



SHS Boys Soccer teams swept Fall Mountain in their season openers this past week. The JV team defeated the Wildcats 5-1 to start things off, while the Varsity team prevailed in the night cap, 2-0. Great start to the season! (Courtesy photos).

Bly, Town, Lyn Win Friday at Claremont Speedway

By Gary Dutton

CLAREMONT, NH—Ricky Bly and Bryan Town each did what he had to do Friday, August 24, at Claremont Speedway, expanding their respective points leads with feature wins as the 2018 season hits its championship stretch run.

With only five events still scheduled this season, Bly, in the R.E. Hinkley Super Streets, and Town, currently atop the Pepsi Street Stocks, each earned his second consecutive victory lap to add to his respective points lead. Their gains, though, were minimal as next-in-line-to-the-throne pilots Dylan Bodreau and Chris Riendeau both turned in runner-up performances to stay very much in the title hunt.

In the T-Bird Mini Mart Wild Cats, divisional super man Zach Lyn was second fastest on the track but tops in the tech line to expand his championship points lead to more than two weeks' worth of markers over his closest competitor. As September nears, Lyn's second title in a row seems almost a foregone conclusion.

Jack McClay and Craig Smith led the Super Streets to the green to start their 40-lapper,

with a lap-one jingle putting the caution flag quickly in play and sending a handful of cars pitside, forced to then refire from deep in the field. Among those losing valuable turf were Mark McClay and Ben Poland.

Jack McClay and Smith paced the thundering pack for the first five go-rounds, with Dylan Bodreau then storming into the deuce slot and gluing himself in McClay's shadow. Ricky Bly claimed third on lap ten and the lead trio ran nose-to-tail.

Bly, who entered the night's action with a slim, four-point, lead over Bodreau in his quest for back-to-back titles, was in perfect position when the Bodreau/McClay wobble occurred on lap 15. Seizing the momentary opportunity, the Sunapee speedster quickly took the lead and then never looked back en route to his third win of the summer, his second in as many

weeks.


Bodreau spent the rest of the race glued to Bly's bumper but had to settle for second on this night. Jack McClay was strong in third, with Poland and Mark McClay recovering from their opening-lap woes to finish fourth and fifth.

Bly now leads the points parade by seven markers. Smith, who struggled with mechanical bugaboos throughout the event, finished

(Continued on page B2)



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Speedway, from B1

14th on the night, suffering a big hit to his title aspirations.

Dave Greenslit set fast time for the first ten laps of the Pepsi Street Stock 25-lapper, then giving way to points leader Bryan Town, who'd started back in row four. Seven-time 2018 feature winner Chris Riendeau, who entered the night's action only seven points behind Town, got up for second on lap 16 but could advance no further.

With the race run caution-free after lap one had been completed, Town's blistering pace was no match for the rest of the field. He would take the checkers nearly 20 lengths ahead of Riendeau.

Lenny Silver, currently third in the title chase, was also third on the night. Greenslit came home fourth, with Robbie Streeter earning the five spot. Town's four-point gain on the night, left him 11 ahead of Riendeau entering next Friday's twin-25s.

Zach Lyn won the caution-free Wild Cat 25-lapper after Jim Carley's first-under-the-checkers ride fizzled in tech. Rookie Haydon Grenier, who'd earlier scored his first career heat race win, was again rock-solid in second, with rookie phenom Kyle Templeton coming home third. Seth Melcher and Raven Streeter completed the top five.

Next Friday, August 31, the Pepsi Street Stocks will run double features. The Super Streets and Wild Cats will be in action too, with post time set for 7 p.m.

Fans are reminded that the third open Modified event of the season, this one a 75-lapper, will be run on Saturday, September 8. For more information, please visit www.claremontspeedway.net.

CLAREMONT SPEEDWAY AUGUST 24 TOP TENS:

SUPER STREET: Ricky Bly, Dylan Bodreau, Jack McClay, Ben Poland, Mark McClay, Hayden Scott, Tyler Lescord, Ken Fowler, Ryan Currier, Justin Littlewood.

STREET STOCK: Bryan Town, Chris Riendeau, Lenny Silver, Dave Greenslit, Robby Streeter, Kenny Thompson, Jeff Morse,

R.E. HINKLEY SUPER STREETS FEATURE RACE				
FINISH	START	CAR #	DRIVER	LAPS
1	10	28	RICKY BLY	40
2	8	24	DYLAN BODREAU	40
3	1	16	JACK MCCLAY	40
4	7	00	BEN POLAND	40
5	6	6	MARK MCCLAY	40
6	9	30	HAYDEN SCOTT	40
7	3	15	TYLER LESCORD	40
8	14	8	KEN FOWLER	40
9	13	03	RYAN CURRIER	40
10	16	37	JUSTIN LITTLEWOOD	40
11	11	60	TYLER SEARLES	40
12	15	33	MATT SONNHALTER	40
13	17	8NH	RYAN BELL	31
14	2	23	CRAIG SMITH	20
15	12	62	ERIC MARTELL	20
16	4	49	ALEX POISSON	18
17	5	51	JOE BROWN	4
TIME OF RACE				
25 MINUTES 49 SECONDS				
MARGIN OF VICTORY				
.400 SECONDS				
BEST LAP TIME/SPEED				
DYLAN BODREAU - 15.486 SEC/77.482 MPH				
CAUTIONS				
4 - LAP 0, 5, 15, 21.				
LAPS LED				
J.MCCLAY 1-15, BLY 16-40				
HEAT RACE WINNERS				
BODREAU, J. MCCLAY				

PEPSI STREET STOCKS FEATURE RACE				
FINISH	START	CAR #	DRIVER	LAPS
1	8	11	BRYAN TOWN	25
2	7	64	CHRIS RIENDEAU	25
3	5	9	LENNY SILVER	25
4	4	20	DAVID GREENSLIT	25
5	9	55	ROBBIE STREETER (R)	25
6	1	39	KENNY THOMPSON	25
7	12	42	JEFF MORSE	25
8	3	02	BRIANA AKUSIS	25
9	6	19	KEN THOMPSON	25
10	10	21G	LUCAS WHEELER	24
11	13	21	MIKE SALDIS	24
12	2	8	NCK LITTLE (R)	16
13	11	95	CHRIS COLBURN	5
TIME OF RACE				
11 MINUTES, 26 SECONDS				
MARGIN OF VICTORY				
2.395 SECONDS				
BEST LAP TIME/SPEED				
TOWN - 16.512 SECONDS/72.623 MPH				
CAUTIONS				
1 - LAPS 0				
LAPS LED				
GREENSLIT 1-11, TOWN 12-25				
HEAT RACE WINNER				
GREENSLIT, SILVER				

Briana Akusis, Ken Thompson, Lucas Wheeler.
WILD CAT: Zach Lyn, Haydon

T-BIRD MINI MART WILDCATS FEATURE				
FINISH	START	CAR #	DRIVER	LAPS
1	7	33	ZACHARY LYN	25
2	4	83	HAYDON GRENIER (R)	25
3	8	67	KYLE TEMPLETON (R)	25
4	5	26	SETH MELCHER	25
5	2	52	RAVEN STREETER (R)	25
6	3	31NH	CODY SCHOOLCRAFT (R)	25
7	6	3	KYLE CURRIER	24
8	10	8	KIRBY GOODRICH	23
9	9	88	CHRIS CARVER	23
00		92	JIM CARLEY	-
TIME OF RACE				
7 MINUTES, 33 SECONDS				
MARGIN OF VICTORY				
3.226 SECONDS				
BEST LAP TIME/SPEED				
LYN - 17.719 SEC/67.717 MPH				
CAUTIONS				
NONE				
HEAT RACE WINNER				
GRENIER, CARLEY				

Grenier, Kyle Templeton, Seth Melcher, Raven Streeter, Cody Schoolcraft, Kyle Currier, Kirby Goodrich, Chris Carver.

Ricky Bly was victorious for the third time this season in R.E. Hinkley Super Streets feature action (Tyke Matheson photo).



SHS Girls Soccer Opens Season with Big Win

BERLIN, NH—Stevens traveled to Berlin for the season opener and Stevens won 9-0. The game was scoreless with about ten minutes left in the half when Sydney Miller opened the scoring, assisted by Brooke Bonneau. Julia Belaire and Brooke Bonneau each added a goal with assists from Miller and Audrey Puksta.

Stevens came out strong in the second half with two goals from freshman Molly Derosier, Puksta, Regan Burt, Riley Murphy and Miller, said coach Tom Belaire. Assist on the goals were from Belaire, Jenna Pond, Hannah Miller, and Ellie Grenier.

Kaitlyn Chambers and Fionah Carbee combined for the shutout.

Stevens next plays at Kearsarge on Tuesday, Aug. 28 at 6:00 p.m.

Golfing for Springfield Hospital's Birthday

SPRINGFIELD, VT—Springfield Hospital is celebrating its 105th birthday and inviting golfers to help celebrate at its 18th annual Springfield Hospital Challenge. The tournament takes place at the prestigious Okemo Valley Golf Club in Ludlow, VT, on Thursday, September 20.

Spaces are filling up fast, so act soon. To enter or sponsor this year's Springfield Hospital Challenge, go to www.SpringfieldHospital-Giving.org or contact Larry Kraft at 802-885-7644 or lkraft@springfieldmed.org.

CHARLESTOWN PARKS AND RECREATION COMMITTEE NEWS

SOCCKER SIGNUPS: Soccer signups are scheduled for August 22, 23 & 24 from 6-8pm. And August 25 from 10am-noon. Sign ups will be held at the new Recreation Dept office at the Bakery Building 216 Main Street,

Charlestown. If you are unable to make any of these sign up days, please feel free to sign up your players at the Town Offices. **Final sign up date is August 31.** Cost is \$20 per player or \$50 per family with 3 or more players. Players are from preK/K to 6th grade.

SOCCKER COACHES: Soccer coaches are needed. At least 12 coaches and 12 referees are needed to maintain the teams, practices, and games. Please contact the Selectboard Office asap! so there is enough time to process the background check.

POOL PARTY: The Town Pool closed for the season at 7pm on Sunday, August 26.

TOWN POOL MANAGER: The Charlestown Rec is seeking a Pool Manager for next Summer 2019. If you are interested in this position, please inquire at the Town Office.

FALL FESTIVAL: The Charlestown Rec will be hosting the first annual Fall Festival on October 12, 13, and 14. This event will replace the annual Winter Carnival. Please watch for the posting of the schedule. Many of the events will be familiar. There will also be some new events such as a pumpkin rolling contest and a scarecrow contest. Start thinking of those designs.

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

COACHES, REFEREES, UMPIRES: The Charlestown Rec is always in need of folks to fill these positions. Please, if you are able to fulfill any of these positions, please contact the Selectboard office.

SAVE THE CHARLESTOWN NH TOWN POOL: Check out the Save the Pool Committee Facebook page to see what activities are being planned to help raise funds to renovate

and save the Town Pool. Feel free to reach out and volunteer. All are welcome.

RECREATION COMMITTEE MEETING: The next Recreation Committee meeting will be on Tuesday, September 4, 2018, at 6:00 pm at the Selectboard Office, 233 Main St., Charlestown. The meeting is open to the public.

CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE
Please continue to check the Facebook page for all announcements and upcoming events.

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Inspiration

Learning by Being

By Priscilla Hull

I think it may have been Benjamin Franklin who said some thing like, "I try to learn something new every day." I couldn't find it, though, so maybe it was Mark Twain or my father. It's not a bad thing to remember, especially "as we grow older" and we're all growing older. Even my seven-year-old grandson is growing older. He just has a lot more "older" to get than I do!

Whoever said that he tries to learn something new everyday has a good reason in saying that. Our brains are meant to be used! Kids in school, of course, have the utmost opportunity to learn something new. That's their whole purpose in life, to learn. Even those kids who sit in class and resist as much as they are able, can't help but learn something. It is learning by being! That is learning about life as we live it. Children are obliged to learn by being. "As we grow older", the need fades and we have a choice.

Think of the amount a baby learns in a few months. First they learn to breathe and then to eat. These are the two most basic things in life. Then, they learn that if they cry or fuss, someone will come and make them comfortable in some special way. They learn quickly the scent, sound and smell of the primary caregiver and then they learn to recognize the features and attributes of that caregiver. At some point, a baby learns that an activity on their part results in a reaction and so they play peek-a-boo for endless hours. Before we know it, the infant has become a toddler because he can get up and walk! Then come words and on and on until that little dependent infant becomes an independent school kid.

The next 12, 13 or 16 years become a time when learning is once again at a peak. We learn so much about everything. In many jobs, beyond school we continue to learn at seminars and workshops, but we'll never learn as much as we did as an infant!

Beyond school and then, "as we grow older", we have a choice to learn or not. My choice has been to take that advice from that unknown advisor and continue to learn. Some of it is renewing knowledge that has been buried below the surface of daily awareness and bring back to the surface something I haven't used for years. Such a thing might be the varieties of oak tree that I see on daily walks! I used to know so much, but it is fun to search my tree books and the Internet to relearn about oak trees. It's fun, too, as I watch TV travel shows to learn more about the world. Travel shows are great for this. I have the opportunity to travel with Rick Steves or Anthony Bourdain, for example, as they travel the world and a chance to learn about places I'll never visit.

"As we grow older" a great reason to learn something new every day is to keep all those neurons lively and moving. There's no guarantee that I'll avoid dementia or a slowing down of my brain process, but what harm can there possibly be in learning something new every day.

So, what's the difference between a pin oak and a red oak? Look it up! Learn something new today!

By wisdom a house is built, and through understanding it is established; by knowledge its rooms are filled with all kinds of precious and pleasing treasures.

Proverbs 23:3-4

Senator John McCain was a man who "Learned by Being". Senator McCain died as he lived, with dignity and courage. The sad thing is that he suffered with his illness. He was such a great example for the country, a man who disregarded political restraints and advocated what was best for the people. His humble attitude make him someone respected by the world! As a hero and patriot, John McCain will not be surpassed. Pray for his family, that they may be comforted.

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



Calendar Of Events

New Diabetic Support Group to Begin September 4

NEW LONDON, NH—Lake Sunapee VNA will offer a new Diabetic Support Group in two locations beginning on September 4. It will be held on the first Tuesday of every month in Valley Regional Hospital's Library Conference Room from 10:00-11:00am and in Newport Health Center's Community Room from 12:00-1:00pm. Lake Sunapee VNA nurse and certified diabetic educator, Lauri Smerald, will facilitate the group.

"I will be there to address questions about things like diet, medications and foot care, but I hope participants will learn from each others' experiences as well," said Smerald.

Family members and caregivers of those with diabetes are also welcome to attend. RSVPs are appreciated by calling Lake Sunapee VNA at 603-526-4077.

Safety Awareness in Food Environment (S.A.F.E.) Offered in Claremont

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, will be teaching a S.A.F.E. class on Monday, September 10, from 6 - 8 p.m. at the Valley Regional Hospital (Buckley room), located at 243 Elm Street in Claremont, NH.

S.A.F.E. reviews critical food safety and sanitation concepts such as personal hygiene, preventing cross-contamination, and controlling time and temperature. S.A.F.E. workshops provide food safety training for new employees and refresher information for more experienced staff. The 2-hour workshop uses practical discussion and hands-on demonstrations to help participants apply safe food handling practices in the workplace. S.A.F.E. participants receive a certificate of attendance. Pre-registration is required as space is limited. There is no cost for this workshop.

To register, please contact the Grafton County UNH Cooperative Extension office at

787-6944 or e-mail teresa.locke@unh.edu. For information on scheduling a S.A.F.E. class at your facility, contact Mary at 787-6944 or mary.choate@unh.edu.

Invitation to Join the Boy Scouts

CLAREMONT, NH—If you have a young man going into 6th grade and is 11 years old that you think needs an advantage in life, then have them consider becoming a Boy Scout. Boy Scouts learn valuable skills in leadership, team building and self-reliance. Boy Scouts that earn the rank of Eagle have a high likelihood of becoming successful in life and stay active in their communities. When the school starts, Troop 38 of Claremont, NH, meets

every Thursday 6:30-8:00 p.m. at St. Mary's church gymnasium. Join us for a good time and new adventures. Contact Alex Herzog, Scoutmaster of Troop 38, at claremontscout@gmail.com for more info or come and join us at one of our upcoming meetings.

Silsby Library News

CHARLESTOWN, NH—Summer reading program is in full swing. So far 112 children have signed up and are turning in book logs for a free ice cream cone from the Ice Cream Machine. Thank you to John and David for



Summer's bounty. Tiny Sun Golds encircle a Black Beauty. The large Celebrity and smaller Early Girl await dicing, pureeing or just plain chomping. No dressing required...or allowed. All these treats grew in a single Claremont garden (Eric Zengota photo).

their continued support of Charlestown's eager readers. Our Readers Rock!

Mark your calendars! On September 14 at 7:00 pm Mentalist Preston Heller will bring his 2018 show "Mind to Mind" to Silsby Library. Preston Heller will not tell you what a mentalist is. He will show you! And in so doing, every audience member will have a unique, personal experience with the "unseen", including thought implantation, influence, the revealing of information known only to the spectator, the reading of body language and voice patterns, psychometry and much more. The fee charged to the library for his programs will be donated to our local food pantry and attendees are encouraged to bring canned or dry goods for donation to the Fall Mountain Food Shelf as well. This program is 100% family friendly, but due to the nature of the subject matter it is recommended for ages 12 and up.

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

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.

Upcoming Events at the Claremont Senior Center

5 Acer Heights Rd. - Claremont, NH

Annual Penny Sale
Sunday - September 23, 2018
Both events open to the public.

Claremont Farmers Market

CLAREMONT, NH—The new Claremont Farmers' Market will run from 9:00 a.m. to 1:00 p.m. at the Visitors Center Green every Saturday through September 8th.

2018 Summer In The Paddock A Farmers & Artisans Market

Saturdays: Now through October 6
9:00 a.m. to 1:00 p.m.

Join us for the 6th Annual Season of Summer In The Paddock on North Main Street in Charlestown. The Farmers & Artisans Market will run for 16 weeks and we are again offering very affordable vendor fee "packages" to encourage strong weekly commitments from current and new vendors. Potential vendors are encouraged to stop by the Charlestown Congregational Church by the office for a brochure of policies and fee schedules. Check out our photo album of participants and their wares from five seasons. Brochures may also be found in the newspaper rack at Dan's Max Saver.

This year we are adding a children's play area and free canvas bags for frequent SITP shoppers. Watch for lunch options at the market. Our vendors are offered the opportunity to join us for the Townwide Yardsale Day in July.

Email congchrch@myfairpoint.net (yes, leave out the "u") or call (603) 826-3335 with questions and to receive the brochure by email or USPS.

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.

www.etickernewsclaremont.com

TLC Program Offerings

CLAREMONT, NH--First and third Saturday of every month the Caring Adults Peer Support (CAPS), sponsored by Rural Outright, meets at 10 a.m. at the TLC Family Resource Center, 109 Pleasant St., in Claremont. This is an opportunity for parents, educators and other caring adults to discuss challenges and best practices for supporting LGBTQ children of any age. For more information, contact Neil at neilpiercellen@gmail.com.

Caregiver Support Group

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

Overeaters Anonymous Meetings

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

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breastfeeding mothers. Claremont La Leche League meets on the 2nd Thursday of every month at the TLC Family Resource Center, 109 Pleasant Street: Mornings, from 9:30—11:00 a.m., evenings, 5:30—7:00 p.m. LLL Leaders are trained and accredited through LLLI to offer help to parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. A leader will be available to answer your questions.

Assistance, information, and support are also available via telephone, email, and the LLLI website. ClaremontLLL@gmail.com, Jess (603) 630-0184, Zadiah (603) 306-9892; they may also be found on Facebook.

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



Lake Sunapee Region VNA & HOSPICE

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REV. MAY 29, 2018

MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

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

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Photos by Bill Binder

The Claremont Senior Center held its 7th Annual Car Show on Sunday, Aug.26. Cars, trucks and motorcycles competed in 10 classes—Antique, Classic, Truck, Sports, Street Rod/Modified, Muscle, 1993-newer, Motorcycle, Tuner, Rat Rod and Best of Show and were voted on by the hundreds of visitors to the show. Along with the vehicles, there was music, door prizes, food, ice cream, a 50/50 raffle and more. Proceeds benefit the Claremont Senior Center.



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

Roger L. Beaudry, 68

Roger Lee Beaudry, 68, passed away on Wednesday, August 22, 2018, at Dartmouth Hitchcock Medical Center.

He was born in Claremont, NH, on January 21, 1950, the son of Herve' and Arlene (Abbey) Beaudry.

Roger enjoyed fishing and spending time outdoors. He loved to work with his hands and was always building things. He also was a talented machinist.

He is survived by his sisters, Pauline De-Celle and her husband Delos, Audrey Paquette and her husband, John, Pam Davis and her husband, Alan; his brother, Reggie Beaudry; and close friends, Arlene, Mary, Debbie, and Mo.

Per his request, there will be no visiting hours or funeral service.

A celebration of his life will be held later this year.

The Stringer Funeral Home is in charge of arrangements.

Ronald K. Companion, 88

Ronald Kenneth Companion, 88, of Claremont, NH, passed away on August 19, 2018, at Elm Wood Center in Claremont surrounded by his wife and family.

He was born in Claremont, NH, on June 25, 1930, the son of Theodore and Bertha

(Nadeau) Companion.

Ron was in the US Navy from 1947 thru 1951 during the Korean War.

He had worked for Dartmouth Woolen Mill, Claremont Flock, Joy Manufacturing, Beef O Rama, Land of Meats and retired from the USPS after 20 years.

He enjoyed spending time with his family, riding his Goldwing, going to McDonalds, singing the chocolate ice cream song to the grandchildren and great grandchildren and telling naval stories. He was a Red Sox and Patriots fan.

Ron was a member of the American Legion, the VFW, Polish Club, Moose Club and DAV. He is survived by his wife, Charlotte (LeBlanc) Companion whom he married on July 8, 1989; his children, Michael Companion, Dan Companion and his wife, Jane, Peter Companion and his wife, Sharon (Latouche), David Companion and his girlfriend, Pam Phaneuf, Rita Gibson and her partner, Edward Smith, Sue Roy and her significant other, Roger Meier Jr., Dawn and her husband, Gary Norton, Dennis McNamara and his wife, Heather and Kevin McNamara and his wife, Amy; sisters, Jackie Snide and her husband, Richard; 22 grandchildren, 22 great grandchildren and 8 great great grandchildren.

He was predeceased by his first wife, Pauline (Martin) Companion whom he married on October 20, 1951; she passed on December 22, 1986; sons, Raymond William in December of 2006 and William McNamara Jr. in March of 1999; daughter, Theresa Morrow in February of 2012 and granddaughter, Carissa Companion in June of 1992.

A Mass of Christian Burial was held at St. Mary Church on Friday, August 24th, with V.G. Shawn Therrien officiating. Burial followed in St. Mary Cemetery.

In lieu of flowers, donations may be made in his memory to St. Mary Church, 32 Pearl Street, Claremont, NH 03743.

The Stringer Funeral Home is in charge of arrangements.

Donald L. Kennett, 78

Donald Leslie Kennett, 78, of Claremont, NH, passed away on Saturday, August

18, 2018. He was born in Newbury, VT, on October 27, 1939 the son of Gordon and Irene (Lamphere) Kennett.

Donald enjoyed farming, gardening, fishing, hunting, holidays with family, and watching wildlife.

His surviving family includes his companion, Judy Gilman; his two daughters, Laurie A. Germain of Delaware, Linda M. MacEachern of Massachusetts; two sons, Rodney A. Kennett of New York, Bradley W. Kennett of Kentucky; siblings, Mona Sweat, Wayne Kennett, Wendall Kennett, James Kennett, Dale McGivern; 14 grandchildren; three great grandchildren; many cousins, nieces and nephews.

He was predeceased in death by his wife, Patricia Ann Kennett; siblings, Terry Kennett, Gloria Colburn, Bonnie Dalley, Judy Colburn, and Elaine LaBounty.

Funeral services were held Friday, August 24th at the Charlestown Memorial Chapel. Burial followed in Pine Crest Cemetery.

The Stringer Funeral Home is in charge of arrangements.

Claremont Fire Dept. Log**Sunday, August 19th**

1501: Engine 3 Responded to Spruce Avenue for a Medical Call

2116: Utility 3 Responded to Washington Street to Assist the Police Department, Search for Lost Person

2244: Engine 3 Responded to Fisher Place for a Medical Call

2324: Engine 3 and Ladder 2 Responded to Maple Avenue for a Medical Call

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Monday, August 20th

0805: Engine 3 Responded to Washington Street for a Motor Vehicle Accident with Multiple Injuries
 1131: Engine 3 Responded to the Intersection of Broad Street and Water Street for a Motor Vehicle Accident
 1237: Engine 3 Responded to Heritage Drive for a Well Being Check
 1639: Engine 3 Responded to Chestnut Street for Wires Down
 1722: Engine 3 Responded to Heritage Drive for a Medical Call
 1849: Engine 3 Responded to Main Street for a Motor Vehicle Accident
 2035: Engine 3 Responded to Prospect Street for a First in EMS Medical Call
 2114: Engine 3 Responded to Park Avenue to Assist the Police Department
 2127: Engine 3 and Ladder 2 Responded to Central Street for a Medical Call
 2149: Engine 3 Responded to the Intersection of Sullivan Street and Twistback Road for Wires Down

Tuesday, August 21st

1454: Engine 3, Ladder 2, Engine 1, Responded to Water Street for an Alarm Sounding
 1632: Engine 3 Responded to Pleasant Street for a Gas Spill
 1948: Engine 3 Responded to Walnut Street for a Medical Call
 1957: Engine 3 and Ladder 2 Responded to Sullivan Street for a Box Alarm

Wednesday, August 22nd

1423: Car 1 and Engine 3 Responded to Central Street for a Carbon Monoxide Problem
 1839: Engine 3 Responded to Rice Street for an Alarm Sounding

Thursday, August 23rd

1538: Engine 3 Responded to Washington Street for a Motor Vehicle Accident
 1628: Engine 3 Responded to West Pleasant Street for an Alarm Sounding
 1842: Engine 3 Responded to Maple Avenue for an Open 911 Line

Friday, August 24th

0651: Engine 3 Responded to Pearl Street for a Medical Call
 1111: Engine 3 Responded to Hight Street for an Alarm Sounding

1414: Engine 3 Responded to Heritage Drive for a Suicidal Subject
 1551: Engine 3 Responded to the Intersection of Summer Street and Mulberry Street for Wires Down
 2213: Engine 3 Responded to Main Street for a Medical Call

Saturday, August 25th

0000: Engine 3 Responded to Pearl Street for a Medical Call
 1503: Engine 3 Responded to Central Street for a Medical Call
 1902: Engine 3 Responded to Heritage Drive for a Well Being Check
 2255: Engine 3 Responded to Washington Street for a Motor Vehicle Fire

Monitoring Monarch Butterflies

DURHAM, NH — Join biologists from NH Fish & Game and UNH Cooperative Extension

for a seminar to learn more about the status of monarch butterflies and how you can help the species on your property, in your town, and as a citizen scientist.

The seminar will be held at the Strafford County Complex in Dover on Wednesday, September 12, from 2:00 to 4:00 p.m. It will include an overview of monarch ecology and life cycles and an introduction to citizen science programs you can participate in to help monitor the species. Training will also include a field demonstration of monarch tagging – a technique used to determine how many of the monarchs that pass through New Hampshire actually make it to Mexico for the winter.

This seminar is free, but registration is required. Sign up at naturegroupie.org.

Each summer, monarchs arrive to breed in our local milkweed patches, and large numbers of adult butterflies migrate through on their return to Mexico for the winter. New Hampshire citizens and others across the nation have been noticing greater variation in the number of adults that arrive annually, prompting questions. Data from the overwintering

(Continued on page B11)

“The true primary-care provider is Mom.”

-Dr. Sam Giveen

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

DOCTOR **SAM'S**
EYE CARE



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

Butterflies, from B10

grounds show the monarch butterfly population has declined 90% over the past two decades.



(Phyllis A. Muzeroll photo).

The US Fish & Wildlife Service is currently reviewing the species status for federal protection under the Endangered Species Act, with a listing decision expected in June 2019. Key threats to the species include loss of overwintering habitat in Mexico, loss of breeding habitat in the US and Canada, climate change, and disease.

New Hampshire is one of many states across the species range to include the Monarch in their state Wildlife Action Plan as a species of greatest conservation need. Conservation actions to help the species include planting milkweed, protection of their overwintering areas, and continued monitoring and research on the species throughout its life cycle.

Contact Haley Andreozzi at haley.andreozzi@unh.edu or call (603) 862-5327 for more information.

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Tai Chi informational sessions will be held August 28 (1:00-2:00 PM) and August 29 (6:00-7:00 PM) at the center!

Menu for Tuesday - August 28 ...Open face turkey sandwich with gravy, mashed potatoes, vegetable, dessert. Thursday - August 30...Pizza, salad, dessert. Twice a week dinners welcomes members (\$4.00) as well as non-members (\$5.00). Membership dues cards may be checked, so have yours ready!

Foot Clinics are sponsored by Lake Sunapee Region VNA & Hospice. For appointments, call (603) 526-4077. Cost is \$25 per visit.

Our "Vendors / Crafters Corner" welcomes any type of business or crafter to rent an 8 ft. table for \$15 in our entrance lounge. Only one vendor / crafter per date!

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

Chair Yoga class guided by Charlene Robillard every Monday at 10 AM brings you through an hour of gentle, relaxing yoga. Class uses chairs to accomplish the poses doing just what you can. \$5.00 fee for a very relaxing hour.

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

Adult Coloring open to public on Mondays (1:00-3:00 PM). Members free. Non-members \$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.

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!

Senior Game Night every Tuesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required. Bring a snack to share!

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

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

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

We are still collecting aluminum can tabs!

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

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

Membership dues - \$20 per year. Persons 50 years of age or older invited and welcome to become new members or renew your membership!

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.)

Review:
God's Not Dead
A Light in Darkness

By Bernadette O'Leary

There is a reason that the *God's Not Dead* movies have reached a level of success unparalleled by other independent films, and that reason is quite simple. We live in a world where hopelessness and despair run rampant, and people are tired of it. There is a need, and even anger, felt by people over the status quo, and movies like these give us the hope we need.

My children and I love the *God's Not Dead* franchise, and we eagerly awaited the third installment, *A Light in Darkness*, starring David A.R. White and featuring the talents of Newsboys. All three installments focus on the struggle between faith and secularism both within individuals as well as within society itself. They bring attention to the upheavals one can feel when struggling within his or her own heart as well as the clashing between believers and nonbelievers when something happens that pits them against one another. These movies illustrate how such clashing need not exist when communication that includes both speaking respectfully and listening with an open mind become part of the equation. Likewise, these movies reveal the miracles and life-changing truths that are found with faith.

In *God's Not Dead: A Light in Darkness*, the incredible David A.R. White plays Pastor Dave, a pastor who stands up for religious freedom in a society that chooses to define when those freedoms apply. After tragedy ensues, he too struggles with his own faith, with others judging his failings as he does so. This is a common problem faced today, as many do not understand that "The Church" is separate from the individuals who make it up. People make mistakes due to being human, and often those mistakes are not in line with the Christian faith. This means that even those who strive to represent their faith are prone to making choices they would not otherwise make when suffering. To further complicate life's struggles versus faith, we often believe we must fight for one thing, only to later realize we were in the wrong fight all along, or at least, going about our fight in the wrong way. Therein lays the difference between being a hypocrite and being human. No man is infallible. Unfortunately, Pastor Dave must face the repercussions of being 'human' while public focus is trained on him during a very public legal battle. His whole world crumbles around him, leaving him to fight an impossible battle... while also learning where the real fight lies.

I wholeheartedly give *God's Not Dead: A Light in Darkness* a full 5-Cross rating. In fact, I will go one step further by saying that as much as my family loved the other two, we found this one to possibly be the best one yet. On DVD now, pop the corn, break out the tissues, and bring it home today. Then, stay seated after the credits for a few words of inspiration from Newsboys' own Michael Tait. Check out the entire *God's Not Dead* franchise today, and pick up the soundtracks for further enjoyment. I cannot recommend these movies enough.

