

e-Ticker News Sports

Section B
November 5, 2018



It was a big win for the Cardinal football team Saturday evening in Manchester as they got revenge for an earlier loss this season against Trinity. Final score: Stevens 7, Trinity 0. Next up, the Cougars from Campbell, next Saturday afternoon. Right: #17, Matt Jones, and #20, Damon Roy, celebrate. See story, page B2 (Courtesy photos).



Cardinal Proud...!

The Stevens High School Girls Varsity Soccer team season came to an end late Sunday afternoon with the Cardinals falling to Hopkinton 2-1 in OT play in the Championship Game played in Laconia. It was an exciting, close and hard fought game marked by SHS's Syd Miller scoring the first goal of the match in the first half. There were smiles on some faces, disappointment on others as team members disembarked from the school bus Sunday night at the high school, following an escort back into town by Golden Cross, and the police and fire departments. But no matter the outcome, the community could not be prouder of its Cardinals team and its coaching staff for impressive regular and playoff seasons (Bill Binder photo).



SHS Advances with 7-0 Win Over Trinity

The Stevens Cardinals football team traveled to Manchester's Gill Stadium on Saturday night to take on the Trinity Pioneers in a Quarterfinal Tournament matchup. The Cardinals came into the game as the 7th seed, while the home team Pioneers were the 2nd seed in the NHIAA Division III Tournament. The game was played in chilly temperatures with wind gusts as high as 25 MPH.

Stevens could do nothing against the Trinity defense on their first possession and a strong punt by Gabe Spaulding into the wind gave the Pioneers the ball at the 50. Trinity drove deep into Stevens territory but the Cardinals defense forced a turnover on downs. Trinity again held Stevens without a first down and got excellent field possession but could not move the ball and their punt was downed at the Stevens 3 yard line as the first quarter was coming to a close.

The Cardinals would proceed to put together the drive of the year as they used the running of Keaghan McAllister, Baylor Rozzell, and Quentin Bicknell to move the ball into Pioneer territory at their 48 yard line. Facing a 3rd down and 8, Bicknell would connect with tight end Josh Stithen for a 25 yard gain down to the Trinity 23 yard line. Stithen got a fantastic block from McAllister on the play to pick up some extra yardage. McAllister would take the direct snap on the ensuing play and race 23 yards for the touchdown. Spaulding connected on the extra point to give the Cardinals a 7-0 lead. The drive covered 97 yards in 15 plays, taking over 6 minutes off the clock. Stevens would take that lead into the locker room at halftime.

In the second half the Stevens defense would completely shut down a potent Trinity attack that had scored 39 points against them just 2 weeks ago at home. Defensive Coordinator Bill Gobin dialed up a great game plan utilizing different fronts and blitzes to record the shutout. The offensive and defensive lines of Tucker Derosier, Hunter Paradis, Isaiah Forrest, Phil Mason, Noah Sandomato, Eddie Brodeur, and Josh Stithen controlled the line of scrimmage on both sides of the ball all night. Stevens had a chance to go up by two scores late in the game, but a turnover gave Trinity one final chance. Spaulding would pounce on

a Pioneer fumble to end any chance of a comeback and Stevens had a huge win on the road.

The SHS defense held Trinity to just 78 yards of total offense on Saturday night.

"I was really proud of the kids and coaching staff for all of their hard work in preparing for a very good Trinity team," said Head Coach Paul Silva. "We had a great week of practice and the boys did a fantastic job of executing what they did in practice and it was so nice to see them get rewarded for their hard work. I challenged them to come out and play a more physical game than we did the first time we played them and they really responded."

Stevens will now move on to the Final Four and take on the #3 seeded Campbell Cougars who defeated Laconia on Saturday. The game will be played in Litchfield, NH, at Campbell High School, on Saturday. Game time is 1:00 PM.

JV Football Wraps Up Season

The Stevens Junior Varsity football team concluded their season this past Tuesday with a game at Barnes Park against the Wildcats of Fall Mountain.

Stevens would get a touchdown run from Matt Szelangowski but came up on the short end of a 28-6 score. The loss left the junior Cardinals with a 3-5 record on the season.

The team, under the tutelage of coaches Matt Bean, and Logan Batchelder, got to play a full season. The young players got plenty of game experience and were competitive each and every game, putting together a successful season. Many of the younger Cardinals also saw action in several varsity games, and that experience will only help them next year.



Complimentary Remarks

Nothing is more frustrating for a writer than to have a deadline creep up faster than a speeding bullet; or to have an untimely re-

sponse to a last-minute inquiry; or to not have enough space in which to relay pertinent information. You get it....the list goes on and on.

I bring this up because I feel as if I have left you, the readers, somewhat hanging following last week's column detailing an interview I had with incoming Stevens High head basketball coach Dan Ryan. It was a good interview, maybe even a great interview, the two of us had and, as such, much information went into the final outcome, the *Claremont Confidential* column on page B1 a week ago.

For those of you who did not read the column, Ryan admitted he was somewhat flabbergasted the position opened up, never having a clue the then head coach, Matthew Baird-Torney, was in the midst of leaving the Cardinals boys hoop program. To make a long story short, Ryan applied, got the job, and is now targeted to get the Claremont school among the elite of New Hampshire's Division II participants. Ryan further stated he did not want to know how many or who else applied for the position. That was not so important to him. What was important to him was the reason he was able to climb to the number one slot, hoping it wasn't just because he was, in his words, a "fixture" in the community.

"I am hoping I got hired because of my experience," is how Ryan, a former volunteer assistant in the boys basketball program, addressed the issue.

Doug Beaupre, Stevens High Athletic Director, has weighed in on the topic now. In an e-mail from his office Beaupre, who is the one who ultimately hired Ryan, wrote that Baird-Torney had informed him that he had moved out of the area and the longer commute would make continuing coaching difficult.

"I was sorry to see him leave because I thought he had done a very nice job," Beaupre conveyed. "We had a large number of very qualified people apply for the position. It was gratifying to see how many people want to see Stevens High School basketball continue to be successful! It was very evident in the interview process of his (Ryan's) knowledge and enthusiasm for the game of basketball. He also has experience at coaching at a number of different levels. The people who I talk to, who knew Coach Ryan, all spoke of his dedication! Moving up to Division II will certainly be a big step for us, but Coach Ryan says he's in it for the long haul and is looking forward to all the challenges that lay before him."

So, we can put that to rest. Coach Ryan

(Continued on page B3)

St.Pierre, from B2

need not question any further as to why he was hired. Beaupre is banking on the 72-year-old's wealth of experience playing and coaching the roundball sport to, hopefully, propel the boys hoop program to praiseworthy accomplishments.



Others, in addition to Beaupre, wish the new basketball mentor all the success in the world. Chief, among them, are two alumni who shined on the ballfields and hardwood floors in the past, yet are still tuned in to what is happening on today's playing fields here in Claremont. Bob Parker and Scott Fitz, well-known throughout the annals of Stevens High athletic fame, have chimed in with their opinions after having read about the new basketball hire.

"Sounds like a very interesting fellow," Parker said in an e-mail from his Maine residence in regards to Ryan. "...and 72, good for him! Sounds like Dan Ryan has some of the mettle my dad had. I wish him well."

Parker, of course, is the son of Clarence "Ceep" Parker, famed coach at Stevens, forced to retire in 1958 at the age of 65 after guiding Stevens athletics for 38 years. Parker, the son, graduated from Stevens in 1946. Fitz, a 1961 graduate, had this to say in an e-mail from his home in Ohio: "I like Dan's approach to coaching basketball. He is a believer in fundamentals and many youth do not get coached in basketball fundamentals. Many coaches spend too much time on running offensive plays during practice and not much time on the basic fundamentals like defense, dribbling (especially the off-hand), passing, shooting, and rebounding. I do like his offensive approach with the fast break, three-man screen plays, pick plays and a more free-lance game.

Kids need to play the game of basketball and not become robots. I always have a heart attack when a player cannot use both hands, so Dan would be my type of coach. Hopefully, he can get the program going his way and good luck to him."

Both Parker and Fitz were three-sport stars at Stevens. Stay tuned for more remarks on that subject (three-sport stars) from these two, and others, in a following column.

Comedy Basketball Team 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 bas-

ketball 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 divisions 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. https://drive.google.com/file/d/17P6fM3dPJTW_2Bh-SQYJnqXcW-IWB2ZCJ/view?usp=sharing.

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Inspiration

Laughter

By Priscilla Hull

We all know that laughter is a good thing. It brightens anyone's day and often is contagious. In her book "The Cat Who Blew the Whistle", author Lillian Jackson Braun writes "Laughter is an expression of mirth involving the facial muscles, throat, lungs, mouth and eyes." Sometimes when we try not to laugh, our eyes and mouth give us away. Laughter is usually the result of some verbal or physical stimulation which pleases us and thus results in laughter. However, sometimes laughter is a nervous response to an occurrence, such as a fall which is not pleasing. I'm here to talk about enjoying laughter. How many remember sitting around the living room on a Saturday watching cartoons and laughing with one or more parents. Sometimes the parent laughed harder than the kids.

"People giggle, twitter, guffaw, cackle, or roar. Musical laugh. Chuckle." Are some of the terms that Lillian Jackson Braun uses in her book to describe laughter. Perhaps better known is the duet in Mary Poppins between Mary Poppins and Bert as they are having tea on the ceiling and he explains different types of laughter: "Through their noses, through their teeth, to fast, blast, Twitter like birds" are the explanations that Bert has for the kids!

We all know at least one person whose whole face is a part of the laugh. I think they are the most contagious. My late husband, Gary, was one of those whose laughter involved his whole being! You just can't help but laugh with them. We've all laughed so hard that our sides ache and so hard that tears run down our cheeks.

Laughter is an expression of absolute uncontained joy or amusement. It exercises our lungs, and our chest and abdominal muscles. Laughter is an expression which we absolutely need in our lives. We haven't experienced it much lately, things being so troubled these days. My suggestion is that we gather with good friends, watch cartoons, find a movie that is absolutely ridiculous and then we laugh at least once a week, more often is better.

Psalm 126:2-3 Then our mouths were filled with laughter and our tongues with joyful songs.

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



Inspiration

The Love That Overcomes



November 3, 2018

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God –Romans 8:38-39

This week, Quaker communities of faith across the six New England states are mourning with our Jewish neighbors the deadliest act of violence against Jews in this country's history. We mourn with all who are targeted by hate. We join our hearts in grief with the grieving. We search for ways to respond to the corrosive evils of anti-Semitism, white supremacy, and the persecution of those labeled as "other," even as we acknowledge our own complicity in these sins. We yearn for justice, for healing, for refuge for those most at risk. In town squares, in places of worship, in living rooms, in legislative offices and detention centers, we unite with countless others to protect people from further violence, violence fueled by false prophets preaching fear.

Each day brings further anxiety, violence, and vitriol, while some charged to be leaders incite the worst in us as human beings. We are surrounded by stories of hatred, division, and despair. And yet, we know this: The story of Love will endure.

This week, in the face of the mass murder of Jews at prayer, Jewish doctors and nurses treated the man who opened fire in the Tree of Life Synagogue. A stranger in a parking lot cradled the 12-year-old boy whose grandfather was one of two black people shot and killed by a white man outside Louisville, Kentucky. As some deny the basic humanity of transgender people and people seeking asylum, communities respond with acts of radical love, inclusion, and sanctuary. In these and so many unnamed acts, amidst such suffering, we see the infinite Love of God.

It is the testimony of the Religious Society of Friends that God is at work healing the brokenness of the world and the brokenness within each of us. Nothing can hold back the unshakeable power of Love in this time, and throughout all time. What matters in this moment—in every moment—is how we choose to participate in this eternal story. Our lives must proclaim that this Love is stronger than all fear.

We commit to live today trusting in this Truth. The words we say and the choices we make in the coming days and weeks must bear witness to Love in concrete acts of connection and care, in our homes and neighborhoods, in our schools and workplaces, in the coming elections, as communities of faith, as people who call this country home, as those seeking refuge and those offering it. We must waste no opportunity to love.

We must seek the grace to keep free from the politics of rage, division, numbness and dehumanization, even toward those we may perceive as enemies. We must nurture in each other the courage to come together across difference, to resist hopelessness, to renounce a worldview that treats anyone as disposable, to affirm that the Spirit of God dwells in everyone. With each person, in each moment, each place—this movement grows.

This is the time for a politics of presence, of radical relationship, of mutual aid and reconciliation. It's a time to be witnesses, storytellers of the broken-hearted Love that overcomes the powers of fear. Let the walls of separation come crashing down.

New England Yearly Meeting of Friends (Quakers)

Fritz Weiss, Presiding Clerk
Noah Merrill, Secretary

Calendar Of Events

Next AARP Meeting Nov. 8

CLAREMONT, NH—The Claremont Area AARP Chapter will meet Thursday, Nov. 8, at the Earl Bourdon Center, 67 Maple Avenue at 1:00 p.m. There will be a short ceremony in remembrance of the 100th anniversary of Veterans' Day with the reading of a letter from a soldier while in WW1. Following will be a regular meeting and a presentation by David Shikes, a comedian and story teller. Signups for the Christmas party on December 13 at the Imperial Restaurant will be available. Dues for 2019 can now be paid (\$5). Seniors on both sides of the river are welcome. Non-perishable food will be collected for the weekend backpack program in the schools. Refreshments will be served.

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/>.

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

4 tricks for making your resume better

Consider the format

If a hiring manager is examining dozens of similar-looking resumes, one that has something to help it stand out can be a great idea. That can mean selective use of bold and italicized fonts, an attractive header complete with a graphic related to the job, or summary columns along the side of the main body that provides the highlights contained within.

Of course, it's also possible to go overboard. If a resume is using a bunch of different colors, fonts, graphics and so on, hiring managers might be a bit turned off.

Keep the important stuff up top

It's important to at least summarize the most important aspects of a person's qualifications at the top of the page, or otherwise prioritize the critical details of their work history as it pertains to the job at hand.

Generally speaking, that means it's wise for people to review and rearrange their resumes every time they apply for a different job, because the things that might be important for one might not be critical to another.

Quantify what you can

Another thing that will usually catch a hiring manager's eye is something that puts some real numbers behind the ideas the resume conveys. For instance, simply a resume that says someone was an important member of a successful sales team isn't as engaging as saying they were an important member of a sales team that boosted revenues by 15 percent over five years.

Here, too, breaking numbers out from the body of the text to say something like, "7 years of managerial experience" in a different font or typeface than the rest of the resume can be a good idea.

Know the situation

In a lot of cases, bigger companies review resumes in very different ways from smaller companies, according to TIME. If a business is big enough, it's likely that it has an automated resume scanner that filters out a huge percentage of all documents it receives. As such, making sure to be able to "beat the bot" - by including important keywords from the job listing and having a clean format - is critical.



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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

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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.

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breastfeeding mothers. Claremont La Leche League will be meeting on the 3rd Thursday of the month at the TLC Family Resource Center, 109 Pleasant Street: Mornings, from 9:30—11:00 a.m., evenings, 5:30—7:00 p.m. LLL Leaders are trained and accredited through LLLI to offer help to parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. A leader will be available to answer your questions.

Assistance, information, and support are also available via telephone, email, and the LLLI website. ClaremontLLL@gmail.com, Jess (603) 630-0184, 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.

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.

Film Series Ends with "A Fantastic Woman"

CLAREMONT, NH—Rural Outright's Queer Film Series concludes with the 2017 Academy Award-winning foreign film *A Fantastic Woman* on Friday, Nov. 9, at 6:00 p.m. Chilean actress Daniela Vega plays Marina, a young transgender woman whose life is thrown into turmoil following the death of her partner.

The free screening will be held at the Center for Recovery Resources, 1 Pleasant Street in Claremont. Refreshments will be served. Rural Outright is a community

program of TLC Family Resource Center providing support & advocacy for rural LGBTQ+ Granite Staters and their allies. For more information, email ruraln Houtright@gmail.com.

Holiday Bazaar, Cookie Sale, and Chowder Luncheon

Nov 10th 10am - 2pm

At Union Church Hall, 133 Old Church Road, Claremont, NH

Chowder Luncheon served 11am-2pm

More info: <https://www.facebook.com/events/618330811897001/>

The Holiday Bazaar features a variety of gingerbread houses, baked goods, crafts, berry bowls, kitchen items, knit items, toys, vendors, and attic treasures. We'll have a fun assortment of homemade ornaments and crafts for sale.

Luncheon includes homemade fish and corn chowder, assorted sandwiches, and delicious desserts.

Handicapped aAccessible.

To sign up to be a handmade/local made vendor (\$10 fee);

contact unionchurchnh@gmail.com

SATURDAY, NOVEMBER 10 LEBANON OPERA HOUSE PRESENTS THE LOGGER AND THE FIDDLER

Two of Vermont's favorite sons—Rusty DeWees and Patrick Ross—join forces this holiday season for Rusty's comedy and music tour.

For more info, visit <https://lebanonopera-house.org/> or call 603.448.0400.

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Demonstrations



FALL

VENDOR / CRAFT FAIR

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



Open to Public
Free Admission
All are Welcome!

ST. MARY PARISH

Old-Time Penny Sale

Saturday, November 10, 2018

Doors open @ 5pm. Drawings start @ 6pm.

WELCOME

Buy your tickets NOW



<p>Grand Prize to be given away @ the Penny Sale By St. Mary Parish, Claremont, NH</p> <p style="text-align: center;">Grand Prize – \$1500 CASH</p> <p style="text-align: center;"><small>(if present the night of the drawing) or \$1200.⁰⁰ if not present</small></p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">Series</td> <td style="padding: 5px; text-align: right;">1 for \$ 1</td> </tr> <tr> <td style="padding: 5px;">Tickets</td> <td style="padding: 5px; text-align: right;">6 for \$ 5</td> </tr> <tr> <td style="padding: 5px;">On Sale</td> <td style="padding: 5px; text-align: right;">12 for \$10</td> </tr> <tr> <td style="padding: 5px;"><small>3 separate series</small></td> <td style="padding: 5px; text-align: right;">25 for \$20</td> </tr> </table>	Series	1 for \$ 1	Tickets	6 for \$ 5	On Sale	12 for \$10	<small>3 separate series</small>	25 for \$20
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On Sale	12 for \$10								
<small>3 separate series</small>	25 for \$20								

Red Series 100 Prizes + *White Series* 100 Prizes + *Blue Series* 100 Prizes
 = 300 Prizes!!!

Plus... **DOOR PRIZES:**

\$100 bill donated by a parishioner

32" TV donated by Town & Country Realty

Craftsman 108 Pc. Tool Set donated by St. Pierre Inc.

Portable Air Conditioner donated by Real Property Options

Samsung DVD Player donated by a parishioner

To Benefit St. Mary Parish

Refreshments from start to finish @ the
Concession

Thank You for joining us this evening !!



58 Opera House Square
City Hall Complex
Claremont, NH

FRIDAY NIGHT

NOVEMBER 16

7pm

LAUREN RAINBOW

**Heart-Centered
Medium**

Tickets: 603-542-4433

claremontoperahouse.org



Let Sullivan County Humane Society help wrap you in warmth this winter!

Home Heating Raffle

\$500 credit to the company of your choice towards oil, propane, kerosene, pellets or wood

\$5 per ticket or 3 for \$10

Stop in to purchase your tickets today!

14 Tremont St, Claremont NH

Hours:	Tuesdays	5-7pm
	Wednesdays	4-7pm
	Thursdays	10am-2 5-7pm
	Fridays	10am-2
	Saturdays	3-5pm

Drawing to be held on December 26th @ 5PM

Be sure to follow us on Facebook as we'll be announcing the lucky winner on our page!

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

Frank B. Hawkins

After a long and industrious life, Frank Benjamin Hawkins, passed away peacefully in his sleep Wednesday evening, October, 31st, 2018. He was surrounded by his loving family in the South Cornish farmhouse where he was born and raised. Frank was preceded in death by his wife of more than 50 years, Theresa Hawkins, and partner of 15 years, Barbara Hadley. He leaves behind four children, Ralph Hawkins married to Diane Hawkins of Sunapee, NH, Catherine Marks, of New Bern, NC, Glenn Hawkins married to Sandra Hawkins of Sunapee, NH and Sherman Hawkins married to Carol Hawkins of Roswell, GA. Frank also leaves eight grandchildren, Kathryn Marks, Benjamin Marks, Benjamin Hawkins, Melissa Hawkins, Seth Hawkins, Jesse Hawkins, Adam Hawkins, Connor Hawkins. He also had one great grandchild, Logan Hawkins. Frank also maintained many lifelong friendships up to his passing.

Starting life just before the Great Depression, Frank was an avid story teller of growing up on the hillside farm, often recounting how he pulled the first automobiles out of the mud with a pair of horses in the spring for a nickel or dime and running out of the school house to watch the first airplanes fly the New Hampshire sky. Frank spent time in the Navy as a member of a flight crew flying to South America. While starting his own family on the farm, he built another small house on the farm with

his father for his parents, and transitioned out of farming full time. He spent most of his working career driving busses, trucks, and finally operating heavy equipment.

He was a longtime member of the Union of Operating Engineers Local 98. No one spoke more highly of the Union than Frank Hawkins, often telling of them getting him work within a few days of the latest job being completed. Operating large bulldozers, Frank’s resume includes the groundwork for the Budweiser plant in Merrimack, NH, parts of Interstate 89 and 91, Route 7 across Vermont, Route 101, and a long gravel highway in Alaska. While working long hours and raising a family,

Frank also became a Master Mason more than 50 years ago. His retirement project, turning the old dairy field into a Christmas tree farm, has become a local landmark for affordable cut-your-own trees. Employing and teaching his grandchildren the virtues of hard work on the farm, Frank was an illustration of old New England Yankee ingenuity, often fabricating and welding scrap steel into various one-of-a-kind agricultural implements. Even into the last months of his life, his family, friends, and neighbors would shake their heads as they watched him climb on his tractor to get one more thing done on the farm.

The family received relatives and friends for a time of remembrance and sharing at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH on Saturday, Nov. 3.

In lieu of flowers the family suggests that memorial contributions be made to the Wounded Warrior Project, 1120 G Street NW, Suite 700, Washington, DC 20005, www.woundedwarriorproject.org.

You are invited to share a memory of Frank 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.

Send us your news and photos

Thelma Stuart

Our beloved Thelma Stuart passed away peacefully at her home, that she loved and lived in for 69 years at the age of 95 on October 29, 2018.

She graduated from Windsor High School. She made her living for many years as a housekeeper, and her clients became her dear friends.

She loved life and always had a positive attitude. She loved to cook and make her famous ginger snap cookies. One of her favorite past times was playing cards with family and friends.

She leaves behind with heavy hearts her three sisters she brought up and called them her girls, Nancy Wilson, Patty Stuart, and Gloria Raney; her nephew, Phillip Raney, and her niece and care taker, Jody Raney; her great nephews, Joshua Raney, Sara and Chase, Ryan Raney and Hillary, and John Raney and Gina, and many friends. She will be dearly missed by all.

We want to thank Hospice for the wonderful care and support shown through the loss of our loved one.

A special thanks to Nancy and Karl for all their kindness now and through the years.

Paid Political Ad

Paid Political Ad

Paid Political Ad

CHAD ROLSTON For State Representative



Common Sense and Cooperation

Democrat For Sullivan County District 5
Claremont Ward 3

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

Find me on Facebook at:
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

A service was held at the Stringer Funeral Home, 146 Broad Street in Claremont, on Monday, Nov. 5th. Burial followed at the West Claremont Burying Grounds in West Claremont.

In lieu of flowers, donations may be made in her memory to a charity of one's choice.

Hazel L. Carter, 90

Hazel L. Carter, 90, of Charlestown, NH, passed away on Sunday, October 28, 2018, at her home surrounded by her family.

She was born in Limon, CO, on November 5, 1927, the daughter of Douglas and Trula (Hill) Morrow.

Hazel had worked many years at J H Dunning.

She had been a member of the Polish American Club in Bellows Falls, VT, Charlestown VFW Post 8497, Charlestown Senior Center and NAFCA.

Hazel enjoyed playing bingo, cooking, and was a great seamstress and avid Red Sox Fan. She loved spending time with her family. She is survived by three sons, James Carter and his wife, Cindy, Allan Carter all of Charlestown, and Richard Carter of Claremont; one daughter, Mary Lawlor of Westminster, VT; nine grandchildren, 11 great grandchildren; brother, Marvin Morrow; sister, Janice Erhart; and many nieces and nephews. She was predeceased by her husband, David L. Carter on April 27, 2009; a son, Douglas Carter in 1979, a daughter, Barbara Silver in 2009; a granddaughter, Tabitha Royce in 2010; brothers, Fred and Bob Morrow and sisters, Betty Butler and Elsie Oetken.

A funeral service was held at the Charlestown Memorial Chapel on Saturday with Harold Noyes officiating. Burial followed in Mountain View Cemetery.

Donations may be made in her memory to the Fall Mountain Food Shelf- Friendly Meals Program-P.O. Box 191, Alstead, NH 03602.

FRIDAY, NOVEMBER 16

JEWELRY EVENT AT MT. ASCUTNEY HOSPITAL

**Long River Pearls, from 9am-3pm,
Mt. Ascutney Hospital Board Room**

Long River Pearls (LRP) is a Vermont-based business designing and selling freshwater pearl and gemstone jewelry. These aren't your grandmother's pearls! LRP has earrings, bracelets, necklaces, brooches, and rings in

hundreds of different styles. Styles and prices ranging from a simple gift to a one of a kind special occasion piece.

A portion of the sales will benefit the Mt. Ascutney Hospital Auxiliary.

Claremont Fire Dept. Log

Sunday 10/28:

2:55 PM: Ladder 1 responded Mutual Aid to Windsor for a possible building fire.

7:50 PM: Ladder 2 and Engine 3 responded to 216 Washington St. for an alarm sounding.

Monday 10/29:

3:31 PM: Engine 3 responded to 285 Washington St. for a report of a carbon monoxide detector sounding.

5:02 PM: Engine 3 responded to 425 Washington St. for a report of smoke coming from the pump house.

5:43 PM: Engine 3 responded to Chase St. for a medical call.

10:10 PM: Engine 3 responded to Mulberry St. for a water problem.

Tuesday 10/30:

12:00 AM: Engine 3 responded to Main St. for a report of an alarm sounding.

2:25 AM: Engine 3 responded to Heritage Drive for a report of an alarm sounding.

4:43 PM: Engine 3 responded to Charlestown Rd. for a three car motor vehicle accident.

Wednesday 10/31:

4:37 PM: Engine 3 responded to Bowen St. for a motor vehicle accident.

10:07 PM: Engine 3 responded to Mulberry St. for a report of an alarm sounding.

10:16 PM: Engine 3 responded to Central St. for a medical call.

11:26 PM: Engine 3 responded to Pleasant St. for a report of an alarm sounding.

Thursday 11/1:

2:00 PM: Engine 3 responded to Stone Ave. for a carbon monoxide alarm sounding.

3:09 PM: Engine 3 responded to Heritage Drive for a DELTA Level medical call.

6:51 PM: Engine 3 responded to Anderson St. for a DELTA Level medical call.

“Safety glasses are
your friend.”

-Dr. Sam Giveen

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

And so does Dr. Sam. See for yourself.

DOCTOR **SAM'S**
EYE CARE



(603) 543-2020

9 Dunning St, Claremont

(we're right there by the hospital)

7:00 PM: Engine 1 responded to Ledgewood Rd. for a shed fire. Engine 3 assisted after clearing from a previous call.

7:41 PM: Ladder 2 responded to Stevens St. for a DELTA Level medical call. Rescue 1 later responded to assist the Ladder crew and provide additional equipment.

8:31 PM: Ladder 1 responded to West Terrace St. for a report of a detector sounding.

Friday 11/2:

8:32 AM: Engine 3 responded to Pearl St. for a DELTA Level medical call.

10:34 AM: Engine 3 responded to Madison Place for a check of well-being.

1:52 PM: Ladder 2 responded to Opera House Square for an odor investigation.

9:17 PM: Engine 3 responded to 345 Washington St. for an odor investigation.

Saturday 11/3:

11:40 AM: Engine 3 responded to Myrtle St. for a check of well-being.

SATURDAY, NOVEMBER 17

NEW SATURDAY HOURS

Claremont MakerSpace Workshop: Totes from Poly Feed Bags -

Saturday, November 17, 1pm- 3pm

Recycled, upcycled, repurposed, transformed... whatever you want to call this workshop, you'll end up with a tote! Totes with Tales operator and designer Cornish resident Nancy Roy will help you create a different kind of tote with another kind of "tail." These polypropylene feedbags have been washed and disassembled for you to make your own tote to take home. You'll have a choice of bags... chickens, pigs, horses, cows and lots of birds. Over the course of this fun, hands-on workshop, you'll learn how to use fundamental sewing and cutting tools while turning your bag into a one-of-a-kind, water resistant tote! **PRIOR EXPERIENCE WITH A SEWING MACHINE REQUIRED.** All materials will be provided. Limited space, so register ASAP as this FUN workshop fills up quickly. **NOT TOO EARLY FOR CHRISTMAS PREPARATION!**

When: Saturday, November 17, 1pm - 3pm
Where: The Claremont MakerSpace, 46 Main Street, Claremont

Info & RSVP (Required): <https://claremont-makerspace.org/events/#!event/2018/11/17/totes-from-poly-feed-bags>.

www.facebook.com/etickernews

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

The center is planning a Pot Luck Dinner and Movie on Sunday - November 11 at 1:00 PM. A sign-up sheet is available at the front desk or give us a call. Hope you can come!

We have 10 tables left for our up-coming Winter Fling Holiday Craft Fair on Saturday - November 17 (9AM - 2PM). Featured will be area crafters, food concession and our famous Cookie Sale! Call or come in for a table reservation,

Bingo "Caller" needed for our weekly bingo on November 14. Also needed are "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 - November 6 ... Soup, chicken cacciatore, linguini, vegetable, dessert. Thursday - November 8...Soup, baked fish, red roasted potatoes, vegetable, dessert.

No Silver Sneakers classes will be held on Nov. 5 & 12. See you all on Monday - November 19 at 1PM.

Looking ahead... "pies of any flavor" will be needed for our Thanksgiving dinner on November 20. Let us know if you will be donating a pie. Cost for the dinner will be \$10 per person for members as well as non-members! Mark your calendars!

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 and your own beverage!

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

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. Hand & Foot card game and Pool are popular! Bring a snack to share!

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. \$25 per visit.

Free Blood Pressure Clinic will be held on 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!

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!

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.

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

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

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 **Tuesday, November 13, 2018**, at 6:30 p.m. in the Council Chambers of City Hall. **NOTE: DIFFERENT DAY**

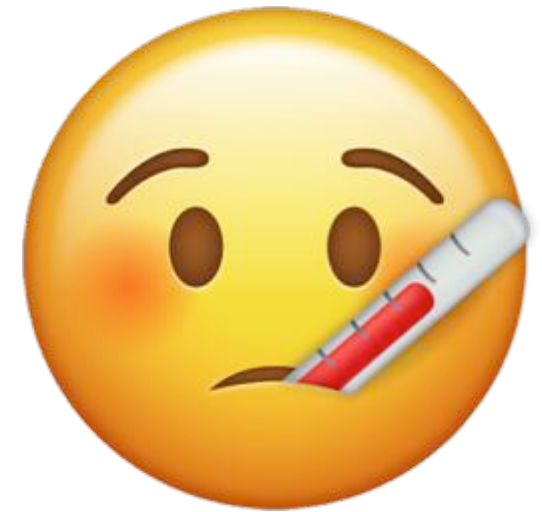
AGENDA

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:33 PM 3. AGENDA CHANGES
- 6:34 PM 4. REPORT OF THE SECRETARY
Minutes of October 10, 17 and 24, 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. Ordinance 562 – Amending the Non-Union Employee Classification Plan – Second Reading – Public Hearing
 - 7:25 PM B. Ordinance 563 School Zones – Second Reading – Public Hearing
 - 7:35 PM C. Policy Committee's Recommendation to Establish Board of Assessors
 - 7:45 PM D. Arrowhead Recreation Club's Needs
- 10. NEW BUSINESS
 - 7:55 PM A. Review of Elderly Exemptions and Veterans Credits and Exemptions
 - BREAK
 - 8:20 PM B. Transfer \$5,763.00 Raised from 2nd Annual Scholarship Golf Scramble
 - 8:30 PM C. Resolution 2019-12 Accept \$8,000 from McGee Toyota for July 4th Fireworks Display – Public Hearing
 - 8:40 PM D. Resolution 2019-13 to Apply, Accept and Expend \$11,571 NH Highway Safety Grant for Claremont DWI Patrols – Public Hearing
 - 8:45 PM E. Ordinance 564 - Renewable Energy – First Reading
 - 9:00 PM F. Lot Merger CSB Community Center Map 132-174, 132-173, and 132-171
- 9:10 PM 11. COMMITTEE REPORTS
- 9:15 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:25 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:30 PM 14. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, December 12, 2018, at 6:30 p.m. in the Council Chambers at City Hall.

'Tis the Season To Be Buggy

By Bernadette O'Leary



The season is upon us for various bugs that are already sending children and adults alike scrambling to doctors. Schools, the workplace, and other public places are now filled with viruses as people mill around and share these unwanted gifts with others. Many do not yet realize they are sick, but others do. When one knowingly goes out while sick and contagious, that action leads to many problems for others.

The number of people who suffer from various autoimmune disorders would surprise you. Whether due to chronic illnesses, cancer treatments, or other reasons, they have to be very careful during times when illnesses are running rampant. People have to go out and live their lives, even during seasons such as this, and this includes those with compromised immune systems. Most people who suffer from autoimmune disorders do not look sick. You cannot see their weakened immunity simply by looking at them. Likewise, many cannot receive vaccines due to adverse reactions from them. When someone with autoimmune sensitivities gets sick, it is more than simply a problem of getting a cold or the flu, and it can turn into much more serious complications... including hospital stays or even death. Every time they go out, they risk getting seriously ill. However, the health of those with compromised immune systems is not the only problem with people knowingly going out into public while sick.

Sickness results in time off from work for others, which negatively affects household incomes for low-income families. Medicine can be incredibly expensive, which impacts such families even further. Employees taking sick days from work also impacts workloads for businesses. Other employees have to pick up the slack, which creates a more stressful work environment for those employees. Productivity, morale, and the bottom line suffer when people cannot report for work and the workload cannot be handled in a timely, efficient fashion. To add to the aggravation, customers see the decreased productivity and can become irritable, creating a domino effect that then leads to the employees' morale lowering even more. When you then add in the costs faced by those who get sick and can neither afford the medications nor the unpaid time off of work, the problems continue to add up.

By going out merely one time when sick, we risk affecting the health and lives of others, and for many people, those risks can be severe. However, the buggy seasons don't have to bug us all so much. There are ways around these concerns. I urge each of you to be mindful of the health and needs of others. When sick, simply stay home. If you cannot stay home, cover your mouth and nose if you sneeze or cough. Use antibacterial wipes and hand sanitizers regularly. Also, pick up some surgical-style masks that are designed to cover the mouth and nose when you go out. These options can help keep what ails you from spreading to others, including those with autoimmune sensitivities. We have to share this world, which means remaining aware of the impact our choices have on others. If you are feeling unwell, please take steps to protect others. If you know someone who is unwell, offer to go to the store or pharmacy for them so that they can stay in. In doing so, you will #LoveOthersWell.