

CMS Girls Basketball Team Tops off Incredible Season with Twin Division Wins

CLAREMONT, NH—The Claremont Middle School girls basketball team ended an incredible season by winning their divisions at both the Twin State Valley basketball tournament and the Karp's Klassic tournament in Lebanon. The team is coached by Carl Desilets.

In Game 1 of the TSV tourney, the Eagles started off strong with a 30-15 win over a tough team from Keene. Tara Sullivan led the Eagles with 13 points, followed by Alyssa Paquette with 7 points, Sara Faro with 4 points and Emma Lapsley and Kiley Bundy with 3 points apiece. In Game 2, the Eagles faced Hopkinton and cruised to a 40-12 win led by Tara Sullivan with 12 points, Kiley Bundy and Alyssa Paquette with 8 points apiece and Stella Lavertue with 5 points.

In order to play in the championship game, the Eagles would have to get by Springfield, and the girls did just that defeating Springfield by a score of 38-5. Sullivan had another big game scoring 9 points. Emma Lapsley contributed with 7 points, followed by Stella Lavertue, Alyssa Paquette and Kiley Bundy with 6 points apiece, Josie Aiken and Morgan Fowler each with a bucket. CMS would face Keene for the TSV championship on March 9. The first half was a back and forth scoring battle with CMS taking over in the final minutes to lead 14-8 at the half. The Eagles took over the second half with their unselfish play and teamwork to outscore Keene 20-8 and take the 7/8 Championship by a score of 34-16. Tara Sullivan poured in 13 points, Emma Lapsley added 8, Kiley Bundy with 5, and Stella Lavertue and Alyssa Paquette added 4 points each. Named to the All-Tournament Team were Tara Sullivan, Alyssa Paquette and Kiley Bundy, and Emma Lapsley was named as the Tournament MVP.

The Eagles left the TSV tourney to head to its first game in the 40th Annual Karp's Klassic basketball tournament in Lebanon against Monadnock. CMS proved too much for Monadnock and cruised to a 53-11 win. The Eagles were led by Tara Sullivan and Kiley Bundy with 12 and 10 points each, Alyssa Paquette followed with 8 points, Stella Lavertue with 7, Josie Aiken with 6 points, Emma Lapsley and Aidan Antonivich with 4 points each, and Mor-

gan Fowler added a bucket. On Tuesday, March 12, the Eagles again had to face Monadnock, who had won in the loser's bracket, and handed them their second defeat by a score of 43-20. Tara Sullivan continued her great play with a 14 point performance, and Kiley Bundy was big with 8 points. Jaci Morin, who has been out with an ankle injury, was able to play and contributed 7 points. Lapsley was a big contributor with 6 points as was Aidan Antonivich with 4, and Alyssa Paquette and Sara Faro with 2 points apiece. CMS would face Springfield for the Karp's championship on Sunday, March 17. Hungry for their third tournament win, the girls exploded for 25 first half points on their way to a 54-14 victory over Springfield. Every player scored for CMS. Tara Sullivan led the way with 9 points, followed closely by Emma Lapsley, Stella Lavertue, Sara Faro and Alyssa Paquette who all had 7 points each, Kiley Bundy added 6, Josie Aiken with 4, Morgan Fowler with 3 points, and Aidan Antonivich with a bucket. Tara Sullivan, Alyssa Paquette and Stella Lavertue were named to the All-Tournament team. Kiley Bundy received the Jim Wechsler Unsung Hero Award, and Jaci Morin



was awarded the Margaret Karp Player Award.

The Eagles ended their season at 25-0. Every girl on the team made that record possible. The future looks bright for Claremont basketball!

Claremont Confidential

By Les St.Pierre



True Meaning of "Coach"

"Listen my children and you shall hear....."
Forget Paul Revere and his midnight ride.

Rick Elliott, guest speaker at the 63rd Annual St. Joseph's Sports Night last Wednesday evening, brought to mind those opening words of the classic poem penned by Henry Wadsworth Longfellow by using a different tactic formerly used by past guest speakers at Claremont's traditional honoring of four high school student athletes.

Elliott, a 1992 Stevens High graduate and, himself, a former recipient of the St. Joseph's Award, greeted the listening audience with not a speech but, instead, a conversation with Audrey Puksta, Trey Theriault, Leeann McCarthy, and Karsten Kleyensteuber, the four student-athletes being honored that evening.

Calling the four honorees "children", Elliott specifically chose each one to talk about and to hand out advice to as they go on with their lives after high school. It was a different tactic to use, to be sure,.....but it worked fantastically.

Elliott, now a teacher and track and field coach at Fall Mountain Regional High School in Langdon, had the good fortune to meet with the four student athletes prior to last Wednesday's festivities and got a good read on what made them the pride and joy of the Claremont community.

The former soccer and track and field athlete at Stevens surprised everyone in attendance by his answer to one of the questions the student-athletes proposed to him at that visit.

"Who is the best coach you ever had?" was asked of him. He named five, four of whom were non-athletic instructors or trainers, but still instilled the importance of education in his life.

Looking toward Kleyensteuber, who is going on to Dartmouth College to study engineering, Elliott spoke about Vincent Ferline, a

professor at Keene State College and the first person he met there. "I will be blessed if I become half the instructor he is," Elliott related, mentioning he received a "D" on his first college exam only to have Ferline say to him. "You are going to be teaching children, right? Make sure you have these children prepare differently than you did!"

Elliott went on to say, "He (Ferline) recognized not only my potential, but also my downfall. He motivated me to study for a different purpose. He changed my life. My advice to you, Karsten, and to the others is, you will only be satisfied with yourself when you give yourself the effort it deserves."

Turning to Theriault, who is going on to study heating and plumbing at Manchester Community College. Elliott boomed, "I learned from one of the best coaches in my life the value of working with your hands." Elliott spoke about his summer working at St.Pierre, Inc. and coming into contact with Joe St.Pierre. "His attention to work detail and his work ethic are far and away the best I have seen in my lifetime. At 65, he worked 12-hour days with a smile on his face and showed enthusiasm for what he did. The coaching I got from him I didn't even realize until years later."

You see, Elliott has a 16-year-old autistic son and, through the coaching he got from "Uncle Joe", the teenager is able to drive a tractor and use a wood splitter. "The coaching Joe gave me empowered me to coach my son years later and, in many ways, he will have some opportunities later in life that I never dreamed of. Trey, and you others, I hope your attention to detail will follow you in all your endeavors. My advice to you is never be afraid to work with your hands."

Addressing Puksta, who is planning on attending St. Anselm's College, Elliott said, "Your faith, and your desire to give to others and

(Continued on page B3)



Rick Elliot



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Elliot, from B2

your enthusiasm for life and those around you inspired me to think of my mother, Annette Elliott, who worked at what is now known as Valley Regional Hospital for 45 years. Some of the best coaching I ever got came from her," the guest speaker quipped. "Not one day do I recall she didn't show caring for others. I never recall her being cruel to anyone. She was the first person I saw giving a hug to someone with HIV and giving food to someone who was homeless and treated those being mistreated with extreme kindness. Audrey, I can see you living your life very similar to her. My advice to you, and to the others, is it may take effort, but we can find something kind in everyone."

Turning to McCarthy, Elliott spewed forth, "I admire your intellect and your versatility and your spirit in what you believe." McCarthy is going on to St. Leo University in Florida. Her possible step into the criminal justice system had Elliott thinking of yet another great coach in his life...his dad. Richard Elliott was a leader in the lawsuit for education funding here in the state of New Hampshire and rallied to make sure Stevens High never lost its accreditation again. "He was one of the most opinionated people I have ever met," Elliott said. "I cannot think of anyone more dedicated to commitment to what was just. He advocated for the well-being of others even though it wasn't popular. In terms of standing up for what was right, some of the best coaching I got was from my dad. So, Leeann, my instinct is you will stand up for what is right in this world. Your enthusiasm will carry you through. My advice to you, and to the others, is figure out what you believe, and then learn more.

Lastly, Elliott did point out there was, indeed, a coach of athletics who helped shape his life. "I grew up believing he was the most important man in Claremont. He was the varsity soccer coach." Elliott named Ray Bernard his most defining coach during his tenure at Stevens High. "I still get chills when I think of the half-time speeches he delivered to get us motivated. I know there are people in this country who would run through any wall for that man."

Elliott's admiration for Bernard came when Bernard cut him from a possible varsity membership during his sophomore year. "I thought I was good enough to make that team. I was wrong and coach was right to cut me. He was fair and it was the correct decision for the team. It made me so much of whom I am to-

day. I was angry and I was upset, but I looked in the mirror and made a commitment to get better. I started working harder and stronger and improved my skills and I made the team as a junior. I admired his honesty, patience, and compassion for the game."

Concluding his address to the student-athletes, Elliott closed with this: "All you have to do in your lives to find the best coach you ever had is to look into the mirror and be happy with who you are. Unfortunately, the relationships you have had with your coaches will come to an end at some time. The only relationship you will have forever is the relationship you have with your faith, family, and yourself. Embrace your academic life. I hope someday someone refers to you as their 'Uncle Joe' or someone a player would run through a wall for."

Rule Hearing Set Regarding Proposed Permit Reduction for 2019 NH Moose Hunt

CONCORD, NH – The New Hampshire Fish and Game Department will hold a public hearing on proposed rules to reduce the moose permit issuance for the 2019 moose hunting season. Wildlife season-setting rules are subject to the state's rulemaking process. A public hearing will be held on Monday, April 8, at New Hampshire Fish and Game Department Headquarters, 11 Hazen Drive in Concord at 6:30 p.m.

The complete rulemaking notice, with original and proposed rule language, can be viewed at www.wildnh.com/legislative/proposed-rules.html.

Written comments must be received by April 16, 2019, and may be either emailed to comments@wildlife.nh.gov using the subject line "Comments on Moose Permits," mailed to Executive Director, NH Fish and Game Department, 11 Hazen Drive, Concord, NH 03301, or sent by fax to (603) 271-1438.

After considering public comment, the Wildlife Division will present the final rule package to the Fish and Game Commission at its April 18, 2019, meeting. The rules then go before the Joint Legislative Committee on Administrative Rules (JLCAR) for approval. The new rules will establish permit numbers to be issued in the 2019 moose permit lottery to be held in June.

The New Hampshire Fish and Game Department has proposed the reduction of

statewide moose hunt permit issuance from the 51 issued in 2018 to 49 in 2019. The estimated moose density in the Southwest Region, comprised of Moose Management Units H2-North, H2-South, and K has increased to levels which meet criteria established in the Moose Management Plan which eliminate the permit issuance suspension. As a result, the proposal would issue one (1) permit in each of these three units during the 2019 lottery.

The proposal also would reduce permit numbers in the White Mountain Region (units C1, D2, E1, E2, E3, and F) from 15 to 10, with some permits continuing to be issued in all moose management units in that region.

For more information on rule setting or the moose lottery, visit wildnh.com.

Monarchs Storm Past Mariners

PORTLAND, M.E. – The Monarchs rattled off three straight goals to start the game and never looked back, defeating the Maine Mariners by a score of 6-2 Sunday afternoon at the Cross Insurance Arena.

Manchester (35-27-2-2) received 39 saves from Charles Williams and won their fifth straight game against the Mariners (35-27-2-1), 6-2.

The Monarchs got on the board first when Tony Cameranesi scored his 22nd goal of the season on the power play at 8:27 of the first period.

Manchester made it a two-goal game at 9:06 of the second period on the 11th goal of the season by Pavel Jenys.

The Monarchs added another at 14:05 of the first period on the fifth goal of the season by Stepan Falkovsky.

The Mariners responded at 18:10 of the first period when Brycen Martin scored his seventh goal of the season, on the power play.

Manchester extended their lead at 10:06 of the second period on the eighth goal of the season by Drake Rymsha.

The Monarchs made it a four-goal game at 3:36 of the third period on the seventh goal of the season by Jack Nevins.

At 10:43 of the third period, Pavel Jenys scored his second of the night and 12th of the season to make the score, 6-1.

Maine's Dylan Fox added a goal at 11:13 of the third, but the Monarchs lead was too much to overcome and the Monarchs came away with a 6-2 victory.

Inspiration

Viola

By Priscilla Hull

A viola is a pretty little flower that brings joy and makes people smile. I know a lady whose name is Viola and who during her life brought much joy and made many people smile. This lovely, lovable lady was one of the first to befriend me and my family when we came to Claremont many years ago. She knew everything you ever wanted to know about Claremont and then some!

I met this wonderful Viola when we moved to Claremont about 40 years ago at the Methodist Church. She was so friendly and kind. A busy lady in those days, she worked at Claremont Woven Label, another of the small factories that grew up along the river, using the water for power. When the plant closed, she retired and spent time with her family, church and friends.

A few years later, I took over the church choir and Vi was there with her beautiful voice, singing and helping. She loved kids and so it was partly through her welcoming attitude that we had a number of High School students singing in the choir. She was unofficial "mother" for the youth choir also, always ready to help!

I don't think there was anything she couldn't do. She was a very clever lady with a great sense of color and a meticulous talent with a sewing machine. These traits made her a great quilter in later life. I don't know how many lovely quilt tops that she left behind, each one a treasure in its own right!

Such a great talent. Many years later, Parkinson's Disease began in its insidious way to take control of her life. It started slowly, as it does, and at first no one thought anything of it. Vi continued to sing and sew, bake her delicious cookies and live independently. Later, the disease did take over her life, but I've never seen a more courageous effort to continue to live independently and always with her beautiful smile and love for others leading the way. At this time, she told me stories about her earlier life.

During the Second World War, Viola was one of the ladies who stayed nights in the round tower on the Moody Hotel watching for enemy planes as part of the civil defense. She said it was lonely and sometimes chilly, but she did this to ensure safety for others. This exemplifies her whole life; living to make the world a little better for others; loving people and doing for them what only she could do to make someone else smile; a great friend who could be relied on to help in any circumstance.

What a great friend Vi was. We need more people like Viola, friend, encourager, enthusiastic participant and supporter. I miss her smile and positive attitude!

Matthew 5:16 In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

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



Calendar Of Events

Program to Focus on Draft Animals in New England

NEWPORT, NH—The Sullivan County Chapter of the N.H. Timberland Owners Association (NHTOA) will meet for a potluck supper, annual meeting and program Saturday, April 6, in the Ahern Building at the Sullivan County Complex, 103 County Farm Road, Unity.

The potluck supper will start at 5 p.m. followed by the chapter's annual business meeting, including election of officers for 2019.

Jasen Stock, executive director of the NHTOA, will offer a brief update of the NHTOA's advocacy work before the N.H. Legislature on behalf of the forest products industry.

Following the business meeting, Dave Anderson, senior director of education for the Society for the Protection of New Hampshire Forests, will present "Maple Sugaring – Myth, Magic and Realities." Anderson will offer a humorous look – well illustrated with photographs – at the dark-amber side of backyard maple sugaring at Meetinghouse Hill Tree Farm, also known as "the quest for the \$15,000 pancake."

Anderson built a post-and-beam sugarhouse from timber cut and milled at his farm in South Sutton. Anderson is writer and co-host for the "Something Wild" feature on New Hampshire Public Radio and writes "Nature's View," a column published in the Forest Society's quarterly magazine "Forest Notes."

The Sullivan County Chapter of the NHTOA organizes and runs the Woodsmen's Field Day Competition set for Saturday, Aug. 17 during the Cornish Fair.

The NHTOA, a statewide trade association, has members throughout New Hampshire. Founded in 1911, the NHTOA represents all aspects of the forest products industry including landowners, foresters, loggers, truckers, mill owners and others. The forest products industry contributes more than \$3.8 billion annually, including forest-based manufacturing and forest-based recreation, or nearly 5 percent of New Hampshire's Gross State Product.

For more information, please contact Dode Gladders at (603) 863-9200 or at dode.gladders@unh.edu.

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

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.

4 Tips to Nail Your Next Phone Interview

Take the call in the right place

You will want to be in a place that gets good reception (or where you have access to a landline) and is, perhaps more important, free of lots of noise, whether from construction, traffic or otherwise. It may seem like a little thing, but if you're constantly asking the person on the other end to repeat themselves because the reception is spotty or the outside noise is too loud, it can be a real turnoff.

Have a cheat sheet in front of you

You're likely to be asked a slew of questions about yourself, your qualifications, the company and so on, Kununu added. But because you're in a remote location, it can be wise to make a document you can refer to throughout the call, so you're never caught off-guard by a question and have easy access to whatever you need with the click of a mouse. For instance, having the information from your resume, some basic facts about the company, your salary demands and other details at the ready will help you seem "on the ball."

No distractions

A phone interview is, in many ways, just as serious as an in-person one, so it will help to reduce the distractions in front of you, according to The Interview Guys. That means no TV in the background (even on mute), no social media in another window, no pets in the room and basically just committing yourself fully to paying attention to the conversation at hand and referring to your cheat sheet as needed.

Take it slow

It's normal to be nervous, but that only increases the need to speak slowly and carefully throughout the interview, according to Career Contessa. If you start answering questions quickly, stumbling over your own words, that could come across either as nerves or a lack of preparedness. The latter could be quite bad for any interviewee, so make sure you're committing yourself to taking your time, using a moment to consider the answer carefully or referring to your cheat sheet.



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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.



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

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.

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.

Celebrate the 100th Anniversary of Pete Seeger's Birth

Gumbo, Grits & Gravy Brings Delicious Music to UV

WHITE RIVER JUNCTION, VT—Gumbo, Grits & Gravy was formed in January 2019 by Guy Davis, Marcella Simien, and Anne Harris at a studio venue outside of Boston. Long time devotees of the late Pete Seeger, they were looking for a way to honor him on his 100th birth date. Kirschner Concerts and Twin Cloud Concerts have joined together to make that happen at the Briggs Opera House in downtown White River Junction, Vermont beginning at 8:00pm on Saturday, May 4. Proceeds from the evening will go to support The Haven of White River Junction, and to help get started, The Friends of Pete Seeger Foundation.

Tickets may be purchased by visiting the ticket website: <http://bit.ly/2GumboGritsGravy-May4>.

Tickets are \$25 and it is suggested that since the venue is small, that they be purchased in advance. There are a limited number of VIP tickets available for \$40 that include premium seating, a post-show get together with the artists, and other surprises. Ticket prices do not include sales tax and ticketing fees.

"This show brings Pete Seeger's life full circle in his recent history here in the Upper Val-

ley," said co-producer Thom Wolke of Twin Cloud Concerts. Wolke produced a fundraising concert with Pete Seeger, his grandson, and Guy Davis at the Lebanon Opera House in 2008. The Trio performed eighteen shows that summer around the northeast, and helped raise close to a quarter million dollars for non-profits in the U.S. and Canada.

"Guy was like a second son to Pete, and was playing music with David Amram and one or two other musicians at Pete Seeger's hospital bedside hours before he passed," Wolke said, "Rushing down to New York City, I missed the music, but was at Pete's side when he breathed his last."



The vision behind Gumbo Grits & Gravy is to celebrate diversity, culture, family, love and food through a musical gumbo of style and tradition. In a review of Gumbo, Grits & Gravy, writer Bill Hurley wrote, "This music has a restorative, rejuvenating quality to it. The average listener has no idea what the words to 'Jolie Basset' mean but it is the quintessential example of why music is such a powerful and universal language. I don't know what it means but I know what it expresses because I see how Marcella Simien expresses it. The melody is universal and when an artist is obviously expressing such joy in performing it you can't help but feel joy when you experience it.

It is expected that Gumbo, Grits & Gravy will perform some songs written by, or made famous by, the late Pete Seeger. Known almost as much for his activism as his music, he and Woody Guthrie are considered to be two of the most important pillars of the Folk Music world, supporting generations of artists who've followed in their footsteps, from Bob Dylan and Bruce Springsteen to Ani DiFranco and Tom Morello (of "Rage Against the Machine").



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.**



You're invited!

Help us strengthen families and celebrate our work at the TLC Family Resource Center's Annual Dinner!

Thursday, April 4 • 6PM • The Common Man
Our guest speaker will be Sam Drazin.

Register at <http://tinyurl.com/TLCAnnualDinner>

Drazin, from Bradford, VT, is an educator born with Treacher Collins Syndrome — a rare congenital disorder resulting in both facial anomaly and hearing loss. His experiences tie closely with the best selling book *Wonder*, by R.J Palacio. Drazin speaks on the power of empathy and kindness in an often cruel world.



Empathy and Sympathy:

What's the difference?

Join us for a free training presented by Sam Drazin on Thursday, April 4, from 4-5 PM, at The Center for Recovery Resources at 1 Pleasant St. Suite 104, Claremont.

Empathy is being recognized as one of the most important 21st century skills. It is a driver for more meaningful and positive relationships. This workshop is intended for anyone who works with children, including social service workers, teachers, and daycare providers. For more information or to register, please visit www.tlcfamilyrc.org/drazintraining.html.

Hosted by:



Sponsored by:



Mascoma Bank



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.

Claremont Green Dot Bystander Training

Join us for this interactive training that brings community members together to learn about tools that can help you intervene when you see the potential for domestic violence, sexual assault or stalking, what you can do even if you never see violence happen, and how you can inspire others to do their part in ending violence in Claremont.

**Bystander Training
will take place on
April 1st from 10
AM to 3 PM at the
Claremont
Community Center.**

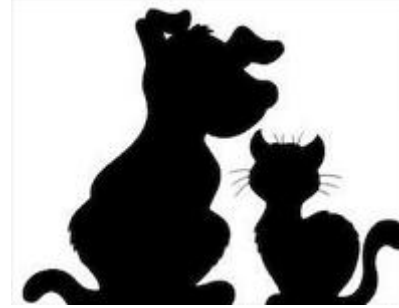
**To sign up, visit our
website at
claremontgreendot.org, or email us at
claremontgreendot@gmail.com**



 Find us on
Facebook



Sullivan County Humane Society



Photos with the Easter Bunny!

Saturday, April 13th 2019

10-2

at

Rent-a-Center

367 Washington St, Claremont

**Kids
Pets &
Families
Welcome!**



Photos Available:

4x6 for \$5

5x7 for \$7

**Emailed copy
for \$7**

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.etickernewsclaremont.com

John Netsch, 85

John “Pops” Netsch, 85, of Acworth, NH, passed away on March 17, 2019, at Dartmouth-Hitchcock Medical Center after a brief illness.

He was born in Mt. Kisco, NY, on June 7, 1933, the son of Joseph and Amy Netsch. After graduating high school, he served in the Army and Army Reserves, and on July 30, 1955, he married Diane (Mooney) and together they shared 63 years.

John is survived by his wife, Diane; son, John Netsch and his wife, Laurie of North Salem, NY; daughter, Sally Greene and her husband, Torrey, of South Acworth, NH; granddaughters, Ashley Reid, Amanda Sito, Morgan Greene and Nicole Netsch; grandson, Derek Netsch and great-granddaughter, Carter Reid. He also leaves behind his sister-in-law Carolyn Fazzinga and many nieces and nephews, with whom he was very close.

Originally a native New Yorker, John worked his entire career for New York Telephone and was fortunate to retire in his early 50’s. After retirement, he moved to NH and with the help of family and friends, he built his dream log home overlooking the Vermont mountains. This was the place he loved most, and spent hours working on his property mowing his fields and enjoying the view of Mt. Ascutney from their deck. He loved spending time with family and friends

who frequently gathered at their home. In his early years, John was an active member of the Bedford Hills (NY) Volunteer Fire Department and an avid softball player (he had a mean pitch).

After moving to NH, his time was spent on home projects and chasing grandchildren around from activity to activity. He never missed a game, concert, graduation or special event – no matter how far away.

A service was held at the Stringer Funeral Home on Saturday, March 23rd with Maureen Adams officiating.

In lieu of flowers, the family requests donations be made to the South Acworth Village Store, 1068 NH Route 123A, South Acworth, NH 03607.

Susan Thompson, 73

Susan (Karsay) Thompson, 73, of Claremont, NH, peacefully passed away on Thursday, March 14, 2019 after a courageous battle with cancer.

She was born in New Jersey on March 7, 1946, the daughter of William and Edith (Ap-

legate) Karsay. She graduated from Hagerstown High School in Hagerstown, MD and University of Pennsylvania Nursing School. She pursued her passion for nursing over the next 50 years having worked at Mount Ascutney Hospital, Claremont General, Washington County Hospital Trauma Center and Valley Regional Hospital in Claremont, NH. She selflessly gave of herself for others and was a compassionate and caring nurse.

She is survived by her best friend and soulmate, husband Thomas Thompson of Claremont; her daughter, Jodi (Thompson) Gregory and husband Todd of Weare, NH; grandson Tyler Jasinski and granddaughter Nancy Gregory both of Weare, NH. Sisters-in-law Ellen Thompson of Little River, SC, and Jean Keefe of Harrisville, NH. Various nieces, nephews and cousins.

She was predeceased by her parents and brother.

At this time there are no funeral services scheduled.

www.facebook.com/etickernews

“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)

Claremont Fire Dept. Log

Sunday, March 17

1651 E1 responded first in for the ambulance on Sullivan St.

Monday, March 18

1042 E1 responded to Myrtle St for a motor vehicle accident.

1452 E1 responded to First St for a brush fire.

1522 E1 responded to Washington St for a motor vehicle accident.

1708 E1 responded to a medical call on Central St.

2128 E1 responded to a medical call on Hanover St.

Tuesday, March 19

0636 E1 responded to a medical call on Chestnut St.

1014 E1 responded to a medical call on Broad St.

1221 E1 responded to Lincoln Heights for a motor vehicle accident.

2350 E1 responded to a medical call on Cornell St.

Wednesday, March 20

1514 E1 responded to a medical call on Forsyth Pl.

1608 E1 responded to Bond St for someone starting a fire.

Thursday, March 21

0324 E1 responded to a medical call on Wildwood Ave.

0435 E1 responded to North St for a smoke detector sounding.

1621 E1 responded to Washington St for an odor of propane.

1624 L2 responded to a medical call on Chase St.

1715 E1 responded to Main St for a motor vehicle accident.

1740 E1 responded to a medical call on Myrtle St.

Friday, March 22

1445 E1 responded to a medical call on Palmer St.

2103 E1 responded to a well-being check on Heritage Dr.

Saturday, March 23

1840 E1 responded to Half Mile Rd for a tree on wires.

2120 E1 responded to a medical call on East St.

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

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.

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!

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!

Chair Yoga will be back with Sherra (a new teacher) starting Friday - April 19 (10:30 - 11:30 AM) in the Mozden Room. \$5.00 for members & 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.

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

Fun things to do at the center! Game Night every Tuesday & Thursday - 6:00 PM. Pool (Monday - Friday). - 9:00 AM. Exercise - Tuesday & Thursday - 10:00 AM. Coloring on Mondays 1:00 PM. Members free. Non-members \$1.00. Ping Pong - Monday & Wednesday - 10:00 AM. Bridge on Thursday - 1:00 PM. Mahjonn on Friday - 1:00 PM. Knitters on Friday - 12 Noon. Bring your lunch.

We are still collecting aluminum can tabs!

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

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

We are a "Smoke Free" facility!

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. Bring a friend...hope you will join us!

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.)

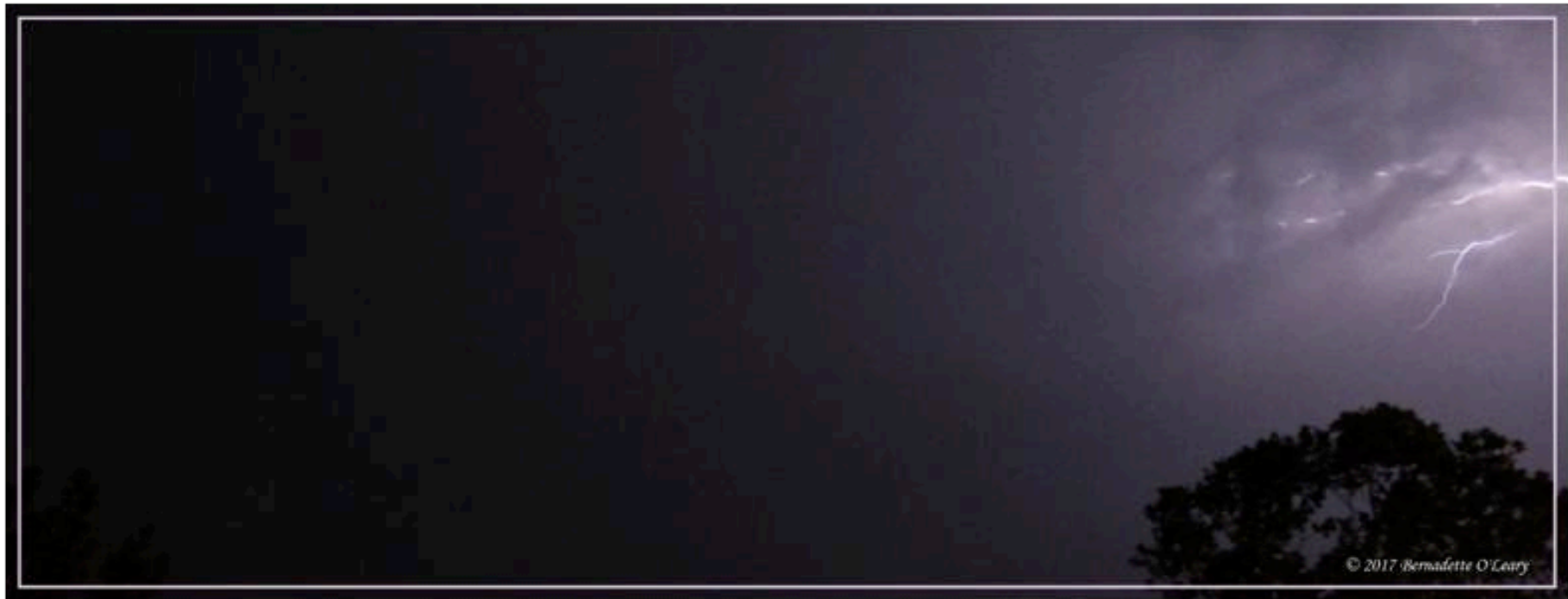


The Claremont City Council will hold a public meeting on Wednesday, March 27, 2019, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. MAYOR'S NOTES
- A. Local Heroes Award, presented by the Conservation Law Foundation. It's presented in recognition of the Mayor's efforts on mitigating childhood lead poisoning
- 6:50 PM 5. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
6. OLD BUSINESS
- 6:55 PM A. City Manager Search Update
- 7:00 PM B. Re-imagine the JSL Discussion
- BREAK
7. NEW BUSINESS
- 8:15 PM A. Transfer of funds to established Water & Sewer Capital Reserve accounts
- 8:30 PM B. Discussion of process for appointing boards & committee members
- 8:45 PM C. Service Recognition of Retirees / Procedure for Recognition Process
- 9:00 PM D. Discussion on Legal Communications to all Council Members
- 9:15 PM E. Discussion on Council Priorities
- 9:20 PM 8. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:25 PM 9. CONSULTATION WITH LEGAL COUNSEL
- 9:30 PM 10. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, April 10, 2019, at 6:30 p.m. in the Council Chambers at City Hall.



It's Tornado Season: "Hey, Bill, hold my beer!"

By Bernadette O'Leary

We're entering wicked weather season across the country, and storms that can turn into tornadic weather can occur at any time. However, in many areas, it's common to see and hear about people standing out on their porches watching the clouds, and tornadoes, as they go by. The joke often heard about country folk and wicked weather is that we break out the lawn chairs and the beer for a front row seat, saying to our neighbor, "Hey, Bill! Hold my beer, and watch this!" While this is an obvious, yet humorous, exaggeration, it is true that many of us are in fact guilty of wanting to see what the skies are doing. However, we also know that it is important to be careful. With this in mind, it is the time of year to begin making plans for taking shelter, should the need arise.

The first step is to make sure we are weather aware. This can be done by watching weather reports on television, listening to radios and weather radios, or downloading weather apps to our phones and computers. When the weather begins looking bad, it's time to pay attention and go to our chosen source for weather updates. Even if you do not live in an area where tornados occur, it is important to remain weather aware in case a violent storm pops up.

The second step is to choose a shelter and prepare a survival bag. It might be within a home, a local church or other public building with a shelter, or a privately owned storm shelter. Although the odds are low for it to happen, it is also good to be prepared for possible situations that render us unable to leave shelters after the storm passes. In such cases, there are certain supplies you might need. Flashlights, radios, extra batteries, blankets, food and water are merely a few of the more commonly recommended supplies. In addition to these, parents might want to include some things for their children: toys, a favorite teddy bear, crayons with paper, etc. These can help keep the children busy as well as keep their minds off of the situation so they don't get scared. Some parents include music on their phones or MP3 players to help soothe frightened children. Some go one step further by giving the children their own MP3 players for the survival bag, which adds some excitement of getting to use something special. While you're at it, you might want to put a few things aside for yourself as well. If you end up needing to stay in the shelter for a while, it's good to have something to keep your mind busy. I suggest a book or music. Keeping such a "go bag" ready throughout the year is a good idea, but not necessary. Another idea is to keep those supplies in your family's storm shelter year round if you own one. Finally, such a bag need not be very big. A typical messenger bag or beach-going bag would be a perfect size, depending on the size of your family. It is true that such a need rarely arises, but it is good to be prepared just in case.

Finally, the biggest step: remembering to take shelter with the kids. As much as we all enjoy stepping outside with the neighbors and looking up at the skies as we talk about what we do or do not see, it is simply not safe. Each of our readers is valuable to us, and we prefer to keep you around for a while.

With all of this in mind, let's all stay weather aware and safe this storm season.