

Cardinals Girls Soccer Tops Kearsarge, Inter-Lakes

The Stevens Lady Cardinals hosted Kearsarge Tuesday and won 3-2. Kearsarge opened up the scoring when they found the back of the net within the 31st minute of the 1st half. Stevens responded quickly 4 minutes later when Sydney Miller tied the score.

In the 2nd half Kearsarge took back the lead in the 34th minute to go up 2-1. The game was back and forth until with less than a minute left in the game Sydney Miller scored to send the game into overtime.

Overtime saw both teams have their opportunities, but with less than a minute left in overtime Tanner Brown drove the ball into the top right corner to put the score at 3-2 and give Stevens the victory.

It was a solid team effort that saw contributions from all players on the field, said Coach Stephen McManus.

On Thursday, the Cards hosted Inter-Lakes, winning 2-0. The first goal was scored by Sydney Miller off of a PK due to a handball in the box. Stevens then scored the second goal of the game when Hannah Miller shot from the top of the box and found the bottom right corner of the net.

Stevens is now 3-0 and will host Monadnock on Sept. 10 at 5pm.

Red Birds Lose Soccer Home Opener to Blue Knights

Friday night's scoreboard at Monadnock Park had encouraging half-time numbers. The Stevens' boys varsity soccer players were blanking their Manchester West opponents, 1-0.

Coach Jason Stone reviewed the first half, saying, "We played very well for the first 20 minutes. We executed the plan that we wanted to, that helped create many chances for us. Brennan Huntoon scored for us in the 24th minute on a ball from keeper, Cooper Moote. We got a bit anxious after 20 minutes and started forcing the ball into tight spaces."

His coaching strategy for the second half?

Win the ball, but don't rush it downfield. Stay aware of your teammates. Know when to pass. Don't switch to defensive play when you don't have to. Cover your man.

When the whistle blew to end the game, the scoreboard showed a reversal of fortune. The Cardinals had lost, 3-1.

"Tough loss tonight," said Stone. "Second half we didn't control the ball as much and Manchester West attacked us with speed. We gave up a nice goal that tied it. We earned a penalty kick that we did not convert on. A couple miscues by our guys and Manchester West was able to capitalize on them. Cooper Moote made a couple of ESPN Top 10 highlight-reel saves."

The Cardinals are now at 1-2 for the season. Stone's outlook for the 12 remaining games is positive. "We are getting there but are just not good enough yet. We're hoping for small improvements each game."

Home games are played in Monadnock Park and are always free. The next two home games start at 6pm:
Friday, Sept. 13 vs Kearsarge Regional High School
Monday, Sept. 23 vs John Stark Regional High School

Follow the boys varsity soccer schedule at stevenshsathletics.com/main/teamschedule/id/3612020/seasonid/4423174. Print the schedule from the same page.



Cardinals fan out to defend the goal during their match on Friday (Eric Zengota photo).

Fellows, Riendeau, Lanou and Brooks Win Sept. 6 at Claremont

By Gary Dutton

CLAREMONT, NH—Aaron Fellows stayed perfect on the season Friday, September 6, at Claremont Motorsports Park, while Street Stock ace Chris Riendeau stormed to his fourth win of the summer to close to within two championship points of division leader Dave Greenslit entering the season's final show.

Eleven-year-old Clark Brooks earned his second Pure Stock victory lap in as many weeks Friday, and Eric Lanou won for the second time this season in the Six-Shooters.

Fellows, who's won all 15 outings in the R.E. Hinkley Late Model Sportsman division this summer, also clinched the division title – his 12th track championship at the Thrasher

(Continued on page B2)

Racing, from B1

Road speedplant – with Friday night’s victory. Like many of the 14 victories that preceded it, Friday’s triumph came with the trademark Fellows blend of both patience and raw power.

Mark Blair led lap one of the LMS main, then giving way to Ryan Bell, who would set fast time the next nine go-rounds. Jack McClay took charge on a restart, pacing the field for 11 laps before Fellows, diving low into turn one, rocketed to the point on lap 21 and never looked back.

Windsor’s Robert Hagar got up for second on lap 27 but would advance no further, taking the checkers a dozen lengths behind Fellows. Ben Poland, in the mix all night, earned the third-place hardware after having earlier topped his heat race.

Raven Streeter was the man to beat early in the Casella Street Stock feature, before giving way to Chris Riendeau on lap five. While Riendeau would make easy work of scoring his fourth win of the summer, one of the event’s major happenings occurred when Dave Greenslit dropped a driveshaft on lap 23, coasting into the infield to finish 12th in the event.

Greenslit’s misfortune, coupled with Riendeau’s strong outing, left the pair only two points apart heading into next week’s season finale. Alstead’s Kenny Thompson was second in Friday’s 30-lapper, with hometown hot shoe Briana Akusis solid all night to come home third.

Rich Streeter led the first four go-rounds of the Pure Stock feature, then giving way to rookie powerhouse Dylan Adams, who opened up an enormous lead, only to see it evaporate on a lap-17 caution. The yellow brought 11-year-old Clark Brooks to Adams’ side, and the Raymond, NH. youngster wasted no time in taking charge on the ensuing restart.

With Brooks sailing to his second win in as many weeks, Adams earned his fifth podium finish in six outings, followed under the checkers by his father, fellow rookie Bruce Adams, whose third-place run moved him to within two points of division leader Kyle Templeton, who came home fourth on the night.

Second-generation pilot Eric Lanou won his second Six-Shooter feature of the season, outgunning Paul Colburn in a spirited competition over much of the 15-lapper. Colburn’s runner-up finish placed him one spot ahead of 11-time 2019 winner Jeremy Blood, whose



podium finish clinched the divisional championship for him.

Claremont Motorsports Park will conclude its 2019 racing season next Friday, September 13, when it hosts its annual Championship Night event, featuring four divisions of racing plus three Enduro classes, including the speedway’s popular Red Neck Enduro series.

The season finale could be a wild one, as the Friday the 13th event will go off under a full moon. For more information, please visit www.claremontmotorsportspark.com.

SEPTEMBER 6 FEATURE RESULTS:

LATE MODEL SPORTSMAN: Aaron Fellows, Robert Hagar, Ben Poland, Jack McClay, Ryan Bell, Tyler Lescord, Josh Currier, Mark Blair, Eric Martell, Kenny Fowler, Dennis Bell.

STREET STOCK: Chris Riendeau, Kenny Thompson, Briana Akusis, Raven Streeter, Cody Schoolcraft, Robbie Streeter, Tim Akusis, Tyson Hayes, Chris Emerson, Nick Little, Kirby Goodrich, Dave Greenslit, Kyle Buck, Brad Zahesny.

PURE STOCK: Clark Brooks, Dylan Adams, Bruce Adams, Kyle Templeton, Seth Melcher, Rich Streeter, Tom Engelhart, Sammy Silva, Jim Carley, Camdyn Curtis, Bruce Cantara Jr., Chris Carver, Amber Brehio.

SIX-SHOOTER: Eric Lanou, Paul Colburn, Jeremy Blood, Eric Prescott, Earl Moul, Amy Jaycox.

See full recaps on page B3

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Stevens Field Hockey Roundup

09/03/19	at Newport	L	1 - 4
09/09/19	at Lebanon		4:00 PM
09/12/19	ConVal		4:00 PM
09/16/19	Monadnock		4:00 PM
09/18/19	at Mascenic		4:00 PM
09/24/19	at Littleton		4:00 PM
09/26/19	Conant		4:00 PM
09/28/19	Newport		6:30 PM
10/05/19	at Kearsarge		3:00 PM
10/07/19	at Mascoma Valley		4:00 PM
10/09/19	Hopkinton		4:00 PM
10/11/19	Laconia		4:00 PM
10/15/19	at Monadnock		4:00 PM
10/18/19	Lebanon		5:30 PM

Stevens Volleyball Roundup

09/06/19	at Mascoma Valley	L	0 - 3
09/11/19	Franklin		6:15 PM
09/13/19	at Moultonborough		6:15 PM
09/16/19	at Trinity		6:15 PM
09/20/19	Prospect Mountain		6:00 PM
09/25/19	Fall Mountain		6:15 PM
09/26/19	Raymond		6:15 PM
09/30/19	at Inter-Lakes		5:45 PM
10/02/19	at Sunapee		6:15 PM
10/04/19	at Hillsboro-Deering		6:15 PM
10/07/19	at Fall Mountain		6:15 PM
10/09/19	Mascoma Valley		6:15 PM
10/16/19	Belmont		6:15 PM
10/18/19	Hillsboro-Deering		6:15 PM
10/21/19	Sunapee		6:15 PM
10/25/19	at Franklin		6:15 PM

NH Hunting Seasons Start

CONCORD, NH — New Hampshire’s fall hunting seasons kicked off on September 1 with the opening of black bear and gray squirrel seasons. Archery seasons for turkey and white-tailed deer get underway September 15. The statewide resident Canada goose hunt runs until September 25. Visit www.huntnh.com for more information.

R.E. HINKLEY LATE MODEL SPORTSMAN FEATURE RACE					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	11	29NH	AARON FELLOWS	35	RUNNING
2	7	91	ROBERT HAGAR	35	RUNNING
3	5	00	BEN POLAND	35	RUNNING
4	4	16	JACK MCCLAY	35	RUNNING
5	2	8NH	RYAN BELL	35	RUNNING
6	3	15	TYLER LESCORD	35	RUNNING
7	10	42C	JOSH CURRIER	35	RUNNING
8	1	3	MARK BLAIR	35	RUNNING
9	9	10	ERIC MARTELL	35	RUNNING
10	6	8	KENNY FOWLER	35	RUNNING
11	8	8X	DENNIS BELL	35	RUNNING
TIME OF RACE					
18 MINUTES 8 SECONDS					
MARGIN OF VICTORY					
1.907 SECONDS					
BEST LAP TIME/SPEED					
AARON FELLOWS - 14.905 SECONDS (80.50 MPH)					
CAUTIONS					
3 - LAPS 9,10, 25					
LAPS LED					
R.BELL 1-9, J.MCCLAY10-21 HAGAR, FELLOWS 22-35					
HEAT RACE WINNER					
POLAND, FELLOWS					

CASELLA STREET STOCKS FEATURE RESULTS					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	5	64	CHRIS RIENDEAU	30	RUNNING
2	6	9	KENNY THOMPSON	30	RUNNING
3	4	02	BRIANA AKUSIS	30	RUNNING
4	1	52	RAVEN STREETER (R)	20	RUNNING
5	2	31NH	CODY SCHOOLCRAFT(R)	30	RUNNING
6	3	55	ROBBIE STREETER	30	RUNNING
7	9	05	TIM AKUSIS	30	RUNNING
8	11	87	TYSON HAYES	30	RUNNING
9	7	75	CHRIS EMERSON	29	RUNNING
10	8	8	NICK LITTLE	29	RUNNING
11	13	7	KIRBY GOODRICH	28	RUNNING
12	12	20	DAVID GREENSLIT	22	OUT
13	10	5	KYLE BUCK	14	OUT
14	14	19	BRAD ZAHENSKY	1	OUT
DNS	-	4VT	LARRY RIENDEAU	-	DNS
TIME OF RACE					
8 MINUTES 20 SECONDS					
MARGIN OF VICTORY					
1.943 SECONDS					
BEST LAP TIME/SPEED					
CHRIS RIENDEAU -16.258 SECONDS (73.802 MPH)					
CAUTIONS					
NONE					
LAPS LED					
RA. STREETER 1-4, GREENSLIT 5-30					
HEAT RACE WINNERS					
RA. STREETER, GREENSLIT					

PURE STOCK FEATURE RESULTS					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	12	21	CLARK BROOKS	25	RUNNING
2	4	451	DYLAN ADAMS	25	RUNNING
3	5	26NH	BRUCE ADAMS	25	RUNNING
4	13	67	KYLE TEMPLETON	25	RUNNING
5	6	26	SETH MELCHER	25	RUNNING
6	1	22	RICHARD STREETER	25	RUNNING
7	3	06	THOMAS ENGLEHART	25	RUNNING
8	8	28	SAMMY SILVA	25	RUNNING
9	10	92	JIM CARLEY	25	RUNNING
10	2	24C	CAMDYN CURTIS	25	RUNNING
11	7	92NH	BRUCE CANTARA JR	25	RUNNING
12	9	88	CHRIS CARVER	25	RUNNING
13	11	16X	AMBER BREHIO	24	RUNNING
TIME OF RACE					
UNKNOWN					
MARGIN OF VICTORY					
UNKNOWN					
BEST LAP TIME/SPEED					
DYLAN ADAMS -17.994 SECONDS (66.882 MPH)					
CAUTIONS					
1 - LAP 17					
LAPS LED					
STREETER 1-4, D.ADAMS 5-17, BROOKS 18-25					
HEAT RACE WINNER					
TEMPLETON, BROOKS					

SIX SHOOTERS FEATURE RACE					
FINISH	START	CAR #	DRIVER	LAPS	STATUS
1	2	11	ERIC LANOU	15	RUNNING
2	3	03	JEREMY BLOOD	15	RUNNING
3	6	86	PAUL COLBURN	15	RUNNING
4	4	65	ERIC PRESCOTT	15	RUNNING
5	1	14	EARL MOUL	15	RUNNING
6	5	27	AMY JAYCOX	15	RUNNING
TIME OF RACE					
7 MINUTES, 34 SECONDS					
MARGIN OF VICTORY					
.678 SECONDS					
BEST LAP TIME/SPEED					
JEREMY BLOOD - 18.431 SECONDS (65.10 MPH)					
CAUTIONS					
1- LAP 5					
LAPS LED					
LANOU 1-4, COLBURN 5-6, LANOU 7-15					
HEAT RACE WINNER					
LANOU					

Sign Up Now for Springfield Hospital Golf Challenge

SPRINGFIELD, VT - Springfield Medical Care Systems and Springfield Hospital are hosting their annual fundraiser, Springfield Hospital Golf Challenge, on Thursday, Sept. 19th, at the prestigious Okemo Valley Golf Club in Ludlow, VT.

A and B flights ensure that all golfers compete at their own level — and increase the number of winning teams. Gift certificates to Okemo's pro shop are awarded to more than 1 out of every 4 golfers in the tournament.

There are hole-in-one prizes on all par 3 holes, including a new vehicle and \$10,000 cash. Participants can compete for the longest putt and straightest drive. Raffles make sure that everyone goes home a winner.

In addition to the amenities of this beautiful golf course, golfers in this premier tournament receive a box lunch at regis-

tration, a post-event buffet and a special participation gift.

A four-player scramble, the Springfield Hospital Challenge registration begins at 11:30 a.m., with a shotgun start at 12:30 p.m. Players can enter as a team or as individuals. The entry fee for this fundraiser is \$150 per person.

To enter or help sponsor this year's Springfield Hospital Challenge, go to www.SpringfieldHospitalGiving.org or contact Sandy Peplau at 802-885-7686 or speplau@springfieldmed.org.

Adult Coed Volleyball Winter League

This league is for adult 18+ and out of high school. Teams provide their own t-shirts/jerseys.

Date: Starts Sunday, October 6, Sunday afternoons at CSBCC Gymnasium Court #2. Cost: Team Fee: \$155 (Player Fees: \$10/\$20 Non-Resident). Reg. Deadline: Monday, September 30. Adults 18+ Register your team HERE: https://apm.activecommunities.com/claremontparksandrec/Activity_Search/5934.

Got Sports?

Send news and photos to
etickernews@gmail.com

Cards Kick off Football Season with Solid Win

The Stevens Football team started their 2019 season on Saturday afternoon making the long trek to Epping, and returned home with a 48-20 win over the Blue Devils.



The Cardinals got on the board early when a snap sailed over the Epping

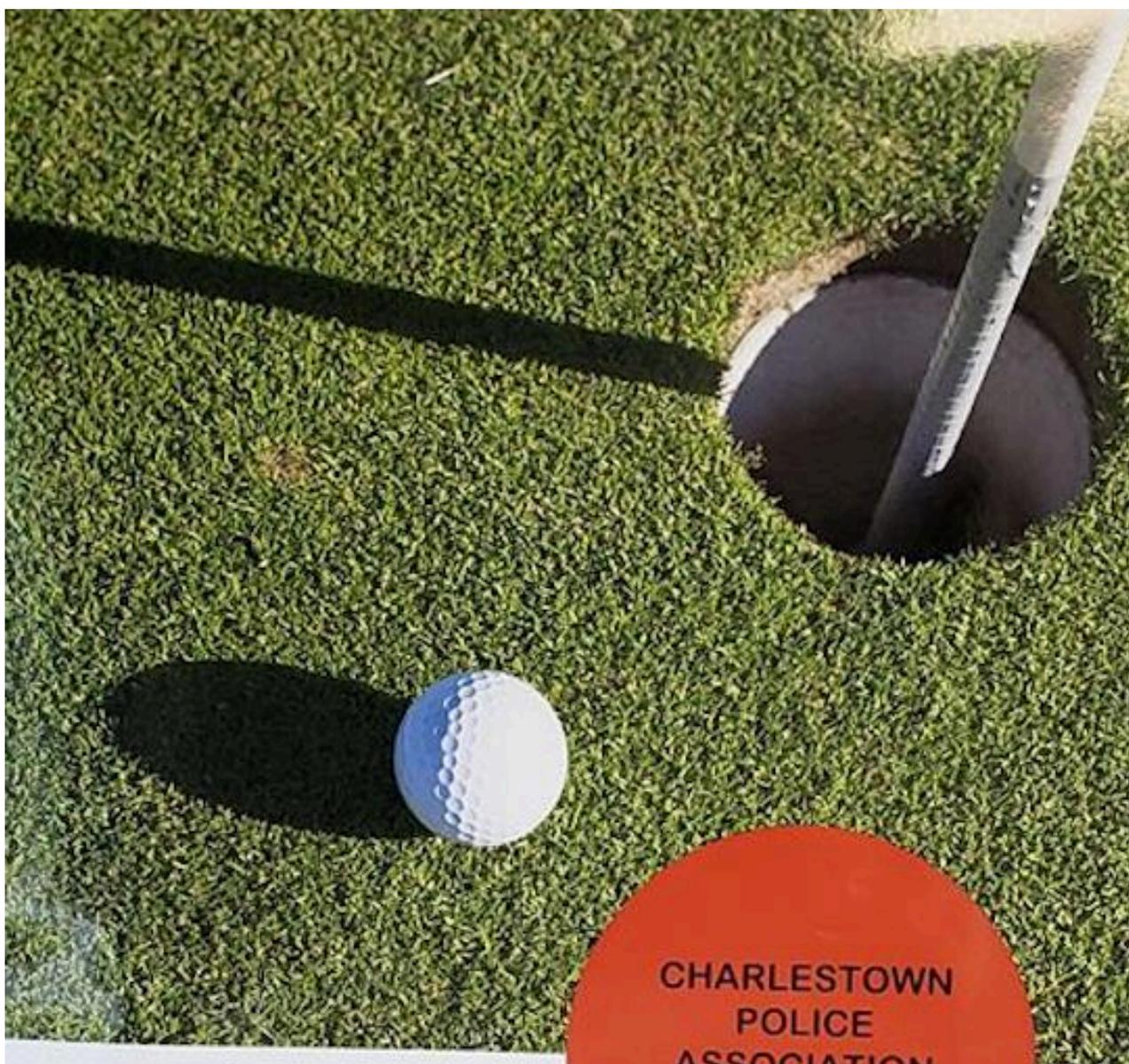
punter's head that resulted in a safety for a quick 2-0 lead. Stevens would add to their lead on the ensuing drive as junior QB Owen Taylor capped the drive with his first varsity touchdown pass to his brother Alex, a senior WR, on a 9 yard pass. Keaghan McAllister added the conversion run for a 10-0 lead.

Stevens added to their lead at the start of the 2nd quarter on an 11 yard touchdown run by Owen Taylor with McAllister again adding the conversion run to make it 18-0. The Blue Devils would cut the lead to 18-6 with a touchdown pass but Stevens would score before the half, with McAllister rushing for his first touchdown of the year on a 4 yard run. Taylor hit Clayton Wadsworth for the two point conversion to give the Cardinals a 26-6 halftime lead.

Stevens would add to their lead in the third quarter on a 17 yard scoring strike from Owen Taylor to Keaghan McAllister, who would also add his third conversion run of the afternoon. McAllister scored his third touchdown of the game on a 3 yard run. Clayton Wadsworth split the uprights for the extra point to make it 41-6. Epping would score a touchdown to make it 41-12 but on the ensuing kickoff, McAllister would take the kick and race 80 yards for the touchdown. Wadsworth's boot was true and it was 48-12. Epping added a late touchdown and 2 point conversion to account for the final score of 48-20.

Matt Jones had a huge game defensively for the Cardinals, with an interception, a sack, and several tackles for losses. Stevens will play their home opener at Barnes Park on Friday night as they host the Newport Tigers. Game time is 7:00PM.

See Feature on two Claremont City departments teaming up to guide youths through new fitness program; page B17



CHARLESTOWN
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ASSOCIATION

2019
GOLF
SCRAMBLE
TOURNAMENT

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CLAREMONT COUNTRY CLUB
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DEPARTMENT
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FALL WIFFLE BALL CLASSIC
Saturday September 14th
Monadnock Park, Claremont, NH
Tournament Starts At 10:00 AM

5 Player Mixed Teams
Double Elimination Tournament
\$50 Dollar Entry Fee Per Team

**All Proceeds Go To The Springfield And The
Sullivan County Humane Societies**

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Inspiration

Persistence

By Priscilla Hull

Do you know someone who continues to work at a difficult task even when it feels like a futile battle, running up hill or the "impossible dream"? That was Don Quixote de La Mancha. While published in the 17th century, the book continues to be required or at least recommended reading in secondary and post secondary literature courses. The fact that it is still so widely read is an amazing fact and perhaps a great example of persistence. The novel has persisted as a great example of a novel lasting through four centuries!

The story itself is a sad, but comical story of a count who loses his mind, decides he is a knight and seeks to rescue others from the snares of life. [Forgive me literature scholars for this somewhat loose and inadequate summation.]. We've heard the term, "battling windmills". The stories of Don Quixote are, in truth, stories of battling windmills. Don Quixote and his faithful companion, Sancho, are determined to win and make the world a better place at all cost.

While considered a romantic comedy, the book has lessons for all of us. Especially in these difficult times, we can learn from Don Quixote. We can learn that very often, the most difficult tasks in life are the tasks most worthy of our greatest energy. We can learn that the most difficult tasks are the most important. We might learn that some of the most difficult tasks may seem impossible, but as we work to accomplish them, we find that they consume not only our attention, but our heart and soul. We learn how to work and not become fatigued on the most important social concerns of justice and equality.

Don Quixote fought windmills. He persisted and in his broken mind he won his battles. He may not have seemed to win in the book (or the Broadway show or the movie) but he has won in our minds. He lets us know to persist in our quest for justice. I might not accomplish it in my lifetime, but I hope that I have planted seeds and that those seeds will regerminate in future generations.

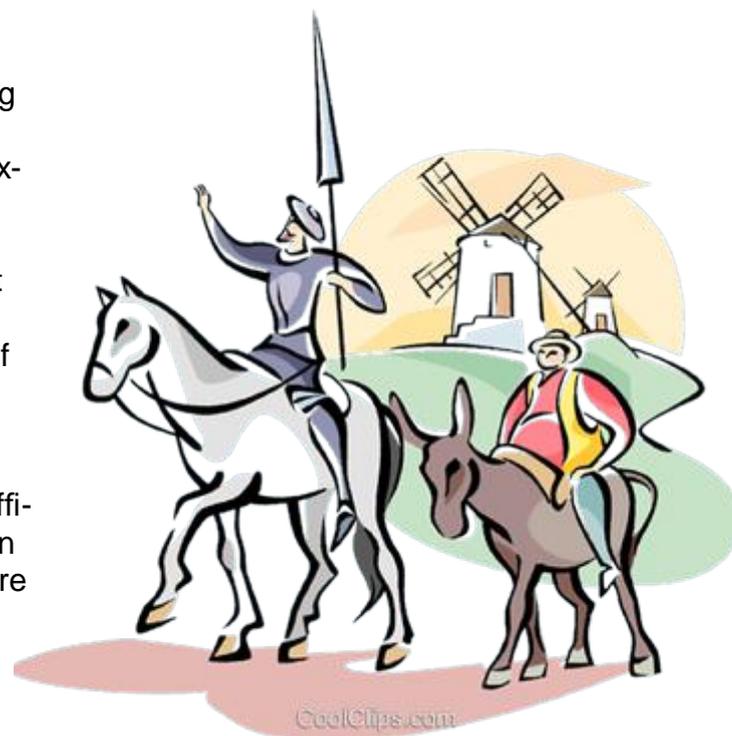
The persistence that we own in our efforts to make the world a better place has been present in others years ago. So, never give up. One day the world will be a place where we find justice for those whom we now see as the poor, down trodden of society.

We need Don Quixote in our world. We need to find the spirit of Don Quixote and his faithful companion, Sancho. When we do, embrace his persistence and seek a better world. It is attainable!

Read the book, it is enjoyable. *Don Quixote de La Mancha* by Miguel de Cervantes

And let us not grow weary of doing good, for in due season we will reap, if we do not give up.
Galatians 6:9

Priscilla Hull is the Lay Leader of the First United Methodist Church in Claremont, NH.



Bingo at the Charlestown Memorial VFW Post 8497 Post Hall

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. Eight regular games, four two-part games, and three special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, a carry-over cover-all game also paying off in 50#'s or less or a consolation of \$150, plus the final Jackpot game paying \$150. All regular and special games are now on PAPER. Bingo 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.



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REV. SEP 05, 2019

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	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	FOOT CLINIC Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Plainfield Libray 12:00 – 4:00 pm	BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm 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 Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:00 am Grantham Methodist Church 11:15 am – 12:00 pm (Apr-Dec) Sugar River Mills, Claremont 1:00 – 2:00 pm FOOT CLINIC Bourdon Centre, Claremont 8:00 am – 12:00 pm Sugar River Mills, Claremont 12:30 – 2:00 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm FOOT CLINIC Charlestown Senior Center 9:00 am – 4:00 pm 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 FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 11:00 am – 12:30 pm Marion Phillips Apts, Claremont 1:00 – 2:00 pm FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am Marion Phillips Apts, Claremont 1:00 – 4:00 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 FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	
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 FOOT CLINIC Lebanon Senior Center 10:00 am – 2:00 pm	FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC CSB Community Center, Claremont 9:30 – 11:00 am Plainfield-location varies 11:30 am – 1:30 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 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: LakeSunapeeVNA.org

Calendar Of Events

AARP Meetings Resume

CLAREMONT, NH—The Claremont Area AARP Chapter will hold its first meeting after a summer break on Thursday, Sept. 12, at 1 P.M. at the Earl Bourdon Centre at 67 Maple Ave. Entertainment will be presented by Sean Roberts of Worldunderwonder from Ascutney, VT. Refreshments will be served.

Members should bring non-perishable food items for the Weekend backpack program hosted by Trinity Episcopal Church through the kindness of school nurses. All seniors on both sides of the river are invited to join.

The Acworth Village Store - Acworth Community Project - Moon Dance

ACWORTH, NH—The Blue Collar Band returns to South Acworth, NH, for the Moon Dance! Join us in the Turn Around Barn on Sept. 14 from 7-9 PM and dance the night away with us.

With songs from Elvis to Elle King, Maroon 5 to Madonna, The Beatles to The Commodores, Cheap Trick to Chic, Bon Jovi to The B-52's, Stray Cats to Smash Mouth, Gloria Gaynor and more, be ready to dance, rock and sing. There will be snacks and beverages available at the Village Store.

For more info: <https://www.facebook.com/acworthvillagestore/>.

Entrance is free for this event, although donations will be accepted to benefit the Village Store and the Blue Collar Band. It promises to be a fun musical evening which will follow our usual Pizza Night. Saturday Pizza Night at the Village Store runs through mid October every Saturday Night from 5:30-7:30 PM. It is best to call in advance to place your pizza order.

The Acworth Village Store is run by The Acworth Community Project which is a NH

non-profit organization. They hold one board meeting a month and have some interesting and fun plans for the upcoming year which include various events and fundraising activities. If you'd like more information about this community run Village Store, please contact Jim Neidert at 603-835-2453.

The Acworth Village Store is located at 1068 Rt. 123A, South Acworth, NH 03607. The phone number there is 603-835-6547. The website is www.acworthvillagestore.com and you can also visit us on FaceBook.

New Easy Tai Chi Class in Claremont

CLAREMONT, NH—Tai chi, the Chinese method of slow, fluid exercise, can improve your balance and coordination, keep you flexible, improve your mood, and ease the symptoms of chronic conditions like arthritis and Parkinson's Disease. It's been called the perfect exercise for people over 50.

Want to see what tai chi can do for you? A new course for beginners will start on

Advice for your first job interview...

What to say

While every job - and therefore every job interview - is different, young people can often expect the hiring managers they meet with to ask them a handful of fairly common questions, and it's important to have good answers for them, according to Monster. Recent graduates will, for example, almost certainly be asked how their schooling prepared them for the open position, as a means of assessing how well they understand the role and what they can do to make themselves the ideal candidate. Often, answering this question requires specifics, so nailing down a good response in advance is always a good idea.

Hiring managers also ask recent grads the same kinds of things they ask more experienced professionals, such as questions about their biggest professional shortcomings or failures, the report said. While this can be an uncomfortable question to answer, companies are simply looking for a bit of self-reflection and a recognition of areas where growth is necessary; obviously, no company expects someone new to the workforce to have a full toolkit of skills, but those who are eager to build on what they have could be more attractive candidates.

What else to keep in mind

In addition, it's important for interviewees of all stripes to make sure they're making a good first impression, according to Live Career. That means dressing appropriately (the general rule of thumb is wearing business-casual for a casual-dress job, business for business-casual, and so on), practicing a firm handshake, making eye contact, and maintaining good posture.

Most of the time, young interviewees will have a little more slack from hiring managers than older counterparts, but it's still important to be as practiced and prepared as possible when entering this kind of meeting.

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Temporary • Temp-to-Hire • Full-Time Placement

Wednesday, Sept. 25, at 6:30 p.m. at the National Institute of Modern Martial Arts at 140 North Street in Claremont. The group will meet weekly for an hour. The cost is \$5 for each session you attend but the introductory class on September 25 is free. You don't need to make a long-term commitment. The course will be taught by Ben Daviss, a senior instructor with the New Hampshire-based, nonprofit Oriental Healing Arts Association.

If enough people are interested, we also may offer a course in seated tai chi.

To learn more, come to the introductory session or contact Ben Daviss at 603-445-2200 or bdaviss@comcast.net.

Claremont Senior Center Events

Our Turkey Supper is back. Turkey Dinner with all the fixings., Saturday, Sept. 14th, 5-7 PM. Claremont Senior Center, 5 Acer Heights, Claremont. Adults-\$10, children 10 and under-\$6. Walk-ins /take outs available. Call before 4PM. 603-543-5998.

Our Annual Penny Sale—Sunday, Sept. 22nd; 250 prizes, 50/50 Raffle, door prizes, lunch. Claremont Senior Center, 5 Acer Height, Claremont. Doors Open at 11AM, drawings start at 1PM. Have lunch, then relax and win all those prizes!

2019 FALL KICK OFF COMMUNITY POTLUCK & BARBECUE

**Brownsville Community Church
Brownsville, Vermont**

Join us at Tribute Park in Brownsville on Saturday, Sept. 21, from 12 noon to 3 pm for a Community Potluck & BBQ which will include family fun & games. This community BBQ is hosted by Brownsville Community Church-sponsored organizations and committees (Trail Life USA, American Heritage Girls, Christian Education Team & Outreach Committee). The volunteer hosts will serve up hamburgers, hot dogs (with fixin's) and soft drinks. All attendees are asked to bring a favorite salad or dessert to share. In lieu of potluck dishes, cash donations will be gratefully accepted.

Our hosts have planned some fun, interesting and challenging activities. The American Heritage Girls Troop will lead a STEAM and/or team building project. The Trail Life Boys will be demonstrating some of the skills they learned this past year and our Trail Life Troop will be doing the grilling for us! The BCC Out-

reach Committee and the Christian Education Team will be available to talk about their programs for the coming year. THANKS TO ALL!

Tribute Park and the Brownsville Community Church are located at 66 Brownsville-Hartland Road, between Albert Bridge School and the Brownsville Town Hall. The Church phone number is 802-484-5944, the email address is bcchurchvt@gmail.com and you can visit the Brownsville Community Church at www.brownsvilleumc-vt.org and on FaceBook at <https://www.facebook.com/pages/Brownsville-Community-Church/142315222468299>.

ServSafe Food Protection Certification Course Offered in Unity

UNITY, NH—ServSafe Food Protection Certification Course to be offered in Unity. This in-depth training is critical for owners, food managers, chefs, and cooks who work in restaurants, hospitals or nursing homes, or specialty food producers who manage their own small businesses.

Participants in the ServSafe training will learn basic food sanitation principles from receiving to serving, improving the quality of food served, lowering costs, increasing profitability, and making sound decisions that will keep

customers safe. Participants who successfully complete the exam will receive their industry-wide recognized ServSafe certificate as food safety managers.

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, Food Safety, is a nationally certified ServSafe instructor and will be teaching this class on Thursday, October 10, from 9:00 a.m. to 5:30 p.m. at Sullivan County Health Care, 5 Nursing Home Dr., Unity, NH.

For more information, go to <http://bit.ly/Unity-10-19> or call the Grafton County UNH Cooperative Extension office at 787-6944. Seating is limited. Registration must be received by September 22nd to allow time to receive and study the ServSafe book.

Young Growers, Makers and Entrepreneurs Invited to Final Farmers Market

CLAREMONT, NH—The Claremont Farmers' Market is excited to host a Kids' Week the last week of the market, Saturday, Sept. 14th. Do you have a young entrepreneur? Someone who enjoys building/making/growing things and wants a place to sell their wares? We will be allowing kids ages 8-16 to join us at the market to sell the items they make, grow, build, etc. Anything they sell has to be made by the child.



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...by the brook

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Westminster, VT 05346
(802) 722-3222

thecottagebythebrook.com
thecottagebythebrook@gmail.com

Kids ages 8-14 must be supervised by a chaperone 18 and over during the entire market time from 10am-1pm. There is a \$5 fee for the space, which includes a free farmers' market t-shirt, while supplies last. Spaces are 10'x10'. We do not provide anything except the space. If you need a tent, table, chairs, etc. you need to bring it. Please go to <http://www.claremontnh.com/uploads/Parks%20&%20Rec/Claremont%20Farmers%20Market%20App%202019.pdf> to sign up, or pick up an application at the market.

We need to know no later than Wednesday, Sept. 11, how many kids will need spaces. You can mail in your application to 152 South Street, Claremont, NH 03743, bring it to the Parks & Rec office in the Community Center, or drop it off during market hours the next few weeks.

If you have any questions, please email: ClaremontFarmersMarketnh@gmail.com.

Lilyan's Legacy Exercise Class

NEWPORT, NH—Join us for "Strength and Balance" exercises as taught to us by Dr. Lilyan Wright. These volunteer-led exercises are held in the downstairs activity area of the Newport Senior Citizen Center. Fall session meets Tuesdays and Thursdays, 9:30 to 10:30 AM, for 12 weeks, beginning Sept. 3. Attend any or all sessions. No charge for the class, but a voluntary, one-time, donation is made to the Senior Center. Exercises are centered around a chair, utilize weights (provided), and are easily adaptable to personal capability. Participants may utilize the walking track in the room before or after class for further personal exercise. No registration required.

Questions? Contact Pris, 603-863-7970.

Six in the City Memorial Walk

CLAREMONT, NH—Six in the City Memorial Walk, Sept. 14. Register and meet for walk at REMIX, Pleasant St. This is a 6-mile Memorial Walk (not a run) through the City of Claremont in memory of those who have been lost, whether recently or long ago, whether by illness, accident, or otherwise.

Registration is free, begins at 8:30 a.m. Walk begins at 10:00 a.m.. This is a kid-friendly (strollers recommended for The Littles) and pet-friendly (please be responsible with leash-

es and clean-up) event. Hosted by Darlene Kay Neilsen Paulette Memorial Foundation.

UHS Humanities Program to be Rescheduled; Next Meeting Sept. 10

UNITY, NH—The planned Humanities Program for the Unity Historical Society that was scheduled for Sept. 8th has been rescheduled for a later date.

The Historical Society Museum will be open again on Sept. 28th from 10:00 a.m. until 1:00 p.m. for all that are interested in visiting.

The next Historical Society Meeting will be on Tuesday, Sept. 10th, at 6:30 p.m. All who are interested are welcome to attend. We have a beautiful new Eagle mounted atop the Gazebo on the town common in Unity.

White Mountain Storytelling Festival 2019

Regi Carpenter, noted storyteller from Ithaca, NY, is the featured teller for the 9th Annual White Mountain Storytelling Festival (WMSF) to be held Friday to Sunday, Sept. 13 to 15, at Plymouth State University (PSU). Produced by the New Hampshire Storytelling Alliance (NHSA), the event will bring together more than a dozen experienced storytellers to share their tales throughout the weekend.

Storytelling concerts for all ages are planned throughout the weekend, beginning and ending with free outdoor events. A concert of Ghost Stories is scheduled for Friday evening at 7:30 p.m. on the lawn outside Mary Lyon Hall. Sacred Tales will begin at 9:30 a.m. Sunday in the Plymouth Common Gazebo.

In between, a full day of storytelling is planned for Saturday, beginning with two back-to-back concerts at 10:00 a.m. New Hampshire Talkers, led by well-known Northwood teller Rebecca Rule and her guest will take place at the Merrill Place Conference Center on the PSU campus. A free Children's Concert by Massachusetts teller, Nicolette Heavey, will be held outdoors in the Gazebo.

Remaining concerts on Saturday will take place at the Merrill Center. At 11:15 a.m., Raising Our Voices will feature New Hampshire tellers, Quinn Golden and Stephanie Sabato, along with Joey Talbert and Jenny Lee, both from Massachusetts.

WMSF 2019 featured teller, Regi Carpenter, will present a family concert at 2:30 p.m. and one for an adult audience at 7:30 p.m. Lauretta Phillips, Andover, NH, is on the schedule at 4:00 p.m. with a concert appropriate for a family audience.

All events are free to PSU students presenting their college ID. Tickets for the general public for Saturday festival events may be purchased individually for specific concerts or for the Festival as a whole. The NHSA website at <http://nhstorytelling.org/festival> lists ticket prices and other details. Registration may be done online or at the Festival.

For more information contact Joyce Sabato at events@nhstorytelling.org.

Junior Apprenticeship Program Available Daily at American Precision Museum

WINDSOR, VT—The American Precision Museum announces its Junior Apprenticeship Program for children ages 8-12, available for \$5.00. The program runs daily through Oct. 31, 2019. Students pay a one-time \$5.00 admission fee and complete the Junior Apprenticeship booklet while exploring the museum during their visit. Each Junior Apprentice will receive a badge that serves as a Saturday admission pass for the remainder of the season. Junior Apprentices join in guided activities in the Museum's Learning Lab each Saturday, including beginning coding, basic robotics, and 3D design & printing.

"Becoming a Junior Apprentice is a terrific way for young visitors to become familiar with the Museum and take advantage of all the STEM learning opportunities we have to offer," said Scott Davison, Director of Education. "They'll receive hands-on experience with everything from building simple machines to programming robots. We have a lot of fun."

The \$5.00 one-time museum admission applies for participation in the Junior Apprenticeship Program. Children must be accompanied by an adult on each visit.

The American Precision Museum located in the 1846 Robbins & Lawrence Armory, a National Historic Landmark, traces the beginnings of manufacturing to modern technology through exhibits and interactive programs. Open daily, Memorial Day Weekend through October 31, 10:00 a.m. to 5:00 p.m.

CHARLESTOWN RECREATION COMMITTEE RECREATION NEWS

CHARLESTOWN FALL FESTIVAL: The second annual Charlestown Fall Festival is scheduled for October 18 and 19. Please watch the Charlestown Recreation Department Facebook page for activities. If you would like to participate or host an event, please contact the Town Office. Craft Fair/Food Vendors, please message The Charlestown Recreation Dept on Facebook Messenger to request a registration form.

RECREATION COMMITTEE MEETINGS: The next September CREC meeting will be on September 17 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.

Silsby Library News

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>.

Kinship Raising Support Group

NEWPORT, NH—A support group in Newport for kinship raising family member's kids is meeting 10:00 a.m. to noon every other Friday. Meetings held at the old Towle School, 86 North Main Street. Learn more at New Hampshire Grandparents raising Grandchildren on Facebook; check the page for updates or call Stacey Hammerlind at 802-478-0844.

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 Main Entrance on Elm Street.

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, Jess (603) 630-0184, Zariah (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.

Help Available for Advance Directive Documents

WINDSOR, VT—Thinking about completing an Advance Directive as a loving gift to your family? Advance Directives (AD) are legal documents that allow you to decide what type of medical care you want if you ever become unable to speak for yourself.

Mt. Ascutney Hospital offers free individual sessions for assistance in completing this important document. Our AD Clinics are being held the 2nd and 4th Wednesday of the month in Windsor from 1:00-3:00 p.m. The Clinics are led by Linda Wilson, APRN, DNP. Make an appointment by calling (802) 674-7483.

There is an additional AD Clinic in Woodstock at the Thompson Senior Center every 2nd Monday of the month from 1:00-3:00 p.m. Make an appointment by calling (802) 457-3277.

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.

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.

SATURDAY, SEPTEMBER 21 WILD GAME SUPPER AND AUCTION in WINDSOR

The Windsor Coon Club on 2126 Hunt Hill Rd. is having the annual Wild Game Supper and Auction on Sept. 21, from 5:00 to 9:00 p.m. and is open to the public. The tickets will be sold at the door and are \$15.00 for adults and children under 12 years \$7.00. Iced tea, water or BYOB.

The Auction will start at 7:00 p.m. We are asking for donations for the auction and would appreciate anything that you can donate, be it a check or an item; a gift certificate, baked goods, art, antiques, produce or something handmade.

This is our annual fundraiser for the Windsor Coon Club

For more information, please contact Sherry Barbour at (802) 484-9286 or email, barbour.sherry@yahoo.com.



Edgar Allan Poe appears at the Fiske Free Library!

Campbell Harmon appears as Edgar Allan Poe



At the

Fiske Free Library in Claremont

On

Monday, September 9, 2019

At 7 P.M.

Join us for a one-hour program that includes dramatic performances of "The Tell-Tale Heart" and "The Raven" | Mr. Campbell Harmon speaks in character as Poe about the author's life, his death, and his profound influence on American literature, dispelling myths that have surrounded his legacy to show how his works continue to affect us today. Edgar Allan Poe was the first American writer to attempt to support himself solely on writing alone. He wrote the first modern detective story, the first modern science fiction story, and founded the modern horror genre. His famous, tragic love for his wife, Virginia, helped to inspire his landmark poem, "The Raven". Speculation over the cause of his mysterious death in 1849 continues to this day. His writings still speak to us more than 160 years later and have inspired countless stage and film adaptations.

This program is free and open to the public

Sponsored by: The Friends of the Fiske Free Library

Please call the library for more information- 542-7017



Claremont Conservation Commission presents



NH FISH AND WILDLIFE STEWARDS PRESENTING
**Understanding Bobcats
in New Hampshire**

You're welcome to join us as a New Hampshire Fish and Wildlife Steward shares information about bobcats in the state. Learn about the natural history of the elusive cat, its habitat needs and the status of the population. Also, hear about the amazing federal funding mechanism that supports long-term research and is largely responsible for our country's abundant wildlife.

The public is invited to attend

September 19, 2019

7:00 PM

Council Chambers, Claremont City Hall

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

James F. Courtemanche, 68

James F. Courtemanche, 68, passed away at the Elliot Hospital with his wife at his side on Thursday, August 29, 2019, following a courageous battle with cancer. Jim was born on November 30, 1950, the son of the late Andre and Etta (Vincent) Courtemanche.

Jim graduated from St. Mary’s High School in Claremont, NH, in 1969 and from NH Vocational-Technical School in Manchester in 1971. Jim worked for 34 years at Eversource as a diesel mechanic. Since 2003, he enjoyed his time at Spinnaker Cove Yacht Club in Laconia, NH, where he made many friends, served on the board of directors and as handyman for nine years. Jim was a communicant of St. Francis of Assisi Parish in Litchfield, NH.

Jim was predeceased by his son, Jason Courtemanche, and his brother, William Courtemanche.

He is survived by his wife Kathy (Miller) Courtemanche, daughter Beth Smarse and her husband Jeffrey Smarse. He is also survived by his sister, Karen Belisle, and her husband David Belisle of Claremont, NH, and two aunts, nieces, nephews and several cousins.

The family would like to thank all the staff at the Palliative Care Unit at the Elliot Hospital for the outstanding care they

provided to Jim and his family during this difficult time.

In lieu of flowers, donations may be made to the St. Francis of Assisi Parish Building Fund or to a charity of one’s choice.

A Funeral Mass was held on Wednesday, Sept. 4th, at St. Francis of Assisi Parish, 9 St. Francis Way Litchfield, NH 03052.

For more information or to sign an online guestbook, please visit www.frenchandrising.com

Claremont Fire Dept. Log

Monday, September 2nd

1842 E3 responded to a medical call on Mulberry St.

1856 E3 responded for the ambulance on Lafayette St.

1933 E3 responded to Charlestown Rd for a motor vehicle accident.

Tuesday, September 3rd

0634 E3 responded to Redwater Brook Rd for a tree on wires.

1053 E1 responded to Sullivan County Nursing Home for a box alarm.

2031 E3 responded to Main St for a bicycle accident.

Wednesday, September 4th

0050 E3 responded to a medical call on Spruce Ave.

1047 E3 responded Charles St for wires down.

1539 E3 responded to Elm St for an alarm sounding.

Thursday, September 5th

1947 E3 responded to Olympus Pl for an odor investigation.

Friday, September 6th

0114 E3 responded to a medical call on Mulberry St.

0835 E3 responded to a medical call on Pleasant St.

1546 E3 responded to a medical call on Congress St.

“The true primary-care provider is Mom.”

-Dr. Sam Givven

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)

Saturday, September 7th

0203 E3 responded to Charlestown Rd for an alarm activation.

1211 E3 responded Mutual Aid to Unity for a fire.

1859 E3 responded to a medical call on North St.

1927 E3 responded to a medical call on Hewitt Rd.

TUESDAY, SEPTEMBER 10**Cornish Historical Society Meeting**

On September 10, Tuesday, at 7:00 PM, the Cornish Historical Society will host a program "Two Sides to Every War: Journey of a Brunswick Soldier in the American Revolution".

How did a professional German soldier fighting for the British end up as cooper and woodworker in Cornish, NH?

Jennifer Bartlau from neighboring Vermont will highlight the North American experiences from 1776 to 1835 of Johann Jacob Salje who lived in Cornish for almost 30 years as John J. Salge or Solger. Other local names included in her program are Hilliard and Huggins. Descendants of the family are buried not only in Cornish, but also in Taftsville and Reading, Vermont. Come learn a bit about the American Revolution from the "other side", and what it takes to research it in your own family tree.

This program will be held at the Town Office Building at 488 Townhouse Rd. Cornish, NH.

All are welcome to attend.

Intro To Plasma Cutting

CLAREMONT, NH—Plasma cutting is a powerful and versatile means of cutting steel, aluminum, and other conductive materials, for applications ranging from heavy industry to abstract art. In Intro to Plasma Cutting, students will learn the fundamental processes and techniques for handheld plasma cutting using the Claremont MakerSpace's Hypertherm Powermax85 – and will get plenty of hands-on practice with the tool. The goal of this class is to prepare students to be certified to use the CMS's plasma cutter, handheld, independently.

This class is presented by The Claremont Makerspace and Hypertherm.

Tuesday, September 10th 6:00 - 8:30 PM

Claremont Makerspace. To Register, please go here:

<https://claremontmakerspace.org/events/#/event/2019/9/10/intro-to-plasma-cutting>

Claremont Senior Center, Inc.



We were playing Mahjonn last Friday when we saw something out the window that truly scared us. There, at the top of the tree, was one branch of colored leaves. Ok. Close the shade. Too soon. At least, we have the Center's daily activities to keep our minds occupied. Here is a reminder of what is available to you and your friends.

Monday-Pool, Exercise-Owens Room—10AM-11AM, Lunch-11:45, Ping-Pong-1PM

Tuesday-Pool, Silver Sneakers-10:45-11:30, Exercise-Owens Room-10AM-11AM, Lunch-11:45AM, Game Night-6PM-9PM. Share a snack.

Wednesday-Pool, Ping-Pong-10AM, Senior Bingo-1PM, 55 and older, no cards after 12:45PM.

Thursday-Pool, Exercise-Owens Room-10AM-11AM, Lunch-11:45AM Bridge-1PM, Game Night-6PM-9PM. Share a snack.

Friday-Pool, Knitting-Noon-3PM-Bring you lunch, Mahjonn-1PM.

Sunday-Senior Center Sunday- 1PM-4PM. Members and Guests.

Free trial memberships available.

Lunches for Sept. 10 & Sept. 12. Tues. Sept. 10th- Sloppy Joes, French Fries, broccoli, zucchini cake. Thurs. Sept. 12th-BBQ brisket, potato salad, cole slaw, strawberries & butter-milk biscuits w/ whipped cream. Members-\$4, Non members-\$5. Open to the Public.

Are You Ready For Some TURKEY???? Our Turkey Dinner with all the Fixings will be served at 5PM-7PM on Sat. Sept. 14th. The kitchen staff is all geared up for this one. Soooo Good! Adults-\$10, Children-\$6. Open to the Public. Walk-ins, Take outs available.

The Men's Breakfast will be Sept. 16-8AM. Pancakes, Sausage or Bacon, Juice and Coffee. Members-\$2, Non-members-\$3. Open to the Public.

Our Annual Penny Sale is Sun. Sept. 22nd. Put your tickets in the cups for things you can't do without. Doors open at 11AM. Lunch available.. Door Prize. 50/50 Raffle. Drawings starts at 1PM. A large variety of items will be displayed. We are sure you will find an item or two or three that you would like to win. See you there!

A trip to Saint-Gaudens is being planned for Friday, Sept. 13th. Guided tours are at 10AM. Optional tours are at 11AM & 1PM. Bring your lunch. Self guided walking tours on the grounds are available. Free to members. Drivers needed. Groups will leave the Center at 9AM. A sign up sheet is at the reception desk. Sponsored by NH Council of the Arts, National Endowment of the Arts and Mascoma Bank.

The Car Show chairs wish to issue an apology to Wayne Amell. Wayne's name was not included as a second place winner of the Rat Rod Class. When the Ballot girls were pulling the registrations for the trophy winners, the wrong one was pulled for that position. We have spoken to the published winner and apologized. Congratulations to Wayne Amell for his win.

Quick Takes: Balance Classes start Sept. 24th, sign up for Corn Hole, Flu Clinics are coming in Oct. -3-10AM-Noon & 17-11AM-Noon. Foot Clinics-Sept 11th & 18th (8:30AM-4PM). Vendors/Craft Corner-Sept 12th Julie's I Care.

Laughter and conversation always encouraged here. Have a nice week and don't look at the trees yet!

Claremont Senior Center, 5 Acer Heights Rd., Claremont, NH. 603-543-5998. Smoke Free.



The Claremont City Council will hold a public meeting on Wednesday, September 11, 2019, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA (Revised)

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. REPORT OF THE SECRETARY
Minutes of August 1, 7, and 14, 2019, City Council Meetings
- 6:37 PM 5. MAYOR'S NOTES
A. Proclamation Regarding Suicide Prevention Week
B. Recognition of First Responders
- 6:42 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 568 Amending the Non-Union Employee Pay Schedule – Third Reading – Public Hearing
- 10. NEW BUSINESS
- 7:25 PM A. HB480 Sports Betting Presentation
- 7:40 PM B. Annual Approval of Investment Policy
- BREAK
- 8:00 PM C. Arrowhead Tubing Area Safety Zone Expansion
- 8:15 PM D. Ordinance 569 Gender Identity Changes – First Reading
- 8:30 PM E. Ordinance 570 Police Commission - First Reading
- 8:45 PM 11. COMMITTEE REPORTS
- 8:50 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:00 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:05 PM 14. NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(d) – REAL ESTATE
- 9:20 PM 15. NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(b) – HIRING
- 9:25 PM 16. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, September 25, 2019, at 6:30 p.m. in the Council Chambers at City Hall.

Finding Their Stride

Two Claremont City Departments Team up to Guide Youths Through New Fitness Program

By Eric Zengota
e-Ticker News

CLAREMONT, NH—Claremont must have the healthiest kids in the Upper Valley.

Hard to think otherwise when you look at all the sports and activities kindergartners through 12th graders take part in throughout the year.

The City's Parks and Recreation Department runs many programs like youth soccer, Smart Start basketball and Tiger Sharks swim team. All of them are registered to the maximum, even, like summer soccer, to the tune of 300 young athletes. School teams, including baseball and softball, focus on skills development as they prepare youths for high-level competition around the State.

Now there's Finding Our Stride, a program for middle and elementary schools in the Upper Valley. Its mission — to build fitness, self-esteem and teamwork through running — is realized by addressing childhood obesity and increasing outdoor activity. It was established by the Children's Fund of the Upper Valley, a fund within New Hampshire Charitable Foundation, and is supported by Mascoma Savings Bank.

Finding Our Stride arrived in Claremont when the SAU6 School Social Worker, Courtney Porter, brought the idea to Claremont Middle School, the level at which the program most often begins. Porter then contacted Mark Brislin, director of Parks and Recreation, knowing that the department would run the program with its usual efficiency and community outreach.

In turn, Brislin, in his search for coaches, approached the Claremont Police Department. In short order, chief of police Mark Chase and captain Brent Wilmot agreed to coach the students. Both men are dedicating their off-duty hours to the program.

Youngsters signed up — for free, as there is no registration fee.

Last week, the program got off to a running start. Literally.

The first session was no walk in the park. It was, instead, a quarter-mile run on the rail trail. Then a set of push-ups. Followed up by a

set of sit-ups. Next, a relay race (three turns up and down the sloping Chestnut Street entrance to Monadnock Park). Finished off with relaxing stretches to ease newly challenged muscles and tendons. The coaches recorded each participant's time and number of push-ups and sit-ups. "You won't be tested again until the last session six weeks from now," Chase told them. "That's when we'll see your new numbers and know how much progress you've made."

Not that the coaches just record notes in a binder and work stop watches and call out encouraging words. They do the same exercises as the kids, as well as record their own results to see their progress come mid-October.

Each day has a basic structure: a run, a discussion on nutrition, and a game, either fitness (Bean Bag Relay, Collect the Cones), team building (Pass the Gift, Trust Walk), or nutrition (Creating a Healthy Food Plate, Eating for Energy). Everyone gets a water bottle to stay hydrated and healthy snacks to enjoy during periodic breaks.

Finding Our Stride sessions are on Mondays, Tuesdays and Thursdays, from 3:15 to 5 p.m., through Oct. 17. Participants meet at the Claremont Savings Bank Community Center and walk to Monadnock Park or are bused to Moody Park

where, Wilmot tells them, "there are all these great hills."

All teams — students, coaches and parents/guardians — will participate in the end-of-season event, the CHaD HERO on Sunday, Oct. 20, from 9 a.m. to 3:30 p.m. on the Dartmouth College Green. The event features a half-marathon, a 5K run or walk, and a 1-mile fun run. Registration is free, but runners are encouraged to fundraise. All CHaD HERO proceeds fund critical child and family support services.

Finding Our Stride has rolling registration, so a student can join at any point. For more information and to get registration forms, stop by the CSB Community Center on South Street, call Parks and Rec at 603-542-7019, or email cc-cprograms@claremontnh.com.

Left: Morgan Tremblay concentrates on one more sit-up. Morgan, 13, is an 8th grader at Claremont Christian Academy; below: Matt Wilmot works through the push-up test under the watchful eye of his dad, Brent Wilmot. Matt, 14, an 8th grader at Claremont Middle School, also plays on the CMS soccer team (Eric Zengota photos).

