

Bly, Town, Lyn Are Champs; Riendeau Wins 11th As Speedway Closes Out Season

By Gary Dutton

CLAREMONT, NH—There was no fire, but plenty of smoke Friday, as three 2018 champions and the track's only 11-time winner performed celebratory victory donuts as Claremont Speedway hosted its final event of the season.

Ricky Bly is king of the R.E. Hinkley Super Streets for the second summer in a row, as the 37-year-old Sunapee star tamed a car that began the season with a thud, turning it into a championship ride that he guided to four feature wins this summer.

Zach Lyn, like Bly, earned back-to-back titles, his scored in the T-Bird Mini Mart Wild Cats. The 28-year-old hometown hot shoe turned the trick with seven 2018 feature wins.

Pepsi Street Stocker Bryan Town is also a two-time champion, adding his 2018 title to another won in 2007. Town tallied six feature wins and topped a dozen heat races to edge 11-time feature winner Chris Riendeau 1,015-1,013 for this year's crown.

All's Bell the ends Bell. Well, almost.

Mark Blair, Alex Poisson, and Ryan Bell hit the stripe three across as lap one of the R.E. Hinkley Super Street 40-lapper went in the books. Bell then took charge, bringing Kenny Fowler and Dylan Bodreau with him.

Bodreau got up for second a lap later, trying to somehow overcome the 11-point deficit he carried behind Ricky Bly into the season finale. Mark McClay dropped Bodreau to third on lap 17, with Bly still further back but marching methodically toward the front.

Bell and McClay battled tooth and nail over the next 20-plus laps, the latter inching ahead on occasion only to see Bell do the same over and over. But the classic battle ended with the checkers almost in sight as Bell's second victory of the summer was denied in a cloud of tire smoke when the leader spun with plenty of help in turn two.

Bodreau, third when it all broke lose, charged past the looping Bell to claim his third victory of 2018, but Bly made a quick evasive move to come home second, claiming his

(Continued on page B2)



Ricky Bly (28) won his second consecutive R.E. Hinkley Super Streets championship (Photo courtesy of Tyke Matheson).



Zach Lyn repeated as T-Bird Mini Marts Wildcats Champion capping off his season with his seventh feature win (Photo courtesy of Tyke Matheson).

Speedway, from B1

second championship seven points ahead of the night's feature winner.

Ben Poland, strong all night, earned the third-place hardware, Solomon Brow was fourth, Jack McClay gained 11 positions to finish fifth. Bell, who appeared headed for victory for most of the race, finished tenth. Pepsi Street Stock star Chris Riendeau had two goals in mind when the night's 25-lap feature began; somehow erasing the six-point lead that Bryan Town carried into the season's final event and, if possible, earn his track-high 11th stop of the summer in Daddy's Pizza Victory Lane. He accomplished only the latter.

Town, firing from front, led the first 11 go-rounds, then putting up little fight as Riendeau sped past him through turn three as the race neared its halfway point. Once in front, the Ascutney pilot drove away, winning in a landslide but coming up two markers shy of the championship.

Town's runner-up finish netted him his second track championship, the first earned more than a decade earlier. His teammate Dave Greenslit completed his strong night's work in third, Lenny Silver was fourth, and ROY Robbie Streeter dashed under the flags in fifth.

Birthday boy Chris Carver led the T-Bird Mini Mart Wild Cats to their feature green, but this one was all Zach Lyn. The 2017 and 2018 divisional champion – he'd clinched his current title a week earlier – led all the way en route to his seventh win of the summer.

Super rookie Kyle Templeton got up for second on lap six but on this night had to be content with the runner-up finish. Templeton also finish the season second to Lyn in the points parade.

Rookie Haydon Grenier was solid in third, fellow first year man Raven Streeter powered to fourth, and Seth Melcher came home fifth.

Friday night's Championship Night event concluded the 2018 racing season at Claremont Speedway. The season was comprised of 21 events run on 21 consecutive weekends, with the speedway's next-night rain date policy utilized twice to complete the campaign without the cancellation of any event.

The speedway's annual awards banquet is still ahead. For information, please visit www.claremontspeedway.net or the track's facebook page.

CLAREMONT SPEEDWAY SEPT. 28 TOP TENS:

R.E. HINKLEY SUPER STREETS FEATURE RACE				
FINISH	START	CAR #	DRIVER	LAPS
1	5	24	DYLAN BODREAU	40
2	6	28	RICKY BLY	40
3	10	00	BEN POLAND	40
4	9	33VT	SOLOMON BROW	40
5	16	16	JACK MCCLAY	40
6	2	8	KEN FOWLER	40
7	11	15	TYLER LESCORD	40
8	1	49	ALEX POISSON	40
9	12	60	TYLER SEARLES	39
10	3	8NH	RYAN BELL	39
11	7	6	MARK MCCLAY	39
12	8	97	CRAIG M. SMITH	39
13	14	23	CRAIG SMITH	39
14	17	22	SCOTT BECK	37
15	4	3	MARK BLAIR	24
16	15	62	ERIC MARTELL	10
17	13	42	JOSH CURRIER	4
TIME OF RACE				
10 MINUTES 21 SECONDS				
MARGIN OF VICTORY				
.322 SECONDS				
BEST LAP TIME/SPEED				
MARK MCCLAY - 15.371 SEC/78.061 MPH				
CAUTIONS				
1 - LAP 39				
LAPS LED				
POISSON 1, BELL 2-31, 33-39, M.MCCLAY 32, BODREAU 40				
HEAT RACE WINNERS				
POISSON, BELL				

PEPSI STREET STOCKS FEATURE EVENT				
FINISH	START	CAR #	DRIVER	LAPS
1	8	64	CHRIS RIENDEAU	25
2	2	11	BRYAN TOWN	25
3	4	20	DAVID GREENSLIT	25
4	3	9	LENNY SILVER	25
5	1	55	ROBBIE STREETER (R)	25
6	5	42	JEFF MORSE	25
7	7	00	MIKE BURKE	25
8	9	8	NICK LITTLE (R)	24
9	10	21	MIKE SALOIS (R)	24
10	6	75	CHRIS EMERSON	23
TIME OF RACE				
10 MINUTES, 5 SECONDS				
MARGIN OF VICTORY				
1.794 SECONDS				
BEST LAP TIME/SPEED				
RIENDEAU - 16.508 SECONDS/72.685 MPH				
CAUTIONS				
1 - LAP 9				
LAPS LED				
TOWN 1-12, RIENDEAU 13-25				
HEAT RACE WINNERS				
TOWN, RIENDEAU				

T-BIRD MINI MART WILDCATS FEATURE				
FINISH	START	CAR #	DRIVER	LAPS
1	2	33	ZACHARY LYN	25
2	6	67	KYLE TEMPLETON (R)	25
3	10	83	HAYDON GRENIER (R)	25
4	4	52	RAVEN STREETER (R)	25
5	5	26	SETH MELCHER	25
6	3	3	KYLE CURRIER	25
7	1	88	CHRIS CARVER	25
8	9	92	JIM CARLEY	25
9	8	31NH	CODY SCHOOLCRAFT (R)	22
DNS	-	50	JONATHAN ALDEN	-
TIME OF RACE				
12 MINUTES, 18 SECONDS				
MARGIN OF VICTORY				
.407 SECONDS				
BEST LAP TIME/SPEED				
GRENIER - 17.794 SEC/67.432 MPH				
CAUTIONS				
1 - LAP 14				
LAPS LED				
LYN 1-25				
HEAT RACE WINNER				
LYN, SCHOOLCRAFT				

SUPER STREET: Dylan Bodreau, Ricky Bly, Ben Poland, Solomon Brow, Jack McClay, Ken Fowler, Tyler Lescord, Alex Poisson, Tyler Searles, Ryan Bell.

STREET STOCK: Chris Riendeau, Bryan Town, Dave Greenslit, Lenny Silver, Robbie Streeter, Jeff Morse, Mike Burke, Nick Little, Mike Salois, Chris Emerson.

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



Bryan Town (11) won the Pepsi Street Stocks championship by two points (Photo courtesy of Tyke Matheson).

Claremont Confidential

By Les St.Pierre



One Game At A Time

Everyone in the sporting world knows full well the uphill battle a David has against a Goliath. That is, the winless against the undefeated. The weak versus the strong. The not so mighty taking on the mighty. The Yin and the Yang.

More often than not it is the monster who defeats the little fellow.

But not in every case.

Take, for instance, the New York Jets upending the Baltimore Colts in Super Bowl III in 1969; or "The Miracle On Ice" in 1980 when the USA beat the USSR, 4-3, in Olympic ice hockey; or Buster Douglas, a 42-1 underdog, knocking out heavyweight Mike Tyson in only 93 seconds in 1990; or the New York Giants spoiling a perfect season for the New England Patriots in a 2008 Super Bowl, 17-14, sending the Pats down to defeat after going 18-0 in the regular season.

....and, of course, who can forget the Buffalo Bills, a 17 ½ point underdog, beating the Minnesota Vikings just a few short days ago.

I bring this up only because the upset wagon had begun to circle at Barnes Park Friday evening as Kearsarge, sporting an 0-4 record, was hanging close, ever so close, to our hometown heroes, the 4-0 Stevens High Cardinals. In fact, the visiting Cougars accomplished something no other team had done prior to this contest. The North Sutton gridsters had actually gone ahead in the game, 14-7, in the third quarter, leaving the Cardinals trailing for the very first time this season. The Redbirds had come into the game outscoring their first four opponents, 143-7.

It certainly looked as if Stevens had, indeed, overlooked Kearsarge putting its thoughts more on this week's encounter at Laconia. But, NO! At



A Cardinal fights to hang on to the ball surrounded by Cougars (Courtesy photo).

least, according to Stevens head coach Paul Silva.

"NO, we did not!" explained Silva in an e-mail the day after the game in answering the question of underestimating the talents of Kearsarge. "I think sometimes people see a team's record and make assumptions," Silva went on to report. "I will not underestimate any opponent in this division and neither will the team. I knew they were a good team. They were a few plays away from beating Laconia and I saw them against Lebanon last week. If you are not prepared for playing teams in this division you will find yourself in big trouble, so we do not underestimate any opponent."

Stevens did eventually overcome Kearsarge's lead to take a 26-14 victory in a classic "the final score was not indicative of the
(Continued on page B4)

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One Game, from B3

game played” contest.

“I think it was a good test for the kids last night,” Silva added in his Saturday correspondence. “We had not trailed all year, so it was good to see the kids answer the question about how they would handle that adversity. I think they responded very well, answering right back and scoring 19 unanswered points. I was proud of their effort last night.”

The key to the victory? In my mind it was the two interceptions the Stevens defense came up with in the final quarter to stymie any thoughts the Cougars had of pulling off the upset. But, again, another No!, according to Silva., which explains why I am an onlooker as opposed to being a coach.

“The interceptions were big plays, but I thought Keaghan (McAllister) had a monster game rushing and our line played a phenomenal game.”

Silva went on to explain the Cardinals were committed to the run in this game and Kearsarge knew it, many times putting eight players on the line of scrimmage.

“One of the big keys was the work of our offensive line and committing to opening holes for our backs,” the Stevens head coach reported.

McAllister wound up with more than 200 yards on the ground and scored three touchdowns. The Cardinals went to the air only a half-dozen times.

When asked what he said to his players at the halftime intermission, sporting only a 7-6 margin to a team that surely came in as a heavy underdog, Silva explained, “I told them this was exactly what we had talked about all week, which was that Kearsarge was a good team and had come to play. I told them this is what the game is all about, being physical and blocking and tackling. They were getting the ball to start the second half and we needed to get a stop and the game would be decided on which team played with more heart. I think the players showed plenty of that by scoring on two long drives after falling behind for the first time this season.”

So now it's on to Laconia where the 5-0 Stevens team will face a 3-2 Sachems squad, a team which beat Epping Friday night, 56-12. Many are predicting Stevens to fall for the first time as the Redbirds take to the road. But not Silva and his band of loyal men.

“I am proud of these kids!” Silva boasted. “They don't get wrapped up in looking at records of the teams they are playing. They come to practice to work on the game plans and prepare. We understand our schedule ratchets up as the season progresses and we will continue to work hard. We are focused on Laconia right now.”

SHS Girls Soccer Recap

Stevens played White Mountains Regional High School last Monday, coming away with a 7-1 victory. Audrey Puksta scored the first goal of the game about ten minutes in assisted by Julia Belaide. Stevens scored again a couple minutes later when Jenna Pond scored on a cross from Belaide. White Mountains brought the game within one when Madi Bean scored about half way through the first half. Puksta would score a couple more goals before halftime assisted by Molly Derosier and Brooke Bonneau. Stevens scored three more goals in the second half. Puksta, Bonneau and Pond scored the goals assisted by Sydney Miller, Regan Burt, and Ellie Grenier. The Cardinals defenders Leeann McCarthy, Alexis Aiken, and Zahna Rice all had a solid game in the backfield.

The Stevens Lady Cardinals Soccer team hosted Kearsarge for homecoming on Saturday and lost 4-3. Kearsarge came out strong in the 1st half scoring 3 goals over a 15 minute period. However, Stevens was able to capitalize at the 4 minute mark off a free kick from Sydney Miller that deflected off the keeper and was finished by Brooke Bonneau. The score at halftime was 3-1. Stevens came out strong in the 2nd half scoring a 2nd goal when Brooke Bonneau touched a ball to Audrey Puksta who put it in the back of the net to make it 3-2. However Kearsarge would be awarded a penalty kick at the 31st minute to make the score 4-2. Stevens would continue to apply the pressure and make the score 4-3 off a corner kick. Jenna pond connected with Audrey Puksta. However despite best efforts of Stevens they could not find the back of the net.

The team is 9-2 on the season and travels to Fall Mountain on the 2nd and hosts Hopkinton on the 4th.

SHS Field Hockey Recap

What was originally going to be a home

game Thursday ended up with the Stevens High School Field Hockey team traveling to Monadnock to play their game. This was due to recent weather leaving the home field unplayable. The Cardinals came back with a win. An overtime win at that. It was a good battle back and forth between both teams, said Coach Patty Deschaine.

The Cardinals scored in the first half with a goal from Freshman Bri Frisbee assisted by Junior Emily Emerson. Second goal was scored about half way through the second half by Sophomore Julia Tursky unassisted. Monadnock scored 2 goals to tie up the game. The Cardinals had a few opportunities towards the end but could not finish it. Overtime. Play went back and forth again but with 8 minutes left in OT, the Cardinals were able to get a penalty corner. Freshman Lilly Gogan scored the winning goal unassisted during the play.

The Cardinals played at home Friday against Kearsarge, ending in a tie of 0-0.

This week's schedule includes hosting Mascoma Valley on Tuesday, traveling to Laconia on the 4th and hosting Mascenic on Saturday.

SHS Boys Soccer Recap

The SHS Boys Soccer team was back in action the 29th, falling to Kearsarge, 1-6. They return to the field on Oct. 1st, facing Conant at home, and then host John Stark on the 5th. The team is 3-6 on the season.

SHS Boys Golf Recap

On Sept. 26, SHS battled Pelham on the road, losing 34-52, defeated ConVal, 34-22, and lost to Conant, 34-39. On the 28th, the Cardinals played against Bow and Prospect Mountain, 35-67 and 35-58, respectively.

The team plays against Bow and Kearsarge on Oct. 1st.

SHS Volleyball Recap

The SHS Cardinals Volleyball team played Inter-Lakes at home last Monday, losing 0-3. The Cards played against Sunapee and Franklin last week, losing 0-3 and 0-3 respectively. The team has a busy week this week, hosting Fall Mountain and Hillsboro-Deering on the 1st and 2nd and then hitting the road on the 3rd to play Mascoma Valley.

Cards Score Win Against Cougars in Exciting Game

The Stevens football team hosted the Kearsarge Cougars in a Homecoming Game under the Barnes Park lights on Friday night before a big crowd.

Stevens won the toss and would give the home crowd something to cheer about early on. The Cardinals marched the ball down the field on their opening possession, covering 70 yards in 8 plays, with Keaghan McAllister capping the drive on a 4 yard touchdown run. A Gabe Spaulding kick through the uprights made it 7-0.

After the quick score both defenses settled down and the game would remain scoreless until the 2nd quarter when the Cougars would get on the board on an 11 yard touchdown run by Gavyn Magistro. The conversion pass was incomplete and the score was 7-6. Stevens drove deep into Kearsarge territory just before the half, and had a chance to take the lead. A 23 yard field goal attempt by Spaulding had plenty of distance but was just wide to the left, and the score remained 7-6 at the half.

Kearsarge would put the Cardinals behind for the first time all season in the 3rd quarter on a beautiful pass from Jak Jallah to Andrew Normandin, covering 40 yards for the touchdown. Jallah would run in the conversion and give the Cougars a 14-7 lead. Stevens showed that a little adversity would not faze them as they answered the Kearsarge score with an 8 play, 63 drive, capped by McAllister's 2 yard touchdown run, his second score of the night. Spaulding split the uprights and the game was knotted at 14.

Kearsarge threatened again late in the third quarter driving deep into Stevens territory with a first and goal at the 5 yard line but the Cardinal defense came up huge forcing Kearsarge to turn the ball over on downs. The big play was a 2nd down blitz and tackle from Quentin Bicknell that pushed the Cougars back to the 11 yard line. Stevens would then use another 8 play drive, this time going 89 yards. It was McAllister again, as he sprinted into the end zone for a 27 yard touchdown, his third of the game. A penalty on Stevens pushed the extra point attempt back 5 yards and the ball hit the



The Homecoming Game between SHS and Kearsarge ended in a scoreless tie Friday (Courtesy photo).

upright and was no good, but Stevens was back on top 20-14. Stevens would score on the Cougars next possession as Alex Taylor adeptly sniffed out a Kearsarge screen pass, stepping in front to pick it off and 28 yards later it was a touchdown for Taylor and the Cardinals. The two point conversion pass was batted away but Stevens had run off 19 unanswered points after losing the lead. A Baylor Rozzell interception would seal the deal for Stevens and they had a well-deserved, and hard fought, 26-14 Homecoming Game victory.

McAllister would finish the night with 258 yards and 3 touchdowns on his 29 carries. Quentin Bicknell had a game 11 tackles for Stevens as well as completing 4 of his 6 passes for 39 yards.

Stevens will be at Laconia on Friday night for a 7PM game with the Sachems. The Cardinals will play 3 of their last 4 games on the road.

JV Team Tops Hilltoppers, 28-14

The Junior Varsity football team hosted the Hilltoppers of Somersworth this past Monday

and recorded their second win of the win before the home crowd.

Stevens scored first on a 25 yard Zack Bundy to JJ Tursky touchdown pass. Pascal Lemieux ran in the conversion for 2 points and an early 8-0 lead. Bundy would find Clayton Wadsworth for a 32 yard touchdown strike and another Lemieux conversion run gave Stevens a 16-0 lead.

Later in the half following a nice Keegan Batchelder run, Bundy and Tursky would connect again for a touchdown, this time on a 7 yard pass. The conversion run failed and after a Somersworth score late in the second quarter, Stevens took a 22-8 lead into halftime.

The Hilltoppers would score again in the third quarter to cut the lead to 22-14, but the Cardinals would put the game out of reach on a 42 yard scamper by Lemieux for a touchdown. The conversion was no good and the junior Cardinals would go on to a 28-14 victory.

The JV team will travel to Kearsarge on Monday for a game with the Cougars. Game time is 4PM.

Got sports?
Send to etickernews@gmail.com

Inspiration

Encouraged

By Priscilla Hull

I won't get into politics here because it isn't the place. There are only a couple of places where politics should/can be discussed and there is no way a one-sided discussion is that place. I can say that politics today are profoundly upsetting to many. This upset comes from both sides of the road. Each feeling strongly that they are right and the other side is wrong. It seems that the current feeling is more closely focused on what I feel is right and what others are feeling or thinking is wrong. There is no common ground, there doesn't seem to be a place for compromise. Minds are closed.

The other night I was guest for dinner and the evening in a home with other family members and others. We are all from different situations and the ages ran from 7 to 83. One thing that I love about my cell phone is that I take pictures and can relive times from the past. I have pictures from people on the opposite sides of politics enjoying each other. I have no idea what they were discussing, but they are both smiling in the picture. I have pictures of the seven year old with his "antique great aunt and uncle". He is explaining Lego construction to them, and they look fascinated. I see two beautiful young (20s) women with the older gentleman, laughing and arms around each other enjoying time together.

Oh, did I mention that two are from another country? We know that they live differently from us, yet all are just enjoying each other.

The evening was a microcosm of east meets west, right meets left. It was an evening full of laughter and love. I haven't spent a more refreshing evening since I don't know when. Dinner was a long affair where we ate a great meal and it took a long time because we were enjoying being together and breaking bread with family and friends we just don't see often or long enough. I'd guess dinner lasted for about two hours!

Laughter aids digestion so last night's dinner was well used! We all felt better after it. By the way, the meal was excellent, as the hostess's meals always are! When we went home and to bed, I know all slept a little better, too!

We all need this kind of an evening more often. It was a celebration of being together, accepting differences, honoring those differences, willingness to let go of political differences and loving each person for the uniqueness of his and her personality. We realized that each one there had a gift to bring to the table. Each one, from 7 to 83, has a special secret to bring to the table. Each one lets the love in his and her heart reach out and touch another. We all know that while we don't agree politically we do agree in love.

I felt encouraged to know that in that little microcosm of my world, the other night, I could be with people I love and who love each other more than any rivers can separate. I was encouraged to know that others care, hugs are free and love flows through our veins. I pray it flows through all the people of the world too! Just my dream!

"Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves." ~ Romans 12:9-10

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



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

Calendar Of Events

Apply Today for Artist in Residence Program

CLAREMONT, NH—Last chance to apply for the MakerSpace Artist In Residence Program (Nov/Dec term).

The deadline to apply for the Claremont MakerSpace Artist In Residence Program (Nov/Dec term) is this Monday, 10/1, at midnight! All types of artists/makers, and levels of experience, are welcome to apply. The selected applicant will receive:

- Two months of Unlimited CMS Membership
- A personal studio space
- \$600 towards the creation of new work at the MakerSpace

If you'd like to use the MakerSpace's high quality tools and resources to bring your artwork to the next level, then you don't want to miss this opportunity! To learn more and apply, visit: <https://claremontmakerspace.org/special-programs/>

Questions? Contact the Claremont MakerSpace at: info@twinstatemakerspaces.org.

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.

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.

Improving Your Resume

It begins at the top:

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

Streamline it:

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

Cut the "objective":

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

Be honest:

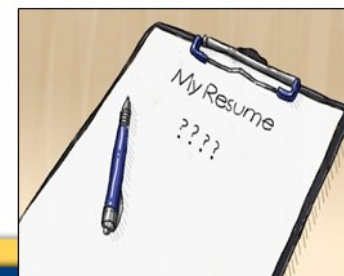
Instead of fluffing up facts to make themselves more appealing, applicants might be wiser to accentuate the positives of their actual experience and skills.



603-542-9675

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

www.westaff.com



Pig Roast
(Swill, Swine and Swing)
SUNDAY OCTOBER 7
4:00-7:00 PM

Pig Roast Dinner
 (Chicken and Vegetarian Options Available)
 Musical Entertainment
 Corn Hole Game
 Family Friendly

To eat there or take away.
 Dinner with sides. Dessert available.
 \$15 Adults, \$8 Children under 13
 at the Acworth Village Store
 1068 Rt. 123A, South Acworth, NH

All proceeds to benefit the Acworth Village Store, a community owned general store.
 Call 603-835-6547 for more information.
 Website: AcworthVillageStore@gmail.com

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—From Fly on the Wall Concerts, 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 25 years. Fans who saw this band last year are already gathering friends and ordering their favorite seats. 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.

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 re-

wards 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.

Cool Tunes at the Fiske

CLAREMONT, NH—Cool tunes, videos and shows for kids and families with Eric Herman will be presented at the Fiske Free Library on Saturday, Oct. 6, at 11:00 a.m. Music, humor, dancing. A fun and interactive program.

Sponsored by The Friends of the Fiske Free Library. For more information, call 542-7017.

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.

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VOTE FOR GARY MERCHANT ON TUESDAY, NOV. 6

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Merchant4NHHouse@gmail.com

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.**

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.

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.

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, 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 wccma.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

The presentation of Youssra El Hawary is part of Center Stage, a public diplomacy initiative of the U.S. Department of State's Bu-

reau 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, Zadijah (603) 306-9892; they may also be found on Facebook.

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.

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.

Graveyard Restoration Workshop

October 17, 2018

10am-12pm

Sullivan County Complex, Cemetery
County Farm Rd. Unity

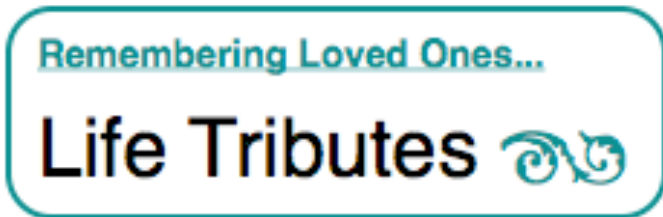
Join the Sullivan County Natural Resources Dept. as Richard Maloon, NH Old Graveyard Association (NHOGA) Treasurer and volunteer workshop instructor, demonstrates how to clean gravestones, how to upright leaning stones and how to repair broken stones.

Please bring gloves and water, a shovel is a plus and a spray gallon container is great. This workshop

This is rain or shine, so please dress appropriate for the weather. There are limited bathroom facilities. Snacks will be provided.

Send news and photos to

etickernews@gmail.com



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

Lyle W. Kingsbury, 91

Lyle W. Kingsbury, 91, formerly of Newport and Charlestown, NH, and more recently Sanford, ME, died Friday (September 21, 2018) at Southern Maine Healthcare in Biddeford, ME, following a period of failing health.

He was born in Rawsonville, VT, on July 8, 1927, the son of Armetus and Gladys (Johnson) Kingsbury. He was a US Navy Veteran of World War II. Lyle and his wife Loretta co-owned and operated Kingsbury Welding and Construction in Portsmouth, NH, for 20 years. Upon their return to Newport, NH, they co-owned Tri-State Welding and Mix & Match Clothing on John Stark Highway. Throughout his welding career, Lyle had developed a reputation as a great welder in his trade and was well respected by everyone that had hired him. He was predeceased by his first wife, Loretta (Lacroix) Kingsbury on September 25, 1989, and his second wife, Helen (Gilley) Kingsbury who died on April 1, 2016.

Members of his family include a son, Gary Kingsbury, Berwick, ME; two daughters, Marie LaFlower and her husband, Wayne, Laconia, NH; Linda Poirier, Sanford, ME; 11 grandchildren, 12 great grandchildren and six great great grandchildren and many nieces and nephews.

He was predeceased by a daughter, Dolores Avery, six brothers, Lawrence, Harold, Melvin, Edmund, Armetus, Jr., Paul and two sisters, Jennie Partlow and Blanche Pierce.

Funeral Services were held on Thursday at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH with the Rev. Mr. Paul Boucher of St. Mary Parish officiating. Interment with military honors followed in St. Mary’s cemetery.

You are invited to share a memory of Lyle with the family or leave a message of condolence in the family guest book at www.royfuneralhome.com. Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

Shirley DeCoteau, 77

Shirley Murray DeCoteau, 77, of Claremont, NH, passed away surrounded by family on Sunday afternoon, September 23, 2018. She was the daughter of Clayton and Anita Murray, born on November 30, 1940.

Shirley retired from Sinclair Machine where she had worked for over 30 years as a bookkeeper.

She is survived by her son, Scott and his wife, Deborah; grandson, Dustin and his wife, Krystal; granddaughter, Kylie Russell; great grandchildren, Landon, Makaela and Holden DeCoteau and Karter Russell, all of whom she treasured; siblings, Elizabeth Gierko, Vicky Goodhue, Douglas Murray, Jack Murray, Glenora Bennett and Gail Patten also many nieces and nephews and grand nieces and nephews.

She was predeceased by her husband, Francis in 2017; sisters and brothers, Jerry Murray, Joan Murray, Sheila McKinney, Margaret Murray and Robert Murray.

A memorial service was held at the Stringer Funeral Home Thursday with John Monroe officiating.

In lieu of flowers, donations may be made in her memory to Lake Sunapee VNA Hospice & Home Care, P.O. Box 2209, New London, NH 03257 or the Upper Valley Humane Society, 300 Old Route 10, Enfield, NH 03748.

The Stringer Funeral Home is in charge of arrangements.

Charles R. Meader

Charles R. Meader, of Grantham NH, died September 22, 2018, at New London Hospital, after several years with multiple medical issues.

He was born in Providence, RI February 10, 1936, the son of Robert O. and Mary Arnold Meader. He was the son and grandson of Episcopal priests and is survived by his wife, Marthe Dynner, also an Episcopal priest. Charlie attended Brown University as a pre-med student and received his medical degree Magna Cum Laude from Boston University School of Medicine. He completed an internship at Boston City Hospital.

His military service as a U.S. Army Captain took him first to Fort Myer, VA, where he served as General Medical Officer. He then served in Vietnam, where he provided medical care and training in Pleiku in the central highlands of So. Vietnam. He established a rural clinic for the local population and earned the Bronze Star for meritorious service in a combat zone.

On completion of his military service, Charlie took a residency in internal medicine at the famed Cleveland Clinic. He and his first wife, Roberta Kelly Meader and their first three children then moved to Norwell, MA, where he

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Democrat For Sullivan County District 5
Claremont Ward 3

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

served in in the South Shore Medical Clinic, and two more children were born. They then moved to Hingham, MA, where he was in private practice for many years.

Charlie and Roberta were later divorced and he moved his practice to Nashua, NH, where he married Marthe. The couple lived in Nashua until Charlie's retirement from clinical practice. They then moved to Concord, NH, where he was a medical consultant in the Social Security Disability Determination Services office of the State Department of Education. He retired from that position after he and Marthe moved to Charlestown, and later to Grantham, NH. Charlie was the author of DiagnosisPro, a computer diagnostic tool now on line and available in several languages. For many years he contributed to the information base of the program after it had been sold to the company now operating it. He was a brilliant conversationalist, and an avid reader. His quick wit and intellect engaged and enriched family, friends and colleagues during his long happy life.

For many years, and until his illnesses caught up with him, Charlie sent birthday cards far and wide – a sketch or photo of flowers that he colored in. The greeting was always in his almost illegible handwriting, but the receiver always knew where the card came from and the love it carried.

Charlie's family was his greatest love. He had five children: Kelly, Sam, Rob, Betsy (Eschelbacher) and Barbara. He adored them and was boastfully proud of them all. In addition to them and to Roberta and Marthe and Corcaigh (the yapping Schnauzer), he leaves his much-loved step-daughter, Suzanne Rebert, and stepson, Mark Dyner and his wife Lori Farnsworth. Charlie had eight grand-children: James and Dylan Meader, Henry and Elizabeth Meader, and Merri, Will, Oliver and Eliot Eschelbacher. He is also survived by his sisters, Esther Scanlon and Mary Meader Wostrel; his brother in law Herb Wostrel; his daughter in law Katherine Meader; two former daughters in law, Maggie Galasso Meader and Leeanne Fahey Meader; his sister in law Katrina Schumacher; nephews and nieces; and an extended family across the United States. Charlie was predeceased by his parents; a nephew, Bill Scanlon; and a beloved son in law, Jeremy Eschelbacher.

A memorial service in celebration of Charlie's life will be held at Union Episcopal Church in Claremont, NH, on Saturday, Oct. 6, at 11 am. The Right Rev. Robert A. Hirschfeld will pre-

side. Burial will be private. The family suggest that those wishing to make a donation in thanksgiving for Charlie's life consider West Claremont Center for Music and the Arts, or the church or charity of their choice.

Share the Harvest – Hunt for the Hungry

CONCORD, NH—New Hampshire hunters can share their fall harvest with the needy through the "Hunt for the Hungry" program at the New Hampshire Food Bank, a program of Catholic Charities NH. Once again this fall, the New Hampshire Food Bank is collecting donations of whole or processed game animals for distribution to more than 425 food pantries, soup kitchens, homeless shelters, and group homes statewide.

Last year, the Hunt for the Hungry program took in over 2,000 pounds of donated deer, moose, and other game meat for distribution to those in need.

To learn how to donate game, and for packaging instructions, call the Food Bank at (603)

669-9725. If you would like to share an entire deer or moose, please process and have your donation stamped by a USDA approved butcher. Contact the Food Bank for USDA approved butchers in your region.

Please note that the N.H. Food Bank is not equipped to accept donations of bear meat or wild game birds such as wild turkey or grouse.

"We are counting on continued strong support from hunters this year," said Bruce Wilson, Director of Operations for the New Hampshire Food Bank. "Donations of protein foods with the Hunt for the Hungry program fill a big need. Venison is especially popular, a real treat for clients. Last year, we got some moose meat, and as soon as it came in, out it went! As always, we want to thank New Hampshire's hunters for their continued support. We couldn't do what we do without it."

"The Hunt for the Hungry program is a great way for hunters to share their harvest and help needy families get through the winter," said Glenn Normandeau, Executive Director of the New Hampshire Fish and Game Department. "Wild game is a local renewable resource that is high in protein, low in fat, and all natural – not to mention delicious."

“Eyes love dark green. So do I.”

-Dr. Sam Giveen

Dark green, leafy veggies like spinach, collard greens and kale are good for your eyes. Eat a diet rich in dark, leafy greens, and it can go a long way toward preventing macular degeneration. Call it tasty preventive medicine. Just start early. Eat your dark greens.

DOCTOR **SAM'S**
EYE CARE



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

The Children's Literacy Foundation Seeks Applications for Community Building Literacy Grant

WATERBURY CENTER, VT—The Children's Literacy Foundation (CLiF) seeks applications for its Community Building grant for Winter 2018-2019. The Community Building grant application is open to organizations, including elementary school classrooms, after-school programs, clubs, and non-profits that serve low-income, at-risk, and rural kids in Vermont and New Hampshire. The grant is intended to help build connections between children and other members of their communities through reading and writing. Applications may be found at www.clifonline.org under Literacy Programs. Applications are due October 30, 2018.

Applicants interested in focusing on reading may choose to apply for the grant to start a Reading Buddies with Seniors program in which children and local senior citizens read together or launch a "1,000 Books Before Kindergarten" initiative for young children (see 1000booksbeforekindergarten.org for more information). Potential partners wanting to focus on writing can choose from the My Community Story initiative offered by the Young Writers Project or a songwriting workshop with CLiF Presenter Jon Gailmor.

Applicants awarded grants to launch either Reading Buddies with Seniors or 1,000 Books Before Kindergarten programs will receive an on-site children's library (valued at \$500) for their classroom, club, or organization, a training session with one of CLiF's professional author/illustrators or storytellers, and a book giveaway in which all program participants choose two new books to keep.

Applicants awarded grants to launch My Community Story digital platform (a \$250 value) will receive access to their own digital website for students to privately share their writing, prompts and resources for storytelling, research, digital media and editing, a writing workshop with one of CLiF's professional authors, and funding (up to \$150) for a community celebration for children to share their writing with family members and friends. Songwriting workshops include a day-long session with Gailmor and funding for a performance led by Gailmor.

Any questions about this grant can be directed to Meredith Scott at meredith@clifonline.org.

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Wednesday Bingo "Caller" needed for November 14. Also, our weekly senior Bingo is in need of "Bingo Callers" once a month (on the 3rd Wednesday). If you are interested in helping the center with this event please give the center a call . . . (603) 543-5998.

Meals schedule: Tuesday - October 2...Salad, lasagna, dessert. Thursday - October 4...Soup, Salisbury steak, gravy, roasted potatoes, vegetable, desert.

Halloween Costume Lunch on Tuesday - October 30,. Come in "Costume." Prize for . . . Best, Original and Most Scary Costume.

Next Foot Clinics will be October 3, 10 & 17 (8:30 AM - 4:00 PM) sponsored by Lake Sunapee Region VNA & Hospice. For appointments, call (603) 526-4077. \$25 per visit.

Free Blood Pressure Clinics will be held on October 4 (10:30 AM - 12 Noon) and Thursday - October 18 (11:00 AM - 12 Noon). Sponsored by Lake Sunapee Region VNA & Hospice.

Next Senior Men's Breakfast will be Monday - October 22. Doors opens 8:00 AM, breakfast served 8:15 AM, guest speaker 8:45 AM. Menu: Pancakes, sausage or bacon, juice, coffee. Members \$2.00, non-member guests \$3.00. Come to or call center to sign-up!

Tai Chi sessions next week will be on Tuesday - October 2 (1:00 - 2:00 PM) in the Owens Hall. If you cannot make the afternoon session, the same session will be offered on Wednesday - October 3 (6:00 - 7:00 PM) in the Mozden Room.

Looking ahead to possibly bringing back a "Tech Time" we need to know how much interest there is in such a program. Please let us know if you would benefit from such a program!

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 or check the center's October Newsletter. Thank you for your support! Thank you to those who have made donations so far!

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 guided by Charlene Robillard every Monday at 10 AM brings you through an hour of gentle, relaxing yoga. \$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.

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!

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. Mahjonn 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.

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, October 10, 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. REPORT OF THE SECRETARY
Minutes of September 10, 12, 19 and 26, 2018, City Council Meetings
- 6:35 PM 5. MAYOR'S NOTES
- 6:40 PM 6. CITY MANAGER'S REPORT
- 6:55 PM 7. APPOINTMENT TO BOARDS AND COMMITTEES
- 7:00 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
- 9. OLD BUSINESS
- 7:10 PM A. City Fee Schedule – Public Hearing
- 10. NEW BUSINESS
- 7:20 PM A. Confirmation of Discontinuance of Old Jarvis Hill Road Between Map Lot 67-3 and 67-4
- 7:35 PM B. Resolution 2019-9 Accept and Expend AmeriGas Funds, Lower Cul de Sac Place – Public Hearing
- 7:50 PM C. Downtown Revitalization Update
- BREAK
- 8:15 PM D. Resolution 2019-10 Accept and Expend EMPG for Electronic Message Boards for Fire Department – Public Hearing
- 8:30 PM E. Ordinance 562 – Amending the Non-Union Employee Classification Plan – First Reading
- 8:45 PM 11. COMMITTEE REPORTS
- 8:50 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:05 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:10 PM 14. ADJOURNMENT

Domestic Abuse: Ending the Cycle of Violence

By Bernadette O'Leary

Studies show that children who suffer from domestic abuse often grow up to continue the cycle of abuse as they grow older. Some end up in abusive relationships, while others become abusers themselves. However, that does not have to be their fate. It is possible to end the cycle of abuse.

My daughter, whom I will call Joan, is currently 17, and we are still trying to overcome our own struggles with domestic abuse. She developed a relationship with a young man whom she knew for around a year, but she had to keep her friendship secret, even though she was nearly 16 when they first met. In getting to know him, some concerning behaviors showed up from him. Thankfully, she and I have an open, close relationship where we can discuss anything without issue. This open communication along with helping her understand the statistics regarding the fact that those who are abused have a higher risk of being abused again gave her a way to both discuss her concerns and recognize red flags. This is just one of many ways to help a child who has experienced abuse break the cycle of violence within his or her own life, and therefore the life of any future spouse and child he or she might have.

Child Welfare Information Gateway is a site where one can find resources on domestic abuse and breaking the cycle for children. Their page lists multiple resources for information on this topic. Additionally, the site states that roughly one-third of those who suffered child abuse or neglect as a child will likely go on to become abusers themselves. This also includes children who witness abuse toward others. The reason is quite simple: children learn abuse as the way of handling anger through watching and experiencing it as such. Since children learn through example and by absorbing what they witness and experience within their environment, it is only natural for them to imitate these behaviors and then have those behaviors become habits within themselves.

Simply hearing that one-third of children who are abused or witness abuse are at higher risk of becoming abusers themselves might not faze you. However, would it affect you differently to know that Safe Horizon states that in 2015 a report revealed over 7 million children are reportedly abused each year and that 4 children die every day in the U.S. because of child abuse? Those are only from the ones that are reported. Ark of Hope for Children reports that for every case of child abuse reported, there are two more that go unreported. That means that only one-third of all cases are reported. Then there are the cases where the children and abused spouse are not listened to and police reports are not filed or are improperly filed, giving the abuser the feeling of validation in their behaviors. So, to sum that up: 7 million cases are reported, for every report two more go unreported, and many more are swept under the rug and blatantly ignored by the system. That means the number is closer to 7 million times three, which equals 21 million abused children per year. Does one-third sound like a bigger number now? Help end the cycle today. Speak out. Contact lawmakers and demand stricter laws and stronger accountability for abusers. #AChildNeedsYou

Child Welfare Information Gateway: <https://www.childwelfare.gov/topics/can/impact/long-term-consequences-of-child-abuse-and-neglect/abuse/>

Safe Horizon: <https://www.safehorizon.org>

Ark of Hope for Children: <http://arkofhopeforchildren.org/child-abuse/child-abuse-statistics-info>

