

Recreation Roundup



They Shoot! — They Score!

Young Hoopsters Compete at Annual Basketball Tournament

Pass — dribble — shoot — get that rebound. All the fast-paced excitement of a basketball game will echo off the walls of the Claremont Savings Bank Community Center (CSBCC) and Stevens High School gymnasiums as the annual Twin State Valley (TSV) Basketball Tournament kicks off today. Multiply the excitement of one game by the more than 80 to be played by 43 teams, and you'll definitely want to stop in and cheer on your favorites.

Justin Martin, our Parks & Rec superintendent of recreation programs, is the tireless organizer of the tournament. He reaches out to coaches and their teams, handles registration, and uses software to randomly set up the initial brackets. Brackets are posted on the bulletin board near the entrance to the gym, and updated after each game. You can also find updates on the Claremont Parks & Recreation Facebook page.

The tournament, which is in its 72nd year, runs every day from this evening through Saturday, March 9. The format is double-elimination, which means that every team is guaranteed to play at least two games. Players compete for the championship in six divisions: 3/4



boys, 3/4 girls, 5/6 boys, 5/6 girls, 7/8 boys, and 7/8 girls.

Claremont's own Mini-Cardinal all-star teams will take on other local competitors, many of whom belong to the 18-member Upper Valley Recreation Association. You'll also see youngsters from Hanover, Windsor, Cornish, Enfield, Lebanon and Woodstock in action.

Games are played at the CSBCC and Stevens High School. Admission is only \$1 per person per day. With so many parents, families, teachers and classmates filling the bleachers, we plan to be packed once again this year!

The CSBCC has quickly become the venue of choice for the TSV event.

Jason Beeman of Claremont has two sons who have played basketball in our program for years. Beeman currently coaches a 5/6 boys basketball team, and has coached many teams in various sports for the Department. "I really like that we get to have a tournament in

our home gym," he says. "And for the younger kids in the 3/4 division, it's a fun way to end the season."

Coaches from around the region are just as enthusiastic about playing at the CSBCC.

"We always look forward to the TSV Basketball Tournament, and this will be our fourth year coming up to Claremont

from Hopkinton," says coach Ken "Skate" Murdough. "Justin and the crew put on a great tournament and the facility is excellent. All the parents wish that we had a center like the CSBCC! The TSV basketball games are always very competitive and well refereed. All our players seem to get a lot out of this tournament."

In addition to the trophies that the winning teams take home, five awards are presented at the conclusion of the tournament. The Sportsmanship Award is given to the player who shows respect for his or her teammates,

TSV games are played at the Claremont Savings Bank Community Center (CSBCC) and Stevens High School (SHS).

Admission: \$1 per person per day.

Mon. Feb. 25— 5 to 8pm — CSBCC
Tues. Feb. 26— 5 to 8pm — CSBCC
Wed. Feb. 27— 5 to 8pm — CSBCC
Thurs. Feb. 28 — 5 to 8pm — CSBCC
Fri. Mar. 1 — 5 to 7pm — CSBCC
Sat. Mar. 2 — 9am to 7pm — CSBCC
Sat. Mar. 2 — 9am to 7pm — SHS
Sun. Mar. 3— 9am to 7pm — CSBCC
Sun. Mar. 3 — 9am to 7pm — SHS
Mon. Mar. 4 — 5 to 8pm — CSBCC
Tues. Mar. 5 — 5 to 8pm — CSBCC
Wed. Mar. 6 — 5 to 8pm — CSBCC
Thurs. Mar. 7 — 5 to 8pm — CSBCC
Fri. Mar. 8 — 5 to 8pm — CSBCC
Sat. Mar. 9 — 9am to 3pm (championship games) — CSBCC

Note: Dates/times/locations are subject to change based on number of teams and other factors. Check the Claremont Parks & Recreation Facebook page for the latest schedule and updated brackets.

coaches and officials, as well as the opposing team. The All Tournament Award is given to four players across the division who have proven to be leaders of their team.

Most Valuable Player Award goes to the player with the overall strongest talent; he or she has shown determination and passion for the game and has exceeded expectation to help their team be as successful as possible. The Unsung Hero Award is given to the player who best exhibits hard work and determination regardless of recognition. The Coaches Award is given to the coach who has demonstrated outstanding leadership, remained positive, showed good sportsmanship, and proved to be a great role model for his or her team.

We hope you can come out and support your local teams and welcome in many others.

Mark Brislin, director, Parks & Recreation
— 603.542.7019 —
mbrislin@claremontnh.com

State Championship Action

L-R: Coach Floyd Buck Jr, Assistant Coach John Stafford Jr, Skylar Wallace, Cole Wright, Tim Amsden, Assistant Coach Bradley Bennett, Coach Don Beebe. The State Championships for Junior High and Junior Varsity wrestling kicked off on Saturday, Feb. 16th. The gym at Spaulding High in Barre, VT, was packed from 8:00 a.m. until the finals wrapped up at 6:30 p.m. Excellent work was displayed, said the coaches, with each wrestler giving everything on the mat. JH wrestlers: Marshall Simpson - 5th place; Trenton Rumrill - 5th place; Ayden Smith - 4th place; Cole Wright - 2nd place. JV wrestlers: Bryan Stafford - 6th place (after injury knocked him from 3rd place); Tim Amsden - 2nd place; Skylar Wallace - 2nd place. Also wrestling for Junior High was Armando Stettner, for JV Jeremy Curfman. Coaches Don Beebe and Floyd Buck Jr were assisted by John Stafford Jr and Bradley Bennett. (Crystal Shaw photo).



St. Joe's Sports Night Winners Announced

CLAREMONT, NH—This year's St. Joe's Sports Awards winners have been announced:

Top male student-athlete - Trey Theriault
 Unsung male student-athlete - Karsten Kleyensteuber
 Top female student-athlete - Audrey Puksta
 Unsung female student- athlete - LeeAnn McCarthy.

Tickets go on sale March 1st at Stevens High School and Marro Home Center. The event is scheduled for March 20 at 6:00 p.m. at the Claremont

Got Sports?

Send news and photos to

etickernews@gmail.com

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	L 40 - 57
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	L 36 - 47

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	T 5 - 5
02/23/19	Winnacunnet	W 3 - 2

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	L 2 - 7
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	W 11 - 0
02/20/19	at Keene-Mon-Fall Mountain	W 7 - 3
02/23/19	St. Thomas-Winnacunnet	W 3 - 0

Claremont Speedway Sold

CLAREMONT, NH—An announcement was made over the weekend that Claremont Speedway has been sold:

By Shawn Courchesne
Reprinted with permission

The race track buying spree of Norm Wrenn Jr. over the last 15 months has brought a third New Hampshire facility into the burgeoning portfolio of the former racer.

It was announced Saturday at a motorsports show in Portland, Me. that Wrenn has partnered with Hudson (N.H.) Speedway owner Ben Bosowski to purchase Claremont (N.H.) Speedway...

To read the whole story, please visit <http://racedayct.com/2019/02/buying-sprees-norm-wrenn-jr-ben-bosowski-purchase-claremont-speedway/>.

Cards Boys Basketball to Complete Season with Pair of Home Games

The Stevens boys basketball team played a single game this past week at Kearsarge.

On Tuesday night the Cougars played a good game before their home crowd, as they defeated the Cardinals 57-40.

Josh Stithen led Stevens with 15 points on the night. Owen Taylor scored 10 points, and Derrick Stanhope chipped in with 7 points. On Monday night, the junior Cardinals traveled to North Sutton to take on the Kearsarge Cougars, and dropped 45-36 decision.

Austin Gauld and Dylan Chambers each scored 8 points for Stevens. Cooper Moote added 6 points, and his brother Brady Moote chipped in with 5 points and grabbed a game high 14 rebounds.

On Saturday afternoon, the JV team participated in the Fall Mountain JV tournament. After dropping the opener by 2 points, 33-31, to the eventual "A" division winner Monadnock Huskies, the Cardinals defeated the Windsor Yellow Jackets 34-29, behind 11 points and 12 rebounds from Brady

Moote, to earn a berth in the "B" division finals. Stevens took on the host Fall Mountain Wildcats in the finals. The Cardinals would take the "B" division title with a 38-33 win. Austin Gauld scored a game high 12 points. Cooper Moote added 10 points, Brennan Huntoon scored 8 points, and Brady Moote chipped in with 4 points while hauling down 7 rebounds. A good day for the junior Cardinals.

Stevens will complete their season with a pair of home games this week as they will host the Souhegan Sabers on Tuesday, and Kearsarge Friday on Senior Night. The JV games will begin at 5:30 p.m., and the Varsity games at 7:00 p.m.



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Inspiration

Salt of the Earth

By Priscilla Hull

We've heard the phrase often enough, but do we really know its origin and what it means? Many will recognize its earliest use which was by Jesus of Nazareth as he preached to the crowd on the mountain (The Sermon on the Mount). During the Middle Ages it became commonly used to describe a wholesome, fair-minded person who will be ready to help others; a generally fair, good person.

We use it to describe someone at a memorial service, maybe. Perhaps we might use it in a court to make sure the judge or jury knows that this person is really a good soul. In speaking of a friend whom we knew years ago, we might say, "Archie and Edith were the salt of the earth. You won't know any more about Archie and Edith except that I hold them in high esteem.

I was visiting a daughter recently and she had on her coffee table a book called "Salt cooking with the world's most popular seasoning" by Valorie Aikman-Smith. As we grow older were told to watch our salt intake, so naturally, I liked the idea of this book and decided to read it right then and there. What an awakening. My ideal is salty French fries, onion rings, popcorn - you know the routine. I was surprised to learn that there are 11 kinds of salt used in cooking and such a variety of uses. There are salt types from Rock salt to Hawaiian black lava sea salt, to flavored salts. There are so many more ways of using salt other than sprinkling on French fries, onion rings and popcorn.

I had heard of salt-encrusted fish. In fact, I had it once in Greece -delicious. I never tried it, though. She describes salt crusted chicken. Also salt crusted leg of lamb. The chicken and fish are coated with salt and it needs to cover the fish or chicken entirely so that the steam can't escape. It must result in a very moist meat or fish. The lamb has flour mixed with the salt which makes a real crust and again results in a very moist leg of lamb.

Are you hungry yet? The book goes on with recipes for all eleven kinds of salt from meats and fish to Parmesan chips; don't they sound delicious?

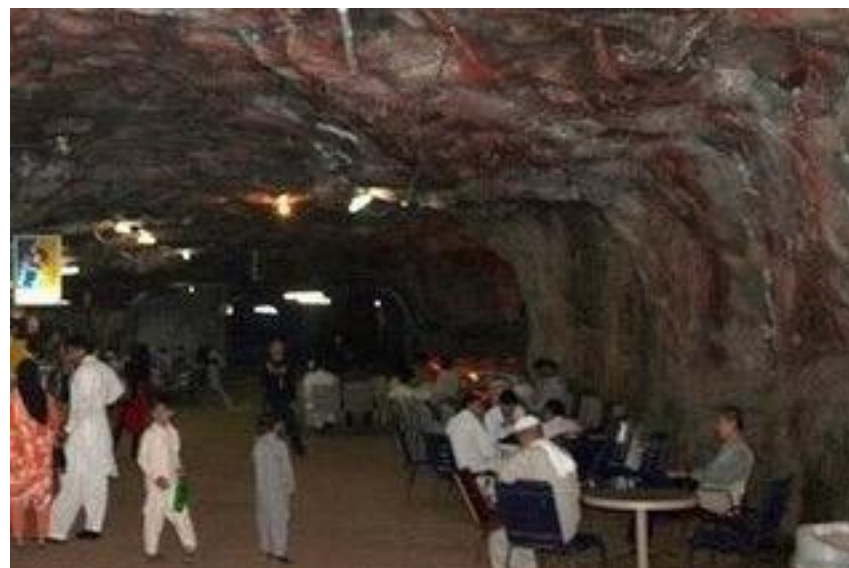
I really didn't intend this to be an article about cooking, just wanted to make you, dear reader, hungry! My intent was to think about how we can maintain the salty flavor of our lives so that we don't lose our flavor, as Jesus suggests. We all can be the salt of the earth. We all can be good people who help our neighbors at home or across the waters. It isn't always easy, though. Sometimes life gets in the way. We forget that our children are learning to play the game. They aren't pros . . . yet! We forget that the young woman at the register might be at the end of her second shift and tired because she has to work two jobs to provide a roof for her disabled husband and their child. We might forget that the man who cut in front of us on the road is on his way to the hospital to see his wife who is dying.

These are the times when our salt loses its flavor. Mostly they're forgivable because maybe we're tired or hungry or upset. The secret is to remember that we all deserve kindness from others. We find that when we're kind others will be kind to us too. What a lovely image that brings to our world.

"You are the salt of the earth. But if salt loses its flavor, how can it be made salty again? It is no longer good for anything except to be thrown out and trampled on by people."

Matthew 5:13

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



Calendar Of Events

CHARLESTOWN PARKS AND RECREATION COMMITTEE RECREATION NEWS

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: @krystalboivin.yoga.

RECREATION COMMITTEE MEETING:

Here are the dates for the February & March CREC meetings:
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.

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breast-

feeding 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, Zadiah (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.

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.

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

6 Questions That Will Impress Your Interviewer

"How do you measure success?"

In asking this question, you might find that they would evaluate your success in a way you're quite comfortable with, or the opposite could be true. Either way, it's better to know and make your decisions based on that fact.

"What do you like or dislike about working here?"

This question may be especially effective if the hiring manager you're talking to is in your potential department, since their daily work will likely be more or less in line with yours.

"Has there been a lot of turnover for this role?"

If there's been a lot of turnover - and in particular if the person who had the job right before you left after a short time - that could be a red flag.

"Where will the company be in five years?"

If their goals seem to align with yours, it might be a better fit than you first thought.

"What are the good and bad aspects of the company's culture?"

Some company cultures may not be for everyone, so getting the big picture of whether it's a good fit is always smart.

"How would my job expectations change over time?"

If the company is on an upward trajectory, hoping for more growth, you might want to get an idea of whether that would affect your job in a meaningful way. If so, finding out how may help determine whether you accept a job offer.



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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
<p>1st WEEK of the month</p>	<p>BLOOD PRESSURE CLINIC COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm</p> <p>FOOT CLINIC Meriden Congregational Church 12:00 – 4:00 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm</p>	<p>BLOOD PRESSURE CLINIC Newport Rite Aid 11:00 am – 1:00 pm</p> <p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm Mascoma Senior Center, Canaan 9:00 am – 12:00 pm</p>	<p>BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>FOOT CLINIC COA, New London 9:30 am – 1:00 pm</p>
<p>2nd WEEK of the month</p>	<p>BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm</p> <p>FOOT CLINIC Charlestown Senior Center 9:00 am – 4:00 pm</p>	<p>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</p> <p>FOOT CLINIC Sugar River Mills, Claremont 12:30 – 2:30 pm</p>	<p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC CSB Community Center, Claremont 10:30 am – 12:00 pm</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>FOOT CLINIC COA, New London 9:30 am – 1:00 pm</p>
<p>3rd WEEK of the month</p>	<p>BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm</p> <p>FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am</p>	<p>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</p> <p>FOOT CLINIC Marion Phillips Apts, Claremont 1:00 – 4:00 pm</p>	<p>BLOOD PRESSURE CLINIC Goshen Parish Hall 10:45 – 11:45 am Newport Rite Aid 11:00 am – 1:00 pm</p> <p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm</p>	<p>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</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm Lebanon Senior Center 10:00 am – 2:00 pm</p>	<p>FOOT CLINIC Warner Pharmacy 9:30 am – 12:00 pm</p>
<p>4th WEEK of the month</p>	<p>FOOT CLINIC Newport Senior Center 9:00 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>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</p> <p>FOOT CLINIC Lebanon Senior Center 10:00 am – 2:00 pm</p>	<p>BLOOD PRESSURE CLINIC Warner Senior Center 10:30 am – 12:00 pm</p> <p>FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC Plainfield-location varies 11:30 am – 1:30 pm</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>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</p>

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://library-
artscenter.org/exhibits/2019juriedregion-
alartists/](http://libraryartscenter.org/exhibits/2019juriedregion-
alartists/)

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.

Applications Now Being Accepted by County Board of Commissioners

NEWPORT, NH—The Sullivan County Board
of Commissioners is accepting grant ap-
plications 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 ser-
vices to County residents.

You may view previous year funding recipi-
ents; 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](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 Commis-
sioners' Office, 14 Main Street, Newport, NH,
03773 at (603) 863-2560 or e-mail [commis-
sioners@sullivancountynh.gov](mailto:commissioners@sullivancountynh.gov).

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

Let someone else do the cooking on Satur-
day 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 (vegetari-
an) or unneutered (meatball) sauce. Dinner will
also include salad, bread, and dessert! \$10/
person, children under 6 are free with the pur-
chase 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.sul-
livancountyhumanesoci-
ety.org/](http://www.sul-
livancountyhumanesoci-
ety.org/).

SATURDAY, MARCH 2
OUTDOORSMEN SUP-
PER 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 Out-
doorsmen Supper 2019 for
dinner and laughs on Sat-
urday, 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/](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/per-
son includes 2 games of 10-pin, shoe rental, a
slice of pizza, and a soda! For more informa-
tion, please call 603-542-3277 or visit [http://
www.sullivancountyhumanesociety.org/](http://www.sullivancountyhumanesociety.org/).



**The dramatic beauty of the Claremont Opera House
(Eric Zengota photo).**

CASH BAR
BEER & WINE

Thank you to The Spirit of Johnny Cash Sponsors
Since 1975
the common man.
INN AND RESTAURANT

WCNE COUNTRY
1010 AM / 94.7 FM

CLASSIC
Country

COH
CLAREMONT
OPERA
HOUSE

TICKETS NOW ON SALE!



HAROLD FORD in Concert as


The Spirit of

JOHNNY CASH

SATURDAY MARCH 9 / 8PM

603-542-4433 / claremontoperahouse.org

CASH BAR
BEER & WINE



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



Thank You

TO OUR 1ST 25 TEAMS FOR STEPPIN' UP 2019!

Be the Change
Claremont City Council
Claremont First Congregational Church
Hartland Unitarian Universalist Church
KCPC Saints
Ladies on the Hill
Lake Sunapee Regional VNA & Hospice
Lempster School
Maple Avenue School
Mountainside Community Church
New London Hospital
Newport Health Center
Newport Montessori School
Pink Ladies
Richards Free Library
South Congregational Church
Starlit Path
Sunapee Schools
Sunshine Town
Team NIMMA
Team Remembering Alana
Team RVCC
Team Turtles
The Baby Cardinals
The Social Heroes

WWW.TURNINGPOINTSNETWORK.ORG/STEPPIN-UP



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

Margaret Bellimer, 97

Margaret Sanville Bellimer, 97, of Unity, NH, passed away on February 22, 2019, at the Jack Byrne Center in Lebanon. She was born on November 2, 1921, in Lebanon, NH, the daughter of Frank and Una (Bill) Sanville.

She worked in photoshop at Pratt and Whitney and also at a woolen mill for many years. She enjoyed playing the guitar. She married Wilfred Bellimer on July 27, 1940; he passed away in 1989.

She is survived by her son, Frederick Bellimer and his significant other, Ramona Labrie; sister, Pauline St. Pierre; eight grandchildren, 11 great grandchildren and four great great grandchildren.

She was predeceased by her husband; son, Peter Bellimer in 1995; daughter, Peggy Bellimer in 1981; siblings, Peter, Mose, Marie, and Rose.

Visiting hours will be on Monday evening February 25th at the Stringer Funeral Home, 146 Broad Street in Claremont from 5 to 7 PM. A prayer service will be held on Tuesday morning, February 26th at 11 AM with Father Shawn officiating. A reception will follow the service at the Unity Town Hall. Burial will be held at a later at the Glenwood Cemetery in Lebanon.

In lieu of flowers please send donation to your favorite charity.

Doris M. Gannon, 89

Doris M. Gannon, 89, formerly of Elm Street in Claremont, NH, and more recently of Heritage Drive, died Friday (February 22, 2019) at her home surrounded by her family.

She was born in April 2, 1929, the daughter of Charles and Mabel (Macie) Short and had been a lifetime Claremont resident. Doris had been employed in the housekeeping department at Claremont General Hospital for 28 years. She was the widow of Roger Gannon who died in 1976.

Members of her family include a son, George Gannon, Claremont, NH; two grandchildren, Allison Lee, Richard J. Gannon, four great grandchildren, Tucker, Jeremy, Matthew, Sara Beth, and one great grandson, Wyatt, two brothers, Louis LeBlanc, Claremont, NH, Ernest LeBlanc, FL, one sister, Charlotte Companion and several nieces and nephews. Doris was predeceased by a son, James White, two brothers, Charles Short, Bernard Short and a sister, Beverly Chappell.

There will be no visiting hours. A Mass of Christian Burial will be celebrated at 11:00 am on Wednesday (February 27) at St. Mary's Church with the Rev. Arockia Antony, officiating. Committal Services will be held at St. Mary's Cemetery later in the spring.

The family suggests that in lieu of flowers, memorial contributions may be made to the St. Joseph Parish Renovation Fund, 58 Elm Street, Claremont, NH 03743.

You are invited to share a memory of Doris with the family or leave a message of condolence in the family guest book at www.royfuneralhome.com. Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

Claremont Fire Dept. Log

Sunday 2/17:

11:57 AM: Engine 1 responded to Spofford St. to assist Golden Cross.

2:51 PM: Engine 1 responded to Washington St. for a medical call.

“Our screws don't fall out.”

-Dr. Sam Givven

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)



Monday 2/18:

2:19 AM: Engine 1 responded to Pleasant St. for a medical call.

11:53 AM: Engine 1 responded to Washington St. for a medical call.

12:33 PM: Ladder 1 and Rescue 1 responded to Charlestown Rd. for a motor vehicle accident.

8:54 PM: Engine 1 responded to Heritage Drive for a lift assist.

Tuesday 2/19:

9:41 AM: Engine 1 responded to Crescent St. for a report of an alarm sounding.

2:40 PM: Utility 1 responded to Chestnut St. to assist the Claremont Police Department.

2:51 PM: Engine 1 and Engine 3 responded to River Rd. for a report of smoke in a building.

2:58 PM: Utility 1 responded to Sugar River Drive for a medical call.

Wednesday 2/20:

4:33 AM: Engine 3 responded Mutual Aid to Unity for station coverage.

12:47 PM: Engine 1 responded to Main St. for a medical call.

9:51 PM: Engine 1 responded to Charlestown Rd. for a medical call.

Thursday 2/21:

8:57 AM: Engine 1 responded to Elm St. for a smoke investigation.

10:28 AM: Engine 1 responded to Cossitt Ave. for a report for of an alarm sounding.

4:46 PM: Engine 1 responded to Central St. for a medical call.

6:29 PM: Engine 1 responded to Schmitt St. for a medical call.

Friday 2/22:

10:57 AM: Engine 1 responded to High St. for a medical call.

2:48 PM: Engine 1 responded to Charlestown Rd. for a report of a carbon monoxide detector sounding.

Saturday 2/23:

5:24 PM: Engine 1 responded to Bank Ave. for a medical call.

7:48 PM: Engine 1 responded to Pleasant St. for a water problem.

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

The Claremont Senior Center - 5 Acer Heights Rd. - Claremont, NH 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 (603) 543-5998 for more info and to sign up!

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 on 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 Sherra (a new teacher) starting Tuesday - March 12 (10:30 - 11:30 AM) 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 26...Soup, SOS hamburger gravy over toast, green beans, ice cream & cookie. Thursday....February 28...Soup, baked haddock, rice pilaf, vegetable, dessert.

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

Game Night every Tuesday & Thursday (6:00 - 9:00 PM). Play pool, work on a puzzle, Hand & foot card game most popular. Bring a snack to share and your own beverage!

Tai Chi session will be held on Wednesday - February 27 (6:00 - 7:00 PM) in the Mozden Room. Cost is \$5.00 per person.

Foot Clinics held on the 1st three Wednesday of each month (8:30 AM - 4:00 PM). Cost is \$25 per visit. Next Blood Pressure Clinics on Thursdays - March 7 (10:30 AM - 12 Noon) and March 21 (11:00 AM - 12 Noon) in the Mozden Room. 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 knives, disinfectant hand wipes and paper napkins. 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 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. Memberships, too.

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.

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. 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 27, 2019, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA (Second Revision)

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. MAYOR'S NOTES
- 6:40 PM 5. *CITY MANAGER'S REPORT*
- 6:45 PM 6. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
- 7. OLD BUSINESS
 - 6:55 PM A. Ordinance 564 - Renewable Energy – Second Reading – Public Hearing
 - 7:10 PM B. City Manager Search Update
 - 7:20 PM C. *Ordinance 565 Establish Board of Assessors – First Reading*
- 8. NEW BUSINESS
 - 7:30 PM A. Accept and Expend \$15,000 from Mascoma Bank for Library A/C – Public Hearing
 - 7:40 PM B. Resolution 2019-21 to Expend Up to \$20,000 from Fiske Free Library Non-Capital Reserve for Library A/C – Public Hearing
 - 7:50 PM C. *Apply for Certified Local Government Program – NH Dept. of Cultural Resources, Div. of Historical Resources*
 - BREAK
 - 8:10 PM D. Resolution 2019-20 NHDES Wastewater Treatment Facility Energy Audit Grant – Public Hearing
 - 8:25 PM E. Discussion of Elderly Tax Exemption and Veterans Tax Credit
 - 8:40 PM F. *Consideration of David Putnam's Proposed Motion*
 - 8:50 PM G. *Consideration of Councilor Kier's Motion to Censure Councilor*
 - 9:05 PM H. *Consideration of Councilor Stone's Motion to Conduct Third Party Investigation*
 - 9:20 PM I. *Discussion of Council Rule 23*
- 9:30 PM 9. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:40 PM 10. CONSULTATION WITH LEGAL COUNSEL
- 9:45 PM 11. 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.

A Review of a Different Kind

By Bernadette O'Leary

With the recent loss of The Monkees' Peter Tork, this journalist was sent into a bit of an emotional tailspin, as The Monkees were and are one of my all-time favorite groups. I grew up in an era of some of the greatest talents in the Entertainment Industry, and this world has lost so many of these wonderful men and women that I had to do a review of a different kind in honor of those lost and in thanks to those we still have.

In the 60's through the 80's, and a few in the 90's, there were men and women in entertainment who have touched this world in ways that most of us never will. For me, the 60's through the 80's were the absolute best in the world of music (save the Christian Music Industry, which has only gotten better with age). During that time, we have had Michael Jackson and his sister Janet, Cher, Metallica, Guns 'N Roses, Meatloaf, and countless others too numerous to mention. Among those greats was one of my favorites of all time, The Monkees. The U.S.'s Beatles, as I heard them called many times. I disagree with that label though; for, Micky Dolenz, Mike Nesmith, Peter Tork, and Davy Jones made a name for themselves that was unique. They had a staying power that evolved and has lasted for decades. With the passing of Tork, years after that of Jones, the entire world has felt the loss. The world's loss of a great musician was God's gain through adding another member to His Heavenly choir. Tork and Jones are now jamming together again, keepin' those Pearly Gates rockin'.

Previous decades have also brought us some of the best in the world of acting. From Sean Connery, to Tom Selleck, to Betty White, to Robert Carlyle, the talent has been phenomenal. They are all still changing the world through their work and the legacies they have created. Each is often named in comments to express greatness: "As handsome as Tom Selleck," "Legs like Betty White," and "It's Robert Carlyle, man!" Each of these sayings and more are used to describe people, or the actor, that is deemed amazing. When phrases use your name in them, you know you've got something, and these are merely a few who can own that accolade... the best of the best.

As glamorous as their lives seem, they are all just people like us, some more so than others, and it's not all glitz. The work they do takes them from loved ones for long periods at a time. They have no privacy. They are often lied about, stalked, and even threatened. People assume they know who these figures are just because the work they do puts them in the public eye. We see how they walk, how they talk, how they move, and many people believe that through their mannerisms and their work, it means we fully know who they are. This illusion leads many to feel a personal connection with them, and it removes all sense of personal boundaries for those who feel that way. The familiarity it brings to such people in regard to their view of celebrities can be unhealthy and even dangerous for the celebrities in question. It's not always as harmless as an infatuation and can lead to false claims of inappropriate conduct at best and stalking or assault at worst. In this way, living in the public eye can be dangerous for the celebrity and his or her family.

Let's thank those who live in the public eye for all they give of themselves today. It's not always easy, no matter how easy it may look. Sadly, no one can live forever. At least, not in this world. Not even these ordinary men and women who have achieved success, who inspire us in countless ways, and who we see as extraordinary. Yet, through their work and, in many cases, their charitable deeds or devotion to family, they have changed the world and will live on forever in our music, in our films and programs, and in our hearts.

