

63rd Annual St. Joseph's Sports Night March 20

CLAREMONT, NH—The 63rd Annual St. Joseph's Sport Night, which honors four Stevens High School scholar athletes, will be held March 20 at the Claremont Senior Center, starting at 6:00 p.m.

Selected by a panel of educators and coaches at Stevens the four athletes to be cited are:

Best male student-athlete: Trey Theriault:

- 4 Year Varsity Baseball player
- 2018 NHIAA Division III 3rd Team All-State Selection
- Selected to play in the 2018 Underwood Game, a Showcase game for juniors giving them ability to display their athletic and baseball skills to over 40 college coaches and major league baseball scouts.

Unsung male student-athlete: Karsten Kleyensteuber:

- Baseball
- Football
- Key Club
- Tri-M Music Honor Society
- National Honors Society
- Youth and Government
- All-State Trumpeter
- RPI Medalist
- MJ Harrington Award

Best female student-athlete: Audrey Puksta:

- Member National Honors Society
- Varsity Girls Soccer
- Varsity Track
- SALT (Student Athletic Leadership Team)
- Key Club
- Student Council
- Unified Basketball
- Winner of the Rosalind Franklin Science Award

Unsung female student-athlete: Leeann McCarthy:

- Fall Spirit
- Winter Spirit
- Varsity Soccer
- Unified Track

- President of SALT
- National Honors Society
- Student Council
- Winner of the George Eastman Young Leaders Award
- Winner of the Bruce Dumont Memorial Award for Community Service

Rick Elliott, a St. Joseph's winner in 1992, will be the featured speaker. Elliott is currently on the faculty at Fall Mountain Regional High School where he also coaches track and cross-country.

Tom Hoyt returns as master of ceremonies.

Tickets are available at Marro Home Center and Stevens High School. Cost is \$10, which includes dinner.

Claremont Elks Lodge 879 is the sponsor.

Springfield, VT, Wrestling Team Hosts Events

SPRINGFIELD, VT—They say "It takes a village", and that was no more true than the weekend of March 2nd and 3rd as over 300 grapplers from around New England descended upon Riverside Middle School's gymnasium. The Springfield, VT, Wrestling Team hosted two back-to-back events: the Schweitzer Memorial K-8 tournament on Saturday for boys and girls, and the Precision Valley Classic K-12 all-girls championship on Sunday. Scores of volunteer parents and students stepped up to make the weekend happen; a single tournament can take months of planning to execute smoothly; a pair of them is that much more of a challenge.

Saturday's action was fast and furious, and the competition was fierce. Springfield walked away with 1st-place champs Carter Brown, Jace Beamon, Seth Markwell, and Dmitri Jasinski; nabbing the silver medals were Hunter Ferland, Cole Wright, Armando Stetner, Ayden Smith, Dillan Lacasse, Liam Parker, Kien Priestly, Troy Sliker, and Logan Mills. The 3rd place spot on the podium went to Jace Preston, Emilyn Rodgers, Jay Mouser, Nelson Bosley, Tristan Perry, Landon Webster, Tanner Watuszewski, Jayden Armstrong, Kairi Sliker, Garrett Brickey, Jonathan Lake, Brydon Rum-



Springfield wrestler Cole Wright squares off against an opponent; international wrestler Erin Clodgo meets her challenger for an exhibition match; Sophia Perry - far left - with two other champions of the all-girls tournament (Springfield VT Wrestling photos).

(Continued on page B2)

Wrestling, from B1

rill, Noah Markwell, John Jasinski, and Marshal Simpson. Also wrestling hard were Odelia Crocco, Christopher Rabtoy, Irvin Barbour, Sophia Perry, Owen Mills, Derek Rabtoy, David Crocco, Emelia Wiese, Mitchell Shaw, Kaleb Little, and Zandria Colburn.

The ladies returned on Sunday to enjoy a fantastic clinic taught by 4X US Open Champion Erin Clodgo, and then roll into a short tournament. Springfield's youth wrestlers scored big: Sophia Perry nailed the Champ spot, with Odelia Crocco stepping into 2nd place, and Emilyn Rodgers taking the bronze. Honorable mention to SHS wrestler Skyler Congdon for her tough battles in the tournament.

They also say "A rising tide lifts all ships," and that was also very true over the weekend as several Springfield businesses reported being "slammed" with customers from the tournaments.

The list of people and businesses and organizations to thank is far too long for a news article, so please "like" the team's FaceBook page (<https://www.facebook.com/Spfld-VTWrestling/>) to stay updated on all the action, supporters, volunteers, photos, videos and more. While the high school season has ended, the youth season is just warming up!

Any questions about the all-volunteer program should be directed to springfield-vtwrestling@gmail.com.

Discover WILD New Hampshire Day Set for Saturday, April 20

CONCORD, NH—Discover WILD New Hampshire Day, celebrating 30 years of connecting you with life outdoors, is set for Saturday, April 20, from 10 a.m. to 3 p.m. on the grounds of the Fish and Game Department at 11 Hazen Drive in Concord, NH. Admission is free.

Discover WILD New Hampshire Day is a fun way for the whole family to explore New Hampshire's wildlife resources and outdoor traditions. See live animals, big fish, trained falcons, and retrieving dogs in action. More than 60 outdoor and conservation organizations from around the

state will be on hand to share exhibits and demonstrations. Kids will love arts and crafts and other hands-on activities such as archery, casting, fly-tying, and air rifle. New this year are traditional arts demonstrations from members of the New Hampshire Arts Council. See how bamboo fly-rods are crafted, decoys are carved, and traditional ash baskets are constructed.

This event is your chance to explore new ways to get outdoors and be active. Tie a fly with members of Trout Unlimited. Explore new trends in recycling and environmental protection with the New Hampshire Department of Environmental Services. Enjoy live animal presentations throughout the day. Admire the big trout in the Fish and Game stocking truck, and see how many warm water fish you can identify in the demonstration tank.

Demonstrations of Conservation Officer K-9 teams will be conducted on the half-hour, starting at 11:30 a.m. and running until 2:30 p.m. There will also be live animal demonstrations at 11:00 a.m., 12:30 p.m., and 2:30 p.m. Kids and adults alike can learn to speak duck; at 1:30 p.m. Ducks Unlimited will conduct duck calling lessons.

Discover WILD New Hampshire Day is held rain or shine. Purchase your hunting and fishing licenses, and save room for lunch at one of the many new food trucks that will be on site this year.

Please note: no animals, with the exception of trained service dogs, will be permitted at the event. This rule will be strictly enforced. Please leave your pets at home.

The event is hosted by the New Hampshire Fish and Game Department (www.wildnh.com)



and sponsored by the Wildlife Heritage Foundation of New Hampshire (nhwildlife-heritage.org), with media sponsor Binnie Media/NH1 News.



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

**2 Pleasant Street
Historic Downtown
Claremont**

sugarriverbarbers.com

603-542-6900

Collision Pro LLC

143 Charlestown Rd. • Claremont, NH 03743

Inspiration

The Challenge

By Priscilla Hull

We face a new challenge each day. Depending on the day? The weather? Our state of mind? The season? How well we slept? Amid a myriad of other things, we manage, with more or less success, to meet the challenge and climb over it, hopefully not allow it to climb over us. Each of us has a different reaction to a challenge, depending, without doubt, on all of the above and more.

Of course we all act differently to a challenge. Some say, "Face your challenges head on." In other words, look that challenge straight in the eye and defy it to defeat us. Some of us make an attempt to ignore the challenge until it goes away! This rarely helps, as the challenge will stay in place. Some turn to different substances, food, alcohol, drugs, I guess hoping that while we're focusing on something else, the challenge will miraculously disappear. This never works, in fact it only compounds the situation.

Challenges, I think, are meant to be faced. When they are faced eye to eye, we have the opportunity to grow. In order to face a challenge, though, we need some strategy and considerable courage. In life we meet a variety of challenges and so we need a variety of strategies! Some challenges are more simply overcome and some are more difficult.

Comparing a challenge to a trail to be hiked, we know there are many different grades of trails. Thanks to both private and public funded organizations, trails are marked so that we know the degree of challenge to expect. Now, if I go out my back door and decide to climb Arrowhead, I know that it will take maybe a half hour to reach Flat Rock. I know from experience that is mostly smooth, maybe a couple of moist places, but no streams to navigate and a mild grade. I need a bottle of water, a kerchief, tissues and the ever faithful sturdy shoes. No flip flops! Sneakers are okay, though. I don't have to worry about a jacket or a coat, because the weather will be the same at the top! Easy challenge and fun.

Compare that afternoon hike to climbing Mt. Washington and you have another whole story! Here, you're going to be hiking a long day. Depending on your skill and endurance, it might be good to plan more time, or an alternate route down. It's no afternoon walk in the park! Two challenges that vary greatly in intensity.

Life is similar, and we meet challenges with varying degrees of difficulty. At least all we have to do is put one foot in front of another. At worst, all we have to do is put one foot in front of the other! You see, the path to the top may change, but the method of reaching the summit is consistent. One foot in front of another.

If we meet our challenges, focusing on the boulders in the path, we'll have a difficult time arriving at the summit. If we meet our challenges, focusing on one foot moving to the front, we'll make it to the summit, because that's what it takes, one foot in front of the other.

Look at the challenges life throws at you as a mountain trail. You'll keep your eye on the prize and it will be a challenge that can be overcome!

Yea though I walk through the valley of the shadow of death, I will fear no evil, for though art with me, thy rod and thy staff they comfort me.
Psalm 23:4

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



Calendar Of Events

TLC Hosts Storytelling Event with CLiF

CLAREMONT, NH— TLC Family Resource Center will host storyteller Duncan McDougall on Thursday, March 21, from 5:00-6:00 p.m., at the Claremont Savings Bank Community Center, located at 111 South Street in Claremont.



Duncan McDougall, founder of the Children's Literacy Foundation (CLiF) reads a story to children in Bellows Falls a few years ago. He will be sharing stories at the Claremont Savings Bank Community Center on Thursday, March 21, at 5 p.m. (Courtesy photo).

The event is free and open to anyone in the community. Each child at the event will receive two new books of their choosing. There will be books for children and youth up to early teens. McDougall is the founder of the Children's Literacy Foundation (CLiF). In 1998, Duncan left the corporate world to start CLiF. Since then, he has been CLiF's executive director, principal fundraiser, and one of its busiest presenters. He has read books, told stories, and talked about the power of literacy with tens of thousands of children, and given hundreds of seminars to parents to show how to make reading with their kids fun and easy.

Neil Allen, PR and Marketing Consultant for TLC, has seen McDougall at a storytelling

event in Bellows Falls.

"It is storytelling done right. His storytelling is enthusiastic and engaging as he shares his love for words and books in a way that captures the everyone's attention. He involves the children and really makes the stories come alive," he said.

The storytelling is made possible with a grant from CLiF through their At-Risk Children Grant Program. The grant is given to organizations serving low-income, at-risk, and rural kids in Vermont and New Hampshire. TLC was one of 10 organizations for the Spring 2019 cycle. We are trying to get an accurate number of attendees. To register for the event, please visit www.tlcfamilyrc.org/clifstorytime.html or call 603-542-1848.

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.

March Madness Indoor Yard Sale

LEMPSTER, NH—Saturday, March 23, March Madness, an Indoor Yard Sale, will be held at the Lempster Community School, 29 School Road (off Rt. 10) from 9:00 a.m. to 1:00 p.m. There will be an assortment of household items, small collectibles, craft items and refreshment provided by the 8th grade class.

The event is sponsored by the Friends of the Miner Memorial Library.

Contact 603 863 5023 for more information.

Celebrate Local Food at the 18th Annual Flavors of the Valley

WHITE RIVER JCT, VT—Taste the flavors of the Upper Valley at the region's premier local food expo, Flavors of the Valley. The 18th annual Vital Communities event is set for Sunday, April 7, from 11:00 a.m. to 3:00 p.m. at the Hartford High School gymnasium.

Attendees sample local foods from more than 45 vendors—including fresh produce, artisan breads, award-winning cheese, tasty jams, hand-crafted sweets and more. It's the not-to-be-missed event of the year for everyone who loves local food.

New in 2019, Vital Communities is selling a limited number of discounted advance tickets at vitalcommunities.org/flavors. Advance ticket holders can enjoy a quieter first hour of the event from 11:00 a.m. to 12:00 p.m. General admission tickets will be available at the door starting at 12:00 p.m. Tickets are \$10 per person or \$30 per family in advance, or \$12 per person or \$35 per family at the door. Children under seven are free. Cash, check, and credit are accepted at the door.

"Every year, Flavors of the Valley kicks off spring in the Upper Valley. It's really a celebration! Attendees get to taste everything our farms have to offer, connect with old and new businesses, and visit with old and new friends," said Becka Warren, Food & Farm Communications Coordinator at Vital Communities. "The Hartford High School gym is full of smiles and satisfied taste buds. We can't wait!"

Attendees should bring their own plates, cups and utensils to help make this zero-waste event a success. Those who bike to Flavors of the Valley can enter to win special prizes. This year's Vital Communities 25th Anniversary Super Quest will debut at the event, so Questers can get a head start on the adventure before the official May 1 launch date.

See a list of Flavors of the Valley vendors for 2019 and buy advance tickets online at vitalcommunities.org/flavors.

CHARLESTOWN RECREATION COMMITTEE RECREATION NEWS

APRIL 2019

PATCH PARK CLEAN UP DAY: April 13, 9:00 am

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.

BABE RUTH GIRLS SOFTBALL SUMMER LEAGUE: 12U (no older than 12 by 12/31/18). Please register at the Town Office. \$75.00 per player.

BABE RUTH BOYS BASEBALL LEAGUE: Ages 13-16. Please register at the Town Office. \$75.00 per player.

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

RECREATION COMMITTEE MEETING:

The April CREC meetings will be on April 2 & 16 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.

Overeaters Anonymous Big Book Meetings

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

Claremont La Leche League

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

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.

**Kids: Afterschool Art on Fridays
Friday Afternoons, through 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.

**SATURDAY, APRIL 13
Vendors Expo**

9am-2pm

at the Claremont Senior Center, 5 Acer Heights Road, Claremont, NH. Several vendors such as Perfectly Posh, Princess House, Party Lite .LuLaRue , Paparazzi , Young Living Essentials Oils, Imperial Gold Coffee, Rada, Avon, Chloe and Isabel and several more will be on hand for you to shop their wares. Lunch will be served starting at 11:30am-1:30 pm. A Cookie Walk and an Easter Basket raffle will be available. If you represent a company, please join us by calling Marilyn at 542-5798.

AARP Learns about the Operations of the Sheriff's Dept.

CLAREMONT, NH—The Claremont Area AARP Chapter met March 14 at The Earl Bourdon Centre. Sullivan County Sheriff John Simonds and Sargent Michael Batista related that the sheriff's department is the oldest police force in the U.S. Historically, the sheriff came into existence in 9th century England. The first American sheriff is believed to be Captain William Stone, appointed in 1634. The first elected sheriff was William Waters in 1652. Sheriff Simonds explained the origin of the word "cop," a shortening of constable on patrol from England.

Sullivan County has seven uniformed officers out of 22 employees stationed in Newport. They serve as security for Superior Court, one officer is assigned to Lempster and Unity. The department transfers inmates from Sullivan County jail to courts in and out of state. They often serve 20 various types of paperwork a day such as evictions, divorce notices, parent-child custody issues, etc. They can assist many police departments who don't have jurisdiction in another town. They can stop speeders, issue tickets, but stressed there are no quotas for tickets. Revenues from tickets go to the state and are not kept locally.

Both officers talked about what scams they have seen in the line of duty. Seniors have been identified as the biggest target in the 21st century. They are seen as polite, easy to engage and having money. They are reluctant to report problems to their children. Sometimes the children are the problem. The handouts and presentation highlighted scams and "spoofing". With access to cheap software, scammers use local phone numbers, which increase the chance someone will answer. And the types of scam offers run the gamut of Medicare/insurance, counterfeit drugs, funeral/cemetery, fraudulent anti-aging products, lottery winnings, fake accidents, charities, grandchild crisis, reverse mortgage/home repairs, and investments to name a few. Mailings can look official and be fraudulent, so beware.

The advice they gave was to be suspicious of all calls. Never give out personal,

banking or credit information to ANY caller, and hang up (no need to be polite) or allow calls to be answered by machine. Never buy gift cards and give the numbers to a caller. The Sheriff's Department is willing to help with questions as is the Federal Trade Commission at 877-382-4357.

Shirley Clark reported about the upcoming "Steppin' Up to End Violence" walk on May 4 sponsored by Turning Points Network. Participants can form teams, join existing teams or walk, run, or roller skate/blade solo. If that isn't for you, there are volunteer opportunities

that day and monetary/food donations are always welcome. For info call 543-0155 or email info@turningpointnetwork.org.

Door prizes were won by Jean Belaire, Bev McGuire, Lorraine Dion, Sherrie Curtis, Angela Maynes, and Charlie Sisson. St. Patrick's Day pins were made by Faith and Tim LaBelle and refreshments were served. Non-perishable food was delivered for distribution through the Weekend backpack program and a thank you letter for past donations was read.

www.facebook.com/etickernews

3 Tips for Negotiating a Salary

Give them a range of options

Inflexibility when it comes to a salary negotiation is rarely a good idea, so you would be wise to present a range of a few thousand dollars in which your preferred salary lies, according to Glassdoor. If, for example, you want to make \$55,000 per year at your new job, perhaps offering a range of \$54,000 to \$57,000 will give you the opportunity to make more or less what you hope for, but maybe a bit more as well.

Show your confidence, with help

Usually, these salary negotiations aren't done in person, and instead are done via email or telephone. According to The Muse, this gives you the opportunity to refer to notes - such as some important talking points or some carefully researched salary information about people in your field or with the exact position you're being offered - that help you feel a bit more confident in your approach.

Know what not to say

Finally, when dealing with a salary negotiation, it's important to know what kinds of things you can say that would end up being a negative, according to HR expert Liz Ryan, writing for Forbes. For example, saying why you need to make a certain amount (i.e. "I have a lot of expenses") is rarely a good idea, and so is saying that a number of other companies are also trying to hire you. This is also true of once again highlighting your qualifications, since they should already be well-acquainted with those standards, and that's why they're trying to hire you.



603-542-9675

NHClaremont@westaff.com
131 Broad Street, Claremont, NH 03743

www.westaff.com



Temporary • Temp-to-Hire • Full-Time Placement

Bingo at the Charlestown Memorial VFW Post 8497 Post Hall

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

Newport Historical Society Museum Hours

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

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



Highview Realty
42 Summer Street
Claremont, New Hampshire
03743
Office (603) 542-7766 Ext. 204
Toll Free (800) 269-2414
Cell (603) 543-7720
Fax (603) 543-0163
annjacques1@comcast.net

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



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



Lake Sunapee Region VNA & HOSPICE

603.526.4077

REV. FEB. 25, 2019-1

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	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 (Apr-Dec) 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 Newport Senior Center 11:15 am – 12:15 pm FOOT CLINIC Marion Phillips Apts, Claremont 1:00 – 4:00 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	
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

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
Date: Wednesday, 3/20 6:30 - 8:30 PM
Location: Claremont Makerspace, 46 Main St. Claremont, NH

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

WEDNESDAY, MARCH 20

Cookbook Book Club at Philip Read Memorial Library

6:30 p.m.

Looking to try out some new recipes and meet new people? Then come to the Plainfield Libraries' new cookbook book club! For each get together, we'll select a new cookbook and theme and host a potluck-style dinner for those who bring a recipe from the chosen cookbook. This month's choice is the Maple Syrup Cookbook written by Ken Haedrich--just in time for sugaring season, and full of not just sweet recipes, but savory ones too.

We'll meet at Philip Read Memorial Library on Wednesday, March 20, at 6:30 p.m. Cookbooks are available now at Philip Read for check out for anyone who is interested in participating.

To learn more and sign up, contact the library or email Stephanie McAndrew stephanie.mcandrew@plainfieldlibraries.org

SATURDAY, MARCH 23

Wild Game Dinner at KUA Dining Hall - Meriden, NH 5-7 p.m.

The Meriden Volunteer Fire Department is once again holding its 'locally famous' Wild Game Dinner at the KUA dining hall on March 23rd. Please join us for a wonderful dinner of tastefully prepared wild game and support your

local fire department. The menu, created by our very own local chefs Roy and Debbie Stone (Cornish NH) includes the following:

Venison, elk, bear, boar, venison chili, fish chowder, smoked ham (Garfield's Smokehouse), turkey, real mashed potatoes, baked beans, Anadama bread (Meriden Deli Mart), Ice cream sundaes and much more!



Sullivan County Humane Society

RABIES CLINIC

Dogs & Cats welcome!

\$10.00 per shot

March 30, 2019

&

April 27, 2019

9:00 AM – 11:30 AM

First come, first serve

at the

Masonic Temple

40 Maple Ave, Claremont

Shot will be good for 3 years with proof of a previous vaccination. Otherwise it will be a 1 year shot.



A portion of every dinner and raffle ticket purchased helps the MVFD raise necessary funds to update their life/safety equipment and your support is greatly appreciated! Purchase in advance and save \$.

Dinner tickets purchased in advance or reserved are \$18 for adults, \$8 for youths ages 4-10 and \$4 for youngsters under 4.

Advance tickets can be purchased at the Meriden Deli Mart and Anne's Country store. In addition, you can call Tom Robb at 603-469-3090 or email thomas.robb2@gmail.com to reserve your tickets and save \$.

Tickets purchased at the door the night of the event will be \$20 for adults, \$10 for youths ages 4-10 and \$4 under age 4.

SATURDAY, MARCH 23

SOUP'S ON GAME NIGHT in Plainfield

The Plainfield Community Baptist Church is having a game night in Pierce Hall (in the Basement of the Church). There is no charge. Soup and coffee are provided. Bring sandwiches if you'd like. Consider bringing a dessert or snack to share. We have board games and cards on hand but if you have a game you'd like to bring, that would be great. We start eating at 6:00 p.m.—the fun starts when you get there!

MONDAY, MARCH 25

Meet your Local Legislators For Sullivan County

6-8pm

Youth Ages 12 and older

4-H membership not required
RSVP required.

Claremont Savings Bank Community Center
152 South Street Claremont, NH 03743

All Sullivan County youth ages 12 through 18 are invited to meet with area legislators at the Claremont Savings Bank Community Center on Monday, March 25, at 6:00 p.m. Discussion will be centered on local government, hearings, bills, and the ability we have as youth to make a difference.

Membership in 4-H is not a requirement. Dinner will be provided. Casual attire.

Register by email to laura.Paquin@unh.edu or call the office at 603-863-9200

This event is free. For more information: <https://extension.unh.edu/events/sullivan-county-4-h-meet-your-local-legislators>.

MONDAY, MARCH 25

Attention Cornish Democrats



Seniors from the Claremont Senior Center visited the Currier Museum on March 8. Museum trips from the Claremont Senior Center have been made possible by a grant from the NH Council of the Arts and the National Endowment of the Arts, with matching donations from members, and a generous donation from Mascoma Savings Bank (Courtesy photo).

Please mark your calendars for the 2019 Cornish Democratic Committee Caucus to be held on March 25. The information is listed below:

CORNISH DEMOCRATIC PARTY CAUCUS

Time: 6:30 p.m.

Place: Cornish Town Offices Community Meeting Room

488 Town House Road

Cornish, NH

All registered Democrats in Cornish are eligible to vote in the caucus elections for town Democratic committee officers and for Cornish delegate to the Democratic State Convention and to Sullivan County's Democratic Committee. If you are a registered Democrat, you are eligible to attend our Town Caucus. You can vote for officers or run for an office. In addition, we're collecting names and email addresses to invite people to our 2019 caucus and to keep Democrats up-to-date with our town committee events volunteer requests and 2020 presidential candidate events. We encourage all De

mocrats to attend the caucus.

For more information or answers to questions, please call Judith Kaufman, 542-7322.

SATURDAY, APRIL 6

UNITED CHURCH OF CORNISH POT ROAST SUPPER

The Church will hold an All You Can Eat pot roast dinner at the Church vestry on Center road from 5 - 7 p.m.

Menu: pot roast, real mashed potato, veggies, Cole slaw, apple sauce, pie, rolls, coffee, tea, hot chocolate, water.

SATURDAY, APRIL 6

PANCAKE BREAKFAST IN LEBANON

A Pancake Breakfast to benefit the Combat Veterans Motorcycle Association of the Upper Valley will be held on Saturday, April 6 from 0700-1000. \$10/adults, \$5/ children 12 and under. Downstairs at the American Legion Post 22 189 Mechanic St Lebanon, NH.

River Valley Animal Protection League

of Charlestown, NH

Thirteenth Annual

POT LUCK

DINNER FUNDRAISER



Sat. March 23, 2019 - 5:30 P.M.

Charlestown VFW

Lovers Lane, Charlestown, NH

BRING A DISH TO SHARE



*Join our family for the fun and
help support the animals!*

EVERYONE WELCOME!!

RAFFLES!

CAKE AUCTION!

GAMES! DOOR PRIZES



RVAPL, PO Box 860 Charlestown, NH 03603

For more information call: 603-826-3061



Autographed CDs: Manic Drive and Ledger Autographed Card: Jimmy Houston

To enter:

1. Click "Like" on my Facebook or Twitter Page.
2. Send email with "3/31" in subject field to etickernews.bernadette.oleary@gmail.com
3. "Like" drawing posts on Facebook and Twitter.
4. Send me a private message on Facebook or Twitter with "3/31".

Choose only one way to enter or all four and enter each week.

TLC Family Resource Center presents

STORYTIME

WITH

DUNCAN MCDOUGALL

**Thursday,
March 21
From
5-6PM**



Join us at the CSB Community Center for an evening of *FREE* stories and snacks! And, kids from infancy to young teens get to take home two *FREE* brand new books.



The event is sponsored by TLC Family Resource Center and made possible with a grant from the Children's Literacy Fund (CLiF). For more information about the event, please call TLC at 542-1848.

Please go online to tlcfamilyrc.org/CLiFStorytime.html to let us know the number of children and adults attending and ages of the children.

Turkey Dinner Open to the Public



At The

Claremont Senior Center.

5 Acer Heights Rd.

Claremont, NH

Saturday March 23, 2019

5 PM – 6:30 PM

\$10.00 per person

Baby Quilt Raffle

\$1.00 per ticket / 6 tickets for \$5.00

**DRAWING: March 23, - 6PM at our
Turkey Dinner**

COME JOIN US!

Stephen Collins returns to the Fiske Free Library

With his one man show titled *Irish Voices*



'They call it the Norton Anthology of English Literature, and yet many of the writers included were born in Ireland', remarks returning library favorite and acclaimed actor Stephen Collins. His dramatic one-man show explores the work and times of Yeats, Joyce, Heaney, McCourt and other prominent writers as they grapple with the land, the past, the church, and the changing political landscape of the Emerald Isle.

On Tuesday, March 26, 2019

At

7:00 p.m.

In the Sarah Gilmore Room

Call the library for more information - 542-7017

The program is free and open to the public

This program is sponsored by:

The Friends of the Fiske Free Library



Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in “real time,” as they are released by funeral homes. We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewsoclaremont.com

Sandra C. Fowler, 71

Sandra C. (Otten) Fowler, 71, of Newport, NH passed away on March 13, 2019 at the Jack Byrnes Center after a long illness.

She was born in Lynbrook, New York on July 19, 1947 the daughter of Albert J. and Edna M. (Langdon) Otten.

She graduated from Stevens High School in the class of 1966. She attended North Hampton Commercial College for 2 years. Sandra worked at various jobs, primarily banking at Newport Savings Bank, Sugar River Savings Bank and prior to retirement in 2014, Lake Sunapee Bank.

She was a board member for Singing Hills Christian Center in Plainfield, NH and attended the Calvary Baptist Church and First Baptist Church in Claremont as well as the Baptist Church in Windsor, VT.

She was a loving, caring and compassionate woman who made friends easily with her charm, humor and great patience. Sandra was predeceased by her mother in 2004 and her father in 2008.

She is survived by her husband, Roger Fowler of Newport; step-daughter, Jilleyn Keyser and her husband, Adam of Milton Mills, NH; sister-in-law, Elizabeth LaRocque of Charlestown; a brother-in-law, Robert Fowler and his wife, Debbie of Claremont; good friends among many, Paul and Karen Keyser of Canaan, Dr. Gary Walsemann and his wife, Dr. Susan Walsemann and

several friends at the Singing Hills Christian Fellowship Center in Plainfield.

Sandra's family wishes to thank all the caring and compassionate people of the Lake Sunapee VNA, the doctors and nurses at Dartmouth Hitchcock Medical Center and the Jack Byrnes Center for palliative care, their dedication and professionalism is very much appreciated.

A graveside service was held at the Pine Grove Cemetery in Newport, NH, on Monday, March 18th with Scott Kearns officiating.

In lieu of flowers, the family requests that any donations be made to Singing Hills Christian Fellowship in Plainfield, NH.

Helen L. Marro, 90

Helen L. Marro, 90, formerly of Hillside Terrace in Claremont, NH, died Thursday (March 14, 2019) at Sullivan County Healthcare in Unity, NH, following a period of failing health.

She was born in Claremont, NH, on April 6, 1928, the daughter of Edmond and Elsie (Mason) Girard and had been a lifetime area resi-

dent. Helen had been employed in the finishing room at Dartmouth Woolen Mill for many years. She enjoyed bird watching and flower gardening. She was the widow of Floyd “Rendy” Marro who died in 2009.

Members of her family include three daughters, Linda Finley and her husband, Charles, Londonderry, NH; Mary Scott and her husband, Thomas, Port St. Lucie, FL; Jill Bradstreet and her husband, Gordon, Plainfield, NH; six grandchildren, nine great grandchildren, a sister Rita Fontaine, Claremont, NH; two step-sons, Richard Marro, Laconia, NH; Robert Marro, Standish, ME; and several nieces and nephews.

She was predeceased by two brothers, Alfred Girard, Louis Girard, three sisters, Evelyn Martell, Doris Knapton, Alma Gill and a step-daughter, Joyce Richardson.

Funeral Services were held on Saturday (March 16) at the Roy Funeral Home with Rev. Priscilla Hull, officiating. Interment followed in St. Mary's Cemetery.

The family suggests that in lieu of flowers, memorial contributions may be made to the

“Our screws don't fall out.”

-Dr. Sam Given

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)

American Heart Association, 2 Wall St # 104, Manchester, NH 03101.

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

Claremont Fire Dept. Log

Sunday March 10, 2019

08:13 Responded with E-3 to Newport for Mutual Aid

13:25 Responded with E-1 to Jacqueline Ave for a medical call

18:37 Responded with E-1 to Heritage Drive for a medical call

21:25 Responded with E-1 to Heritage Drive for a medical call

21:38 Responded with E-1 to Myrtle St. for a medical call

Monday, March 11

06:54 Responded with E-1 to Maple Ave for a medical call

20:01 Responded with E-1 to Roosevelt Ave for a propane problem

Tuesday, March 12

21:13 Responded with E-1 to Winter St. for a Box Alarm

21:42 Responded with E-1 to Spring St. for a medical call

Wednesday, March 13

13:37 Responded with E-1 to Broad St. for a medical call

16:22 Responded with E-1 to Skyline Terrace for a check the well-being

Thursday, March 14

15:42 Responded with Car 2 to Water St. for a public assist

16:09 Responded with E-1, Car 1, and U-1 to Paddy Hollow Rd. for a motor vehicle accident

17:13 Responded with E-1 to Maple Ave for an odor investigation

Friday, March 15

15:10 Responded with E-1 to Main St. for an alarm sounding

18:51 Responded with E-1 to Monarch Lane for a medical call

Saturday, March 16

15:47 Responded with E-1 to Little Lane for a CO detector sounding

19:07 Responded with E-1 to Washington St. for a motor vehicle accident

Sunday, March 17

02:25 Responded with E-1 to Monarch Lane for a medical call

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Turkey Dinner open to public...Saturday - March 23 (5:00 - 6:30 PM). \$10 per person / under 10 - \$6.00. The Baby Quilt Raffle will be drawn at this dinner at 6:00 PM. Come join the fun! Tickets are \$1.00 per ticket and 6 tickets for \$5.00. Again, asking our wonderful bakers for pies and their best desserts of any kind!

Center will hold a "Vendors Expo" on Saturday - April 13 (9:00 AM - 2:00 PM) with lunch available at 11:30 AM. Featured will be a Cookie Walk and Raffle Baskets. More info, call Marilyn 603) 542-5798.

On Tuesday - March 19...Free lunch hosted by Summercrest - Newport NH. Menu choice: Roasted chicken breast or baked haddock. Thursday -March 21...Birthday Celebration...soup, baked ham, sweet potatoes, broccoli, birthday cake.

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

Although the senior center trip to the Baker Library Art Exhibit in Hanover, NH on March 13 had a small turnout, it was a great informative and interesting experience! Expand your horizons by joining us on these trips in the future!

Foot Clinic on March 20 (8:30 AM - 4:00 PM). Cost \$25 per visit. Free Blood Pressure Clinic on March 21 (11:00 AM - 12 Noon). Both sponsored by Lake Sunapee Region VNA & Hospice. For appointments, call (603) 526-4077.

Tai Chi class continues to be held on Wednesday - March 20 (6:00 - 7:00 PM) in the Mozden Room.

Silver Sneakers (please notice time change)...now held every Tuesday at 10:45 AM in Mozden Room. Cost \$2.00 for members and non-members!

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!

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

Reminder that we have a "Donations List" that can be found at the front desk and in our monthly Newsletters. Thank you so much for your donations! .

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! Reminder that we have a "wonderful lunch" available for purchase!

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. Membership certificates also available for \$20.00.

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. Mahjongg 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 invited and welcome to become new members or renew your membership!

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 will be good for one month. Come enjoy all of our programs and activities.

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.)



A collage from the performance of the Spirit of Johnny Cash at the Claremont Opera House March 9th. (Photos, courtesy of Stacy Bathrick).

Family Movie Night Review: *The Incredibles 2*

By Bernadette O'Leary

This long awaited sequel follows the Parr family and Lucius into another adventure as Helen is hired for a mission to bring Supers back into the public eye. While she heads off to face this new adventure, Bob faces one of his own, one that is quite possibly far more fearsome... the role of stay-at-home father to three super-children.

Unlike the majority of other Disney sequels today, this one was well worth the wait. Containing adventure, humor, and touching moments, *Incredibles 2* was loved by my whole family, from my youngest child to my mother. Although we have all grown to feel weary of Disney's works, due to content that is passed off as child-friendly which is not or the inclusion of social issues that have no business in child-friendly shows and movies and which should be left up to parents alone to decide how their children are introduced to it, this movie proved to be one that we will happily spend our money on.

Incredibles 2 earns an emphatic 5 Crosses for every part of it. This franchise continues to entertain and satisfy even the most discerning audience member and parent who cares about the content of anything his or her child sees. I recommend this film to movie-goers of all ages. So for your next movie night, pick up *Incredibles 2*, and pop the corn.

