

e-Ticker News of Claremont

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*D-H to Launch Dermatology
Clinic Dedicated to the
Unique Needs of People
with Down Syndrome;
page 16*

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September 20, 2021

Perfect Weather Breaks Out for Brewfest 2021

Story, page 5



COVID-19 Numbers Surge in NH, Challenging Institutions, Schools

VRH Makes Vaccination Mandatory for Staff

By Phyllis A. Muzeroll
e-Ticker News

CLAREMONT, NH— Effective September 1, 2021, Valley Regional Hospital began requiring all staff, defined as employees, volunteers, contract workers, students, and medical staff

within the Valley Regional Hospital organization to be COVID-19 immunized. "The health and safety of the community, patients and our valued staff is at the center of this important decision. Not only does scientific evidence and real-world experience show that COVID-19 vaccines are safe and highly effective, but data

shows that vaccination against COVID 19 is the most effective way to stop the spread of this deadly virus," said the facility in a statement.

"As healthcare providers and leaders in the community, our Board and leadership have
(Continued on page 2)

Surge, from page 1

come to a clear consensus that mandatory vaccination is the responsible and necessary means to combat this disease and the latest Delta variant," explained Dr. Jocelyn Caple, Interim President & CEO, Valley Regional Hospital. "We know the likelihood of severe illness and death is greatly diminished once fully immunized. We are taking this measure because we sincerely believe it is the most responsible way we can continue to care for the community, our patients and one another," Caple added.

Valley Regional Hospital has set a timeline for staff who have not yet been vaccinated to do so by the end of October 2021. There are exceptions to the policy for medical or religious beliefs.

"I am proud of our staff and the manner in which they have persevered throughout this pandemic," said Caple. "This additional step sends the message to everyone we employ and the people we treat that Valley Regional is

here to do everything possible to protect the health of our community," Caple added.

Meanwhile on Wednesday, NH Health Commissioner Lori Shibinette said that over the past two weeks, there have been 25 COVID-19 clusters in K-12 schools. All but two are still active. School districts have mandated masks while in the "substantial range" of COVID infections; Claremont has masking in school and on the bus. SHS reported several cases last week, and a case at CMS was reported by principal Frank Romeo on Sept 15. Newport school superintendent Brendan Minihan told the e-Ticker News on Friday that "at this time, students and staff at the middle school are required to wear masks since we have at least 3 active cases in that school. Once the number of active cases go below 3, the wearing of masks indoor will become optional again." Gov. Chris Sununu said last week that he didn't believe a statewide mask mandate for schools was needed.

As of Wednesday, NHDHHS was reporting 13 COVID-19 outbreaks in the state at NH institutions, including Woodlawn in Newport. According to a Woodlawn Facebook page post on Sept. 16, "7 residents positive, 1 at hospital; 4 staff positive, 2 recovered. One new 9/15. New staff member tested outside of our testing program 100% resident and staff testing today."

Sullivan County Health Care posted on its Facebook page the following information on Sept. 17: "Due to the high statewide and county level of COVID transmission, we initiated twice weekly COVID testing this week for unvaccinated staff. Today, a per diem employee who works on Stearns 3 tested positive with the rapid test. This person had both shots of the vaccine but there has not been 14 days

since the last shot.

We have initiated response testing for residents on Stearns 3 and staff who have been on Stearns 3. We are restricting admissions and all visitation on Stearns 3 while we determine if there was any spread of Covid..."

Numbers for current COVID-19 cases in the state are now similar to those reported in April.

According to the NHDHHS dashboard, the rate of those fully vaccinated in New Hampshire is 54.3%; 59.7% for at least one dose.

Across the river, Springfield Hospital announced changes to its visitation policy, posting on its Facebook page:

"For the health and safety of our patients and staff, no visitors are allowed at this time with only the following exceptions—

- Patients receiving end of life care may have two visitors - coordinated by nursing staff.
 - Patients under age 18 may have two parents or guardians.
 - Outpatient Clinic appointment patients - may have one vaccinated support person. Must show proof of vaccination.
 - Outpatient Surgery and Endoscopy patients may not have visitors waiting in the hospital, and visitors will be asked to wait outside
- Masks are required, no exceptions."

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NH Lottery Numbers

09/18/2021

NH PowerBall

5 36 39 45 57 11

NH Mega Millions 09/17/2021

17 32 40 59 61 18

Tristate Megabucks 09/18/2021

9 16 26 27 31 3

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

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FINANCIAL THINKING

>>>>>>>>> Planning for Ups and Downs

Market volatility has the potential to erode your net worth. You can take steps now to help insulate your wealth against future market fluctuations.

MARKET VOLATILITY STIRS THE EMOTIONS

It's hard not to react when markets make sudden, large moves. Greed and fear are natural human emotions that, if given free rein, can lead investors to buy high and sell low. That can be a recipe for wealth destruction.

PLANNING IS THE ANTIDOTE TO PANIC

The time to handle market fluctuations is before they happen. Planning starts with an understanding of how your portfolio will react to volatility, and then making moves to restructure your wealth to fit your risk profile.

ASSET ALLOCATION IS KE

Diversifying your investments across a broad set of asset types is a central feature of your wealth planning. Knowing your tolerance to risk, stage of life, and need for liquidity should shape your asset allocation so that you can tolerate volatility without it triggering sudden, unplanned reactions.

YOUR ADVISOR HAS PLANNING TOOLS

When you work with a skilled wealth advisor, you have access to planning tools that show how your portfolio might react to various market scenarios. Together, you and your advisor can restructure your portfolio to match your risk profile. A properly structured portfolio will help you resist the knee-jerk impulse to do something when markets jump.



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This material was prepared by Range.

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To find out who your local state representatives/
senators are in Sullivan County, please visit

<http://www.gencourt.state.nh.us/house/members/>

Letter to the Editor

More Vaccination Clinics Coming Up in Claremont

To The Editor:

There are going to be 2 clinics in Claremont for Covid-19 vaccinations in the next two weeks:

Claremont Fire House, 9/21/21 from 4-6 pm

River Valley Valley Community College, 9/28/21 from 10-noon

It is imperative that you take advantage of these vaccinations. Claremont has a vaccination rate of 44%. If you folks don't get off of the no vaccinations, Ivermectin and apathy train, then we will never end this pandemic. Use your brains, follow the science, wear a mask and get vaccinated. This is the 21 century, not the middle ages. The numbers are coming in by the millions regarding the efficacy, safety and necessity of the vaccine. Get it done.

Jim Contois

Claremont, NH

Shaheen, Hassan Lead Letter to Biden to Urge Opening of U.S.-Canada Border to Vaccinated Canadians by October

MANCHESTER, NH—On Friday, U.S. Senator Jeanne Shaheen (D-NH) sent a letter to President Biden with Senators Maggie Hassan (D-NH), Jon Tester (D-MT) Angus King (I-ME), Debbie Stabenow (D-MI), Gary Peters (D-MI), Kirsten Gillibrand (D-NY) and Amy Klobuchar (D-MN) urging his administration to allow vaccinated Canadians to travel to the U.S. through land ports of entry. Noting the economic and familial strains caused by the continued restrictions at the U.S.-Canada border, the Senators asked the President to lift travel restrictions before October, create a public plan to reopen land ports of entry to vaccinated Canadians and appoint an interagency lead to spearhead coordination.

“As Senators who represent states along the northern border, our communities have been deeply affected by the restrictions on travel. Many of our communities maintain close professional and personal ties with communities in Canada. Canadians come to our states to conduct business, enjoy recreational opportunities, buy goods, and visit friends and family. The restrictions on non-essential travel across the border have greatly curtailed these activities and led to economic and emotional strain in our communities,” the Senators wrote.

Shaheen Visits NH’s Top Ranked Red List Bridge & Highlights NH Priorities in Bipartisan Infrastructure Bill

On Thursday, U.S. Senator Jeanne Shaheen (D-NH) visited the Neil R. Underwood Bridge that crosses the Hampton River – the number one red-listed bridge in New Hampshire – to discuss how the Infrastructure Investment and Jobs Act, the historic bipartisan infrastructure bill Shaheen helped negotiate, will invest in repairing and replacing crumbling infrastructure across the state. Constructed in 1949, the bridge is in poor condition and has required emergency repairs as recently as 2018. The Infrastructure Investment and Jobs Act was passed by the Senate in August and now faces consideration by the House of Representatives.

“Granite Staters should never have to question their personal safety when they cross bridges or drive down roads in their communities to get to and from work or bring their kids to school. Unfortunately that’s not the case. It’s unacceptable that crumbling infrastructure persists across the nation,” said Shaheen. “That’s why I led negotiations to deliver a once-in-a-generation investment in local infrastructure – ensuring resources are delivered to fix red list bridges like the Neil R. Underwood Bridge. Today’s visit reiterated why we must pass this bipartisan infrastructure legislation. I’ll continue working across the aisle in Congress to ensure this package crosses the finish line, so every road and bridge across our state is safe and reliable.”

Sunshine Breaks Out for Brewfest 2021

Claremont Kiwanis Welcome Hundreds to 7th Annual Fundraiser

**Story and Photos By Eric Zengota
e-Ticker News**

CLAREMONT, NH—The Claremont Kiwanis have always lucked out with the weather for their annual Brewfest. Saturday morning’s cool temperatures and overcast skies gave way to a hot afternoon sun. Even the clouds waited until the last 20 minutes to send down some negligible sprinkles.

The crowd was as large, if not larger, than the one in 2019, noted committee chair Mike Dewey. Probably, he added, because enthusiasts wanted to make up for the 2020 Brewfest, which was cancelled due to the pandemic.

More than 35 breweries served lagers, IPAs, cider and hard seltzer. Attendees cast ballots in the Battle of the Brews, voting Hoptimyst Prime IIPA as Best Overall (Hoptimystic Brewing,

Springfield, NH). Other winners included Con-toocook Cider Co. Cranberry (Best Cider), Lone Pine Brewing (Best Pale Ale), Jack’s Abby Craft Lagers (Best Seasonal), and of the VIP Hour’s exclusive beer list, Hoptimystic’s Scotch Ale.

Earlier in the day, 55 runners took part in the Back to the Brewfest 5K. The starting line was at Barnes Park; runners headed north to Thrasher Road and came back down to cross the finish line at the Visitor Center.

All proceeds benefit the Claremont Kiwanis Children’s Charity. Among its many donations and funding of programs, the charity provides scholarships to graduating high school seniors in local schools.

**Clockwise:
Claremont firefighter
Kenny Smith,
who finished
7th overall in
the 5K,**

welcomed the dozen or so cooling — if not downright cold — drops into the dunk tank. Enjoying nearly perfect, sunny and hot weather, the crowds took every opportunity to stay hydrated. Isaiah Lees of Springfield, VT, took the men’s first-place spot — and first place overall — with a time of 20:43. The top female finisher was Krystal Decoteau of Claremont at 23.45. They each won a \$75 gift card from Fireside Beverage in Windsor, VT. For complete race results, visit [http://pinnacletiming.us/index.php?n=back to the brewfest 5k overall 2021](http://pinnacletiming.us/index.php?n=back+to+the+brewfest+5k+overall+2021).



At Day's End



The Claremont Fire Department flew its 20'x38' flag from morning to evening on September 11. Fire lieutenant Brian Rapp catches the flag as it's detached from Ladder 2. He carried it to the basement and laundered it in the washing machine.

Eric Zengota



NH DHHS COVID-19 Update – September 17, 2021

CONCORD, NH – The New Hampshire Department of Health and Human Services (DHHS) issued the following update on the new coronavirus, COVID-19.

On Friday, September 17, 2021, DHHS announced 388 new positive test results for COVID-19. Those results included 296 people who tested positive by PCR test and 92 who tested positive by antigen test. There are now 4,173 current COVID-19 cases diagnosed in New Hampshire.

Several cases are still under investigation. Additional information from ongoing investiga-

tions will be incorporated into future COVID-19 updates. Of those with complete information, there were one hundred and four individuals under the age of 18 and the rest are adults with 49% being female and 51% being male.

The new cases resided in Rockingham (87), Hillsborough County other than Manchester and Nashua (53), Strafford (53), Merrimack (40), Belknap (21), Grafton (16), Sullivan (16), Coos (15), Carroll (14), and Cheshire (10) counties, and in the cities of Manchester (33) and Nashua (15). The county of residence is being determined for fifteen new cases.

DHHS has also announced five additional deaths related to COVID-19.

- 1 male resident of Belknap County, 60 years of age and older
- 2 male residents of Hillsborough County, fewer than 60 years of age
- 1 male resident of Hillsborough County, 60 years of age and older
- 1 male resident of Rockingham County, 60 years of age and older

There were currently 122 individuals hospitalized with COVID-19. In New Hampshire, since the start of the pandemic, there have been a total of 114,322 cases of COVID-19 diagnosed.

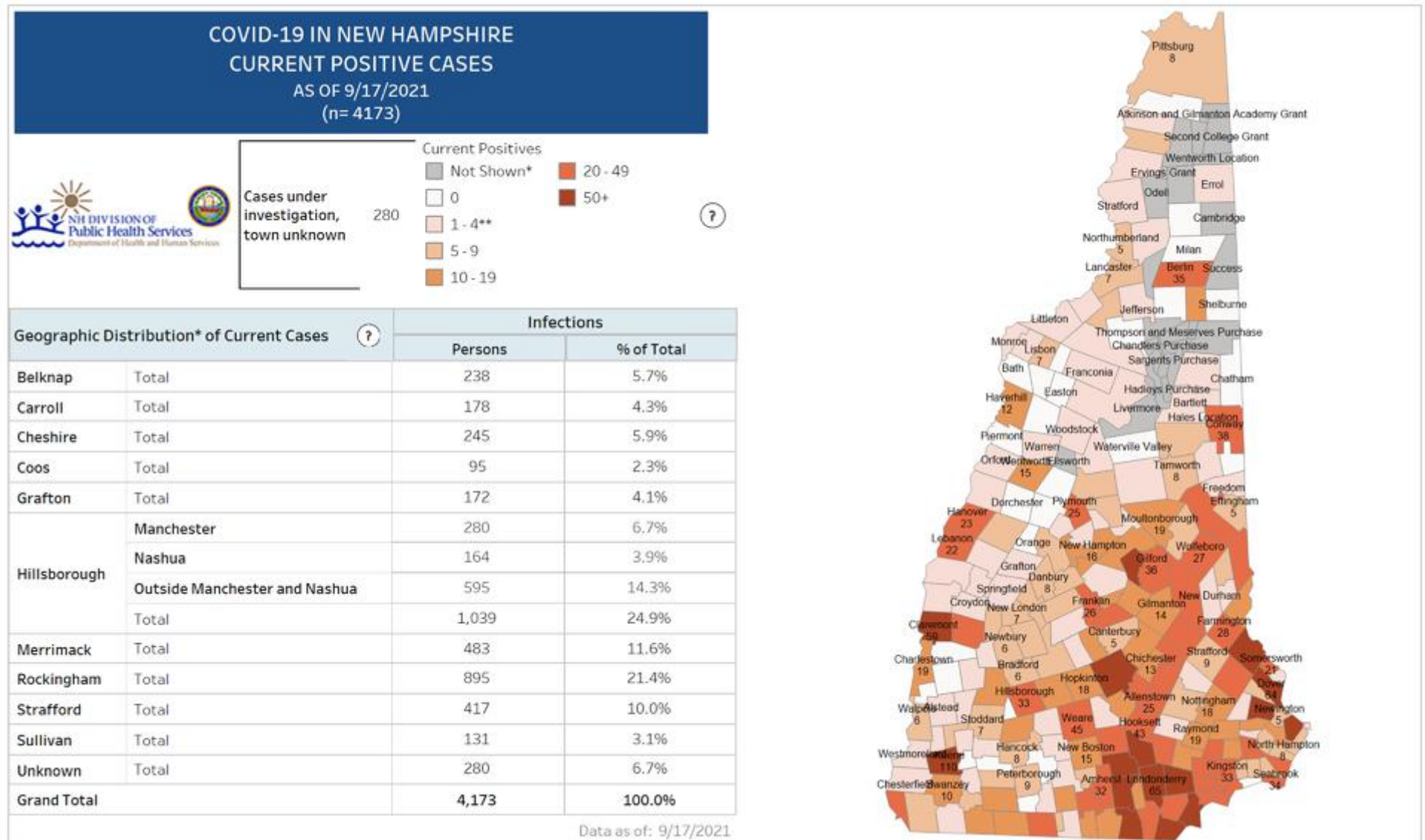
As of Friday, the 17th, there were 59 current positively identified cases in Claremont, 19 in Charlestown, 22 in Newport and 1-4 cases in several other towns. DHHS reported 131 overall in Sullivan County, up from 75 the previous week.

COVID-19 Hotline

211NH has been mobilized to handle all COVID-19 related calls from New Hampshire residents. All residents with questions or concerns regarding COVID-19 can call 2-1-1.

Vaccine Information in NH

For vaccine information, please visit <https://www.covid19.nh.gov/resources/vaccine-information>.



Ashley Ferry Boat Landing Temporarily Closed

CONCORD, NH – Three public boat access sites across the Granite State will experience temporary closures to enable long-lasting improvements to be made.

These locations include:

The public boat access facility at Onway Lake in Raymond, NH, which will be closed for maintenance for two days on Tuesday and Wednesday, September 21 and 22. The New Hampshire Fish and Game Department will be grading the parking area and the approach to the ramp.

The public boat access facility on the Connecticut River known as **Ashley Ferry in Claremont, NH**, will be closed for one day on Tuesday, September 21, to drill several borings to collect geotechnical information about soil depths and quality to support environmental permitting and future refurbishment of the boat ramp. The closure will begin at 3:00 a.m. on September 21 with an anticipated reopening on Wednesday morning, September 22.

The public boat access facility serving Pleasant Lake in Deerfield, NH, will be closed for the morning beginning at 3:00 a.m. on Tuesday, September 28. The facility will reopen at noon on the same day. Repairs to fix potholes to the ramp approach will be done.

Invitational Exhibit of Printmakers Announced

CLAREMONT, NH—The Claremont Opera House/John D. Bennett Atrium Gallery is hosting an Invitational Exhibit of Printmakers from September 25 to November 22. Work of seven NH and VT artists will be represented: Patty Castellini, Charlet Davenport, Judith Lampe, Lucy Mueller, Nori Pepe, Sheryl Trainor, and Nancy Wightman. Various forms of printmaking will be included in the exhibit.

An Opening Reception will be held on September 25th from 5:30 to 7pm. Light refreshments will be served and registration is requested. After the opening, the exhibit will be open on Wednesdays from 6 to 7pm until November 22, unless otherwise posted. Enter the gallery via the elevator next to the main Police

Department entrance.
Masks are required and social distancing

is recommended.

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Email me with you concerns!
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Paid for by Michael Demars

Fugitive of the Week

Joshua Champney, age 31

LKA: 278 US Route 118, Canaan, NH.

Description: White male; height: 5'08"; weight: 175 lbs.; eyes: blue; hair: red.

Reason:
Failure to
Appear
Original
charge: Pos-
session of a
Controlled
Drug, Meth-
am-
phetamine/Subsequent



On August 25, 2021, Champney was indicted by the Sullivan County Grand Jury for Possession of a Controlled Drug, Methamphetamine/Subsequent. Champney was issued an arraignment date for August 31, 2021, to appear in the Sullivan County Superior Court. Champney failed to appear for his arraignment and a warrant was issued for his arrest for failure to appear.

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

Man Sentenced in Baseball Bat Attack

NEWPORT, NH—A Claremont man has been sentenced in a case that involved an attack with a baseball bat. The *Valley News* reported that on Monday, Sept. 13, Brad Young, 28, of Claremont, pled guilty to two felonies for "attacking a neighbor with a baseball bat, hitting her several times in the head because he felt her dog was menacing people."

While Sullivan County Attorney Marc Hathaway "acknowledged" that Young suffered from mental health issues "that may have played a role" in the assault, he said that the attack warranted punishment. He will serve "at least four years". Originally he had been charged with attempted murder, four counts of assault and a single count of reckless conduct. Hathaway said he was seeking a sentence

that would help ensure that Young "sticks to a treatment plan," reported the *Valley News*. The victim in the case required 17 staples and 9 stitches for the head wounds. She suffered a severe concussion and still experiences "severe headaches and blurred vision at times."

Young pled guilty to first degree assault and criminal threatening with a deadly weapon.

—Phyllis A. Muzeroll

Current Hours for Pools at CSBCC

CLAREMONT, NH—Due to a lifeguard staffing shortage, the pools at the Claremont Savings Bank Community Center will be closing at 11:30 AM and will reopen at 2:30 PM Monday through Friday.

For updated schedules, please visit www.claremontparks.com.

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**Ashley Bergeron
 Agent**



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\$455,000

CORNISH LIBRARY OPEN FORUM MONDAY, SEPTEMBER 27, 2021 6:30PM

Cornish Store Building

A joint activity with Exploratory Committee and Library Trustees, with a report from the Friends committee. Ideas: lay out length of current and future stacks; invite people to visit the current building prior, give reports on current progress and yet-to-be-answered questions.

SATURDAY, OCTOBER 2

Plainfield Fall Festival

9 am - 2 pm

Next to Plainfield Community Church and Cory Taber Field, Route 12-A, free admission.

Apple crisp, apple dumplings, apple pie, fried dough, pulled pork sandwiches.

Outdoor Rummage Sale

Rummage donations can be left under the tent next to 12-A during the preceding week. No clothing, electronics, televisions or large furniture, please.

Crafts: Vendors may rent 10 foot spaces for \$10. Please email moore.gull@gmail.com for details.

We encourage the use of masks for all participants and attendees.

Please watch for possible changes in town ordinance requiring masks. Thank you.

Coffee with the Chief Sept. 29

SUNAPEE, NH—The next Coffee with the Chief is on Wednesday, September 29 from 8:00 a.m. to 9:00 a.m. at the Safety Services Building. A recap of the police department's Calls for Service from the summer months will be discussed, and we'll talk about and demonstrate the department's new body camera system.

Bring your questions, comments and appetite and join the Chief for coffee and breakfast on the 29th.

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Claremont Senior Center Part-time Executive Director

Salaried/20 hours/week, some weekend possible

Qualifications:

Friendly and compatible with senior citizens
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Computer skills: email, Word and Excel

Able to create advertising and brochures

Fundraising

Able to delegate

Familiarity with nonprofit management

Advantageous:

Ability to find and write grants

Email resume to lrman126@gmail.com,
application deadline Sept. 27.

HELP WANTED

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Apply at Claremont Senior Center, 5 Acer Heights, Claremont, 9 a.m. – 3 p.m. or call 543-5998 to receive an application.

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HOME OF THE WEEK



A Lovely Three Bedroom/2 Full Bath 2010 Double Wide Home located on a nice lot in Pleasant Valley Estates. The kitchen/dining area offers a nice work space with a breakfast bar, large deep sink, and room for dining. It opens up to a large deck overlooking a

private back yard to enjoy entertaining or just relaxing. The Master Bedroom/Bath is spacious and sits privately from the other two bedrooms. The dishwasher, washer, and dryer were new in 2020. The Seller is having the deck painted. Come see all that this great move-in ready home has to offer.

MLS 4881707 \$70,000 Claremont



Rick Howard



Bonnie Miles



Viola Lunderville



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Deborah Charlebois



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Sullivan County Humane Society brings you.....



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Masks are required

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like to have plenty of chances
to win!**

**Get 1 Free Grand Prize sheet by
bringing a donation for our Pet
Food Bank**

**Proceeds will benefit the Sullivan County Humane Society.
Pursuant to NH Gaming Laws, no one under 18 is permitted during the event.**



Public Transit Schedule Claremont & Lebanon

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and to make route deviation request.

Departure times subject to weather, traffic, and route deviation delays.

CLAREMONT BUS SCHEDULE					
Departure	AM				
Opera House Square	8:00	8:51	9:55	10:51	
Rite Aid			10:00	10:55	
Marion Phillips	8:02	9:02	10:02	11:02	
Bourdon Center	8:07	9:07	10:04	11:05	
Claremont Manor	8:10	9:10	10:07	11:07	
Claremont Senior Center			10:10	11:10	
Opera House Square	8:30	9:20	10:20	11:15	
Sugar River Mills	8:32	9:25	10:25	11:25	
Valley Regional Hospital	8:35	9:40	10:35	11:40	
Market Basket	8:42	9:45	10:42	11:50	
Hannaford's	8:44	9:47	10:44	11:52	
Walmart	8:46	9:52	10:46	11:55	
Opera House Square	8:51	9:55	10:51	*11:59	
Departure	PM				
Opera House Square	12:05	1:00	2:00	2:55	4:08
Rite Aid	12:07	1:03	2:02	2:57	4:10
Marion Phillips	12:08	1:05	2:05	3:00	4:12
Bourdon Center	12:17	1:07	2:07	3:04	
Claremont Manor	12:20	1:08	2:08	3:05	
Claremont Senior Center	12:23	1:10	2:10	3:10	
Opera House Square	12:24	1:20	2:20	3:20	
Sugar River Mills	12:32	1:25	2:25	3:25	*4:25
Valley Regional Hospital	12:34	1:40	2:40	3:40	
Market Basket	12:46	1:50	2:50	4:00	
Hannaford's	12:50	1:52	2:52	4:02	
Walmart	12:55	1:53	2:53	4:06	
Opera House Square	1:00	2:00	2:55	4:08	

LEBANON BUS SCHEDULE					
Departure	AM		PM		
Clmt. Visitor's Center	6:00				
DHMC	6:45				
Clmt. Visitor's Center	8:00	11:30	1:30		
Lebanon Town Hall	8:40	12:15			
Dartmouth Coach	9:00	12:30	2:15		
DHMC	9:10	12:45	2:30	4:30	
Dartmouth Coach	9:30		2:40		
Lebanon Town Hall	9:45		2:50	4:45	
Clmt. Visitor's Center	10:15		3:30	*5:30	

*Drop off only



Public Transit Schedule Newport & Charlestown

Call (603) 542.9609 to schedule pickup
and to make route deviation request.

Departure times subject to weather, traffic, and route deviation delays.

NEWPORT BUS SCHEDULE				
Departure	AM		PM	
Claremont, Opera House Sq	6:25	7:20		3:00
Irving	7:00			4:10
Shaw's		7:45		
DMV		8:20		
Newport Health Center		8:22		4:12
Hannaford's		8:40		
Claremont Opera House Sq		8:45		*4:45
Sugar River Mills		8:53		
Shaw's		9:25	11:40	1:15
Newport Senior Center		9:30	11:50	1:18
Maple Manor		9:45	11:52	1:22
Summer Crest		10:12		1:26
DMV		10:20	12:00	1:30
Irving		10:22		
Newport Health Center		10:25	12:02	1:55
Market Basket		10:40		2:15
Hannaford's		10:42	12:25	2:17
Wal-Mart		10:45	12:27	2:22
Claremont Opera House Sq		10:53	12:30	3:00
Sugar River Mills		*11:08	12:36	

CHARLESTOWN BUS SCHEDULE		
Departure	AM	PM
Opera House Square	7:15	12:07
Mascoma Savings Bank - Perry Avenue	7:40	
222 Lovers Lane	7:50	
Rite Aid	8:20	
Hannaford's	8:30	
Market Basket	10:30	2:40
Hannaford's	10:32	2:45
Walmart	10:35	2:50
Opera House Square	10:40	2:55
Rite Aid	10:50	3:00
Mascoma Savings Bank - Perry Avenue	11:25	3:50
Crown Point Park	11:33	
Twin Maple Park	11:34	
222 Lovers Lane	11:38	
Mayflower & Lovers Lane	11:38	3:25
Emma's Market	11:50	3:40
Opera House Square	12:07	



All vehicles are ADA accessible

*Drop off only

TTY Relay: 711

Effective 12/15/2017

Children's Literacy Foundation's Virtual Book Club Discusses Book on Opioid Epidemic

WATERBURY CENTER, VT—The Children's Literacy Foundation (CLiF)'s virtual book club returns October 15 at 7:00 p.m. EST to discuss the new memoir, *Unstitched: My journey to understand opioid addiction and how people and communities can heal* with author Brett Ann Stanciu. As always, the virtual book club will be joined by the author via Zoom.

A graduate of Marlboro College, Brett Ann Stanciu is a recipient of a 2020 Vermont Arts Council Creation Grant. *Unstitched* follows her first book, *Hidden View*, a novel about sugaring and marriage. She lives in the Northeast Kingdom of Vermont with her family.

Stanciu is also a librarian and worked with CLiF in 2018 when the Woodbury Community Library received a CLiF Rural Libraries grant.

The book's description reads:

A stranger, rumored to be a heroin addict, repeatedly breaks into the small-town library Brett Ann Stanciu runs. After she tries to get law enforcement to take meaningful action against him...he dies by suicide. When she realizes how little she knows about opioid misuse, she sets out on a mission, seeking insight from others, such as people in recovery, treatment providers, the town police chief, and Vermont's US attorney.

Past CLiF Book Club for Grown-ups have included Dan Brown of *The DaVinci Code*, Newbury and National Book Award-winner Katherine Paterson, and poets Rajnii Eddins and Verandah Porche, among others. The interactive discussions have been joined by readers throughout Vermont and New Hampshire, and as far away as Iraq, Mexico, Ireland, and India.

Art Exhibition at the Saint-Gaudens National Historical Park Jennifer Paige Cohen's Painted Plasters on View this Fall

The Saint-Gaudens Memorial presents the artwork of Jennifer Paige Cohen in *Painted Plasters*, an exhibition in the Picture Gallery at the Saint-Gaudens National Historical Park, on view through October 31, 2021. The gallery is located on park grounds at 139 Saint-Gaudens Road in Cornish, NH. Park

entrance passes are available for purchase in advance through [recreation.gov](https://www.recreation.gov).

To plan visits, please refer to the Saint-Gaudens National Historical Park website for the most current information on hours, fees, and conditions: [nps.gov/saga](https://www.nps.gov/saga).

The human body and self-portraiture are at the center of New York-based artist Jennifer

Paige Cohen's artwork. She uses recycled clothing and plaster to fabricate cast sculptures from her own body, exploring the mortal forms and movements we tend to overlook in daily life.

Paige Cohen has shown in several solo and group exhibitions throughout the United States and in Europe.

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Business News

Help At Home Donates to Local Nursing Facility

WHITE RIVER JCT., VT—Help at Home, a service of Visiting Nurse and Hospice of Vermont and New Hampshire,



announced that it has made a donation of lamps, art work and clock to Springfield Rivers Nursing and Rehabilitation, a skilled nursing facility offering post-hospital, short-term rehabilitation as well as long-term and respite care. The donation was to make their respite room more comfortable and feel more like home for people during their last phase of life. A respite room offers caregivers, who need a break from providing care, a way to get continuous care for family members who are sick or disabled.

The facility wanted patients to enter the room and feel like they were in a room in their own home. “When you come into a nursing home it can feel clinical, Help at Homes’ generous donation will give the patient the comforts of home,” said Michelle Michael-Tolley, Director of Nursing, Springfield Rivers. “This donation is huge, our own budget doesn’t allow the flexibility to come up with those unique furnishings, and we wouldn’t have been able to do it otherwise.”

Help at Home provides support for clients that call Springfield Rivers home. Working in cooperation with facility staff, the personal care specialists help patients live as independently as possible. Through the collaboration with Springfield Rivers, Help at Home learned of their need for these items. “We work with our community partners and assisted living facilities to help patients live as independently as possible, so strengthening our community partnership with Springfield Rivers is important,” said John Mitchell-Beam, Manager, Help at Home. “Being able to help provide to

comfort to people in the most challenging time of their lives is an honor.”

Sustainability Guided Quest | Sat., Oct. 23, 10 am | Woodstock VT

Rangers at Marsh-Billings-Rockefeller National Historical Park will lead an exploration of that park's current efforts to study and adapt to climate change's impact on forests, and introduces George Perkins Marsh, a 19th-century leader in recognizing humans' irreversible impact on the earth. Learn more at <https://vitalcommunities.org/events/sustainability-guided-quest/>.



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Business News

D-H to Launch Dermatology Clinic Dedicated to the Unique Needs of People with Down Syndrome

LEBANON, NH – To address the unique dermatology needs of people with Down syndrome, Dartmouth-Hitchcock (D-H) is establishing a Down syndrome Dermatology Clinic at its Manchester clinic, set to open on Tuesday, September 21, 2021.

The program will be headed by dermatologist Jillian F. Rork, MD, in partnership with Caitlin M. Yazel, APRN. Rork became interested in working with people with Down syndrome during her pediatric internship at the Massachusetts General Hospital Down syndrome Program, where she saw firsthand the association between Down syndrome and various skin conditions.

“It turned into my mission and passion to take care of people with Down syndrome and change how they receive their skin care,” Rork said. “Since before the COVID-19 pandemic, it has been my dream to have a dermatology clinic specifically for people with Down syndrome – to really take our time to educate and empower. We are excited to get started.”

There are many associated skin conditions with Down syndrome, including dry skin, excessive dandruff, rashes around the mouth, acne in the groin and armpits (hidradenitis suppurativa), patchy hair loss (alopecia areata), vitiligo and toenail and foot fungus.

Many of these skin conditions are treated with topical medicines. Rork and her team will work with their patients to understand their daily routines and devise successful treatment plans for their skin care needs.

Down syndrome is also linked with other medical conditions such as congenital heart disease, celiac disease, chronic ear infections and thyroid disease. The team will consider how treatment plans will affect other medical conditions common with Down syndrome.

Within six months, Rork hopes to develop the Down syndrome Dermatology Clinic’s research and data-collecting capabilities. “We have much to learn to improve the lives of people with Down syndrome,” said Rork, who is partnering with the Pediatric Dermatology Research Alliance, the Society for Pediatric Dermatology, the National Down syndrome Congress and other organizations working to bring Down syndrome dermatology research to the forefront.

For more information or to schedule an appointment at the clinic, call D-H Manchester Dermatology at 603-695-2540.

NH Requests Federal Aid for July Storm Damage

CONCORD, NH— Governor Chris Sununu has requested that President Joe Biden issue a major disaster declaration and provide federal emergency assistance for the damage that occurred to New Hampshire as a result of the July 17-19 storm. The declaration in part reads:

“Under the provisions of Section 401 of the Robert T. Stafford Disaster Relief and Emergency Assistance Act, 42 U.S.C. §§ 5121-5207 (Stafford Act), and implemented by 44 CFR § 206.36, I respectfully request that a major disaster be declared for the State of New Hampshire (NH). This request is a result of severe storms and flooding which occurred on July

17-19, 2021 that overwhelmed state and local resources and required an immediate and urgent response. At the peak of the incident, flash flooding and riverine flooding occurred that prompted numerous local Emergency Operations Centers to open, washed out road infrastructure in 14 communities, threatened the integrity of multiple low head dams, flooded homes with up to four feet of water and created sink holes around residential properties, and required the State Emergency Operations Center (SEOC) to open and provide coordination for information sharing and resource support, including the delivery of supplies for sheltering operations. This request includes a designation of the full Public Assistance Program for Cheshire County and a statewide designation of the Hazard Mitigation Grant Program...”

Leahy, Denault, Connair & Hodgman, LLP Attorneys at Law

- | | |
|-------------------|------------------|
| - Personal Injury | - Family Law |
| - Probate | - Auto Accidents |
| - Wills & Trusts | - Wrongful Death |

**Thomas P. Connair, Esq., Jessica J. Hodgman, Esq.
Anthony J. Lenhart, Esq.**

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Are Your Loved Ones Prepared to be Caregivers?

Once you're retired and your children are grown, they are likely "off the books," as far as your financial responsibility for them is concerned. Yet, you're probably still prepared to do anything to help them – but are they ready to take care of you if the need arises?

Consider this: Almost half of retirees say that the ideal role in retirement is providing support to family and other loved ones, according to the Edward Jones/Age Wave study titled *Four Pillars of the New Retirement: What a Difference a Year Makes* – and a slightly earlier version of the same study found that 72% of retirees say one of their biggest fears is becoming a burden on their family members.

So, if you are recently retired or plan to retire in the next few years, you may need to reconcile your desire to help your adult children or other close relatives with your concern that you could become dependent on them. You'll need to consider whether your loved ones can handle caregiving responsibilities, which frequently include financial assistance. If they did have to provide some caregiving services for you, could they afford it? About 80% of caregivers now pay for some caregiving costs out of their own pockets – and one in five caregivers experience significant financial strain because of caregiving, according to a recent AARP report.

One way to help your family members is to protect yourself from the enormous expense of long-term care. The average cost for a private room in a nursing home is now over \$100,000 a year, according to the insurance company Genworth. Medicare won't pay much, if any, of these costs, so you may want to consult with a financial advisor, who can suggest possible ways of addressing long-term care expenses.

Even if you don't require a long stay in a nursing home, you still might need some assistance in the future, especially if your health or mental capacities decline. So, start talking to your loved ones about their possible roles if you should ever need caregiving. You may want to create a caregiving arrangement that specifies payment for caregiving services and outlines the expenses to be reimbursed if paid out of pocket by a caregiver. Also, you may want to create the appropriate legal documents, such as a durable power of attorney for health care, which enables someone to make medical decisions on your behalf should you become incapacitated, and a durable power of attorney for finances, which allows you to name someone to make your financial decisions if you become unable to do so yourself. A legal professional can help you make these arrangements and incorporate them into your overall estate plan. A financial advisor can suggest ways of preparing for the costs involved with caregiving and can direct you to relevant resources, such as social services provided by your city or county.

Clearly, there's much you can do to help shield your family from the financial strain of caregiving. But you are not alone: By drawing on other resources and outside help, you can ease the burden on your loved ones. And everyone will feel more secure when you have your arrangements in place.

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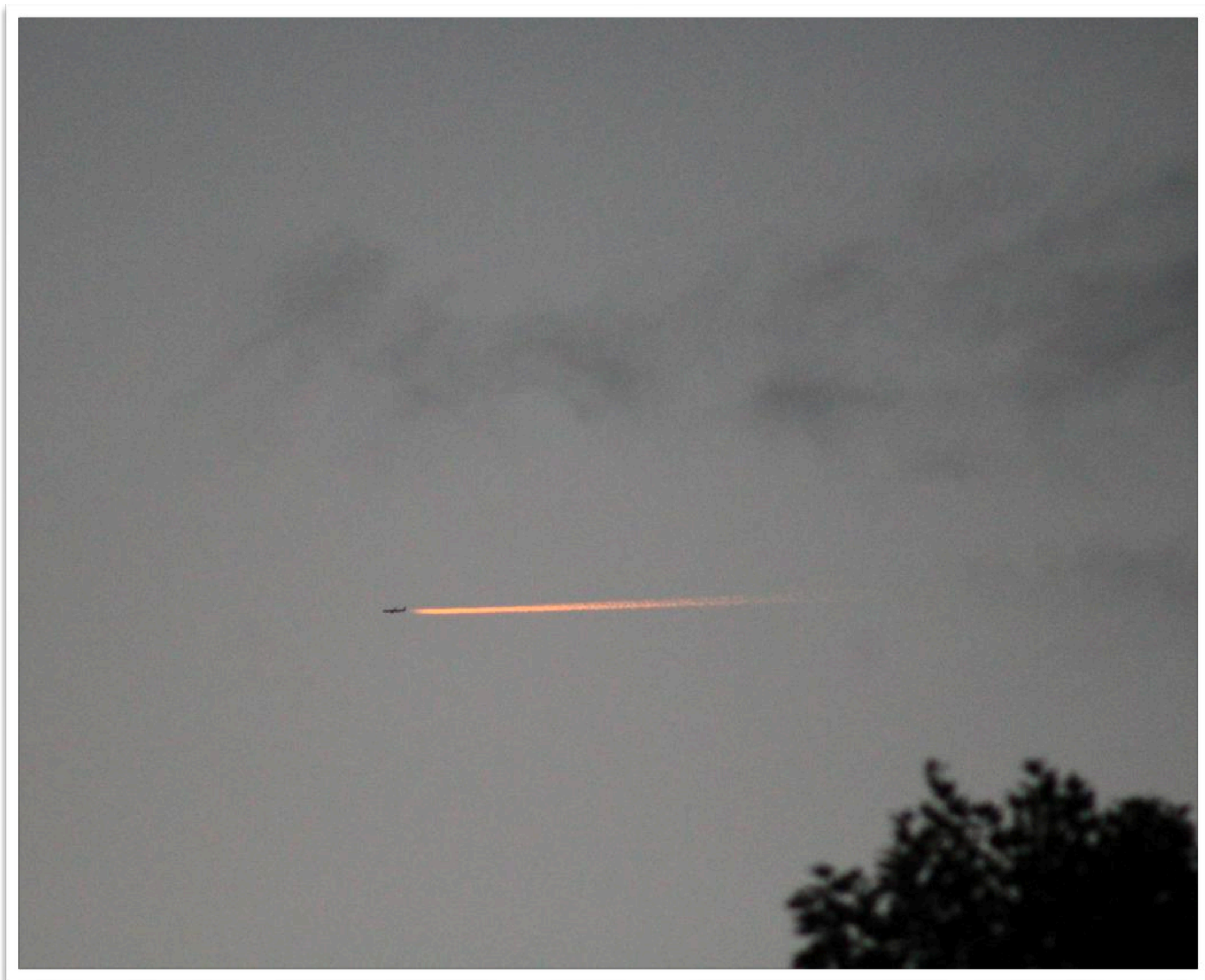


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Sunset captured by a contrail makes for a stunning scene.

Photo by Phyllis A. Muzeroll

Community FLU CLINICS 2021

BY APPOINTMENT ONLY

September 21	12:00 - 2:00 pm	Sunapee Seniors at United Methodist Church
September 23	9:30 - 11:30 am	Newport Senior Center
September 28	12:15 - 2:15 pm	Claremont Senior Center
September 30	1:00 - 3:00 pm	The Center at Eastman
October 5	9:30 - 11:30 am	Our Lady of Fatima, New London
October 5	1:00 - 3:00 pm	Kearsarge Community Presbyterian Church, NL
October 7	9:30 - 11:30 am	Kearsarge Council on Aging, New London
October 12	10:00 am-12:00 pm	Wilmot Town Hall
October 12	1:00 - 3:00 pm	South Newbury Union Church
October 19	9:30 - 11:30 am	The Center at Eastman
October 21	9:30 - 11:30 am	Kearsarge Council on Aging, New London
October 26	2:00 - 4:00 pm	Our Lady of Fatima, New London

- *For people 19+ years of age.*
- *Mask and social distancing required.*
- *Lake Sunapee VNA will accept and bill Medicaid, Medicare and Medicare Replacement Plans (please bring your insurance cards).*
- *If paying with cash or check, the cost is \$40 for the regular dose and \$80 for the high dose (recommended for people 65+ years of age).*
- *If possible, please print, complete and bring Flu Vaccine Consent Form (available at LakeSunapeeVNA.org)*

Appointment required. Call 603-748-1731 (Mon-Fri 9am-4pm only) to schedule.



Lake Sunapee Region
VNA & HOSPICE

LakeSunapeeVNA.org

Sports/Recreation

SHS Field Hockey

09/02/21	at Franklin	W	12 - 0
09/07/21	Conant	L	1 - 2
09/10/21	at Hopkinton	L	3 - 10
09/17/21	at Kearsarge	L	1 - 3
09/21/21	Littleton		05:00 PM
09/24/21	Kearsarge		05:00 PM
09/28/21	at Newport		04:00 PM
09/30/21	Franklin		05:00 PM
10/04/21	at Bishop Brady		04:00 PM
10/05/21	Mascoma Valley		07:00 PM
10/07/21	at Laconia		04:00 PM
10/09/21	at Newport		11:00 AM
10/12/21	Newport		06:30 PM
10/15/21	at Conant		04:00 PM

SHS Boys Soccer

08/27/21	Lebanon	L	2 - 3
09/02/21	Bow	W	3 - 2
09/04/21	at Kingswood	W	2 - 1
09/10/21	Pembroke	L	2 - 3
09/13/21	at Coe-Brown Northwood	L	1 - 2
09/25/21	Kearsarge		07:00 PM
09/28/21	at Souhegan		04:30 PM
09/30/21	at Fall Mountain Reg		06:00 PM
10/06/21	Brattleboro Union		06:00 PM
10/08/21	Plymouth		04:00 PM
10/11/21	at Manchester West		07:00 PM
10/14/21	Oyster River		06:00 PM
10/16/21	Fall Mountain Reg		07:00 PM
10/19/21	at Bow		04:00 PM
10/22/21	Pelham		04:00 PM

SHS Girls Soccer

08/27/21	at Lebanon	L	0 - 1
09/03/21	Kingswood	W	5 - 0
09/07/21	at Sunapee	W	1 - 0
09/10/21	at Pembroke	L	0 - 3
09/14/21	Coe-Brown Northwood	W	3 - 2
09/23/21	Manchester West		04:00 PM
09/25/21	Kearsarge		05:00 PM
09/28/21	Souhegan		07:00 PM
10/01/21	at Fall Mountain Reg		06:00 PM
10/04/21	Bow		04:00 PM
10/08/21	at Plymouth		04:00 PM
10/13/21	Fall Mountain Reg		07:00 PM
10/15/21	at Kearsarge		06:00 PM
10/16/21	at Oyster River		12:00 PM
10/20/21	Sunapee		06:00 PM
10/22/21	at Pelham		04:00 PM

SHS Volleyball

09/03/21	at Hillsboro-Deering	L	0 - 3
09/08/21	Trinity	L	1 - 3
09/13/21	Sunapee	L	0 - 3
09/15/21	at Farmington	L	0 - 3
09/17/21	at Mascenic	L	0 - 3
09/22/21	at Fall Mountain Reg		06:15 PM
09/24/21	Mascoma Valley		06:15 PM
09/27/21	at Nute		05:45 PM
09/29/21	Fall Mountain Reg		06:15 PM
10/02/21	at Sunapee		10:00 AM
10/04/21	Portsmouth Christian		06:15 PM
10/06/21	Hillsboro-Deering		06:15 PM
10/08/21	at Kennett		05:30 PM
10/15/21	Franklin		06:15 PM
10/18/21	Raymond		06:15 PM
10/20/21	at Mascoma Valley		06:15 PM

Springfield Holds 21st Annual Golf Challenge

SPRINGFIELD, VT—Springfield Hospital hosted its 21st Annual Golf Challenge on September 14th at the Fox Run Golf Club in Ludlow, Vermont. Proceeds from this year's fundraising event go to the annual giving campaign to support the Defibrillator Equipment Fund. Ninety



Robert S. Adcock, MBA, FACHE, CEO of Springfield Hospital sharing thanks to participants and sponsors for their support of the 2021 Golf Challenge (Courtesy photo).

tournament participants enjoyed a variety of competitions on the course in addition to 18 holes of scramble golf tournament play. A 2021 Cadillac was up for grabs for a hole-in-one on hole 8, thanks to Springfield Buick GMC Cadillac; and ten thousand dollars was available on hole 17 for a hole-in-one, thanks to Ludlow Insurance Agency. We did not give either of these big prizes away this year, but we could not have asked for a nicer day to play golf in the splendid beauty of Vermont.

Winners in the A and B Flights were as follows:

A Flight

1st Low Gross – Dan Patria, Mary Patria, Jeff Matulonis, Cole Lewis

2nd Low Gross – Dr. Rick Marasa, Christina Graves, Chris Garvey, Brian Perkins

1st Low Net – Eric Warren, Stu Currie, Bob O'Brien, Dan Frost

2nd Low Net – David Muller, Tim Mello, Greg White, Nathan Roth

B Flight

1st Low Gross – Chad Illingworth, David Byrne, Gary Parzych, Ryan Gadapee

2nd Low Gross – Jamie Spence, Karl Wentworth, Mike Matulonis, Brett Jasinski

1st Low Net – Gus Gutierrez, Jim Lapine, Kelly Blanchard, Shawn Aubin

2nd Low Net – Mike Pinney, Collin Pinney, Gary Stearns, Walter Oaks

The straightest drive was won by Dan Frost and longest putt went to Dave Nichols. Over forty sponsors and raffle prize donors made this year's tournament a fundraising success. The tournament sponsors this year at the \$1000 level were: Connecticut Valley Orthopaedics & Sports Medicine, Ellen Lander/Renaissance Benefit Advisors, Kinney Drugs Foundation, NFP, SunSoil and The Richards Group.

"Many thanks go to our sponsors and participants for their generous support; and to the staff and volunteers that organized this event. We also extend our thanks and appreciation to Fox Run Golf Club for preparing a course that the golfers certainly enjoyed. It was great to see so many golfers across the staging area as they prepared to play their round of golf, and I am grateful to all who made this event a fundraising success", commented Robert Adcock, CEO of Springfield Hospital.

To see a list of all of the sponsors, go to www.springfieldhospitalgiving.org/golf.

Bernard Cup Set for Oct. 16

CLAREMONT, NH—The 50th annual Bernard Cup will take place on Saturday, Oct. 16, at Barnes Park. This annual rivalry between the SHS Cardinals Boys Soccer team and Fall Mountain is one of the most anticipated sports events in the area. Fifty years ago the Claremont community packed the park with over 700 attendees for the first playing of this Cup game, and this

Cards Score School Record 99-Yard Touchdown

The Stevens Cardinals football team played their home opener on Friday night as they hosted the Laconia Sachems at Barnes Park. Laconia jumped out to a 27-0 early in the third quarter but the Cardinals scored 3 times and had the ball late in the 4th quarter but Laconia held on for an exciting 27-22 win.

The Sachems scored on their opening drive, and then converted a Cardinal turnover, on the ensuing possession, into a touchdown to jump out to a quick 14-0 lead. Laconia added another touchdown in the 2nd quarter and led 21-0 at the half.

The Sachems opened the second half with a long kickoff return that put them deep into Stevens territory, where they scored on a short run two plays later. The kick was missed but Laconia was up 27-0 and in control of the game. Things looked to get even worse for the home team after a Laconia punt rolled dead at the Cardinals 1 yard line. But it was here that the momentum changed and energized the Cardinal team and fans. After 2 incomplete passes and a penalty that moved the ball back to the half yard line, Jai-Lique Ribeiro took the toss from Zack Bundy, made a Sachem defender miss in the end zone, and outraced the remaining defenders for a school record 99 yard touchdown run to put the Cardinals on the scoreboard! Ribeiro would add the conversion run to make it 27-8 after 3 quarters.



Jai-Lique Ribeiro cuts inside of a Hunter Christian block for a gain in Friday Night's game against Laconia. Ribeiro would later score on a school record 99-yard touchdown run (Courtesy photo).

The Stevens defense came up big from this point on, getting a stop to start the 4th quarter and forcing a punt. Stevens would score on their next drive on a 1 yard touchdown run from Hunter Christian. Bundy connected with Kaden Thyne for the two point conversion to make it 27-16. After another stop, the Cardinals would drive deep into Laconia territory. After runs from Pascal Lemieux and Ribeiro, Christian capped the drive with a 2 yard run. The conversion was no good but Stevens was within a score of taking the lead, 27-22. Stevens would get the ball back with just over 3 minutes to go and drove into Laconia territory but the Sachems would get a late turnover to hold on for a hard fought 27-22 victory.

The Cardinals got 140 yards on 10 carries and the touchdown from Ribeiro. Hunter Christian added 42 yards on 9 carries and 2 touchdowns. Zack Bundy completed 10 of 21 passes for 105 yards. Kaden Thyne had 4 catches for 40 yards and Aiden White chipped in with 3 receptions for 23 yards.

Stevens will host the Kearsarge Cougars this

Friday night at Barnes Park. Game time is 7PM.

Fisher Cats End Season on Three-Game Winning Streak

MANCHESTER, NH—The New Hampshire Fisher Cats (Blue Jays Double-A affiliate) ended the season with a third consecutive win over the Harrisburg Senators (Washington Nationals), 6-4 on Sunday afternoon at Delta Dental Stadium.

Harrisburg staked starting pitcher Gerardo Carrillo (L, 0-5) to an early 3-0 lead with a three-run homer from Ian Sagdal in the second inning, but New Hampshire scored six unanswered runs to take control. Spencer Horwitz blasted a leadoff home run to right field in the bottom of the second to make it 3-1, and the Fisher Cats took the lead with a five-run rally in the fourth inning.

The Fisher Cats start the 2022 season on the road with a three-game series in Portland on April 8, before starting the home schedule on April 12 at Delta Dental Stadium.

Inspiration

The Thunderstorm

By Priscilla Hull

For several years I lived with my family in Stony Point, New York. Stony Point is a sleepy town along the Hudson River about half way between Bear Mountain and New York City! It is a wonderful place to watch thunderstorms. The storms get "caught" between the high banks along both sides of the river and seem to fly rapidly through the towns and villages.

We had a large glassed-in porch which faced the river. It was the perfect place to watch the storms as they rolled down the river. From that vantage we could see the extreme power in storms. It kept us mindful that there is something much greater, much more powerful than ourselves.

Watching a thunderstorm roll down the river is an invigorating experience. First there are some grey clouds which seem to melt into the sky. The sky slowly takes over and the clouds seem to be absorbed into the atmosphere. Next we would hear deep rumbling of thunder in the very far distance. It wasn't definable as thunder but slowly it would become more distinct and the wind would pick up from up river, which wasn't the usual. Soon we could see general flashes of lightning which illuminated the clouds, but were not distinct. Suddenly the storm was close and the lightning came in brilliant zigzags of pure energy. Now the storm is upon us and the thunder is crashing as the lightning seems to be endless! Not for the fainthearted.

Listen, if you will, to Beethoven's Sixth, Pastoral Symphony. It builds the thunderstorm that comes on a warm summer day. Suddenly it's all over, the sky turns blue with light clouds and all that is left is the drops falling off the roof and the wet grass!

My favorite thunder and lightning story is about a family, many years ago at their cabin on Winnepesaukee. They watched a storm come across the lake and when it reached the shore, a ball of lightning bounced across the ground, rolled in the front door of their cabin and out the back! They left the scar it made so that people would believe them. No one was injured. It was a momentous occasion.

What's your favorite story? Maybe you prefer to stay away from it!

Your thunderous voice was heard in the wind; the lightning bolts lit up the world; the earth trembled and shook.
Psalm 77:18

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



Calendar Of Events

Celebration of Equinox Day on 25 Sept.

2021 (Saturday)

Noon to 4 PM

Location: 252 Elm St., Claremont, NH on
Koasek Land

NEIGHBOR - YOU ARE INVITED

The Ko'asek (Co'wasuck) Traditional Band of the Sovereign Abenaki Nation is having an outside ceremony honoring Fall. Bring a chair and drink and food to share. PLEASE RSVP to Bunnelloyalist@aol.com

Activities:

Sacred Fire & Greetings & Food Share
Smudging & Opening Blessings to the Fall Harvest Season.

Children: Abenaki Tossed Ball Game

Talking Circle – Introduction by all as we sit in a circle of peace. Meeting each other.

Songs & Drums (Music words for all)

Talking/Medicine Circle – Feelings and comments by all if desired.

Pond trail open to view our future water habitat sanctuary.

Ancestors Food Leaving Ceremony at our Sacred Cedar Tree.

Sacred Gift Cloth with tobacco, sage and cedar, and feather for every guest (Made by Chief Paul)

Mousetrap Car Workshop at Runnings

CLAREMONT, NH—Rogue Robots of 4-H in conjunction with New Hampshire 4-H will be holding a Mousetrap Car Workshop on September 28th from 4:30-6PM at Runnings of Claremont, 403 Washington Street. Under the entrance awning, at the far right of the parking lot. Free. Just bring yourself and a can do attitude. Open to all.

Register in 4-H online by Friday, September 24th.

Soo-Nipi Quilters Guild Biennial Quilt Show Open

NEWPORT, NH—The “Together Again with

Quilts” exhibit presented by the Soo-Nipi Quilters Guild of Newport opened September 11th at the Library Arts Center in Newport and runs through October 13th.

The Library Arts Center is located at 58 North Main Street, Newport; gallery hours are Tuesdays to Fridays, 11:00 AM through 4:00 PM, and Saturdays, 10:00 AM to 2:00 PM. Bar Harbor Bank and Trust is sponsoring the event.

Members of the Guild will be on hand to answer questions about the display.

NHSaves Virtual Button Up Workshop Presented by the City

CLAREMONT, NH— Button Up New Hampshire, the popular home energy savings workshop series, is coming virtually to the Claremont area. It will take place on Zoom with screen and audio over the internet, on Monday September 27th, from 7:00-8:30pm including a live Q and A time. The workshop is hosted by the city of Claremont, Claremont Energy Advisory Committee, Marro's Home Center and LaValley's Building Supply. It is sponsored by NHSaves and coordinated statewide by the Plymouth Area Renewable Energy Initiative (PAREI).

This NHSaves Button Up Workshop is a 1.5 hour presentation about how to improve the energy efficiency of your home. It is conducted by a certified energy auditor and covers basic building science principles as well as examples of whole house weatherization measures that will button up your home for the heating and cooling seasons. It also covers details about the energy efficiency programs offered by NH utilities (for existing homes and new construction) that provide energy audits, weatherization measures such as air sealing and insulating, and rebates on new technologies and products such as electric and gas appliances and high efficiency electric heating/cooling equipment.

NH residents wishing to use energy more efficiently, conserve energy and save money on their heating and cooling bills, will find the workshop presentation very helpful. For questions email reb178@myfairpoint.net. To attend the workshop use the zoom link below.

Here is the Zoom link for 7:00 pm on Monday, September 27th:

<https://ccsnh.zoom.us/j/95360992000>

NHSaves is a collaboration of New Hampshire's electric and natural gas utilities (Ever-source, Liberty Utilities, NH Electric Cooperative and Unitil). The utilities are working together to provide NH customers with information, incentives, and support designed to save energy, reduce costs, and protect the NH environment. PAREI of Plymouth, NH, is working with local groups around the state to bring these workshops to the public on behalf of New Hampshire's utilities.

Workshop organizers also recommend the public sign up with NHSaves Facebook and Twitter pages for up to date information on energy saving tips and programs.

Common Milkweed Pod Collection 2021

NH Fish & Game and UNH Cooperative Extension are calling on New Hampshire residents for milkweed pod collections.

The seeds from the milkweed pods will be sown by NH Department of Transportation into conservation corridors, designated areas along highways that are planted with native perennials to benefit pollinators. Milkweed is the sole host plant for monarch butterflies to lay their eggs and for caterpillar feeding. It also serves as a food source for many other pollinator species. The disappearance of milkweed across the U.S. has contributed to the 80% decline of the eastern monarch butterfly population over the last 20 years. State and federal agencies, conservation organizations and others are working hard to increase the amount of milkweed on the landscape, and you can help by contributing to this important source of local milkweed seeds.

Collecting Milkweed Pods

Only collect the pods when they are dry and grey/brown. If the center seam pops with gentle pressure, they can be harvested.

Store the pods in paper bags; plastic bags will collect unwanted moisture.

Write the date and county collected on the bag.

Keep the pods in a cool, dry place until you deliver them to the collection site.

Leave some pods (25%) on the plants to also allow for natural dispersal.

For a list of collection sites, visit <https://extension.unh.edu/milkweed>.

This event continues through Oct. 30.

Poker Walk Fundraiser to Benefit the River Valley Animal Protection League

CHARLESTOWN, NH—Please come out to support the RVAPL by participating in our Poker Walk! It will be held on Saturday, October 16, starting at the Silsby Library Courtyard on Main St. in Charlestown NH. Walk a ~1.25 mile route around downtown Charlestown and collect poker cards at stations along the way. There will be a prize for the best poker hand awarded at the end of the event. All participants are also eligible for additional prizes. Winners selected at random.

Participants may walk anytime between 2pm and 4pm. *Please start by 3:30pm to be back by 4pm. Registration (\$10) will be on the day of the event at the Silsby Library Courtyard. You may walk the course additional times as long as you re-register (for a discounted price of \$8!). There will also be other items for raffle.

We will be promoting social distancing and please wear a mask for when you will be close to other people.

For more info, call 603-826-3061 or go to rivervalleyapl.wordpress.com.

St. Mary Alumni Invited to Join SHS Alumni Parade

CLAREMONT, NH—Calling St. Mary Alumni, an invitation has been extended by the Stevens Alumni Parade committee to participate in their parade on Saturday, Oct. 2. Class rosters (1957 to 1971) are available if St. Mary Alumni wish to enter a float in this parade. For more info, call Claire Lessard, president, St. Mary Alumni Assoc., (603) 543-3617.

Lake Sunapee VNA Offers Three Grief Support Groups

NEW LONDON, NH – Lake Sunapee VNA offers three virtual grief support groups for the community. The “Newly Bereaved Widows Group” is for women who have experienced the loss of their husband within the last year and is held on the third Thursday of every month from 10:00-11:00am. The “Widow to Widow Group” is for women in all stages of grief and meets on the first Monday of every month from 3:30-5:00pm. Newly bereaved

widows are welcome at this group as well, especially if they are feeling the need for more frequent support. In addition, a “Bereavement Check-in” group is available for men and women experiencing a loss of any kind on the third Wednesday of every month from 4:00-5:00pm.

All of these groups provide an opportunity for participants to come together in a safe place of compassion and confidentiality. Attend once, multiple times or as needed. If interested, email your contact information to Elizabeth Gantner at egantner@lakesunapeevna.org and a member of the Lake Sunapee VNA bereavement team will call you with further details.

Charlestown VFW Bingo Schedule

CHARLESTOWN, NH—Charlestown VFW Bingo is offering a weekly opportunity for some entertainment and socializing while helping us to raise funds for our many Veterans programs. Wednesday nights at 5:00 p.m. for early birds and 6:30 p.m. for regular fun and games. Currently, we play 12 regular and two 2 part games, as well as a 50/50 game, Winner-take-all game, Carry Over Coverall game and a Jackpot game. The Governor’s emergency order concerning COVID has expired. It is now time to take the lessons we have learned over the past year plus and act accordingly. If you’re sick – stay home. Cover your nose / mouth when you cough, wash and / or sanitize your hands frequently, and we’ll all be healthier. The attendance limitation has also ended. In keeping with the state CDC recommendations, if you have a compromised immune system you may still wear a mask for your own protection. We still have masks and hand sanitizer for anyone that may desire either product. The Charlestown VFW Post is located at 365 Lover’s Lane Rd, Charlestown, NH. Updates to our schedule and the weekly carry over coverall game can be found on our Facebook page.

SHS Alumni Celebration Info

CLAREMONT, NH—As

plans for the 150th shift into high gear, the Stevens High Alumni has highlighted the many ways alumni, businesses and donors can get involved:

For general information on the association — and to pay your dues or make a donation — go to stevensalumninh.com

Email alumni@stevensalumninh.com

Phone the office at 603-542-8987

Find out more about Alumni Weekend at stevensalumninh.com/news/10408/alumni-weekend-2021/

- To order imprinted “Class of YYYY” shirts, visit inkfactoryclothing.com.

Claremont Senior Center News

Applications for the Winter Wonderland Fair on Nov. 6 will be going out soon. If you wish to display your wares, please call the 542-5798 for an invitation. Tables are provided. Come walk through our Winter Wonderland.

New activities at the center:

Ladies, come play pool on Monday mornings. All skill levels are welcome.

Wednesday at 4:00 is for Corn Hole. All skill levels are welcome.

Claremont Senior Center is now open daily!

Monday 9 – 3

Tuesdays 9 – 3; 6 – 9

Wednesdays 9 – 3

Thursdays 9 – 3; 6 – 9

Friday 9 – 3

Masks required for those entering that are NOT fully vaccinated (i.e., required dose(s) plus 14 days) and recommended for others

Meals are still Drive Thru takeout ONLY on Tuesdays and Thursdays. Call 543-5998 before 10:30 AM for reservations, \$5 non mem-

PLOWING · SANDING · STUMP GRINDING · LAND CLEARING

<p>Fully Insured Jesse I West 83 Mummery Rd E Goshen, NH 03752</p>	<p>603 863 0451 603 443 3747 djtreework51@yahoo.com</p>
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bers, \$4 members. Pickup between 11:45 and 12:15. Menu is subject to change (according to what is available!).

Laughter and good conversation always welcome here. And wacky weather jokes.

Claremont Senior Center, 5 Acer Heights Rd. Claremont, NH. 543-5998.

**PUBLIC NOTICE
For a meeting of the
Claremont Development Authority**

Full Board
To be held on
Thursday, September 23, 2021 at 7:30 AM
At the
Visitor Center, 14 North Street, Claremont NH

**PUBLIC HEARING NOTICE
For a meeting of the
HISTORIC DISTRICT COMMISSION**

To be held on Thursday, September 23, 2021 at 6:15 PM at Council Chambers, City Hall Claremont NH

The public is hereby notified that the Historic District Commission will be holding a public hearing at this meeting to consider the following ap-

plications:
(HDC 2021-00010) DPX Properties LLC, Charlestown NH – Proposal for multiple exterior changes to the building, including door and window replacements at 174 Main Street. Tax Map 107, Lot 49. Zoning district: MU.
Interested persons may review this application at the Planning and Development Department at 14 North Street, during normal business hours. Comments may be made at the public hearing; submitted in writing to the Historic District Commission at 14 North Street, Claremont NH 03743 or submitted by email to dbearse@claremonh.com.
David Messier, Chairperson

**PUBLIC HEARING NOTICE
For a meeting of the
CLAREMONT PLANNING BOARD**

To be held on
Monday, September 27, 2021 at 7:00 PM
Council Chambers, City Hall
Claremont NH 03743

The public is hereby notified that the Claremont Planning Board will be holding a public hearing at this meeting to consider the following applications:

A. (PL 2021-00014) **Damon Loiselle, 145 Old Church Road** – Application for multiple lot line adjustments and annexations between parcels 81-35, 93-28, 93-31, 81-23, and 93-27 at 46 & 47 Webster Ave. and 145 Old Church Road. Zoning Districts: R1 and AR

Interested persons may review the applications at the Planning and Development Department at 14 North Street during normal business hours. Comments may be made at the public hearing; submitted in writing to the Claremont Planning Board at 14 North Street, Claremont NH 03743, or by email to cityplanner@claremontnh.com.

Richard Wahrlich, Chair

**Got News?
Send us your news and photos**

[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.etickernewssofclaremont.com

No new obituaries were submitted this week.

“Safety glasses are your friend.”

-Dr. Sam Giveen

All kinds of common eye injuries can be prevented just by wearing safety glasses. That’s what Dr. Sam will tell you. Does he sound like your dad? Sometimes. But your dad had some good advice. And so does Dr. Sam. See for yourself.

DOCTOR **SAM’S**
EYE CARE



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

Spirits of Claremont 2021 Cemetery Walk

About sixty people attended the Spirits of Claremont 2021 Cemetery Walk on Old Church Road on Sunday afternoon. The crowd gathered inside the garden surrounding the fountain at the Union Cemetery to listen to the "spirits" converse with each other about their lives in Claremont. Stories included the local impact of the 1918 flu epidemic, the building of the new Claremont General Hospital, and a local inventor who came close to making a prize-winning medical discovery. Many audience members then took advantage of the opportunity to visit the graves of those who were buried in the Union and St. Mary cemeteries. The event was produced by the Claremont Historical Society and Off Broad Street Players. Shown: Leslie Peabody as Sarah Jarvis, Scott Magnuson as George Stowell, Kara Lee as Maria Busch Piper, Sharon Wood as Abbie Field, Trudee Bacon as Sarah Gilmore, Julie Richardson as Lizzie McColleston, and Mike Grace as Dr. Victor Potvin (Photo by Wayne McElreavy).



SATURDAY, SEPTEMBER 25

Join us at Saint-Gaudens National Historical Park on Saturday, September 25th for National Public Lands Day

It's a Fee Free Day with short pop-up tours and kid's art activities throughout the day. Bring a picnic and spend the day.

Kid's Art Activities, free and materials provided:

10:30 - 12:30 Caricatures with Kelly

12:00 - 2:00 Mini-sculpture making with Zoe

1:30 - 3:00 Paper sculptures with Kelly

Pop-up tour topics range from Lincoln to Landscapes to favorite books of the Saint-Gaudens family and run from 9:30-11:30AM and 1:00-4:00PM.

SATURDAY, SEPTEMBER 25

The Cornish Fire Department will be doing its annual hose testing on 9-25-21 on School Street starting at 8 AM and ending at approx. noon. Traffic may have slight delays. We would like to thank the residents of School Street for their patience.

VACCINE MADE EASY

Open to
anyone aged
12 & older

Walk-in clinic for
COVID-19 vaccine

September 21

4pm to 6pm

Claremont Fire Station

100 Broad Street, Claremont



Greater Sullivan County
Public Health Network

in partnership with



Dartmouth-Hitchcock

Claremont Fire Dept. Log

Sunday, September 12th

1127 E4 responded to a medical call on Bellevue Ave.

2007 E4 responded to a medical call on Lincoln Heights.

Monday, September 13th

1937 E4 responded to Liberty Pl for an alarm sounding.

2022 E4 responded to Main St for an illegal burn.

2038 E4 responded to a Syd Clark Park for a box alarm.

Tuesday, September 14th

1034 E4 responded to Main St for a motor vehicle accident.

1645 E4 responded to Myrtle St for a tree on wires.

Wednesday, September 15th

0508 E4 responded to a medical call on Monarch Ln.

1524 E4 responded to Thrasher Rd for wires down.

1707 E4 responded to a well being check on Heritage Dr.

1714 Car 2 responded to Pleasant St for a hazardous condition.

2107 E4 responded to Washington St for an electrical issue.

Thursday, September 16th

1106 E4 responded to a medical call on School St.

Friday, September 17th

1233 E4 responded to a medical call on Pleasant St.

1432 E4 responded to Washington St for a box alarm.

1528 E4 responded to Main St for a carbon monoxide problem.

1625 E3 responded to Windsor, mutual aid, for a structure fire.

1853 E4 responded to Main St for a possible medical issue.

Saturday, September 18th

1444 E4 responded to North St, first in, for the ambulance.

1552 E3 responded to Elm St for a motor vehicle accident.

2237 E4, E3 responded to Grandview St for a smoke investigation.

MONDAY, SEPTEMBER 27

CORNISH LIBRARY OPEN FORUM CORNISH LIBRARY OPEN FORUM POST- PONED

The Cornish Library Open Forum, previously scheduled for Monday, September 27, has been postponed. The Library Exploratory committee decided that it would be more productive when we have more information to share with the community, including drawings of the proposed renovations and uses of the new building. In the meanwhile, please do send your thoughts and ideas about a new library as well as questions or issues to George H. Stowell Library Trustee and Library Exploratory Committee chair Laura Cousineau at

lauracousineau@gmail.com.

October 1st - First Fridays! Northern Stage Presents! 6:30 FREE

Join Producing Artistic Director Carol Dunne, and Bold Associate Artistic Director, Sarah Wansley as they discuss what is coming up for the balance of the 2021/2022 season at Northern Stage. - Whipple Hall- New London. Visit: <https://centerfortheartsnh.org/first-fridays>.




CLAREMONT

KEVIN "COACH" TALLMAN

603-542-9800 x227
cell 802-738-8686

coach@fordofclaremont.com

www.fordofclaremont.com
www.cdjrofclaremont.com



PLEASANT STREET REVITALIZATION UPDATE

CONSTRUCTION UPDATE for the week of

9/20/2021 through 9/24/2021

Sewer main installation continues Southerly on Pleasant Street working towards School Street. The work includes installation of mainline sewer and temporarily tying in existing services as the work progresses South. There will be no sewer service interruptions during the installation. During the sewer work on Pleasant Street tractor trailer trucks will continue to be detoured down Main St. with guidance signage in place around the work area. As the work progress down Pleasant Street there may be brief delays to thru traffic due to the construction activity. The construction crew will be working Saturdays for the coming weeks. **ALL BUSINESSES ON PLEASANT STREET REMAIN OPEN AND ACCESSIBLE DURING THE CONSTRUCTION.**

Great BBQ for a Great Cause ...Rescuing Dogs!!

September 23

5-7:30pm

at Wags & Wiggles Rescue

51 John Stark Hwy. Newport NH



Come and enjoy wonderful
BBQ by Rescue Dawgs.
Smoke and Grill (Cash Only)

Menu:

Pulled Pork Sandwich

Burger/Cheeseburger

Mac & Cheese w/Pulled Pork

Hot Dogs

Hand Cut French Fries

A portion of the proceeds goes directly to Wags and Wiggles to help rescue more dogs!!



Plus treats for
the four legged
visitors from



The Claremont City Council will hold a public meeting on Wednesday, September 22, 2021, at 6:30 p.m. in the Council Chambers of City Hall.

To watch the meeting via Zoom, click the link below:

<https://us02web.zoom.us/j/81529457408?pwd=dmpEQ1BRNXNibVFUb1dYNU1nWnZlQT09>

Passcode: 739587

Or by telephone: 1-646-558-8656, Webinar ID: 815 2945 7408, Passcode: 739587

The Zoom link is provided for the public's convenience.

If you are having trouble with the Zoom link, please join us 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. REPORT OF THE SECRETARY
Minutes of August 31, and September 8, 2021, City Council Meeting(s)
- 6:37 PM 5. MAYOR'S NOTES
- 6:42 PM 6. CITY MANAGER'S REPORT
- 6:45 PM 7. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 24))
- 8. OLD BUSINESS
- 9. NEW BUSINESS
 - 6:55 PM A. Airport Master Plan Update (City Manager)
 - 7:25 PM B. Annual Approval of Investment Policy (City Manager)
 - 7:40 PM C. Resolution 2022-8 Airport Runway Rehabilitation Project Grant – Public Hearing (City Manager)
 - BREAK
 - 8:05 PM D. Ordinance 585 Remove School Zones – First Reading (City Manager)
 - 8:20 PM E. Resolution 2022-9 AFG Fire Prevention Grant for Smoke Alarms – Public Hearing (City Manager)
 - 8:35 PM F. RSA 91-A Protocols (Council)
- 8:50 PM 10. FUTURE AGENDA ITEMS AND DIRECTIVES
- 8:55 PM 11. CONSULTATION WITH LEGAL COUNSEL
- 9:00 PM 12. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, October 13, 2021, at 6:30 p.m. in the Council Chambers of City Hall.

Get your tickets now
COHNH.ORG

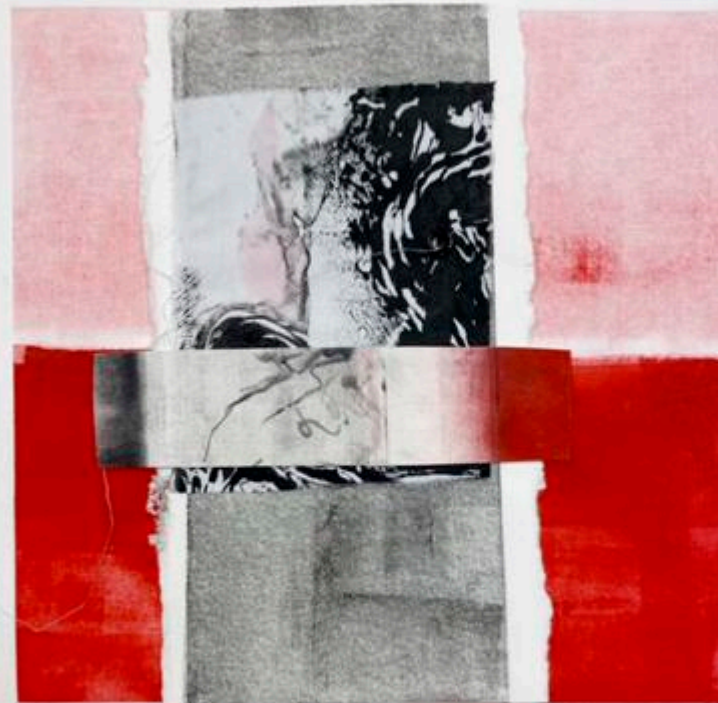
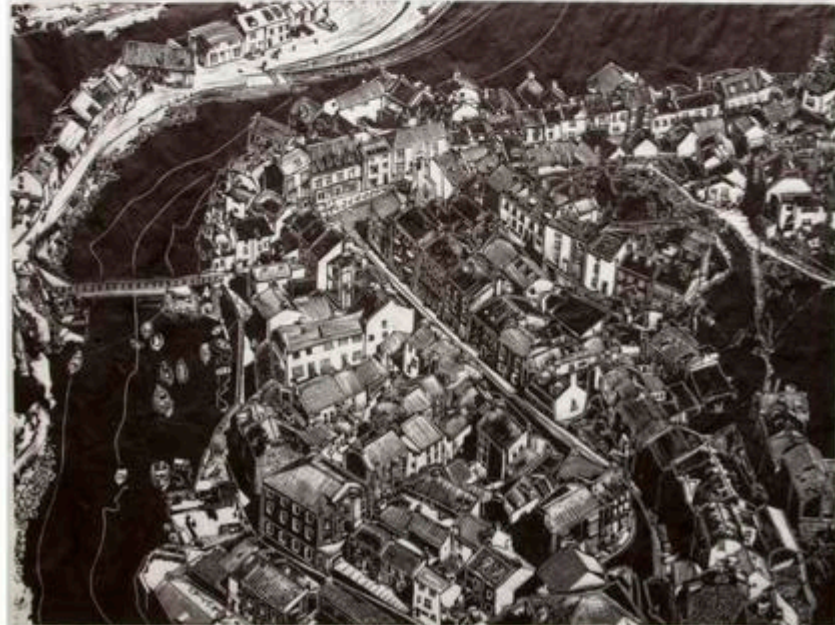
The Historic
**Claremont
Opera House**
est. 1897

603-542-4433
58 Opera House Square
Claremont, NH

INVITATIONAL PRINTMAKERS EXHIBIT

**OPENING RECEPTION
SEPTEMBER 25
5:30–7:00pm**

Featuring the work of local artists
Patty Castellini, Charlet Davenport,
Judith Lampe, Lucy Mueller,
Nori Pepe, Sheryl Trainor,
and Nancy Wightman



**John D. Bennett Atrium Gallery
September 25 to November 22**