a lesson from! If I was tense, living on the other side of town from where the incident was taking place, I can't imagine what the heart beat of those early responders and later was doing! Yes, I have family living there and I made early contact to be sure they were ok.

I guess what really got to me was the helicopters flying about and eventually hovering over the scene. Yes, we're used to helicopters, but they don't hover in the air for hours.

It is our local police, the State Troopers and others at the scene who deserve our unlimited thanks and loyalty. They maintained their cool, in extreme heat. They never lost focus on the seriousness of the situation, or on the possibility of it becoming a fatal encounter. Rather, they held their fire and talked the gentleman out without firing. For their action; their willingness to out wait and talk down this man, we owe great thanks and undying gratitude.

We must remember their restraint in keeping control of a situation which could have escalated and ended terribly. When you see our officers, smile and say "Thank you for keeping peace in our city."

Maybe other cities could take a lesson in patience and forbearance from our own PD!

*The wolf and the lamb will graze together, and the lion will eat straw like the ox. They will do no evil or harm in all My holy mountain," says the Lord. Isaiah 65:25*

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





## Calendar Of Events

### Free “Windsor Day” on Aug. 24 Brings Local History to Life

WINDSOR, VT – The American Precision Museum will host its first annual “Windsor Day” on Saturday, Aug. 24, from 10:00 a.m. – 4:00 p.m. to honor the town’s residents and deepen understanding of the community’s manufacturing heritage. Windsor Day features activities for all ages, including rocket launching, interactive electronic and mechanical assembly areas, an introduction to Tinkercad 3D design basics, robotics lessons, and friendly competitions with Sphero robots. Materials from Historic Windsor Inc., modern milling machine exhibits, and machine tool demonstrations will provide insights into Windsor’s pivotal role in the “Precision Valley” and its significant contribution to our daily lives.

“The Museum is building a library of video-based oral histories that document local industry,” said Scott Davison, Director of Education and Interpretation, “so machinists and engineers who have worked in Windsor and surrounding towns are especially encouraged to participate in this event. Bring your family and share your stories! It’s personal memories and real life experiences that make history truly exciting.”

Admission to Windsor Day is free.

### 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.

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

### 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 Democratic 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 [sullivancountymocrats@gmail.com](mailto:sullivancountymocrats@gmail.com).

### CDA Meeting Aug. 20

CLAREMONT, NH—Catholic Daughters of the Americas Meeting Tuesday, Aug. 20, 6:30 p.m. at St. Joseph’s Church Hall, Elm St., Claremont. Program to follow business meeting will be Bingo Night.

Members reminded to bring Bingo dabbers or markers.

### CHARLESTOWN RECREATION COMMITTEE RECREATION NEWS

**CHARLESTOWN TOWN POOL:** Closed for the season.

**SOCCER SIGNUPS:** Soccer signups are complete. Coaches will soon be reaching out to players with practice and game schedules.



**CHARLESTOWN FALL FESTIVAL:** The second annual Charlestown Fall Festival is scheduled for October 18 and 19. Please watch the Charlestown Recreation Department Facebook page for activities. If you would like to participate or host an event, please contact the Town Office. Craft Fair/Food Vendors, please message The Charlestown Recreation Dept on Facebook Messenger to request a registration form.

**RECREATION COMMITTEE MEETINGS:** The September CREC meetings will be on September 3 and September 17 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.

## Silsby Library News

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!

### 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.

## Improving Your Resume

### It begins at the top:

It's vital for applicants to make sure they're grabbing the reader's attention as quickly as possible, with an engaging headline that quickly highlights a person's skills, and a one-sentence summary just below it that builds on that headline and quantifies how much experience the applicant has.

### Streamline it:

That means it's wise to re-read the resume many times over to make sure there are no excess words that would be better off cut, nothing is repeated, and job descriptions are kept brief (if they need to be explained at all). It's also wise to ensure there's a good font choice and perhaps even to ensure that important words are bolded or italicized.

### Cut the "objective":

This isn't really something that needs to be stated - hiring managers know, either because they're applying in the first place or because of what's put into words through a cover letter, exactly why they're applying: They want a job.

### Be honest:

Instead of fluffing up facts to make themselves more appealing, applicants might be wiser to accentuate the positives of their actual experience and skills.



603-542-9675

NHClaremont@westaff.com  
131 Broad Street, Claremont, NH 03743

[www.westaff.com](http://www.westaff.com)



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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

**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](http://LakeSunapeeVNA.org)



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.

• 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.

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!"

### **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



5859 Route 5  
Westminster, VT 05346

(802) 722-3222

[thecottagebythebrook.com](http://thecottagebythebrook.com)

[thecottagebythebrook@gmail.com](mailto:thecottagebythebrook@gmail.com)



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](mailto: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](mailto: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.

### THURSDAY, AUG. 22

#### UNH Cooperative Extension and Colby-Sawyer Wellness

host 'Youth Mental Health First Aid' Training Similar to 'First Aid' and CPR, 'Youth Mental Health First Aid' teaches individuals how to help young people experiencing mental health challenges or crises.

WHO: Up to 30 PARTICIPANTS, including anyone having regular contact with youth ages 12 to 18 such as teachers, school staff, after school providers, coaches, faith leaders, parents and other caring citizens.

WHAT: Youth Mental Health First Aid is an 8 hour public education program of the National Council for Behavioral Health. The program

teaches a 5-step action plan to offer initial help to young people showing signs of a mental health challenge or crisis, and when to connect them with the appropriate professional, peer, social, or self-help care.

WHEN: Thursday, August 22, 2019; 8:30 am - 5:00 pm

WHERE: Colby-Sawyer College, 541 Main St, Ware Center, Rm W005, New London, NH 03257

WHY: Mental health challenges - such as depression, anxiety, and substance misuse - are common in the United States. In fact, more than one in five American adults will have a mental health challenge in any given year. 75% of those begin between the ages of 14 - 24. The National Council for Behavioral Health certifies individuals throughout the nation, including UNH Cooperative Extension, to provide Youth Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who may be developing a mental health problem or experiencing a mental health crisis. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps participants to better identify, understand and respond to signs mental health needs among young people. For more information on Mental Health First Aid, visit <https://www.mentalhealthfirstaid.org>.

REGISTER: Go to the UNH Cooperative Extension website at <https://extension.unh.edu>.

Sponsored by: UNH Cooperative Extension; Project AWARE, Initiative of Office of Student Wellness at the NH Department of Education; the NH Chapter of the American Foundation for Suicide Prevention.

### FRIDAY, AUGUST 23, 1:00-6:00 PM SATURDAY, AUGUST 24, 9:00 AM-4:00 PM CLOTHING & ACCESSORIES SALE PLAINFIELD TOWN HALL

Lightly used & vintage clothing, shoes, hats, lots of jewelry!  
Clothing donations accepted at the town hall Monday 8/19 noon-6:00, Tues-Thurs 9:00-4:00.

Sponsored by the Plainfield Community Church.





**First United**

**Methodist Church**

**38 Summer Street - Claremont NH**

**Saturday August 24, 2019**

**1/2 Chicken**

**Potato Salad**

**Coleslaw**

**Homemade Cookie**

**or Brownie**

**\$10.00**

**All served**

**to go from**

**11am—till**

**sold out.**



# CLAREMONT SENIOR CENTER

# CAR SHOW

## 8th Annual



Sunday, August 25<sup>th</sup>, 2019 9am – 2pm

135 Maple Ave. Claremont, NH (RAIN DATE SEPTEMBER 15<sup>th</sup>, 2019)

Show cars \$10.00 (Driver and 1 Passenger)

Visitors \$5.00 | Kids 12 and under are free!

Registration 9AM – 12 Noon | Trophies awarded @ 2PM

### 33 SPECTATOR CHOICE TROPHIES

ANTIQUE | CLASSIC | TRUCK | SPORTS CAR | STREET ROD/MODIFIED

MUSCLE CAR | 1994 AND NEWER  
MOTORCYCLE | TUNER | RAT ROD

BEST IN SHOW



DJ | DOOR PRIZES | FOOD | ICE CREAM | POP CORN | 50/50 RAFFLE

Proceeds to benefit

## CLAREMONT SENIOR CENTER

For information call Ron (603) 542-5798



*Come celebrate with us!*

*THE ACWORTH VILLAGE STORE'S  
7th annual*



*Harvest Dinner*

*A multicourse meal showcasing this year's local harvest*

*August 24th at 6:00 PM*

*at the Village Store - Turn Around Barn  
1068 Route 123A, South Acworth, NH*

*\$35 per person - limited seating  
Tickets can be purchased at the Village Store  
Phone: 603-835-6547*

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.etickernewsoclaremont.com](http://www.etickernewsoclaremont.com)

#### Joel M. Bass, 88

Joel M. Bass, 88 formerly of Claremont, NH, died August 15, 2019, in Naples, FL.

Funeral services were held on Monday morning, August 19th, at the Stringer Funeral Home, 146 Broad Street, Claremont, NH.

Burial followed at the Temple Meyer – David Cemetery.

#### Annette I. Fadden, 79

Annette I. Fadden, 79, of Spofford Street in Claremont, NH, died Sunday (August 11, 2019) at her home following a period of failing health.

She was born in Lebanon, NH, on February 11, 1940, the daughter of Emel and Irene Ella (Hickory) Duplisis and had been a longtime area resident. Annette had been employed by Kleen Laundry, Howard Johnson's in Springfield, VT, Hotel Coolidge in White River Junction, VT, and Wal Mart.

Members of her family include three daughters, Debra Brayley, Cornish, NH; Wanda Day, Unity, NH; Lottie Fadden, Claremont, NH; a son, James D. Fadden, Jr., Plainfield, CT; two step daughters, Ericka Catarelli, Pinellas Park, FL; Rebecca Rogers, South Royalton, VT; a stepson, Steven Fadden, South Carolina, 12 grandchildren, 18 great grandchildren, two great great grandchildren, a sister, Maxine Fish, Lebanon, NH; her former husband's wife, Linda Fadden, South

Royalton, VT, and several nieces and nephews.

She was predeceased by two sons, Wilfred Fadden, David Fadden and two grandchildren, Steven Day, Jr., and Jody Fadden.

Graveside services were held on Sunday (August 18) at the Unity Center Cemetery with the Rev. Dale Louise Nicholas, officiating.

The family suggests that in lieu of flowers, memorial contributions be made to [www.MIBagents.org](http://www.MIBagents.org).

You are invited to share a memory of Annette with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com). Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

#### Mary P. St. Lawrence, 73

Mary P. St. Lawrence, 73, of Claremont, NH, passed away on August 10, 2019, at DHMC in Lebanon.

She was born in Keene, NH, on May 4, 1946, the daughter of Hugh and Annie Shelley.

Mary had worked for Douglas Toys in Keene, NH.

She is survived by her daughter, Eva Carrier; her son, Richard St. Lawrence Jr; five grandchildren; three great grandchildren; three brothers, Hugh Shelley Jr, Walter Shelley and Gale Shelley also nieces and nephews. She was predeceased by her husband, Richard A. St. Lawrence Sr.

A celebration of life will be held at the 'Community In Christ' Church, 998 Route 12 in Westmoreland, NH, on August 24th at 11 AM.

The Stringer Funeral Home is in charge of arrangements.

#### Marcia Takes

Marcia (Childs) Takes passed away peacefully August 10th, 2019, at home surrounded by family.

She was a graduate of Stevens High School. She worked as an LNA and enjoyed taking care of others. She most recently worked at Imagetek.

She loved spending time with her family and making memories with her grandchildren. She

“Safety glasses are your friend.”

-Dr. Sam Givven

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.

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(we're right there by the hospital)





enjoyed gardening, going to the beach and the outdoors.

She is survived by her daughters and son, Melissa Wooddell, Alicia Takes and Art Takes, son-in-laws Justin Wooddell and Jesse Dumayne, daughter-in-law Maggie Takes, grandchildren Isabella Wooddell, Carmine and Malachi Bactad, Grace Dumayne, Addie, Zeke and Cece Takes, sister Vickie McKay and brother-in-law Bill Laber, sister Cheryl Gendell, sister-in-law Patti Childs and six nieces and nephews.

She is predeceased by her parents Camille and Donald Childs, brother Mitch Childs and brother in law Steve Gendell.

A Celebration of Life will be held at a later date.

She will be greatly missed by all; see you later alligator.

The Stringer Funeral Home is in charge of arrangements.

## Claremont Fire Dept. Log

### **Sunday 8/11:**

12:14 AM: Engine 3 responded to Mulberry St. for a medical call.

### **Monday 8/12:**

1:47 AM: Engine 3 responded to Washington St. for a car fire.

10:33 AM: Engine 3 responded to the intersection of North St. and Washington St. for a motor vehicle accident.

### **Tuesday 8/13:**

12:23 AM: Engine 3 responded to North St. for a motor vehicle accident.

4:15 PM: Engine 3 responded to Broad St. for a medical call.

### **Wednesday 8/14:**

9:03 AM: Engine 3 responded to Box Alarm #0182.

11:14 AM: Engine 1 responded to Bible Hill for a public hazard.

1:45 PM: Ladder 2 responded to Clifton Ave. to assist the Department of Public Works.

2:42 PM: Engine 1 responded to Spruce Ave. for a medical call.

5:41 PM: Engine 3 responded to River Rd. for a report of a low hanging wire.

10:22 PM: Engine 3 responded to Winter St. for a medical call.

22:45 PM: Engine 3 responded to Providence Ave. for a medical call.

11:31 PM: Engine 3 responded to Maple Ave. for a medical call.

### **Thursday 8/15:**

4:22 AM: Engine 3 responded to Knight St. for a medical call.

5:49 AM: Engine 3 staged at Barnes Park for an active shooter situation.

3:10 PM: Utility 1 responded to Potvin St. to assist the Claremont Police Department.

8:49 PM: Engine 3 responded to Chestnut St. for an illegal burn.

### **Friday 8/16:**

12:49 PM: Engine 3 responded to Charlestown Rd. for a motor vehicle accident.

2:32 PM: Engine 3 responded to Summer St. for a pedestrian that was struck by a motor vehicle.

5:11 PM: Engine 3 and Ladder 2 responded to Box Alarm #0315.

8:22 PM: Engine 3 responded to Knight St. for a medical call.

8:43 PM: Engine 3 responded to Charlestown Rd. for an illegal burn.

### **Saturday 8/17:**

8:15 AM: Engine 3 responded to Charlestown Rd. and Arch Rd. for a motor vehicle accident.

10:17 AM: Engine 3 responded to Box Alarm #0137.

10:20 PM: Engine 3 responded to Hogback Rd. for a report of a tree on power lines.

## Claremont Senior Center, Inc.



We hope everyone is taking advantage of all the wonderful, fresh veggies and berries available right now. It's hard to find the time to cook and freeze, or can or freeze them, but when we have two feet of snow on the ground, it will be so nice to have the Summer and Fall reminders. Blueberry or raspberry pie in the Winter. Yum! Apple season will soon be here. Get 'em while you can. And please remember the seniors who can't get out.

Food Time!! After that delicious pancake breakfast, try the deliciousness served at 11:45 every Tuesday and Thursday.

Tues., Aug. 20th- Haddock, Sweet Potato, Green Beans, Ice Cream Sandwich.

Thurs., Aug. 22nd- Homemade Salisbury Steak, Mashed Potato, Gravy, Mixed Vegetables, Jello-O. Open to the public. Members-\$4, non-members-\$5.

HERE IT COMES!! The Claremont Senior Center Car Show, Sun. Aug. 25th-9AM-2PM. Bring the family. Over 100 years of auto history. 10 Classes. Take them all in. REMEMBER- THE SPECTATORS VOTES FOR THE WINNERS. Buy a 50/50 ticket or two or three, listen to cool music from our DJ, maybe win a door prize, feast on fantastic food, grab an ice cream sandwich or a bag of popcorn to take around with you. Buy a t-shirt to hold the memories. All this for \$5-Adult (under 12 free), Show Cars-\$10 (driver +1). Roam around, vote, enjoy.

ATTENTION KNITTERS. Help! Help the knitters fulfill their community project. A pattern is available or choose one of your own. All levels welcome. Call Cindy Barriger at 542-4048 for info on patterns, sizes and yarn. Anyone can come to the Center for help as well. The knitters meet on Fridays from noon-3PM. Bring a lunch if you wish. The goal is 36 sets of hats and mittens for the children of Head Start, Please help this worthy cause if you can. Thanks.

Quick Takes: Foot Clinic-Wed. Aug. 21st. Items for the Penny Sale are being accepted. Thank you to all who have brought items in.

Enjoy the weather and all those fresh garden veggies and berries. Remember to share. Have a very, berry good week!

Laughter and lively conversation encouraged and always welcome here.

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





Photo: AMR water meter unit and internal mechanisms

## Utilities: safety, ownership and liability

By Bernadette O'Leary

As with anything else, change is inevitable. Who would have guessed decades ago that water meters could be read automatically, from a vehicle at the street, without city employees walking around and reading each meter by hand?

Automated meter reading took a method that once required days to read and process data and changed it to something that now only takes hours to do. However, the changeover required great expense and manpower to replace the previous meters with ones that had auto-read capabilities.

These new meters require the lids to be removed in a precise way and for anyone messing with the equipment inside the units to do so with care and accuracy. The apparatuses within these units contain parts that are quite expensive. Removing the lids and messing around inside, even if only to turn off the water, can cause major damage, costing hundreds of dollars to repair.

The same care with utilities has been observed for many years in regard to electrical boxes and lines. People knew that tampering with those could be dangerous and could cause damage. It's really no different than that. The most common argument is, "It's on my property. So, it belongs to me." That statement isn't entirely wrong. However, it is slightly inaccurate.

Based on the utility provider, such devices might belong to the homeowner, or they might belong to the city. This varies from not only town to town, but also from state to state. When these utility lines, boxes, and meters are meddled with, devices can malfunction or get damaged, and people could get injured. Where does liability lie if something is damaged or someone is injured? That too depends on details such as how it happened, who owns the equipment and what precautions were made prior to the equipment being tampered with.

So, how would a homeowner know what to do? There are some steps that can be taken to avoid damaging expensive equipment, personal injury and financial penalties from the city for causing damage to city-owned equipment.

First, education is key. Contact your city managers to find out who owns what. Additionally, it is important to ask where the exact point is along the line that becomes the homeowner's responsibility. Ask if meters are city or resident owned and if residents are permitted to access them. Then, find out whose responsibility it is to mark lines before digging. From there, locate any and all shutoff valves located at the home. Make sure they are functional. If there are none or if the existing ones are nonfunctional, this can be addressed by the homeowner. From there, if there is a need for water to be shut off at the meter, it's vital to contact the city for assistance. Some public works agencies have after hours services with people on duty to answer calls for emergency assistance.

Liability can be a tricky thing, and the safety of both expensive equipment and people must be a priority. Liability is not always clear-cut, and it can be difficult to determine. However, through education and caution, the need for doing so is greatly reduced.



## Autographed Ledger Photo & Autographed Danny Gokey CD

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