

Baker Hill Golf Club Gives Back ... Like a Pro!

SUTTON, NH—This past summer, Baker Hill Golf Club held its first “Pro-Am Series & Charity Event.” Foursomes comprised of three Club members and one professional played in a Best Ball Gross & Net format. Each member contributed \$50.00 for the special opportunity to “play with a pro” while supporting vital home care services for our local community. Sincere thanks to Pros Brad Heninger, Mark Peters, Jeremy Quelch and Ed Deshaies, without whom the series wouldn’t have been possible.

“In this first year of our charity event, we chose Lake Sunapee Region VNA & Hospice (LSRVNA) as the beneficiary because of its exceptional care, care that enhances the lives of so many, but may not always be recognized,” said Mark Ashton, General Manager of Baker Hill.

“Generosity such as Baker Hill has shared helps to raise awareness, as well as much-needed funding to sustain the many programs that are integral to our not-for-profit mission,” said Jim Culhane, LSRVNA President and CEO. “We are deeply grateful to have been selected as the 2018 recipient of the event’s proceeds, especially knowing how many other area organizations are doing important work as well.”

Lake Sunapee Region VNA & Hospice was founded in 1970 and provides skilled medical care, personal care services and hospice in the home setting, as well as a robust menu of community-based health and wellness programs in more than 29 towns spanning Grafton, Merrimack and Sullivan counties. On any given day, there are approximately 600 patients on service with the agency. For more information, call 603-526-4077 or visit www.lakesunapeevna.org.

World Snow Day Activities Moved to Jan. 27

CLAREMONT, NH—Talk about irony. Activities planned for World Snow Day on Jan. 20 were postponed Sunday due to the storm that was predicted to dump 12-18” of snow in the

Pictured from left: Mike Jesanis, Baker Hill Golf Club President; Mark Ashton, Baker Hill Golf Club General Manager; Jim Culhane, LSRVNA President & CEO (Courtesy photo).



area. Although the storm fell short of those numbers, a mix of heavy sleet and snow made for miserable conditions nonetheless. The events, hosted by Slebobgan Club of New England (SCNE) and Arrowhead Recreation Area, have been rescheduled for Sunday, Jan. 27. Children ages 4-14 will receive World Snow Day bibs, 50% of lift tickets for tubing, skiing, and snowboarding. There will be medals awarded in Slebobgan Cross Races (helmets required). Raffle items, discount coupons, and other prizes. Perhaps an attempt at the World Slebobgan Speed Record. To participate, helmets will be required and the weather conditions must be appropriate; 10:00 a.m. – 4:00 p.m.

SHS Boys Basketball Busy with Away Games

The Stevens boys basketball team played a pair of games this past week on the road, traveling to Newport on Tuesday and then playing at Hollis-Brookline on Friday.

On Tuesday, Stevens and Newport played a back and forth game with the usual intensity between the neighboring rivals. Stevens would trail by as much as 9 points in the 3rd quarter but came all the way back to take a late 4th

quarter lead. The Tigers, however, would stage a late comeback for an exciting come from behind for a 60-56 victory. Clayton Wadsworth scored a team high 12 points for Stevens. Owen Taylor added 11 points, while Ethan

(Continued on page B2)

SHS Boys Varsity Basketball

12/14/18	Laconia	L 37 - 65
12/18/18	at Lebanon	L 21 - 70
12/21/18	at Oyster River	L 22 - 71
01/02/19	at Fall Mountain	L 52 - 54
01/04/19	Merrimack Valley	L 42 - 63
01/08/19	Hanover	L 55 - 85
01/11/19	Bow	L 32 - 77
01/15/19	at Newport	L 56 - 60
01/18/19	at Hollis-Brookline	L 36 - 72
01/25/19	at Coe-Brown Northwood	6:30 PM
01/29/19	Fall Mountain	7:00 PM
02/01/19	Plymouth	7:00 PM
02/08/19	at ConVal	6:30 PM
02/11/19	Newport	7:00 PM
02/15/19	at John Stark	6:30 PM
02/19/19	at Kearsarge	6:30 PM
02/26/19	Souhegan	7:00 PM
03/01/19	Kearsarge	7:00 PM

SHS Girls Varsity Basketball

12/07/18	at Souhegan	W 62 - 29
12/11/18	Kearsarge	L 24 - 39
12/14/18	at Laconia	L 29 - 44
12/18/18	Lebanon	L 14 - 54
12/21/18	Oyster River	L 45 - 47
01/02/19	at Fall Mountain	L 41 - 50
01/04/19	at Merrimack Valley	L 47 - 51
01/08/19	at Hanover	L 17 - 80
01/11/19	at Bow	L 30 - 45
01/15/19	Newport	W 40 - 29
01/18/19	Hollis-Brookline	L 34 - 53
01/25/19	Coe-Brown Northwood	7:00 PM
01/29/19	Fall Mountain	5:30 PM
02/01/19	at Plymouth	6:00 PM
02/08/19	ConVal	7:00 PM
02/11/19	at Newport	7:00 PM
02/15/19	Timberlane	7:00 PM
02/19/19	at Kearsarge	5:00 PM

Lebanon-SHS-Mt. Royal Ice Hockey (Boys)

12/12/18	Alvirne-Milford	L 3 - 8
12/15/18	at Somersworth-Coe-Brown	W 4 - 1
12/19/18	Goffstown	L 3 - 6
01/02/19	Kingswood	W 5 - 4
01/05/19	Merrimack	W 5 - 2
01/07/19	John Stark	L 0 - 4
01/12/19	at Kingswood	W 1 - 0
01/19/19	St. Thomas Aquinas	L 4 - 6
01/23/19	at Berlin	6:00 PM
01/25/19	at Oyster River	6:00 PM
02/02/19	at Dover	2:00 PM
02/06/19	Spaulding	3:40 PM
02/09/19	at Portsmouth-Newmarket	10:45 AM
02/13/19	Berlin	6:00 PM
02/16/19	at Merrimack	4:40 PM
02/20/19	at Keene	8:00 PM
02/23/19	Winnacunnet	5:30 PM

Lebanon-SHS-Kearsarge Ice Hockey (Girls)

12/12/18	at Bedford	W 10 - 4
12/15/18	Oyster River-Portsmouth	L 1 - 9
12/18/18	at ConVal-Conant	W 9 - 0
12/22/18	Concord	L 2 - 4
12/28/18	Berlin-Gorham	L 0 - 2
01/05/19	at Exeter	L 0 - 10
01/08/19	at Bishop Brady-Trinity-West	8:00 PM
01/10/19	Pinkerton	L 6 - 8
01/12/19	Bishop Guertin	W 9 - 4
01/18/19	Keene-Mon-Fall Mountain	W 5 - 0
01/26/19	at Berlin-Gorham	4:00 PM
01/30/19	at Keene-Mon-Fall Mountain	4:00 PM
02/05/19	Manchester Central	5:50 PM
02/09/19	at Souhegan	5:50 PM
02/12/19	Hanover	4:50 PM
02/19/19	Kingswood	5:30 PM
02/23/19	St. Thomas-Winnacunnet	3:10 PM

Basketball, from B1

Johnson had 10 points. Josh Stithen chipped with 9 while also grabbing a season high 15 rebounds.

On Friday evening the Cavaliers of Hollis-Brookline proved to be inhospitable hosts as they ran away from the Cardinals for a 72-36 victory before the home crowd. Josh Stithen led Stevens with 11 points. Gabe Miller scored a season high 9 points, while Alex Taylor, Owen Taylor, and Matt Jones all chipped in with 4 points apiece. Brady Moote grabbed 6 rebounds.

The junior Cardinals played three games, all on the road, traveling to Newport on Tuesday, to Langdon on Wednesday, and then to Hollis-Brookline on Friday.

Stevens would get their first win of the year on Tuesday night as they defeated Newport 63-36. Cooper Moote led the way for the Cardinals as he tossed in 17 points, and grabbed 7 rebounds. Reeve Wilkinson scored a season high 11 points. Alex Taylor had 8 points and Brennan Huntoon scored 7 points.

On Wednesday even-

ing, Stevens won for the second night in a row as they defeated the Wildcats of Fall Mountain 47-41. Brennan Huntoon led the Cardinals with 16 points. Cooper Moote added 12 points, while his brother Brady added 6 points to go with his 8 rebounds. Dylan Chambers scored 5 points while JJ Tursky and Alex Taylor chipped in with 4 points each, with Taylor also hauling in 9 rebounds.

On Friday evening the Cavaliers ended the 2 game winning streak with a 53-24 victory. Stevens was led by Cooper Moote, who scored a team high 13 points. Caden Ferland, Reeve Wilkinson, and Alex Taylor each had 3 points.


Both teams are off until Friday when they travel to Coe-Brown. The JV game tips off at 5:00 p.m., with the varsity game starting at 6:30 p.m.

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Inspiration

Is It Spring Yet?

By Priscilla Hull



What a silly question! Did I look out the window? Do I know what happened yesterday? The biggest storm of the year and it's only January 21. I spent Saturday evening when the snow was starting at the kitchen sink watching people sliding down the slope by various methods. Some had one foot on each of two long "boards". A completely peculiar way of getting down a steep slope. Others had both feet on one board, even more peculiar to my way of thinking. Then there were those who planted themselves firmly in a large tire tube. That might be safer until you think how much control they have! Not a lot. But they surely love it. I think it's all silly, but then I'm not one to want to go out and freeze my nose and toes unless necessary. Oh, I don't mind the cold. I like it better than the extreme heat. I keep my thermostat at 64 and am perfectly comfortable.

I know that spring is coming, though. I saw the very first sign of spring on Twistback Road this week. I don't depend on Punxsutawney Phil. He's made several good predictions, but as many poor ones. Poor fellow, what does he know of the way of the world? If the wind is just right, he yawns and turns around for another 20 or 30 winks. If the wind blows from the other direction, he stretches and comes out for a little sun bath! He's a sweet creature, but I think it just depends on how comfy he is when he hears all the rustle is above and sneaks out for a quick view.

A sister who lives 500 miles south of here always lets me know when her crocus are up and blooming. We usually have a foot or two of snow still to dissolve. Our crocus are still sleeping in the frozen soil when hers are smiling at the sun. So, no, it's not the crocus.

It's not when the first robins appear. We've learned the past few years that there are "winter robins" who may come down from Canada, or maybe have wintered in our wooded areas.

The ice is still too thick on the lakes and rivers. There's no sign of spring there! So what is this first sign of spring? It's the signs that go up on the sides of the road!

"Frost Heaves"

I love those and "Road Posted". They don't appear in New Jersey, New York, Pennsylvania and other more southern climates. It's just up here where our roads turn into washboards that we have the joy of seeing "Frost Heaves" emblazoned on the side of the road, and we breathe a sigh of relief and smile, because we know that Spring is on the way!

14 God said, "Let there be lights in the expanse of the sky to separate the day from the night, and let them be signs to indicate seasons and days and years,

Genesis 1:14



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

Calendar Of Events

CHARLESTOWN PARKS AND RECREATION COMMITTEE RECREATION NEWS

REC VS PD BASKETBALL GAME: Come on out and root for your favorite team in the annual Recreation Dept versus Police Department Basketball Game. Friday, February 22, 6:00 p.m. \$2.00 per person or two nonperishable food items per person. Food items to be donated to the Food Shelf.

SOFTBALL AND BASEBALL SIGNUPS: Please visit the Town Office at 233 Main Street, Charlestown, during normal business hours, to sign up for softball and baseball season. Evening/Saturday signups will be announced in March.

POOL DIRECTOR AND POOL GUARDS: Time to start planning for Summer! The CREC is accepting applications for a Pool Director and Life Guards. Training is available in February/March (dates to be determined). Guaranteed hours. Starting wage based upon experience. Please call or visit Town Office to submit an application.

RISE AND YOGA: by Krystal Boivin. Rise and Yoga will continue. All fitness levels welcome! Bring a friend! Tuesdays 5:30-6:00 AM. At the Charlestown Old Town Hall, 29 Summer St., Charlestown, NH. Suggested donation \$15. www.krystalboivin.com - Facebook: @boivinkrystal - Instagram: @krystal-boivin.yoga

RECREATION COMMITTEE MEETING: The February CREC meetings will be on Feb 5 and Feb 19 at 6:00 p.m. 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. for all announcements and upcoming events.

Overeaters Anonymous Big Book Meetings

CLAREMONT, NH—Overeaters Anonymous Big Book Meetings are held at Valley Regional Healthcare in Claremont on Wednesdays from 3:30-4:30 p.m. in the library. Please use Dunning Street entrance.

New Dinner Theater Show by OBSP

CLAREMONT, NH—Off Broad Street Players are continuing their long-held tradition of producing entertaining dinner theater shows during the dreary months of winter. The group's first show of 2019 will be Dining with Disaster, an original comedy by OBSP member, Mike Cirre. He has penned a wild and hilarious script about aging superheroes living together in a quirky senior care facility. Mirroring the style of the many successful dinner theater shows that have been produced by OBSP over the years, the show is a classic of adult humor for ages 18 and older.

Julie Richardson, director, has worked with her veteran cast of dinner theater actors, well-known to local audiences and expert at the improv and bawdy humor that has been so successful in past shows. Cast members are Kara Lee, Brian Bevacqua, Jessica Warkentien, Leslie Peabody, Mike Grace, Bob Tourangeau, Robin McNamara, Scott Magnuson, Trudee Bacon, and Mike Cirre.

Show dates are Friday and Saturday, Jan. 25 and 26. Tickets are \$25 which includes a roast pork roast dinner and the show. Cocktails will be available at 6pm, with dinner and the show beginning at 6:30. Please plan to arrive in time to be seated before show time or you risk having to wait until the first intermission to enter the room.

Tickets must be purchased in advance by Wednesday January 23 at the Claremont Elks Lodge, 54 Summer Street. Call 603-542-9802 for their open hours.

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breastfeeding mothers. Claremont La Leche League Claremont La Leche League will be meeting

on the 3rd Thursday of the month at the TLC Family Resource Center, 109 Pleasant Street: Mornings, from 9:30—11:00 a.m., evenings, 5:30—7:00 p.m. LLL Leaders are trained and accredited through LLLI to offer help to parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. A leader will be available to answer your questions.

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

Caregiver Support Group

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

Off Broad Street Players to Host New Year Social

CLAREMONT, NH—Off Broad Street Players will host a New Year Social after their January 28 meeting to celebrate the start of the 2019 community theater season. The meeting will begin at 6:00 p.m. at the Fiske Free Library, 108 Broad Street, Claremont, with the social to follow.

OBSP has entertained and enriched local stages since 1985 and has a rich history of shows over the last three decades. They include comedy and drama, musicals, dinner theater mysteries, cemetery walks produced in partnership with the Claremont Historical Society, stage versions of those living history stories, and classic radio shows. Their most recent productions were a radio show designed for a family audience at the CSB Community Center on First Night and an adult-themed dinner theater mystery at the Claremont Elks coming up next weekend.

All members are encouraged to attend, as well as anyone interested in any facet of community theater, from acting, singing or dancing on stage to directing and working behind the

scenes. Please call 603-542-6454 or email offbroadstreetplayers@gmail.com with any questions and to let us know how many folks to expect.

Tickets for Dining with Disaster, an original dinner theater comedy by OBSP member, Mike Cirre, directed by Julie Richardson, are \$25 for a roast pork roast dinner and the show. Cocktails will be available at 6:00 p.m., with dinner and the show beginning at 6:30 p.m. Tickets must be purchased by Wednesday, Jan. 23, for the weekend performances on Friday and Saturday, Jan. 25 and 26. Call 603-542-9802 for more information.

Join the Boy Scouts

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

Overeaters Anonymous Meetings

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

Croydon Ladies Auxiliary Bingo

CLAREMONT, NH--The Croydon Ladies Auxiliary is sponsoring bingo every Thursday. Held at the Claremont Senior Center, 5 Acer Heights off Maple Avenue in Claremont. Doors open at 4:30 p.m. and games start at 6:30 p.m. Food and drinks available. Open to those 18 and older. Call Sandy at 543-7118 for more information. All paper games.

CDA Education Contest

Art, Essay, Computer Art, Poetry, Music and Photography are the categories included in the Education Contest sponsored by the Catholic Daughters of the Americas. Any student, boy or girl, in grades 4-12, is eligible to enter the contest. There are 3 divisions according to grade level and a student may enter more than one category. Awards are given for each division in each category. The 2018 themes are "Here I am Lord, I come to do Your will" Psalm 40 or "Doing my best to do good."

Here is an opportunity for students to apply their talents, their lively imagination and free-

dom of thought. Applications are due by February 1, 2019. Applications and rules may be obtained from Arline Marro, CDA Education Chair, (603) 542-5933.

Strength and Balance Exercises in Newport

NEWPORT, NH—Lilyan's Legacy Exercise Class in Newport. Strength and Balance Exercises as taught by Dr. Lilyan Wright. Volunteer-led exercises in the new downstairs activity area of the Newport Senior Citizen Center. Held Tuesdays and Thursdays, 9:30 to 10:30

6 Ways to Stand out in a Seekers' Job Market

<p style="text-align: center;">Sell yourself</p> <p>Be proud of what you've done and explain clearly why that makes you ideal for the job.</p>	<p style="text-align: center;">Always be prepared</p> <p>If a company contacts you offering you the chance for an interview or even a direct hire, you need to have a resume up to date and at the ready.</p>
<p style="text-align: center;">Be direct</p> <p>When everyone is on the same page, there's little to no chance of either side ending up making a decision that doesn't work in their favor long term.</p>	<p style="text-align: center;">Maximize your visibility</p> <p>If you may be interested in a new job, but not actively looking, having a great web presence can help get your name out there.</p>
<p style="text-align: center;">Get others to back you</p> <p>Ask around with your personal or professional networks to see if you know anyone who works at the company or has a relationship with the hiring manager.</p>	<p style="text-align: center;">Know as much as you can</p> <p>Companies are likely to talk to a lot of similarly qualified people, so having a little "insider" knowledge could help you get an edge by showing off just why you're such a great fit.</p>



603-542-9675
 NHClaremont@westaff.com
 131 Broad Street, Claremont, NH 03743

www.westaff.com

AM. Spring 12-week session begins January 8. Join us at any time.

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. No registration required.

Questions? Contact Pris, 603-863-7970.



Jamie Townsend Art is now available for viewing in the Claremont Opera House John D. Bennett Atrium Gallery. Viewing is available during the shows at the Claremont Opera House or by stopping in at the business office for access to the gallery on the 5th floor during business hours.

**SATURDAY, JANUARY 26
CANTABILE CONCERTS IN JANUARY
First Congregational Church, Lebanon**

Sunday, January 27

3:00 p.m.

Norwich Congregational Church

Tickets at the door or online at <http://www.cantabilewomen.org/>

Directed by Kathy Sherlock-Green and accompanied by Jeanne Chambers, Cantabile women's chorus will be presenting "Person, Place or Thing". The concert includes classical works, traditional tunes, and folk songs, including *Object Lessons* by Matthew Harris,

Linden Lea by Ralph Vaughn Williams, and Gwyneth Walker's *Now I Become Myself*.

**FRIDAY, FEBRUARY 8
SULLIVAN COUNTY CONSERVATION DISTRICT**

72nd Annual Awards Dinner
6:00 p.m., Cornish Town Hall

We hope you can join us as we recognize all the great work being done by volunteers, program participants, individuals, partner organizations and staff to conserve natural resources, support local agriculture and promote place-based education in Sullivan County.

Dinner tickets are \$15/person and can be paid by sending a check made out to "SCCD" to SCCD, 95 County Farm Rd. Unity, NH 03743. We prefer payment before the dinner, but will take cash or check at the door too. Doors open at 5:30pm.

Please RSVP with Dawn Dextraze by Jan. 28th, ddextraze@sullivancountynh.gov.

Evening Schedule & Dinner Menu can be found at <https://www.sc-cdnh.org/programs>.

Snow-date: February 22.

**THURSDAY, JANUARY 24
LOCAL CRAFT MARKET
in White River Junction
Are you a local vendor?
Or do you like to shop local?**

Join us at Newberry Market in downtown WRJ.

OPEN EVERY THURSDAY
FROM 3-6 pm..

live music, food and crafts.

For more information contact us:

newberrymarketwrj@gmail.com

802 299 0212

Vendor space: \$25.00

**TUESDAY, JANUARY 22
OPEN MIC NIGHT**

Join us for an open mic night, hosted by Rural Outright. This event is open to all! Bring your poems. Your music. Your skits. Bring your voice.

It all kicks off at 6pm. Sign up at the door.

RSVP via the FB event

page:

<https://www.facebook.com/events/346407219477879/>.

Location: Claremont Makerspace, 46 Main Street, Claremont NH.

**SATURDAY, JANUARY 26
MAKE A SILVER RING
CLAREMONT MAKER SPACE**

In this workshop, you'll learn the basics of silver-smithing while you make a simple silver ring! The instructor will guide you through various options for how to embellish your band, the shape of which you will get to choose.

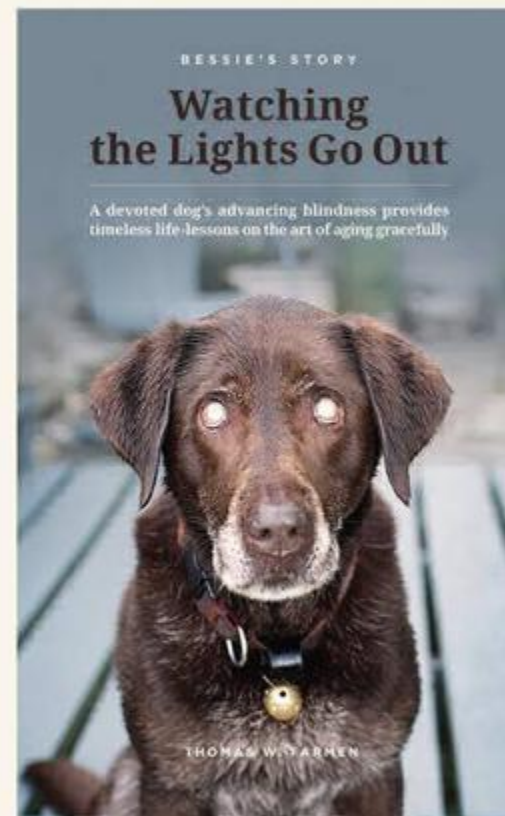
You'll try soldering and learn how to polish your finished product into a beautiful ring! No experience necessary. All materials will be provided, and \$5 materials fee is included in the registration cost.

To register, please go here: <https://claremont-makerspace.org/events/#!event/2019/1/26/make-a-silver-ring>.

DISCUSSION & SIGNING

with

Thomas Farmen



BESSIE'S STORY - Watching the Lights Go Out is an inspiring story about a charming, brave, chocolate Lab who gradually loses her eyesight. The author leads the reader from the unexpected diagnosis of terminal blindness for his beloved four-year-old pet through the two-and-a-half year transition to sightlessness. In the process, Bessie unwittingly becomes an expert mentor and teacher for the high-wire act of growing older with grace and optimism.

WWW.BESSIESSTORY.COM

Saturday, January 26 @ 1 pm

Unity Town Hall
713 2nd NH Turnpike
Unity, NH 03743

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Bingo at the Charlestown Memorial VFW Post 8497 Post Hall

CHARLESTOWN, NH--Bingo is held Wednesdays at the Charlestown Memorial VFW Post 8497 Post Hall, 365 Lovers Lane Road in Charlestown, NH. The regular games start at 6:30 p.m. with Early Birds games commencing at 5:00 p.m. Eight regular games, four two-part games, and three special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, a carry-over cover-all game also paying off in 50#'s or less or a consolation of \$150, plus the final Jackpot game paying \$150. All regular and special games are now on PAPER. Bingo is the VFW Post 8497's primary fundraiser for its various scholarships and sponsorships. Food and drinks are available.

Newport Historical Society Museum Hours

NEWPORT, NH--Interested in local history? Come visit the Newport Historical Society Museum, 20 Central St., Newport, NH. Located in the 1837 Nettleton House, the museum has two floors of annually changing displays to wander through.

Open Sundays (except holiday weekends), from 10AM to 2PM, and by appointment by calling 603-863-1294. The museum is free, heated, air-conditioned, and handicapped accessible.



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Got news? Send news items and photos to etickernews@gmail.com



Lake Sunapee Region VNA & HOSPICE

603.526.4077

REV. DEC. 13, 2018

MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st WEEK of the month	BLOOD PRESSURE CLINIC COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm FOOT CLINIC Meriden Congregational Church 12:00 – 4:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	BLOOD PRESSURE CLINIC Newport Rite Aid 11:00 am – 1:00 pm FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm Mascoma Senior Center, Canaan 9:00 am – 12:00 pm	BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
2nd WEEK of the month	BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm FOOT CLINIC Charlestown Senior Center 9:00 am – 4:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:30 am Grantham Methodist Church 11:15 am – 12:00 pm Sugar River Mills, Claremont 1:00 – 2:00 pm FOOT CLINIC Sugar River Mills, Claremont 12:30 – 2:30 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC CSB Community Center, Claremont 10:30 am – 12:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
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 Danbury Community Center 10:00 am – 12:00 pm Newport Senior Center 11:15 am – 12:15 pm FOOT CLINIC Marion Phillips Apts, Claremont 1:00 – 4:00 pm	BLOOD PRESSURE CLINIC Goshen Parish Hall 10:45 – 11:45 am Newport Rite Aid 11:00 am – 1:00 pm FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Bradford Senior Center 11:00 am – 12:00 pm Claremont Senior Center 11:00 am – 12:00 pm Maple Manor Apts, Newport 3:15 – 4:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm Lebanon Senior Center 10:00 am – 2:00 pm	FOOT CLINIC Warner Pharmacy 9:30 am – 12:00 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 Marion Phillips Apts, Claremont 1:00 – 2:00 pm FOOT CLINIC Lebanon Senior Center 10:00 am – 2:00 pm	BLOOD PRESSURE CLINIC Warner Senior Center 10:30 am – 12:00 pm FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Plainfield-location varies 11:30 am – 1:30 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	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

½ Way to Spring

INDOOR
YARD
SALE

Saturday, February 9th
9:00 am – 2:00 pm

Claremont Elks Lodge
54 Summer Street

Over 20 Multiple Sales Displays And a Food Concession

So stop in with your friends and family to see what treasures you might find!!

Interested in a yard sale spot, call the Lodge 542-9802 between 2:00 – 9:00 pm



Sullivan County Humane Society
would like to serve you
an All-You-Can-Eat
homemade

Spay-ghetti Dinner
Saturday, March 2nd
4pm ~ 7pm



At the Claremont Country Club
Located off of Maple Avenue

Dinner Includes: Your choice of sauce (neutered
or un-neutered), Spaghetti, Bread, Salad And Dessert!
(Drinks not included, can be purchased at bar)



Tickets, \$10 each Kids under 6
eat free with Adult ticket

Sponsored in part by:
Claremont Country Club
All proceeds to benefit SCHS



Tickets can be purchased with these three options:

1. online www.pinnaclestrive.com/index.php?n=schs_spay_ghetti_dinner_2019
2. top at the shelter @ 14 Tremont St
3. at the door, the night of the dinner.

For more info visit us @ sullivancountyhumanesociety.org

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

Sofia G. Van Schoick

Sofia Grace Van Schoick, our little “Pedie Pie”.

Sofia was a bright and happy soul, she was so full of life. She had the biggest, deepest blue eyes that you could get lost in. Just one look from her and your day would instantly get better. Her hugs made you feel like nothing could ever go wrong. You could not have asked for a more caring child, she would help around

the house and help with her brother. If you needed something, Sofia would go and get it.

She was the fiercest little girl the world has ever seen, she wasn't afraid of anything. She was a very precocious, loving little girl that now has wings.

Sofia was perfect.

Sofia leaves behind twin brother, Camden, her mother, Courtney, her auntie and uncle, Kate and Jeff Verkest and their children (her cousins), Nolan, Molly, and Easton, her maternal grandparents, Lindsay Van Schoick (grampy), Helen Carpio (mommom) and her



adopted auntie, Anne Maloney, and many relatives and friends spread across the country.

Now holding her in his loving arms is her predeceased uncle, Kendal Van Schoick. May she watch over all of us and stay in our hearts forever.

A memorial service will be held on Saturday, Jan. 26, at 1 PM at South Congregational Church, 20 Church Street, Newport, NH.

Catherine M. Westhaver, 52

Catherine Marie “Cat” Westhaver, age 52, passed away on January 17, 2019, after a brief illness, her fourth and final bout in her 27-year fight with cancer.

She was born January 8, 1967, in Keene, NH, to Verna Church Westhaver and John Westhaver. She was a painter, sculptor, mask maker, mixed media artist, writer and poet, and a veteran of the Massachusetts National Guard. She attended the University of Arizona, Tucson, and Salve Regina College, Newport, RI, and received her Bachelor of Arts degree from UMASS, North Dartmouth, in 1989. The daughter of a professional pipe organist and US Air Force chaplain, she spent

her childhood in New Hampshire, Nevada, Alaska, and Rhode Island. As an adult, she traveled extensively, notably to Mexico, Ecuador, Peru, the Galapagos, Kenya, Ireland, Turkey and Scotland and far eastern Russia. She spent the last 25 years in the Upper Valley, where she was a member of the Claremont MakersSpace. She touched people's lives for the better everywhere she went.

She is survived by her mother, and by her brother, David Westhaver of Midlothian, VA, and his family, by Lisa Roderick, her spouse of 31 years, and by her sister Penny Stevenson, both of Claremont. She is also survived by Apsara, Vivaldi and Brindle.

A gathering of her friends and family will be announced later this winter. In lieu of cards or flowers, please give generously to the American Cancer Society: www.cancer.org.

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

www.etickernewsoclaremont.com

“Eye doctors shouldn't have fine print.”

-Dr. Sam Giveen

At Doctor Sam's Eye Care, everything is right up front. From eye exams to glasses to contact lenses to whatever treatment you need, our prices are as comfortable as our chair-side manner. Visit Doctor Sam's and see for yourself.

DOCTOR **SAM'S**
EYE CARE

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



Kathleen A. Smith, 75

Kathleen Anne Smith, 75, of Claremont, NH, passed away on Friday morning, January 18, 2019, at the Sullivan County Health Care. She was born in Worcester, MA on May 30, 1943, the daughter of F. Albert Smith and Irene (Russell) Harrington.

Kathy had worked for Goodyear for over 30 years. She loved spending time with her family, doing arts and crafts and gardening.

She is survived by her two sons, Michael Hardy and his wife, Christine; and Eric Smith and his wife, Melissa; her grandchildren, Jasmine, Shawna, Benjamin, Tristan and Deshaune; one brother, Fred Harrington and his wife, Carol.

A graveside service will be in Mountain View Cemetery in Claremont on Friday, Jan. 25th, at 11 AM with Deacon Paul Boucher officiating.

The Stringer Funeral Home is in charge of arrangements.

Geraldine M. Sanborn, 94

Geraldine Mary Sanborn, 94, died Thursday morning January 17, 2019, after a brief illness at Valley Regional Hospital in Claremont, NH. She was born in Lebanon, NH, May 24, 1924, to William and Arlene (Lindsay) Towle. She grew up in Lebanon, NH, attended 1st grade at the two-room Sytheville School on Mascoma Street, then Sacred Heart Grade School, and Lebanon High School, graduating as Valedictorian of her class in 1942. While at Lebanon High, she played piano in Orchestra and was Editor of the school newspaper. She also played organ at Sacred Heart Church in Lebanon and served as choir director.

She started her working career in the real estate office of Painchaud Real Estate. She was also a public stenographer, taking dictation for Lane Dwinell and Norris Cotton. She then went to work as secretary to the headmaster, Dr. Frank M. Morgan, at Clark School in Hanover, NH. After starting a family, she left Clark School to become a homemaker.

Geraldine married Harold James Sanborn of Etna, NH on October 14, 1948. Together they had six children, Scott, Alan, Ford, Colin, Lloyd, and Melanie. They made their home in West Lebanon, NH, later moving briefly to Brattleboro, VT, before moving to Claremont, NH in 1965.

She was a congregant of St Joseph Church in Claremont, NH.

She was predeceased by her parents, husband Harold, son Scott, sister Helen Thibodeau, and brother William. She is survived by her sister Theresa Farnham, sons Alan and his wife Christie, Ford and his wife Joanne, Colin, Lloyd, daughter Melanie, daughter-in-law Susan Sanborn, grandchildren Christian, Elena and her husband James Williamson, Ian and his wife Monique, great-grandchildren Jayden Williamson, Sienna Williamson, Julian Sanborn, as well as numerous nieces, nephews and cousins.

Calling hours will be held at Stringer Funeral Home, 146 Broad Street in Claremont on Monday evening, Jan. 21st, from 4 to 7 PM. A Mass of Christian Burial will be held at St. Joseph Roman Catholic Church, Elm Street in Claremont on Tuesday morning, Jan. 22nd, with Father Arockia Antony officiating.

A graveside service will be held at Sacred Heart Cemetery in Lebanon, NH, at a later date.

The Stringer Funeral Home is in charge of arrangements.

Donald W. Stanton, 77

Donald W. Stanton, 77, of Charlestown, NH, passed away on Monday, January 14, 2019, at his home.

Per his wishes, there will be no services. He would like everyone to remember him the way he was in life. He will be truly missed.

The Stringer Funeral Home is in charge of arrangements.

Rosemary F. Richards, 72

Rosemary Frances Richards, 72, of Claremont, NH, passed away on Sunday evening January 13, 2019, at the Jack Byrne Center in Lebanon. She was born in Windsor, VT, on December 26, 1946, the daughter of Clifford and Helen (Neil) Davidson.

Rosemary was a graduate of St. Mary High School.

She loved reading and going for walks.

Her family includes her children, Jeff Richards and his wife, Renee; Christine Leclair and her partner, Gary Barker; Catherine Richards; Caroline Figgeroa; Corine Richards; Jon Richards; many grandchildren, and a few great grandchildren.

She was predeceased by a son, Joseph; two grandsons, Kyle Leclair, Zachary Richards, and her siblings.

Funeral services were held on Thursday, January 17th, at Stringer Funeral Home in Claremont with Very Rev. Shawn Therrien VG Pastor of St. Mary Church officiating.

Burial followed in St. Mary's Cemetery.

Claremont Fire Dept. Log

Sunday, January 13, 2019

07:52 Responded with E-1 to Winter St. for a Box Alarm

09:41 Responded with E-1 to Breck Ave for a medical call

12:32 Responded with E-1 to First St. for a check the well-being

15:27 Responded with E-1 to Heritage Drive for a check the well-being

20:53 Responded with E-3 to Newport for Mutual Aid

Monday, January 14

08:41 Responded with E-1 to Krista Place for a medical call

09:50 Responded with E-1 to Woodland Ave for a lift assist

11:11 Responded with L-1 and R-1 to Charlestown Rd. for a motor vehicle accident

12:58 Responded with E-1 to Maple Ave for a medical call

13:26 Responded with E-1 to pleasant St. for an alarm sounding

14:44 Responded with E-1 to Pleasant St. for a Box Alarm

21:21 Responded with E-1 to Third St. for a medical call

Tuesday, January 15

13:20 Responded with E-1 to Denison St. for an odor investigation

14:21 Responded with E-1 to River Rd. for an alarm sounding

14:51 Responded with E-1 to Main St. for a motor vehicle accident

17:18 Responded with E-1 to West Pleasant St. for a motor vehicle accident

20:38 Responded with E-3 to Newport for Mutual Aid

Wednesday, January 16

04:14 Responded with E-1 and E-3 to Sullivan St. for a generator fire

07:51 Responded with U-1 to Red Water Brook Rd. for a tree on wires

09:04 Responded with E-1 to Sugar River Drive for a possible illegal burn

10:27 Responded with E-1 to Chestnut St. for a check the well-being
 12:28 Responded with E-1 to Main St. for a medical call
 16:45 Responded with E-1 to Washington St. for an odor investigation

Thursday, January 17

01:12 Responded with E-1 to Heritage Drive for an alarm sounding
 06:52 Responded with E-1 to Washington St. for Washington St. for an odor investigation
 09:53 Responded with E-1 to Maple Ave for a medical call
 10:24 Responded with E-1 to Central St. for a check the well-being
 16:32 Responded with L-1 and R-1 to Washington St. for a motor vehicle rollover

Saturday, January 19

14:08 Responded with E-1 to Elm St. for a medical call
 16:02 Responded with E-1 to maple Ave for a medical call

Sunday, January 20

02:22 Responded with L-1 to Lempster for Mutual Aid

WEDNESDAY, JANUARY 23- FEB 1**PUBLIC NOTICE****CORNISH SCHOOL DISTRICT****Cornish, NH**

Filing dates for the Cornish School Board and other Cornish School District Offices are January 23, 2019 through February 1, 2019, 5:00 PM.

Filing is done with:

Cornish School District Clerk, Merilynn Bourne at 35 Mill Village Road; call ahead at 675-6698, or at SAU #100, Cornish Elementary School, between the hours of 8am-4pm, Monday through Friday, or Cornish Town Clerk, Paula Harthan, during regular Town Clerk office hours.

School District Moderator

1-year term

School District Clerk

1-year term

School District Treasurer

1-year term

School Board Members (2)

3-year term

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Meals: Tuesday - January 22...Birthday Celebration...Soup, baked ham, sweet potatoes, vegetable, birthday cake. Thursday - January 24...Beef stew, biscuit, dessert.

Looking ahead...Spaghetti Dinner - Saturday - February 16. Mark your calendar!

Tai Chi sessions on Tuesday - January 22 (1:00 - 2:00 PM) and Wednesday - January 23 (6:00 - 7:00 PM). Both sessions held in Mozden Room. Cost is \$5.00 per person.

Foot Clinics are held (1st 3 Wednesdays of each month) (8:30 AM - 4:00 PM) sponsored by Lake Sunapee Region VNA & Hospice. Appointments, call (603) 526-4077. Cost is \$25 per visit.

Silver Sneakers every Monday at 1:00 PM in Mozden Room. Cost \$2.00 for members and non-members!

Items still needed on our "Donations List" ... Bottled water and disinfectant hand wipes. Yellow lined paper (8 1/2" x 11") and any monetary donations would greatly help with the monthly Newsletter. Thank you so much to all who recently donated items. Your response to this program has been great! A full list of other needed items is available at the front desk and also found in January Newsletter.

Still looking for a person to maintain our "lending library."

"Volunteers" needed to help with dusting, mopping, sweeping, vacuuming! If you can help the center an hour or several per week give the center a call. Your help will be very much appreciated!

Seniors Bingo for center members 55 years of age and older every Wednesday at 1:00 PM. Sale of cards stops at 12:50 PM. No cards sold after that time!

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

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

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

Fun things to do at the center: Pool (Monday - Friday). - 9:00 AM. Exercise - Tuesday & Thursday - 10:00 AM. Coloring on Mondays 1:00 PM. Members free. Non-members \$1.00. Ping Pong - Monday & Wednesday - 10:00 AM. Bridge on Thursday - 1:00 PM. Mahjonn on Friday - 1:00 PM. Knitters on Friday - 12 Noon. Bring your lunch. Non-members welcome but must sign in. Three visits allowed before membership is required.

We are still collecting aluminum can tabs!

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

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

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

Reminder that during winter months, center is closed on days of unsafe weather conditions and when schools are closed. Watch WMUR-TV.

We are a "Smoke Free" facility!

The Claremont Senior Center...It's "The Place Where You Want To Be!"...Monday - Friday (9:00 AM - 3:00 PM).

Call (603) 543-5998. Visit our Web Site (cnhcs.org.)



The Claremont City Council will hold a public meeting on **Wednesday, January 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. | CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23)) |
| | 6. | OLD BUSINESS |
| 6:50 PM | A. | Ordinance 564 - Renewable Energy – First Reading |
| | 7. | NEW BUSINESS |
| 7:05 PM | A. | Ordinance 565 Establish Board of Assessors – First Reading |
| 7:20 PM | B. | City Manager Search Discussion |
| 7:40 PM | 8. | FUTURE AGENDA ITEMS AND DIRECTIVES |
| 7:55 PM | 9. | CONSULTATION WITH LEGAL COUNSEL |
| 8:00 PM | 10. | ADJOURNMENT |

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

Alternative Education: A Pathway to Possibilities

By Bernadette O'Leary

Alternative Education programs offer a way for our community to take care of students who are considered high-risk for failure in high school.

There are many reasons why a high school student might be at a higher risk of not graduating, and not all are due to misconduct. Some students struggle academically and simply require a little extra help in grasping the material or finding a way to get around whatever obstacle is causing that difficulty. Another cause is excessive absences, which can be caused by a vast array of things from illness to family situations that are out of the student's control. Pregnancy or parenting a child can also lead a student to require help from these programs. Still other students might struggle with adjusting to various circumstances in their environment: having just moved to the area and fitting in, events in the home, and more. These are simply a few of the reasons a student might require assistance from these programs which do not involve behavioral struggles or juvenile justice issues.

AE programs are not all the same, and they can vary in how they help the students from one district or state to another. However, they are purposely tailored to fit the needs of the students' individual needs. Whether the student struggles from poverty, substance abuse, family dysfunction, psychological struggles or trauma, or physical or medical difficulties, these programs can address those struggles in a way that helps the student succeed. In this way, the student could also learn ways of dealing with obstacles and struggles that they can take with them into adult life after high school.

Some programs include a flexible schedule with smaller class sizes that work better for the needs of some students and their families. Others might include allowing the students and their families to be involved in setting goals for the students, and some of those could also include specific activities that help the student learn based on that student's individual interests and skills. Career skills are often taught in these programs as well. Depending on the program, the student can be led through various processes that provide the tools and skills which can extend from high school, to college, to careers and to life in general.

The website for The UNH Browne Center defines at-risk youth as, "students with behavioral issues manifested in: absenteeism, high levels of disciplinary action, poor academic performance, bullying, and substance abuse." However, as was previously pointed out, there is much more to the definition of an at-risk student than that, and it does not always include troubled youth. If you believe your child might benefit from an AE program, contact your child's school or your local Superintendent's Office today to ask if your school offers AE programs for your child's particular needs.

