

Fellows Completes Perfect Season Friday at Claremont; Greenslit and Templeton also Win to Clinch Titles

By Gary Dutton

CLAREMONT, NH— Aaron Fellows completed an historic championship season Friday, September 13, winning his 16th consecutive Late Model Sportsman feature race at Claremont Motorsports Park to finish undefeated in main event competition during the 2019 racing season at the storied third-mile speedplant.

And while the 40-year-old star was busy punctuating his 12th championship season with Friday's win, both Dave Greenslit and Kyle Templeton had plenty to celebrate too. Greenslit topped the season-finale Street Stock feature to win his own track crown, while Templeton also earned a victory lap en route to his first Pure Stock title.

Seabrook's Adam Knowles topped the Six-Shooters, winning his second event in as many tries at the Thrasher Road oval. Bay Stater D.J. Flanagan was the night's Red Neck Enduro winner, and Seabrook's Ed Flanagan – piloting the same Monte Carlo he's campaigned since 2001 – was victorious in the eight-cylinder Enduro.

Ryan Bell led the first 17 laps of the R.E. Hinkley Late Model Sportsman main event, with Fellows, who'd dropped Robert Hagar to third two circuits earlier, then using his trademark low dive into turn one to take command and then dart off to history, completing his remarkable season a full third-lap ahead of Hagar.

With Hagar impressive in second, Ben Poland charged back from a lap-11 loop to finish third on the night and second on the summer.

Poland's own 2019 successes included 14 podium finishes in 16 events, including nine runner-up outings, one an early-season near miss in which Fellows' motor grenaded on the last lap, holding on just long enough to allow him to coast to the awaiting checkers. Hagar had four second-place finishes, including runner-up showings in each of season's final three events.

Greenslit entered Friday's season finale only



two points ahead of Chris Riendeau in the battle of two four-time feature winners for the 2019 Casella Street Stock crown. On this night, Greenslit came well prepared.

Blasting off from row two, the hometown hot shoe never looked back en route to his fifth win of the summer and the championship champagne that awaited him in victory lane. Riendeau, firing from deep in the field, got up for second by lap four but could never find his way past Greenslit before heading pitside late in the event to settle for second on the summer, as he did behind Bryan Town a season ago.

Larry Riendeau took over second when his son dropped from the race, earning the night's runner-up hardware just ahead of high school junior Briana Akusis, who came back from an early-race jingle to finish third, her fourth podium finish in a row.

Like Greenslit, Templeton made easy work of topping his feature race Friday to lock up the 2019 Pure Stock championship. Last season's Rookie of The Year, Templeton's sophomore championship was earned ahead of this summer's top rookie, Bruce Adams.

Templeton hit the stripe even with Chris Carver as lap one went into the books and

then turned on the afterburners and drove away. Erin Aiken, this season's winner of the Cody LaFont Memorial twin bill, was strong in second, with Newport's Jim Carley, strong again, finishing both third on the night and third on the year.

Sea-coaster Adam Knowles took over when Six-Shooter regular Paul Colburn's race-leading ride faltered half way through the night's 30-lapper. With Knowles scoring his second win of the season, Six-Shooter champ Jeremy Blood – who entered Friday's race with the 2019 title already in hand – came home third on the night to conclude his 11-win championship season.

The CMP Pepsi Sportsman Modifieds did not compete in the track's final 2019 event, having completed their schedule two weeks earlier. Sunapee pilot Brian Robie is the track champion in that division, joining Fellows, Greenslit, Templeton, and Blood as the 2019 champions of their division. Like both Templeton and Blood, Robie's track title is his first.

Cardinals blanked by Cougars, 2-0

The Stevens boys varsity soccer team stood listening to coach Jason Stone after Friday's 2-0 loss to the Kearsage Cougars.

"You played well, but not aggressively enough," said Stone. "You have to win the ball, then pass it to your teammates. Play more offense."

The boys took in the lesson, packed up their gear and trudged across the field to waiting family and friends.

Stone observed, "We're getting really good at playing D [defense], but that's because we play so much of it. When I say we have to win the ball, I mean that instead of standing and waiting to see where it might land, go right in for it. Attack it, even before it hits the ground."

He was also matter-of-fact about the Cougars' close-in first goal. "It was everybody's fault. The ball was right in the goalie's

(Continued on page B2)

Boys Soccer, from B1



(Eric Zengota photo)

box. He should have fallen on it. Defense should have been tougher keeping it away from the box.”

The Cardinals’ defense paid off in the first half, which ended 0-0. But their offense still needs work. “The guys are getting too used to winning the ball but then immediately passing it to one player. They expect him to take it all the way to the goal. They have to get better at playing as a team. More aware of each other, more passing.”

Stone also noted, “Part of the problem is that we can’t sub like other teams. We just don’t have the numbers. So of course they’re exhausted. Tonight it looked like we had the numbers, but that’s because I put in some of the JV players.”

The Cardinals are now 1-4 for the season. Their next home game is 6 p.m. Monday, Sept. 23, vs John Stark Regional High School.

Follow the boys varsity soccer schedule at stevenshsathletics.com/main/teamschedule/id/3612020/seasonid/4423174 or print the schedule from the same page.

Elks Soccer Shoot Results

The recent Elks Soccer Shoot had a total of 39 kids who participated in the event. Sixteen



Group picture of all the kids who participated in the Elks Soccer Shoot (Courtesy photo).

girls and 23 boys between the ages of 3 ½ to 13 years old participated.

Results:

- Girls U8 Shawna Morin
- Girls U10 Zoey Friesen
- Girls U12 Isabella Bovell
- Girls U14 Kamdyn Aldrich

- Boys U8 Xavier Casaneda
- Boys U10 Sawyer Loiselle
- Boys U12 Conner Premo
- Boys U14 Steven Rheaume

The winners move onto the State Shoot on October 6th in Plymouth Lodge #2312. If they place first at the state shoot, they will move on to the Regional Shoot being held in Rhode Island this year.

The Stevens Boys Soccer team helped for the 4th year in a row. A total of 15 team members were there. Roughly 60 family members were in attendance to watch.

SHS Girls Soccer goes to 5-0

The Stevens Lady Cardinals Soccer team hosted Monadnock Tuesday night and won 6-0. Sydney Miller scores 2 goals while Stella Laveture, Tanner Brown, Angelina Leclair, and Hannah Miller had 1 a piece. This win gave Stevens a record of 4-0 as they headed into action on Thursday against Derryfield. The

Cards improved their record to 5-0 on the season with the 1-0 win.

Stevens will host Laconia on Sept. 19.

Stevens Field Hockey Roundup

09/03/19	at Newport	L	1 - 4
09/09/19	at Lebanon	W	2 - 0
09/12/19	ConVal	W	1 - 0
09/16/19	Monadnock		4:00 PM
09/18/19	at Mascenic		4:00 PM
09/24/19	at Littleton		4:00 PM
09/26/19	Conant		4:00 PM
09/28/19	Newport		6:30 PM
10/05/19	at Kearsarge		3:00 PM
10/07/19	at Mascoma Valley		4:00 PM
10/09/19	Hopkinton		4:00 PM
10/11/19	Laconia		4:00 PM
10/15/19	at Monadnock		4:00 PM
10/18/19	Lebanon		5:30 PM

Newport Tops Cards in Chamber Challenge Cup Game

The Stevens football team played their home opener on Friday night against their neighbor-
(Continued on page B3)

Newport, from B2

ing rivals the Newport Tigers. As expected it was an exciting, hard fought, and intense game with the visiting Tigers taking home the Chamber Challenge Cup with a 26-18 win.

Both teams started quickly as Newport would score on their opening possession on a Darshawn Chesser 5 yard touchdown run. The kick was good and it was 7-0 Tigers. Stevens would answer on their ensuing drive, marching downfield and capping the drive on a 3 yard touchdown run by Keaghan McAllister. The two point conversion failed and it was 7-6. The game would stay that way until the Cardinals scored on the first play of the 2nd quarter, with McAllister again scoring the touchdown, this time on a 1 yard run. Newport would thwart the two point conversion try and it was 12-7 Stevens. The touchdown was set up by a fumble recovery on the kickoff after the first Stevens score. Keegan Batchelder knocked the ball loose with Matt Jones pouncing on the loose pigskin.

Newport would get a big turnover late in the half, recovering a fumble deep in Stevens territory. Marius Edwards connected with Bryce Willey for a 27 yard touchdown to give Newport the lead. The extra point failed and it was 13-12 Newport at the half.

Stevens would take the lead back on their first drive of the 3rd quarter as Owen Taylor connected with Lucas Mudge on a 34 yard

catch and run. Stevens was stopped for the 3rd time on the extra point and it was 18-13 heading into the final quarter.

Newport came up with two huge turnovers, both resulting in touchdowns to earn the come from behind victory and take the Chamber Challenge Cup back to Newport. The first came when Josh Sharron stepped in front of a pass to pick it off and returned it untouched 34 yards for the go ahead touchdown. The conversion attempt was blocked and it was 19-18 Tigers. After the Cardinals stopped the Tigers on a 4th down play, the Cardinals took over near midfield but Devyn Heino picked up a fumble, on a big sack, and returned it 40 yards for the touchdown. Edwards kick was good and it put Newport up 26-18. Stevens would have one last chance to try and score and get the two point conversion to tie, but Newport recovered a fumble on the ensuing kickoff and took a knee to earn a big Division III win.

The game between Coach Proper and Coach Silva's teams was a physical back and forth game but both teams kept their composure throughout the game with both teams, and rivals in all sports, displaying the sportsmanship and respect that high school sports should be all about.

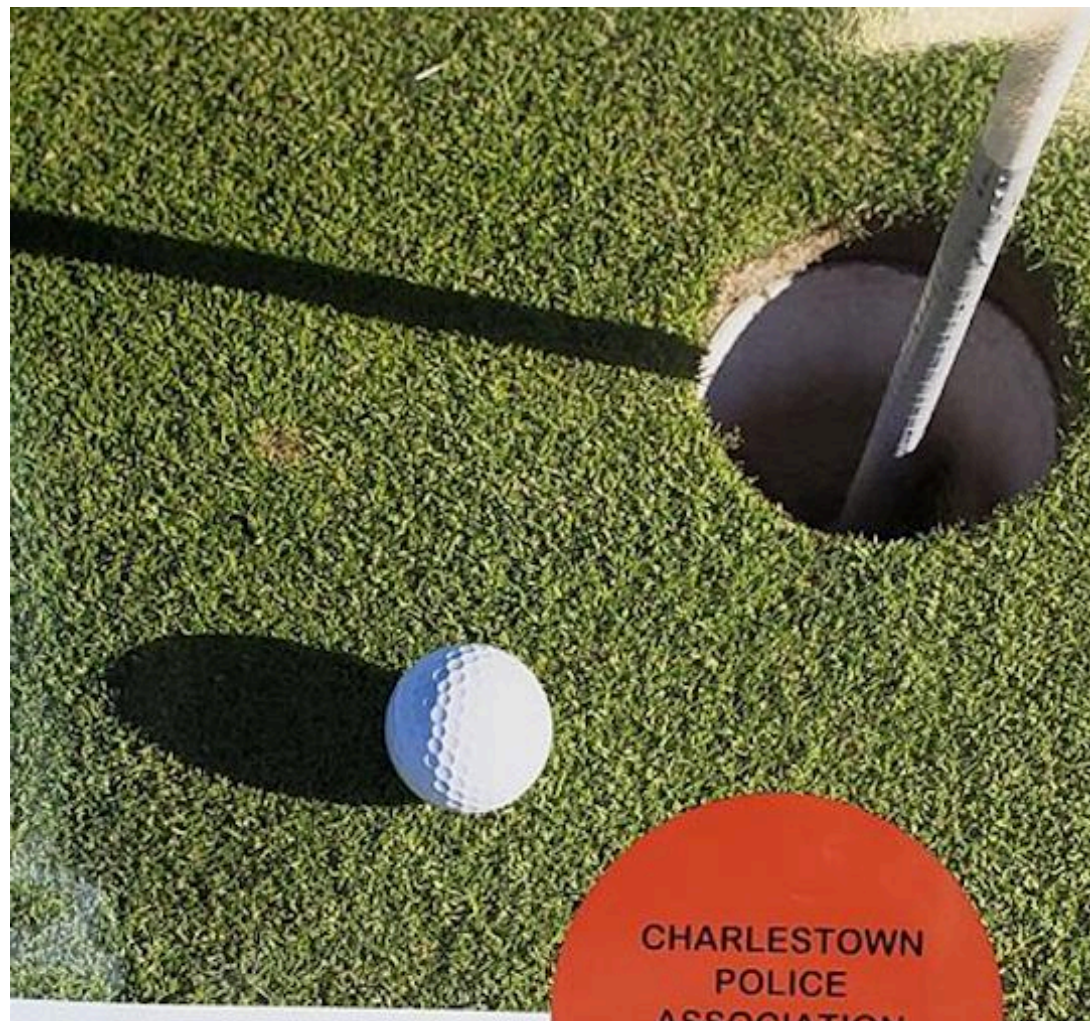
Newport will travel to Campbell next Saturday,

while Stevens will be traveling to Meredith for a Friday night contest with the Inter-Lakes Lakers who are bringing in portable lights for a rare night game for them. The game time is 8PM.

Got Sports?

Send news and photos to

etickernews@gmail.com



**2019
GOLF
SCRAMBLE
TOURNAMENT**

OCT 12TH 1 PM
CLAREMONT COUNTRY CLUB
RAIN OR SHINE

ONLINE REGISTRATIONS
AVAILABLE BY VISITING
CHARLESTOWN POLICE
DEPARTMENT
FACEBOOK PAGE

Stevens Volleyball Roundup

09/06/19	at Mascoma Valley	L 0 - 3
09/11/19	Franklin	6:15 PM
09/13/19	at Moultonborough	6:15 PM
09/16/19	at Trinity	6:15 PM
09/20/19	Prospect Mountain	6:00 PM
09/25/19	Fall Mountain	6:15 PM
09/26/19	Raymond	6:15 PM
09/30/19	at Inter-Lakes	5:45 PM
10/02/19	at Sunapee	6:15 PM
10/04/19	at Hillsboro-Deering	6:15 PM
10/07/19	at Fall Mountain	6:15 PM
10/09/19	Mascoma Valley	6:15 PM
10/16/19	Belmont	6:15 PM
10/18/19	Hillsboro-Deering	6:15 PM
10/21/19	Sunapee	6:15 PM
10/25/19	at Franklin	6:15 PM

Inspiration

Robert Frost

By Priscilla Hull

A million hearts broke and tears formed in many eyes when the beloved American Poet, Robert Frost, faltered and was unable to read a poem which he had written for John F. Kennedy's inauguration on January 20, 1961. Robert Frost, 86, seemed to be confused, but with dignity and presence of mind he repeated from memory, a poem he had written decades earlier. It was a cold, sunny, windy day and he just couldn't see the manuscript.

Superficially, Frost's poems tell simple stories; "Stopping By the Woods", "The Road Not Taken", "Mending Wall", are three of the most remembered poems. Many of us from the generations who memorized poems in school, can still repeat all or at least some of the lines. Superficially, these poems tell about country life, it's simplicity, it's gentleness. We've all, probably taken time to watch the snow fall. Sometimes, sitting on the porch, sometimes watching out a window. We sit and watch with a kind of wonder as snow first covers the ground with a white, wooly blanket. Then, as time moves on we watch the snow creep up a fence maybe wondering how we'll go on through the impenetrable forest. However, there is more than stopping to watch the woods fill up with snow. It is a story of perseverance, where rather than go into the woods and submit to the cold and snow, we move on with our life facing the joys and sorrows. We put on our coats, boots, hats and mittens and shovel in hand, we clear the driveway in preparation for another day!

"Mending Wall" has a broader scope. While the idea of "good fences make good neighbors" is true, we need to look deeper into the reason. Some build walls to separate themselves from their neighbor, in an attempt at seclusion, maybe. Others build walls as a clear demarcation of what is yours and what is mine. In either case, this poem advocates to meet your neighbor at a specific place and walking along the wall together, replacing the stones together. Who knows why this or that stone has fallen to your or my side, the fact is, the stone needs to be replaced so that we know the line that keeps us friends! As we walk the line together, we talk about the winter gone by, the spring emerging. We talk about hopes and dreams and many other things. In cold New England where neighbor's don't see each other through the winter, mending walls mends friendships too!

Think of the differences we could make in the world if we just had the opportunity to walk and work together with those whom we think are different, even strange. If we could focus on a job, a task, rather than a policy; if we could cooperate on a project, rather than destroy or denigrate someone else's project wouldn't we all be happier?

Why who knows what we could accomplish with such positive attitudes! We might even find peace! Peace in our hearts! Peace in our neighborhoods! Peace in our country! Peace in the world.

"Good fences make good neighbors."

Robert Frost in "Mending Wall" Also Benjamin Franklin in Poor Richards Almanac

Anyone who withholds kindness from a friend forsakes the fear of the Almighty.
Job 6:14

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



Calendar Of Events

Frontline Management

The Series

for Both New & Veteran Managers

Five Thursday Afternoons 9/19-10/17

1:30-4:30 p.m.

On the mall, 15 Hanover St. Lebanon, NH

To be successful, front-line managers must master a diverse set of technical, human relations and conceptual skills. Challenges include addressing increasingly diverse workforce, empowering employees, encouraging teamwork, enhancing employee performance, ensuring health and safety and improving productivity and quality. Successful completion of this program will help new managers develop skills and confidence, as well as provide experienced managers with valuable tools to enrich their career path.

This class is geared towards anyone looking to become a better manager for their organization, whether they are new to the role or long term supervisors.

The cost for this 5 session, 15 hour course is \$679.00 and includes Frontline Management Training Certificate and presentation/ workbook materials.

WEEKLY WORKSHOPS

Defining The Role : Buddy-to-Boss; Understanding Values and Behaviors; Developing a Management Style; Power and Influence; Line and Staff roles

Leadership & Team Building: Human Factors in relationships; Building trust; Training and Coaching Techniques; Distinguishing Management from Leadership; Culture

Human Resources: Employment law and practices; Recruiting, Training and Evaluating; Documentation

Communications & Motivation: Written and Verbal Communications; Listening skills; Goal setting; Formal and Informal Reward Systems

Personal & Career Management: Planning and organizing; Time management; Building your "Brand"; Assessment and Development; Mentoring

For More Information & Registration:

<https://rvcc.coursestorm.com/>

www.facebook.com/etickernews

Next AARP Meetings Oct. 10; Enjoys Entertainment by Worldunderwonder

CLAREMONT, NH—The Claremont Area AARP Chapter met Sept. 12 at The Earl Boudon Centre for their first meeting of 2019-2020. Entertainment was by members of Worldunderwonder from Ascutney, VT. Sean Roberts, Kim Roberts and Becca Austin presented several skits via Improv with audience participation and Sean sang a song from the musical "Barnum", which is about the Barnum and Bailey Circus. Roberts explained the focus of the acting company. It is housed in what was the Ascutney Grange building on Rt. 5 near the old Top Hat. Upcoming events include plays ("Scrooge" in the weeks after Christmas and New Years), movies and acting lessons.

President Brenda Saunders announced the schedule for upcoming meetings. The next meeting will be October 10 with a cookout and a presentation by Annette Spaulding who has uncovered many ancient discoveries along the Connecticut River in her years of diving there. There are petroglyphs below the waters in Belows Falls and Indian artifacts as close as Claremont.

Snacks were provided by Faith and Tim LaBelle and refreshments followed the program. Door prize winners were Gloria Santini, Bev McGuire, Lorraine Fraizzell, and Kathy Thompson. Food was collected and delivered for distribution through the weekend backpack program in schools.

All seniors on both sides of the river are welcome to join. Dues are \$5 a year. There is no political agenda, and the programs offer education and socialization.

Return to No. 4: Revolutionary War Weekend

CHARLESTOWN, NH—On Sept. 28 and 29, you can travel back in time as the armies of Great Britain and the American colonies camp in the fields of the Fort at No. 4. The two armies will meet in combat at 1:30 on both days, bringing the sights and sounds of the American Revolution to life again.

Reenactors, both military and civilian, will be on hand to give a wide variety of demonstrations, including camp cooking, sewing, firing a musket, military drills, and more. Sutlers will bring wares to satisfy the commercial needs of the armies, and souvenirs to for visitors to remember the event.

Return to No. 4: Revolutionary War Weekend is an annual living history event hosted by the Fort at No. 4 in Charlestown, NH. Reenactors come from all over New England (and sometimes beyond) to present this critical time in American history to the public in a way that schools and the media are not capable of doing. With a fully immersive experience, our visitors walk away with a new appreciation of the hardships our forefathers lived through and what they sacrificed to give us the freedom we enjoy today.

For more information, visit or email these addresses: www.fortat4.org, info@fortat4.com.

New Easy Tai Chi Class in Claremont

CLAREMONT, NH—Tai chi, the Chinese method of slow, fluid exercise, can improve your balance and coordination, keep you flexible, improve your mood, and ease the symptoms of chronic conditions like arthritis and Parkinson's Disease. It's been called the perfect exercise for people over 50.

Want to see what tai chi can do for you? A new course for beginners will start on Wednesday, Sept. 25, at 6:30 p.m. at the National Institute of Modern Martial Arts at 140 North Street in Claremont. The group will meet weekly for an hour. The cost is \$5 for each session you attend but the introductory class on September 25 is free. You don't need to make a long-term commitment. The course will be taught by Ben Daviss, a senior instructor with the New Hampshire-based, nonprofit Oriental Healing Arts Association.

If enough people are interested, we also may offer a course in seated tai chi.

To learn more, come to the introductory session or contact Ben Daviss at 603-445-2200 or bdaviss@comcast.net.

Claremont Senior Center Event

Our Annual Penny Sale—Sunday, Sept. 22nd; 250 prizes, 50/50 Raffle, door prizes, lunch. Claremont Senior Center, 5 Acer Height,

Claremont. Doors Open at 11AM, drawings start at 1PM. Have lunch, then relax and win all those prizes!

**2019 FALL KICK OFF COMMUNITY
POTLUCK & BARBECUE
Brownsville Community Church
Brownsville, Vermont**

Join us at Tribute Park in Brownsville on Saturday, Sept. 21, from 12 noon to 3 pm for a Community Potluck & BBQ which will include family fun & games. This community BBQ is hosted by Brownsville Community Church-sponsored organizations and committees (Trail Life USA, American Heritage Girls, Christian Education Team & Outreach Committee). The volunteer hosts will serve up hamburgers, hot dogs (with fixin's) and soft drinks. All attendees are asked to bring a favorite salad or dessert to share. In lieu of potluck dishes, cash donations will be gratefully accepted.

Our hosts have planned some fun, interesting and challenging activities. The American Heritage Girls Troop will lead a STEAM and/or team building project. The Trail Life Boys will be demonstrating some of the skills they learned this past year and our Trail Life Troop will be doing the grilling for us! The BCC Outreach Committee and the Christian Education Team will be available to talk about their programs for the coming year. THANKS TO ALL!

Tribute Park and the Brownsville Community Church are located at 66 Brownsville-Hartland Road, between Albert Bridge School and the Brownsville Town Hall. The Church phone number is 802-484-5944, the email address is bcchurchvt@gmail.com and you can visit the Brownsville Community Church at www.brownsvilleumc-vt.org and on FaceBook at <https://www.facebook.com/pages/Brownsville-Community-Church/142315222468299>.

**ServSafe Food Protection
Certification Course
Offered in Unity**

UNITY, NH—ServSafe Food Protection Certification Course to be offered in Unity. This in-depth training is critical for owners, food managers, chefs, and cooks who work in restaurants, hospitals or nursing homes, or specialty food producers who manage their own small businesses.

Participants in the ServSafe training will learn basic food sanitation principles from receiving to serving, improving the quality of food served, lowering costs, increasing profitability, and making sound decisions that will keep customers safe. Participants who successfully complete the exam will receive their industry-wide recognized ServSafe certificate as food safety managers.

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, Food Safety, is a nationally certified ServSafe instructor and will be teaching this class on Thursday, Oct. 10, from 9:00 a.m. to 5:30 p.m. at Sullivan County Health Care, 5 Nursing Home Dr., Unity, NH.

For more information, go to <http://bit.ly/Unity-10-19> or call the Grafton County UNH Cooperative Extension office at 787-6944. Seating is limited. Registration must be received by September 22nd to allow time to receive and study the ServSafe book.

Lilyan's Legacy Exercise Class

NEWPORT, NH—Join us for "Strength and Balance" exercises as taught to us by Dr. Lilyan Wright. These volunteer-led exercises are held in the downstairs activity area of the Newport Senior Citizen Center. Fall session meets Tuesdays and Thursdays, 9:30 to 10:30 AM, for 12 weeks. Attend any or all sessions. No charge for the class, but a voluntary, one-time, donation is made to the Senior Center. Exercises are centered around a chair, utilize weights (provided), and are easily adaptable to personal capability. Participants may utilize the walking track in the room before or after class for further personal exercise. No registration required.

Questions? Contact Pris, 603-863-7970.

**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.

**CHARLESTOWN RECREATION
COMMITTEE RECREATION NEWS**

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 next September CREC meeting will be on 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>.

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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MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="font-size: 2em; font-weight: bold; color: #0056b3;">1st</div> <div style="background-color: #0056b3; color: white; padding: 5px; font-weight: bold;">WEEK</div> <div style="font-size: 0.8em; color: white;">of the month</div>	<p>BLOOD PRESSURE CLINIC COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm</p>	<p>FOOT CLINIC Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Plainfield Libray 12:00 – 4:00 pm</p>	<p>BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm</p> <p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>FOOT CLINIC COA, New London 9:30 am – 1:00 pm</p>
<div style="font-size: 2em; font-weight: bold; color: #0056b3;">2nd</div> <div style="background-color: #0056b3; color: white; padding: 5px; font-weight: bold;">WEEK</div> <div style="font-size: 0.8em; color: white;">of the month</div>		<p>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</p> <p>FOOT CLINIC Bourdon Centre, Claremont 8:00 am – 12:00 pm Sugar River Mills, Claremont 12:30 – 2:00 pm</p>	<p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm</p> <p>FOOT CLINIC Charlestown Senior Center 9:00 am – 4:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>FOOT CLINIC COA, New London 9:30 am – 1:00 pm</p>
<div style="font-size: 2em; font-weight: bold; color: #0056b3;">3rd</div> <div style="background-color: #0056b3; color: white; padding: 5px; font-weight: bold;">WEEK</div> <div style="font-size: 0.8em; color: white;">of the month</div>	<p>BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm</p> <p>FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am</p>	<p>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</p> <p>FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am Marion Phillips Apts, Claremont 1:00 – 4:00 pm</p>	<p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC Bradford Senior Center 11:00 am – 12:00 pm Claremont Senior Center 11:00 am – 12:00 pm</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	
<div style="font-size: 2em; font-weight: bold; color: #0056b3;">4th</div> <div style="background-color: #0056b3; color: white; padding: 5px; font-weight: bold;">WEEK</div> <div style="font-size: 0.8em; color: white;">of the month</div>	<p>FOOT CLINIC Newport Senior Center 9:00 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Cornish Town Hall 11:15 am – 12:30 pm</p> <p>FOOT CLINIC Lebanon Senior Center 10:00 am – 2:00 pm</p>	<p>FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC CSB Community Center, Claremont 9:30 – 11:00 am Plainfield-location varies 11:30 am – 1:30 pm</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p style="font-size: 0.8em;">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</p>

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.

4 Musts for Writing Your Resume

Keep an eye on keywords

When applying to any job, it's always a good idea to try to mirror the language in the listing to make sure descriptions of your qualifications match what companies say they're looking for, according to Indeed

Put the important stuff first

Even if you don't have a ton of work experience in your chosen field - for instance, if you're a recent college graduate - it's vital to put the most pertinent information as high up in your resume as you can, according to Forbes.

Look for inspiration

Another great way to make sure your resume goes above and beyond expectations is to look online for some examples of really good resumes that are specific to your field or even the kind of position you're applying for, Indeed added.

Quantify your accomplishments when you can

It's one thing to list a few things you've achieved, but when you can be specific about those details, you're more likely to impress a hiring manager, according to the American Society of Mechanical Engineers.



603-542-9675
NHClaremont@westaff.com
131 Broad Street, Claremont, NH 03743

www.westaff.com

How ever can my
brilliance be captured
in a one-page resume?



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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.

SATURDAY, SEPTEMBER 21 WILD GAME SUPPER AND AUCTION in WINDSOR

The Windsor Coon Club on 2126 Hunt Hill Rd. is having the annual Wild Game Supper and Auction on Sept. 21, from 5:00 to 9:00 p.m. and is open to the public. The tickets will be sold at the door and are \$15.00 for adults and children under 12 years \$7.00. Iced tea, water or BYOB.

The Auction will start at 7:00 p.m. We are asking for donations for the auction and would appreciate anything that you can donate, be it a check or an item; a gift certificate, baked

goods, art, antiques, produce or something handmade.

This is our annual fundraiser for the Windsor Coon Club

For more information, please contact Sherry Barbour at (802) 484-9286 or email, barbour.sherry@yahoo.com.

Quilting Machine Training

CLAREMONT, NH—The Claremont Maker-Space's quilting machine is a great tool for creative, efficient quilting! In this hands-on training session, participants will learn how to set up a project on the quilting machine and utilize its standard features. Participants of this class will have the opportunity to sign up for follow-up certification sessions, so that they may use the machine on their own.

Saturday, 9/21, 1 - 2:30 PM

To register, please go here:

<https://claremontmakerspace.org/events/#/event/2019/9/21/quilting-machine-training>.



5859 Route 5
Westminster, VT 05346

(802) 722-3222

thecottagebythebrook.com

thecottagebythebrook@gmail.com

Claremont Conservation Commission presents



NH FISH AND WILDLIFE STEWARDS PRESENTING

Understanding Bobcats in New Hampshire

You're welcome to join us as a New Hampshire Fish and Wildlife Steward shares information about bobcats in the state. Learn about the natural history of the elusive cat, its habitat needs and the status of the population. Also, hear about the amazing federal funding mechanism that supports long-term research and is largely responsible for our country's abundant wildlife.

The public is invited to attend

September 19, 2019

7:00 PM

Council Chambers, Claremont City Hall



POLICE DOG PRESENTATION & 1ST RESPONDER TOUCH-A-TRUCK



**SEPTEMBER 21ST - 10AM TO 12PM
CLAREMONT MIDDLE SCHOOL**

Join us for a **FREE** presentation with Officer Petrin and his K-9 Maverick as well as the NH State Police K-9 Unit

City of Claremont 1st Responder Touch-A-Truck

Meet Sparky the Fire Dog!

For more information visit us on Facebook at Claremont Green Dot






JOIN US OCTOBER 12TH
FROM 10-2 FOR OUR ANNUAL
FALL FESTIVAL AND OPEN HOUSE!

FREE PONY AND TRAIN RIDES, KID CRAFTS AND
GAMES, CHILI COOK-OFF, FOOD AND MERCHANDISE
VENDORS, LIVE MUSIC AND GREAT COMMUNITY!

Mount Royal Academy

26 Seven Hearths Lane, Sunapee
603-763-9010 mountroyalacademy.com



*7th Annual
Penny Sale*

Sunday
September 22, 2019

Doors open 11:00 AM
Drawings start 1:00 PM

Sponsored by and held at the
Claremont Senior Center, Inc.
5 Acer Heights Rd.
Claremont, NH

~~~~~  
250 Prizes  
Door Prizes  
50 / 50 Raffle  
Food Concession

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)

#### Ashley F. Januszewski, 30

Ashley F. Januszewski 30, of Manchester, NH, passed away peacefully on Monday, Sept. 9, 2019, at Boston Medical Center. Ashley was born in Harris, NY, on Nov. 8, 1988, the daughter of Eric and Roni Januszewski of Weathersfield, VT.

Ashley was the Digital Marketing Technologies Manager for the NHHEAF network organization. Ashley had a passion for learning, recently earning a Masters Degree in Information Technology along with her BA in English. Ashley loved her fur babies, Princess and Mr. Finn, and was an activist for animals; she was always raising money for local animal shelters. She loved the beach, spending time with family and friends, and hanging out with godson, Chase, and his sister, Addie.

She is survived by her boyfriend Christopher Lepine of Manchester, NH; her sister Megan Waite, husband William Waite, and nephew Wyatt Waite of Weathersfield, VT; her sisters Allison Januszewski of Weathersfield, and Erin Januszewski of Windsor VT; her three grandmothers, and many aunts, uncles and cousins.

A Mass of Christian Burial was celebrated on Monday morning, September 16th, in St. Joseph Church with Rev. Father Arockia Antony, Pastor officiating.

Burial will be held at a later date.

The Stringer Funeral Home is in charge of arrangements.

#### Gregory G. Wragg, 64

Gregory G. Wragg, 64, of Ascutney, VT, passed away peacefully on Sunday, September 8, 2019, at his home.

He was born in Norwalk, CT, on October 2, 1954, the son of George and Jacqueline (Ryder) Wragg.

Gregg was the co-owner of Wragg Bros. with his brother, Jay and brother-in-law, Bruce Meeker; his passion was his work.

He is survived by his daughter, Kelly Wragg; and his son, Ryan Wragg and his fiancé, Heather and children, Aubrey and Elias; his sisters, Cheryl Watson and Dedra Meeker; his brother, Jay Wragg; ex-wife, Cynthia C. Wragg and many nieces and nephews.

He was predeceased by his parents and his brother, Stephen Wragg.

A celebration of his life will be held at his home on Sept. 28th at 1 PM with casual attire.

In lieu of flowers, donations may be made in his memory to National Multiple Sclerosis Society, Greater New England Chapter, 101A 1st Avenue, Waltham, MA 02451.

The Stringer Funeral Home is in charge of

arrangements.

#### Elizabeth Ward

Elizabeth (O'Brien) Ward died September 7, 2019. She was born in Rockingham, VT on May 10, 1917 to Katherine (Hennessey) and Hugh F O'Brien. She attended school in Belows Falls and Northeastern College in Boston, MA. In 1940 she married Ralph Ward. They had five children, Jean Anderson, Mary who died at birth, Ralph (Susan), Kathleen (Wilfred) Boutin, and Thomas (Kelliye). She had 16 grandchildren, 25 great-grandchildren and 7 great-great grandchildren, nephews James and Steve Kingsley, many cousins and lifelong friends. She was predeceased by her parents, husband Ralph, child Mary, and sister Claire Kingsley.

She has been a communicant at St Catherine's Church since moving to Charlestown in 1943. In 2016 she received the Boston Post Cane which has been hanging in the Selectman's Office.

A special thanks to Mary St Pierre for her assistance and wonderful care during the past 4

“The true primary-care provider is Mom.”

-Dr. Sam Giveen

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

DOCTOR **SAM'S**  
EYE CARE



(603) 543-2020  
9 Dunning St, Claremont  
(we're right there by the hospital)

years.

In lieu of flowers, please remember the Charlestown Ambulance Service or St Catherine's Church.

A Mass of Christian Burial will be held at a later date.

The Stringer Funeral Home is in charge of arrangements.

## Claremont Fire Dept. Log

### **Sunday, September 8th**

0412 E3 responded to North St for an alarm sounding.

1055 E3 responded to Sullivan St for an alarm sounding.

1753 E3 responded to Pearl St for a motor vehicle accident.

1802 E3 responded to a public assist on Brandon Pl.

### **Monday, September 9th**

1116 E3 responded to Jarvis Hill Rd for a motor vehicle accident.

### **Tuesday, September 10th**

0546 E3 responded to a medical call on Mulberry St.

1238 E3 responded to Belding St for a line down.

1700 E3 responded to Hillstead Rd for a box alarm.

1754 E3 responded to a medical call on Broad St.

2001 E3 responded to Elm St for an alarm sounding.

### **Wednesday, September 11th**

0806 E3, E2 responded to Industrial Blvd for a trash fire.

1747 E3 responded to a public assist on Maple Ave.

2336 E3 responded to a medical call on Thrasher Rd.

### **Thursday, September 12th**

1018 E3 responded to a medical call on Central St.

1201 E3 responded to a medical call on Pleasant St.

1944 E3 responded to Maple Ave for a detector sounding.

2043 E3 responded to Pearl St for a CO detector sounding.

### **Friday, September 13th**

0615 E3 responded to Eric Pl for a detector sounding.

0838 E3 responded to Bowen St for a low hanging wire.

0933 E3 responded to Washington St for a box alarm.

1435 E3 responded to Washington St for a box alarm.

1623 E3, E1 responded to Elm St for a possible structure fire.

1638 E3 responded to a medical call on Heritage Dr.

1711 E3 responded to Pleasant St for a motor vehicle accident.

1807 E3 responded to a medical call on Bowen St.

2023 E3 responded to a medical call on School St.

### **Saturday, September 14th**

0328 E1, E2 responded mutual aid to Windsor for a structure fire.

1725 E3 responded to a medical call on Prospect St.

## Claremont Senior Center, Inc.



Schools are back in session. Please be careful for children crossing roads and leaving buses.

Our grandchildren are back to school leaving a hole in our hearts and our days. The Center is here with activities to fill the hole. Activities abound and our calendar is filling up with more.

Some of the members were working on the Penny Sale items today. OH MY!! We could not believe all the beautiful items donated. We put together a couple of the door prize baskets, including a Tupperware and a Pampered Chef basket and Jewels. The others are brimming with great things waiting for you to win. Details:

Annual Penny Sale- Sunday, Sept 22nd. Doors open at 11AM. Drawings start at 1PM. Lunch available with Ken's Famous Corn Chowder. Open to the Public.

The Center will sponsor a Blood Drive on Monday, Oct. 7th, at Noon. Members are being asked to supply sandwiches for the donors. Please give blood if you can.

After the crew supplied the men with a great pancake breakfast, he and the staff have supplied us with a real home cooked menu this week. Nice, Ken.

Tuesday, Sept. 17th-Open Face Turkey Sandwich, Stuffing, Gravy, Cranberry Sauce, Summer Squash Casserole, Pumpkin Pie. Thursday, Sept. 19th. Birthday Celebration. Meatloaf, Mashed Potato, Key West Vegetables, Birthday Cake. Delicious!

There is information at the registration desk about the Flu Shot Clinics. Please get your Shots! Oct. 3rd-10AM-Noon and Oct. 17th- 11AM-Noon. Come in and check on further information.

Our knitters are really close to achieving their goal of 38 sets of hats and mittens for Head Start. A big thank you to all the wonderful people who have knit sets and donated yarns for the project. So far, 24 sets have been completed. Bravo knitters!

There was a big discussion about Corn-Hole at the membership meeting on Tuesday. If you ever played the bean bag toss game when you were small or with your kids and grand kids, you got the idea. But it has only one hole and is a lot more fun. Good co-ordination game. Sign up and give it a try. We are in the process of gathering people for teams and to see how many boards we might need. This game can be played anywhere. Nice for Winter.

Quick Takes: Future Turkey Dinners- Oct. 19th and Nov, 16th, (Turkey donations appreciated). Still time to sign up for the Balance Class starting Sept. 24th.

Laughter and lively conversation are welcome and encouraged here. Have a good week! Please watch for the school children.

Claremont Senior Center, 5 Acer Heights Rd. Claremont, NH, 603-543-5798. Smoke Free.



The Claremont City Council will hold a public meeting on Wednesday, September 25, 2019, at 6:30 p.m. in the Council Chambers of City Hall.

#### AGENDA

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. MAYOR'S NOTES
- 6:45 PM 5. CITY MANAGER'S REPORT
- 6:50 PM 6. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
7. OLD BUSINESS
- 7:00 PM A. Ordinance 569 Gender Identity Changes – Second Reading – Public Hearing
- 7:15 PM B. Ordinance 570 Police Commission - Second Reading – Public Hearing
8. NEW BUSINESS
- 7:30 PM A. Census
- 7:45 PM B. Presentation on Mayor's Challenge to End Veteran Homelessness
- 8:00 PM C. North Light Energy Solar Proposal
- BREAK
- 8:25 PM D. Grants Review
- 8:35 PM E. Resolution 2020-9 to Accept Donation of Approximately \$6,500 from Tiger Sharks to the CSBCC Scholarship Fund – Public Hearing
- 8:45 PM F. Accept Donation of Watercolors for Fiske Free Library
- 8:50 PM G. LSR Discussion Regarding Appointment of Police Commissioners
- 9:05 PM 9. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:15 PM 10. CONSULTATION WITH LEGAL COUNSEL
- 9:20 PM 11. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, October 9, 2019, at 6:30 p.m. in the Council Chambers at City Hall.