

Lyn Clinches, Riendeau Wins Tenth, First Ever for Schoolcraft at Claremont Speedway

By Gary Dutton

CLAREMONT, NH—High schooler Cody Schoolcraft scored his first career feature win Friday, September 21, night at Claremont Speedway.

Super Street star Ben Poland took his second victory lap this year, and it was business as usual for Chris Riendeau, who rocketed to his track-high tenth win to close to within six points of title-points-leading Bryan Town entering the season finale.

Friday's event at the Thrasher Road speedplant was the third-mile oval's 20th consecutive race meet without rain stoppage this summer. When it was concluded, one divisional championship had been decided but two were left very much up for grabs entering its Championship Night event.

T-Bird Mini Mart Wild Cat ace Zach Lyn had a forgettable night, struggling to a tenth-place finish, but all wasn't bad for the Claremont star, whose night's work netted him his second consecutive championship in the four-cylinder division.

R.E. Hinkley Super Streeter Dylan Bodreau's runner-up finish brought him to within 11 points of Ricky Bly in their championship battle, and Riendeau's Pepsi Street Stock victory brought him to within a half dozen markers of points leader Bryan Town, who earned runner-up honors in Friday's 25-lap feature.

Pole sitter Tyler Lescord set a fast pace the first eight go-rounds of the Super Street main event, giving way to Ben Poland on a restart caused when points leader Ricky Bly looped in turn four, compliments of a friend, to bring out the race's first caution.

Dylan Bodreau followed Poland forward, then racing under a blanket with him most of the way to earn the runner-up finish. Magic Mark McClay, strong all night, claimed the three spot, just ahead of his brother Jack, while Bly rocketed back through the field to claim fifth, losing six points to Bodreau but still going home atop the leader board in quest of his second speedway crown.

Riendeau inched past Briana Akusis to grab the lap one lead in the Street Stock main, then



T-Bird Mini Mart Wildcats rookie Cody Schoolcraft won his first career feature race on Friday night (Photo by Tyke Matheson).

left the field in his dust as he made his tenth stop of the season in Daddy's Pizza victory lane. His gains were minimal, though, as top points man Bryan Town held the deuce the final 24 go-rounds.

While Riendeau's victory came easily, Town's runner-up finish was anything but. Fellow hometown hot shoe Lenny Silver was glued to Town's bumper most of way, with Town earning the valuable two extra championship points as Silver took the checkers in his shadow.

Dave Greenslit, victorious a week earlier, came home fourth in Friday's Street Stock main event, and Canaan's Robbie Streeter was fifth under the checkers.

Rookie Cody Schoolcraft, who started this season in the grandstands, completed his fast learning curve Friday, leading all the way and winning by a country mile to become the eighth different Wild Cat winner this summer, the fourth rookie pilot to turn the trick.

Points king Zach Lyn rode in second the first five laps but abruptly slowed on lap six, staying trackside another five go-rounds before dropping out, his second championship already assured. Rookie Hayden Grenier got up for second on lap 17 but on this night would have needed binoculars to see the speedy Schoolcraft's back bumper.

Kyle Templeton ran third the last six laps and will finish his impressive rookie campaign second to Lyn in points. With the all-rookie trio of Schoolcraft, Grenier and Templeton making up the top three, Seth Melcher was fourth, and Kyle Currier came home fifth.

Next Friday, September 28, Claremont Speedway will close out its very successful 2018 racing season when it hosts its 21st and final event of the summer, Championship Night. That event will be rain-dated until Saturday if necessary.

(Continued on page B2)

Speedway, from B1

CLAREMONT SPEEDWAY SEPT. 21

TOP TENS:

SUPER STOCK: Ben Poland, Dylan Boudreau, Mark McClay, Jack McClay, Ricky Bly, Alex Poisson, Allen Fellows, Tyler Searles, Ken Fowler, Tyler Lescord.
STREET STOCK: Chris Riendeau, Bryan Town, Lenny Silver, Dave Greenslit, Robbie Streeter, Briana Akusis, Lucas Wheeler, Travis Cass.

WILD CAT: Cody Schoolcraft, Haydon Grenier, Kyle Templeton, Seth Melcher, Kyle Currier, Raven Streeter, Steve Morris, Jim Carley, Chris Carver, Zach Lyn.

SHS Girls Soccer Recap

The Stevens Lady Cardinals Soccer team hosted Windsor and defeated the Yellow Jackets 6-0 on Wednesday. Scoring was led by Audrey Puksta with 4, followed by Julia Beldaire and Jenna Pond with 1 apiece. The Lady Cardinals scored the first goal of the game within the 36th minute off an assist from Sydney Miller to Audrey Puksta. Stevens would capitalize again 2 minutes later when Julia Beldaire connected on a shot from outside the 18 yard box off an assist from Brooke Bonneau. The Lady Cardinals would keep the momentum rolling with 2 more goals from Audrey Puksta assisted from Alexis Aiken and Ashlyn Marsh. Stevens went into the 2nd half looking to possess and move the ball a little quicker and were able to connect 2 more times in the 21st and 19th minutes by Jenna Pond and Audrey Puksta off assists from Julia Beldaire and Brooke Bonneau.

The Stevens Lady Cardinals soccer team traveled to Hopkinton Saturday and came home with a 1-0 victory. The game remained scoreless up until the final minute of the game when Brooke Bonneau chipped it over the keeper on a pass from Elle Grenier. Kate Chambers patrolled the net for Stevens coming up with big saves to maintain the shut out. It was a solid team effort that saw all Lady Cardinals contributing for the win.

This win puts Stevens at 8-1; they will host White Mountains on Monday, Sept. 24, at 4:00 p.m.

R.E. HINKLEY SUPER STREETS FEATURE RACE				
FINISH	START	CAR #	DRIVER	LAPS
1	4	00	BEN POLAND	40
2	5	24	DYLAN BODREAU	40
3	8	6	MARK MCCLAY	40
4	6	16	JACK MCCLAY	40
5	7	28	RICKY BLY	40
6	2	49	ALEX POISSON	40
7	9	29	ALLEN FELLOWS	40
8	11	60	TYLER SEARLES	40
9	3	8	KEN FOWLER	40
10	1	15	TYLER LESCORD	40
11	14	42	JOSH CURRIER	38
12	15	62	ERIC MARTELL	38
13	10	8NH	RYAN BELL	16
14	13	23	CRAIG SMITH	9
15	12	4	TRAVIS CASS	8
TIME OF RACE				
15 MINUTES 0 SECONDS				
MARGIN OF VICTORY				
.765 SECONDS				
BEST LAP TIME/SPEED				
DYLAN BODREAU - 15.492 SEC/77.452 MPH				
CAUTIONS				
1 - LAP 9				
LAPS LED				
LESCORD 1-8, POLAND 9-40				
HEAT RACE WINNERS				
POLAND, BODREAU				

SHS Field Hockey Recap

The Cardinals hosted Littleton on Monday, winning 3-2. On Saturday, the team traveled to Hopkinton; the Red Birds lost, 0-2.

The team will see plenty of action this week with games at Newport on Tuesday at 4:00 p.m., against Monadnock at home on Thursday, 4:30 p.m., and facing Kearsarge at home on Friday; that game begins at 4:00 p.m.

SHS Boys Soccer Recap

The team was back in action on the 17th, on the road at John Stark; the Cards lost, 1-4. The team bounced back into the win column on the 19th, defeating Windsor at home, 4-1, and winning again on the 21st, playing at Kennett; that score was 1-0.

PEPSI STREET STOCKS FEATURE EVENT				
FINISH	START	CAR #	DRIVER	LAPS
1	5	64	CHRIS RIENDEAU	25
2	3	11	BRYAN TOWN	25
3	4	9	LENNY SILVER	25
4	7	20	DAVID GREENSLIT	25
5	6	55	ROBBIE STREETER (R)	25
6	2	02	BRIANA AKUSIS	25
7	1	21G	LUCAS WHEELER	25
DQ	8	32	TRAVIS CASS	-
TIME OF RACE				
6 MINUTES, 58 SECONDS				
MARGIN OF VICTORY				
4.994 SECONDS				
BEST LAP TIME/SPEED				
RIENDEAU - 16.450 SECONDS/72.941 MPH				
CAUTIONS				
NONE				
LAPS LED				
TOWN 1-4, RIENDEAU 5-25				
HEAT RACE WINNERS				
AKUSIS				

T-BIRD MINI MART WILDCATS FEATURE				
FINISH	START	CAR #	DRIVER	LAPS
1	2	31NH	CODY SCHOOLCRAFT (R)	25
2	5	83	HAYDON GRENIER (R)	25
3	8	67	KYLE TEMPLETON (R)	25
4	4	26	SETH MELCHER	25
5	1	3	KYLE CURRIER	25
6	3	52	RAVEN STREETER (R)	25
7	7	46	STEVE MORRIS	24
8	10	92	JIM CARLEY	24
9	9	88	CHRIS CARVER	24
10	6	33	ZACHARY LYN	11
TIME OF RACE				
7 MINUTES, 37 SECONDS				
MARGIN OF VICTORY				
2.530 SECONDS				
BEST LAP TIME/SPEED				
GRENIER - 17.743 SEC/67.626 MPH				
CAUTIONS				
NONE				
LAPS LED				
SCHOOLCRAFT 1-25				
HEAT RACE WINNER				
GRENIER, LYN				

This week the Cardinals host Merrimack Valley on the 25th, with action beginning at 6:00 p.m. On Saturday, the team plays Kearsarge at home; game time is 5:00 p.m.

SHS Boys Golf Recap

On Sept. 18, SHS battled John Stark, winning 50-47, defeated ConVal, 50-37 and fell to Fall Mountain, 50-77. On Thursday, the Cardinals were defeated by Sanborn, 44-67, and Lebanon, 44-51.

This week the Cardinals are scheduled to face Bow and Prospect Mountain on the 25th and Conant, Pelham and ConVal on the 26th.

All the action begins at 4:00 p.m. and is on the road.

SHS Volleyball Recap

The SHS Cardinals Volleyball team played at Fall Mountain on the 19th, losing 0-3. The team was on the road again on the 20th, losing to Raymond, 0-3. This week, the Cardinals host Inter-Lakes, on Monday, at 6:15 p.m., Sunapee on the 26th, and then hits the

road on the 29th to play Franklin at 11:15 am.

SHS Brings Home 41-0 Win

The Stevens football team made the long journey to Somersworth to take on the Hilltoppers on Friday night. The trip home was made more palatable after a 41-0 victory.

Stevens wasted little time getting on the board, as they drove 81 yards, and capped the drive on a 33 yard touchdown run by junior Keaghan McAllister. The extra point kick was off the mark but it was quickly 6-0. The Cardinals added to their lead on their next possession as McAllister scored his second touchdown of the night with a 1 yard run. The touchdown was set up on a 22 yard screen pass from Quentin Bicknell to Damon Roy on a 3rd down and 18, which kept the drive alive. Gabe Spaulding's extra point was true and cleared the bandstand behind the end zone and it was Stevens 13-0 after a quarter of play.

Stevens scored on their first play of the second quarter on a beautiful QB trap, with Baylor Rozzell keeping the ball and running it in from 13 yards for his first touchdown of the year. The extra point kick was blocked. After forcing the Hilltopper's to punt on their next possession, it was Rozzell finding pay dirt again, as he picked up the punt at the 50 yard line and sprinted down the left side line for the special team touchdown. The extra point was just wide but Stevens had increased their lead to 25-0. Quentin Bicknell would score his first touchdown of the year before the half as he carried the ball on 3 consecutive plays going in on the QB sneak for a 1 yard touchdown. Bicknell would find a wide open Lucas Mudge for the two point conversion and the Cardinals took a 33-0 lead into half time.

The only score of the second half was scored by freshman Zack Bundy, who weaved his way through the Somersworth defense to cover 16 yards for his first career touchdown. Bundy connected with Clayton Wadsworth for the two point conversion and the final score was Stevens 41, Somersworth 0.

McAllister had a game

high 124 yards on 11 carries and 2 touchdowns. Quentin Bicknell finished the night completing all 9 of his passes for 78 yards and also rushed for 25 more and a touchdown.

Stevens will host the Cougars of Kearsarge in a Homecoming Game on Friday night at Barnes Park. Game time is 7:00 PM.

JV Football Sees Action Against Cougars

The JV football team played the Kearsarge Cougars this past Tuesday and both teams were fortunate enough to play the game on the turf field at Proctor Academy.

Despite a big night from freshman quarterback Zack Bundy, the Cardinals came out on the short end of a 40-26 score, in a well-played and exciting game. Bundy ended the evening with 4 touchdown passes. He connected with Ethan Johnson for 2 of the scores. Bundy also found Hunter Christian behind his defender for a touchdown, and on the final play of the game, made a beautiful pass to Luke Forrest, who then out ran his defender to the end zone.

Christian also had a big game on the defensive side of the ball making numerous tackles on the evening. Pascal Lemieux had several long runs for the Cardinals.

The junior Cardinals will host the Hilltoppers of Somersworth on Monday afternoon at 4PM.

CHARLESTOWN RECREATION NEWS

FALL FESTIVAL: The Charlestown Rec will be hosting the first annual Fall Festival in October 12-14.

Friday, Oct 12, 7pm at the Charlestown Middle School will be a Dodge Ball Tournament
Saturday, Oct 13, 10am-4pm will be music, food, games, a Cornhole tournament, and a

Crafts Fair. The locations will be at Swan Common, the lawn at the town pool, the Town Offices parking lot, and the Silsby Library. Sunday, Oct 14, 7am at the Town Hall will be the Rotary Breakfast. Starting at 10am at Patch Park will be games and a Disc Golf Tournament.

All three evenings at 7pm, the River Theater Company and The Fort at No. 4 will be presenting the Legend of Sleepy Hollow. Please see the Charlestown Recreation Department Facebook page for a full agenda and requirements for the activities, if any.

BASKETBALL COMMISSIONER: Basketball season is fast approaching. To get the season off the ground, a Basketball Commissioner is needed. Please contact the Town Office asap! The season cannot start without a Commissioner in place.

RECREATION COMMITTEE MEETING: The next Recreation Committee meeting will be on Tuesday, October 2, 2018, at 6:00 pm at the Recreation Committee Office, 216 Main St., Charlestown. The meeting is open to the public.



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Inspiration

Community

By Priscilla Hull

John Donne's poem we've all probably quoted, maybe memorized, at one time or another, "No man is an island, entire of itself, it goes on to say rapt hat we're all a part of a continent. As you probably know it ends with the equally famous phrase, "send not for whom the bell tolls, it tolls for thee."

We are individuals. We are separate and indeed we think sometimes that we are alone. However, when all the chips are down, there is very little that we do that is entirely without someone else being involved. Of course, the new social media does much to make us connected to others. Forgive my saying so, but most social media connections are pretty superficial. There are people we connect with whom we really care about, but much of what is passed on through social media is superficial.. I mean, does anyone really care that my dog stole my dish of ice cream? Probably not. Only me! There are other times, though when we prove our need for contact such as when we're fighting an illness and we need support of others. When a baby is born, we love telling the world about it. On the other hand, everybody has access to the Red Sox score, so we don't have to post it or make comments on the game! (Yes, I'm guilty of that). It's just fun 'cause I know some are going to respond in a playful, amusing way. So, it has its place.

Truthfully though, in the deeper ties of society, most of us need to contact with others. It's called community! Community happens in many situations and we all have several communities to which we belong. Naturally, it starts at home and doesn't matter if it's just two, a couple living together or if it is one or two parents with one, two or a bunch of kids. That's the first community that we are exposed to and depending on how loose or firm that community is will influence how you form and relate to community in your later life.

What is community? Is it just a group of people living, playing or working together? Well, yes, but it goes deeper. Community is how we interact with members of that community. As children, we go to school and that is a community, within that community of school there is the community of the classroom and within the community of the classroom there are smaller groups of individuals who interact with each other within and outside of the classroom. Oh, there's another community!

A sports team is another community. How the members of that team relate to each other affects the outcome of the game! Or in the work place, if the members can relate to each other in a positive way, they'll be happier; therefore, work will be more successful. There are transient communities, too. Communities that exist only in a specific situation. It might be soldiers in a combat unit or kids at a volleyball camp. These less permanent communities have a vital influence and somehow make for a difference I the time together. Certainly in a combat situation. The dependence on each other can be life saving. The military becomes dependent of others to save or destroy a life.

If we could each look at the communities in which we exist as a life saving community, we could realize that life comes our way one time and it isn't how we exist as individuals, but how we exist together. Existing together gives us the opportunity to help. It gives us an opportunity to be supportive of each other. In helping and supporting each other, we contribute to peace and understanding in the world.



*Here is the loveliest community of all;
The wolf shall live with the lamb,
the leopard shall lie down with the kid,
the calf and the lion and the fatling together,
and a little child shall lead them.
Isaiah 11:6*

Priscilla Hull is the Lay Leader of the First United Methodist Church.

Calendar Of Events

Newport Crop Walk Oct. 7th

NEWPORT, NH—On Sunday, Oct. 7th, the Newport Crop Walk will take place. The event raises funds for national and international hunger relief as well as the Newport Food Pantry. Registration 12:30 p.m., walk at 1:00 p.m. Gather at Newport Common and walk any distance along the beautiful Sugar River Rail Trail. Collect pledges and/or bring a canned good for the Food Pantry.

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

Polish American Heritage Month Events in October

CLAREMONT, NH—For almost 35 years, the parishioners of St Joseph Church, 58 Elm Street, Claremont, have celebrated Polish American Heritage Month during the month of October with a series of cultural events. Dates for this year's events have been set.

Polish Cooking Class will be held on Monday, Oct. 15, at 6:30 p.m. Cooks will demonstrate the preparation of several Polish recipes and the audience will be able to taste the results at the end of the evening. A \$6 donation is requested to cover the cost of food served. Please call Sharon Wood at 603-542-6454 to register ahead of time so that enough food can be prepared.

Coffee Hour will be held on Sunday, Oct. 28, 11:00 a.m., following the regular 10:00 a.m. Mass, which will feature hymns sung in Polish (music and words provided so you can sing along!). Traditional Polish and American sweet treats will be served in the church hall following Mass. This event is free and open to the public. No registration is necessary.

There will be no Dozynki this year due to unforeseen illness, injury, family and personal responsibilities that prevent several of our organizers and cooks from participating. We hope to be able to hold this popular Polish dinner next year and ask anyone who is willing

to help with planning, cooking, setting up and cleaning up to please let us know.

TUSK Returns to COH

CLAREMONT, NH—TUSK, the #1 Tribute to Fleetwood Mac in the world, bar none, returns to the Claremont Opera House, 8:00 p.m., Saturday, Oct. 20, to an excited and growing fan base.

No wigs, no backing tracks, no gimmicks, just five musicians recreating the music of Fleetwood Mac to perfection with note for note renditions that no other Fleetwood Mac tribute on the touring scene today can come close to duplicating.

TUSK covers all the great hits of Fleetwood Mac, which has featured the talents of Mick Fleetwood, Christine and John McVie, Lindsey Buckingham, Stevie Nicks and others over the years. The five seasoned, well-respected musicians comprising TUSK have been making music together in various combinations and styles, in original outfits and in cover bands, for over twenty-five years. It seemed only fitting that they should come together to form the Ultimate Fleetwood Mac Tribute, and pay homage to a group that dominated the charts during the band members' formative years. Authentic-sounding and always respectful, TUSK leaves no stone unturned in replicating the sounds of one of the world's best-loved, top-selling bands.

Fans who saw this band last year are already gathering friends and ordering their favorite seats. Area restaurants will be busy so COH suggests you call them ahead to book a reservation. Sweetfire BBQ will be at the event with a cash bar serving beer and wine which will be available before the show and during intermission. Ticket prices are \$22.50, \$27.50, \$32.50, and \$37.50 plus \$6 processing fees and can be purchased in house at 58 Opera House Square, by phone at 603-542-433 or online at www.claremontoperahouse.org where you can print out your own tickets or ask them to be held at will-call.

Fall Foliage Antiques, Collectibles and Household Goods Sale

SATURDAY, SEPTEMBER 29

8am-2pm (Rain or Shine)
On the Acworth Town Green

Please join us for a day of browsing, shopping and food as we raise money for our Acworth Veteran's Memorial.

As you browse our antiques, collectibles and other valuable sale items you will be able to enjoy food and drinks from several vendors.

We are looking for donations and vendors.

- Fall is a great time to clean out closets & cabinets. Please consider donating your unwanted goods to our cause (no electronics, appliances or clothing, please).

- Donations of sale items can be dropped off on Thursday (9/27) and Friday (9/28), between 10am & 3pm or by appointment. Please contact Maureen (863-8168) or Jen (835-2130) to coordinate your donation.

ServSafe Food Protection Manager Training & Exam

The in-depth ServSafe Food Protection training is critical for owners, food managers, chefs, and cooks who work in restaurants, hospitals or nursing homes, or specialty food producers who manage their own small businesses.

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

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, Food Safety, is a nationally certified ServSafe instructor and will be teaching this class on Wednesday, Oct. 17, from 8:00 a.m. to 5:30 p.m. at the New London Hospital in New London, NH.

Registration must be received by October 3rd to allow time to receive and study the ServSafe book. For more information, or to register, go to <http://bit.ly/ServSafe101718F>.

Seating is limited. For questions about this class, or to schedule one in your area, contact Mary at mary.choate@unh.edu or 787-6944.

For persons with disabilities, dietary, language or financial difficulties requiring special accommodations, please contact us prior to the event.

Comedy Night Fundraiser for Springfield, VT, Elementary School PTA

SPRINGFIELD, VT—Springfield Vermont's Elementary School PTA Comedy Night Fundraiser takes place on Saturday, Sept. 29th. Doors open at 7:00 p.m. for a silent auction, refreshments and Trout River Brewing Company. The show starts at 8:00 p.m. This year's event takes place at The Great Hall, One Hundred River Street in Springfield, VT. This is an 18 years and older event. The comedians performing are Tom Hayes, Kyle Crawford, and EJ Edmonds.

Hayes is a nationally recognized comedian, magician, imposter, writer, entrepreneur, motivational and keynote speaker. Crawford performs nationally in clubs, colleges and festivals and has been featured on Comcast Comedy Spotlight twice. Edmonds says he sees the humor in real-life stories and turning them into real-life comedy.

Last year's Comedy event raised more than \$7,500. The PTA awarded \$5,000 to Union Street and Elm Hill Elementary Schools. The funds are supporting school activities and projects to benefit all students. Profits will likely also be used to fund author visits to the schools this year.

"We are stepping it up a notch this year," said PTA Comedy Night Chair Meredith Kelley. "Moving to a new space and creating a club atmosphere should make this event even more fun to attend."

The new location at The Great Hall at One Hundred River Street in Springfield, VT, will allow for an expansion of food and beverage options for guests. There will also be a silent auction, games and prizes.

Special thanks to the 2018 PTA Comedy event sponsors Kelley Sales and Service and Gurney Brothers Construction both of Springfield, VT. This year's event is also in partnership with Jerry Farnum - State Farm, Ultimate Auto Body, and Undercover Tent Rental LLC.

Silsby Library News

CHARLESTOWN, NH—Summer is winding down and kids are headed back to school. Pre-school story hours resumed on Tuesday, Sept. 4, at 10:30 a.m. Lap sitters, toddlers, pre-schoolers and their caregivers are welcome for stories and a simple craft. We'll cele-

brate all things fall. Toddler playtime resumed on Friday, Sept. 7. It is a great time for both caregiver and youngster to socialize and have fun.

On Sept. 24 at 6:00 p.m., Robin Rounds, a Certified Dementia Care Practitioner, will present an informational program on Alzheimer's and Dementia and the differences between them. Join us to find out about resources available locally to assist caregivers.

Dan Szczesny spent a year hiking and researching the history of Mount Washington for his book The White Mountain. On Oct. 10 at 6:30 pm Dan will be here to tell of his adventures on New England's most majestic peak.

Hopefully cooler, dryer days are just around the corner. Remember, if you are looking for something to do, we have museum passes available to our patrons for check out. It is a great excuse to get out, enjoy the fall foliage and explore our beautiful Connecticut River Valley.

Keep up with all the library's special events by following us on Facebook at <https://www.facebook.com/SilsbyLibrary> or check our web page at <http://www.silsbyfree.org>. If you have any questions, cares, or concerns feel free to contact us at silsby@charlestown-nh.gov. We are always happy to hear from you.

Dressing for a Job Interview

Do: Consider the industry

While there's an old rule of thumb that you should dress "up one" from the job you're interviewing for - that is, wearing a suit to a business-casual office, or business-casual to a casual office - that might not always be appropriate based on the industry.

Don't: Go too casual

Even if companies seem to have relaxed dress codes, interviewees should keep in mind that hiring managers still want candidates who are going to take things seriously.

Do: Think about your hair

Those who go in with messy hair may not be considered for a job even if they're wearing an expensive suit, so taking the time to run a comb through it and style it up a little bit is a must.

Don't: Overdo the makeup

Carefully applying both makeup and perfume to make sure it's "just right" will go a long way.

Do: Keep it muted

While interviewees are always eager to make an impression, doing it with a lot of bright colors isn't usually a good idea.



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Bingo in Charlestown

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. Twelve regular games, six special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, and a progressive game from \$800 - \$1,800, plus the final game with a guaranteed prize of \$225 make up the Wednesday evening benefits. It 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.

Got news? Send news items and photos to etickernews@gmail.com



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REV. MAY 29, 2018

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 FOOT CLINIC Plainfield Library 1:00 – 4:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	BLOOD PRESSURE CLINIC Newport Rite Aid 11:00 am – 1:00 pm FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Lebanon Senior Center 10:00 am – 2:00 pm	BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm FOOT CLINIC 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 Charlestown Senior Center 11:00 am – 1:00 pm FOOT CLINIC Charlestown Senior Center 10:00 am – 4:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:30 am Grantham Methodist Church 11:15 am – 12:00 pm Sugar River Mills, Claremont 1:00 am – 2:00 pm FOOT CLINIC Sugar River Mills, Claremont 12:30 – 2:30 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
3rd WEEK of the month	BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Danbury Community Center 10:00 am – 12:00 pm Newport Senior Center 11:15 am – 12:15 pm FOOT CLINIC Marion Phillips Apts, Claremont 1:00 – 4:00 pm	BLOOD PRESSURE CLINIC Sutton Baptist Church 9:00 – 11:00 am Goshen Parish Hall 10:45 – 11:45 am Newport Rite Aid 11:00 am – 1:00 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 Maple Manor Apts, Newport 3:15 – 4:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	BLOOD PRESSURE CLINIC CSB Community Center, Claremont 10:30 am – 12:00 pm FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am
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 Marion Phillips Apts, Claremont 1:00 – 2:00 pm	BLOOD PRESSURE CLINIC Warner Senior Center 10:30 am – 12:00 pm FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Plainfield-location varies 11:30 am – 1:30 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC Warner Pharmacy 9:30 am – 12:00 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: www.lakesunapeevna.org

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
annjacques1@comcast.net

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If you want to know what is new to the collection you can go to LibraryThing. Sign in is Silsbyfpl and password is 03603, or you may check our library catalog at <https://silsby.follettdestiny.com/>.

Volunteer Drivers Needed

SCS Transportation provides a vital service throughout Sullivan County for those residents who require transportation for medical, counseling, or physical therapy appointments. In order to continue to provide this very essential assistance, we are searching for additional volunteer drivers. In addition to the obvious rewards of being a volunteer, drivers can elect the hours and times that they choose and will, of course, receive mileage reimbursement.

Drivers must be insured. Those interested are asked to call (603) 542-9609.

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.

Caregiver Support Group

SPRINGFIELD, VT--A Caregiver Support Group (formerly Alzheimer's Support Group) is available to help enhance the lives of individuals with Alzheimer's disease and other dementias. Presented by Alzheimer's Association, Vermont Chapter, the Caregivers Support Group meets the third Wednesday of every month, 5:00 - 6:30 p.m. at Springfield Hospital Library, Level D, Springfield.

Overeaters Anonymous Meetings

NEWPORT, NH--OA 12 & 12 meetings held on Sundays from 12:30-1:30 p.m. at Millie's Place, 45 John Stark Hwy., in Newport.

Mohamed Abozekry & Karkadé

September 26, 2018, 6:30 PM
West Claremont Center for Music and the Arts @ Union Church, 133 Old Church Rd, Claremont, NH

With his group, Karkadé, Mohamed Abozekry fuses Egypt's popular and classical music traditions with virtuosity and mystique. This performance is a part of WC-CMA's fall season of live performances and education, we are committed to barriers free access to great music, so admission is by freewill donation. For this concert we suggest a donation of \$20 Adults, \$30 for families, or "pay what you can."

For more information visit wcc-ma.org.

The presentation of Mohamed Abozekry & Karkadé is part of Center Stage, a public diplomacy initiative of the U.S. Department of State's Bureau of Educational and Cultural Affairs, administered by the New England Foundation for the Arts in cooperation with the U.S. Regional Arts Organizations, with support from the Doris Duke Foundation for Islamic Art, and the Trust for Mutual Understanding. General management is provided by Lisa Booth Management, Inc.

Abozekry has that rare gift of combining limitless virtuosity with an unbridled imagination. An oud master still in his mid-twenties, Abozekry's ambitions – to musically interpret the world around him and de-exoticize his instrument – mark him as a polymath of forms. "I never move backwards, but in a circular motion and return to the place I started with more experience." With Karkadé, Abozekry evokes the hibiscus tea found everywhere in Cairo, and the eponymous French café at which this project was born. He convenes Egypt's popular and classical music traditions, her Sufi calls, and secular poetry, to musically describe a path to an Arab world at peace with its history and turned towards the future. Abozekry "has a stunning command of his instrument, as well as an open ear for other forms." (PASTE MAGAZINE)

Youssra El Hawary Performance

October 8, 2018, 6:30 PM
West Claremont Center for Music and the Arts @ Union Church, 133 Old Church Rd, Claremont, NH

This performance is a part of WCCMA's fall season of live performances and education,







Antique - Vintage - Industrial
Retro - Shabby

Antique & Vintage Furniture
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 10 am - 5 pm




we are committed to barriers free access to great music. Admission is by freewill donation. For this concert we suggest a donation of \$20 Adults, \$30 for families, or “pay what you can.” For more information visit wcc-ma.org. Youssra El Hawary’s socially-aware, personal, and original music innovates as much in content as it does in style. In the half-decade since she became a slyly defiant sensation in the aftermath of the Egyptian revolution, El Hawary continues to be a bellwether of everyday life. With charismatic charm, her lithe compositions capture the stories of Cairo, and the charged alchemy of the

Mediterranean basin that fuels her distinctive and soulful sound. “Perfect, easy magic. I’m totally hooked on music by this folkie-ish, indie-ish, chanson-ish singer/songwriter from Egypt armed not with a guitar, but ... an accordion.” (NPR’s All Songs Considered)

The presentation of Youssra El Hawary is part of Center Stage, a public diplomacy initiative of the U.S. Department of State’s Bureau of Educational and Cultural Affairs, administered by the New England Foundation for the Arts in cooperation with the U.S. Regional Arts Organizations, with support from the Doris Duke Foundation for Islamic Art, and the Trust for Mutual Understanding. General management is provided by Lisa Booth Management, Inc.

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breastfeeding mothers. Claremont La Leche League meets on the 2nd Thursday of every 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.

**2018 Summer In The Paddock
A Farmers & Artisans Market
Saturdays: Now through October 6**

9:00 a.m. to 1:00 p.m.

Join us for the 6th Annual Season of Summer In The Paddock on North Main Street in Charlestown.

Invitation to 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.

Coffee with the Chief in Sunapee

SUNAPEE, NH—Coffee with the Chief is scheduled for Wednesday, Sept. 26, from 7:30 to 8:30 a.m. at the Safety Services Building. Sunapee Police Officer Nick Boisvert will give a brief slide presentation showing the police department’s statistics over the past 15 years.

Also, a representative of the Sunapee School District will discuss future plans for Sunapee’s schools.

Sullivan County Cider Day October 7, 2018

**1-5pm
Hay Barn, Sullivan County Complex
County Farm Rd. Unity,
NH**

Drop by the County Farm to see our new apple grinder and bladder press in action. Take home a free 1/2 gallon of cider from apples picked at the County Orchard while supplies last. Listen to live music by The Cold River Ranters, taste test different kinds of apples, nibble on cider donuts, and much

more.

Naturalist Series: Forest Ecology

October 12, 2018

4 - 6pm

**Sullivan County Complex, Unity
We will be meeting at the Ahern Building**

Please RSVP to Dawn Dextraze, ddextraze@sullivancountynh.gov; 603.504.1004

The forest in autumn is full of movement. Animals collecting food, preparing shelters or migrating; plants shedding leaves, storing sugars and producing their own kind of anti-freeze. All getting ready for a New England winter. Join us as we enjoy a fall hike and take advantage of teachable moments along the way. Please bring water and wear comfortable walking shoes. Be sure to dress for the weather.

Unity Mountain Trail Hike

October 14, 2018

9am

Sullivan County Complex, Unity

We will be meeting at the Health Care Staff Parking area.

Get out and enjoy some fresh autumn air with Jeff Plant, Sullivan County Natural Resources Volunteer, who will be leading a 4-mile hike on the Unity Mountain Trail. Carpooling will be necessary as this is not a loop trail. Make sure to bring plenty of water, snacks (or your lunch), wear sturdy walking shoes and dress appropriate for the weather. This trail is moderate with some ups and downs. There are 2 ponds along the trail and an overlook with a great view.

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What issues matter to you, the constituents, the voters?

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Paid for by Merchant4NHHouse,
Fiscal Agent Gary Merchant at 272 Pleasant Street, Claremont NH 03743

Sullivan County Humane Society brings you.....



Sunday, October 21, 2018

@ The Claremont Senior Center

5 Acer Heights Rd, Claremont NH

Join us for 20 fun games of BINGO for various prizes!

Purchasing a \$5 book gets you play for each of the 20 regular games

And buying multiple books can only multiply your LUCK

Doors will open @ noon & games will begin at 1:00

PRIZES INCLUDE:

Gift Certificates

Small Kitchen Appliances

Jewelry

Small Home Décor Items

AND SO MUCH MORE!



Game 21 is a GRAND PRIZE!

Buy as many \$3 sheets as you'd like to have plenty of chances to win these great prizes!!!

A Table Top Wine Cooler



\$50.00 Gift Card to Common Man Restaurant

\$50.00 to King Arthur Flour &

\$30.00 Gift Card to Bouteille

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



**HAPPENING
NOW!!
SULLIVAN
COUNTY
HUMANE
SOCIETY SHOE
DRIVE**

Do you have a box or closet full of gently used shoes that you no longer wear? Time for some spring cleaning?

The Sullivan County Humane Society would be more than happy to take them.

Visit our website at www.sullivancountyhumanesociety.org or call 603-542-3277 for more information.

**Shoe Drive
Fundraiser!**

**Gently used
children's, women's
and men's shoes,
sneakers or boots.**

**Drop off at any of
our locations:**

- **Sugar River
Bank, Newport,
NH**
- **Kit-n-Kaboodle
Consignments,
Claremont, NH**
- **Allstate Ins,
Glenn Rd,
Lebanon, NH**

or

**At the Sullivan
County Humane
Society.
14 Tremont Sq.
Claremont, NH
03743**

Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in “real time,” as they are released by funeral homes. We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewsclaremont.com

Frank G. Leonard, 94

Frank G. Leonard, 94, a longtime resident of Charlestown, NH, passed peacefully at his home on Wednesday, September 19, 2018, after a short period of caregiving by many family and friends.

Frank was born in Candia, NH, on January 20, 1924, the son of the late Ella M. (Brown) Leonard and Warren M. Leonard. Frank attended schools in Candia and Manchester before enlisting in the US Army Air Corps, serving from 1941 – 1945 earning the rank of Corporal. He was a charter member of the American Legion in Candia, NH before transferring his membership to American Post Legion #29 in Claremont, continuing his membership for 71 years.

On March 17, 1945, Frank married Gloria LaCouture in Raymond. The happy couple lived in Candia and Plymouth Union, VT, before settling in Charlestown in 1958. They had two daughters, Barbara and Francine, and later in his life, Frank adopted two cats, Poe and Frost, all of whom he loved.

Frank worked in construction for most of his adult life, putting in 50 years with F.W. Whitcomb in Walpole. He enjoyed working in the garden, tending to his blueberry bushes and watching Lawrence Welk.

Frank is survived by his daughters, Barbara Torelli and her partner, Skip Smith, and Francine Templeton, both of Charlestown; grandson, Christopher Torelli and his wife, Lisa

of Ledyard, CT; granddaughters, Catherine Torelli of Tucson, AZ and Mellony Nielsen and her husband, Rich of Leland, NC; great grandsons, Tyler Torelli of Potsdam, NY and Eric Royea of CT; longtime friend and caregiver, Sue Sherwin of Proctor, VT.

He was predeceased by his parents, his sister, Pearl; son-in-law, Alvin Torelli and his wife of 60 years, Gloria.

Frank and his family are appreciative of the care giving and friendship of many, including Brenda, Cindy, Jill, Judy, Elaine P. Elaine G. and Roxanne.

A funeral service was held on Saturday. Burial took place in Holbrook Cemetery in Candia, NH, on Sunday.

In lieu of flowers, donations may be made in his memory to River Valley Animal Protection League, P.O. Box 860, Charlestown, NH 03603.

The Stringer Funeral Home is in charge of arrangements.

William B. Ruger, Jr., 79

William Batterman Ruger Jr., 79, of Newport, NH and Bar Harbor, ME, passed away peacefully at his home in Newport on September 15, 2018, after a brief illness.

He was born on June 4, 1939 in Greensboro, NC, son of William B. Ruger and Mary Thompson Ruger. He was a graduate of St. Paul's School in 1957 and Harvard University in 1961. He was employed early on at the Kel Corporation as an engineer, and then, with the family company of Sturm Ruger, where he eventually became Chief Executive Officer.

During his time of leadership of the company, one of his accomplishments was retaining manufacture all of the company products in the United States. This was especially important to his home town of Newport, NH He notably developed new initiatives, including plans for an automobile, which the well-known firearms company was desirous of building.

His detailed knowledge of mechanics, style, and manufacture were well known in the automobile collecting arena. His attention to detail and deep commitment to collecting garnered him many achievements, including awards at the prestigious Pebble Beach Concours D'Elegance.

Bill made lifelong friends with many people throughout the country. His eternal optimism and joy for life brought great happiness to those around him. He relished the opportunity to entertain friends at dinner, in hunting camp, and in many instances with his own culinary skills. His conversation at the table and the wonderfully humorous stories he would tell were legendary.

His mind was encyclopedic, which allowed him to recite minute details about many intriguing aspects of music, nature, art, and engineering. This made him immensely interesting and fascinating to friends and family.



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CHAD ROLSTON For State Representative



Common Sense and Cooperation
Democrat For Sullivan County District 5
Claremont Ward 3

**Residents of Claremont Ward 3,
I am eager to hear from you!**

Find me on Facebook at:

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Contact me via email at:

rolston4nhhouse@gmail.com

Paid for by Rolston for New Hampshire
Fiscal agent, Justin Sweeney, P.O. Box 322, Claremont NH 03743

He served on many boards, notably the Buffalo Bill Center of the West, St. Paul's School, Salisbury School and with his friends at the Blue Mountain Forest Association.

William was predeceased by a brother James Thompson Ruger.

He is survived by his sister Carolyn Amalie (Ruger) Vogel of Harrisville, N.H. and six nieces and nephews, Kurt Vogel, Charles Ruger, Victoria (Vogel) Roberts, Adrienne (Ruger) Conzelman, Alexander Vogel, and Amy (Ruger) Whitely, and twelve grand nieces and nephews.

The family would like to thank the nurses and caregivers at Mt. Ascutney Hospital, Summercrest Senior Living Community, and at home.

In lieu of flowers, donations may be made to Summercrest Senior Living Community or to a favorite transportation museum.

A funeral service was held at Blue Mountain Forest Association in Croydon, NH, on Saturday, Sept. 22.

The Newton-Bartlett Funeral Home in Newport is in charge of arrangements.

Claremont Fire Dept. Log

Sunday September 16, 2018

07:25 L-1 and R-1 responded to Main St. for a motor vehicle accident

10:58 E-3 responded to Pleasant St. for a medical call

11:53 E-3 responded to Bellevue Ave for a medical call

14:11 E-3 responded to Bryson Place for an alarm sounding

15:02 E-3 responded to Washington St. for a medical call

17:19 E-3 responded to Sullivan St. for a medical call

18:00 E-3 responded to Sullivan St. for a smoke investigation

18:56 E-3 responded to Washington St for a vehicle leaking gas

20:28 E-3 responded to Sullivan St. for a smoke detector sounding

Monday, September 17

11:58 E-3 responded to Myrtle St. for a medical call

14:00 L-1 and R-1 responded to Spring St. for a water rescue

17:49 Car 2 responded to Chestnut St. for a possible transformer fire

20:15 E-3 responded to Hanover St. for a motor vehicle accident

21:31 E-3 responded to Mulberry St. for an alarm sounding

Tuesday, September 18

14:14 E-3 responded to Washington St. for a motor vehicle vs pedestrian

15:59 E-3 responded to Puckershire Ave for a car fire

16:57 R-1 responded to Charlestown for Mutual Aid

18:15 E-3 responded to West Pleasant St. for a medical call

18:33 E-3 responded to Maple Ave for a medical call

23:01 E-3 responded to Hanover St. for a medical call

Wednesday, September 19

08:49 E-3 and U-1 responded to Main St. for a motor vehicle accident

10:30 E-3 responded to Pleasant St. for a medical call

10:46 L-2 responded to Winter St. for a medical call

10:50 E-3 responded to Goulet Ave for a medical call

13:54 E-3 responded to Bible Hill for a vehicle leaking fluid

14:07 E-3 responded to Plains Rd. for a public assist

15:32 E-3 responded to Lincoln Hghts. For a medical call

Thursday, September 20

06:58 L-1 and R-1 responded to Charlestown Rd. for a motor vehicle accident

22:28 E-3 responded to Windsor Rd. for a motor vehicle accident

Friday, September 21

12:49 E-3 responded to Central St. for a public assist

15:54 E-3 responded to Minckler Rd. for a medical call

18:57 E-3 responded to Plains Rd. for a smoke investigation

19:44 E-3 responded to Broad St. to assist the Police

Saturday, September 22

“The true primary-care provider is Mom.”

-Dr. Sam Giveen

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

DOCTOR **SAM'S**
EYE CARE



(603) 543-2020

9 Dunning St, Claremont

(we're right there by the hospital)

11:19 E-3 responded to Hanover St. for a medical call

21:20 E-1 responded to Unity for Mutual Aid

THURSDAY, SEPTEMBER 27

Conference on Renewable Energy For Businesses - Register today!

8:30am-1:00pm

Fireside Inn West Lebanon, NH

Energy & Climate Upper Valley, Vital Communities, The Lebanon Area Chamber of Commerce and Sierra Club Upper Valley Group are excited to be hosting a conference designed to help businesses adopt sustainable and efficient technologies and transition to a clean energy future. We will help businesses stabilize and reduce energy costs, increase their energy resiliency, and invest locally.

Workshops at the conference will explore the finances, state and federal incentives as well as reasons to adopt these technologies. We will specifically be looking at solar programs, battery power back-up storage, efficient lighting design, heat pumps, biomass and geothermal heating.

Keynote address will be from April Salas, Executive Director of the Revers Center for Energy at the Tuck school of business. Other speakers include Shaun Mulholland, Lebanon City Manager, Rob Taylor from the Lebanon Area Chamber of Commerce, and Clifton Below, Lebanon City Councilor. We will also hear testimonials from local businesses that have already made some of these investments.

Registration is \$30 per person and includes breakfast and Lunch. Register by following this link: <https://docs.google.com/forms/d/e/1FAIpQLSeXBYIyOTmnWpP2wBt-gt6XUTuxOAPSBX54ncB018JHOIPDzxA/viewform>

For more information or if you have questions, contact Zachariah, ecuppervalley@gmail.com.

THURSDAY, SEPTEMBER 27, 4-7 pm

RUMMAGE SALE PREVIEW & PURCHASE

\$5 per person (Thursday only)

Plainfield Town Hall, Rte 12-A

Got News?

Send news and photos to

etickernews@gmail.com

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Would you like to help your center out? You can by donating one or two items listed on our "Donation Wish List." Every donation will make a difference in helping to defray the everyday operating expenses of our center. Please stop by the front desk and pick up a list of requested items. Thank you for your support! The list is also included in our September Newsletter! Thank you to those who have made donations so far!

Meals schedule: Tuesday - September 25...Hosted by Pine Rock. Thursday - September 27...BBQ Chicken, potatoes, vegetable, dessert.

Tai Chi sessions next week will be on Tuesday - September 25 (1:00 - 2:00 PM) in the Mozden Room. If you cannot make the afternoon session, the same session will be offered on Wednesday - September 26 (6:00 - 7:00 PM) in the Owens Hall.

Looking ahead to possibly bringing back a "Tech Time" we need to know how much interest there is in such a program. This would be a learning opportunity for basic / advanced computer skills (power point, spread sheet, etc.) Smart Phone info and more! Please let us know if you would benefit from this program!

Wednesday "Bingo Caller" needed for November 14. If you can help, please call the center.

Sunday at the Center" - 1:00-4:00 PM for members and bona fide guests! Play pool, work on a puzzle, card games (Hand & Foot card game most popular). Bring a snack to share.

Seniors Bingo for center members 55 years of age and older every Wednesday at 1:00 PM. Sale of cards stops at 12:50 PM. No cards sold after that time!

Bingo every Thursday night run by the Croydon Ladies Auxiliary, Inc. Doors open 4:30 PM. Refreshments available. Games start at 6:30 PM. Per NH State law, 18 years of age required for admission!

Chair Yoga class every Monday at 10 AM. \$5.00 fee for a very relaxing hour.

Silver Sneakers every Monday at 1:00 PM in the Mozden Room. Cost is \$2.00 for women, men, members and non-members! Laura Partridge, is the Certified Fitness Professional Trainer. The program is for Senior Strength & Stretch, is all non-impact, fun & easy to follow with music! Come try it out. It can all be done at your own speed!

Adult Coloring open to public on Mondays (1:00-3:00 PM). Members free/non-mem. \$1.00.

Knitters on Fridays (12 noon-3:00PM). Bring your lunch. If you are not a member 3 visits allowed then membership is required.

Senior Game Night every Tuesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required. Hand & Foot card game and Pool are popular! Bring a snack to share!

Give someone a great gift for a birthday, anniversary, any celebration or occasion with a \$5.00 gift certificate for a Tuesday or Thursday lunch at the center. Membership certificates also available for \$20.00.

Come see our "Brick Wall." Purchase a "Memorial Brick" for \$100.00 in memory of deceased family members and friends. Bricks in honor of living family members and friends available.

Pool 9:00 AM - 3:00 PM Monday to Friday. Exercise sessions - Tuesday & Thursday - 10:00 AM. Ping Pong - Wednesday & Friday - 10:00 AM. Bridge on Thursday - 1:00 PM. Mahjongg on Friday - 1:00 PM. Knitters on Friday (12 Noon - 3:00 PM) bring your lunch. Non-members welcome but must sign in. Three visits allowed before membership is required.

We are still collecting aluminum can tabs!

Rentals available for weddings, hourly, one-day, funeral receptions and our board room has an 8 persons capacity.

Businesses welcome to put a Business Card size ad in our monthly newsletter. Cost is \$200.00 per year (12 inserts).

Membership dues - \$20 per year. Persons 50 years of age or older.

The Claremont Senior Center...It's "The Place Where You Want To Be!"....Monday - Friday (9:00 AM - 3:00 PM). Call (603) 543-5998. Visit our Web Site (cnhcs.org.)



The Claremont City Council will hold a public meeting on Wednesday, September 26, 2018, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA

6:30 PM 1. PLEDGE OF ALLEGIANCE

6:32 PM 2. ROLL CALL

6:34 PM 3. AGENDA CHANGES

6:35 PM 4. MAYOR'S NOTES

6:40 PM 5. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))

6. OLD BUSINESS

6:50 PM A. Discussion of Adoption of RSA 72:61-72

7. NEW BUSINESS

7:15 PM A. Sullivan County Commissioners Update

7:35 PM B. Request to Dedicate New Airport Community Hangar to Roger Hamel – Public Hearing

7:50 PM C. Ordinance 562 – Amending the Non-Union Employee Classification Plan – First Reading

BREAK

8:15 PM 8. FUTURE AGENDA ITEMS AND DIRECTIVES

8:30 PM 9. CONSULTATION WITH LEGAL COUNSEL

8:35 PM 10. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, October 10, 2018, at 6:30 p.m. in the Council Chambers at City Hall.

Domestic Violence Pt. 4/4:What you can do to help

By Bernadette O'Leary

In this series, we examined abuse and the problems faced by victims seeking freedom and justice. This week, we end the series with how you can help.

Reasons for victims staying in or returning to abusers usually involve emotional, physical, financial, or fear-based implications for the victim. Reprisal is a serious issue for victims, as is shown by the statistics revealed within this series. The biggest problems involve a lack of strong laws with strict enforcement.

OKDHS has a reputation of not doing enough to protect victims from abuse, and an example of why can be found in the 2005 case of Kelsey Smith-Briggs, the toddler who died just shy of her third birthday due to abuse. Even after the child suffered such horrible injuries as two broken legs and a broken collar bone, she was left in the care of the abusers. Additionally, an in-home visit by authorities occurred shortly before the child's death. Having dealt with this agency myself, I can personally attest to the fact that this type of unacceptable practice is not uncommon. Nor is it exclusive to the state of Oklahoma.

No matter what state you live in, you will find such offensive cases as this one. Yet, who truly killed this beautiful child? Obviously, the abuser(s) did, but we have to ask if the system also played a role in killing her and all the other children and adults who die at the hands of abusers each year. I fully believed in the system until it was my turn to need help. Even though I had copies of 911 calls, a written report from one of the attempts on my life, police incident reports, witness letters, an ambulance report, verbal statements from my children, photos of physical and medical abuse, and even two letters written by our abuser in which he not only admitted to his actions but also claimed severe mental illness and which he had notarized, nothing was ever done other than a protective order being issued for myself and my

Laws must be changed, strengthened, & strictly enforced with:

1. Abusers jailed for minimum of:
 - a. 5 years for domestic abuse
 - b. 10 years for attempted sexual assault/sexual assault/any sexually inappropriate contact against a child, or attempted sexual assault of an adult
 - c. 20 years for sexual assault of an adult
 - d. 25 years to life for attempted murder or murder
 - e. 10 years added for abusers with 3 or more complaints of domestic abuse
2. All abusers must:
 - a. lose all parental rights to his/her children
 - b. pay financial restitution to their victims
 - c. pay victims' attorney fees and court costs associated with the abuse and divorce
3. Police reports must be filled out for all domestic abuse calls in complete detail & copies provided to local prosecutors, child/adult protective services, and victims
4. Local child and adult protective services must be informed immediately, and they must follow up on cases of possible domestic abuse every 90 days for two years
5. The accused must be prevented from entering the family home during questioning of victims & ongoing investigations
6. Children must have a voice with:
 - a. Ages 10+ allowed to file their own reports, requests for restraining orders, & separation from a given parent, while still receiving restitution from abuser
 - b. Children's complaints must be taken more seriously
7. Therapy and housing (not just shelters) must be provided for victims, and it should be illegal to deny this based on children, special needs, or pets
8. Abuse must be clearly defined and not simply include basic discipline such as spankings (open hand on covered bottom, minor tap on hand or mouth, etc.)
9. All victims of abuse must have options for having their addresses and phone numbers completely confidential, including from abuser

children. Worse yet, after he violated the order in public, in spite of said documentation from the abuser himself stating he is a danger to us, nothing solid was done. This is the common theme for domestic abuse cases nationwide, and it must stop. How? It is not easy, but it can be done.

First of all, victims often face struggles in obtaining copies of evidence. Yes, this is the attorney's job, but all too often the victim is faced with having to do so due to the attorney not fully doing his/her job or being unable to afford an attorney, with pro-bono options being hard to find. The victim needs to know about the Freedom of Information Act and how it applies to domestic abuse. It helped me obtain a very strong piece of evidence.

Secondly, the public needs to insist on proper resources being available to assist abuse victims: housing with options to own, financial and job placement assistance (including for the disabled), free therapy and medical care, and legal assistance with attorneys being banned from turning abuse victims down for reasons of finance or conflict of interest simply because they may have spoken to or assisted the abuser in the past.

Finally, we all must contact State and Federal Representatives and lawmakers to insist that real change be made. Don't know what to say? I have included a list of the changes that must be made if we are to end this deadly reign of terror against abuse victims. It is time to stop focusing on the "rights" of the abuser and start focusing on the imbalance between the abuser's rights and those of the victims. Until we all speak out and demand change that includes better protection for abuse victims and stricter punishment of abusers, we will continue to see cases like that of Kelsey Smith-Briggs. The current system is not only enabling abusers, but the direct result of it doing so is the torture and wrongful deaths of countless children and adults.

Please stand up today for victims of abuse and demand immediate and swift change. Thank you for joining me along with e-Ticker News of Claremont in this fight. Until next time, #LoveOthersWell.