

Into the Woods...

One session of the Finding Our Stride running program had its youthful participants and their Claremont Police Department coaches facing — and mastering — the challenging elevation changes in Moody Park last week.

Top: Police chief Mark Chase looks back to check on how well his three charges — Morgan Tremblay, Mishal Farhan and Ayan Farhan — are holding up amongst the large tree growth in the park.

Below: Captain Brent Wilmot follows his two running partners — Matt Wilmot and Jason Demers — out of Gravity Cavity. The whole team is gearing up for the CHaD Hero race at Dartmouth College on Oct. 20 (Eric Zengota photos).

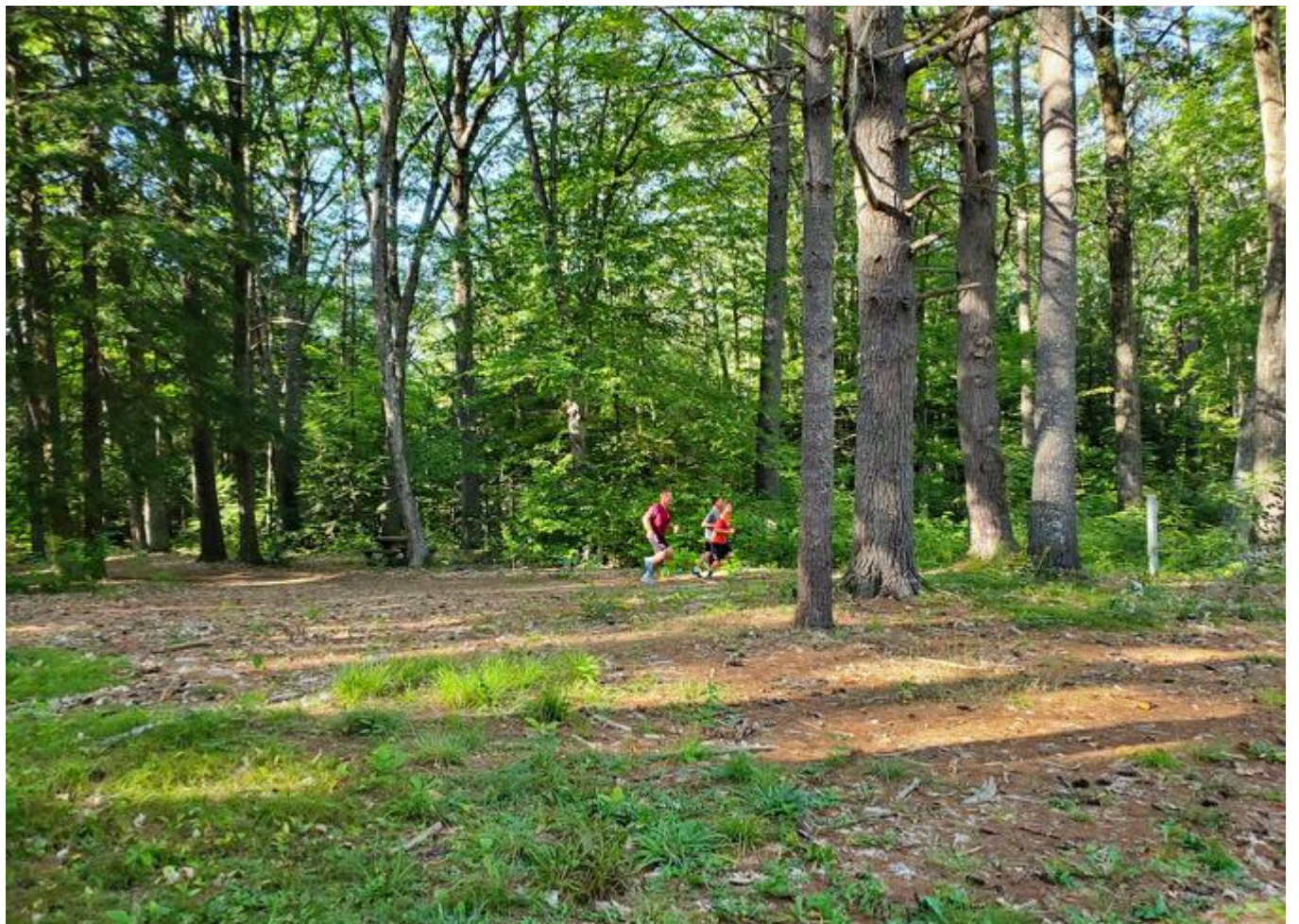


A Definite 'Hole-in-One' for the CSBCC Scholarship Fund

We couldn't have asked for better weather last Wednesday, Sept. 18. Or for better golfers, volunteers and businesses who made Parks & Rec's Golf Scramble such a success. This was our third year for the fundraiser, with all the proceeds going to the CSBCC Scholarship Fund.

Golf carts chugged up and down the course as 18 teams fanned out over the Claremont Country Club course. They played its 9 holes twice as both the front- and the back-9. Many also entered the putting contest, and everyone gave their best swings to claim "closest to the pin" and "closest to the line" bragging rights plus prizes. Signs with sponsors' names were on every green.

(Continued on page B2)



Recreation, from B1

In the clubhouse, there were several raffles and a silent auction going on. A buffet lunch — hot dogs, chicken and all the picnic fixings — was served outside.

This was truly a community event. We thank everyone who was involved over the past several months. Players, sponsors, food donors and grill masters, committee members, volunteers, Claremont Country Club — you all had a hand in organizing and running a flawless event.

As I said at the conclusion of the tournament, “Over the past two years Parks & Rec has been able to help approximately 30 youths and families who are economically or circumstantially disadvantaged with the opportunity to participate in a variety of positive recreational activities.”

I’m happy to report that we can continue to help even more youths. This year’s tournament raised a record amount, more than \$6,000.

Here’s the procedure to apply for a scholarship:

Applicant completes and submits the Scholarship Application and Program Registration forms to Parks & Rec staff at the CSBCC.

Department staff reviews the forms within five business days, and informs the applicant of the scholarship amount.

Applicant has one week to provide the balance due on the program. If payment is not received, the applicant forfeits the awarded scholarship.

Mark Brislin — Director, Parks & Recreation
 — 603-542-7019 —
mbrislin@claremontnh.com

Congratulations to Our Winners

Division A — Body Fit 1st place/56; LPL Financial 2nd/59

Division B — Team Nelson/Butler/McNeil/White 1st place/58; CCC grounds crew 2nd/59



Putting contest — Don Chabot
 Closest to the line — Bob Haynes
 Closest to the pin — Caleb Taft/12”

All the 50/50 raffle winners, who shared in the \$1,500 pot with prizes from \$50 to \$1,000



Photos by
Eric Zengota

Stevens Lady Cardinals Soccer Tops Laconia

The Stevens Lady Cardinals Soccer team hosted Laconia Thursday night and won 5-0. Stella Laverture scored the first goal of the game with 16 minutes to play off an assist from Sydney Miller. The Cardinals played great possession soccer and prevented Laconia from having any opportunities, said Coach Stephen McManus.

In the second half, Stevens found their groove and were able to tack on 4 more goals. Sydney Miller scored 2 goals assisted by Stella Laverture and Tanner Brown. Brown scored a goal off an assist from Hannah Miller and Elle Grenier found the back of the net of another assist by Miller.

The defense played a strong game limiting Laconia's chances.

The win gives Stevens a record of 6-0; the team will play at Windsor on Sept. 24.

Cards Take the Win, Defeating Lakers, 44-22

The Stevens Football team traveled to Meredith on Friday night to take on the Lakers of Inter-Lakes High School on their homecoming weekend. The Lakers brought in portable lights to play their first ever night game. The Cardinals would spoil both their first night game, and Homecoming, as well, by recording a 44-22 victory.

The Cardinals jumped on the board in the first quarter on a 3 yard touchdown run by Keaghan McAllister. The two-point conversion failed and it was 6-0. Stevens would add to their lead early in the 2nd quarter on a 1 yard McAllister run, who also added the conversion run, to make it 14-0. The Lakers gave their crowd something to cheer about just before the half on a Noah Robinson touchdown run. The kick was no good and it was 14-6 at the half.

The third quarter would belong to the Cardinals as they scored 3 touchdowns and 23 points to take a commanding lead. McAllister would score on an 8 yard touchdown run, as well as add another conversion run. The touchdown was set up by a 60 yard run from

Stevens Volleyball Roundup

09/06/19	at Mascoma Valley	L 0 - 3
09/11/19	Franklin	L 0 - 3
09/13/19	at Moultonborough	L 0 - 3
09/16/19	at Trinity	L 1 - 3
09/20/19	Prospect Mountain	06:00 PM
09/25/19	Fall Mountain	06:15 PM
09/28/19	Raymond	03:15 PM
09/30/19	at Inter-Lakes	05:45 PM
10/02/19	at Sunapee	06:15 PM
10/04/19	at Hillsboro-Deering	06:15 PM
10/07/19	at Fall Mountain	06:15 PM
10/09/19	Mascoma Valley	06:15 PM
10/16/19	Belmont	06:15 PM
10/18/19	Hillsboro-Deering	06:15 PM
10/21/19	Sunapee	06:15 PM
10/25/19	at Franklin	06:15 PM

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	W 1 - 0
09/18/19	at Mascenic	L 1 - 2
09/24/19	at Littleton	04:00 PM
09/26/19	Conant	04:00 PM
09/28/19	Newport	06:30 PM
10/05/19	at Kearsarge	03:00 PM
10/07/19	at Mascoma Valley	04:00 PM
10/09/19	Hopkinton	04:00 PM
10/11/19	Laconia	04:00 PM
10/15/19	at Monadnock	04:00 PM
10/18/19	Lebanon	05:30 PM

Owen Taylor. It was McAllister again a short time later going in for the score on a 5 yard touchdown run. He would add his third conversion run of the game to make it 30-6. The big play on the drive was a gorgeous 48 connection for Owen Taylor to older brother Alex, covering 48 yards. Inter-Lakes would get a Noah Robinson touchdown, and conversion pass to make it 30-14. The Cardinals would score

again before the quarter ended with yet another McAllister touchdown run covering 6 yards. Clayton

Wadsworth

came on to boot the extra point and make it 37-14 heading to the 4th quarter.

McAllister would cap a huge night scoring his 6th touchdown of the game on a 53 sprint to paydirt. Wadsworth's boot was true on the extra point to close out the scoring for the Cardinals. Inter-Lakes added a Blake Dunlop touchdown run and a two point conversion to make the final score 44-22.

McAllister carried the football 35 times for 283 yards and 6 touchdowns on the night. Owen Taylor topped the century mark, as well, rushing 7 times for 111 yards, as the offensive line of Cam Oxtan, Hunter Paradis, Tucker Derosier, Eddie Brodeur, Phil Mason, Mike Gaspar, and Tight End Quentin Bicknell opened big holes all night allowing Stevens to amass 462 rushing yards on 57 rushes. Mason also had a game high 7 tackles and a sack.

The Cardinals are back in action against the Somersworth Hilltoppers on Friday night at Barnes Park. Game time is 7PM.



Stevens Boys Soccer Roundup

08/30/19	at Fall Mountain Reg	W 2 - 0
09/03/19	at Plymouth	L 0 - 3
09/06/19	Manchester West	L 1 - 3
09/10/19	at Oyster River	L 0 - 2
09/13/19	Kearsarge	L 0 - 2
09/23/19	John Stark	06:00 PM
09/25/19	at Windsor	04:00 PM
09/26/19	Kennett	06:00 PM
10/01/19	at Merrimack Valley	04:00 PM
10/05/19	at Kearsarge	02:30 PM
10/07/19	at Conant	04:00 PM
10/12/19	at John Stark	12:00 PM
10/15/19	Fall Mountain Reg	07:00 PM
10/19/19	Lebanon	TBA
10/23/19	Coe-Brown Northwood	06:00 PM
10/26/19	at Kingswood	06:00 PM

Inspiration

Mistaken Identity

By Priscilla Hull

Each year at this time the meadows and roads are decorated with the remarkably bright yellow of goldenrod! At the same time we start sneezing and sniffing. At the same time, the dull, green and inconsequential flowers of ragweed are taking over as many small plants as ground as possible! Perhaps because the goldenrod is so brilliant, we blame our sniffly noses on it when, in fact, the guilt lies with its less brilliant neighbor, ragweed. It is a common error of mistaken identity. Because the goldenrod is so glamorously visible, we blame allergies on it.

To alleviate our sniffles, we pull out goldenrod by the fistful and get rid of it. Not so fast! A few years ago I saw goldenrod for sale in New York City, three stems for \$5.00! Think of the fortune to be made! There are more positive reasons for saving the goldenrod. It looks good in dried wreaths and fall arrangements and is a great accompaniment to fall bouquets for weddings or celebration or simply to decorate the table. However, the real reason to preserve goldenrod is that, as pictured, it is a favorite for honey bees!



We all know, by now, the importance of providing flowers for pollinators such as bees and butterflies. It is one small way in which we can each contribute to saving the planet. Ecology is not a choice, it is the choice. There are many ways to contribute to ecology; recycle, use less plastic and so on, but why not make it beautiful on the way! From spring and the first dandelions until the first frost of fall, bees are busy collecting their pollen and making us honey, that sweetener preferred by many for their tea!

Living a healthy life is good. Living a life aware of the goodness that the earth does for us is good. We can return that goodness right back by being smart in how we treat the world!

Let us remember all of the good things of the earth and return goodness to her.

You have given him dominion over the works of your hands; you have put all things under his feet, all sheep and oxen, and also the beasts of the field, the birds of the heavens, and the fish of the sea, whatever passes along the paths of the seas.
Psalm 8:6-8

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

Calendar Of Events

CHARLESTOWN RECREATION COMMITTEE RECREATION NEWS

OCTOBER 2019

CHARLESTOWN FALL FESTIVAL: The second annual Charlestown Fall Festival is scheduled for October 18 and 19, 2019.

- Dodge Ball - Friday, October 18 at 6pm at the Charlestown Middle School
- 5K Run/Walk – Saturday, October 19, 10am. Register at Town Office. Preregister \$20; \$30 for registration on day of event. Free 1 mile event for 12 and under.
- Craft Fair – Saturday, October 19, 9am – 3pm. There are still vendor spots available. Send a message to the Charlestown Recreation Dept on Facebook Messenger or visit the Town Office for a Registration form.
- Flyer sponsorship - \$25. Please message the Charlestown Recreation Dept on Facebook Messenger or visit the Town Office to get your business published in the Flyer.
- If you would like to participate or host a Fall Festival event, please contact the Town Office.

Watch the Charlestown Recreation Department Facebook page for activities.

BASKETBALL SIGNUPS: We are now accepting sign ups for the upcoming basketball season. Visit the Town Office anytime to register. \$20 per child; \$50 for a family of 3 or more children. Special signup dates will be announced.

CHARLESTOWN CHRISTMAS CRAFT FAIR: The second annual Charlestown Christmas Craft Fair is scheduled for Saturday, December 7, 9am to 3pm, at the Charlestown Primary School. Watch the Charlestown Recreation Dept Facebook Page for more information.

RECREATION COMMITTEE MEETINGS: The October CREC meetings will be on October 1, 8 and 15 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.

Newport Class of '69 to Hold 50th Reunion

NEWPORT, NH—Newport NH High School Class of 1969 will celebrate their 50th reunion Saturday, Oct. 5. We want to see all who were part of our class at some point during our years in Newport schools! Reunion activities include participation in the Newport Homecoming parade at 10 AM, school tours beginning at 11 AM, a drop-in social time from 4 to 6 PM at Hilltop House located at Hilltop Place, New London, NH, followed by a brief class meeting, a dinner, and a 7 PM drop-in social time.

For more information, visit our Newport NH High School Class of 1969 Facebook page or call Karen Koski Little at 603-477-6408 or Dick Bates at 603-359-8142. Dinner reservations must be made by Saturday, September 28. For all other events, reservations are welcome to help us plan, but not necessary.

OCTOBER 3 - 5 RUMMAGE SALE IN WINDSOR

Old South Church, Main St., Windsor, VT, will hold its Fall Rummage Sale from October 3 - 5. Featuring: Clothing for men, women and children, fall decorations, costumes, white elephants, jewelry, glassware, books, sporting goods, toys, furniture, linens and household items.

Thursday, Oct. 3, from 9:30 a.m. - 7:00 p.m.
Friday, Oct. 4, (Half Price and Bag Sale) 9:00 a.m. - 4:00 p.m.
Saturday, Oct. 6, Clearance from 9:00 - 11:00 a.m. Everything is free.

We will be accepting donations of sorted, clean, usable items on:
Sept. 29 from noon to 4 pm.
Sept. 30 and Oct. 1 from 11 am until 7:00 pm.
No electronics and please do not leave things at the church at other times.

If you have questions, please call the church (802-674-5087) or email oldsouthchurchwindsor@gmail.com.

THURSDAY, SEPTEMBER 26 Paint & Sip Art Class: The Corbin Covered Bridge

6:00-8:00pm

Location: Library Arts Center Annex, 15 Main St. Newport, NH (storefront in downtown Newport next to Bar Harbor Bank)

Cost: \$35.00 per person

The Library Arts Center presents a fun, laid back evening, in which participants will complete a watercolor painting of the Corbin Bridge with artist Patti Warren. Step-by-step instruction and individual support are hallmarks with this instructor. All materials are provided. Snacks & wine included. Pre-registration required. Must be 21+ to participate. Call the LAC at 603.863.3040 to register.

Presented in partnership with the Newport Historical Society for the upcoming Corbin Covered Bridge Festival.

Tuesday , October 1 Plainfield/Cornish Energy Committees' Meeting

7 pm at the Philip Read Library on 12A, Plainfield

The Joint Energy Committee of Cornish and Plainfield will meet to discuss actions for reaching the goal of 100% renewables for electricity by 2030.

WEDNESDAY, SEPT. 25

Introduction to Impressionist Painting

To register, please go here: <https://claremontmakerspace.org/events/#!/event/2019/9/25/introduction-to-impressionist-painting>

Vibrance and energy shimmer on the canvas of the impressionist painter. Working in an intuitive manner, they captured in color, rhythm and the spontaneity of the moment. It was a time of change, a time of new ideas, and innovation. The impressionist artists developed a kind of painterly short hand, using visible brush strokes to recreate the fleeting qualities of light as it danced across the natural world. In this class, we will discuss how the industrial revolution effected the impressionist artists and consider the technology revolution of our own time. Everyone will be encouraged to develop their own personal intuitive style of painting. Come to class dressed to paint. All supplies provided.

This class is for teens to adults.
9/25, 6 - 8:30 PM Claremont Makerspace

Chili Cook-Off, Road Race

CLAREMONT, NH—Calling all chili chefs and runners! The registration period to sign up

for the Chili Cook-Off and the SERVPRO of Lebanon/Hanover/Littleton 5K Road Race, part of the Fall Festival on Saturday, October 5, has now opened and is accepting applicants for both events.

Residents, businesses and nonprofit organizations are invited to participate in the Annual Chili Cook-Off, sponsored by the Claremont Parks and Recreation Department. Register online at www.claremontparks.com or call the Claremont Parks & Recreation Department to enter your favorite chili. The deadline to register your chili both online and through the office is Thursday, October 3. If you like good chili, come tease your taste buds and cast your vote for the best chili at the Fall Festival! Cook-Off tasting fees: \$5 adults; \$3 children; no fee for chili chefs. The chili tasting begins at 10:30 a.m. and will end at 2:30 p.m., followed by awards. While sampling the chili entries be sure to visit the 40+ vendor and exhibitors along with enjoying this year's live music by Rusted Chrome.

Back again for 2019 – \$200.00 VISA gift card prize for the winner of the Business Category.

The winner of this category will receive a \$200.00 Visa gift card donated by The Savings Bank of Walpole.

\$200 VISA gift card prize for the winner of the Individual Category.

The winner of this category will receive a \$200.00 Visa gift card donated by LJC Heating & Air Conditioning.

\$200.00 VISA gift card for the winner of the Non-Profit Category.

The winner of this category will receive a \$200.00 Visa Gift Card donated by (TBD).

If you feel you need to work up an appetite in order to consume all that wonderful chili, then sign up for the popular SERVPRO of Lebanon/Hanover/Littleton Chili Cook-Off 5K Road Race. Runners will receive a complimentary ticket to the cook off. Pre-registration is available until Friday, Oct. 4, at 12:00 noon for just \$15.00. Same day registration begins at 7:30 a.m. and is \$20.00. Kids' Race begins at 8:30 a.m. followed by the SERVPRO of Lebanon/Hanover/Littleton 5K Road Race. The race course can be viewed on mapmyrun.com.

Event:

Kids Fun Run 8:30 AM

SERVPRO of Lebanon/Hanover/Littleton 5K Race 9:00 AM

Fall Festival 10 AM – 3 PM

Chili Cook Off/Chili Tasting 10:30 AM-2:30 PM

Rusted Chrome Band 10:30 AM – 2:45 PM
Chili Winners Announced 2:45 PM

For further information about the Chili Cook-Off and 5K Road Race, please call the Parks & Recreation Department at 603-542-7019 or visit www.claremontparks.com.

Soo Nipi Quilters Guild Biennial Quilt Show

NEWPORT, NH—The “Wonderful World of Quilts,” an exhibit presented by the Soo Nipi Quilters Guild of Newport, NH, opens Sept. 28 at the Library Arts Center in Newport and runs through October 23.

The opening reception will be held on Friday, Sept. 27, from 5:00 to 7:00 PM. The public is welcome to this free event. 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. The Bar Harbor Bank and Trust is sponsoring the event.

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

Children are welcome to attend the quilt show and take part in an “I Spy” activity, finding objects in the quilts.

At the quilt show, you will be able to view the beautiful raffle quilt pieced by members of the Guild, machine quilted by Mink Hill. Tickets will be on sale for \$1.00 each or \$5.00 for six tickets. The drawing will be held on Wednesday, October 23 at 4:00 PM.

The Guild was organized in 1983 with a membership of ten people and has met continuously since then, growing to a membership of more than 70 people. The mission of the Soo-Nipi Quilters Guild is to encourage and develop the art of quilting. The Soo-Nipi Quilters Guild meets the third Thursday of each month at the South Congregational Church from 10:00 AM to 2:00 PM. Anyone interested in quilting may attend a monthly meeting as a guest.

For more information, please contact Ann Pankow, Guild President, email pankow18@aol.com.

Next AARP Meeting Oct. 10

CLAREMONT, NH—The next meeting of the local chapter of the AARP 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 Bellows Falls and Indian artifacts as close as Claremont.

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.

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.



Ann Jacques
Licensed in NH / VT, Sales Associate
Multi-Million Dollar Producer
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Highview Realty
42 Summer Street
Claremont, New Hampshire 03743
Office (603) 542-7766 Ext. 204
Toll Free (800) 269-2414
Cell (603) 543-7720
Fax (603) 543-0163

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REV. SEP 05, 2019

MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st WEEK of the month	BLOOD PRESSURE CLINIC COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	FOOT CLINIC Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Plainfield Libray 12:00 – 4:00 pm	BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
2nd WEEK of the month		BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:00 am Grantham Methodist Church 11:15 am – 12:00 pm (Apr-Dec) Sugar River Mills, Claremont 1:00 – 2:00 pm FOOT CLINIC Bourdon Centre, Claremont 8:00 am – 12:00 pm Sugar River Mills, Claremont 12:30 – 2:00 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm FOOT CLINIC Charlestown Senior Center 9:00 am – 4:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
3rd WEEK of the month	BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 11:00 am – 12:30 pm Marion Phillips Apts, Claremont 1:00 – 2:00 pm FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am Marion Phillips Apts, Claremont 1:00 – 4:00 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Bradford Senior Center 11:00 am – 12:00 pm Claremont Senior Center 11:00 am – 12:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	
4th WEEK of the month	FOOT CLINIC Newport Senior Center 9:00 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Cornish Town Hall 11:15 am – 12:30 pm FOOT CLINIC Lebanon Senior Center 10:00 am – 2:00 pm	FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC CSB Community Center, Claremont 9:30 – 11:00 am Plainfield-location varies 11:30 am – 1:30 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	These events take place every month, except on holidays. Foot Clinics are by appointment only and cost \$25. For more information or to verify a date, call 603-526-4077 or visit: LakeSunapeeVNA.org

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.

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 Learn-

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

Silsby Library News

Keep up with all the library's special events by following us on Facebook at <https://www.->

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

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.

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.

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
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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.

www.facebook.com/etickernews

Newport Crop Walk Fundraiser Oct. 6

NEWPORT, NH—On Sunday, October 6th, the Newport Crop Walk will raise funds for the Newport Food Pantry as well as national and international hunger relief. Registration 12:30 PM, walk at 1:00 PM. Gather at Newport Common and walk any distance along the beautiful Sugar River Rail Trail. Collect pledges and/or bring a non-perishable item for the Food Pantry.

For more information, contact South Congregational Church at 863-3729.

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,



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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.

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.

Scholar Notes

Stevens students who recently registered for the Fall 2019 semester at Castleton College:
Isaiah Forrest
Hailey Laclair
Ryann Rider

Send your news and photos to

etickernews@gmail.com



Acworth Silsby Library

Presents

Ben Kilham

Ben Kilham, Ph.D is a wildlife biologist based in Lyme, New Hampshire. His love of and devotion to black bears has enabled him to study their habits and interact with them for more than two decades. He, his wife Debra, and sister Phoebe have accepted orphaned bear cubs into their home and enabled them to successfully return to the wild. Ben has been the focus of several news articles and documentaries, including National Geographic's *A Man Among Bears* and Animal Planet's *Papa Bear*. He is also author of the books *Among the Bears: Raising Orphaned Cubs in the Wild* and *Out on a Limb: Origins of Intuition and Intelligence*.

2PM on Sunday, October 6, 2019
Acworth Town Hall

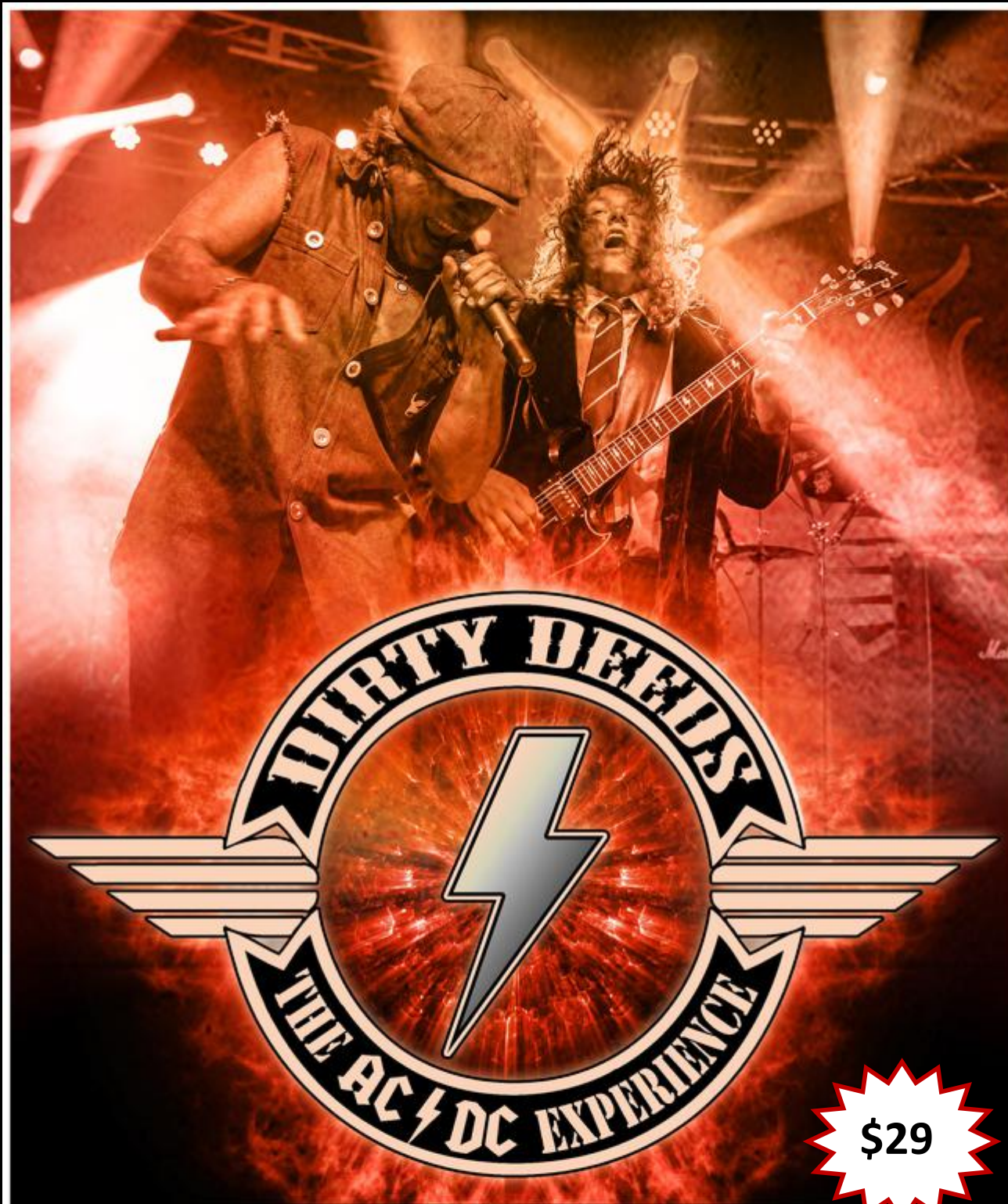


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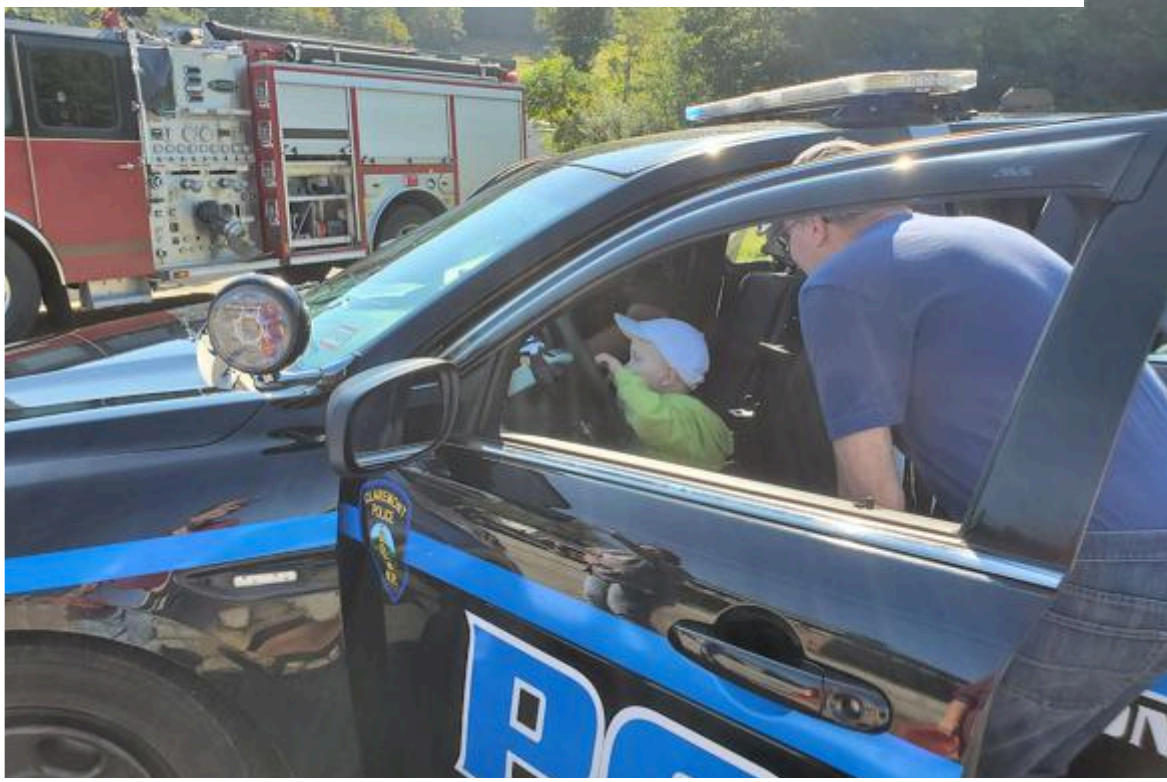
November 30

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claremontoperahouseorg



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Text & Photos by Eric Zengota

First Responders Support Green Dot Efforts to Prevent Violence

CLAREMONT, NH—Claremont Green Dot hosted a get-together on Saturday morning at Claremont Middle School. Volunteers introduced the organization and its purpose to dozens of families. Kids also had the chance to climb in and around Claremont Fire Department engine trucks and police chief Mark Chase's patrol car. Everyone then watched a K-9 demonstration led by Sgt. Tyler Petrin and his partner, Maverick, a 70-lb. Belgian Malinois.

Claremont Green Dot hosts 1- and 5-hour sessions dedicated to preventing violence. The Green Dot Bystander and Overview trainings feature group discussion, interaction and tips on intervening in potentially high-risk situations. For more information: claremontgreendot.org; 603-543-0155; claremontgreendot@gmail.com.

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

Ruth M. Skelton, 92

Ruth M. Skelton, 92, passed away on September 7, 2019 at the Sullivan County Health Care in Unity, NH.

She was born in Hagerstown, MD, on April 12, 1927, the daughter of George and Mary Miller.

Ruth enjoyed spending time with her family, making candy and sweets to share with others, also reading and watching game shows and the Hallmark Channel.

She is survived by her daughter, Annie Bellofatto and her husband, Tom of Unity; daughter-in-law, Gloria Skelton of Waynesboro, PA; granddaughters, Denise (Purdham) Callum and her husband, Terry of Unity, Dawn (Purdham) Lawrence and her husband, Stephen of Claremont, Shea Skelton-Lambert of Waynesboro, PA and Dee Akers and her husband, Jeff of Fort Ashby, WV; great-grandchildren, Devin Agatone, Logan Agatone, Zachary Lawrence, Ethan Lambert, Evie Lambert, Jessica Hartman, Lauren Feaster and Jennifer Akers; great great-grandchildren, Tommy and Morgan Agatone, Lyndsey and Noah Hartman; nieces, Mary Barnhart, Virginia Frey, Mildred Klick, Charlene Norris, Paula Baker and Cathy Miller.

She was predeceased by her husband, Paul Skelton Sr., her son, Paul Skelton, Jr., sisters, Virginia Baker and Grace Custer; brothers, Paul Miller, Alfred Miller and David Miller.

The family would like to thank the staff at Sullivan County Health Care for their care, compassion and going above and beyond their duties with their kind treatment of Ruth.

Per her wishes there will be no services.

The Stringer Funeral Home is in charge of arrangements.

Claremont Fire Dept. Log

Sunday 9/15/19

1142- Engine 3 responded to Dane Ave. for a flooded basement
1652- Engine 3 responded to Washington St. for a motor vehicle accident
1654- Engine 1 responded to Madison Pl. to assist Golden Cross Ambulance
2236- Engine 3 responded to Summer St. for a medical call

Monday 9/16/19

1335- Engine 3 responded to Heritage Dr. for a well-being check

1601- Engine 3 responded to West Pleasant St. for a medical call

1743- Engine 3 responded to Jarvis Hill Rd. for a public hazard

Tuesday 9/17/19

0756- Engine 3 responded to Cedar St. for oil in the road

0828- Engine 3 responded to Baker St. for a medical call

1302- Engine 3 responded to Manor Dr. for a box alarm

1328- Engine 3 responded to Broad St. for a suicidal subject

1331- Engine 1 responded to East Green Mountain Rd. for a medical call

1852- Engine 3 responded to Mulberry St. for a medical call

1902- Engine 3 responded to Charlestown Rd. for a medical call

Wednesday 9/18/19

0808- Engine 3 responded to Oakwood Pk. For a well-being check

“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



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9 Dunning St, Claremont

(we're right there by the hospital)

1055- Engine 3 responded to North St. for a motor vehicle accident
 1423- Engine 3 responded to Washington St. for a medical call
 1901- Engine 3 responded to Pleasant St. for a medical call
 2210- Engine 3 responded to Broad St. for a medical call

Thursday 9/19/19

0829- Engine 3 responded to Washington St. for a box alarm
 0932- Engine 3 responded to Ridge Ave. for an untimely death
 1240- Engine 3 responded to Water St. for an alarm sounding
 1344- Engine 3 responded to Chestnut St. for an illegal burn
 1444- Engine 3 responded to Charlestown Rd. for an odor investigation
 2155- Engine 1 responded to County Farm Rd. in Unity for a fire alarm sounding

Friday 9/20/19

1202- Engine 3, Ladder 2, and Car 1 responded to Broad St. for a smoke investigation
 1630- Engine 3 responded to Washington St. for a motor vehicle accident
 1743- Engine 3 responded to Sullivan St. for a fire alarm sounding
 1855- Engine 3 responded to Canterbury Wy. For a medical call

Saturday 9/21/19

1015- Engine 3 responded to Pleasant St. for an odor investigation
 1302- Ladder 2 responded to Sullivan St. for a person on the roof
 1344- Engine 3 responded to Krista Pl. for a lift assist
 1602- Engine 3 responded to Monadnock Park for a medical call
 1717- Engine 3 responded to Chestnut St. for a smoke investigation
 1727- Engine 3 responded to Spring St. for a medical call
 1937- Engine 3 responded to Hanover St. for a smoke investigation
 2001- Ladder 1 responded to Springfield, Vermont for a 3rd alarm building fire

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Claremont Senior Center, Inc.



OK. We can pull up the shade now. We see there is no way to avoid the inevitable. Fall is here as of Monday, September 23rd. We're starting to see colors here and there. Maybe this will be a beautiful Fall-full of brilliant color.

Apologies first. We wish to say "Sorry" to all those nice people who tried to call the Center to order a turkey dinner to go on Saturday. Some days the fingers won't type the right numbers. PLEASE-MAKE A NOTE-603-543-5998 – IS THE CORRECT NUMBER! Keep it and order from our next delicious Turkey Dinner on Oct. 19th.

NOTICE: There will not be a Silver Sneakers Class this week on Tues. Sept. 24th.

The Balance Class will start on Tues. Sept, 24th-12:45 PM-2:45 PM. Class will be in the Owens Hall.

The Flu Clinic will be at the Center on Thurs., Oct. 3rd-10 AM-Noon and Thurs. Oct. 17th-11AM-Noon. Please bring your insurance cards. Don't miss out getting your shot.

Blood Drive!! The Claremont Senior Center is happy to sponsor a life-giving blood drive on Mon. Oct. 7th starting at noon. Members are asked to make their favorite sandwiches for the donors. Help will also be need in the canteen to serve. Thank you ahead of time. With so many hurricanes and floods lately, we ask that those who can give join us.

Speaking of eating, here is the menu for the week. Tues. Sept. 24th-Pine Rock Manor will be providing lunch followed by a short presentation. Thurs. Sept. 26th BBQ Chicken, Baked Potatoes with Butter and Sour Cream, Corn, Brownie.

Quick Takes: The Corn-Hole Sign-up sheet is waiting for your signature. If you need more information, check out YouTube. Soooo much fun. Out next Turkey Dinner is Sat. Oct. 19th-5 PM-7 PM. Take outs-call 603-543-5998. Yes, that is the correct number! Turkey donations appreciated. We now have 2 chess sets and are looking for someone to teach. Please let us know if you can help.

Enjoy the crisp, cool days and the emerging color. Have a good week.

Laughter and lively conversation encouraged and welcome here. Also any good jokes!

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

Through Oct. 31 Saint-Gaudens Exhibition: "On View in Cornish"

The Trustees of the Saint-Gaudens Memorial are pleased to announce the Fall exhibition at the Saint-Gaudens National Historical Park: "On View in Cornish: American Art at the Picture Gallery, 1948-2019."

More information can be found at the website: <https://sgnhs.org/events/1948-2019-retrospective/>.

TUESDAY, SEPT. 24 MEDICARE WORKSHOP

Medicare can be confusing. Becky Rostron, the SHIP Counselor at Sullivan County ServiceLink Aging and Disability Resource Center

(ADRC), can help you understand your Medicare options.

"Welcome to Medicare" workshops are designed to help new Medicare enrollees make more informed choices about their Medicare benefits. Workshop date Tuesday, Sept. 24th, from 1:30 to 4:30 PM; held at 224 Elm Street, Claremont NH.

Rostron will cover: Part A Hospital insurance, Part B Medical insurance, prescription drug coverage, Medicare Supplement plans, and strategies on how to protect yourself from Medicare fraud, errors, and abuse.

There is no charge, but registration is required. Contact Sullivan County ServiceLink Aging and Disability Resource Center at 603-542-5177 or 1-866-634-9412 to register.

Dinuk Wijeratne Trio**September 27, 2019 at 6:30 PM****West Claremont Center for Music and the Arts, 133 Old Church Rd, Claremont, NH**

Vivifying globally-inspired music effortlessly blending Classical, World, and Jazz. Compositions by award-winning composer Dinuk Wijeratne. The trio are Dinuk Wijeratne (piano, composer), Nick Halley (percussion, hand percussion), and Jon Sutters (upright bass, bass).

This performance is a part of the Bach Tree Residency program, and is funded in part by the Expeditions program of the New England Foundation for the Arts, made possible with funding from the National Endowment for the Arts, with additional support from the six New England state arts agencies. WCCMA is committed to barriers free access to great music. Admission is by donation, the suggested freewill contribution is \$25 for adults, \$30 for families, or pay what you can. Contributions can be made at the door, via our Donate page, or through the Eventbrite link. Email melissa@wcc-ma.org if you would like multiple seats or would like to make your contribution at the door. For more information about WCCMA, visit wcc-ma.org.

The Bach Tree: Cultivating Creative and Collaborative Musicians**An intensive workshop from musicians from students through professionals****Sept. 27 - Sept 30 Showcase of participant work: Sept. 30th, 6pm****West Claremont Center for Music and the Arts**

Step far beyond the musical page to develop your creative and collaborative skills and amplify your craft. In this program you will work with internationally acclaimed and well-travelled musicians Dinuk Wijeratne and Nick Halley. An intensive workshop using the extraordinary Bach Canons as a foundation for performance, composition and improvisation, with an aim to broaden the skill set and imaginations of all participants. The program combines group and one-on-one learning tailored to the individual's goals and interests including styles of improvisation, composition, and performance techniques. Participants work on elements of their project in-between meeting times, and the program culminates in a showcase presenting work created during the workshop (please rsvp your attendance to the showcase to melissa@wcc-ma.org). Full Program information and schedule can be found at wcc-ma.org/BachTree.



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 (Revised)

- | | |
|---------|---|
| 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 |
| | 8. NEW BUSINESS |
| 7:00 PM | A. Census |
| 7:15 PM | B. Presentation on Mayor's Challenge to End Veteran Homelessness |
| 7:30 PM | C. North Light Energy Solar Proposal |
| 7:45 PM | D. Resolution 2020-9 to Accept Donation of Approximately \$6,500 from Tiger Sharks to the CSBCC Scholarship Fund – Public Hearing |
| 8:00 PM | E. Accept Donation of Watercolors for Fiske Free Library |
| BREAK | |
| 8:20 PM | F. Waiver of Merit Plan Salary Scale for Grade 6 Employee |
| 8:30 PM | G. Ordinance 569 Gender Identity Changes – First Reading |
| 8:45 PM | H. Ordinance 570 Police Commission – First Reading |
| 9:00 PM | I. LSR Discussion Regarding Appointment of Police Commissioners |
| 9:15 PM | J. Holiday Display – Policy Committee Recommendation |
| 9:30 PM | 9. FUTURE AGENDA ITEMS AND DIRECTIVES |
| 9:40 PM | 10. CONSULTATION WITH LEGAL COUNSEL |
| 9:45 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.

This project is made possible in part by a grant from the NH State Council on the Arts and the National Endowment for the Arts, and is funded in part by the Expeditions Planning program of the New England Foundation for

the Arts, made possible with funding from the National Endowment for the Arts, with additional support from the six New England state arts agencies.



WEST CLAREMONT
CENTER FOR MUSIC
AND THE ARTS

DINUK WIJERATNE TRIO

September 27, 2019 at 6:30PM
133 Old Church Rd. Claremont NH

Vivifying globally-inspired music effortlessly blending Classical, World, and Jazz. Dinuk Wijeratne (piano, composer), Nick Halley (percussion, hand percussion), and Jon Sutters (upright bass, bass). Funded in part by the Expeditions program of the New England Foundation for the Arts, made possible with funding from the National Endowment for the Arts, with additional support from the six New England state arts agencies. Admission by donation, the suggested freewill contribution \$25/\$10 Students/\$30 for Families, or pay what you can. For more information about WCCMA visit wcc-ma.org.

