

## Pigskin 5K Fun!

CLAREMONT, NH—It was cloudy and chilly for the Crown Point Pigskin 5K on Sunday, Feb. 3, but the weather didn't faze over 100 runners and walkers from lining up for the race. The Kids short race went off at 10:30 a.m. and was won by Madeline Brislin. At 11:00 a.m., the adults headed out on the race course. Michael Demars was best overall with a time of 18:03. See link in caption for race results.

Prizes and refreshments were handed out after the race inside the Claremont Savings Bank Community Center.

—Bill Binder

### Winners—Men

- 1—Michael Demars—Claremont, NH—18:03
- 2—Kenneth Wiley—Claremont, NH—20:16
- 3—Talen Ellis—Goshen, NH—20:30

### Winners—Women

- 1—Crystal Morey—Bellows Falls, VT—22:48
- 2—Jackie Demag—Claremont NH—23:39
- 3—Karen Wright—South Stafford, VT—25:18

Kids Race winner—Madeline Brislin



This young runner was having the time of her life; Peter and Sharon Companion were ready to race with a special flair! Below: The adults racing; Men's and Women's First Place winners—Michael Demars and Crystal Morey; Klds Race winner—Madeline Brislin. Go to this link for race results: [http://www.pinnacletiming.us/index.php?n=crown\\_point\\_pigskin\\_5k\\_2019](http://www.pinnacletiming.us/index.php?n=crown_point_pigskin_5k_2019).

Bill Binder  
photos





## 2019 NH Moose Hunt Lottery Opens

CONCORD, NH — New Hampshire's 2019 moose hunt lottery is now open. Enter today for your chance on the adventure of a lifetime — hunting moose in the rugged woods of the Granite State. The lottery entrance fee is \$15 for New Hampshire residents and \$25 for non-residents.

To enter the New Hampshire moose hunt lottery, visit [www.huntnh.com/hunting/moose.html](http://www.huntnh.com/hunting/moose.html) where you can enter online or print out a mail-in application. You can also pick up an application at any Fish and Game license agent, NH Fish and Game Headquarters, or Fish and Game Regional offices.

Moose hunt lottery applications for 2019 must be postmarked or submitted online by midnight Eastern Time on May 31, 2019, or delivered to the Licensing Office at NH Fish and Game Headquarters at 11 Hazen Drive in Concord before 4:00 p.m. that day. Winners will be selected through a computerized random drawing on June 21 at the NH Fish and Game Department in Concord.

Applicants can enter the moose hunt lottery once per year. A bonus-point system improves the chances for unsuccessful applicants who apply in each consecutive year. Each point translates to a chance in the drawing. For example, last year the overall odds of a resident applicant being drawn were 1 in 76, while resident applicants with a total of 15 points had a 1 in 34 chance of being drawn. For nonresidents, the odds increased from 1 in 359 overall to 1 in 164 for applicants with 15 points.

## SHS Boys Basketball Plays Wildcats, Bobcats

The Stevens Boys basketball team played two games this past week, hosting the Wildcats of Fall Mountain on Tuesday and the Bobcats of Plymouth on Friday night.

The Wildcats would prevail in an exciting contest as they held on for a 66-61 victory. Ethan Johnson scored a season high 17 points to pace the Cardinals. Derrick Stanhope scored 16 points, Josh Stithen added 15 points, and Owen Taylor

chipped in with 8 points. On Friday night Plymouth used a 23 point second quarter to go on to a 65-41 victory. Josh Stithen and Owen Taylor each tossed in 12 points apiece to lead Stevens and Tyler Bonneau had 8 points.

The junior Cardinals played their game versus Fall Mountain this past Monday, and also played the Bobcats on Friday night.

Stevens recorded their 3rd victory of the season with a 48-34 victory. Alex Taylor had a game high 14 points and 10 rebounds but he sustained an ankle injury late in the game. Cooper Moote had 11 points, and Brennan Huntoon had 7 points, while Reeve Wilkinson and Dylan Chambers each chipped in with 5 points.

On Friday night, Plymouth defeated Stevens 39-30. Cooper Moote scored a game high 16 points for the Cardinals, while his brother Brady Moote, scored 8 points, and hauled down 8 rebounds.

Stevens is off until Friday night when they will travel to Peterborough to take on the Cougars of Con-Val.



The SHS varsity boys kept it close, but couldn't catch the Wildcats as they lost, 66-61, Wednesday night at home (Courtesy photo).



*"A vintage feel,  
with modern appeal."*

**2 Pleasant Street**

**Historic Downtown  
Claremont**

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

**603-542-6900**

**Collision Pro** LLC

143 Charlestown Rd. • Claremont, NH 03743



### 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	L 38 - 55
01/30/19	Fall Mountain	L 61 - 66
02/01/19	Plymouth	L 41 - 65
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

### 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
01/25/19	at Oyster River	L 4 - 5
01/28/19	at Berlin	W 4 - 3
02/02/19	at Dover	L 0 - 4
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
01/10/19	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	L 2 - 6
01/27/19	at Bishop Brady-Trinity-West	1:30 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
02/20/19	at Keene-Mon-Fall Mountain	3:00 PM
02/23/19	St. Thomas-Winnacunnet	3:10 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	L 45 - 48
01/30/19	Fall Mountain	W 50 - 47
02/01/19	at Plymouth	L 44 - 54
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



Got Sports?

Send news and photos to [etickernews@gmail.com](mailto:etickernews@gmail.com)

Two exciting games Wednesday night at Carr Gymnasium between the Cardinals and the Fall Mt. Wildcats. The varsity girls basketball team prevailed in the opening game, beating Fall Mt. 50-47 in overtime. The varsity boys kept it close, but couldn't catch the Wildcats as they lost, 66-61 (Courtesy photo).

# Inspiration

## Look Up!

By Priscilla Hull

Some may be familiar with the books by Jan Caron called the Mitford Series. It is a series of books about an Episcopal priest, a bachelor about 60 when the books start and the joys, sorrows and pains of being a priest in a rural parish. The author develops each character so that they seem like your neighbors and friends.

In the third book which is named "Light in the Window", the author develops a new relationship between Timothy, the priest, and his neighbor, Cynthia. Cynthia is a writer/illustrator of children's books.

The little town of Mitford, North Carolina, is teeming with colorful people. One is an elderly lady called Miss Sadie. Miss Sadie is the last of a very wealthy family who have always supported the town. She has discovered an unknown half sister who had been planning a simple wedding and Miss Sadie has decided to give her a wedding to remember. Miss Sadie still lives in the family mansion which is going into disrepair, but she has decided to repair and redecorate the ball room for the wedding. She takes the priest into the ball room and all he can see are cracked windows, chipped pillars, mottled floors where rain has leaked and the general disrepair of the furnishings. Miss Sadie sees his look and reads his mind and says to him, "You haven't looked up even once! People keep their nose to the ground when they ought to be looking up!" When Timothy turns his gaze upward, he is in awe of the ornate clouds, cherubs and angels all flying upward toward the center in a beautiful pattern.



Miss Sadie is right! We do look down more than we look upward. Why is that? How could it be that we are so aware of the earth below us and not so much the beauty of what is above. Are we so seeking to be so grounded that we can't lift our eyes from the pathway of life and seek the beauty from above? We've had some awesome sunsets this winter. It is the light from above that makes them so beautiful. When we look down we see ground, grass, asphalt. We see what holds us to the ground. It's difficult to get airborne when all we see is ground and our minds stay grounded. When we look down we stay where we are. There is no incentive to do anything more exciting than watch where our feet are. As a result, we never get to climb beyond our limitations. As a result we never get to see the Eagles soar, the butterfly migrate, the geese seeking their winter home. We never get to see the clouds where angels dwell or the stars and planets that shine upon our world.

The world remains, dull and colorless. We cherish beauty, in fact we crave beauty! There is such beauty all around us, but when we keep our eyes lowered, we miss the beauty of the birds, then bees, then clouds and soon they become object that we can't recognize as beautiful because we lose our focus and awareness of beauty until we can no longer see it.

So, look up, friends. Look up and find the beauty of the world.

*8 Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things.*

*Philippians 4:8*

*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](http://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.

## Free PreventT2 Program at Mt. Ascutney Hospital

WINDSOR, VT—Mt. Ascutney Hospital is hosting an Introductory Session on the PreventT2 Program. This is a proven program that can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half.

PreventT2 will be held on February 4th from 3-4pm in the Hospital Boardroom. Call Virginia Quinn at (802) 674-7135 to learn if you qualify for this free program.

## Spirit of Johnny Cash Playing at COH

CLAREMONT, NH—Claremont Opera House, WCNL Country 1010, and the Common Man Inn and Restaurant welcome The Spirit of Johnny Cash back to the Claremont Opera House by popular demand Saturday, March 9th, at 8:00 p.m. This is what country music is all about - the music of Johnny Cash. The Nashville music press has hailed this show as a "must see to believe." Harold Ford is incredible as Johnny Cash. He sings and looks exactly like the man in black - and it comes naturally.

You'll hear many of Cash's great hits, including *Folsom Prison Blues*, *I Walk the Line*, *Ring of Fire*, *Jackson* and many more. The performance also features great songs by The Highwaymen, a project that featured Cash, Waylon Jennings, Willie Nelson and Kris Kristofferson as well as Carter Family tunes. Harold Ford's performance as Johnny Cash has mesmerized many an audience, which you'll realize as you applaud for an encore!

Reserved tickets are \$24, including handling fees and can be purchased online at [www.-claremontoperahouse.org](http://www.-claremontoperahouse.org), in person at 58 Opera House Square in the City Hall complex, or by phone at 603-542-4433.

## 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.

## 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.

## Rural Outright Announces Second Annual Rural PRIDE

Rural Outright, a community program of TLC Family Resource Center, has announced that Rural PRIDE 2019 will be Saturday, June 15, from 12:00-3:00 p.m. at Barnes Park in Claremont. Rural PRIDE is a free annual event hosted by Rural Outright bringing together and celebrating the area's diverse LGBTQ+ community.

This year, Rural PRIDE returns with the PRIDE Festival in a new location at Barnes Park featuring booths from local nonprofit organizations and family-friendly vendors as well as performances from local talents— schedule and details to come. Rural Outright is also introducing PRIDE Around Town, a new way for local businesses to be part of the celebration. Local business supporters can now list in the PRIDE Around Town directory to offer specials, discounts, and giveaways for PRIDE attendees, or just make it easy for the crowds to find them.

If your organization or business wants have a booth at the event, or you're interested in performing on PRIDE day, visit [tlcfamilyrc.org/ruralPRIDE](http://tlcfamilyrc.org/ruralPRIDE) for more details and to sign up. Contact Rural Outright at [ruralNHoutright@gmail.com](mailto:ruralNHoutright@gmail.com) for sponsorship information.

## 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.

## County Spring Plant Sale

UNITY, NH—Sullivan County Conservation District's 2019 Spring Plant Sale is here! This year's Plant Sale is now underway, featuring a variety of quality plants at good prices. The money raised from the sale supports conservation activities throughout the year, including workshops, programs and projects aimed at promoting and conserving the county's natural

resources. All of the plants offered are hardy, healthy, and adapted to our growing conditions. Most are native, and none are invasive. New items this year include an assortment of trees, shrubs, and wildflowers that benefit wildlife as well as bulbs, a hosta, and a few ornamentals. Cover Crop Seed will also be sold in small quantities for home gardeners to prevent erosion and increase soil health.

Visit <https://www.sccdnh.org/local-agriculture> for more information and to order.

The order deadline is Sunday, March 3rd, 2019.

Plant pick-up will be on Saturday, May 4, 2019 from 9am-11am at the Ahern Building garage, Sullivan County Complex, County Farm Rd. Unity, NH.

If you would like a catalog and order form mailed to you, please contact Dawn Dextraze at 603-542-9511 x269 or [ddextraze@sullivan-countynh.gov](mailto:ddextraze@sullivan-countynh.gov).

## 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 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.

## Upcoming Events for Telling His-Story (and Hers)

**Saturday, Feb 9, 11am:** The Pierce Manse, 14 Horseshoe Pond Lane, **Concord, NH** Steve Wood as Abraham Lincoln in a living history presentation hosted by the Sons of Union Veterans of the Civil War; presented with a grant from NH Humanities; free and open to the public; contact Gary Ward, 603-675-5506; <http://www.nhhumanities.org/events/visit-abraham-lincoln-7>.

**Presidents' Day: Monday, Feb 18, 1:00 pm:** A Visit with Abraham Lincoln, Concord Museum, 200 Lexington Road, **Concord, MA**; admission is charged; information at <https://concordmuseum.org/events/a-visit-with-president-lincoln/>.

From Concord, we will be driving to Groveland, MA, for a 7pm presentation that is not open to the general public, but if you will be nearby at this time, let us know and we will inquire if you can attend as our guest.

**Fri, March 15, 6:30pm:** A Tribute to Sarah Josepha Hale, Divine Mercy Church, 171 Wilton Road, **Peterborough, NH**; Sharon Wood speaks as a 19th century woman from West Cambridge, Massachusetts, in a living history presentation about the well-known editor of Godey's Lady's Book who was born in Newport, NH; hosted by the Monadnock Quilter's Guild with a grant from NH Humanities; free and open to the public; Contact Jan Hicks, 603-547-3365; <http://www.nhnhc.org/events/tribute-sarah-josepha-hale-2>.

**Thursday, May 2, 7pm:** A Soldier's Mother Tells Her Story, Ashland Booster Club, 99 Main Street, **Ashland, NH**; Sharon Wood speaks as Betsey Phelps, the mother of a Union soldier from Amherst, New Hampshire who died heroically at the Battle of Gettysburg, hosted by the Pemigewasset Valley Chapter DAR with a grant from NH Humanities, contact Sandra Ray, 603-968-7958; <http://www.nhnhc.org/events/soldiers-mother-tells-her-story-5>.

**Thursday, May 9, 1pm:** A Soldier's Mother Tells Her Story, Rye Congregational Church, 580 Washington Road, **Rye, NH**; Sharon Wood speaks as Betsey Phelps, the mother of a Union soldier from Amherst, New Hampshire who died heroically at the Battle of Gettysburg, hosted by Rye Recreation with a grant from NH Humanities; free and open to the public; contact Lee Arthur, 603-964-6281, <http://www.nhnhc.org/events/soldiers-mother-tells-her-story-4>.

**Got news?**

**Send news and photos to**

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



## 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.



**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  
annjacques1@comcast.net

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



Got news? Send news items and photos to [etickernews@gmail.com](mailto: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
<b>1st</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm  <b>FOOT CLINIC</b> Meriden Congregational Church 12:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> Newport Rite Aid 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm Mascoma Senior Center, Canaan 9:00 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> Claremont Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>2nd</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> Charlestown Senior Center 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Charlestown Senior Center 9:00 am – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:30 am Grantham Methodist Church 11:15 am – 12:00 pm Sugar River Mills, Claremont 1:00 – 2:00 pm  <b>FOOT CLINIC</b> Sugar River Mills, Claremont 12:30 – 2:30 pm	<b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> CSB Community Center, Claremont 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>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 Danbury Community Center 10:00 am – 12:00 pm Newport Senior Center 11:15 am – 12:15 pm  <b>FOOT CLINIC</b> Marion Phillips Apts, Claremont 1:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Goshen Parish Hall 10:45 – 11:45 am Newport Rite Aid 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Bradford Senior Center 11:00 am – 12:00 pm Claremont Senior Center 11:00 am – 12:00 pm Maple Manor Apts, Newport 3:15 – 4:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm Lebanon Senior Center 10:00 am – 2:00 pm	<b>FOOT CLINIC</b> Warner Pharmacy 9:30 am – 12:00 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 Marion Phillips Apts, Claremont 1:00 – 2:00 pm  <b>FOOT CLINIC</b> Lebanon Senior Center 10:00 am – 2:00 pm	<b>BLOOD PRESSURE CLINIC</b> Warner Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Newport Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Plainfield-location varies 11:30 am – 1:30 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	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>



**Join Us For**  
**"Pins for Pets"**


**Wednesday, Feb 27th**  
**6pm - 10pm**  
**A Night of Bowling, Pizza and Pop**  
**At Claremont Maple Lanes**

**2 Games of 10-Pin**  
**Shoe Rental**  
**Slice of Pizza & Pop**  
**For Only \$15 Per Person**

**Tickets**  
**At the Door**

**For More**  
**Information**  
**Visit Us Online:**  
[sullivancountyhumanesociety.org](http://sullivancountyhumanesociety.org)

**Sponsored By**  
**Claremont Maple Lanes**  
**All Proceeds To Benefit SCHS**







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](http://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](http://sullivancountyhumanesociety.org)**

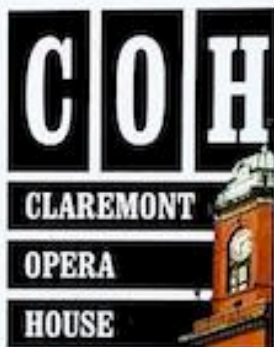


CLAREMONT ELEMENTARY SCHOOL

# DRAMA

# FESTIVAL

2019



Bluff School "12 Dancing Princesses"  
Disnard School "Pied Piper of Hamelin"  
Maple Ave "Dumpling & the Golden Goose"

Sat. Feb. 9th **2pm** Tickets: \$5 at Door





Spaghetti Dinner  
at the  
Claremont Senior Center  
5 Acer Heights Rd.  
Claremont NH

Sat. - Feb. 16, 2019  
5:00 - 6:30 PM



Adults ..... \$10.00  
Under 10 ..... \$ 6.00

Open to public!



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)

#### Theresa E. Rozwadowski, 91

Theresa E. “Dolly” Rozwadowski, 91, formerly of Acer Heights in Claremont, NH, died Tuesday, January 29, 2019, at Woodlawn Nursing Home.

She was born in Winooski, VT, on October 16, 1927, the daughter of Eugene and Alice (Companion) Granger.

She graduated from St Mary High School in the Class of 1945.

Theresa married Anthony C. Rozwadowski on November 22, 1951; he died on January 24, 2005.

The surviving family includes two sons, Charles Rozwadowski of Claremont and Alan Rozwadowski and his wife, Ann of Hooksett, NH; one sister, Rose Drapeau of Newport also nieces, nephews and cousins.

She was predeceased by three sisters, Beatrice Gagne, Blanche Zombeck and Rena Miles and two brothers, Francis Granger and Walter Granger.

Friends may call at the Stringer Funeral Home, 146 Broad Street in Claremont on Monday evening, February 4th, from 5 to 7 PM.

A Mass of Christian Burial will be celebrated on Tuesday morning at 11 AM in St. Joseph Church with Rev. Father Arockia Antony, Pastor officiating.

Interment will follow in St Mary Cemetery. Special thanks to Summer Crest and Woodlawn Nursing Home for the care they

gave to Theresa.

#### Laura Hammond, 54

Laura Bladen Hammond, 54, of East Road in Cornish, NH, died unexpectedly on Monday, January 28, 2019, at her home.

She was born in Claremont, NH, on March 6, 1964, the daughter of Robert L. Bladen Sr and Shirley (Brown) Bladen.

Laura was a graduate of Stevens High School in the class of 1982.

She had worked for Johnson & Dix, Cornish General Store and SCS.

Laura enjoyed spending time with family, friends and neighbors, going to the ocean, camping and skiing.

She is survived by her husband, Greg Hammond of Cornish; daughter, Sophie Hammond; her mother, Shirley Bladen of Cornish and brother, Robert Bladen Jr of Cornish. She was predeceased by her father, Robert L. Bladen, Sr. in 2015.

Visiting hours will be held at Stringer Funeral Home, 146 Broad Street in Claremont on Wednesday, February 6th, from 4 to 6 PM. A

memorial service will follow at 6 PM with Scott Kearns officiating.

In lieu of flowers, donations may be made in her memory to Norris Cotton Cancer, 1 Medical Center Drive, Lebanon, NH 03756 or a charity of one's choice.

#### Phyllis W. Hewes, 87

Phyllis W. Hewes, 87, passed away in her home with her family at her side, on January 28, 2019.

She was born on April 10, 1931, in Windsor, VT, the oldest daughter of Arthur James Weld and Pauline Bartley Weld. Fourteen years after her birth, Phyllis was joined by younger sister, Beverly Jean Weld and six years later by another sister, Deborah Elaine Weld. The Weld girls were raised in Cornish, NH. Although unknown to Phyllis at the time, it was during her childhood that she met her future husband in a tiny, one-room schoolhouse in South Cornish, NH. They met in the second grade and were inseparable from that point on. Phyllis and Nathan Hewes graduated from Stevens High School in Claremont, NH, in

“Safety glasses are your friend.”

-Dr. Sam Giveen

All kinds of common eye injuries can be prevented just by wearing safety glasses. That's what Dr. Sam will tell you. Does he sound like your dad?

Sometimes. But your dad had some good advice.

And so does Dr. Sam. See for yourself.

DOCTOR **SAM'S**  
EYE CARE



(603) 543-2020

9 Dunning St, Claremont

(we're right there by the hospital)

June, 1949, and were married on November 9, 1949. They embarked on a 69-year journey filled with love, adventure, hard work, mutual respect and shared values and goals. These values were imparted to their four children and grandchildren.

Phyllis is survived by Rhonda Amadon and her husband Frank Amadon of Cornish Flat, NH; Beth Hewes and friend, David Dumas of Orange, MA.; David Hewes of Walpole, NH and Cheryl Patterson of Langdon, NH and Douglas Hewes of Walpole, NH. She has seven grandchildren: Erin Amadon and husband Robert Hogg of Troy, ME; Courtney Amadon of Nottingham, NH; Nicole Goewey of Claremont, NH; Danielle Manning and husband Jamie Manning of Milford, NH; Joseph Goewey and fiancée Meredith Gobin of Berlin, NH; Tyler Hewes and wife Heather Hewes of South Cornish, NH and Emily Hewes, of Kingston, NH.

Phyllis is survived by five great-grandchildren: Noah, Gabe, Madison, Nate and Ellie. Phyllis is survived by her sister Beverly Owen and companion, Verne Westover of Dunnellon, Florida; sister Deborah Smith (William Smith, dec.) of Bloomington, IL; three nieces and one nephew; and many cousins.

Special friends and former neighbors, Tom and Kelly Perron, also survive.

Phyllis started working for the telephone company right out of high school and retired from Nynnex in 1991 after 36 years of service. She and Nate modeled an unusual arrangement for the times. Her older children experienced a working mom, a dad who vacuumed, shopped and cooked (badly) and learned the struggles and triumphs of the working woman before it became the norm.

For 45 years, Phyllis and Nate lived on Mountain View Lake in Sunapee, NH. Phyllis enjoyed boating, watching the wildlife, and counting the new bob houses that popped up on the lake this time of year. Phyllis never particularly enjoyed swimming or being in the water but loved to water ski and perfected the art of leaving right from the dock.

Phyllis loved to fish and also enjoyed sewing and quilting.

A funeral service was held at the Stringer Funeral Home on Sunday with Rev. Jerry Kilyk officiating.

If you would like, please consider a donation in Phyllis' name to St. Jude Children's Research Hospital at [stjude.org/GiveNow](http://stjude.org/GiveNow) or 501 St. Jude Place, Memphis, TN 38105.

### Ida R. Rowe, 95

Ida Rebecca Rowe, 95, of Charlestown, NH, passed away on January 28, 2019.

She was born in Newport Center, VT, on October 2, 1923, the daughter of William and Antoinette (Delanles) Chaput.

Ida had lived in Charlestown since 1955. She had worked for Simmons Precision Company in Bellows Falls for 10 years from 1969-1979. She enjoyed golfing, dining out, traveling, bowling and the stock market.

She is survived by her children, Rene C. Rowe of Charlestown, NH, Judy E. Kinney of Claremont, NH, Joanne R. Brown of Springfield, VT, Wayne O. Rowe, Jr of Bradenton, FL and Sandra Tremblay of Plainfield, NH; a sister, Vivian Farrar of Newport, VT; many grandchildren, great grandchildren and great great grandchildren also many nieces and nephews. She was predeceased by her husband, Wayne O. Rowe, Sr.; son, Albert E. Rowe, Sr.; 6 brothers and 4 sisters.

A Mass of Christian Burial was held at St. Catherine Church in Charlestown on Monday, February 4th, with the Very Rev. Shawn Therrien VG officiating. Burial will be held in the spring.

The Stringer Funeral Home is in charge of arrangements.

### Roger Jean-Paul Bertrand, 73

Roger Jean-Paul Bertrand, 73, of Charlestown, NH, passed away on Sunday, January 27, 2019, at his home.

He was born in Sherbrooke, Quebec, Canada on January 5, 1946, the son of Gerard and Rosa (Hamel) Bertrand.

Roger had worked for the city of Nashua, NH, for over 20 years.

He is survived by his wife, Lorraine (Cunningham) Bertrand of Charlestown; their two daughters, Stephani Francoeur and her husband, Ricky of North Walpole and Paula McLaughlin and her husband, Steven of Merrimack; three grandchildren, Joseph Jean-Paul Francoeur, Kelsey Francoeur and Logan McBride; 5 sisters and 4 brothers also many nieces and nephews.

The Stringer Funeral Home is in charge of arrangements.

### Herbert J. Monroe, 70

Herbert Joseph Monroe, 70, of Sullivan

Street in Charlestown, NH, passed away on January 26, 2019, at Dartmouth Hitchcock Medical Center. He was born on September 29, 1948, in Lebanon, NH, the son of Stanley Monroe and Marjorie (St Frances) Lambert.

After graduating high school, he served in the Navy and later the National Guard. He enjoyed his Native American crafts, talking about his Abenaki heritage, sports, and just being social.

His family includes his wife, Debra (Perreault) Monroe; three daughters, Tammy Bethel and her husband Dan, Kim Sullivan, Kathy Reid and her husband, John (JR); four grandchildren, Christopher Monroe, Ryan DeMond II, NyKia Reid, Danielle Bethel; two great grandsons; five sisters; two brothers; many nieces and nephews.

He was predeceased by his parents, and two brothers.

A prayer service was held on Thursday at the Stringer Funeral Home with Very Rev Father Shawn Therrien VG officiating.

### Eloise L. Hall, 76

Eloise L. Hall, 76, of Heritage Drive in Claremont, NH, died Monday (January 21, 2019) at the Jack Byrne Center in Lebanon, NH, following a brief illness.

She was born in Bellows Falls, VT, on March 18, 1942, the daughter of Clarence N. and Jennie (Pitkin) Ells and had been a lifetime area resident. Eloise had been employed by Connecticut Valley Homecare for many years. She enjoyed knitting, crafting and camping. Eloise was very active in the United Methodist Church in Claremont.

Members of her family include a son, Ryan Hall, Springfield, VT; three brothers, Clarence Ells, Jr. Killeen, TX; Bill Ells, Bloomfield, IA; Roger Ells, Newport, MI; and several nieces and nephews and extended church family. She was predeceased by a brother Jim Ells.

Funeral Services were held on Saturday (Feb. 2) at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH. Committal services will be held in the spring in Pinecrest Cemetery, Charlestown, NH.

You are invited to share a memory of Eloise 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 entrusted to the Roy Funeral Home and Cremation Service.



## Claremont Fire Dept. Log

### **Sunday, January 27**

1849 E1 responded to Elm St for an odor investigation.

### **Monday, January 28**

0813 E1 responded to Mulberry St for a CO alarm.

1336 E1 responded to assist the ambulance at Opera House Sq.

1958 E1 responded to Alderwood Ct for an illegal burn.

2215 E1 responded to a medical call on Manor Dr.

### **Tuesday, January 29**

0009 E1 responded to Myrtle St for a motor vehicle accident.

1759 E1 responded to Bowker St for a low hanging wire.

1912 E1 responded to Bowen St for fire near a propane tank.

2130 E1 responded to a medical call on Prospect St.

### **Wednesday, January 30**

0444 E1 responded to a medical call on Chase St.

1422 E1 responded to a public assist on Spaulding St.

### **Thursday, January 31**

0749 E1 responded to Shannon St for an alarm sounding.

1037 E1 responded to a medical call on Clay Hill.

1551 E1 responded to an open line on Monarch Ln.

1250 E1 responded to a medical call on West Pleasant St.

1753 E1 responded to Bowen St for a fuel spill.

### **Friday, February 1**

1755 E1 responded to Mulberry St for a fuel spill.

1911 E1 responded to a medical call on Elm St.

### **Saturday, February 2**

1212 E1 responded to Grandview St for a box alarm.

1236 E1 responded to Pleasant St for a water problem.

1554 E1 responded to a medical call on West Pleasant St.

1610 E1 responded to a medical call on Washington St.

1714 E1 responded to Mulberry St for a public assist.

## Claremont Senior Center, Inc.

### **By Claire Lessard, Executive Director**

Join us for a trip to the Hood Museum in Hanover, NH on Friday - February 8. Leaving center at 10 AM. Tour of museum (11 AM - 12:30 PM). Lunch on your own! Take some time to explore downtown Hanover. Trip open to senior citizens (persons over 50 years of age). Cost is free. Sign up at the center or call (603) 543-5998. Drivers needed (reimbursed for mileage and parking). Program made possible through donations from our Car Show, members and local businesses and grant from NH Council of the Arts & National Endowment for the Arts.

AARP will be at the center every Friday until April 12 to help with your Tax Prep. Call for an appointment (603) 543-5998.

Meals: Tuesday - February 5...Soup, open face pork sandwich with gravy, Pacific vegetable blend, ice cream sandwich, dessert. Thursday....February 7...Soup, stuffed green peppers, cauliflower, dessert.

A Spaghetti Dinner will be held on Saturday - February 16 (5 - 6:30 PM). Adults \$10 / Under 10 - \$6. We welcome donations of pies or favorite dessert!

Tai Chi session held on Wednesday - February 6 (6:00 - 7:00 PM ) in the Mozden Room. Cost is \$5.00 per person.

Foot Clinics held on February 6, 9, 16 (8:30 AM - 4:00 PM). Cost is \$25 per visit. Blood Pressure Clinics on Thursday - February 7 (10:30 AM - 12 Noon) and Thursday February 21 (11 AM - 12 Noon). All sponsored by lake Sunapee Region VNA & Hospice. Call (603) 526-4077.

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" ... Plastic forks and knives, 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 for your donations! A full list of other needed items is available at the front desk and also found in our monthly Newsletters.

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! "Bib" Bingo coming up on Sunday - February 10.

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; also board room.

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, February 13, 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. REPORT OF THE SECRETARY  
Minutes of January 2, 9, and 23, 2019, City Council Meetings
- 6:37 PM 5. MAYOR'S NOTES  
A. Recognition of Peter Wright's Contributions to Claremont
- 6:47 PM 6. CITY MANAGER'S REPORT
- 6:55 PM 7. APPOINTMENT TO BOARDS AND COMMITTEES
- 7:00 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
9. OLD BUSINESS
- 7:10 PM A. Ordinance 564 - Renewable Energy – First Reading
- 7:25 PM B. City Manager Search Update
- 7:35 PM C. Energy Policy Discussion
10. NEW BUSINESS
- 7:45 PM A. Transfer Funds for Legal Expenses
- 7:55 PM B. Resolution 2019-19 Proceeds from First Night Button Sales – Public Hearing
- BREAK
- 8:20 PM C. Resolution 2019-18 Congestion Mitigation & Air Quality Improvement Program – Public Hearing
- 8:35 PM D. Ordinance 565 Establish Board of Assessors – First Reading
- 8:50 PM E. Diversity/Inclusion Policy Discussion
- 9:00 PM F. *Accept and Expend \$15,000 from Mascoma Bank for Library A/C – Public Hearing*
- 9:10 PM 11. COMMITTEE REPORTS
- 9:15 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:30 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:35 PM 14. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, February 27, 2019, at 6:30 p.m. in the Council Chambers at City Hall.