



The Stevens Lady Cardinals Soccer team hosted Trinity on Friday night for the quarterfinals for Division 3; Stevens was able to hold off Trinity with a 1-0 victory to advance to the semifinals. Stevens scored 8 minutes into the game off of a direct kick. Sydney Miller shot the ball over the Trinity wall to find the back of the net. The Stevens defense was able to hold off Trinity and prevent them from getting on the board. Kate Chambers earned the shutout in net by patrolling the box and owning any ball that game in. Stevens will play Campbell in the semifinals on Tuesday in Laconia at 4:00 p.m. (Courtesy photos).

Claremont Confidential

By Les St. Pierre



Keeping It Simple

In case you haven't heard, Stevens High School has a new varsity basketball head coach.

"I really wanted the position," Dan Ryan related in an interview last week. "I'm thrilled! I feel I have the talent to draw up in this community a sustaining program for basketball. I am interested in the kids. I am not interested in personal well-being in being the varsity coach. I am interested in the kids to be able to perform admirably at the high school level and to be competitive."

Ryan is not exactly a stranger in these parts, having lived in Claremont for the past seven

years serving as a volunteer assistant in the hoop program at the high school. When the head coaching position opened following the resignation of Matthew Baird-Torney, a move which caught Ryan completely off guard, Ryan applied for the job.

"It was in the hands of the athletic director," Ryan pointed out. "He was the one who hired me. He (Doug Beaupre) was familiar to me. I go to as many football, basketball, and baseball games that I can, both home and away, so I am a fixture and Doug is aware of that. But whether or not that is the reason I got hired I don't know. I never want to know who else applied because it always runs through your head, 'Am I better than that guy?' I wanted it to be a hire for my skills, not because the other guy was deemed bad. I am hoping I got hired because of my experience."

At the age of 72, that experience is a multifaceted commodity, and Ryan is sure it will pay off.

"It can't hurt," Ryan stated in regards to the experience he possesses on the hardwood floor. "It can only help. I have seen so much

basketball in my life. Basketball is my passion."

Originally from Boston, Ryan attended Cardinal Spellman High School in Brockton, MA. It was only natural his athletic nature, in particular liking the sport of basketball, would, in his younger days, allow him to drift toward following the NBA Boston Celtics. He admitted his heroes during his youth were Red Auerbach, Bill Russell, Bob Cousy, and Tommy Heinsohn. Ryan followed up his high school days with assistant coaching stints at Belknap College (now defunct) in Center Harbor, NH, Plymouth State College, and a long time at Inter-Lakes High School in Meredith, NH. While at Inter-Lakes he was the junior varsity coach for 15 years before rising to the head coach position, which he held for eight years. In those eight years, the first two were, in his words, "dismal" before the Lakers blossomed into competitiveness reaching the finals three times, but never winning a state championship.

Health issues became a major roadblock for Ryan over time and he eventually went under

(Continued on page B2)

Ryan, from B1

the knife as doctors had to remove a tumor in his brain. The brain surgery left him with bouts of seizures, a condition now firmly fixed due to medication prescribed by doctors at Dartmouth Hitchcock Medical Center. It was advice from DHMC prompting Ryan to move closer to the medical facility. He, in turn, left the Lakes Region and settled in Claremont.

These last seven years has enabled Ryan to get his feet wet and to become familiar with the school and its students and athletes. Now he has the task of guiding the Cardinals boys to basketball wizardry in a 22-team Division II. "I am going to initiate a lot of different things," Ryan stressed. "I am going to play man-to-man and we are going to be a transition team. Matt didn't run much. We are going to use three-man screen plays, pick plays to get us generated to start to play a free-lance offense." Paul Silva, the head football coach, will remain as an assistant hoop mentor, and Scott Spaulding will return as the junior varsity coach.

To date, Ryan has seen upcoming hoopsters in summer league play and has not particularly cared for what he has seen on the courts.

"Right now these kids aren't going to be competitive because they lack the fundamentals," Ryan noted. "I want to make sure they come out of the youth league prepared to go into middle school and when they come out of there they should be ready to be able to be competitive at the high school level. If you are not ready to use your off hand, you are not fundamentally sound. You are not going to be ready to compete. Right now there are seven varsity eligible kids who can't use their off hand. That is what I am going to address."

Ryan, with the help of Claremont Savings Bank Community Center staff member Justin Martin, has an opportunity to speak at a Claremont Youth League Coach's Clinic November 20 to address that particular concern of his.

"Keep it simple," Ryan said. "That is my philosophy. Just go out and play basketball!"

SCHEDULE

Dec. 14 Laconia 7:00 p.m.
18 at Lebanon 6:30 p.m.
21 at Oyster River 6:30 p.m.
Jan. 02 Fall Mountain 5:30 p.m.
04 Merrimack Valley 7:00 p.m.



Dan Ryan is the new varsity basketball head coach at Stevens (Les St.Pierre photo).

08 Hanover 7:00 p.m.
11 Bow 7:00 p.m.
15 at Newport 7:00 p.m.
18 at Hollis-Brookline 6:30 p.m.
25 at Coe-Brown Northwood 6:30 p.m.
29 at Fall Mountain 7:00 p.m.
Feb. 01 Plymouth 7:00 p.m.
08 at Con-Val 6:30 p.m.
12 Newport 7:00 p.m.
15 at John Stark 6:30 p.m.
19 at Kearsarge 6:30 p.m.
26 Souhegan 7:00 p.m.
Mar. 01 Kearsarge 7:00 p.m.

Cards Finish Out Regular Season at 5-4

Due to the Nor'easter that hit New England on Saturday, the final game of the regular season was moved up to a 3:00 PM Friday matinee at Hopkinton versus the Hillsboro-Deering Hopkinton Redhawks. The Red Hawks would close out the season by earning the 4th seed in the upcoming Division III tournament with a 21-0 victory over the Cardinals.

The Redhawks would score on their opening possession and then both teams played well defensively the rest of the half. The Cardinals got a 69 yard punt return by Lucas Mudge that set them up deep in Redhawk territory but had to settle for a FG opportunity to try and cut the lead to 6-3. Unfortunately a mishap on the snap and exchange ended the scoring threat and it was 6-0 at the half.

The Redhawks added a touchdown and 2 point conversion in the 3rd quarter and another touchdown and extra point in the final quarter to account for the final of 21-0. The Cardinals had a couple of chances in the red zone in the 2nd half, but the Redhawks defense was able to come up with a turnover on both occasions.

Stevens was held to just 135 yards of offense on the afternoon as a swarming Redhawk defense kept them under pressure.

Stevens finished the regular season at 5-4 and will be the 7th seed in the upcoming Division III tournament. With Lebanon's win over Campbell on Saturday afternoon, Campbell will now be tied with Trinity at 7-2. Campbell defeated Trinity during the regular season, but Trinity ended up with a better point rating so Stevens will have to wait and see who their first round opponent will be. Stevens will travel there for a 1 PM Saturday afternoon game.

SHS JV Football Team Recovers four Fumbles Against Pioneers

The Stevens JV team traveled to Manchester on Monday afternoon to take on the Pioneers of Trinity. While the Pioneers recorded a 46-20 victory, the junior Cardinals played a very good game.

Zack Bundy connected with Clayton Wadsworth for a pair of touchdown passes to lead the offense. Wadsworth would not only catch a pair of touchdown passes, but he also threw a

(Continued on page B3)

JV, from B2

touchdown pass, as well, connecting with JJ Tursky for the score. Bundy added a two point conversion pass to Ethan Johnson.

Defensively, the Cardinal defense got an amazing 4 fumble recoveries from Austin Gauld on the afternoon!

Stevens will host the Wildcats of Fall Mountain at Barnes Park on Tuesday afternoon in their final game of the season. Game time is 3:30 PM.

The Harlem Rockets Comedy Basketball Team are Coming to Springfield, VT

SPRINGFIELD, VT—The Springfield Booster Club will be hosting some very special guests on Friday, Nov. 16th, at 7:00 p.m. at Dressel Gym in Riverside Middle School. The Harlem Rockets, a talented group of basketball entertainers who combine incredible showtime basketball skills and family-friendly comedy will face the Springfield Dream Team in a game benefiting the Springfield Athletics

Tickets for what promises to be a fun-filled evening for the community are available at Jake's South Street Market on South Street, Vianor Tire on Chester Road and the Community Center on Main Street. You can also contact Rachel Hunter from the Booster Club for tickets or purchase them the door. Tickets in advance \$10 for students/senior citizens and \$12 for adults. At the door \$12 for students/senior citizens and \$14 for adults. Sponsors for this event are Brady/Donahue, Vianor Tire Center and Holiday Inn Express Springfield.

Thetford Academy 3v3 Basketball Tournament

The 5th Annual Thetford Academy 3v3 Basketball Tournament will be played on Sunday, Nov. 11th. We hope you can join us for another exciting tournament to help kick off the basketball season in the Upper Valley. The 5th annual Thetford Academy 3 v 3 Basketball Tournament registration deadline is Friday, Nov. 2nd.

There will be separate divi-

sions for boys and girls, with brackets for 5th/6th graders, 7th/8th graders and High School. There is a two game guarantee.

Up to five players may be on a team and the cost is \$50 per team, proceeds to benefit the Thetford Academy Athletic Fund. Admission for fans is by donation and will be donated to our local Veterans group. There will also be concessions selling wonderful food throughout the entire day.

Below is a link to the registration, that includes the medical waiver form, rules, contact information and general details about the format and the day's events. We ask all registrations be received by November 2nd:

https://drive.google.com/file/d/17P6fM3d-PJTW_2BhSQYJnqXcW-IWB2ZCJ/view?usp=sharing.

Monarchs Sink Mariners, 5-2

MANCHESTER, NH- The Manchester Monarchs walked away victorious over the Maine Mariners, Saturday night, by a score of 5-2 at SNHU arena.

The Monarchs (3-3-0-1) scored early and kept the momentum going, defeating the Mariners (2-5-0-0) for the first time this season and snapped their two-game losing streak.

The Monarchs opened the scoring at 8:57 of the first period, when Nic Pierog scored his second goal of the season. Craig Wyszomirski sent the puck to the high slot where it found the stick of Pierog and he fired a wrist shot past the blocker of Mariners goalie, Chris Nell, to make the score, 1-0.

The Mariners answered at 13:46 of the first period during a 4-on-3 power play. Zach Tolkinen scored his first goal of the season, when Alex Kile sent a pass to the top right circle, where Tolkinen then sent a snap shot over the pad of Charles Williams, bringing the score to 1-1.

The Monarchs gained the lead at 1:53 of the second period when Nick Moutrey scored his second goal of the season.

The Monarchs brought their lead to 3-1 when Pierog scored his second goal of the night, and third of the season at 6:42 of the second period.

The Monarchs extended their lead at 18:20 of the second period when Spencer Watson scored his third goal of the season. The Mariners cut the lead in half at 12:09 of the third period when, on the power play, Ryan Culkin sauced a pass to Alex Kile, sitting at the bottom of the circle and snapped a wrist shot over the glove of Williams, scoring his sixth goal of the season, bringing the score to 4-2.

The Monarchs finished the scoring at 18:05 of the third period, when Nick Moutrey scored an empty-net goal, for his second of the game.

The Monarchs return to action Wednesday, October 31 at 7 p.m., when they take on the Brampton Beast.

For tickets, Season Memberships and group tickets, please contact the Monarchs front office at 603-626-7825.



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Inspiration

Look Around

By Priscilla Hull

We in northern New England are so used to our vibrant colors in the fall that when they are not quite as beautiful, we are disappointed. That happened this fall! In late September I had visitors from the South and from the West Coast. The colors should have been approaching their prime, but this year it wasn't so. When I apologized for the lack of color, they looked at me with an odd expression. To them the colors were wonderful. It made me stop and think about our expectations. Just this week as I was walking I saw this tree. It is a red oak, beautiful thing. The color on it is outstanding. There was a tree at the bottom of Chase Street, a sugar maple, that took my breath away. Underneath that maple was a carpet of gold as the leaves fell. So after I had apologized to my guests, I realized that we did have a beautiful fall. It just didn't come all at once.

There is so much in life that we just take for granted. I love when people post on FB a beautiful sunrise or sunset. It allows us all to appreciate the beauty that surrounds us. However, it's not just the beauty of nature that we need to be aware of, it's the beauty of the people who are a part of our lives.

We all love to see the geese flying overhead. We love to watch the humming birds at the feeder. We love to watch a family of deer gather in the back yard, or even the funny turkeys under the bird feeders. All of that is a joy to see. The question is this: Will I stop writing long enough to watch those turkeys? Can I hold off on my trip to the grocery store to let the deer enjoy a few more minutes of grazing before I go out to the car?

Even more important, though, are the times we have with our children or grandchildren. The 7-year-old grandson wants to "play" conservation officer with you! It's so important to play with him! He's only 7 once and this opportunity may never come again! To him it's serious business, not a game. The 28-year-old grandson asks to come over to talk! Stop what you're doing and talk with him. The opportunity might not come along again! The 22-year-old granddaughter asks you to go shopping with her. Drop everything and go! These are the things that matter in life. These are the things that we can't pass up. The kitchen floor can wait! Who cares if the dishes are done now or in a couple of hours? People, all people, are the ones who matter. I've spoken of grandchildren because they are the silver lining of old age, but all people matter. A neighbor with a difficult situation wants your time! Give it to them, because you might make a difference in their life.

We never know when our action will make someone's life a little brighter! We don't realize it, but we do touch lives everyday, just as others might touch us every day. Life is short! Live it to the fullest. Enjoy the world around you! Enjoy the people around you! Enjoy living!

*You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.
Psalm 16:11*

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



Calendar Of Events

Next AARP Meeting Nov. 8

CLAREMONT, NH—The Claremont Area AARP met at The Earl Bourdon Centre October 11 for a barbecue. Chefs Tim LaBelle, Alphonse Belanger and Charlie Sisson manned the grills and various cooks contributed to a vast array of salads, etc. to compliment the meal. Following lunch, Second Wind, a duo of Terry Gould and Susan Hastings, performed various genres of songs for over an hour to the enjoyment of all. A hat was passed to thank them for coming. Each member got the choice of a Halloween favor, thanks to Faith and Tim LaBelle. A Halloween trivia game was won by Marilyn Gilbert and Carmen Vinguerra. Door prizes were won by Bob Bruzik, Nancy Miles, Mary Cook and Carmen Vinguerra.

The next meeting will be Thursday, Nov. 8, at 1:00 p.m., at The Earl Bourdon Centre, Maple Avenue. David Shikes, a comedian, will entertain. Refreshments will be served. Seniors on both sides of the river are welcome. Dues are \$5 a year.

Tours at the Claremont MakerSpace

CLAREMONT, NH—What exactly is a makerspace? What kind of tools and classes does the Claremont MakerSpace offer? How does membership work? Stop on by for a tour of the Claremont MakerSpace (46 Main Street in Claremont) to get answers to all of these questions and more. Tours are offered daily at 12:15 p.m. and 6:00 p.m. If neither of these times fit your schedule, send a message to info@twinstatemakerspaces.org to plan a visit for an alternate time.

Overeaters Anonymous Big Book Meetings

CLAREMONT, NH—Overeaters Anonymous Big Book Meetings are held at Valley Regional Healthcare in Claremont on Wednesdays from

3:30-4:30 p.m. in the library. Please use Dunning Street entrance.

Silsby Library News

CHARLESTOWN, NH—Open eBooks has arrived at Silsby Library! This program through First Book gives kids access to a digital library of thousands of popular and award winning children's and YA books for free! Bring your kids to the library to get their log in and pin and to find out about the free app that allows them to download up to 10 books at a time on their mobile digital device. This program is available to ALL Charlestown's children whether they are library users or not. Open eBooks goal is for all children to have access to books at home for pleasure reading either independently or with family.

Story Hours are Tuesdays at 10:30 a.m. Lap sitters toddlers and pre-schoolers along with their caregivers are welcome for a morning of stories and craft activities. We are offering an afternoon session as well. This is a great time for our story hour "graduates", who have a full day of school, to spend a bit of quality time at the library. Friday mornings we are again welcoming toddlers for our library play time. It is a great time for moms and tots to socialize and have fun. We share LOTS of giggles.

Keep up with all the library's special events by following us on Facebook at <https://www.facebook.com/SilsbyLibrary> or check <http://www.silsbyfree.org>. If you have any questions, cares, or concerns feel free to contact us at silsby@charlestown-nh.gov. If you want to know what is new to the collection you can go to LibraryThing. Sign in is Silsbypl and password is 03603, or you may check our library catalog at <https://silsby.follettdestiny.com/>.

Newport Opera House Association Announces Cast for 2018 Fall Play, "The Foreigner"

NEWPORT, NH—The Newport Opera House Association (NOHA) has announced the cast for the hilarious comedy, "The Foreigner", written by Larry Shue and directed by Christopher Rex Jacobs.

Set in rural Georgia, Betty Meeks fishing lodge is a quiet place, until Charlie Baker - "the foreigner" - arrives. Being told he does not speak or understand a word of English, he

learns everyone's deep, dark secrets, with surprising and hilarious results.

Performances will take place on Nov. 2nd and 3rd at 7:30pm and on Nov. 4th at 2pm. Tickets will go on sale on October 1st and will be available for purchase online at www.newportoperahouse.com, or by calling the Box Office at 603-863-2412. Premium reserved seating is available for \$15; general admission tickets will be \$10. Seniors, children and students are eligible for a \$2 discount. For more info, visit the website or call (603) 863-2412.

Hannaford Helps Bag to Support Arrowhead

CLAREMONT, NH—During the month of October, every Community bag sold at the Hannaford store in Claremont will generate a \$1 donation to support the Arrowhead Recreation Club.

CHARLESTOWN RECREATION NEWS

BASKETBALL SIGNUPS: Basketball signups are scheduled for November 7, 8, 9 from 6-8pm; and Saturday, November 10 from 10-12noon. The signups will now be at the Charlestown Rec office at 216 Main Street. Also you can sign up any time during regular business hours at the Town Office. Registration forms can be downloaded from the website:

http://www.charlestown-nh.gov/Public_Documents/CharlestownNH_Recreation/index

BASKETBALL COACHES AND REFEREES are needed for this season. Please contact the Rec Dept asap.

BASKETBALL SPONSORS: If you wish to sponsor a Charlestown Recreation Dept Youth basketball team, please contact the Rec Dept. Sponsorship is \$125.00 per team.

CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE

Please continue to check the Facebook page for all announcements and upcoming events.

www.facebook.com/etickernews

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.

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breastfeeding mothers. Claremont La Leche League Claremont La Leche League will be meeting on the 3rd Thursday of the month instead of the second starting in November, 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, Zadiah (603) 306-9892; they may also be found on Facebook.

Caregiver Support Group

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

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.

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.

Send calendar items to etickernews@gmail.com

How to write a standout cover letter

The fact of the matter is that hiring managers are likely getting dozens or more cover letters and resumes for every open position they post online, so they don't have a lot of time to spend with each document, according to The Muse. As such, job seekers have to do a better job of setting themselves apart as quickly as possible.

In addition, it's important for job seekers to make sure their cover letters are communicating different information than what's on their resumes - simply restating the same stuff twice can be annoying to readers, according to Hubspot. Instead, listing new details, or at least expanding on some of the more important details on the resume, can go a long way, but it's also wise to keep it brief. A few paragraphs should be sufficient.

It's also worth noting that while people may not want to come across as boastful the whole point of a cover letter is to say why one is perfect for the open position, according to a separate report from The Muse. To that end, it's vital for people to highlight their expertise and accomplishments, and craft a story about why those skills make them uniquely qualified to help the company grow and succeed.

The truth is that most people are only going to be applying for jobs for which they are qualified, so the more they can do to highlight their capabilities in ways that are immediately engaging and demonstrate their preparedness, the more likely they will be to get an interview.



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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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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

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.

Volunteers To Monitor Ecosystem Health Near Ludlow Solar Project

In response to the recent installation of over 82,000 solar panels on a large parcel of land in Ludlow, volunteers with the Black River Action Team have donned their waders and descended upon the landscape. Wielding a fine-mesh net, a camera, and a multi-parameter water tester, BRAT Director Kelly Stettner is engaging neighbors and many interested parties in collecting data and recording observations from several stream sites near the solar project. From dissolved solids in the water to the presence of tiny insect larvae at the bottom of the stream, BRAT will be assembling "baseline" data - seeing the current condition of the streams so any changes can be noticed and logged.

Monitoring efforts will be ongoing, and will become part of a long-term program that will include collecting samples to be tested at the State of Vermont's water quality laboratory starting in the summer of 2019.

"Impacts could be minimal to non-existent, and BRAT hopes for the best but is prepared



to keep a watchful eye on the salamanders, brook trout, pollution-sensitive insect life, and water quality," said Stettner.

Several new water tester will need to be purchased, along with calibration materials, for roughly \$600. Anyone interested in volunteering should contact Stettner at

(802) 738-0456 (voice mail) or blackrivercleanup@gmail.com; donations to assist in purchasing water testers may be mailed to the BRAT's fiscal agent, Ottauquechee Natural Resources Conservation District. Make check out to "ONRCD" (please note "BRAT" in memo section), and mail to ONRCD at 28 Farmvu Rd, White River Jct, VT 05001.

Photo: Gabrielle Macklin takes a water sample as part of the Black River Action Team (Courtesy photo).

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FLU SHOT CLINICS

SCHEDULE YOUR APPOINTMENT TODAY!

SPRINGFIELD HEALTH CENTER

100 River Street, Springfield, VT
802-886-8900

FAMILY MEDICINE

Thursday, 10/18, 7:50 a.m. - 3 p.m.

Friday, 10/26, 8 a.m. - 2 p.m.

INTERNAL MEDICINE

Monday, 10/8, 8 a.m. - 12 noon

Friday, 10/19, 9:30 a.m. - 12 noon

Monday, 11/5, 8 a.m. - 12 noon

PEDIATRICS

Friday, 10/5, 1 p.m. - 5 p.m.

Friday, 10/19, 8 a.m. - 12:00 noon

MOUNTAIN VALLEY HEALTH CENTER

38 VT Route 11, Londonderry, VT
802-824-6901

Wednesday, 10/3, 8:30 a.m. to 4 p.m.

Wednesday, 10/10, 8:30 a.m. to 4 p.m.

Thursday, 10/25, 8:30 a.m. to 4 p.m.

Thursday, 11/8, 8:30 a.m. to 4 p.m.

LUDLOW HEALTH CENTER

1 Elm Street, Ludlow, VT
802-228-8867

Thursday, 10/11, 10 a.m. - 5:00 p.m.

Friday, 10/12, 9 a.m. - 4 p.m.

Friday, 10/19, 9 a.m. - 4 p.m.

Wednesday, 10/24, 10 a.m. - 5 p.m.

Thursday, 10/25, 10 a.m. - 5 p.m.

(We welcome any walk-in flu shot requests 7 days a week)

ROCKINGHAM HEALTH CENTER

1 Hospital Court, Bellows Falls, VT
802-463-9000

PEDIATRICS

Wednesday, 10/24, 8 a.m. - 4 p.m.

FAMILY MEDICINE

Monday, 10/8, 8 a.m. - 4 p.m.

Wednesday, 10/10, 8 a.m. - 4 p.m.

Friday, 10/26, 8 a.m. - 4 p.m.

Tuesday, 10/30, 8 a.m. - 4 p.m.

CHARLESTOWN HEALTH CENTER

250 CEDA Road, Charlestown, NH
603-826-5711

Friday 10/5, 9 a.m. - 5 p.m.

Tuesday, 10/16, 9 a.m. - 5 p.m.

Tuesday, 10/23, 9 a.m. - 5 p.m.

Friday 10/26, 9 a.m. - 5 p.m.

Tuesday, 10/30, 9 a.m. - 5 p.m.



Where People Come First

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VOTE FOR GARY MERCHANT ON TUESDAY, NOV. 6

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MERCHANT

FOR STATE REPRESENTATIVE

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Julie, Mike and son, Connor

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Duties of the Executive Council:

- **Votes on the governor’s nominations for major positions and boards in state government**
- **Votes on all judicial nominations**
- **Responsible for the 10-Year Highway Plan**
- **Councilors each represent 20% of the population; District 1 is comprised of the upper 2/3 of the state**

Paid for by Friends of Mike Cryans; Denis Ibey, Treasurer; PO Box 999, Hanover, NH

Nov 3rd, 6:30 PM
Life on Main
188 Main St.
Charlestown, NH 03603



Soli Deo Gloria

Come!

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The Spirit of Jesus

moves us to Praise Him.

Lord of the Harvest

**Join an Assembly of Musicians from Charlestown-Area Churches
in Making Melody to our Great Loving God.**

"Be Thou Exalted, O God, above the Heavens, and Thy Glory above all the Earth."

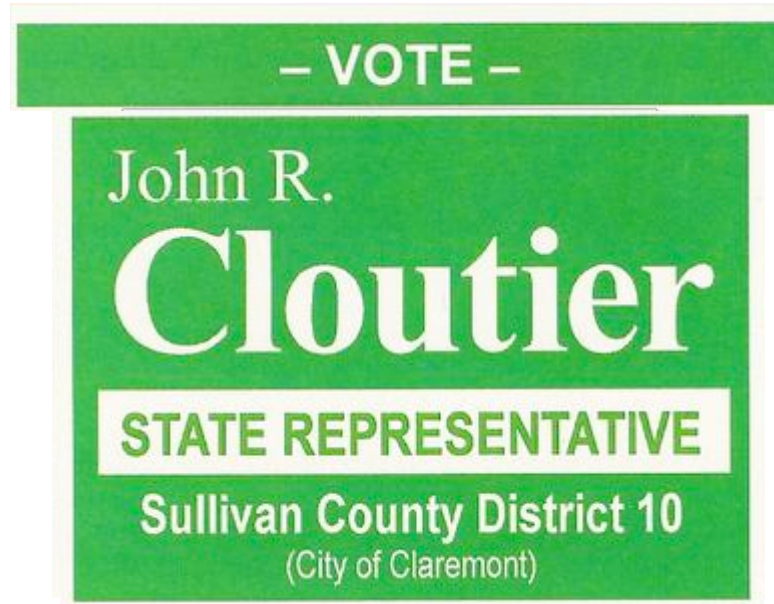
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***As your State Representative, John R. Cloutier can do more for Claremont!
Look what he has done already:***

- Had 100% attendance for all New Hampshire House of Representatives & County Delegation Meetings during 2016-2018 Term.
- Voted for all bills cutting property taxes.
- Supported raising the Minimum Wage as well as Paid Family & Medical Leave.
- Has consistently favored Medicaid expansion which helps many Claremonters.
- Advocated for more funding for roads & bridges as well as public transportation.
- Worked with other leaders to protect our precious environment.
- Opposed any attempts to reduce money for public education, including higher education.

**PLEASE VOTE JOHN R. CLOUTIER FOR STATE REP
ON TUES., NOV. 6TH. THANK YOU.**

**8:00 a.m. to 7:00 p.m.
Claremont Middle School
(Wards 1 & 2)
Disnard School
(Ward 3)**

As your State Representative,
**John R. Cloutier will
continue fighting for
Claremont's best interests.**

Paid for by Campaign to Re-elect State Rep. Cloutier, John R. Cloutier,
Fiscal Agent; 10 Spruce Ave., Apt. #1, Claremont, NH 03743



Creepy, creepier, creepiest. This skeleton in Claremont grows more ominous as Halloween nears. Hurry past to trick or treat ... *if you dare.*

— Eric Zengota

20 Vendors & Crafters

Food
Concession

Silent
Auction

Raffles

Vendor
Demonstrations



FALL

VENDOR / CRAFT FAIR

- Arbonne
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- Damsel in Defense
- Do Terra Oils
- LuLaRoe
- Mary Kay
- Paparazzi Jewelry
- Perfectly Posh
- Pink Zebra
- Thirtyone
- Tupperware
- And many Crafters



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Claremont, NH

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NOVEMBER 16

7pm

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Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

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

www.etickernewsoclaremont.com

Barbara M. Balcom, 83

Barbara M. Balcom, 83, of Charlestown, NH, passed away on Thursday, October 25, 2018, at her daughter’s home in Unity, NH.

She was born in Gageville, VT, on September 2, 1935, the daughter of Charles Franklin and Evelyn May (Largess) Dolloph. Barbara was a nurse at the Sullivan County Nursing Home for over 22 years.

She had been a member and secretary with the Charlestown Lion’s Club, Queen Bee of the Red Hat Society and member of the “Silver Tones”. She enjoyed volunteering at the Charlestown Senior Center, selling raffle tickets at their band concerts, cooking, knitting and reading.

She is survived by her companion, John Tenney Sr.; her children, Bobbie R. Williams and her husband, Joseph of Cape Coral, FL, Kimberley A. St. Pierre and her husband, Francis of Unity, Charles E. Balcom and his wife, Christine of Edgar Springs, MO, Steven P. Balcom and his wife, Cybil of Aiken, SC, and James R. Balcom and his wife, Karen of Charlestown; 18 grandchildren; several great grandchildren and nieces and nephews. She was predeceased by her parents, her husband, Raymond E. Balcom; daughter, Judith M. Balcom; grandson, Sean Balcom and sister, Jean Blair.

A graveside service will be held in Hope Hill Cemetery in North Charlestown on Tuesday, October 30th, at 1 PM. A celebration of life will

be held at the Charlestown Senior Center from 2 to 4 PM. and operated a Janitorial Service for many

In lieu of flowers, donations may be made in her memory to the Charlestown Senior Center, 223 Old Springfield Road, Charlestown, NH 03603.

The Stringer Funeral Home is in charge of arrangements.

Janice Y. Downing, 76

Janice Y. Downing, 76, of 243 Broad Street in Claremont, NH, died Sunday (October 21, 2018) at Valley Regional Hospital following a period of failing health.

She was born in Allentown, PA, on May 26, 1942, the daughter of Freeman and Yvonne (Delzenne) Jacobs and had been a long-time area resident. Janice and her husband owned

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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!**

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facebook.com/rolston4nhhouse

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

“Safety glasses are your friend.”

-Dr. Sam Giveen

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

DOCTOR **SAM’S**
EYE CARE



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9 Dunning St, Claremont
(we’re right there by the hospital)

years. She enjoyed playing Yahtzee and card games with her friends at the Marion Phillips Apartments.

She was the widow of Robert J. Downing who died on July 6, 1999.

Members of her family include two sons, Carl Downing and his wife, Chelly, Keene, NH; Robert Gould and his wife, Terry, Nottingham, NH; three daughters, Deborah Mitchell and her husband, Michael, Wilson, NH; Patricia Straughan and her significant other, Michael Hodges, Graham, NC; Cheryl Richard and her husband, Kevin, Nova Scotia, Canada; several grandchildren and great grandchildren.

Graveside committal services will be held at the convenience of the family.

You are invited to share a memory of Janice 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.

Richard V. Rechisky, 74

On early Sunday, October 21, 2018, Richard "Dick" Victor Rechisky, age 74, passed away peacefully with family at his side. His passage was due to complications associated with a spinal cord injury.

Dick was born on February 2, 1944, in Keene, NH, to Milton and Doris (LaCasse) Rechisky. He spent many memorable summers on Crescent Lake with his parents and three brothers. He initially attended Stevens High School in Claremont but graduated from Hanover High in 1963. He moved out west (to Oregon and Washington) until he was drafted during the Vietnam War. He reported for duty at Fort Bragg, NC, in 1965, where he trained with the Special Forces in the 101st Airborne Division of the U.S. Army and proudly earned his green beret. He was accepted into Officer Candidate School but became an instructor at West Point Military Academy. He was honorably discharged in September 1967, and on December 2nd of the same year he married Sandra Lee McGilvray of Stony Point, NY. They were together for 16 years and raised two daughters, Tracy and Erin.

After several years in electronics sales, Dick founded Pioneer Air Cleaner Corporation (later renamed Pollution Research) in 1983 in Newport, NH. He was the CEO and president until he retired at age 61. He was proud that his daughter and vice president of the company,

Tracy, took over the business from him in 2005.

Dick enjoyed the sunshine and spent much of his time on his boat on Lake Sunapee. When he wasn't on the lake, he could usually be found watching sports or nature documentaries. He also spent several years in Marco Island and Naples, Florida, but eventually returned to his home state.

Dick was preceded in death by his father, Milton, his mother, Doris, and his former partner, Arlene Williams.

He is survived by his daughter Tracy, her husband Michael Nangeroni and their two sons, Matthew and Eric, all of Sunapee, NH; his daughter Erin, her husband Ian McCulloch and their two sons, Callum and Alec, all of Nanaimo, British Columbia, Canada; Arlene's son, Damien of Reno, NV; his former wife, Sandra; his brothers, Ron (and Nancy, New London, NH), John (and Ann, Charlestown, NH), Michael (and Barbara, Sunapee, NH); his step-mother, Margaret (LaPorte, Charlestown, NH); and step siblings, Sandra, Braton Jr., and Regina, as well as many nieces, nephews, cousins and in-laws. Dick was known for his entrepreneurial spirit, and for his generosity and quirky sense of humor. He took much pride in his daughters' and grandsons' accomplishments. He will be missed by all that knew him.

Please join his family at Roy Funeral Home (93 Sullivan Street, Claremont) for visiting hours beginning at 1:00 pm, and a memorial service beginning at 2:00 pm on Sunday, November 4th. Flowers can be sent to Roy Funeral Home, or donations can be dedicated in Dick's memory to one of his favorite charities, St. Jude Children's Hospital (<https://www.stjude.org/give.html>).

Forest A. Simpson, 94

Forest A Simpson, 94, of Lebanon, NH, passed away on October 15, 2018, to join his wife Joan, of 64 years who predeceased him on April 7, 2017. He died at home after a battle with melanoma.

He was born in Amsden, VT, on August 28, 1924. He was the third child of George Alexander Simpson Sr. and Lena (Tenney) Simpson.

Forest was drafted on April 19, 1943, at the age of 18 to serve in World War II. He did his basic training in Miami Beach Florida and then on to R2800 engine school in Ypsilanti, Mi-

chigan, and then onto fuel cell repair school in Augusta, Georgia 590 technical training in Gulfport, Mississippi and served most of his time at Elmendorff field fort Richardson in Anchorage, Alaska. He serviced the aircraft flying in the South Pacific, and dismantled aircraft wreckage. When the war ended he returned home to Claremont, NH in March of 1946. He remained in the Air Force reserve until September 1968 when he retired as a Tech Sergeant.

After the war he received is diploma from Stevens High School. He worked on Lake Sunapee at Osborne's Marina working on boat motors and giving guided boat tours of the lake. He later went on to work as an auto mechanic for many years at Howe Motors in Claremont, NH. He worked for a short while at Russ Barry's in West Claremont as an auto mechanic, until 1965 when he was hired by the state of NH at the Vocational Technical College in Claremont, NH as the building maintenance supervisor. He also taught night classes for small engine repair at the college.

On June 20, 1953 he married his soulmate Joan L Greeley. They were married at the Community Lutheran church in Enfield, NH. They were married for 64 years. They lived for many years on Main Street in Claremont, NH and the retired to Joan's childhood home in Lebanon, NH.

Forest was instrumental in starting the Prince of Peace Lutheran church in Claremont, NH where he was an active member for over 50 years. He served on the church council and was an usher for Sunday services.

In his early years Forest enjoyed building model airplanes and followed his dream of one day flying. He received his private pilot license in February 1948. His three children fondly remember going up for rides with their Dad. He would often tell the story of him flying from Claremont to Buffalo, NY, by dead reckoning, which was the use of a compass and sight to find his way.

Forest enjoyed traveling and venturing to new places. He and Joan traveled across country to California with close friends in 1957. Many camping trips as a family when the kids were young. Several trips to Europe and an Alaskan cruise. They spent 12 winters in Northport, FL and enjoyed many mystery excursions where they would get in the car and go to wherever their journey took them.

He was predeceased by his parents George and Lena Simpson, his sister Alice Colby, sister Jenny Bushee, his brother George Jr, his

brother Howard, his grandson Tyler Simpson and granddaughter Baylee Simpson Allard.

He is survived by his son Jeffrey Simpson and his wife Pam of Hartford, VT, son Jerry Simpson and his wife Kelly of Unity, NH, daughter Judy Simpson of Lebanon, NH; granddaughter Amy Szmkiewicz and her husband of Bradford, NH, granddaughter Alondra Guevara and her husband of Nashua, NH, great granddaughter Sophia Szmkiewicz of Bradford, NH, and great grandson Sebastián Guevara of Nashua, NH. A niece Susan Burbank and her husband Frank of Livingston Manor, NY, nephew Dawson Colby Jr and his wife Pam of Jerome, MI, nephew Ken Colby and his wife Mary Jane of Poway, CA, niece Beverly Simpson of Leigh high Acres, FL, niece Nancy Neimi and her husband Charles of Texas, a niece Audrey Forrs and her husband of Lunenburg, MA, and a sister in law Barbara Simpson of Lunenburg, MA.

A graveside memorial service was held Saturday, October 27, at the West Claremont Burying Ground in West Claremont, NH.

Memorial donations may be made to Lake Sunapee VNA and Hospice, PO Box 2209, 107 Newport Rd, New London, NH 03257.

The Stringer Funeral Home is in charge of arrangements.

SATURDAY, NOVEMBER 3 SCOUTING FOR FOOD

Boy Scout Troop 332 is participating in the annual Scouting for Food event. Door hangars will be distributed on November 3rd, Food pick up will be on November 10th. If you would prefer to drop off canned goods drop off locations will be:

Recycle Center

Christmas Bazaar at the Cornish Elementary School

Vestry of the United Church of Cornish on Center Road

Meriden Deli.

All food donated will be used to stock the Cornish food pantry.

TUESDAY, NOVEMBER 6 VOTING DAY!

The United Church of Cornish will be at the School for Election Day 8 a.m. - 7 p.m. selling food: Menu: broccoli cheddar soup, chili, chop suey, ham salad, egg salad, tuna fish salad, peanut butter & jelly sandwiches on whole wheat or Italian. Donuts, coffee, tea, hot chocolate, water.

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Halloween Costume Lunch on Tuesday - October 30, 2018. Come in "Costume." Prize for . . . Best, Original and Most Scary Costume.

Meals schedule: Tuesday - October 30 ... Soup, Halloween surprise??? Thursday - November 1 ... Salad, American Chop Suey, garlic bread, dessert.

Looking ahead...we will be doing "pies of any flavor" for our Thanksgiving dinner on November 20. Cost for the dinner will be \$10 per person for members as well as non-members!

On November 7 visit "The Fells"...an historic estate & gardens located in Newbury, NH. This is one of New England's finest early 20th century summer estates...83.5 acres of beauty and tranquility. Cost \$15 per person due by Oct. 31. Sign up at the front desk. Let us know if you can be a driver!

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.

Your "Volunteer Help" is needed with dusting, mopping, sweeping, vacuuming! If you can help the center an hour or several per week give the center a call.

Another night has been added to our Senior Game Night Program. This program will now be held on Tuesday & Wednesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required. Next Foot Clinics will be November 7, 14, 21 (8:30 AM - 4:00 PM) sponsored by Lake Sunapee Region VNA & Hospice. For appointments, call (603) 526-4077. Cost is \$25/visit.

Free Blood Pressure Clinics will be held on November 1 (10:30 AM - 12 noon) and November 15 (11:00 AM - 12 Noon). Sponsored by Lake Sunapee Region VNA & Hospice.

Next Senior Men's Breakfast will be Monday - November 19. 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 30 (1:00 - 2:00 PM). If you cannot make the afternoon session, the same session will be offered on Wednesday - October 31 (6:00 - 7:00 PM). Both sessions held in the Mozden Room.

Don't forget our "Donations List." Every donation makes a difference in helping to defray the everyday operating expenses of our center. A full list of needed items is available at the front desk and the November Newsletter. Items most frequently used...Ground coffee, Gift Cards (Market Basket), bags of ice melt and Mr. Clean sponges. Thank you for your support!

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!

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.

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.

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.; 3 visits allowed before membership is required.

We are still collecting aluminum can tabs!

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.)

HopStop FAMILY SHOWS

FREE



**Gerry Grimo and the
East Bay Jazz Ensemble
with Christine Porter**

Sing along to children's TV
and film favorites

**Sat
November 3 • 3 pm**

**CSB Community Center
152 South St.**

For ages 3+ with accompanying adult

*Part of the Hop's Community Venture Initiative which
provides new opportunities for Upper Valley residents to
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WEST CLAREMONT
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AND THE ARTS



CITY OF CLAREMONT

FALL CLEAN-UP

The Fall Clean-up Program in the City of Claremont will operate for one week beginning Monday, November 5, 2018 through Friday, November 9, 2018.

Leaves and grass rakings must be placed in **COMPOSTABLE PAPER BAGS AND LEFT AT THE CURBSIDE BY 7:00 AM ON MONDAY, November 5, 2018.** THERE WILL BE NO CALL BACKS. Leaves in plastic bags will not be picked up; nor will garbage, brush or household items be collected.

After November 9th, Claremont citizens may bring leaves, bagged in compostable biodegradable bags, to the Transfer Station on Tuesdays & Saturdays at no cost.

Per City Council policy adopted on May 12, 2004, the Public Works Department will no longer accept or pick up leaves that are not in paper, biodegradable bags. Paper Compostable (30) gallon bags are available at various local hardware, grocery, and department stores.

Victor St. Pierre
Assistant Director of Public Works

Halloween Fun...

The Parks & Recreation Dept. hosted a Halloween Party for kids under 12 at the Claremont Savings Bank Community Center on Sunday, Oct. 28. Well over 200 kids and family members dressed in their Halloween costumes enjoyed games, food and music.



Photos
by
Bill
Binder

Caring for Elderly Loved Ones

By Bernadette O'Leary

Tending to an elderly loved one in their time of need can be trying, at best, and seemingly impossible, at worst. Did you know programs exist that assist with medications, paperwork for insurance, and even finding rides for the elderly patient to get to and from doctor visits? These programs can be very helpful. However, they can also be frustratingly difficult to navigate.

First of all, doctors' orders are often problematic when it comes to prescribing care for an elderly loved one. The doctor might order treatments or assistance programs that conflict with each other. For example, in Oklahoma a patient cannot receive cardiac rehabilitation while also receiving in-home healthcare assistance. For this reason, it is important to ask each resource being used if such conflicts exist between their agency and others being used. If you do not verify this and conflicts exist, one of the conflicting resources could suddenly cut off your services, and it might be the more important one that does so. If faced with such a conflict, ask the doctor who assigned the services which one is more pressing, and which one can wait.

The next point of order is paperwork and medications. Home Healthcare agents can often help fill out the necessary forms for insurance, medications, and more. Likewise, these agents might be able to organize and fill medication dispensers. This differs from state-to-state, so ask the agency how they handle such things. If they cannot help you, they can usually point you in the right direction for assistance.

Another helpful resource offers rides to and from doctor appointments for the patient. The biggest problem with this resource is finding it. Referral services only recommend certain agencies, without fully knowing how that agency works. Each agency is different, and whether or not it can help depends on multiple factors. For example, some ride services are for locals only, within the borders of a given town. If your doctor is not in your town, the service cannot help you. Another factor is the type of insurance the patient has. Therefore, when researching this or any other form of assistance, be sure to ask the following questions:

- What forms of insurance do you accept?
- Do you travel to other towns (when applicable)?
 - Are you covered entirely by insurance?
- Are there any conflicts between using this service and (insert name of other services here)?

Caring for an elderly loved one is hard enough without being thrown to the wolves in a system that can be grueling to navigate. The important thing to remember is to remain calm and take things one step at a time. Don't be afraid to ask for help or to ask friends and family for input. They might have gone through it themselves and be able to offer you insight and suggestions. Additionally, when calling given resources, keep a record of the agency, who you spoke with, what was discussed, if you had to leave a message, and when you called. This way, when you need to remember a given conversation, you can refer back to your notes. Doing so can save you time and frustration. Likewise, if you left a message with someone but did not hear back within two to three business days, you will know to call again. Try to remember that each agency is likely quite busy, and voicemails often glitch. If you have not heard back, it might not be due to negligence on the part of the agency, so remaining calm can avoid unnecessary turmoil.

This can be a truly difficult time for both the patient and the care giver, so be forgiving of yourself, your loved one, and the agents you work with. They truly want to help, and they get just as frustrated as you do when obstacles arise. Try to take things one step at a time and reach out for help when needed. You may feel like you are in over your head, but if you slow down and take a deep breath, you will think more clearly and be able to function in a more productive way. You are not alone, even though it may feel like it. You have taken on a tremendous task in caring for your loved one, but you are only human. So don't expect to be perfect. With that in mind, #LoveOthersWell, and good luck in your endeavor of caring for your loved one.

