

## SHS Girls Soccer Have Split Week as They Drop their First Game of the Season

The Stevens Lady Cardinals Soccer team played at Fall Mountain in the Annual Charity Cup Tuesday and came away with a 3-0 victory.

Elle Grenier scored the first goal of the game in the 29th minute to put Stevens up 1-0. Stevens would score again 8 minutes later when Elle Grenier found Angelina Leclair at the top right corner of the 18 yard box who then drilled a shot in the right upper 90 to make it 2-0.

Stevens came out in the second half controlling the ball and within 2 minutes Molly Derosier crosses the ball from the left wing finding Sydney Miller who headed it in to make the score 3-0.

Stevens played a dominant game, moving the ball well, finding the open players, and playing strong defense.

This made Stevens 11-0-1 as it prepared to host Hopkinton on the 10th. The Red Birds would go on to lose, 2-0, recording their first loss of an exciting season.

Stevens is now 11-1-1 and will travel to Monadnock on Tuesday.



The Cardinals varsity football team held on to defeat Laconia High School at Barnes Park Friday evening by a score of 14-12 (Courtesy photo).

## SHS Boys Soccer Results

08/30/19	at Fall Mountain	W	2 - 0
09/03/19	at Plymouth	L	0 - 3
09/06/19	Manchester West	L	1 - 3
09/10/19	at Oyster River	L	0 - 2
09/13/19	Kearsarge	L	0 - 2
09/23/19	John Stark	L	0 - 1
09/25/19	at Windsor	W	2 - 1
09/26/19	Kennett	W	1 - 0
10/01/19	at Merrimack Valley	L	1 - 3
10/05/19	at Kearsarge	L	0 - 3
10/07/19	at Conant	Postponed to 10/21	
10/12/19	at John Stark	W	2 - 1
10/15/19	Fall Mountain		07:00 PM
10/19/19	Lebanon		06:00 PM
10/21/19	at Conant		04:00 PM
10/23/19	Coe-Brown Northwood		06:00 PM
10/26/19	at Kingswood		06:00 PM

## SHS Field Hockey Results

09/03/19	at Newport	L	1 - 4
09/09/19	at Lebanon	W	2 - 0
09/12/19	ConVal	W	1 - 0
09/16/19	Monadnock	W	1 - 0
09/18/19	at Mascenic	L	1 - 2
09/24/19	at Littleton	W	3 - 0
09/28/19	Newport	W	3 - 1
10/02/19	Conant	W	4 - 0
10/05/19	at Kearsarge	L	1 - 2
10/08/19	at Mascoma Valley	L	0 - 1
10/09/19	Hopkinton	L	0 - 1
10/11/19	Laconia	W	5 - 2
10/15/19	at Monadnock		04:00 PM
10/18/19	Lebanon		05:30 PM

## SHS Football Results

09/07/19	at Epping-Newmarket	W	48 - 20
09/13/19	Newport	L	18 - 26
09/20/19	at Inter-Lakes-Moultonborough	W	44 - 22
09/27/19	Somersworth	W	21 - 18
10/05/19	at Kearsarge-Mount Royal	W	20 - 6
10/11/19	Laconia	W	14 - 12
10/18/19	Lebanon		07:00 PM
10/26/19	at Trinity		07:00 PM
11/01/19	Hillsboro-Deering-Hopkinton		07:00 PM

Got Sports?

Send us your news and photos

It was a big win for the SHS Varsity Field Hockey team Friday afternoon as the Red Birds defeated the Sachems from Laconia High School by a score of 5-2 (Courtesy photo).

### SHS Volleyball Results

09/06/19	at Mascoma Valley	L 0 - 3
09/11/19	Franklin	L 0 - 3
09/13/19	at Moultonborough	L 0 - 3
09/16/19	at Trinity	L 1 - 3
09/20/19	Prospect Mountain	L 0 - 3
09/25/19	Fall Mountain	L 0 - 3
09/28/19	Raymond	L 2 - 3
09/30/19	at Inter-Lakes	L 0 - 3
10/02/19	at Sunapee	L 0 - 3
10/04/19	at Hillsboro-Deering	L 1 - 3
10/07/19	at Fall Mountain	L 1 - 3
10/09/19	Mascoma Valley	L 0 - 3
10/16/19	Belmont	06:15 PM
10/18/19	Hillsboro-Deering	06:15 PM
10/21/19	Sunapee	06:15 PM
10/25/19	at Franklin	06:15 PM

### Sign Up for OHRV/Snowmobile Safety Classes

CONCORD, NH — Winter is on its way, and off-highway recreational vehicle (OHRV) and snowmobile education classes are underway across the Granite State. To operate a snowmobile or OHRV in New Hampshire, any person age 12 or older must have either a valid motor vehicle driver's license or have successfully completed an approved OHRV/Snowmobile Safety Education class taught by volunteer instructors and staff trained by the New Hampshire Fish and Game Department. With recent changes to the state laws, all classes will be a combination course teaching OHRV and snowmobile safety and the rules that apply to trail riders. Additionally, all children under the age of 14 must be accompanied by a licensed adult when operating a snowmobile or OHRV, unless they are on property belonging to their parents, grandparents, or guardians.

Sign up soon if you or someone you know needs a class. There is no charge for traditional classes, which are completed in a single



day. For a current class schedule, visit [www.wildnh.com/ohrv/education.html](http://www.wildnh.com/ohrv/education.html). New classes are added as they become available. Traditional classroom OHRV and Snowmobile safety education courses, taught by nearly 150 Fish and Game-certified volunteer instructors and regional coordinators, are available statewide free of charge and offer the preferred method of certification.

As an alternative to the traditional courses, participants may complete the safety training online for a fee of \$29.50. "The online courses provide a convenient opportunity for students to obtain their NH Rider Certificate, at their own pace, while learning key safety information important for riding both OHRVs and snowmobiles," said Captain Michael Eastman, OHRV/Snowmobile Education and Law Enforcement Coordinator for the New Hampshire Fish and Game Department. "The entire course can be taken on a smartphone, tablet, or computer and offers



a fun approach to learning by using live-action video and interactive learning modules."

Many of the trained volunteer instructors are affiliated with one of the more than 100 snowmobile clubs and 26 OHRV clubs in New Hampshire. "Joining a club is a great way to learn about safe riding, help support local landowners, and help maintain trails for your own and others' enjoyment," Eastman said. For more information on how to become involved with a snowmobile club, visit [www.nhsa.com](http://www.nhsa.com). For OHRV clubs, visit [www.nhohva.org](http://www.nhohva.org).

In addition to safety education, Fish and Game Conservation Officers will be out on the trails this winter conducting patrols to detect and apprehend impaired snowmobile operators, enforce speed limits, deter unlawful off-trail riding, and detect machines with modified exhaust. These ongoing initiatives will help to keep the state's snowmobile trails open and safe for all outdoor enthusiasts during the upcoming seasons.

# Inspiration

## IN 1492

By Priscilla Hull

"IN 1492 Columbus sailed the ocean blue" is the opening line in a poem that many of us learned as children to help us remember history. There are, in fact, a couple of versions of this poem that start with that line. One speaks to Columbus' discovery of a new world. The other is a ritual of American history citing various events in the history of our country. We do know that Columbus never set foot in what is now the United States, rather he did land in the Bahamas and other southern areas of Central and South America. We also know that he was from Italy, Genoa, to be exact, but his sailings were funded by the Spanish/Castilian monarchy. There is some evidence that the boy, Christopher, actually left home to become involved in ships at the tender age of 10! At that age, he apparently sailed northward to England and other European ports. His goal as an adult sailor, of course was to find a "quick" passage to the East and a trade path for spices and oriental art work which were so desired by Europe.

Christopher Columbus' later history is pretty shady, including his disregard for those whom he captured in the new world and his ignominious attitude toward them. He is said to have contracted syphilis and spread it to the New World, but also succumbing to its devastating, murderous effects of insanity and death.

All these unpleasant memories aside, he did open the New World to settlement by Europe and so we do celebrate the discovery of the Western World. Thus, today is a holiday for many.

When Columbus came to the New World, he established a route to new, beautiful lands which were inhabited by some of the kindest, gentlest, most beautiful people. These indigenous people were mistakenly called Indians after the colonies of the west, including India. Never mind the misnomer, the Indians up and down the coast for centuries to come, for the most part, offered their knowledge of survival to these strange white men. However, the newcomers didn't respect the land as the natives did. The natives were nomadic, traveling from one area to another with the seasons. Spring and summer they planted corn, squash and other crops and so lived in more flat, plain areas where farming was efficient. In the fall and winter they used the plants which they had dried for food and also hunted birds and game which also were dried for use in the summer seasons. They also moved into more wooded areas where there was protection from the elements. They built shelters from where they could stay warm and dry both from vegetation and skins. As they moved from place to place, they left little evidence that they had been there.

It was an economic, simple life where things were taken from "Mother Earth" and returned to "Mother Earth" to nourish the ground which they honored. "I realize the Earth is our mother. I will treat her with honor and respect." I don't know where this originated, but it has been a part of Native American life for centuries. We would do well to remember that. The earth does not belong to us, we use it and if we want to continue to use it, we should heed the teachings of those whom we have displaced so that we have a world for generations to enjoy!

"When the last tree is cut down,  
When the last river is poisoned,  
Only then will man know  
That he can't eat money."

Cree Indian wisdom



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

## Calendar Of Events

### October is Polish American Heritage Month

CLAREMONT, NH—The parishioners of St. Joseph Church, 58 Elm Street, Claremont, will be celebrating Polish American Heritage Month during the month of October with a series of cultural events open to the public; the final one is as follows:

The Harvest Festival known as Dozynki will take place on Saturday, Oct. 26, at 6:30 pm, following the regular 5:30 pm Mass. This event has been held since 1989, but not in 2018 due to other obligations of the organizers.

This year's menu will be a variation of the St. Joseph Sports Night dinners, held in St. Joseph Church Hall for many years: Stuffed cabbage, potato and vegetable, with rye bread and dessert. Tickets are \$10 each if purchased in advance; \$12 at the door. Tickets will be available after weekend Masses or purchase may be arranged by calling Betty Gierko at 542-2394 or Arline Marro at 542-5933.

### Upcoming OBSP Dinner Theater Show

CLAREMONT, NH—Off Broad Street Players are in rehearsal with their latest dinner theater production, "Murder in Black and White." Director Julie Richardson will reprise the show that she directed for OBSP in 2005. It played to large and appreciative crowds, with audience members commenting years later about their enjoyment of the show. Attendees were encouraged to come dressed in black-and-white clothing, with the promise of a prize being awarded each evening to the best costume. This challenge will be issued again, adding to the evening's enjoyment.

This show will also feature an all-new cast taking on the roles played by others 14 years ago. Familiar Claremont actors Trudee Bacon, Scott Magnuson and Leslie Peabody, along with Mike Grace and Kara Lee, Charlestown, will be joined by newcomer Courtney Porter,

Claremont and returning member, Bob Bladen, Cornish.

American Legion Post 25, Court Street, Windsor, VT, will host shows on Nov. 15 and 16. Plans for a weekend at a Claremont location are being finalized. Ticket and dinner information will be available at a later date, here and on Facebook at OBSPClaremontNH.

### Foreigners Journey Tribute Band at COH

CLAREMONT NH—Foreigners Journey is more than a tribute band. They're a time machine, and their "infectious energy" hits the stage of the Claremont Opera House Saturday, Oct. 19, 8pm.

Foreigners Journeys brings together the incredible sounds of two of rock's greatest arena bands of the 80's – Foreigner & Journey. Experience the rock ballads *Faithfully*, *Waiting For A Girl Like You* & *Open Arms*, along with rock classics *Cold As Ice*, *Urgent*, *Hot Blooded*, *Feels Like The First Time*, *Jukebox Hero*, *Separate Ways*, *Don't Stop Believin'*, *Anyway You Want It* ... and so much more! All performed in their original key and pitch with the excitement of a live concert show.

Tickets are \$29 and can be purchased in advance online at [www.claremontoperahouse.org](http://www.claremontoperahouse.org), by phone at 603-542-4433 or in person at the Opera House Box office in City Hall Complex at 58 Opera House Square.

Tickets also available night of show.

Beer and wine sales available before the show and during intermission from Sweet Fire BBQ.

### Invitation to Join The Area Choir

NEWPORT, NH—The Area Choir, now in its 66th year, invites those who love to sing to join them this season. The choir will usher in the Christmas season with three concerts, on Saturday, Dec. 7 at 7:30 PM and Sunday, Dec. 8 at 3:30 and 7:30 PM. This year David Chaves is the interim director, Billie Joyce Bell returns as accompanist, and Beverly Caldon is the organist.

Rehearsals begin Sunday, Oct. 20, at 6:00 PM (registration at 5:30) and continue weekly through Dec. 1, 6:00 to 9:00 PM. All rehearsals and concerts are held at South Congregational Church in Newport. There are no

auditions or fees to be a member of The Area Choir.

To express your interest or for more information, please email [theareachoir@gmail.com](mailto:theareachoir@gmail.com) or call Karen Koski Little, board chair at 603-863-4007. They are also on Facebook.

### Yard, Craft, Bake Sale

CLAREMONT, NH—There will be a yard, craft and bake sale at the Earl Bourdon Centre on Maple Ave. on Oct. 19, 9:00 a.m. to 3:00 p.m.

### 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 1 mile 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.

Music by the Vinyl Legion Band, Cheryl the Clown, Pie eating contest, food, and family fun 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 full list of activities.

**BASKETBALL SIGNUPS: Basketball signups are under way. Here are some options:**

Now until Oct 31 at Town Clerk's Office during normal business hours

Oct 19 9am-3pm at the Fall Festival

Oct 24 & 25 6-8pm at the Rec Dept office

Oct 26 9-12 at Town Clerk's Office

Late Sign Ups Nov 1-6. Additional fee of \$25.00 or sign up to be a coach

No signups accepted after Nov 6  
Coaches are needed for all age groups – sign up now

Fees: \$20 per child; \$50 for a family of 3 or more children.

Late Fees: above charges plus \$25 late fee or sign up to be a coach

**BASKETBALL COACHES:** Coaches are needed for all age groups. Please contact the Town Office or sign up at any of the sign up clinics above.

### **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 next October CREC meeting will be on October 15 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.

## **Junior Apprentice Program 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. 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.

### **Through Oct. 31**

### **Saint-Gaudens Exhibition: "On View in Cornish"**

The Trustees of the Saint-Gaudens Memorial are pleased to announce the Fall exhibition at the Saint-Gaudens National Historical Park: "On View in Cornish: American Art at the Picture Gallery, 1948-2019."

## **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](mailto: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.

## **Join the Boy Scouts**

CLAREMONT, NH—If you have a young man going into 6th grade and is 11 years old that you think needs an advantage in life, then have them consider becoming a Boy Scout. Boy Scouts learn valuable skills in leadership, team building and self-reliance. Boy Scouts that earn the rank of Eagle have a high likelihood of becoming successful in life and stay active in their communities. When the school starts, Troop 38 of Claremont, NH, meets every Thursday 6:30-8:00 p.m. at St. Mary's church gymnasium. Join us for a good time and new adventures.

Contact Alex Herzog, Scoutmaster of Troop 38, at [claremontscout@gmail.com](mailto:claremontscout@gmail.com) for more info or come and join us at one of our upcoming meetings.

## **Newmont Military Band Concert**

Join us on Oct. 20th at 2:30 PM on the Windsor Common. The West Claremont Center for Music and the Arts in collaboration with the American Precision Museum of Windsor, VT, will host a concert by the Newmont Military Band, [www.newmontmilitaryband.org](http://www.newmontmilitaryband.org). This free concert will be performed on late 19th century musical instruments using original

arrangements, and will feature the music of Sousa, Von Suppe, and Bizet. In addition, you will be treated to works of two Vermont natives, Ezra and Eugene Bagley. Donations at this event support the youth and community programs for the WCCMA.

In case of inclement weather, the concert will be held at the American Precision Museum in Windsor, VT.

## 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.

## Supervisors of the Checklist Meeting in Sunapee

SUNAPEE, NH—The Supervisors of the Checklist will meet at the Sunapee Town Hall on Friday, Oct. 25, from 7:00 to 7:30 pm for additions and corrections to the checklist.

Please be advised this is the last time registered voters may change their party affiliation prior to the Presidential Primary.

## Drug Take Back Day is Saturday, October 26th

SUNAPEE, NH—On Saturday, Oct. 26, the Town of Sunapee will once again be participating in the National Prescription Drug Take-Back campaign, the Drug Enforcement Administration's nationwide effort to take back prescription drugs. Medicines that are no longer needed but remain in home cabinets are highly susceptible to misuse and abuse, including theft.

Rates of prescription drug abuse in the U.S. are increasing at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. In addition, many people do not know how to properly dispose of their unused medicine, often flushing them away or simply throwing them away – both potential safety and health hazards. The Take-Back campaign, which began in 2010, pro-

vides a safe way for people to dispose of their unwanted prescription drugs

The Sunapee Police Department is a registered collection site. On Saturday, Oct. 26th, Sunapee residents are encouraged to participate in the National Prescription Drug Take-Back campaign. An officer will be available at the Sunapee Safety Services Building from 10 a.m. to 2 p.m. to collect your expired or unwanted prescription drugs.

NOTE: If you cannot bring your unwanted medications on Oct. 26th, the Sunapee Police Department has a Medication Drop Box in the lobby of the Safety Services Building which is available for use Monday through Friday between the hours of 9 a.m. and 5 p.m.

**TUESDAY, OCT. 15**

**2 - 3 pm**

**Book Group**

**Meriden Library**

Discussing the Commissario Brunetti mystery novels by Donna Leon. Are you a fan of Donna Leon's mystery series, or are you looking for your next mystery series? Choose a book and join us for the discussion.

For more information: [mary.king@plainfield-libraries.org](mailto:mary.king@plainfield-libraries.org) or <https://plainfieldlibraries.org/>.

**Friday, October 18, 6:30pm**

**Plainfield Town Hall**

**Music In My Pockets: Family Fun in Folk**

**Music By Jeff Warner**

Singing games, "pocket instruments" like spoons and dancing puppets, tall tales, funny songs, old songs and songs kids teach each other in the playground will be seen, heard and learned in this program. We will revisit 1850 or 1910 in a New England town, with families gathered around the kitchen hearth, participating in timeless, hearty entertainment: a glimpse into how America amused itself before electricity. This program is recommended for adults and children ages 6 and above. Free and open to all.

For more information: [mary.king@plainfield-libraries.org](mailto:mary.king@plainfield-libraries.org) or <https://plainfieldlibraries.org/>.

## 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.

## Upcoming RAD Course Offering

LEBANON, NH—The Lebanon Police Department is offering a free Basic R.A.D. class in November.

The course, Rape Aggression Defense (R.A.D.) Basic, is the largest women's self-defense program in the country. It offers no-nonsense, practical techniques that women of all ages and abilities can participate in. The course is designed to give the participants realistic and dynamic hands-on training.

The course is taught by certified R.A.D. instructors from the Lebanon Police Department. There is no cost for the program and class size will be limited – you must register to attend. You must attend all four of the Basic R.A.D. classes in a session. Women ages 13-17 will need parental permission to participate.

Sessions are as follows:

Wed., Nov. 13, 6-9 p.m., Lebanon Police Dept.

Sat., Nov. 16, 9 a.m.-12 p.m., SAU 88 Building, Seminary Hill

Wed., Nov. 20, 6-9 p.m., SAU 88 Building, Seminary Hill

Sat. Nov. 23, 9 a.m.-12 p.m., SAU 88 Building, Seminary Hill

If you would like to participate in the above session, or would like further information, please contact Haley Tucker at [haley.Tucker@lebanonnh.gov](mailto:haley.Tucker@lebanonnh.gov), or 603-448-8800, or fill out the registration form on our website at <https://goo.gl/bpgh52>.

You can also visit R.A.D.'s website at <http://goo.gl/U9LZ2O> for further information about the program, or our department webpage at <https://goo.gl/bpgh52>.

**Saturday, October 26, 9:30 - 11:30 am**

**Halloween Open House**

**Philip Read Memorial Library**

Pumpkin decorating, Halloween crafts and refreshments. Costumes are welcome.

For more information: [mary.king@plainfield-libraries.org](mailto:mary.king@plainfield-libraries.org).

## 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.



**Ann Jacques**  
Licensed in NH / VT, Sales Associate  
Multi-Million Dollar Producer  
REALTOR®



Highview Realty  
42 Summer Street  
Claremont, New Hampshire 03743  
Office (603) 542-7766 Ext. 204  
Toll Free (800) 269-2414  
Cell (603) 543-7720  
Fax (603) 543-0163

Each Office is Independently Owned And Operated



Lake Sunapee Region VNA & HOSPICE

603.526.4077

REV. SEP 05, 2019

### MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

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



Autumn beauty in full swing, and a blue sky adds to nature's palette.

(Phyllis A. Muzeroll photo)



The Cottage  
...by the brook

**Antiques • Home Decor  
Botanicals**

5859 Route 5  
Westminster, VT 05346

(802) 722-3222

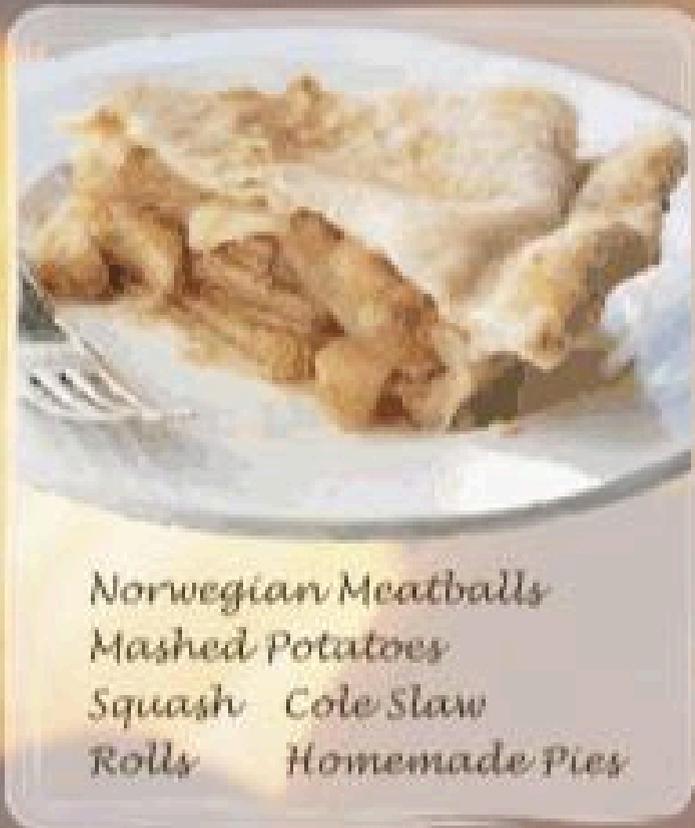
[thecottagebythebrook.com](http://thecottagebythebrook.com)

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

*Union Church*  
*Harvest Festival*

*Saturday October 19th, 2019*

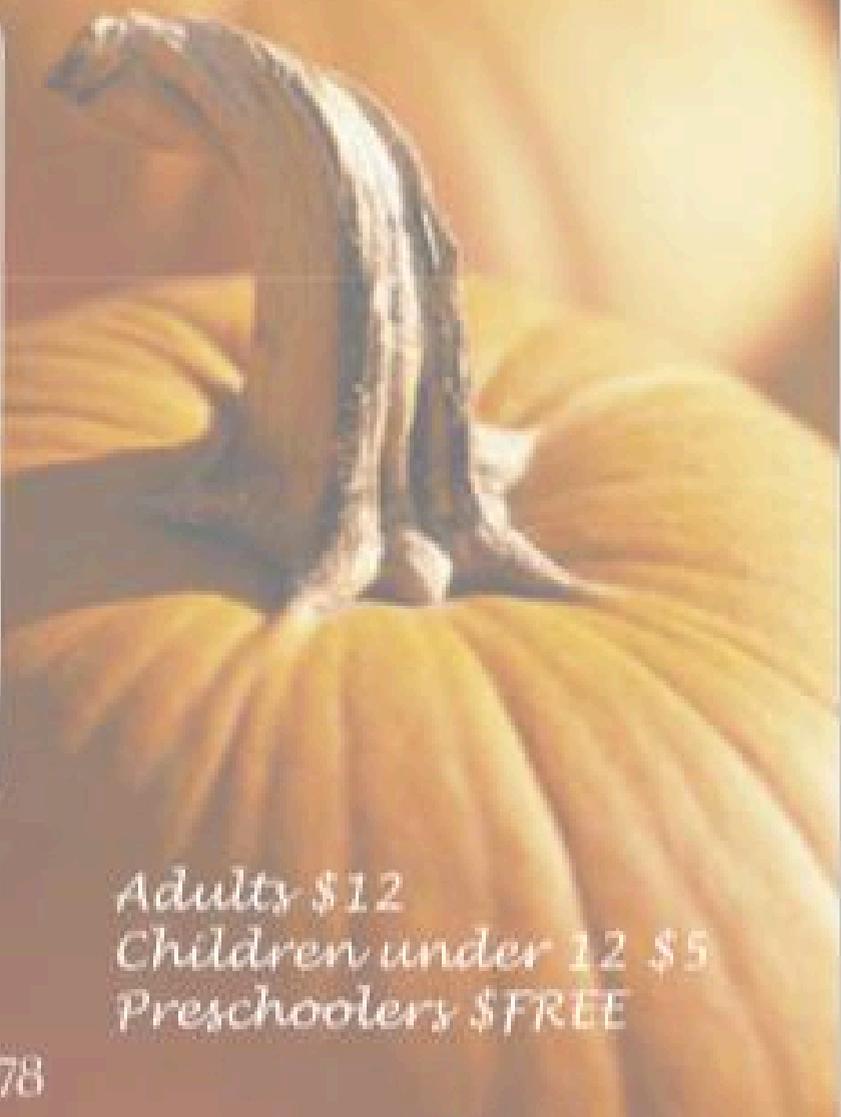
*Servings 5:00, 5:45, 6:30*



*Norwegian Meatballs*  
*Mashed Potatoes*  
*Squash Cole Slaw*  
*Rolls Homemade Pies*

*Handicapped Accessible*  
*133 Old Church Rd.*  
*Claremont, NH*  
*For Reservations : 802.738.0678*

*Adults \$12*  
*Children under 12 \$5*  
*Preschoolers \$FREE*





Valley Regional Healthcare

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

*An array of  
healthy food from*



*Win an iPad  
donated by*

**CROWNDPOINT**  
CABINETS



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

# *Turkey Dinner Open to the Public*



*At The*

**Claremont Senior Center**

**5 Acer Heights Rd., Claremont, NH**

***Saturday October 19, 2019***

***November 16, 2019***

***5 - 7 PM***

***\$10.00 per person***

***Child under 10 \$6.00***

***COME JOIN US!***

**Nov 1st, 6:30 PM  
United Methodist Church  
471 River Rd  
Charlestown, NH 03603**

*Come!  
Lift Voices in Offering to our Lord!*



*The Spirit of Jesus moves us to Praise Him,*

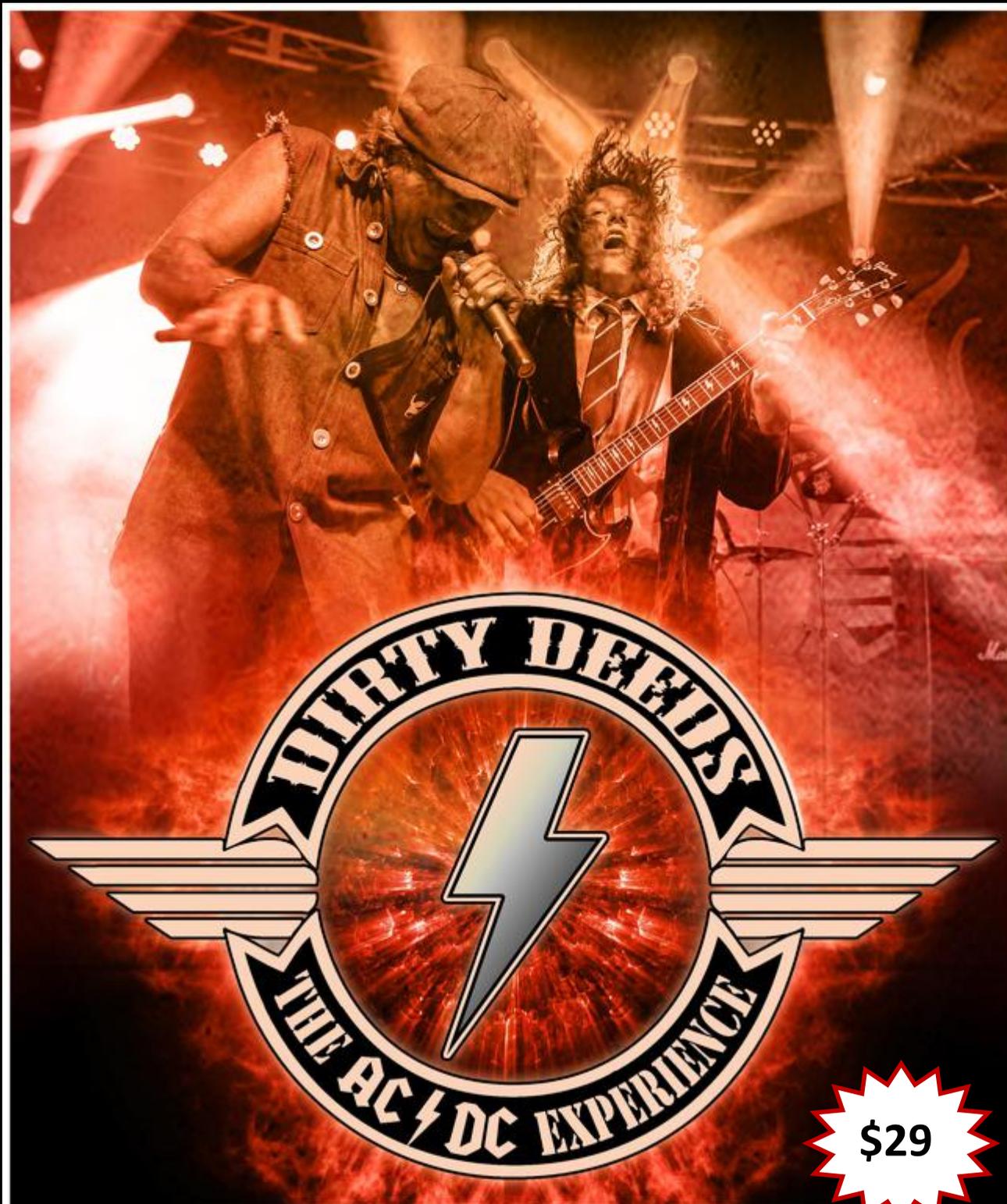


*Lord of the Harvest*

**Join an Assembly of Musicians from Charlestown-Area  
Churches in Making Melody to our Great Loving God.**

'Be Thou Exalted, O God, above the Heavens, and Thy Glory above all the  
Earth.

Ps 108: 6



**\$29**

**November 30**

**603-542-4433**

**claremontoperahouseorg**



**WWW.THEACDC EXPERIENCE.NET**

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](http://www.etickernewsoclaremont.com)

#### Ramona Hastings, 77

Ramona Hastings, 77, passed away on October 4, 2019, at Sullivan County Health Care in Unity, NH.

She was born on May 4th, 1942, in Claremont, NH. She was the daughter of Edwin and Virginia (Austin) Simpson. She worked for Top Stone Furniture, Sylvania, Pep Industries, Holson Photo & Big Lots. She enjoyed karaoke, singing country music, crafting, holiday decorating and her cat, Muffin. She was a member of the Ladies Auxiliary of the Legion.

She is survived by her son, Keith Blish & his fiancé, Michelle (Charland) Fogg.

She was predeceased by her husband, Thomas Hastings, on October 2008, her sisters, Leona Verrill and Pauline Rose, her parents and several nieces, nephews and cousins.

Per Ramona's request, there will be no calling hours or service. A private burial will take place at Mountain View Cemetery in Claremont, NH.

The Stringer Funeral Home is in charge of arrangements.

#### Oscar C. Templeton, 80

Oscar C. Templeton, 80, of Claremont, NH, died on October 12, 2019, following a period of failing health.

He was born in Claremont, NH, on March 30, 1939, the son of Dana and Lois (Rogers) Templeton. He was a graduate of Stevens High School and the Concord Commercial College.

In addition to his parents, he was predeceased by a brother, Eugene Templeton.

He is survived by his wife, Sandra (Palmer) Templeton, a stepson, Glen Berlanger of MA, a stepdaughter, Sherry Hurd of West Unity, NH a brother, Bruce Templeton of Claremont, and a sister, Mary Ruggles of N. Haverhill, NH. He is also survived by nieces and nephews, Terri Templeton, Jessica Sherman, Jason Ruggles, Jeffrey Ruggles, and Dawn Adams.

At his request, there will be no visiting hours or services.

Arrangements have been entrusted to Roy Funeral Home, 93 Sullivan St, Claremont, NH. To share a memory of Oscar or leave a message of condolence in an online guest book, visit [www.royfuneralhome.com](http://www.royfuneralhome.com).

#### Jean V. Bergeron, 96

Jean Varney Lefebvre Bergeron, age 96, passed away at the Sullivan County Health Care, Unity, NH October 6, 2019.

Born to Harry and Doris (Nowell) Varney in Franklin, NH, the second of five daughters, in January 1923. She attended Franklin High School, graduating in 1941. In January, 1943, she married her high school sweetheart, Armand (Lefty) Lefebvre while he was home on leave from the Navy. During the war, she remained in Franklin working for Houghton & Simonds. When Lefty returned after the war, they built a house in Franklin and had their first two daughters. In 1950, they moved their family to Van Nuys, CA. Later, they packed up their growing family and moved back to Franklin, NH. After a brief stay, and another daughter, they moved to Springfield, MA. Here they built a new home and Jean added another son. In 1960 they moved again to Claremont, NH, where she settled into the community and lived there for the next 60 years, becoming involved in many activities with her children as well as community activities. She was especially involved in her church, after converting to Catholicism when her oldest daughter was in first grade. She was active in the Catholic Daughters for over 60 years, serving in many officer capacities, including Regent. Upon the loss of Lefty in 1968, Jean found work at Kim

“Eyes love dark green. So do I.”

-Dr. Sam Giveen

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.

DOCTOR **SAM'S**  
EYE CARE



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

ball Stationary Store for 17 years. In 1975 she married George Bergeron. George passed away in 2000.

She was predeceased by both husbands, her parents, sisters, Barbara Cotton and Doris Gates.

She is survived by her children, Linda (Timothy) Buzzell, Plainfield, NH; Pamela Parkinson, Dover, NH; Paul (Joan) Lefebvre, Naples, FL; Susan (Michael) Monetta, Naples, FL; and John (Michelle) Lefebvre, Norfolk, VA. Her Step-children, Charles (Linda) Bergeron, Seattle, WA; Victor (Linda) Bergeron, Trinity, FL; Linda (Frank) Giner, Rocky Mount, VA; Dorothy (Everett) Demorest, Lafayette, IN; 11 grandchildren, nine step-grandchildren; 34 great grandchildren; one great-great granddaughter. Her sisters, Patricia Prince, Boscawen, NH and Gail Murray, Laconia, NH and brother-in-law, Leo Lefebvre, Claremont, NH. Many nieces and nephews.

The family would like to thank the staff of the Sullivan County Health Care for their many kindnesses while caring for their mother.

In lieu of flowers, please make contributions to a charity of your choice.

A Mass of Christian Burial was celebrated at on Monday (October 14) at St. Mary's Church with the Very Rev. Shawn M. Therrien, pastor, officiating.

You are invited to share a memory of Jean with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com).

### **Pauline M. Cogle, 60**

Pauline M. Cogle, 60, of Lincoln Heights in Claremont, NH, died at her home on Friday (October 4, 2019) following a period of failing health.

She was born in Phillipsburg, NJ, on June 25, 1959, the daughter of Robert L. and Gleora May (Abbott) Cogle. Pauline was a graduate of Newport High School, Class of 1977. Pauline had formerly lived in Newport, NH; Northfield, NH and Lyme, NH.

Members of her family include her mother, Gleora Payette, Claremont, NH; a sister, Ann Cogle, Orford, NH; a half-sister, Gleora Fisher, Goshen, NH; two stepsisters Freida Goins, TN; Crystal Hawkins, Claremont, NH; two step-brothers, James Payette, Jr, PA; Clarence Payette, Claremont, NH and several nieces and nephews.

She was predeceased by her father, Robert Cogle, her stepfather, James Payette, a

stepbrother, George Payette and a stepsister, Corrine Olson.

Graveside Committal Services were held on Monday (Oct. 14) in Pine Grove Cemetery in Newport, NH.

In lieu of flowers, the family suggests that

memorial contributions be made to Samaritan's Purse, P.O. Box 3000, Boone, NC 28607.

You are invited to share a memory of Pauline with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com). Arrangements have been en-

## **Claremont Senior Center, Inc.**



We have noticed a lot of laughter coming from the lounge area lately. Nice to hear! The Center has been humming with people moving in and out of classes, games and lunches. We suspect that the move inside is on its way. Although we have had some chilly mornings, the temperatures have evened out so our teeth have stopped chattering. Let's see if we can warm you up with some activities.

Lunch: 12:45 on Tuesdays and Thursdays. That is sure to heat you up a little.

Tues. Oct 15th-Soup, Baked Fish, Rice Pilaf, Broccoli, Chocolate Cream Pie. Count me in!

Thurs. Oct. 17th-Soup, Pot Roast w/ gravy, Mashed Potatoes, Carrots, Birthday Cake.

Served piping hot, will be our fabulous and filling Turkey Dinner-Sat. Oct. 19th, 5PM-7PM. Your plate will hold all the fixings from Cranberry Sauce to Gravy. Adults-\$10, 10 and under-\$6. Take outs available. Call 603-543-5998. Open to the public.

And we have more! Gentlemen, the Men's Breakfast will be on Mon. Oct. 21st-,8:15. AM. Pancakes, Sausage or Bacon, Juice and Coffee.

The Flu Clinic is Thurs. Oct. 17th-11AM.-Noon. If you have not received your shot yet, please plan to attend.

We care about the wellness of our seniors, Not only do we have exercise classes, we will offer a Foot Clinic-Wed. Oct. 16th-8:30AM and a Blood Pressure Check-Thurs.Oct. 17th. 11AM.

Do you have a time of the day when you are a little bored? Say a couple of hours? If you like talking to people, are good talking on the phone and helping, we have a spot for you. We are looking for friendly, happy people to man our reception desk. Mornings and afternoons are available. Sometimes it can be hilarious fun! Call 603-543-5998 or come in.

Corn Hole will be starting soon. The boards are made and the official bean bags have been ordered. We are thinking of Wednesdays-4PM-6PM. Or Sundays-1PM-4PM. Please feel free to take a set and play anytime and anywhere there is room.

Quick Takes: Halloween Lunch- Thurs, Oct. 31st-12:45.- Soup, Tourtiere (Pork Pie), Mashed Potatoes, String Beans, Tapioca Pudding. Wear a costume if you wish. Ahhh-Come on! Be brave. You could win a prize!

We are still looking for a chess teacher. If you love to play, we would like you to consider teaching our members. We have 4-5 members signed up already.

We have so many surprises coming up for our members. We just have to finalize the details. Sometimes it takes a while. Please be patient. Thanks.

Thought for the Week: Tough times never last, but tough people do.

Laughter and lively conversation always welcome and encouraged here. Have a good week. Stay warm.

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

trusted to the Roy Funeral Home and Cremation Service.

**Claremont Fire Dept. Log**

**Sunday, October 6th**

0137 E3 responded to a medical call on Beau regard St.  
 0211 E3 responded to Winter St for a public assist.  
 0225 E3 responded to a medical call on Heritage Dr.  
 2002 E3 responded to Elm St for a CO problem.  
 2032 E3 responded to Central St for an alarm sounding.  
 2208 E3 responded to Trinity St for a box alarm.  
 2235 E3 responded to Broad St for an alarm sounding.

**Monday, October 7th**

0647 E3 responded to a medical call on Pearl St.  
 1724 E3 responded to Grandview St for a smoke investigation.

**Tuesday, October 8th**

0121 E3 responded to Windsor Rd for a motor vehicle accident.  
 0322 E3 responded to Summer St for an odor investigation.  
 1227 E3 responded to a medical call on Tutherly Ave.  
 1837 E3 responded to a medical call on Burke St.

**Wednesday, October 9th**

1258 E3 responded to a medical call on Dartmouth St.  
 1339 E3 responded to a medical call on Tutherly Ave.  
 1418 E3 responded to Charlestown Rd for a motor vehicle accident.  
 1432 E3 responded to a medical call on Myrtle St.  
 2126 E3 responded to a well-being check on Fisk Pl.  
 2322 E3 responded to a medical call on Pleasant St.

**Thursday, October 10th**

1216 E3 responded to Elm St to assist the ambulance.  
 1741 E3 responded to Bible Hill Rd for fluid in the road.  
 1958 E3 responded to a medical call on Canterbury Rd.  
 2257 E3 responded to Dartmouth St for an illegal burn.

**Friday, October 11th**

1217 E3 responded to Sullivan St for an alarm sounding.

**Saturday, October 12th**

0159 E3 responded to Elm St for an alarm sounding.

0450 E3 responded to a medical call on Heritage Dr.

2313 E3 responded to a medical call on McKenzie Dr.



**The Claremont City Council will hold a public meeting on Wednesday, October 23, 2019, 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. MAYOR’S NOTES
- 6:40 PM 5. CITY MANAGER’S REPORT
  
- 6:45 PM 6. CITIZEN’S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
  
- 7. OLD BUSINESS
- 6:55 PM A. Elderly Exemptions and Veterans Credit
- 7:15 PM B. Ordinance 572 Merit Plan Salary Scale Waiver – Second Reading
- 7:30 PM C. Holiday Display
  
- 8. NEW BUSINESS
- 7:45 PM A. Police Commission LSR Language
- BREAK
- 8:10 PM B. Plan for Unrestricted Municipal Aid
- 8:25 PM C. Tax Deeded Properties
  
- 8:35 PM 9. FUTURE AGENDA ITEMS AND DIRECTIVES
  
- 8:45 PM 10. CONSULTATION WITH LEGAL COUNSEL
  
- 8:50 PM 11. ADJOURNMENT

PLEASE NOTE: Claremont City Council’s next scheduled meeting will be on Wednesday, November 13, 2019, at 6:30 p.m. in the Council Chambers at City Hall.

PLEASE NOTE: Claremont City Council’s next scheduled meeting will be on Wednesday, November 13, 2019, at 6:30 p.m. in the Council Chambers at City Hall.