

## Claremont Confidential

By Les St.Pierre



### The Way of the Dinosaur

"Where have you gone, Joe Dimaggio? Our nation turns its lonely eyes to you. Joltin' Joe has left and gone away!"

Remember those lyrics written by Paul Simon of Simon and Garfunkel fame? Made famous in the song "Mrs. Robinson" in the movie "The Graduate", Simon eventually had to personally inform the New York Yankee baseball great, who was still alive in 1968, the year those words first came out, the lyrics were not about his death but, in fact, meant, "Where are these great heroes now?"

The same can be said for the immortal Jim Thorpe. Thorpe, a tremendous American athlete and Olympic gold medalist, in Wikipedia vernacular, is considered one of the most versatile athletes of modern sports. He was given the title "the greatest athlete" from the first 50 years of the 20th century by the Associated Press.

I bring this up because Thorpe was the quintessential multi-athlete, exceptional in many sports. Some say even as many as six. We do recognize football, basketball, and baseball as three major sports he dwelled in, but let us not forget his expertise in the Olympics, medalling in both the decathlon and pentathlon in Stockholm, Sweden in 1912.

To make a long story short, the Jim Thorpes of this world have, indeed, "left and gone away".

Look at professional sports today and the multi-athlete is rare. I mean the exceptional multi-athlete. The one who can lead and star during the same year on the gridiron, hardwood court, diamond, or whatever the playing field encompasses. Sure, you can name a few, but its a very few. Men and women have tried it and most have failed.

We all know how Michael Jordan, surely in

the running as the greatest basketball player of all time, tried his attempt at major league baseball and came up as empty-handed as anyone could ever realize.

It's called specialization. This is 2018, not 1912, or 1920, the '30s, or '40s. The multi-athlete has gone the way of the dinosaur. Certainly on the professional level. The college level, now, has reached the same plateau. Today, competition for scholarships dictate athletes concentrate in only one area. In a sense, the three-sport athlete is on his or her final breath.

Don't look now, but the high school three-sport athlete, too, is fading off into the sunset.

Finances, for one, come into the picture as traveling off-season ventures don't come cheap. Have you seen the cost of sports equipment lately? Logistics, also, is a reason for non-participation. Just getting from place to place can be a challenge, at times.

Stevens High School head basketball coach Dan Ryan first brought the subject of the fading three-sport subject to my awareness during an interview last month.

"Basketball," said Ryan, "can be a 12-month sport. Basketball players can't really be football or hockey players because there isn't enough time. You've got conditioning, lifting, gym time, practice time. There will probably never be a great three-sport star any more. The kids are overtaxed, in general. Now, in order to graduate, there is community service involvement. I don't know if that is fair, but that is a school thing and I don't want to get involved."

Paul Silva, head football and baseball coach at Stevens, entered the three-sport controversy recently in an e-mail responding, "There are still many who do, but it seems like there has

been a shift to more athletes today that may be playing two sports while putting more emphasis on specializing in a specific sport they many want to play at the next level."

Silva, also mentioned multi-coaching isn't as prevalent today as it was in the past. "It is very difficult to do today with the way sports are scheduled," he stated. There used to be weeks between seasons. Now, with extended schedules and off-season programs in sports, it just doesn't give a person any down time. It really involves a year round commitment that takes a great deal of time away from your family, which makes it (coaching) so hard to do now."

Bob Parker, a 1946 graduate of Stevens and also a three-sport athlete, indicated in an e-mail he does, indeed, agree with Ryan's assessment of today's athlete. "The three-sport 'star' might be hidden in the past," he reported. He went on to say, "As a three-



sport coach, I think the same. I doubt Dad would have been able to coach three sports in today's society." Parker's father was the renowned Clarence "Ceep" Parker, who was, what his son referred to as a "One-Man Show" at Stevens, piloting Claremont youngsters for 38 years in three sports on the athletic fields before being forced to retire at the age of 65.

Scott Fitz, who has his number retired at Stevens after excelling in three sports at the Claremont school, e-mailed his take on the subject of the nearing lost multi-athlete. "I am in tune with Dan (Ryan) and his feelings about today's youth sports. Today, many parents want their kids to get athletic scholarships to colleges so the kids are pushed into one sport at a young age. Many of them are too young and physically immature. The sports world has changed and maybe not for the better."

**CHARLESTOWN PARKS AND RECREATION  
COMMITTEE  
OUR TOWN RECREATION NEWS**

**RISE AND YOGA:** by Krystal Boivin. You're invited to join me for a vinyasa flow! All fitness levels welcome! Bring a friend! Tuesdays 5:30-6:00 AM. Starting November 6, 2018, at the Charlestown Old Town Hall, 29 Summer St., Charlestown, NH. Suggested donation \$15.

www.krystalboivin.com - Facebook:  
@boivinkrystal - Instagram: @krystal-boivin.yoga

**CHARLESTOWN CHRISTMAS CRAFT FAIR:** The Charlestown Recreation Dept invites you to our first Christmas Craft Fair to shop for those unique Christmas gifts. Concessions will be available. A 50/50 drawing and raffles. Drawings will be at 2pm. No need to be present, but arrangements must be made to pick up your prizes.

Date: Saturday, December 15, 2018, 9am to 3pm

Place: Charlestown Primary School, 84 East St., Charlestown NH 03603

**COACHES, REFEREES, UMPIRES:** Basketball Coaches are needed for the practices and games that start first week of December. Please contact the Charlestown Rec or Town Offices asap!

**RECREATION COMMITTEE MEETING:** The next Recreation Committee meetings will be on Tuesday, November 20, December 4, and December 18, 2018, at 6:00 pm at the Recreation Committee Office, 216 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.

Got Sports?

Send news and photos

to

[etickernews@gmail.com](mailto:etickernews@gmail.com)

## Monarchs Top Solar Bears in Overtime, 3-2

MANCHESTER, NH—The Manchester Monarchs sent the Orlando Solar Bears home disappointed, with a 3-2 overtime win, Friday night at SNHU Arena.

The Monarchs (6-6-1-1) scored 1:10 into the overtime period, to defeat the Solar Bears (7-4-2-0), by a score of 3-2.

After a scoreless first period, the Monarchs opened the scoring at 4:04 of the second period when Spencer Watson, scoring his seventh goal of the season, ripped a one-timer past Solar Bears goaltender, Corbin Boes, making the score to 1-0.

The Solar Bears answered at 4:23 of the second period when Mathieu Foget scored his fourth goal of the season, picking up a drop-pass, high in the slot, and drilling a wrist shot past the glove of Monarchs goaltender, Chris Driedger, making the score, 1-1.

The Monarchs regained the lead at 9:11 of the third period, with Watson scoring his second of the night, eighth of the season. Michael Doherty won an offensive-zone faceoff, that Watson pounced on and lifted the puck over the glove of Boes, making the score 2-1.

The Solar Bears tied the game at 19:10 of the third period, on the power play, when Brady Shaw scored his eighth goal of the season. Cody Donaghey sent a pass to Shaw in the right circle, where he ripped a shot over the glove of Driedger, to tie the game, 2-2.

The Monarchs scored the game-winning overtime goal at 1:10 of the overtime period when Stepan Falkovsky, scoring his third goal of the season, beat a defender on a 1-on-1 and flicked the puck under the glove of Boes, ending the game with a score of 3-2.

The Monarchs return to action Wednesday, November 21 at 7 p.m., when they take on the Adirondack Thunder from Cool Insuring Arena. For tickets, Season Memberships and group

tickets, please contact the Monarchs front office at 603-626-7825.

Visit us at ManchesterMonarchs.com, follow the team on Twitter and Instagram: @MonarchsHockey, and like us on Facebook for additional information.

## Patriots Activate DB Duke Dawson to the 53-Man Roster

FOXBOROUGH, MA—The New England Patriots announced Tuesday that they have activated DB Duke Dawson to the 53-man roster. Dawson was placed on injured reserve on Sept. 6, 2018. The Patriots have also released RB Kenjon Barner and LB Nicholas Grigsby.

Dawson, 23, was selected by the Patriots in the second round of the 2018 NFL Draft (56th overall) out of Florida. The 5-foot-10, 202-pounder played in all 48 games during his college career and posted 82 tackles, six interceptions with three returned for touchdowns and 23 passes defended.



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# Inspiration

## Give Thanks

By Priscilla Hull

I like the tradition of people posting on Facebook thanks for things in their life. I think that the first year there were lots of postings, but as the years have gone by it seems to have weakened a bit.

In hard times, such as we're experiencing now, it becomes a little more difficult to make a list of what we're thankful for, but it is the time that we need to make that list. So I'll start; I'm thankful for family and those who might not be family, but who are as near and dear to me as family! That includes a lot of people from all walks of life. I'm thankful for occasional friends, those who come into my life and I hold a little bit of them and know that we'll always maintain a tie. I'm thankful for many whom I don't even know, but they have in some way influenced my life, or brought something to me that I hope has made me a better person.

If you're reading this now and recognized yourself, please accept my thanks and know that I am thankful for the technology that allows us to re-connect and renew friendships and family ties.

I'm thankful for the animals who have been in my life, past and present and the joy that they bring; their faithfulness and their unrestrained love. Some of these animals are/were mine and some I have just met along the way. Also, I'm thankful for the wild life that surrounds us from the tiny field mice to the lumbering elephant, to the bobcat that followed me home one afternoon, to the Owls I hear at night and the Eagles that soar overhead.

I'm thankful for a warm home and meals that I eat alone or share with others. I'm thankful for the ability to do things for others, from making soup to preaching on Sunday morning.

Life is good and I'm thankful for the life I live. While I can't do quite as much as years ago, I'm thankful for what I can do and for people who do the heavy work, like shoveling snow, mowing the lawn, cutting brush.

There's much more that I'm thankful for. What about you?

Two things stands out above all and that is thanks for living in a country where I can live, speak, do as I please without fear. It is a great gift. Finally I am thankful that I have a choice to worship as I please and I can offer thanks to the Creator of heaven and earth at any time in any place. This is the greatest gift of all.

*Enter His gates with thanksgiving, And His courts with praise. Give thanks to Him; bless His name. Psalm 100:4*

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



## Calendar Of Events

### Arrowhead Meeting Nov. 20; Help Needed for Fall Projects

CLAREMONT, NH—The next Arrowhead meeting is Tuesday, Nov. 20th, 7:00 p.m. at Arrowhead. Come with your thoughts, questions and ways you can help.

“We do need operations help for this winter but also looking for people to help behind the scenes,” said Chuck Allen of the Arrowhead Recreation Club. “We need a public relations person to help promote Arrowhead, need facility help for mechanical and facility projects, snow makers and almost any area anyone can or wants to help with. We Also need people to serve on the board of directors.

“For winter operations, we need help on the lifts, tubing area monitors, ski/snowboard instructors, concessions help, ski shop help and first-aid. If anyone can help or knows anyone who can help, contact us, there will be lift training and ski shop training coming up shortly.”

Allen added, “We still have projects that need to be completed before the season begins. Because of weather and some recent injuries and other circumstance, we are way behind getting ready for the opening. We still need to inflate tubes, put up signs, install tube lift cable and install new lift coverings. There is still brush cutting on the face, on some upper trails and along the lift lines.”

On a good note, Allen said that “the 30 year old slope side deck was replaced with a patio. This was accomplished by a few extremely dedicated and talented volunteers, only some grounds work left to be done, come by and check it out.”

### 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 Nov. News

CHARLESTOWN, NH—November is Home Healthcare and Hospice Month and we are working with HCS to raise awareness. This month our book display will highlight resources available in our community to support those who need care and their families. Several new titles have been added to our collection and they will be available for check out. Book lists, brochures, bookmarks and other takeaway materials will be available as well. Our goal is to make you all aware of the help available to you or a loved one for comfort, care and support when home is where you want to be.

Story Hours continue on Tuesdays at 10:30 am. 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.

Just a reminder about Open eBooks. 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.

The library will be closed Nov 22-25 for the Thanksgiving holiday. See you all on Monday, Nov. 26, when we are back to regular hours, and a Happy Thanksgiving to all.

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

brary catalog at <https://silsby.follettdestiny.com/>.

### Open House at The Claremont MakerSpace

CLAREMONT, NH—Come check out the Claremont MakerSpace at the Open House on Nov. 27th, from 7:00 to 9:00 p.m. You'll get to meet makers of all types, check out CMS member projects and demos, chat with our Artist In Residence and learn about all the cools stuff taking place at your MakerSpace.

This event is free and open to the public, but please RSVP at: [www.claremontmakerspace.org/events](http://www.claremontmakerspace.org/events)

When: Tuesday, November 27th, 7pm-9pm  
Where: The Claremont MakerSpace, 46 Main Street, Claremont Contact: [info@twin-statemakerspaces.org](mailto:info@twin-statemakerspaces.org)

### Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breastfeeding mothers. Claremont La Leche League Claremont La Leche League will be meeting on the 3rd Thursday of the month 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](mailto: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](mailto: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.

## Brownsville 2018 Holiday Happenings

BROWNSVILLE, VT—Kick off your holiday season in Brownsville at one or all of the happenings taking place on December 1st.

9:00 – 2:00 Brownsville Christmas Bazaar at Town Hall

11:00 – 1:00 Luncheon at the Bazaar

4:00 Brownsville Holiday Tree Lighting, Caroling, Refreshments & Santa across from Town Hall

5:30 Christmas Concert at Brownsville Community Church

On Saturday, December 1st, various committees of the Brownsville Community Church,

West Windsor's Beautification Committee and West Windsor Fire Department will sponsor three festive holiday events.

At 5:30 on Saturday, December 1st, the community will be treated to a concert of Christmas music at the Brownsville Community Church. Rev. Christian Huebner has arranged this concert which will feature talented musicians of all ages. This concert is the last of a series of free-to-the-public concerts the Brownsville Community Church has offered to the public this year. Contact the Brownsville Community Church at [bc-churchvt@gmail.com](mailto:bc-churchvt@gmail.com) for more information on

the Christmas Concert.

Before the concert, at approximately 4:00 at the West Windsor Town Hall (Route 44 & Brownsville Hartland Rd.) there will be the Town Holiday Tree Lighting. There will be caroling, a fire pit, tasty refreshments and two special visitors from the North Pole! Contact Jim Curry of the West Windsor Beautification Committee at 802-484-0138 for more information on the Brownsville Holiday Tree Lighting festivities.

Start the day with Christmas shopping at the famous Brownsville Christmas Bazaar from 9 a.m. until 2:00 at the West Windsor Town Hall.

## 3 steps to improve your job search

### Look at yourself like a hiring manager would

It's a good idea for job seekers to look at their own documents, ideally for no more than 30 seconds at a time. It might also be wise to share with other people from their industry who they trust, to get an honest assessment of what their qualifications say about them with little more than a quick glance. This kind of approach may help them get a better feel for what they need to change to make sure their best qualities jump off the page.

### Lean on your relationships

Most people looking for a job - whether they've been working for decades or have only recently graduated from college - know at least a few people who might be able to lend a hand with a career search.

While that's not likely to be the case with every person they talk to, even one or two people stepping up to the plate for a job seeker can go a long way toward not only getting them an interview, but creating a positive first impression with a hiring manager.

### Do your research

While many job seekers are just throw caution to the wind and apply to every job that even vaguely fits their qualifications, experts say that might not always be a good idea, according to Glassdoor. Instead, applicants might be wise to make sure they're sending out a smaller number of resumes and, instead, researching the companies that truly stand out. Not only will this kind of deeper dive make a cover letter better, but it will also help people avoid getting a job that's a bad fit for what they're looking for.



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The ladies of the United Methodist Women's group have, once again, pulled together a fine gathering of artisans and crafters who will be selling their wares at the Christmas Bazaar.

And, shoppers at the Bazaar will enjoy Christmas music by West Windsor fiddler, Adam Boyce.

Shoppers can also recharge with a fine lunch starting at 11:00, when the ladies will be offering an array of delicacies including homemade soups, salads and sandwiches as well as freshly baked deserts.

This dedicated group of women has accomplished many things this past year. All of the monies that the United Methodist Women raise through seasonal bazaars, craft sales and food events go to various charities as well as to sustain the greater church community. The UM Women's group openly encourages any like-minded individuals to join them in their efforts. Contact Gail Britton at 802-674-6805 for more information on the Bazaar. Contact Ann Matthews for information on the United Methodist Women's group at 802-484-5502.

Thank you to West Windsor Fire Department

who put up the lights on the Holiday Trees and who will transport Mr. & Mrs. Claus into town, United Methodist Women's group for organizing and running the famous Brownsville Christmas Bazaar, the Brownsville Beautification Committee for arranging for the tree lighting festivities and Brownsville Community Church for making possible, yet again, one more free-to-the public concert.

Admission is free for all the events on December 1st; a free-will offering will be accepted at the church concert to help offset costs.

**A lone oak leaf rests on the new and early snow that blanketed the area late last week. Most folks were not yet ready for snow to take over, and the season for finishing yard work and raking leaves was cut short this year (Phyllis A. Muzeroll photo).**



## 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](mailto:etickernews@gmail.com)



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## MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1st</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm  <b>FOOT CLINIC</b> Plainfield Library 1:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> Newport Rite Aid 11:00 am – 1:00 pm <b>FOOT CLINIC</b> 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	<b>BLOOD PRESSURE CLINIC</b> Claremont Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>2nd</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> Charlestown Senior Center 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Charlestown Senior Center 10:00 am – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> 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  <b>FOOT CLINIC</b> Sugar River Mills, Claremont 12:30 – 2:30 pm	<b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>3rd</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> Lebanon Senior Center 10:00 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> 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  <b>FOOT CLINIC</b> Marion Phillips Apts, Claremont 1:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> 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  <b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> 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  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>BLOOD PRESSURE CLINIC</b> CSB Community Center, Claremont 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> North Ridge, Warner 9:30 – 11:30 am
<b>4th</b> WEEK of the month	<b>FOOT CLINIC</b> Newport Senior Center 9:00 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	<b>BLOOD PRESSURE CLINIC</b> 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	<b>BLOOD PRESSURE CLINIC</b> Warner Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Newport Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Plainfield-location varies 11:30 am – 1:30 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> 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: <a href="http://www.lakesunapeevna.org">www.lakesunapeevna.org</a>

# Santa is coming to Town!

**Photos  
with  
Santa**



**Pets  
Kids  
&  
Families!**

**Join us on Saturday, December 8<sup>th</sup> 2018  
from 10-2 @ the  
Claremont Rent-A-Center**

### **Photo Prices:**

**4X6 \$5.00**

**5X7 \$7.00**

**Digital emailed file \$7.00**



Join SCHS and Santa for a fun photo-op! There will also be some delicious homemade baked goodies! Rent-A-Center is going to sweeten the day by offering a special as a thank you for coming out and supporting a local non-profit!



**From all of us at Sullivan County Humane Society, thank you for your support!**

**All photo and bake sale proceeds to benefit the Sullivan County Humane Society**

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.**

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#### Doris G. Wolcott, 97

Doris Grace Wolcott, 97, formerly of Claremont, NH, passed away on November 13, 2018, at the St. Patrick's Manor in Framingham, MA. At the time of her passing, she was a resident at Orchard Hill of Sudbury.

She was born in Lebanon, NH, on March 4, 1921, the daughter of Louis and Lydia (Sanville) Nolet and had resided in Claremont most of her life.

Doris retired in the late 80's from Keating Insurance Co where she had worked as an office clerk, previously had worked at Gilbert & Weston Ins., Houghton & Simonds as a bookkeeper and the Forestry Office in Lebanon as a secretary.

Doris was a communicant of St. Mary's Church where she was a Eucharistic minister and lecturer. She was also a member of the St Anne Society and Court Virgil H. Barber #892 Catholic Daughters of the Americas.

She is survived by her two daughters, Sheila Juliani and her husband, Vincent of Wellesley, MA and Cynthia Wolcott and her husband, W. James Scott of Coto de Caza, CA; three grandchildren, Lisa Juliani and her husband, Tom Beard, Christopher Juliani and his wife, Hilda and Molly Scott; four great grandchildren, Allison Beard, Ashley Beard, Juliette Juliani and Jon Paul DeRushe and nieces and nephews.

She was predeceased by her husband of 50 years, Roland J. Wolcott on December 31,

1991; a brother, Earl Nolet in 2008 and a sister, Margaret Aldrich in 2008.

A funeral service was held Nov. 18 at the Stringer Funeral Home with the Very Rev. Shawn Therrien VG officiating. Burial followed in St. Mary's Cemetery.

The family suggests that donations may be made in her memory to St. Mary's Parish Renovation Fund, 32 Pearl Street, Claremont, NH 03743.

#### Dorothy M. Kasaras

On Monday, November 12, with her family at her side, Dorothy M. Kasaras passed away. She was thought by all to be a strong, independent, and determined woman, even throughout her illness and was able to remain at home where she had lived for 67 years. Dot loved her family and was especially proud of her many grandchildren. Her home was a gathering place for many family dinners, cook-outs, and celebrations. She was a wonderful cook, especially loved baking and trying new recipes. Her grandchildren say she was the “quintessential” grandmother. Those who knew

Dorothy would say you could not help but love her.

She was born on May 7, 1926, in Brattleboro, VT, the daughter of Harold and Cassie Mills. The family moved to Claremont shortly after where Dorothy remained. She attended Stevens High School, a member of the class of 1944. Dorothy went to work as a young woman at Goodyear Tire and Rubber Co. in Windsor, VT and retired from there after 31 years of service. She married Charles “Charlie” Kasaras while he was serving in the US Army in WW2. Together they raised five children. Dot and Charlie were active members of the Holy Resurrection Orthodox Church. After Charlie's passing in 1991, the church and the many friends she had there held a special place in her life.

In addition to her husband, Dorothy was predeceased by her daughter, Katherine Shull in July 2018 and son-in-law, Ron Brown. She was also predeceased by her brothers and sisters, Roland Mills, Richard Mills, Louis Mills, Madeline Verrill, and Shirley Baccarella, and dear sister-in-law, Dorene Mills.

Dorothy is survived by her daughters, Bever-

“Our screws don't fall out.”

-Dr. Sam Giveen

It's all in the details. When you buy eyeglasses from Doctor Sam's, they typically cost less and they're better made—right down to screws that stay just where they are. It's no-nonsense, straightforward attention to detail that makes Dr. Sam who he is—and makes his patients very happy.

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ly Kasaras of Flagstaff, AZ, Judy Brown of Claremont, Christine Malhoit (E. Wayne) of Claremont, her son, Charles Kasaras Jr (Joan) of Claremont and son-in-law, Dorien Shull of Newport. She is also survived by her 11 grandchildren, Matthew Dings (Deb), Michael Dings (Kathryn), Karlyce Rogers, Aaron Gill, Adam Gill (Naomi), Andrew Gill, Eric Gill (Carrie), Tyler Shull, Benjamin Shull, Kelly Provost (Justin) and Katie Bly (Andrew). Dorothy was blessed with 14 great grandchildren with a 15th to be born in December, and 4 great-great grandchildren. She will be greatly missed by all of us and we will be forever thankful for all of the memories we have to hold dear.

We as a family wish to thank Terry, who provided such loving companionship and comfort to our mother during her illness. We are grateful. We also thank the Lake Sunapee VNA and Hospice for their wonderful care, family support, and such dedication to service.

Funeral services were held on Saturday at the Holy Resurrection Orthodox Church on Sullivan Street in Claremont with Rev. Andrew Tregubov, officiating.

Burial followed at Mt. View Cemetery in Claremont.

The Stringer Funeral Home is in charge of arrangements.

## Claremont Fire Dept. Log

### **Sunday November 11, 2018**

09:01 Responded with E-3 to Heritage Drive for a medical call

14:54 Responded with E-3 to Wildwood Ave for a medical call

19:56 Responded with E-3 and L-2 to Washington St. for a Fire Alarm sounding

20:55 Responded with E-3 to Washington St. for an odor investigation

### **Monday, November 12**

01:12 Responded with E-3 to Neilson St. for a medical call

05:23 Responded with E-3 to Main St. for a fuel spill

11:03 Responded with E-3 and E-1 to Eric Place for a stove fire

13:44 Responded with E-3 to Charlestown Rd. for a motor vehicle accident

14:51 Responded with E-3 to Pleasant St. for wires down

16:19 Responded with E-3 to Sullivan St. for a fire alarm sounding

17:06 Responded with E-3 to Grand St. for an illegal burn

## Claremont Senior Center, Inc.

**By Claire Lessard, Executive Director**

“Pies of any flavor ” 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!

“Bingo Callers” needed 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.



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 very much appreciated!

Next Foot Clinics will be November 14, 21 (8:30 AM - 4:00 PM) sponsored by Lake Sunapee Region VNA & Hospice. For appointments, call (603) 526-4077. \$25 per visit.

A full list of needed items for our “Donations List” is available at the front desk and the November Newsletter.

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-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.

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, friends also.

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

We are still collecting aluminum can tabs!

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

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

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

**Tuesday, November 13**

09:08 Responded with E-3 to Heritage Drive for a check the well being

16:51 Responded with E-3 to Broad St. for an illegal burn

21:32 Responded with E-3 to Royce St. for a medical call

**Wednesday, November 14**

10:51 Responded with E-3 to Grissom Lane for a medical call

14:55 Responded with Utility 2 to Broad St. for a hazardous condition

17:07 Responded with E-3 to Main St. for a medical call

18:50 Responded with E-3 to Heritage Drive for a medical call

**Thursday, November 15**

00:18 Responded with E-3 to Chellis St. for a medical call

05:45 Responded with E-3 to Myrtle St. for an alarm sounding

07:12 Responded with Utility 1 to Hanover St. for wires down

12:47 Responded with E-3 to Charlestown Rd. for a medical call

12:57 Responded with Car 1 and E-1 to Washington St. for a water problem

**Friday, November 16**

03:56 Responded with E-1 to Heritage Drive for an alarm sounding

07:51 Responded with E-1 to Hanover St. for a motor vehicle accident

09:05 Responded with E-3 to Broad St. for an alarm sounding

15:40 Responded with E-3 to Old Newport Rd. for a motor vehicle accident

20:12 Responded with E-3 to Liberty Place for a medical call

**Saturday, November 17**

11:57 Responded with E-3 to Pleasant St. for a motor vehicle accident

14:11 Responded to Pleasant St. for an odor investigation

14:34 Responded to Pleasant St. for a public assist

15:34 Responded to Hillstead Rd. for a Box Alarm

**SATURDAY, DECEMBER 8****Santa is coming to town!**

CLAREMONT, NH—He will be at the Claremont Rent-A-Center in the Market Basket Plaza on Dec 8th from 10-2. Kids, families and pets welcome to visit with Santa and get their picture taken. Photos will be printed while you wait-or you can have the electronic version e-mailed to you! Prices are as follows: 4x6 \$5,

5x7 \$7, e-mailed image \$7. Yummy treats will also be available! To benefit Sullivan County Humane Society!

**SATURDAY, DECEMBER 8****Christmas Traditions Dinner**

**Saturday, December 8; 5:00-6:30 pm**

**Plainfield Community Church, 1094**

**Rte 12-A**

Buffet Includes turkey, ham, French meat pie, brisket enchiladas, plus all the fixings and homemade pies & eggnog. Please use our front entry (with ramp & chair stair) and enjoy music & appetizers in the sanctuary while you wait to be seated downstairs.

\$15/adults (2/\$25); \$5/children (5-12), under 5 free; take-out available.

**FRIDAY, NOVEMBER 30****Classicopia Presents: "SPANISH SERENADE"****GREAT FOUR-HAND PIANO MUSIC WITH A SPANISH FLAIR**

**7:30pm**

**Old South Church**

**146 Main Street**

**Windsor, VT**

Join pianists Elizabeth Borowsky and Daniel Weiser in this thrilling four-hand adventure to Spain, or at least to the Spain in the imagination of several non-Spanish composers, including Bizet, Chabrier, Ravel, and Moszkowski.

Borowsky and Weiser have performed together on many stages, most recently with their exciting "FOUR-HAND FRENCH FROLIC" show. They have played in over 30 different countries around the world and they bring a visceral and visual energy to all of their programs. You will not want to miss this "SPANISH SERENADE."

\$20 for general admission, \$15 for Church members, Free for children 18 and under.

Tickets available at the door. Buy discounted tickets in advance at <https://classicopia.org/>.

## Winter Storm Safety Tips from the Red Cross

CONCORD, NH—As winter weather is expected, the American Red Cross offers steps people can take to stay safe during the storm.

The Red Cross has steps people should follow to stay safe during severe winter weather:

- Wear layers of clothing, a hat, mittens and waterproof, insulated boots.

- Be careful when tackling strenuous tasks like shoveling snow in cold temperatures.

- Check on your neighbors, especially elderly people, people with disabilities and children.

- Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.

- Watch for hypothermia and frostbite. Hypothermia symptoms include confusion, dizziness, exhaustion and severe shivering. Frostbite symptoms include numbness, flushed gray, white, blue or yellow skin discoloration, numbness, or waxy feeling skin.

**WINTER TRAVEL SAFETY** Stay off the road if possible during severe weather. If you have to drive, follow these tips:

- Make sure everyone has their seat belts on and give your full attention to the road.

- Don't follow other vehicles too closely. Sudden stops are difficult on snowy roadways.

- Don't use cruise control when driving in winter weather.

- Don't pass snow plows.

- Ramps, bridges and overpasses freeze before roadways.

**PREVENT HOME FIRES** With the cold temperatures there is often a rise in the number of home fires. Follow these tips to help prevent a fire in your home:

- Keep all potential sources of fuel paper, clothing, bedding, curtains or rugs - at least three feet away from sources of heat.

- Never leave portable heaters and fireplaces unattended.

- Place space heaters on a level, hard and nonflammable surface. Keep children and pets away from space heaters. Look for models that shut off automatically if the heater falls over.

- Never use a cooking range or oven to heat your home.

- Keep fire in your fireplace by using a glass or metal fire screen.



## Saving Children with Destiny Rescue

By Bernadette O'Leary

According to Detective Watts with the Stillwater Police Department, human trafficking is "The fastest growing crime worldwide." He went on to tell me how many towns in the U.S., including small towns, are hubs for transporting victims. Children make up the majority of victims, but it is possible to rescue the children trapped in this modern-day slavery. Destiny Rescue is an organization that specializes in this area. I spoke with the CEO of their U.S.A. division, Kirk Falconer, about this global problem.

Destiny Rescue International is made up of divisions in ten countries. The agency focuses on rescuing children who are trapped in sex trade throughout the world. This group not only rescues these children, but they work with them afterward to rehabilitate them and help them settle into a life of freedom. Falconer referred to it as helping the children "get their smiles back and discover their value."

The children are provided with safe homes, a teddy bear and other things necessary to help bring a child's heart back to life. Another part of rescues includes training for work that supports not only the child but often the child's family as well. For this reason, each rescue is a process that does not end with the rescue itself, but rather continues on long after.

Roughly half of DR's rescues involve children age 16 and under, with some being as young as four-years-old. Since 2011 the organization has rescued over 1600 children, and this year alone they have rescued over 800. DR is called to the areas that are the worst in the world for trafficking children (i.e. Cambodia, Thailand, the Philippines, India and the Dominican Republic).

Each rescue requires workers to first embrace the children in a way that shows them they are safe, they matter, they have value and they are capable of being more. This includes education and job skills training. Ultimately, it's all about giving the necessary time and love to these children. Examples of job skills training are cafés run by DR, jewelry making, farms, business training, and much more that aid in rehabilitation. These provide a way for the older children to provide for themselves and gain self-esteem. More importantly, these children are allowed to be kids and are given "fun time" to just play and enjoy themselves in a way that is truly free and happy, a seemingly small thing that these children previously did not have.

Rescues require manpower and money. Falconer stated that rescues cost an average of \$1500 per child, with \$35 per month to sponsor a safe home for rescued victims. Money is raised through cash donations and other means, such as supporters hosting a jewelry party to raise money for a survivor or buying the jewelry made by survivors. DR offers many more ways for people to help fight trafficking and to help the survivors who have been rescued. To learn more about how you can join in this fight, please visit Destiny Rescue's website at <https://www.destinyrescue.org/us/>.

