The Stevens Varsity
Field Hockey team
capped off Homecoming weekend with a win
over Newport Saturday
evening at Monadnock
Park, 3-1; the Stevens
Varsity Volleyball team
took Raymond High
School Rams to the
limit Saturday afternoon at Carr Gymnasium before falling 3-2
(Courtesy photos).





SHS Girls Soccer Rolls to 9-0 on the Season

The Stevens Lady Cardinals Soccer team traveled to Windsor Tuesday and won 6-0. Goals: Sydney 29:42 from Angelina; Angelina from Sydney 20:41. Second Half: Tanner unassisted 35:19; Stella from Tanner 26:29; Ellee from Hannah 19:45; Hannah from Tori 00:40.

On Thursday, the Cardinals Girls Soccer team traveled to Hopkinton and came away with a 2-1 victory.

Stevens scored first when Sydney Miller, off a pass from Tori Dalke, shot from outside the 18 yard box and put it over the keeper and just under the crossbar to make it 1-0.

Going into the 2nd half, under wet conditions, Stevens fought off wave after wave of Hopkinton attacks and was able to find the back of the net at the 36th minute when Tanner Brown, off a pass from Molly Derosier, shot from the top of the 18 yard box to make it 2-0. Hopkinton came down and scored within the 38th minute to make it 2-1.

The Red Birds team hosted Fall Mountain for Homecoming Saturday and scored another victory, 5-0. Tanner Brown scored within the 18th minute of the first half off a pass from Tori Dalke to make it 1-0. Sydney Miller then scored in the 11th minute to make it 2-0. A few minutes before halftime, Sydney Miller found the back of the net once again off a pass from Elle Grenier to go into the half 3-0. 2nd half goals were both scored by Elle Grenier. One off an assist from Stella Lavertue and the other off an assist from Sydney Miller.

Stevens is now 9-0 and will head to White Mountains on the 30th.

Stevens Field Hockey Homecoming Week Recap

The Stevens Field Hockey team is 5-2 on the season, securing two wins this past week.

Cardinal beat Littleton on the road on Tuesday, Sept. 24th, 3-0. First half—Goals scored by Sophomore Bri Frisbee (unassisted) and Junior Abigail Faro, assisted by Senior Rylee Little during a penalty corner.

The Cardinals scored their third goal half way through the second half with a goal scored by Bri Frisbee, assisted by Junior Zoey Foote. Senior Goalie Nicole Salls got her 4th shutout on the season.

"[This was] a great team effort," said Coach Patty Deschaine.

The Cardinals Field Hockey team then played their homecoming game Saturday night against rival Newport under the lights. "[It was a] great crowd from both teams that came out to watch the game," said Deschaine.

The Newport Tigers put one on the board in the first half but that is all they would get on the night. Sophomore Bri Frisbee scored for the Cardinals, assisted by Abigail Faro. Tied 1-1 going into the second half, the Cardinals were ready to play hard and it showed. Bri Frisbee scored her second goal of the night unassisted. The Cardinals sealed the game with 2:25 left in the with a goal from Abigail Faro, assisted by Junior Abbie Thurber and Bri Frisbee, ensuring the win, 3-1.

"The Cardinal defense was solid throughout the game," said Deschaine. "Another great team effort."

Cardinals Boys Soccer Wins Two of Three Games

After Monday's 1-0 loss to the Generals of John Stark Regional High School, the Stevens varsity boys soccer team regrouped and settled down to business.

Sure, they were getting a lot of experience, but they were understandingly downhearted about their season up to that point, 1 win and 5 consecutive losses. They were also tired of disappointing their many fans at Monadnock Park, including the ones who stood in the needle-like rain that pelted down the last four minutes of the John Stark match.

What a difference two days away made. On Wednesday the Cardinals beat the Windsor Yellowjackets, 2-1. The next evening, they blanked the Blue Demons from Kennett, 1-0.

Their determination to turn the season around strengthened with intensive practice sessions under the watchful eyes of head coach Jason Stone. His never-failing encouraging words — coupled with a lot of forthright analyses — led to hard work, improved team play ... and those two wins that saw the first half of the season end with a 3W/5L tally.

Not a bad place to ramp up for the rest of the regular season.

Stone was both enthusiastic and incisive following the loss to John Stark. "That was a good battle, not the best, but you played well," he told his soaked team. "Now get dry, get warm and go home."

There was much more aggressive playing that evening than in previous games, he added, but the team couldn't sustain it. "We blasted the ball tonight. In the first half, we used a new formation that we'd practiced all week, but they didn't capitalize on it."

The key to playing better, said Stone, is "playing wide. Keep the ball down along the sidelines. A kick from the side is much harder for the goalie to stop. If you go straight down the middle, he's more likely to catch it."

"Win the ball!" is heard dozens of times at every game. Stone calls it out during play and repeats it during half-time huddles. He constantly turns around to players on the bench to drive home this basic tactic.

Got Sports? Send news and photos to

etickernews@gmail.com

Plastic discs clarify players' positions in different formations. They also help set boundaries and lines to run drills and exercises (Eric Zengota photo).



SHS Football Takes Win, Defeating Hilltoppers in Exciting Matchup

The Stevens football team took on a determined Somersworth Hilltopper team in a Friday night game on Homecoming weekend. When the final whistle blew the Cardinals had held on, in a wild finish, for a huge 21-18 victory!

Somersworth took the opening kickoff and marched right down the field for a touchdown with Christian Abkarian scoring from a yard out. Hunter Paradis blocked the extra point and it was quickly 6-0. The Hilltoppers would add to their lead on their first possession of the second quarter as Abkarian would score again on a 15 yard run. He was stopped by Quentin Bicknell on the conversion run attempt and the Hilltoppers were up 12-0.

Stevens would put together a nice drive late in the half with Keaghan McAllister capping the drive on a 6 yard touchdown run with just 57 seconds remaining in the first half. Clayton Wadsworth would calmly boot the extra point through the uprights to make it 12-7 at the half.

The second half would be a seesaw affair leading to a heart stopping finish. Trailing 12-7, the Cardinals needed a spark and got it in the form of a 5 yard touchdown run by McAllister in the 3rd quarter. Wadsworth, whose extra points would end up being the difference in the game, booted his 2nd of the game to give the

Cardinals a 14-12 lead.

It would stay that way until a wild 4th quarter that would see the two teams score a pair of touchdowns in the final 4 minutes and 24 seconds, along with the game's final play ending on a turnover inches away from a possible game winning touchdown.

With the Hilltoppers deep in Stevens territory, Keaghan McAllister came up with a huge interception inside the Stevens 10 yard line to give the Cardinals the ball back. Stevens would drive into Somersworth territory and appeared to be on their way to closing out the game, driving all the way to the Somersworth 35 yard line. A fumble recovery would give Somersworth the ball back. The Hilltoppers would drive 65 yards and take the lead on a 1 yard touchdown run by Matt Mahadeo. Phillip Mason would stuff the two point conversion, making Somersworth 0 for 3 on their conversion attempts, and that would come back to haunt them. With 4:24 remaining in the game, it was Somersworth on top 18-14.

Stevens would get one more chance, and taking over at their own 40 after the kickoff, and the Cardinals would drive the 60 yards to take the lead. Owen Taylor connected on 3 consecutive passes to set Stevens up on the

(Continued on page B3)

Win, from B2

Hilltoppers 20 yard line. McAllister would cover those 20 yards in 2 plays, scoring on a 4 yard run with 1:15 remaining in the contest. Wadsworth booted extra point # 3 to make it 21-18 in favor of the Cardinals.

Somersworth got a huge 35 yard return on the ensuing kickoff, all the way to the Stevens 39 yard line. Mahadeo single handedly kept Somersworth in the game, scrambling back and forth, on a 4th down play to complete a pass for a first down, before scrambling to the 4 yard line on the next play, and getting out of bounds with 1.4 seconds remaining, as the fans were on the edge of their seat. On the game's final play, Abkarian headed up the middle and bullied his way inside the one before Lucas Mudge would knock the ball out of his grasp, inches from the goal line, as he reached the ball out trying to score, and Mudge would recover the ball to give Stevens a huge Division III victory.

McAllister would rush for 123 yards and 3 touchdowns on the night. Owen Taylor completed 10 of his 15 passes on the evening. Wadsworth was perfect on the evening with his three extra point boots, and those 3 points would end up being the difference in the game. Matt Jones had a huge game on both sides of the ball for Stevens. The Cardinals will take to the road on Saturday night as they travel to North Sutton to take on the Kearsarge Cougars. Game time is 7PM.

Owen Taylor gets tackled on Friday night versus Somersworth; his brother, Alex, is in the background. Taylor would go to complete 10 of his 15 passes on the evening (Courtesy photo).



WINDSOR, VT – Thirty-six years after the "Chick Miller Memorial Tournament" was first introduced in 1983, the MAH Golf Classic once again brought together over 80 friends and staff of Mt. Ascutney Hospital (MAHHC) and Ottauquechee Health Center (OHC) to support quality health care for those in the Windsor-Woodstock region. The September 16 event was held under blue skies at the Woodstock Country Club.

Proceeds from this year's Classic will support behavioral health services at MAHHC, including Emergency Room renovations and Telepsychiatry resources for patients in crisis.

The day's event included a luncheon at the country club and a raffle, plus a silent auction featuring sports memorabilia, gift cards, and a variety of merchandise and services from local and regional businesses.

An awards presentation followed the tournament, with top honors going to Communicators Group – Jeff Whitcomb, Bill Beauregard, Nate Faulkner and Peter Johnson, who were low gross winners. The event's low net winning team from Alice Peck Day Memorial Hospital consisted of Todd Roberts, Kristen Kneisel Leaning, Chris Fallon, and Sue Mooney. Individual prizes were awarded to Dan McGee of Team Red River and Kristen Kneisel Leaning

of Team Alice Peck Day for Longest Drive. Closest to the Pin honors went to Leesa Taft of Team Taft and Tim Reynolds of Team Marasa's Masters. Jeff Whitcomb of Communicators Group won a set of tires by hitting his drive on the first hole "Closest to the Tire."

Golf Tournament Proceeds Benefit Springfield Hospital

SPRINGFIELD, VT — The 19th annual Springfield Hospital Challenge at Okemo Valley Golf Club on Thursday, September 19, 2019, was an excellent golf outing and a successful fundraiser.

Twenty-two teams of golfers competed for awards and raffle prizes. More than 60 sponsoring organizations and individuals underwrote the tournament, which included a box lunch, dinner buffet, and a gift to every golfer. Tournament sponsors were Richard A, Marasa MD, Coverys, Kinney Drugs Foundation, NFP Property & Casualty, and Springfield Printing Corporation. Club professional, Michael Santa Maria, and Food and Beverage General Manager, Adrienne Carter, and staff helped make the tournament a great success offering a well maintained course, professional expertise and a hearty buffet.

Team and individual winners were: A flight



1st Gross

Blayr Crowley, Brian Stowell, Brian Perkins, Jim Gould

1st Net

Eric Warren, Steve Currie, Chris Cappello,

Bruce Bentley

2nd Gross

Andy Courchesne, Tony Pagano, Dan Patria,

Matt Oscadal

2nd Net

James Roarke, Keith Vanamburg, Gavin

Hughes, Bernie Sweener

B flight

1st Gross

Travis White, Tyler Stearns, Jay Claperton,

Dean Rogers

1st Net

Mike Pinney, Gary Stearns, Walter Oaks, Tim

Oakes

2nd Gross

David Muller, MD, Guy Alderdice, Greg White,

Tim Mello, PA-C

2nd Net

Rick Marasa, MD, Geri Marasa, Rich

Lane, MD, Jane Sandleman

Straightest Drive: Taylor Rocke

Longest Putt: Andy Courchesne

Proceeds, approximately \$14,000, will be used to purchase a new HD monitor for the Urology Department as well as support other programs at Springfield Hospital.

Inspiration

Synchrony

By Priscilla Hull

In kinesiology, or the study of movement of the body, I learned that the movements occur with precision and purpose. Movement in synchrony is like a symphony played by a group of musicians who have the same score, coordinating sound and rhythm resulting in something pleasing to the ear. It takes work and practice to coordinate 60 or 80 people together to present a symphony that sounds like a well planned/composed piece. On a smaller scale and in the same venue, music, a rock band also takes sound and rhythm and produces a complexity of sound which, the practiced ear interprets as music. Two ends of the spectrum in one venue using the same tools with two different outcomes.



Back to kinesiology. Watch a toddler learning to walk. They are called toddlers for a reason, those small people of 10 to 24 months or so. They do, indeed toddle around, always on the brink of falling, but they bounce back and toddle along! Years go by! They start taking gymnastic lessons before they've really coordinated their movements and in a couple of years they're doing simple somersaults. In another couple of years, they might be doing back flips. Six or eight years go by and they're running along a balance beam doing flips, swinging on parallel bars and making all sorts of fancy movements of which we say, "I can't do that!" However, most of us have the same bone structure, musculature, nervous system so potentially we could do that. My mother had 12 grandchildren and she said that she would give anyone \$10 (good money back then) if they could walk five steps on their hands! One did it! They all could have.



Movement in synchrony, however, is not only for human motion. Synchronized movement applies to a group of horses as in the Lipizzan Horses, that are trained to move together in incredible patterns. Also a pod of porpoise who swim and jump apparently as one mind. A whisper of doves or sparrows which is a flock of birds who take to the air and fly in circles. Even a flock of geese in that perfect V.

In life, we seek synchrony in our relationships. We want to be in the right place at the right time so that we can be depended upon. The art of being in "synch" with our loved ones, our work companions and all those around us is not a passive action. It takes thought, care and practice. What helps us be in synch with others? Well, our awareness. In order to develop this, we have to be aware of others. That means reading the mood. It means being alert to how others are. What might be making someone feel bad. It takes time to discover these moods. It means to pay attention to their reactions to the world around them, to you. It means looking for signs and hearing the voices of others. It means looking beyond the self centered inward sight of a small child, to the outward awareness of an adult.

When we attempt to see and feel what others are seeing and feeling, we find that we can be in synch with others, the world, the universe. We will work together with others, as the old song says, "in perfect harmony". It makes life easier for all. It makes the world better for all. Acknowledge differences and accept them. Work together, not separately. Live in peace, not conflict for a healthier, happier life.

When I was a child, I talked like a child, I thought like a child, I reasoned like a child. But when I became an adult, I set aside childish ways.

1 Corinthians 13:11

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

Calendar Of Events

CHARLESTOWN RECREATION COMMITTEE RECREATION NEWS

OCTOBER 2019

CHARLESTOWN FALL FESTIVAL: The second annual Charlestown Fall Festival is scheduled for October 18 and 19, 2019.

- Dodge Ball Friday, October 18 at 6pm at the Charlestown Middle School
- 5K Run/Walk Saturday, October 19, 10am. Register at Town Office. Preregister \$20; \$30 for registration on day of event. Free 1mile event for 12 and under.
- Craft Fair Saturday, October 19, 9am –
 3pm. There are still vendor spots available.
 Send a message to the Charlestown Recreation Dept on Facebook Messenger or visit the Town Office for a Registration form.
- Flyer sponsorship \$25. Please message the Charlestown Recreation Dept on Facebook Messenger or visit the Town Office to get your business published in the Flyer.
- If you would like to participate or host a Fall Festival event, please contact the Town Office.

Watch the Charlestown Recreation Department Facebook page for activities.

BASKETBALL SIGNUPS: We are now accepting sign ups for the upcoming basketball season. Visit the Town Office anytime to register. \$20 per child; \$50 for a family of 3 or more children. Special signup dates will be announced.

CHARLESTOWN CHRISTMAS CRAFT

FAIR: The second annual Charlestown Christmas Craft Fair is scheduled for Saturday, December 7, 9am to 3pm, at the Charlestown Primary School. Watch the Charlestown Recreation Dept Facebook Page for more information.

RECREATION COMMITTEE MEETINGS:

The October CREC meetings will be on October 1, 8 and 15 at 6:00 pm at the Recreation Committee Office, 216 Main St., Charlestown. The meeting is open to the public.

CHARLESTOWN RECREATION DEPART-MENT FACEBOOK PAGE

Please continue to check the Facebook page

for all announcements and upcoming events.

Newport Class of '69 to Hold 50th Reunion

NEWPORT, NH—Newport NH High School Class of 1969 will celebrate their 50th reunion Saturday, Oct. 5. We want to see all who were part of our class at some point during our years in Newport schools! Reunion activities include participation in the Newport Homecoming parade at 10 AM, school tours beginning at 11 AM, a drop-in social time from 4 to 6 PM at Hilltop House located at Hilltop Place, New London, NH, followed by a brief class meeting, a dinner, and a 7 PM drop-in social time.

For more information, visit our Newport NH High School Class of 1969 Facebook page or call Karen Koski Little at 603-477-6408 or Dick Bates at 603-359-8142. Dinner reservations must be made by Saturday, September 28. For all other events, reservations are welcome to help us plan, but not necessary.

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

CLAREMONT, NH—Mary Saucier Choate, UNH Cooperative Extension Field Specialist, will be teaching two S.A.F.E. classes on Tuesday, Oct. 15, at the Claremont Savings Bank, located at 145 Broad Street.

Participants can choose either the 10am or 2pm session.

S.A.F.E. reviews critical food safety and sanitation concepts such as personal hygiene, preventing cross-contamination, and controlling time and temperature. S.A.F.E. workshops provide food safety training for new employees and refresher information for more experienced staff.

The two-hour workshop uses practical discussion and hands-on demonstrations to help participants apply safe food handling practices in the workplace. S.A.F.E. participants receive a certificate of attendance.

Participants must register by noon on October 10th at http://bit.ly/SAFE-2019-Claremont. There is no cost for this workshop.

For more information, contact the Grafton County UNH Cooperative Extension office at 787-6944.

OCTOBER 3 - 5 RUMMAGE SALE IN WINDSOR

Old South Church, Main St., Windsor, VT, will hold its Fall Rummage Sale fromOctober 3 - 5. Featuring: Clothing for men, women and children, fall decorations, costumes, white elephants, jewelry, glassware, books, sporting goods, toys, furniture, linens and household items.

Thursday, Oct. 3, from 9:30 a.m. - 7:00 p.m. Friday, Oct. 4, (Half Price and Bag Sale) 9:00 a.m. -4:00 p.m.

Saturday, Oct. 6, Clearance from 9:00 - 11:00 a.m. Everything is free.

We will be accepting donations of sorted, clean, usable items on:

Sept. 29 from noon to 4 pm.

Sept. 30 and Oct. 1 from 11 am until 7:00 pm. No electronics and please do not leave things at the church at other times.

If you have questions, please call the church (802-674-5087) or email <u>oldsouthchurchwindsor@gmail.com</u>.

Tuesday, October 1 Plainfield/Cornish Energy Committees' Meeting

7 pm at the Philip Read Library on 12A, Plainfield

The Joint Energy Committee of Cornish and Plainfield will meet to discuss actions for reaching the goal of 100% renewables for electricity by 2030.

Chili Cook-Off, Road Race

CLAREMONT, NH—Calling all chili chefs and runners! The registration period to sign up for the Chili Cook-Off and the SERVPRO of Lebanon/Hanover/Littleton 5K Road Race, part of the Fall Festival on Saturday, October 5, has now opened and is accepting applicants for both events.

Residents, businesses and nonprofit organizations are invited to participate in the Annual Chili Cook-Off, sponsored by the Claremont Parks and Recreation Department. Register online at www.claremontparks.com or call the Claremont Parks & Recreation Department to enter your favorite chili. The deadline to register your chili both online and through the office is Thursday, Oct. 3. If you like good chili, come tease your taste buds and cast your vote for the best chili at the Fall Festival! Cook-Off tasting fees: \$5 adults; \$3 children; no fee for chili chefs. The chili tasting begins at 10:30 a.m. and will end at 2:30 p.m., followed by awards. While sampling the chili entries be sure to visit the 40+ vendor and exhibitors along with enjoying this year's live music by Rusted Chrome.

Back again for 2019 – \$200.00 VISA gift card prize for the winner of the Business Category.

The winner of this category will receive a \$200.00 Visa gift card donated by The Savings Bank of Walpole.

\$200 VISA gift card prize for the winner of the Individual Category.

The winner of this category will receive a \$200.00 Visa gift card donated by LJC Heating & Air Conditioning.

\$200.00 VISA gift card for the winner of the Non-Profit Category.

The winner of this category will receive a \$200.00 Visa Gift Card donated by (TBD).

If you feel you need to work up an appetite in order to consume all that wonderful chili, then sign up for the popular SERVPRO of Lebanon/ Hanover/Littleton Chili Cook-Off 5K Road Race. Runners will receive a complimentary ticket to the cook off. Pre-registration is available until Friday, Oct. 4, at 12:00 noon for just \$15.00. Same day registration begins at 7:30 a.m. and is \$20.00. Kids' Race begins at 8:30 a.m. followed by the SERVPRO of Lebanon/ Hanover/Littleton 5K Road Race. The race course can be viewed on mapmyrun.com.

Event:

Kids Fun Run 8:30 AM
SERVPRO of Lebanon/Hanover/Littleton 5K
Race 9:00 AM
Fall Festival 10 AM – 3 PM
Chili Cook Off/Chili Tasting 10:30 AM-2:30 PM
Rusted Chrome Band 10:30 AM – 2:45 PM
Chili Winners Announced 2:45 PM

For further information about the Chili Cook-Off and 5K Road Race, please call the Parks & Recreation Department at 603-542-7019 or visit www.claremontparks.com.

Next AARP Meeting Oct. 10

CLAREMONT, NH—The next meeting of the local chapter of the AARP will be Oct. 10 with a cookout and a presentation by Annette Spaulding who has uncovered many ancient discoveries along the Connecticut River in her years of diving there. There are petroglyphs below the waters in Bellows Falls and Indian artifacts as close as Claremont.

All seniors on both sides of the river are wel-

come to join. Dues are \$5 a year. There is no political agenda, and the programs offer education and socialization.

Chicken BBQ Oct. 12

CLAREMONT, NH—Bring the family and enjoy a Chicken BBQ on Oct. 12th at First United Methodist Church, 38 Summer Street in Claremont. Serving ½ chicken, coleslaw, potato salad, homemade cookie or brownies for \$12.00. Serving from 11am until sold out. All meals ready for takeout. Please call if you have a question, 603-542-5783.

Free Workshop by ACLU of NH

CLAREMONT, NH—The ACLU of New Hampshire is offering a free workshop on advancing and defending civil liberties from 5:30-7:00PM Monday, Sept. 30, at the Fiske Free Library. Over the past six months, the Rights for All Campaign has built a corps of activists in local communities statewide to establish civil rights and civil liberties as the defining issues in the 2020 presidential election. ACLU Rights For All volunteers have asked every candidate visiting New Hampshire about their stance on civil rights issues. Now the movement's focus is on making more voters aware of the primacy of civil rights. Workshop participants learn how to engage directly with voters. Individuals are encouraged to share their stories surrounding the need for civil liberties and to become Rights For All advocates.

To register or obtain more information, call ACLU field organizer Steven Kidder, 603 227-6681.

As a nonpartisan organization the ACLU never endorses any specific candidates.

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. 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.

Junior Apprentice Program Available Daily at American Precision Museum

WINDSOR, VT—The American Precision Museum announces its Junior Apprentice 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 Apprentice 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 Apprentice 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, is open daily, Memorial Day Weekend through October 31, 10:00 a.m. to 5:00 p.m.

Silsby Library News

Keep up with all the library's special events by following us on Facebook at https://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

Bingo at the Charlestown Memorial VFW Post 8497 Post Hall

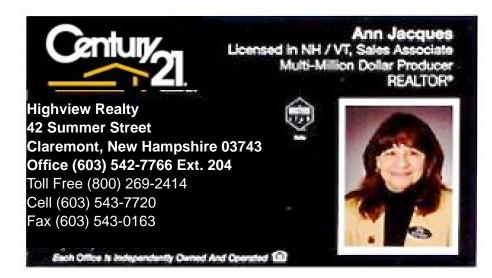
CHARLESTOWN, NH--Bingo is held Wednesdays at the Charlestown Memorial VFW Post 8497 Post Hall, 365 Lovers Lane Road in Charlestown, NH. The regular games start at 6:30 p.m. with Early Birds games commencing at 5:00 p.m. Eight regular games, four two-part games, and three spe-

cial 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

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.



Lake Sunapee Region VNA & HOSPICE

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MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ist 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

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. <u>ClaremontLLL@gmail.com</u>, Jess (603) 630-0184, Zadiah (603) 306-9892; they may also be found on Facebook.

Newport Crop Walk Fundraiser Oct. 6

NEWPORT, NH—On Sunday, Oct. 6th, the Newport Crop Walk will raise funds for the Newport Food Pantry as well as national and international hunger relief. Registration 12:30 PM, walk at 1:00 PM. Gather at Newport Common and walk any distance along the beautiful Sugar River Rail Trail. Collect pledges and/or bring a non-perishable item for the Food Pantry.

For more information, contact South Congregational Church at 863-3729.

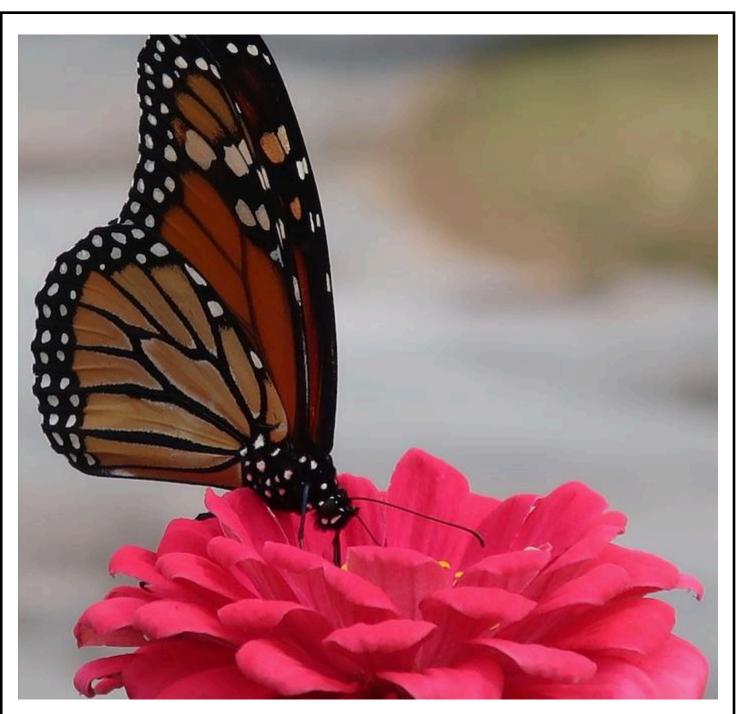
www.facebook.com/etickernews

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



Busy at Work...

The calendar may say we've enter Fall now, but butterflies and flowers continue to provide bursts of color in the region (Phyllis A. Muzeroll photo).

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.

Trails for People and Wildlife Now Available Online

CONCORD, NH – An all-new publication, authored by the New Hampshire Fish and Game Department's Rachel Stevens and Jim Oehler, entitled Trails for People and Wildlife is a guide for planning recreational trails that enables people to enjoy nature while also allowing wildlife to thrive. Katie Callahan, also of the New Hampshire Fish and Game Department, provided geographic information system (GIS) modeling in support of the publication.

Intended for landowners, conservation groups, and natural resource professionals, the objective of Trails for People and Wildlife is to help readers facilitate the placement of thoughtfully located networks of well-maintained trails that help people get outside while minimizing wildlife disturbance. While hiking, biking, and bird watching are just some of the ways people engage with their environment, these seemingly low-key activities can have a negative impact on wildlife by reducing their abundance, reproductive success, or even survival.

Trails for People and Wildlife can be downloaded and used by both private landowners and professionals to select locations for new trails and to determine where it is best to maintain, reroute, or decommission existing trails to optimize human experience and minimize wildlife impact.

Visit www.wildnh.com/trails for more info.



Charlestown Police Association

Scramble Golf Tournament

Proceeds to Benefit:

Kids and Cops Program

RADD - Rage Aggressor Defense

Garrett Hull Memorial Scholarship

Claremont Country Club

- October 12, 2019
- 1:00 PM
- \$75/person non-member
- \$50/person member
- 18 Holes

Event Day:

- Prizes awarded for top 6 places
- 2 50/50 raffle
- Raffle prizes
- 4. Cook Out
- Hole in One: Jeep sponsored by Lamberts Auto of Claremont
- 6. Vegas Hole Closest to Pin

Secure Your Spot!!!

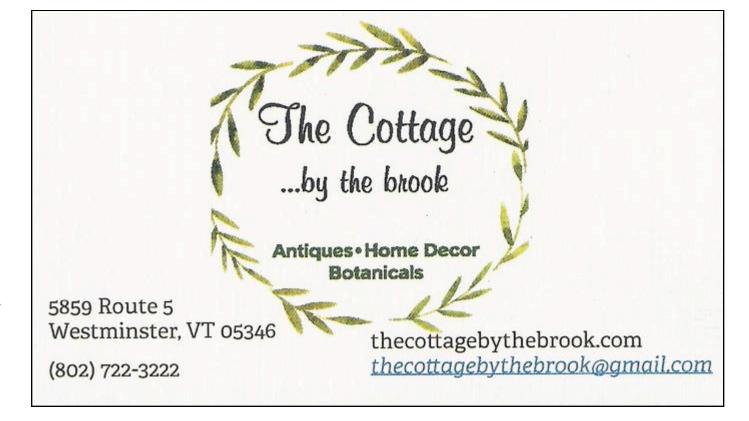
REGISTER EARLY!!!

REGISTRATIONS:

Charlestown Police Department Facebook Page

Email: atonyajhart@hotmail.com

Or text/call: 558-2569 For registration form





JOIN US OCTOBER 12TH FROM 10-2 FOR OUR ANNUAL FALL FESTIVAL AND OPEN HOUSE!

FREE PONY AND TRAIN RIDES, KID CRAFTS AND GAMES, CHILI COOK-OFF, FOOD AND MERCHANDISE VENDORS, LIVE MUSIC AND GREAT COMMUNITY!

Mount Royal Academy

26 Seven Hearths Lane, Sunapee 603-763-9010 mountroyalacademy.com



PENNY SALE



Sunday - October 6, 2019

1:00 PM (doors open 12 Noon)

St. Joseph Church Hall Elm St. - Claremont, NH

100 Plus Prizes / Refreshments



Sponsored by and Benefit of Catholic Daughters of the Americas Ct. Virgil H. Barber #892



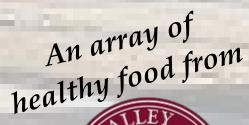


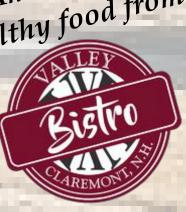
Community Wellness Fair

Saturday, October 26 9am-1pm

Free Health Screenings & Flu Shots! Live broadcast with Great Eastern Radio!

Come learn about Valley & other local community organizations







Valley Regional Hospital - Main Entrance 243 Elm St., Claremont, NH 03743

Polish American Heritage Month 2019

St. Joseph Church 58 Elm St. Claremont, NH

Tuesday Oct 8, 6:30 pm Polish Cooking Class

\$6 (suggested donation) includes tasting after class Please call for Reservations 603-542-5933



Sunday Oct 13 Coffee Hour

10am, after the 9:00 Mass

Polish Boy Abroad: Coming Home to My Polish Roots

an illustrated talk by author, travel writer, journalist

Dan Szczesny Free and open to the public

No reservations necessary



Saturday Oct 26 Dozynki Polish Harvest Festival

6:30pm, after the 5:30 Mass

Golumpki (stuffed cabbage)
Potato, Vegetable, Rye bread
Beverage, Dessert

\$10 in advance, \$12 at the door Advance tickets available at Weekend Masses or by calling 603-542-5933 or 542-2394 Remembering Loved Ones...

Life Tributes 700



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.etickernewsofclaremont.com

Danielle Hoyt, 26

Danielle Hoyt, 26, of Claremont, NH, born on Sept. 23, 1992, passed away peacefully in her home on Sept. 21, 2019, with her parents at her side.

Danielle loved to spend her time coloring her books, traveling, eating out, spending time with family and friends, watching Lawrence Welk, and playing with her dogs. Danielle was well known and loved by so many, and was a graduate of Stevens High School.

Danielle is survived by her parents, Don and Inge Hoyt of Claremont, her sister and brother-in-law Monika and Jeff Kinney Sr. of Claremont, her brother Clint Massey of Brunswick, ME, and her niece Kelly Putnam and her fiancée Eric Simino of Newport, NH, and grandmother Donna Hoyt of Richford, NY. She was predeceased by her grandparents, Leo and Luise Vatter of Nürnberg Germany, and grandfather Donald F. Hoyt of Richford, NY.

Danielle's services were held on Saturday, the 28th, at the Church of Jesus Christ of Latter-Day Saints, 5431 US-5, Ascutney, VT.

Danielle would love you to donate in lieu of flowers, to Wags and Wiggles https:// wagsandwigglesrescuenh.rescuegroups.org/. Her beloved "Franzie" came from them.

The Stringer Funeral Home is in charge of arrangements.

www.facebook.com/etickernews

Danielle L. Bridge, 35

It is with great sadness that the family of Danielle L. (Ferland) Bridge, 35, of Charlestown Road in Claremont, NH, announces her unexpected passing on Tuesday, September 17, 2019, at Valley Regional Hospital in Claremont, NH.

She was born in Lebanon, NH, on November 4, 1983, along with her twin sister to Charles (Chuck) and Lynn (Parker) Ferland, and had been a lifelong Claremont resident.

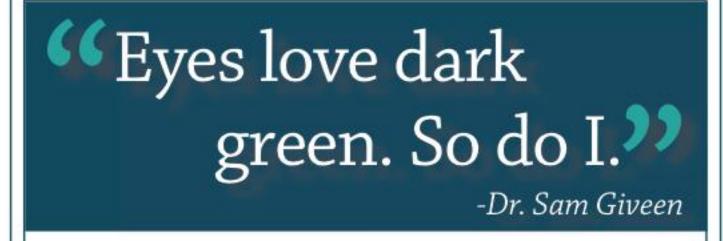
Danielle was predeceased by her paternal grandparents, Roger and Margaret Ferland and maternal grandparents Lester and Toini Parker. She was also predeceased by her mother, Lynn, in November of 1996.

Danielle was a graduate of Stevens High School, Class of 2002. She also attended both Western New England College where she played softball and Daniel Webster College, where she was a member of the soccer and basketball teams. Danielle was currently employed by the UPS store in Claremont, NH, where her infectious smile and pleasant personality touched many people. She enjoyed

baking, campfires, watching football, crocheting, painting and doing crafts with her daugh-

Members of her family include her husband, Brett Bridge, whom she married on September 12, 2015, Claremont, NH; her young daughter Marley Lynn Bridge (4), Claremont, NH; her parents Chuck and Jennifer Ferland, Claremont, NH; two sisters, her twin and best friend, Jessica Ferland-Hersom (Kirt) of Lebanon, ME; Emily Charest, Newport NH; four brothers, Gabriel Ferland, Timothy Ferland both of Claremont, NH; Ryan Hoyt, Nashua, NH; Gregory Charest, Indianapolis, IN; niece and nephews, Payton and Mason Ferland, Colby Charest, and Kaleb and Karson White. Also, her mother-in-law, Nancy Bridge; sisters-inlaw, Crystal Ward and Mandy Dalke; and brothers-in- law, Bryan Tenney and Ben Bridge (Brett's twin). Danielle will also be forever remembered by her many aunts, uncles and cousins and numerous friends whose lives she touched.

A Celebration of Danielle's life was held on Saturday, Sept. 28, at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH.



Dark green, leafy veggies like spinach, collard greens and kale are good for your eyes. Eat a diet rich in dark, leafy greens, and it can go a long way toward preventing macular degeneration. Call

it tasty preventive medicine. Just start early. Eat your dark greens.

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

You are invited to share a memory of Danielle with the family or leave a message of condolence in the family guest book at www.royfuneralhome.com.

Patricia M. Bushway, 83

Patricia M. (Pat) Bushway, 83, of Charlestown, NH, passed away on Sunday morning, September 22, 2019, at Springfield Hospital in Springfield, VT.

She was born in Claremont, NH, on January 24, 1936, the daughter of Daniel E. and Ruby (McArthur) Clifford. Pat grew up in Charlestown.

After graduating from Charlestown High School in 1954, she worked for New England Telephone in Claremont.

She married William R. Bushway in 1957 in Charlestown. They were happily married for 61 years. He passed away on July 15, 2018.

Pat was a former member of the Charlestown Congregational and North Charlestown Methodist Church and served in many capacities, she was a current member of the Springfield United Methodist Church Joining in 2017.

She was a member of the Charlestown Senior Center and sang with "Silver Country". She was also a member of the Springfield Senior Center and served on the Activities Committee and the cookie walk at the Annual Christmas Bazaar for many years. Pat was active in the Boy Scouts of America, Daniel Webster Council and served in many capacities, starting as Den Leader for Pack 31 in Charlestown in 1970; she received an Appreciation Award from the pack, before moving on to the District level. In District, she received the Mantova District Appreciation Award in 1981, District Award of Merit in 1982, and Silver Beaver, the highest award in scouting in 1986.

Pat was predeceased by her parents, Daniel and Ruby; her brother, Daniel W. Clifford; grandson, Garrett H. Bushway; brother-in-law, Robert Bushway; nephew, Bruce Bushway and niece, Deb Payne.

She is survived by her sons, Richard Bushway and his wife, Deborah of Acworth; Scott Bushway and his wife, Gina of Westmoreland; and Shawn Bushway and his wife, Amber of Charlestown; her grandchildren, Kayla Bushway, Kamron Bushway, Gabryelle Bushway and Lukas Bushway; also many nieces and nephews.

A Celebration of Life was held at the

Claremont Senior Center, Inc.



Apple Pie, Apple Crisp, Apple-Pork Roast, Pumpkin Muffins, Pumpkin Pie. The aromas of Fall fill the kitchen. Fall leaves crunching under our feet also add a new smell to those walks. As the cooler weather permeates the air, a move inside may be in order. We, at the Center, invite you to participate in the many activities we offer. The next newsletter will include a listing of all the activities we have for you. Keep the list handy for those cabin fever days.

SPECIAL NOTICES: *The Matter of Balance class has grown so much that a Friday time will be offered as a second option. New clients are welcome. Classes are 12:45PM to 2:45PM. Bravo to those who wish to put some balance in their lives. * Silver Sneakers will resume on Tuesday, Oct. 1st. * Flu Clinic-Thurs.,Oct 3rd.-10AM-Noon and Thurs. Oct. 17th. 11AM-Noon. Please bring your insurance cards. We look forward to seeing a lot of you. We don't like it when our seniors are "under the weather".

The Claremont Senior Center will sponsor a blood drive at the Center on Mon., Oct.7th, starting at noon. Help is needed to serve the donors those wonderful sandwiches the members have made. Please give if you can.

On a lighter note- the Penny Sale was a blast!! A whole lot of whooping going on! The 50/50 winner was Bruce Richardson. Happy Birthday. Bruce! Thank you to Chair, Shirley LeClair, Co-Chair Deb Bedard, the kitchen staff, cashiers, runners, and all the helpers. The hall set-up was done by the Wolfs and the Smalls. Thanks, nice job. Thanks also to all who donated items and gift certificates and came to support this fundraiser for your Center.

One of our great indoor activities are our lunches. We are blessed to have a wonderful staff who always has a good word and a smile for you. Here is the menu for next week. Tues., Oct. 1st - Salad, Lasagna, Garlic Bread, Brownie. Thurs., Oct.3rd - Chicken w/Gravy and Mixed Vegetables on a Buttermilk Biscuit, Pineapple Sunshine Cake. Members -\$4, non members-\$5. Open to the public.

On the subject of food, our next fabulous, scrumptious, delicious Turkey Dinner will take place on Sat. Oct. 19th. Enjoy Roast Turkey w/ all the fixings and homemade desserts. Remember to call ahead for take-outs. 603-543-5998! Open to the public. (Turkey donations appreciated).

Quick Takes - Hours for the Center: Mon.-Fri.-9AM-3PM. Tues. and Thurs. nights-6PM-9PM.,Sunday- at 1PM. Donations of general items to defray the cost of the daily operation are always thankfully accepted. Small paper cups, quart and gallon freezer bags, stamps, gift cards, and facial tissues are some of the things needed. Thanks. Every donation helps.

Thought for the week: Dreams are fuel. Fill your tank.

Laughter and lively conversation encouraged and welcome here. Have a colorful week. Enjoy.

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

Charlestown Memorial Chapel on Friday with Rev. Gerry Piper officiating.

In lieu of flowers, donations may be made in her memory to the Springfield Health & Rehab, 105 Chester Road, Springfield, VT 05156 or the Activities Dept., United Methodist Church, 10 Valley Street, Springfield, VT 05156.

Got news?

Send us your news and photos

etickernews@gmail.com

Claremont Fire Dept. Log

Sunday, September 22nd

2119- Engine 3 responded to Washington St. for an alarm sounding.

Monday, September 23rd

0820- Rescue 1 responded to Winter St. for a MVA.

1945- Engine 3 responded to Pleasant St. to assist PD.

2158- Engine 3 responded to Chellis St. for a medical call.

2351- Engine 3 responded to Broad St. for an alarm sounding.

Tuesday, September 24th

1043- Engine 3 responded to Pleasant St. for an odor of propane.

1544- Engine 3 responded to

Charlestown Rd. for a medical call.

1552- Engine 1 and Engine 3 responded to Syde Clarke Park for a box alarm.

Wednesday, September 25th

1056- Engine 3 responded to Washington St. for a MVA.

1121- Engine 3 responded to Washington St. for hazardous clean up.

1420- Engine 3 responded to Pleasant St. for a well-being check.

1529- Engine 3 responded to Park

Ave for a bike accident.

1703- Engine 3 responded to

Charlestown Rd. for a medical call.

1806- Engine 3 responded to

Hanover St. for a MVA.

2055- Engine 3 responded to Washington St. for a medical call.

Thursday, September 26th

1452- Engine 3 responded to the Bobby Woodman Trail for a medical call.

1458- Engine 1 responded to the

Sugar River for a water rescue.

1740- Engine 3 responded to Washington St. for a MVA.

Friday, September 27th

1236- Engine 3 responded to the Claremont Manor for a check-the-well-being.

Saturday, September 28th

1147- Engine 3 responded to Park Ave. for a medical call.

1608- Engine 3 responded to Spring St. for a MVA.



The Claremont City Council will hold a public meeting on <u>Wednesday</u>, <u>October 9, 2019</u>, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA

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 September 11 and 25, 2019, City Council Meetings

6:37 PM 5. MAYOR'S NOTES

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 569 Gender Identity Changes – Second Reading – Public Hearing

7:25 PM B. Ordinance 570 Police Commission – Second Reading – Public Hearing

7:40 PM C. HB480 Sports Betting – Public Hearing

10. NEW BUSINESS

7:55 PM A. North Light Energy Solar Proposal

BREAK

8:25 PM B. Grants Review

8:35 PM C. Transfer Funds Between Departments

8:45 PM D. Ordinance 571 Holiday Display – First Reading

9:00 PM 11. COMMITTEE REPORTS

9:05 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES

9:15 PM 13. CONSULTATION WITH LEGAL COUNSEL

9:20 PM 14. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, October 23, 2019, at 6:30 p.m. in the Council Chambers at City Hall.