

Claremont Confidential

By Les St.Pierre



The Debate Continues

Okay! Which came first...the chicken or the egg?

That debate will go on until the end of time.

Here's another one for you to ponder, and you have heard it numerous times. Is it better to have a good offense, or is having a good defense the better way to go in the world of athletics? Of course, to have both would be ideal but that, so often, is not the case. It's usually one or the other.

This topic comes up because, here it is, nearly three weeks after Super Bowl LIII, and I still hear how boring the game was. Was it really all that boring?

I certainly did not think so. I realize the 13-3 score fell far below the expectations of NFL fans around the nation. I, also, realize my thinking can be based upon the fact the team I wanted to win did so. Perhaps had I been a Los Angeles Rams fan, I may have thought boredom had entered the picture. After all, the Rams had the number one offense in the NFC. Who could stop them?

The New England Patriots. That's who! ...and it was because of a stifling defense. Don't get me wrong. The Rams had a good defense as well, but the Patriots shined just a tad better and walked away with their sixth Super Bowl championship.

Once again, if you are going to win a championship, will it be because of a good offense or a good defense? If you are not a believer of "Defense wins championships!" I can't help but see how the outcome of the latest Super Bowl wouldn't steer you toward the alternative. Remember those words of University of Alabama head football coach Paul "Bear" Bryant?

"Offense sells tickets; defense wins championships!" Bryant bellowed. Pretty good accountability, I'd say, seeing as how he won six

national championships during his 25-year tenure at the southern school.

Yes, I'm a believer in the defense outweighing the offense. After all, with a good offense you MAY win the game. However, with a good defense, that is, stopping the other team from scoring you WILL win the game or, at the very least, end in a tie.

Stevens High head football coach Paul Silva leans toward the defensive angle, too. In an e-mail response, he recently stated: "A football game does not need to have 60+ points scored between two teams to be entertaining. I like defense just as much. I very much enjoy the the constant adjustments being made throughout the game to keep the other team off the scoreboard."

"The best defense is a good offense," originated by former President of the People's Republic of China Mao ZeDung and adopted quite effectively by former heavy prizefighter Jack

Dempsey, is a much different way to look at things. Former freshman basketball coach at Stevens, Frank Connor, used this philosophy in establishing his teams. "If the other team scores 100 points, we score 101," he would tell us. What teenager wouldn't love to hear those words?! Thirty-two minutes of in your face, hard-working defense or easy-going shoot all the baskets you want. A no-brainer. But it most often led to defeat.

Claremont's Dick Nelson is a true believer in a good defense being necessary to win a championship. He has walked the walk; danced the dance; worked the X's and O's. Nelson, you see, was a halfback and outside linebacker on one of the best football teams

ever assembled at Stevens High, the 1962, undefeated, untied Cardinals. The Don Campbell-coached Redbirds went 8-0 that season and Nelson claims a good defense is what made that team so good.

Stevens allowed only 59 points over the eight games, good for an average of 7.375 points per game in capturing New Hampshire's Division III championship.

"I remember our final game of the season," Nelson recalled. "The starters only played half the game and the substitutes came in and shut out St. John's on our muddy field in the second half. Our defense was good all around."

Nelson, whose wife, a former Windsor, VT, athlete, Marion Archibald, passed away nearly

five years ago, has surrounded himself with gridiron passion, attending most Stevens football games and involving himself in the goings on surrounding the Patriots. Football is in his blood, and he still talks proudly about those 1962 Cardinals. It doesn't fit any more, but he is quick to display a championship jacket still hanging in a closet in



Dick Nelson (Les St.Pierre photo)

his Bonneau Road home.

"Scary, but not boring!" is how he described Super Bowl LIII and the Patriots' win, going on and on about how both teams had problems entering the end zone. "Everybody thought it was going to be a high-scoring game and that's what I thought, too, but I didn't care as long as they won."

The father of seven, five boys and two girls, added, "I agree defense does win championships. The Patriots had the best defensive plays they had all year. Those guys came together and made some helluva stops. I didn't think the game was boring at all."



Bowling Champs!

Congratulations to head coach Shawn Wadsworth and the entire 2018-2019 Stevens High School bowling team as they defeated Keene four matches to two on Saturday to secure the 2019 Division 1 state championship! (Courtesy photos).

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	L 21 - 77
02/11/19	Newport	W 54 - 51
02/15/19	at John Stark	L 22 - 72
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	L 45 - 48
01/30/19	Fall Mountain	W 50 - 47
02/01/19	at Plymouth	L 44 - 54
02/08/19	ConVal	L 26 - 41
02/11/19	at Newport	W 53 - 48
02/15/19	Timberlane	W 63 - 43
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
01/25/19	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	W 6 - 1
02/09/19	at Portsmouth-Newmarket	W 3 - 2
02/13/19	Berlin	L 0 - 1
02/16/19	at Merrimack	T 3 - 3
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	W 7 - 0
02/09/19	at Souhegan	L 2 - 5
02/13/19	Hanover	L 1 - 9
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

Cards Defeat Tigers, 54-51

The Stevens boys basketball teams played a pair of games, hosting the Newport Tigers on Tuesday, before finishing the week with a game in Weare, versus the Generals of John Stark.

On Tuesday night, the Cardinals welcomed Newport to Frederick Carr Gymnasium. In an exciting contest, Stevens would give the home fans something to cheer about as they would hold on for their first victory of the season, defeating the Tigers 54-51.

Josh Stiithen had a huge game as he scored a career high 26 points, connecting on 8 of 9 free throws, and grabbing a game high 14 rebounds. Ethan Johnson scored 16 points, hitting 6 consecutive free throws down the stretch to keep the Cardinals in front. He also hauled down 11 rebounds.

Owen Taylor chipped in with 6 points and 10 rebounds.

On Friday night, the Generals, needing a win to keep their playoff hopes alive, ran away for the Cardinals for a 72-22 victory. Clayton Wadsworth paced the Cardinals with 8 points. Ethan Johnson added 7 points.

The junior Cardinals opened the week with a victory over Newport, as well, defeating them 55-31. Brennan Huntoon led the Cardinals with 17 points. Cooper Moote scored 12 points, and Brady Moote chipped in with 9 points, and grabbed 10 rebounds.

On Friday night, the Generals of John Stark defeated Stevens 44-37. Cooper Moote led the Cardinals with 14 points.

Both teams have just a single game this week, versus Kearsarge. The JV boys will be at Kearsarge for a 4:30 game on Monday. The varsity boys and girls will make the trip to North Sutton on Tuesday, as the girls will play at 5:00, and the boys will play in the nightcap at 6:30.

Monarchs Drop Final Game in Florida, 8-2

ORLANDO, FL—The Manchester Monarchs allowed eight goals for the first time this season and fell to the Orlando Solar Bears, 8-2, Sunday afternoon at the Amway Center.

The Monarchs (27-24-1-1) fell into a 5-0 hole and dropped their final game of the road trip in Florida, 8-2, to the Solar Bears (27-19-3-0). Orlando got on the board first at 2:04 of the first period on the second goal of the season by Akim Aliu. Aliu walked along the blue line and fired a shot through traffic, that found its way past Monarchs goaltender, Charles Williams, to make the score, 1-0.

The Solar Bears extended their lead at 18:37 of the first period on the seventh goal of the season by Alex Schoenborn.

The Solar Bears added to their lead at 4:18 of the second period on the eighth goal of the season by Corey Kalk. Matthew Spencer wrapped behind the Monarchs net and centered a pass, where Kalk smacked a shot inside the post, to make the score, 3-0.

Orlando made it a 4-0 game at 14:43 of the

second period on the first goal of the season by Jackson Playfair.

Orlando continued their scoring at 18:03 of the second period on the second goal of the game and third of the season for Aliu, when he scored on a breakaway against Monarchs goaltender, Cole Kehler, to make the score, 5-0.

Manchester got on the board at 19:47 of the second period on a power-play goal by Nic Pierog, netting his 23rd goal of the year.

Orlando's Thompson made it 6-1 at 4:39 of the third period, scoring his fifth goal of the season, when he batted a rebound home, past Kehler's glove, to make the score, 6-1.

The Solar Bears added a seventh tally at 8:43 of the third period on the fourth goal of the season by Mike Robinson, and an eighth at 14:24 of the third for Zach Frye, notching his first of the year, making the score, 8-1.

Manchester's Tony Cameranesi would add a power-play goal at 19:41 of the third, his 17th of the season, to finish the scoring, 8-2, in favor of the Solar Bears.



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Inspiration

Lonely or Alone?

By Priscilla Hull

As we grow older, we lose friends. It's just a fact. We move away, they move away or to long-term care apartments or a home. Of course, death takes some even some before we become older. I don't want to be depressing, but it is a part of life that we have to be prepared for.

As we grow older, we have a great opportunity to make new friends. If we're the one moving into senior housing, there are always people there to welcome us. Sometimes they might even be acquaintances with whom we just never got close. Then we wonder why we didn't know them better and we appreciate their friendship.

No matter what, as we grow older, there are times when we feel alone. It might be during a blizzard when the wind howls around the chimney or rattles the windows and no matter what, we feel chilled. Or maybe it is during a thunderstorm when the dishes rattle when an extreme thunder clap bursts in our ears. It might be at a more significant time such as the evening before a birthday. We used to be so busy making a cake and wrapping presents, but the chickens have all flown from the nest and someone else is doing that for them!

The difference between alone or lonely is how we look at the situation! Let's be real! At 40 or 50 we could work all day, come home, make a cake, get a dinner and never blink an eye, but at 75 or 80, it's another whole matter. Even not working, we are worn out after just making the cake.

What can we do? We don't have the resources we once had to do everything! We do have the time and maybe the resources to do things like smaller activities. No longer able to do the intricacies of a quilt? Find a simple pattern with larger pieces and make it a sofa blanket, no batting, just the pieces sewn together with a back and tied.

To much to do a large cross-stitch sampler? Do little things like Christmas ornaments.

Love woodworking? Try a doll chair, not a table or book case, or a bird feeder instead of a butcher block!



Call a friend you haven't seen for a while. Go to a school concert or play! These are things that keep us from being lonely. We might be alone, but we don't have to be lonely. The biggest thing is to be busy, grow flowers in pots, sew wildflower seeds in the garden. They almost grow themselves and attract bees and butterflies while providing hours of beautiful watching.

Being alone isn't really bad at all. Being lonely isn't good. So find that alternate amusement and make the alone time fun! Enjoy life and all the talents you've gathered.

"For the gifts of the Spirit are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control."

Galatians 22:5

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



Calendar Of Events

3D Print Club

CLAREMONT, NH—Join us for 3D PRINT CLUB! Every week, we'll get together and participate in a freestyle design session. In a freestyle, participants simply design what they want to. There will also be various design challenges each week if you're looking for inspiration, and an instructor will be present to offer advice and otherwise help troubleshoot as you create and print designs. Instructor-supported software (and software available on the Makerspace computers) includes Tinkercad and Fusion 360. If you're an experienced 3D designer, bring your laptop and favorite design software! We'll also spend time cleaning up our prints and discussing what goes into making the best print possible. This event runs as a three-month session. At the end of each session we'll collect our favorite and best prints and have an open showing.

Date: Tuesday, February 19, 6 PM
Location: Claremont Makerspace, 46 Main Street, Claremont NH

To register, please go here: <https://claremontmakerspace.org/events/#!event/2019/2/19/3d-print-club>

CDA Meeting Tuesday

CLAREMONT, NH—Catholic Daughters of the Americas Business Meeting on Tuesday, Feb. 19, 6:30 p.m., at St. Joseph Church Hall, Elm Street.

Workshop: Intro to 3D Printing

CLAREMONT, NH—Intro to 3D Printing will provide an overview of 3D printers and the printing process – covering everything from the way 3D printers are built through the ways we use them to create objects. In this beginner level class, we will discuss different methods of 3D printing and cover the fundamental steps for designing and printing models. Participants will get to know how the MakerSpace's printers – the LulzBot Taz 6 and Lulzbot Mini – work, and how to use them safely. Following the

workshop, participants will have the opportunity to sign-up for certification sessions on these machines, so that they can use them on their own at the CMS.

Note: Individuals with no prior 3D printing experience are required to take this workshop before getting certified to use the CMS's 3D printers. If you already have experience with 3D printers, you may be eligible to test out of this training. For more information, please contact electronics@claremontmakerspace.org

To register, please go here: <https://claremontmakerspace.org/events/#!event/2019/2/20/intro-to-3d-printing>

Date: Wed, Feb 20, 6:30 PM

Location: Claremont Makerspace, 46 Main St. Claremont NH

Workshop: Intro to Arduino

CLAREMONT, NH—This class is truly designed with the beginner in mind and serves as a great introduction to the world of physical computing! It is for anyone who has never played around with Arduino before and those who have played around a little bit but aren't entirely sure about how the basics work. We'll blink some lights, turn some motors, read some sensors and make a little noise. We'll touch on some very basic programming and prototyping concepts as well!

To register, please go here: <https://claremontmakerspace.org/events/#!event/2019/2/21/intro-to-arduino>

Date: Thursday, Feb 21, 6 PM

Location: Claremont Makerspace, 46 Main Street, Claremont NH

Workshop: Bead Rolling 101

CLAREMONT, NH—Bead rolling is a great sheet metal fabrication method, used in a variety of creative and industrial fields. It can be used to not only strengthen sheet metal, but also to create artistic designs. In this introductory level class, led by Jason Laffin - owner of 603 Metalworks – students will learn the fundamentals of bead rolling while making their very own, floor pan.

To register, please go here: <https://claremontmakerspace.org/events/#!event/2019/2/23/bead-rolling-101>

Date: Saturday, February 23rd, 2 - 3:30 PM

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

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, 6pm. \$2.00 per person or 2 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 signups are set for March 7 and 8 from 6-8pm at the Charlestown Rec Office. Saturday hours are March 9 from 10-noon, also at the Rec Office. There is a hard deadline for baseball signups. The CV Cal Ripken Baseball League will not accept **additional sign ups after March 16.**

BASEBALL UMPIRES AND COACHES are needed to ensure all teams are ready on game day. A Coaches Clinic will be available in March. If you can help umpire or coach, please contact the Town Office 603-826-4400. Applicants will be subject to background checks.

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. Applicants subject to background check. 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: Here are the dates for the February & March CREC meetings:
Tuesday, February 19

Tuesday, March 5

Tuesday, March 19

Meetings start at 6:00 pm at the Recreation Committee Office, 216 Main St., Charlestown. The meeting is open to the public.

CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE

Please continue to check the Facebook page for all announcements and upcoming events.

***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, 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.

www.etickernewsclaremont.com

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

5 ways to Make You More Hireable on Social Media

Ensure photographs are appropriate
Just make sure that the photographs that are there are professional. If you'd be embarrassed for someone other than your loved ones to see them, that's a good indication you should delete them.

Keep information up to date
Maintaining an accurate, fully updated profile will help employers get in touch with you more easily. Doing so may also help demonstrate certain soft skills, such as attention to detail and diligence.

Avoid oversharing
Try not to post more than one or two items a day and only those things that no one would find offensive. You can adjust in settings what posts are publicly available and private.

Call attention to accomplishments
Twitter, Facebook and Instagram serve as an avenue that explains what makes you, well, you.

Be honest in all things
Part of the reason why employers check social media is for corroboration. If you say one thing on your resume or interview, but your profile suggests otherwise, you could have some explaining to do.



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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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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

Group meets the third Wednesday of every month, 5:00 - 6:30 p.m. at Springfield Hospital Library, Level D, Springfield.

Help Available for Advance Directive Documents

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

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

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

Join the Boy Scouts

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

Croydon Ladies Auxiliary Bingo

CLAREMONT, NH--The Croydon Ladies Auxiliary is sponsoring bingo every Thursday. Held at the Claremont Senior Center, 5 Acer Heights off Maple Avenue in Claremont. Doors open at 4:30 p.m. and games start at 6:30 p.m.

Food and drinks available. Open to those 18 and older. Call Sandy at 543-7118 for more information.

All paper games.

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.

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 began 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.

Workshop: Make A Silver Ring

CLAREMONT, NH—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://claremontmakerspace.org/events/#!event/2019/2/24/make-a-silver-ring>

Date: February 24th, 1 - 4 PM

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

Workshop: Needle Felting Fun

CLAREMONT, NH—Wool felting is one of the worlds oldest recorded textile techniques. In this introductory, hands-on workshop you will be introduced to the methods used in 3-D needle felting as well as flat wet needle felting. You will create an adorable folk art needle felted animal and a flat wet felted brooch of your design.

To register, please go here: <https://claremontmakerspace.org/events/#!event/2019/2/24/needle-felting-fun-1>.

Date: Sunday, Feb 24th, 2 - 4 PM

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

Learn How to Talk to Legislators with Advocacy Training

CLAREMONT, NH—TLC Family Resource Center will be holding advocacy training on Tuesday, Feb. 19, at 12:30 p.m., at the Center for Recovery Resources, 1 Pleasant St. Suite 104 in Claremont.

Your voice is crucial to make a difference in the Granite State. Sign up for an advocacy training to build skills and learn to advocate for health policy priorities within the NH legislative process and the NH budget process. The training is provided by New Futures.

Register at <https://secure.everyaction.com/TxSyf4VlbkaGXpomaDIFpA2>.

TLC Family Resource Center supports and strengthens all families, children, and youth of Sullivan and Lower Grafton counties with a

wide-range of free programs, support groups, and education. For more information, please visit www.tlcfamilyrc.org.

Racial Diversity Explored with Reading Series

CLAREMONT, NH—The next book in the Understanding Diversity and Inclusion through Children's Literature series will be "The Other Side" by Jacqueline Woodson. Join the Claremont School District and Rural Outright, a community program of TLC Family Resource Center, on Thursday, Feb. 23, at 3:15 p.m., at Fiske Free Library, 108 Broad St. in Claremont. The readings are free and open to the public. Everyone is encouraged to attend.

Clover has always wondered why a fence separates the black side of town from the white side. But this summer when Annie, a white girl from the other side, begins to sit on the fence, Clover grows more curious about the fence is there and the daring girl who sits on it, rain or shine. One day, feeling very brave, Clover approaches Annie. After all, why should a fence stand in the way of friendship?

Don't forget to bring your diversity reading passport. Children can receive a free book after attending three diversity readings with new passport program. The passports are free and can be picked up at any diversity reading event offered through the series.

Additional public readings will also be held on Thursday, Feb. 21 at: TLC Family Resource Center, 109 Pleasant St. in Claremont, at noon
Claremont Soup Kitchen, 53 Central St. in Claremont, at 3:45 p.m.

There will also be several readings throughout the day at area day care centers and elementary schools that are just for the students.

The diversity reading series is a collaboration between Rural Outright and the Claremont School District. This is the second year of the series, which will include a reading and discussion of a new book exploring a different topic of diversity every month over the next year.

TLC Family Resource Center supports and strengthens all families, children, and youth of Sullivan and Lower Grafton counties with a wide-range of free programs, support groups, and education. The Rural Outright program serves LGBTQ+ youth, their families, and allies with peer support groups, educational se-

ries, and events throughout the area. For more information, please email ruralNHoutright@gmail.com or visit www.tlcfamilyrc.org.

Art Show Reception Tuesday February 19th, at 6:00 p.m.

CLAREMONT, NH—Take a moment to come by and visit with Jared Beerman of Beerman Photography and look at all the wonderful photographs (Action Figure Photography) he has taken that are on display at the RVCC Library. Jared will also be giving a short talk on his photography and, in particular, his method that he uses from staging to the actual photograph. There will be some light snacks provided. Feel free to contact James Allen at jallen@ccsnh.edu if you have any questions about this event. Links: <https://www.beermanphotography.com/>.

2019 JURIED REGIONAL EXHIBIT at the Library Arts Center featuring works from regional artists from NH & VT in all mediums.

Library Arts Center Gallery
58 N. Main Street
Newport, NH

Through March 21st

Gallery Hours: Tues.-Fri. 11am-4pm, Sat. 10am-2pm

2019 JURORS:

Stephanie Kyriazis
Chief of Interpretation, Saint Gaudens National Historic Site

Penny Whitman
Community and Economic Development Field Specialist, UNH Cooperative Extension

To find out more about the exhibit, and to see a list of selected artists, visit: <http://libraryartscenter.org/exhibits/2019juriedregionalartists/>

Coffee with the Chief in Sunapee

SUNAPEE, NH—The next Coffee with the Chief will be on Wednesday, Feb. 20, from 7:30 to 8:30 a.m. at the Safety Services Building. There are always things to talk about; join us for coffee, good eats and great conversation!

Workshop: Explore Molecular Gastronomy: Spherification

CLAREMONT, NH—Encapsulate flavors into bubbles that burst in your mouth! We'll turn a variety of liquids into edible pearls. Imagine cranberry juice "fish eggs", green tea "peas," orange juice "egg yolks," and more. Family pairs (adult / child aged 10+) exploring fun flavors together are welcome. Price includes materials fees.

To register, please go here: <https://claremontmakerspace.org/events/#!event/2019/2/17/explore-molecular-gastronomy-spherification>

Date: Feb 17th, 2 PM

Location: Claremont Makerspace, 46 Main Street, Claremont NH

Kids: Afterschool Art on Fridays! Friday Afternoons, March 08 - May 31, 2019 3:30 pm - 5:00 pm

Library Arts Center Studio
58 N. Main St.,
Newport, NH

info@libraryartscenter.org

Price: \$35.00 for four weeks *Scholarships & Sibling Discounts available.

Afterschool art fun for kids ages 8-12, themed on different animals. Theme changes monthly. March: Owls, April: Foxes, May: Bears.

To find out more, visit libraryartscenter.org or call the Library Arts Center at 603-863-3040.

The Country Wife Presented by Amplified Arts

CLAREMONT, NH—What's next for Amplified Arts after the big win in January? Doing what they do best, intimate & immersive theatre. On February 14th, Amp's adult theatre program "The Company" opened their production of *The Country Wife*, a saucy period comedy about bedroom manners by William Wycherley and adapted by Hudson. The show opened Feb. 14 and runs through Feb. 23. Tickets for general admission are \$12. Because of limited seats, the Amplified Arts Team encourages folks to purchase their tickets in advance. You can do this by visiting their website at www.amplifiedartsnh.com.

For more information about the *The Country Wife*, other programs like Amplified Arts Sum-

mer Trunk Theatre Camp for ages 7-12 coming this summer or their art film series coming back this spring, reach out to Amplified Arts at www.amplifiedartsnh.com or email amplifiedartsnh@gmail.com.

Arrowhead Meeting Changed to This Tuesday

CLAREMONT, NH—Due to last week's storm, the Arrowhead meeting scheduled for last week has been changed to Tuesday, Feb. 19th, at 7:00 p.m.

Open to all, looking for people to help move arrowhead forward, both organizational and operational wise. Plus as always need help inside and out every weekend.

Help is also needed for school vacation periods, Feb 21-22 (Thurs. & Fri) and Feb 25-Mar 1st (Mon-Fri), just four hours each day, from noon-4:00 p.m.

Applications Now Being Accepted by County Board of Commissioners

NEWPORT, NH—The Sullivan County Board of Commissioners is accepting grant applications for Fiscal Year 2020 from charitable non-profit organizations that provide services to the entire county, who are seeking public funding to support the delivery of those services to County residents.

You may view previous year funding recipients; the County Grant Policy; and, the grant application at the County's website on the "Programs and Grants" page by clicking on the following link: http://www.sullivancountynh.gov/index.php?n=county_grant_applications.

Completed grant applications are due to the County Commissioners' Office no later than 12:00 noon Friday, March 15, 2019.

If your non-profit is interested in applying and would like to attain a Microsoft Word version of the application (and Excel workbook for your proposed budget) or if you have questions, please contact the Sullivan County Commissioners' Office, 14 Main Street, Newport, NH, 03773 at (603) 863-2560 or e-mail commissioners@sullivancountynh.gov.

Send news and photos to etickernews@gmail.com

Pancake Breakfast Feb. 23

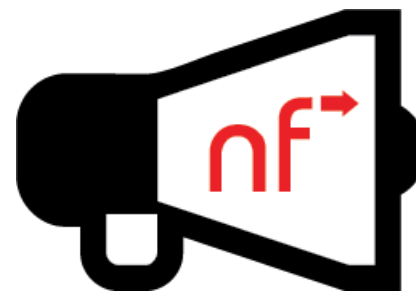
CLAREMONT, NH—Arrowhead's annual Pancake Breakfast will be held on Saturday, Feb. 23, from 8:00-10:00 a.m., at the Teal Lantern, which is the Culinary Arts Dept of the Technical Center located on Robert Easter

Way in Claremont. Featured for this breakfast will be North Country Smokehouse bacon and sausage, and the syrup will be from Bascom Maple Farms; coffee and juice provided as well. All of the proceeds from this breakfast will be for the benefit of the Arrowhead Recreation Club; \$6.

newfutures→

Advocate for a Healthier New Hampshire!

Tuesday, February 19th
12:30PM – 1:30 PM




Your voice is crucial to make a difference in the Granite State. Sign up for an advocacy training to build skills and learn to advocate for health policy priorities within the NH legislative process and the NH budget process.

Center for Recovery Resources
1 Pleasant St, Suite 104, Claremont, NH
(entrance is on the Sullivan Street side of the building)

THE
CENTER
FOR RECOVERY RESOURCES
A community program of TLC Family Resource Center

RSVP to Maggie
at maggie@tlcfamilyrc.org.



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

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
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.etickeernewsoclaremont.com

Joseph Monette, 59

Joseph Monette, 59, passed away on February 14, 2019, at the Woodlawn Nursing home in Newport NH, with Tiny, his teddy bear friend, by his side. Joe was born on February 08, 1960, in Windsor VT, the son of Donald and Pauline (Tierney) Monette. Joe went to school in Cornish and graduated from Stevens High School in Claremont, NH, in 1979. Joe loved to drive his car, waving to all those he met. He once painted G I Joe on the trunk so everyone would recognize him. Joe's favorite foods were McDonalds fillet-o-fish and chocolate ice cream with a Coke. Joe was predeceased by his mother Polly in 1997. He is survived by his father, Donald, of Cornish, and five brothers, Peter his twin, Steven of Enfield, David and wife Maria, Michael and wife Robin and William all of Cornish; four nephews, Christopher, Joshua, Daniel and Montgomery and one niece, Shaylee.

Joe's family is very grateful to all those who made his life easier for him, especially Dr. Barros and her staff at West Central Services, the nurses of the VNA, Tammy and staff at McCoy Home, Joe's neighbors and friend Brian at Lincoln Heights and lastly the people at Woodlawn who even gave Joe a surprise birthday party which delighted him very much.

There will be no funeral service.

Committal will be in Child's Cemetery in

Cornish at a later date.

The Stringer Funeral Home is in charge of arrangements.

Mary E. Porter, 79

Mary Elaine Porter, 79, of Charlestown, NH, passed away on February 14, 2019, at the Jack Byrne Center in Lebanon, NH.

She was born in Fitchburg, MA, on June 24, 1939, the daughter of Edwin and Nellie Mae (Bell) Doucette.

Mary had graduated from the Appleton Academy in 1957.

She had worked for Design Standard and for Grobet File for 23 years.

Mary enjoyed knitting, crocheting, reading and spending time with her family.

She is survived by her husband, Vernon Porter of Charlestown; three daughters, Ellen Mae Bragg and her husband, David of Charlestown; Annette Marie Hofmann and her husband, Andrew, of Cornish; and Cynthia Ann Porter and her husband, Paul Donnellan, of Limerick, ME; six grandchildren, Jessica and

her husband, Rock, Craig and his girlfriend, Zoe; Kyle and his girlfriend, Kiana; Sarah and her boyfriend, Jason; Annette and Kara; eight great grandchildren; a sister, Patricia Beam, and her husband, Donald; a brother, Robert Doucette; several nieces and nephews. She was predeceased by her parents.

Visiting hours will be held at the Charlestown Memorial Chapel, Main Street in Charlestown on Monday, February 18th, from 2 to 4 PM.

A prayer service will be held at 4 PM with Very Rev. Shawn Therrien VG officiating.

The Stringer Funeral Home is in charge of arrangements.

Penny J. Jowett, 49

Penny J. Jowett, 49, of Claremont, NH, passed away on Saturday, February 9, 2019, at Boston Medical Center.

She was born on August 23, 1969, in Oneida, NY, to Bernard and Jean (Cushing) Jowett. Penny graduated from Fall Mountain Regional High School in Langdon, NH, in the class of 1988.

“Our screws don't fall out.”

-Dr. Sam Giveen

It's all in the details. When you buy eyeglasses from Doctor Sam's, they typically cost less and they're better made—right down to screws that stay just where they are. It's no-nonsense, straightforward attention to detail that makes Dr. Sam who he is—and makes his patients very happy.

DOCTOR **SAM'S**
EYE CARE

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



Out of high school, Penny had worked for many years as a cook for Rita's Coffee Stop in Bellows Falls, VT, until their closing. Then she worked for several years as a manager for Fleming Oil Company until her retirement due to health reasons.

Penny liked playing bingo, painting and shopping, but most of all she enjoyed spending time with her nieces, Brianna and Alaina, and Brianna's children.

She is survived by two brothers, Frederick Jowett of North Walpole, NH, and James Jowett of Charlestown, NH; one sister, Bernice Pleisch of Claremont, NH, and several nieces and nephews.

She was predeceased by her parents and her son, Devon Brault.

Visiting hours will be held at the Stringer Funeral Home, 146 Broad Street in Claremont on Tuesday, February 19th, from 5 to 7 PM.

Shirley R. Daly, 83

Shirley R. (Duchemin) (Given) Daly, 83, passed away on February 12, 2019 at Valley Regional Hospital in Claremont, NH.

She was predeceased by her husband, Maurice S. Daly (married on 7/15/78); her parents, Frederick A Duchemin & Ellen S. (Kelly) Duchemin, and her daughter, Sue Given, sisters, Brenda Rowbotham, Linda Casey, Marilyn Furnia, brothers, Norman Larivee, Harlan Larivee, Bruce Duchemin, Fred Duchemin and her first husband, Howard F. Given

Shirley was born at home in Haverhill, MA, on March 30, 1935.

In 1953 she married Howard F. "Tiny" Given; they had five children.

She is survived by four children, Brenda J. (Given) Shrigley; Helen S. Given, husband, Mark; Howard (Howie) F. Given II; and Kelly L. Given (Munro); her brothers, Michael Duchemin and his wife, Linda Lou; Sandy Duchemin and his wife, Leslie; and her sister, Cindy McCormack; grandchildren, Jim Shrigley, Billy Hawkins Jr. and his wife, Bethany; Michael Hawkins; Samantha Hawkins; Harold E. "SJ" Walton; Daniel H. Walton; Tasha Patneau and her husband, Greg; and Casey Given; great-grandchildren, Billy Hawkins 3rd; Charris Hawkins; Olivia Hawkins; Little Sammye Hawkins; Wyatt Patneau; and Jillian Patneau.

Shirley's wishes were to be cremated and for her ashes to be with her husband, Moe Daly which we will honor.

We will have a memorial service to celebrate Shirley's life on March 30, 2019, in Haverhill, MA, at a location and time that will be announced at a later date.

The Stringer Funeral Home is in charge of arrangements.

Dorothy H. Hamel, 96

Dorothy Hazel MacConnell Hamel, 96, of Yale Street in Claremont, NH, died Thursday morning, February 14, 2019, at Valley Regional Hospital.

She was born in Croydon, NH, on March 7, 1922, the daughter of Herbert G. and Georgia E. (Phelps) Leavitt, and had resided in Claremont since 1942.

She was a graduate of Towle High School in 1939.

She worked at the International and Kimel Shoe Companies in Claremont and Newport, mostly as a shoe cutter for several years. Her greatest love of work was a nursery school teacher at the First Baptist Church for eleven years and retired in 1982.

She was a member of the First Baptist Church and worked with the kindergarten children for 25 years and was with the praise and worship team.

She was preceded in death by her first husband, Dean MacConnell in June 27, 1988, and her second husband, Leo Hamel in October 23, 2011, three brothers; Merton, Albert, and Walter and an infant son.

The surviving family includes one son, Douglas MacConnell and his wife, Susan of Claremont; four grandchildren, Kyle Jarvis, Nicole MacConnell, Tyler MacConnell and Danielle Stevens; two brothers, Arthur C. Leavitt of Newport, NH, Herbert G. Leavitt of Charlestown, and sister, Margaret Quigley of Agawam MA, also nieces, nephews and cousins.

Friends may call at the Stringer Funeral Home, 146 Broad Street on Monday evening from 5:30 to 6:30 PM. Funeral services will be held at Grace River on Main Street in Claremont on Tuesday at 11 AM. Burial will follow privately for immediate family only at Mt View Cemetery.

Donations in her name can be made to Grace River.

Donald L. Courtemanche, 72

Donald Lee Courtemanche, 72, of Charlestown, NH, passed away on February

13, 2019, at the Jack Byrne Center in Lebanon, NH.

He was born in Claremont, NH, on August 9, 1946, the son of Leo and Charlotte (Green) Courtemanche.

Donny had worked for Merriam Graves, Claremont Flock and lastly at Casella Waste.

He enjoyed woodworking, fixing cars and his dog, Ginger. He loved to go to camp in Pittsburg, NH.

He is survived by his wife, Heidi (Balla) Courtemanche; two daughters, Michelle Hammack and Tammy Hamel; sisters, Cheryl Bishop, Bonnie Wilde and Debbie Putnam and a brother, Leo J. Courtemanche; four grandchildren and two great grandchildren; many nieces and nephews.

He was predeceased by his parents and two grandchildren.

Visiting hours were held at the Stringer Funeral Home, 146 Broad Street in Claremont, NH on Sunday, February 17th.

In lieu of flowers, donations may be made in his memory to the Jack Byrne Center, One Medical Center Drive, Lebanon, NH 03756.

Justin H. Fletcher, 85

Justin H. Fletcher, 85, of Cornish, NH, passed away on Sunday, February 10, 2019, at Alice Peck Day Hospital.

He was born in New Hampton, NH, on March 12, 1933, the son of Walter and Jenny (Tucker) Fletcher.

He had served in the US Army.

Justin was a building contractor for nearly 50 years.

He enjoyed spending time with his family. He will be greatly missed.

He is survived by his wife, Marjorie (Gault) Fletcher whom he married on July 21, 1956; four children, Walter Fletcher and his wife, Debbie, Wanita Fuller and her husband, Vern, Warren Fletcher and his wife, Lisa and Ellen Beliveau and her husband, Ed; 10 grandchildren; 12 great grandchildren; 1 great great grandchild; a brother, Luther Fletcher and his wife, Andrea.

He was predeceased by his parents and siblings, Geneva Wadleigh, Roland Fletcher, Mabel Geer and Erma May Baker.

A celebration of his life was held at the United Church of Cornish on Sunday, February 17th, with Rev. Dale Nicholas officiating. Burial will be held in Edminster Cemetery in the spring.

SATURDAY, MARCH 2**ALL-YOU-CAN-EAT SPAGHETTI DINNER**

Let someone else do the cooking on Saturday March 2 from 4pm-7pm at the Claremont Country Club. Join Sullivan County Humane Society for our All-You-Can-Eat Spay-ghetti Dinner with your choice of neutered (vegetarian) or unneutered (meatball) sauce. Dinner will also include salad, bread, and dessert! \$10/ person, children under 6 are free with the purchase of an adult meal.

Tickets can be purchased ahead of time at the humane society, Kit N Kaboodle, or that evening at the door.

Call 603-542-3277 or visit our website: <http://www.sullivancountyhumanesociety.org/>.

SATURDAY, MARCH 2**OUTDOORSMEN SUPPER at 5:00 p.m.****CHRIST COMMUNITY CHURCH, PLAINFIELD, NH**

Do you like to eat various types of meat from the wild? Do you like to tell hunting stories and laugh? If you do, we'd like to invite you to join us for our Outdoorsmen Supper 2019 for dinner and laughs on Saturday, March 2nd at 5 p.m. at the Red Barn Church (Christ Community Church, 1259 Route 12A, Plainfield, NH).

You may bring a mounted deer head, antlers, a mounted fish, or anything you can carry to display in our hunting trophy section. People will be able to vote, and the owner of the winning trophy will walk away with a prize.

Please RSVP to attend the Outdoorsmen Supper by emailing zane_burke@hotmail.com or by calling Terri Burns at (603) 675-5673. For more information, see our website at <https://redbarnchurch.com/>. Seats are limited to the first 100 people. This event is free.

WEDNESDAY, FEBRUARY 27**Night of Bowling, Pizza**

Looking for something to do on a cold winter evening?

How about a fun evening of bowling on Wednesday, Feb. 27, from 6:00-10:00 p.m.? Bring the whole family, a girls/guys night out or get a team of your co-workers. Come support Sullivan County Humane Society at Maple Lanes in Claremont.

Come on out for a night of bowling: \$15/person includes 2 games of 10-pin, shoe rental, a slice of pizza, and a soda!

For more information, please call 603-542-3277 or visit <http://www.sullivancountyhumanesociety.org/>.

Claremont Senior Center, Inc.**By Claire Lessard, Executive Director**

Center will be having a Bus Trip to Currier Museum - Manchester, NH, on March 8, 2019 and a Trip to the Baker Library Art Exhibit in Hanover, NH, on March 13, 2019. Senior citizens / persons over 50 years of age eligible to participate. Come or call the center for more info. Thinking of joining the center? Come on over...we have a new program. Sign up for our "One Month Trial Membership" "which means whatever date you sign up the membership will be good for one month." Come enjoy all of our programs and activities. Bring a friend . . . hope you will join us!

Chair Yoga will be back with a new teacher Sherra starting Tuesday - March 12 (10:45 - 11:45 AM). Held in the Mozden Room. \$4.00 for members & non-members!

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

Meals: Tuesday - February 19...Soup, turkey Ala King over rice, dessert. Thursday...February 21...Birthday Celebration...Soup, pot roast, mashed potatoes, Key West vegetables, birthday cake!

"Sunday at the Center" - 1:00-4:00 PM for members and bona fide guests! Play pool, work on a puzzle, card games (Hand & Foot card game most popular). Bring a snack to share and your own beverage!

Tai Chi session will be held on Wednesday - February 20 (6:00 - 7:00 PM) in the Mozden Room. Cost is \$5.00 per person.

Foot Clinics held on February 20 (8:30 AM - 4:00 PM). Cost is \$25 per visit. Blood Pressure Clinic on Thursday - February 21 (11 AM - 12 Noon) sponsored by Lake Sunapee Region VNA & Hospice. Call (603) 526-4077.

Silver Sneakers every Monday at 1:00 PM in Mozden Room. Cost is \$2.00!

Items still needed on our "Donations List" ... Plastic knives and disinfectant hand wipes. 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!

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! Game Night every Tuesday & Thursday - 6:00 PM. 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.

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.

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

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 27, 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 – Second Reading – Public Hearing
- 7:05 PM B. City Manager Search Update
- 7:15 PM C. Ordinance 565 Establish Board of Assessors – Second Reading – Public Hearing
- 7:30 PM D. Encroachment of Rail Trail Discussion
7. NEW BUSINESS
- 7:45 PM A. Accept and Expend \$15,000 from Mascoma Bank for Library A/C – Public Hearing
- BREAK
- 8:10 PM B. Resolution 2019-21 to Expend Up to \$20,000 from Fiske Free Library Non-Capital Reserve for Library A/C – Public Hearing
- 8:25 PM C. Resolution 2019-20 NHDES Wastewater Treatment Facility Energy Audit Grant – Public Hearing
- 8:40 PM D. Discussion of Elderly Tax Exemption and Veterans Tax Credit
- 8:55 PM 8. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:10 PM 9. CONSULTATION WITH LEGAL COUNSEL
- 9:15 PM 10. ADJOURNMENT

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

Review: Doctor Strange

By Bernadette O'Leary

We all wonder what life would be like if we had magic or if superheroes existed. *Doctor Strange* shows us both. We all have that one thing in life that we wish we could change or fix, and we might fantasize about what we would do if we had extraordinary means to do so. In *Doctor Strange*, the main character, gets his chance to find out exactly what he would do... and who he can be.

Doctor Strange, played by Benedict Cumberbatch, goes on a journey to find a way to heal his body after a terrible accident. In the process, he found something completely unexpected, and much more than he could have ever imagined... enlightenment. He found the world that exists beyond reality... a world where anything is possible.

Whereas my family did not have a particular desire to see this movie, we finally broke down and watched it. We are all glad we did. The cast and writers for this movie were simply phenomenal. Cumberbatch and Tilda Swinton, as The Ancient One, come together to complete a cast of characters that will take you on a fantastic ride through a world beyond your wildest imagination.

I happily give *Doctor Strange* a full 5-Crosses for the characters, storyline, and execution. This film is currently on DVD, and I highly recommend it to viewers of all ages. Rent it today and enjoy it with the whole family.



This Catholic's Christian View Review

Ratings From

 5 Crosses =
Highest Rating

To

 5 Trash Cans =
Lowest Rating

Reviews with a Twist