



Two close boys basketball games Friday evening for the Cardinals. A JV loss by two was followed by a varsity win over Mascoma Regional High School. The varsity win secured an 11th place spot in the NHIAA Division 3 playoffs. Opponents were to be determined on Monday, and the game will be played Thursday evening (Courtesy photos).

Cards End Regular Season With Win

The Stevens boys' basketball regular season came to a close this past week with two games. The teams traveled to Hopkinton on Tuesday before returning home for their season finale with the Mascoma Royals at Frederick Carr Gymnasium.

The varsity team fell behind the Hawks at Hopkinton 21-6 after a quarter and could not overcome the deficit in dropping a 51-33 decision to the #1 seed in the upcoming Division III playoffs. Tanner Durkee led the Cardinals with 8 points, while Drew Grenier, Josh Stithen, and Luke Come all had 6 points.

On Friday evening, Stevens recognized their 8 seniors, Drew Grenier, Joe Desilets, Mitch Paquette, Luke Come, Tanner Durkee, Dylan Lumbra, Teagan Daignault, and James Aiken, for their contributions to the program over their four years. Stevens defeated Mascoma 55-38 to conclude their regular season at 10-8, and securing the 11 seed in the upcoming playoffs. Drew Grenier tossed in a game high 19 points to lead the Cardinals. Luke Come had 12 points, and Tanner Durkee scored 6 points and grabbed 11 rebounds.

Stevens will await the official pairings that will come out on Monday morning, but it looks like they will be traveling to 6th seeded Gilford for their first round playoff game on Thursday night at 7PM.

The junior Cardinals defeated Hopkinton 47-34 in their game this past Tuesday. Colin Lewis scored 10 points in leading the Cardinals. Gabe Miller, Owen Taylor, and Brennan Huntoon all scored 7 points in the victory.

On Friday night the JV Cardinals closed out their season in a thrilling game which came down to the final possession when Stevens got off an open 3 point shot as time expired but it did not fall and the Royals held on for a 39-37 victory. Owen Taylor had a team high 10 points. Brennan Huntoon had 8 points, and Quentin Bicknell had 5 points. The junior Cardinals also finished their season at 10-8.

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Lebanon-Stevens Boys Hockey

02/17/18 Kingswood L 2-5

02/24/18 at St. Thomas Aquinas L 2-5

Lebanon-Stevens Girls Hockey

02/19/18 Souhegan L 0-6

02/21/18 at Manchester Central W 10-1

02/24/18 Exeter L 0-9

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The Green Machine...

Outstanding work by some of The Springfield's Green Machine's young warriors who took to the mats recently for the Junior High/Junior Varsity State Championship in Barre, VT. Brandon Bennett took the gold medal in his weight class; Bryan Stafford stepped up to 4th place, while Gillian Guy and newcomer Tim Amsden each took 5th place on the podium. Skylar Wallace hit "the best takedowns I've seen all day," according to Coach Don Beebe. Also battling it out were Cole Wright and Laura Berlenbach. Team photo, L to R, back row: Coach Don Beebe, Gillian Guy, Skyler Congdon, Tim Amsden, Coach Floyd Buck Jr, Francis Stafford, Brandon Bennett, Skylar Wallace, Bryan Stafford; front row: John Stafford Jr, Mason Olney, Bradley Bennett (Crystal Shaw photo).



Monarchs Dethroned

MANCHESTER, NH--The Manchester Monarchs fell in a shootout, 2-1, to the Reading Royals Sunday night at SNHU Arena.

The Monarchs (33-17-3-2) brought the game to extra time against the Royals (31-20-4-0), but Reading took home two points with a shootout victory.

The Royals opened the scoring on the 5th goal of the season for Nick Luukko at 13:34 of the first period. After receiving a pass at the blue line from Ryan Penny, Luukko walked to the top of the circles, where he fired a wrist shot that beat Monarchs goaltender, Charles Williams, high glove side to make the score, 1-0.

The Monarchs tied things up on a 5-on-3 power-play goal at 8:34 of the second period by Justin Agosta, scoring his 3rd of the season. Agosta received a pass from Jordan LaVallee-

Smotherman at the top of the right circle and fired a one-timer, that beat Royals netminder, Branden Komm, just below his blocker to make the score, 1-1.

After a scoreless overtime period, it took five rounds in the shootout for Reading to seal the deal, when Matt Willows scored on Williams, making the final score, 2-1, Royals.

The Monarchs are back in action Wednesday, Feb. 28 (7 p.m.), at SNHU Arena, to take on the Wheeling Nailers.

SHS Girls Season Ends

The SHS Girls Basketball team played #2

seeded Gilford last Thursday in the Div. III tournament, losing 53-25 to end their season.

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Inspiration

Harbingers of Spring

By Priscilla Hull

With the warming weather last week I thought of signs of spring coming! Of course, February 14 was the first day of spring training! In case you're not sure what I'm referring to, I'll explain. Spring training is the day the die-hard Red Sox fans look forward starting in October! It's a long winter, but maybe this is the year. We had a little flurry of success and are patient for more!

February 14, this year was a triple reminder of the end of winter (unlike that silly ground hog). Of course it was St. Valentine's Day. A day dedicated to love. It was also Ash Wednesday which calls Christian worshippers to a period of repentance and a time of renewal, preparing for the resurrection of Jesus Christ.

Some of the things that I look forward to signaling me that winter is drawing to a close are peculiar to our part of the world: Frost heaves! Only in northern parts do you find signs appearing "Frost heaves". I have people from southern people ask me to explain "frost heaves" to them! Of course, don't forget "Posted" roads another thing that people from further south don't understand! These signs are welcome because they tell us that spring is on the way!

Last week we had some unusually warm days. As I walked on one of those warm days I heard chirping in the trees, and looked up into a tree with hope! Sure enough, there was a flock of Cedar Waxwing birds. These little birds are a remarkably social characters who come in late winter to let us know that spring is coming.

They are easily identified by the crest on their head, the bright yellow band at the end of their tail and the bright red stripe offsetting the drab, olive and grey of their bodies. They are very social little birds, about the size of a female Cardinal, but easily distinguished from a cardinal with their bright markings.

Their chattering in the high branches of a tree gives away their identity. It's as though they are saying, "I got the biggest berry over there. You should try it, too!" While they are feasting on berries, they are pretty oblivious to someone watching them, but if they spy you and feel at all threatened, one will fly away and they all follow! Don't fret, though, they'll be back! They also return to the same area year after year. We've had them in some bittersweet vine that was planted in my yard.

Bittersweet seems to be a favorite feast, but if you want to attract Cedar Waxwings to your yard, I'd like to suggest planting, not bittersweet as it is wildly invasive, but some ornamental berry producing trees such as Mountain Ash or Mulberry Bushed, Ornamental Fruits and such. Once the waxwings find your berries, word spreads and you'll have plenty of these pretty birds. One word of warning! Don't park under the trees while the Waxwings are feasting!

We might see a chipmunk, coming out from his underground nest, run across the street from us. When the earth begins to show, we'll see the first robins, first in flocks and soon couples together getting ready to build nests and raise their families. Soon other birds follow and we'll see hawks soaring as they return to their summer home. Don't forget skunks, opossums, and all the other little critters who are emerging from their winter homes where many have been in semi-hibernation just waiting, like us for the new season to come.

These are signs of spring that we long for but if you look carefully at the trees, you'll see that the buds are swollen, particularly on the early maples. As the sap rises in trees, the buds swell, getting ready to burst into leaf. So it's not just the bird and animal world that is ready to come back into life, it's plants too!

We have so much to be thankful for! It is a wonderful world we have to look forward to each spring. We welcome the life that has been dormant through the cold and snow and grayness of winter! We love the color and smells of spring and look forward to being outside without a coat!

"The rain and snow fall from the sky and do not return, but instead water the earth and make it produce and yield crops, and provide seed for the planter and food for those who must eat."

Isaiah 55:10



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

Calendar Of Events

Open Mic Night

Tuesday, Feb. 27, at 6:00 p.m.
Java Cup
37 Pleasant St., Claremont

Sign up at the door. Bring your poems, music, skits, and voice. The event is free and open to all. Refreshments from The Java Cup will be available for purchase. No outside food or drink.

Class of '78 Class Meeting

CLAREMONT, NH--Class of '78 class meeting; subject: Parade float/ reunion party.
Place: Pleasant Street Restaurant
Date: March 7, 2018
Time: 6:00 p.m.

Lake Sunapee VNA Annual Meeting to Reveal Needs Assessment Results

NEWPORT, NH – Lake Sunapee Region VNA & Hospice (LSRVNA) will hold its Annual Meeting on Tuesday, March 6, at 5:00 p.m. in the Sugar River Bank Community Room located at 10 North Main Street in Newport. The event is open to the public and will feature an overview of LSRVNA's 2017 Community Health Needs Assessment process and results.

"We are excited to share the results of our needs assessment with area residents," said Jim Culhane President & CEO. "We worked hard to gather input from throughout our 29-town service area and are grateful for the many people who supported this effort by completing our survey, attending a forum or serving on our Advisory Group. Moving forward, our assessment report will be a tool that we, along with other agencies and municipalities, can use to better meet the health needs of our community."

The meeting will also feature recognition of board members and the annual volunteer and staff excellence awards. Light refreshments will be provided. RSPVs are appreciated by contacting Cathy Raymond at 603-526-4077 or craymond@lakesunapeevna.org.

Meet and Greet for Steve Marchand

CLAREMONT, NH--The Sullivan County Democratic Committee is proud to launch its first 2018 Primary Election Season Meet and Greet. All Sullivan County Democrats are welcome to join them for this event.

Join their committee and the local Democratic community on Tuesday, Feb. 27, at 7:00 p.m. to learn more about Steve Marchand. The meeting is being held at Claremont's Moody Building, 24 Opera House Square in their Second Floor Conference Room. The evening will feature snacks, drinks, and a discussion with Marchand.

If you would like to join or start a committee and/or learn more about our event on Tuesday, February 27th, please contact us at Sullivancountydemocrats@gmail.com.

Bowling Fun Supports SCHS

CLAREMONT, NH--Looking for something to do on a boring winter evening? How about a fun evening of bowling on Wednesday, Feb. 28, from 6:00-10:00 p.m.? Bring the whole family, a girls/guys night out or get a team of your co-workers. Come support Sullivan County Humane Society at Maple Lanes in Claremont. There will be some nice Chinese Auction items as well as baked goodies! Come on out for a night of bowling; \$15/person includes two games of 10-pin, shoe rental, a slice of pizza, and a soda! For more information call 603-542-3277.

Silsby Library News

CHARLESTOWN, NH--Winter arrived all at once this year. Each snow storm produces a new crop of icicles at our Railroad Street entrance. To be safe, we suggest you use the front entrance until the ice and snow is off the roof. If you aren't comfortable using those steps without a handrail, please park at the back of the building and use the handicapped

entrance. The lift is available for anyone who has a problem with stairs and we are happy to assist you if needed.

Any patron concerns, suggestions or comments can be e-mailed to the library at silsby@charlestown-nh.gov. Remember to follow us on Facebook at <https://www.facebook.com/SilsbyLibrary> or check our web page <http://www.silsbyfree.org>. If you want to know what is new to the collection you can go to LibraryThing. Sign in Silsbyfpl and password 03603.

Join us on Tuesdays at 10:30 a.m. for Story Hour. Lap sitters, toddlers, preschoolers and their caregivers are welcome to join the fun. Stories will be read, songs will be sung and a simple craft will unleash you little one's creativity. On Fridays at 10:00 a.m. join us for our Library Play Group. It is a great time for infants, toddlers and their caregivers to play, socialize and have fun in an informal setting.

Back for 2018 is the Ancestry database. If you are looking for the skeleton in your closet, stop in and we will show you how to start digging. EBSCOhost is also available to our patrons. This is a good source for student reference searches, newspaper and magazine articles, read alike book lists, and much more. Stop in and get the log in information and you can access this data base from your computer at home.

Medicare Workshop

Medicare can be confusing. Becky Rostron, the Medicare Specialist at Sullivan County ServiceLink Aging and Disability Resource Center (ADRC), can help you understand your Medicare options.

The upcoming "Welcome to Medicare" workshop is designed to help new Medicare enrollees make more informed choices about their Medicare benefits: Tuesday, Feb. 27th, at 1:30 p.m. Held at 224 Elm Street, Claremont NH.

There is no charge, but registration is required. Please contact Sullivan County ServiceLink Aging and Disability Resource Center at 603-542-5177 or 1-866-634-9412 to register.

"Spirit of Johnny Cash" Returns to COH

CLAREMONT, NH--WCNL Country AM 1010 /

FM 94.7, Common Man Inn & Restaurant and Claremont Opera House welcome the return, by popular demand, of "The Spirit of Johnny Cash" starring Harold Ford as Johnny Cash and featuring the Red Hot Cash Band at the historic Claremont Opera House Saturday, March 10, 7:30 p.m. The "Spirit of Johnny Cash" name resulted from fans telling him that he was channeling Johnny Cash's spirit. Random strangers would come up to Ford and say, "Did anybody ever tell you that you look like Johnny Cash?" After hearing this for a while Ford started replying "You're the first one today."

This is what country music is all about - the music of Johnny Cash. The Nashville music press has hailed this show as a "must see to believe." Ford is incredible as Johnny Cash.

Ford bears an amazing resemblance to Cash, both vocally, and physically. Ford and his Cash Band have, in fact, been invited to play in Nashville, as the first Cash tribute band to be formally asked to do so, after Johnny's death. Ford stated he didn't intentionally set out to be a Cash tribute singer, but people are demanding that he does so.

Ford is the only Johnny Cash Tribute Artist to be endorsed by John's Brother, Tommy Cash.

Ford's performance as a Johnny Cash Tribute Artist is exceptional, his striking resemblance to Cash in appearance, persona, and voice, elevates him to a class of his own. The "Spirit of Johnny Cash" returns to Claremont Opera House, Saturday, March 10, 7:30 p.m. Tickets \$22 can be purchased online at www.claremontoperahouse.org, by calling 603-542-4433 or in person in the Claremont Opera House Box office in City Hall at 58 Opera House Square

Program on Benjamin Franklin

CLAREMONT, NH--"Benjamin Franklin: America's First Citizen", will be performed at The Claremont Opera House on April 6 at 10:00 a.m.

Patrick Garner, 20-plus year Broadway, television, and movie veteran, brings to life the nation's favorite founding father, the man who tamed lightning and conquered

crowns, to demonstrate how a life of self-discipline, inquiry, public service and a genuine love of life led to international fame and the gratitude of a nation. This 45-minute performance is recommended for ages 5 and up.

Garner's work in children's books led him to found his own company, HISTORY'S ALIVE!, to help students not merely learn history but learn from history. Now in its 10th year, and seventh year associated with Theatreworks USA, Garner travels the country with his shows about Thomas Edison, Lewis & Clark, Ben Franklin, The Wright Brothers (& Sister!),

Houdini, Archimedes and American Tall Tales. This will be Garner's third time at Claremont Opera House. Students, teachers, and even the Mayor, Charlene Lovett, have been entertained and educated by Garner's performances. For information on tickets, please call the opera house at 603-542-0064; cost: \$5 for children and adults. Schools should call opera house to reserve spaces.

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Salary Increase Negotiations

Thinking about asking for a pay increase at work? Here are some negotiation mistakes that employees make when asking for a raise. Peoples' work situations are different but these are good rules to follow to help aid in your discussions.

Bad timing- Don't make your request after you've made a major mistake, such as losing a client or bungling a manager's travel arrangements. Making a raise request during budget cuts won't get you very far.

Requesting a raise via email- You can request a meeting by email but it is best to have salary discussions face to face. You can better judge body language and adapt your presentation to the reactions you experience.

Citing personal reasons- Asking for a raise because of medical bills is not a compelling reason for your boss to give you an increase. While he/she may be sympathetic, your compensation is based on your value to the company and not the stack of bill on your dining room table.

Throwing co-workers under the bus- Whether someone told you their salary or another is not pulling their own weight, now is not the time to bring it up.

Acting entitled- Years at the company or the fact that you have a family does not give you a claim to a pay raise.

Threatening- If you issue an ultimatum such as "If I don't get a raise I will walk", you may find yourself walking to the unemployment office.

Stating a specific number- If push comes to shove, state a range, preferably in percentages rather than dollars. Give your supervisor some wiggle room.

Holding a grudge- If you are turned down, continue to do your best work. Ask your supervisor what steps you can take to warrant a pay increase.



Kerri Emmons
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131 Broad Street, Claremont, NH 03743

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Bingo in Charlestown

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. Twelve regular games, six special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, and a progressive game from \$800 - \$1,800, plus the final game with a guaranteed prize of \$225 make up the Wednesday evening benefits. It is the VFW Post 8497's primary fundraiser for its various scholarships and sponsorships. Food and drinks are available.

Newport Historical Society Museum Hours

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

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



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REV. DEC. 15, 2017

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 Plainfield Library 1:00 – 4:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	BLOOD PRESSURE CLINIC Newport Rite Aid 11:00 am – 1:00 pm FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Lebanon Senior Center 10:00 am – 2:00 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 10:00 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	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	BLOOD PRESSURE CLINIC Sugar River Mills, Claremont 11:30 am – 1:00 pm FOOT CLINIC COA, New London 9:30 am – 1:00 pm Sugar River Mills, Claremont 12:00 – 3:00 pm
3rd WEEK of the month	BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm FOOT CLINIC Charlestown Elderly Housing 12:30 – 3:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Danbury Community Center 10:00 am – 12:00 pm Newport Senior Center 11:15 am – 12:15 pm FOOT CLINIC Marion Phillips Apts, Claremont 1:00 – 4:00 pm	BLOOD PRESSURE CLINIC Sutton Baptist Church 9:00 – 11:00 am Goshen Parish Hall 10:45 – 11:45 am Newport Rite Aid 11:00 am – 1:00 pm FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Bradford Senior Center 11:00 am – 12:00 pm Claremont Senior Center 11:00 am – 12:00 pm Maple Manor Apts, Newport 3:15 – 4:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	BLOOD PRESSURE CLINIC CSB Community Center, Claremont 10:30 am – 12:00 pm FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am
4th WEEK of the month	FOOT CLINIC Newport Senior Center 9:00 am – 3:00 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	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 Town Hall 11:30 am – 1:30 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC Warner Pharmacy 9:30 am – 12:00 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: www.lakesunapeevna.org

Arrowhead Work Sessions

CLAREMONT, NH--The Arrowhead Recreation Club is in need of volunteers for the upcoming season. "We are short of people in a number of areas do to people moving out of the area and other conflicts, so if you can help we would greatly appreciate it," said Chuck Allen of the Arrowhead Recreation Club. Operational Needs include Ski shop – get trained on fitting bindings for skis and snowboards in the rental shop. Outside operations – operation of ski and tubing lift. Help with unloading tubes and monitoring the tubing area. Need ski and snowboard instructors. Snack Bar – help with the taking of food orders and preparation. Also looking for a mechanical person to help with tracked vehicles and diesel engines.

There are work sessions on Saturdays from 9:30 a.m. to 1:00 p.m. Doing maintenance and other tasks, inside and out.

Best contact method is by email; arrowhead@arrowheadnh.com or leave a phone message at (603) 542-7016.

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.

Overeaters Anonymous Meetings

NEWPORT, NH--OA 12 & 12 meetings held on Sundays from 12:30-1:30 p.m. at Millie's Place, 45 John Stark Hwy., in Newport.

TLC Program Offerings

CLAREMONT, NH--First and third Friday of every month the Rural Outright Diversity Club for transgender and gender non-conforming people meets from 6 to 8 p.m., at TLC Family Resource Center, 109 Pleasant St., in Claremont. 14 years and older. This is a casual meet and greet with conversation and activities. Come meet other transgender and gender

non-conforming folks to share experiences, resources and struggles.

CLAREMONT, NH--Second and fourth Friday of every month the Rural Outright Diversity Club for LGBTQ+ people meets from 6 to 8 p.m., at TLC Family Resource Center, 109 Pleasant St., in Claremont. 14 years and older. This is a casual meet and greet with conversation and activities. Come meet other LGBTQ+ folks to share experiences, resources and struggles. For more information, visit online at www.tlcfamilyrc.org/rural-outright-events-calendar.

CLAREMONT, NH--First and third Saturday of every month the Caring Adults Peer Support (CAPS), sponsored by Rural Outright, meets at 10 a.m. at the TLC Family Resource Center, 109 Pleasant St., in Claremont. This is an opportunity for parents, educators and other caring adults to discuss challenges and best practices for supporting LGBTQ children of any age. For more information, contact Neil at neilpierceallen@gmail.com.

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.

Community Nurse Visits Program Available

Community Nurse Visits is a pilot program of TLC Family Resource Center funded by the New Hampshire Women's Foundation and is free to all pregnant women in Sullivan County regardless of their socio-economic status. The Community Nurse Visits program is an excellent resource for businesses in the area. This is a unique opportunity for pregnant women to sit down, put up their feet, and relax while they chat one-on-one with a community nurse who specializes in maternal health. The two free visits will be made once in the third trimester and once postpartum—at the TLC office or in your home. The visits include no

red tape, applications, or reporting.

There is no curriculum, the visits are designed to be relaxed, casual and driven by mom. Questions from mom can include, but are not limited to, labor and delivery, postpartum depression, recovering from pregnancy and balancing life and personal needs, breastfeeding, sleep issues, immunizations, building attachments, preparing to return to work, and child care.

The visits will be conducted by Karen Jameson, a registered nurse with an M.Ed. She has 15 years of nurse home visiting experience and is also trained in lactation. The visits will not include an health evaluation of the mother or baby.

For businesses, this is an excellent resource to share with staff who may be pregnant or have a pregnant family member. For more information about the program, please visit www.tlcfamilyrc.org/community-visiting-nurse.html. If you would be interested in signing up for a visit or would like to receive brochures to share with staff, please contact Jameson at karen@tlcfamilyrc.org or (603) 542- 1848 ext. 320.

Hanover Police Department Offering C.R.A.S.E. Training

The Hanover Police Department is offering a free 1.50 hour training course titled, "Civilian Response to Active Shooter Events", otherwise known as C.R.A.S.E. The C.R.A.S.E. concept is based on the principles of "Avoid, Deny, Defend." C.R.A.S.E. provides strategies, guidance and a proven effective plan for surviving an active shooter event.

After receiving feedback from the community, they have scheduled two separate training sessions that will be held at the Hanover Fire Department's Training Room (48 Lyme Road, Hanover, NH) on Tuesday, March 6th, or Thursday, March 15th from 6:00 p.m. to 7:30 p.m.

Space is limited to 30 participants and registration is required. Please contact Elizabeth Rathburn at 603-640-3327 or Elizabeth.Rathburn@HanoverNH.org to register.

Hanover businesses, churches and organizations that would like to host a C.R.A.S.E. training at their location should contact Rathburn.



Join Us For
"Pins for Pets"



Wednesday, Feb 28th
6pm - 10pm
A Night of Bowling, Pizza and Pop
At Claremont Maple Lanes

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

Also, Chinese Auction,
Bake Sale & More!
Tickets @ the Door

For More Information
Visit Us Online:
sullivancountyhumanesociety.org

Sponsored By
Claremont Maple Lanes
All Proceeds To Benefit SCHS





**Sullivan County Humane Society
Would Like to Serve You
An All-You-Can-Eat
Homemade**

Spay-Ghetti Dinner

Saturday, March 3rd

5pm ~ 8pm

**To Be Held At The
Claremont Country Club
Located on Maple Avenue**



Dinner Includes:

Your Choice of Sauce; Neutered (Vegetarian), Or Un-Neutered (Meatballs)

Enriched or Gluten Free Noodles

Salad, Garlic Bread, And Dessert!



Tickets \$10 Each

**Kids Under 6 Eat Free
With Adult Ticket**

Stop in to purchase your tickets today or @ the door!

**For More Info Visit Us @:
sullivancountyhumanesociety.org**

**Sponsored In Part By
Claremont Country Club
All Proceeds To Benefit SCHS**



Meriden Fire Department Wild Game Dinner



**Saturday
March 24, 2018
5-7 PM @ KUA**

**KUA Dining Hall
Rt. 120 – Meriden, NH**

Menu Includes:

Wide selection of Wild Game - Moose - Bear - Boar - Elk - Venison - Rabbit - Turkey - Ham - Fish Chowder - Venison Chili along with homemade beans, coleslaw and potatoes!

Try our Anadama bread made right at the Meriden Deli Mart and top off the evening with an ICE CREAM SUNDAE

Adults: \$19

Youth (4-10): \$10

Toddlers (under 4): \$4

MERIDEN VOLUNTEER FIRE DEPT

Advance tickets are recommended – **CALL 603-469-3090 for tickets**
Tickets on sale at the door, Meriden Deli Mart and Annie's Country Store



The 2018 Apple Blossom contestants at rehearsal (Courtesy photos).

62nd Apple Blossom Cotillion Underway

SPRINGFIELD, VT--The 62nd Apple Blossom Cotillion is three months away, but the hard work for its participants is well underway at Riverside Gymnasium in Springfield and will continue every Sunday until the big night on May 5.

Thirteen high school senior girls and their chosen escorts will be joined by 25 elementary school couples at this year's Cotillion. The musical theme this year is "Apple Blossom on the Big Screen" and will feature songs from recent motion pictures, including "Beauty and the Beast".

The high school senior girls who will be competing for the title of Apple Blossom Queen are: Ainsley Bertone, Elizabeth Chambers, Kylee Charest, Alyssa Ellison, Sofia Gulick, Gillian Guy, London Heiden, Alexis Morin, Hailey Rabtoy, Eliza Rounds, Madelyn Stagner, Samantha Stoddard, Laura Wentworth.

Madison Moreau is the director of this year's Cotillion. She is assisted by Lexi Roldan, Tracy Austin, and Kyla White. Larry Kraft will be the event's master of ceremonies for the 18th consecutive year.

The Apple Blossom Cotillion is a fundraiser for Springfield Hospital. The proceeds from this popular evening of community entertainment provide support for the Dr. E. Sherburne Lovell Health Career Award and the services of the Hospital.



Claremont Middle School recently recognized students who exemplify the school pillars: Respectful, Responsible, Resourceful and Safety. Left: January Students of the Month, L to R, Audra Bucklin, Assistant Principal; Jason Demars, grade 6; Kirsten Lawrence, grade 7; Caylin Brown, grade 8; and Paulette Fitzgerald, Principal. February Students of the Month, L to R, Audra Bucklin, Assistant Principal, Jordan Vashaw, grade 8, Isabella Gleason, grade 6, and Paulette Fitzgerald, Principal. Hailey Belaire, grade 7, was absent (Courtesy photos).

One-On-One: Countryside Chat with Bernadette O'Leary

Revisiting Old Friends

I'm known for my work helping animals in need and fighting human trafficking. This week, I'm going to revisit a couple of old friends with whom I've spoken to remind you about the amazing work they do. The reason is that even though life marches on, the need remains long after the articles have been read and set aside.

The first friend we will revisit is Andrea White, owner and operator of Tender Heart Wildlife Rehab. This amazing lady devotes her life to the care and protection of wildlife in the Berryville, Arkansas area. Her work never stops, as she works day and night for the animals in her care. If you need her help with an injured animal or would like to find out more about donating to this great cause, feel free to contact her. And tell her I sent you. Finally, ask her about her handmade wood burnings that she sells to raise money for the injured animals she cares for. I highly recommend the wooden boxes and kitchen spoons.

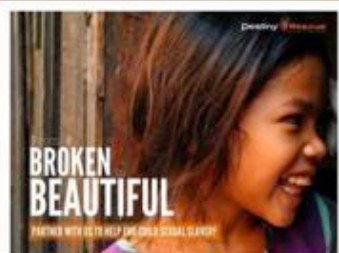
Tender Heart Wildlife Rehab
213 Bunch Springs Rd.
Berryville, AR 72616
(870) 350-4189
Owner/Operator: Andrea White



Call for assistance with injured wildlife. Please DO NOT try to tend to the animal yourself. Contact a wildlife rescuer right away.



To make donations or purchase wood burnings please call us at the number above. All proceeds go to the care and release of wildlife. Tender Heart Wildlife Rehab is a 501c3 non-profit organization, so donations are tax deductible.



Join me, Bernadette O'Leary, along with e-Ticker News of Claremont and Destiny Rescue in fighting human trafficking! Visit *Destiny Rescue* online today to find out how you can help save a child.

<https://www.destinyrescue.org/us/>

<https://www.facebook.com/destinyrescue/?fref=ts>

A child needs your help.

#AChildNeedsYou



The second friend we revisit this week is Destiny Rescue. In fact, I will be rerunning my article with them next week, so be sure to visit us next week to see my extensive coverage on their work. Destiny Rescue helps save children from the horrors of human trafficking, and they don't stop there. They also help the children they save heal and move forward in a better life. Go online today to see how you can help save a child today. They literally have ways for each person to help. Whether you can help financially or not, there are many other ways for you to save a child from the nightmare they live every day and every night. #AChildNeedsYou

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

Norah M. Bonneau, 92

Norah M. Bonneau, 92, of Claremont, NH, passed away on February 22, 2018, at her home surrounded by her family.

She was born in Hanover, NH, on July 10, 1925, the daughter of Charles William and Eva Nina (Humiston) Pinkham.

Norah was a graduate of Stevens High School, the class of 1942.

She was a member of the First Baptist Church, Women's Missionary Society. She was an active member of the Order of Eastern Star Woodman – Aurora – Kimball -Summit #26 member since 1971. She held the positions of Secretary, Treasurer and Director of the Congress of Claremont Senior Citizens. As a member of the Green Mountain Home Economics Group she served as County Chairman and State Secretary, Treasurer, Vice President and President. She had attended the National Safety Conference as a delegate for three years and the National Conference as a NH State Representative for three years. She was on the Sullivan County Committee Board of Directors for the USDA for four years.

Norah had married Theodore J. Bonneau on November 8, 1942.

Together they ran the dairy farm on Roberts Hill from 1942 – 1960. She had worked at W.T. Grants in Claremont for

12 years.

She is survived by her daughters and their extended families, Kathleen and David Hood and their children, Sarah, Amy and Martha, Maryanne and Richard Petrin and their children, Mathew and Christie, Jean Magoon and her daughter, Heather, Judith Bonneau, and Eileen and Ken Czechowicz and their children, Theodore (TJ) and Katherine; 11 great grandchildren and 2 great great grandchildren; her sister, Irene Pinkham O'Brien and many nieces and nephews.

She was predeceased by her husband in 1999; her parents; four sisters, Helen Hall, Marion Kirby, Pauline Parker and Jean Lampila; four brothers, George Roy, Elmer Roy, Neil Pinkham and William Pinkham; and sons-in-law, Kenneth (Peter) Magoon and Jack Slade.

A funeral service was held at the Stringer Funeral Home on Monday morning. Burial will be held in the spring.

Contributions may be made to the Lake Sunapee Hospice & VNA program, 107 Newport Road, New London, NH 03357.

Maria S. Goodhue, 58

Maria Santa (Rondinone) Goodhue, 58, of River Road, Walpole NH, died peacefully surrounded by her loved ones at DHMC on February 16, 2018.

Maria was born at Valley Regional Hospital, Claremont NH, on May 5, 1959, the daughter of Anthony Nunzio Rondinone and Evelyn Rosi Rondinone. She was raised and lived in Claremont and graduated from Stevens High School in 1976.

She had a lot of hands-on experience and expertise in mechanical engineering. She began this trade at Ruger and continued with this at Sonnax, Bomar, Whelen and Bradford Machine until her passing.

Family includes her husband, Joseph Fredrick Goodhue whom she married on August 22, 1981. They resided in a cape in Newport, NH when first married, 1983 moved to a ranch in Kellyville, NH, where she began her family and ended up in a house in Walpole, NH 1986. She later separated from Joseph and found her partner of the last eight years, Barry Ther-

“Safety glasses are your friend.”

-Dr. Sam Giveen

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

Sometimes. But your dad had some good advice.

And so does Dr. Sam. See for yourself.

DOCTOR **SAM'S**
EYE CARE

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



oux. She continued to reside in Walpole, NH, with Barry until her passing.

She was the loving mother of her son, Anthony Goodhue, daughter-in-law Maria (Werntz) Goodhue and her son, Michael Goodhue, daughter in law Elizabeth (Neronski) Goodhue.

She was survived by her brother, David Rondinone and his wife, Doreen Rondinone along with her brother, Paul Rondinone and his wife, Jackie. Grandchildren, apples of her eye, Elijah Goodhue and Gabriel Goodhue. Maria was also blessed with many cousins, aunts, uncles, nieces and nephews. She was also honored to be the godmother to one of her nieces, Jen (Rondinone) Kirk.

Maria was known as an amazing, loving, dedicated mother and kindhearted friend. Her compassion knew no boundaries. Each and every moment shared with those she loved, she cherished. She was a woman of her heritage, an extraordinary Italian cook. She dedicated time to assist with knitting hats for the VA and putting her cooking expertise to work at the VFW of Charlestown, NH. To Maria her greatest accomplishment was having her boys.

She was a lover of music. From family and friends to Maria, in the words of one of her favorite artists, "Dreams last so long, Even after you're gone, I know you love me" —Jewel.

Visiting Hours were held on Saturday, February 24th, at Stringer Funeral Home, 146 Broad Street in Claremont, NH.

In lieu of flowers, donations may be made in honor of Maria (Rondinone) Goodhue with checks payable to Anthony Goodhue.

Claremont Fire Dept. Log

Sunday, February 18

1542 E3 responded to Bible Hill Rd for the ambulance.

1601 E3 responded to Central St for the ambulance.

Monday, February 19

0942 E1 responded mutual aid to Hartford, VT.

1403 E3 responded to West Pleasant St for a medical call.

1534 E3 responded to Mulberry St for a motor vehicle accident.

1658 E3 responded to Heritage Dr for a medical call.

Tuesday, February 20

Social News

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

AARP Tax Aide every Friday till April 13. Call center for an appointment (603) 543-5998. Menu for Tuesday –February 27... Soup, hamburger, hot dog, warmed over potato salad, mixed vegetable, cookies. Thursday - March 1 ... Salad, stuffed shells, vegetable, garlic bread, dessert. Our twice a week dinners welcomes members (\$4.00) as well as non-members (\$5.00).

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

Free Blood Pressure Clinic - Thursday - March 1 (10:30 AM - 12 Noon). For appointments, call (603) 526-4077.

Our "Vendors / Crafters Corner" welcomes any type of business or crafter to rent an 8 ft. table for \$15 in our entrance lounge. Only one vendor / crafter per date!

Chair Yoga class guided by Charleigh Robalard every Monday at 10 AM brings you through an hour of gentle, relaxing yoga. Class uses chairs to accomplish the poses doing just what you can. \$5.00 fee for a very relaxing hour.

Adult Coloring open to public on Mondays (1:00-3:00 PM). Members free. Non-members \$1.00.

Knitters on Fridays (12 noon-3:00PM). Bring your lunch. If you are not a member 3 visits allowed then membership is required. Come check this out!

Seniors Bingo for center members 55 years of age and older every Wednesday at 1:00 PM. Come have lunch! Sale of cards stops at 12:50 PM. No cards sold after that time!

Senior Game Night every Tuesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required. Hand & Foot card game and Pool are popular, other games available. Attendees should bring a snack to share! 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.

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

Pool 9:00 AM - 3:00 PM Monday to Friday. Exercise sessions - Tuesday & Thursday - 10:00 AM. Ping Pong - Wednesday & Friday - 10:00 AM. Bridge on Thursday - 1:00 PM. Mahjonn on Friday - 1:00 PM. Knitters on Friday (12 Noon - 3:00 PM) bring your lunch. Non-members welcome but must sign in. Three visits allowed before membership is required.

We are still collecting aluminum can tabs!

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

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

Membership dues - \$20 per year. Persons 50 years of age or older invited and welcome to become new members or renew your membership!

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.)

0757 E3 responded to Crescent St for an odor of propane.

1716 E3 responded to Pleasant St for an odor investigation.

Wednesday, February 21

1425 E3 responded to Grissolm Ln for an alarm sounding.

1652 E3 responded to Mulberry St for a propane leak.

1809 L1, R1 responded to North St for a motor vehicle accident, rollover.

Thursday, February 22

0018 E3 responded to Congress St for a furnace problem.

0851 E3, L2, E1 responded to a box alarm on Pleasant St.

1315 E3 responded to Grissolm Ln for a public assist.

Friday, February 23

1045 E3 responded to Maple Ave to assist the ambulance.

1529 E3 responded to Windsor Rd for a motor vehicle accident.

Saturday, February 24

1036 E3 responded to a box alarm on Elm St.

1730 E3 responded to Pleasant St for a medical call.

2200 E3 responded to Prospect St for a medical call.

Next Cornish Conservation Meeting

CORNISH, NH--The Cornish Conservation Commission is dedicated to the protection of the Town of Cornish's rural character, natural environment, and working landscape by encouraging and supporting land conservation efforts, public education, and careful Town planning.

Meetings are on the 4th Wednesday of each month at 7:00 p.m. at the Cornish Town Office, 488 Town House Road.

Meetings are open to the public; all are welcome.

February 28
March 28

Send news and photos to etickernews@gmail.com



The Claremont City Council will hold a public meeting on Wednesday, February 28, 2018, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA (Second Revision)

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. MAYOR'S NOTES
- 6:40 PM 5. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
- 6:50 PM 6. OLD BUSINESS
 - A. Resolution 2018-22 Capital Reserve from Sale of City-Owned Property – Public Hearing
- 7:05 PM 7. NEW BUSINESS
 - A. Resolution 2018-24 Authorizing City to Accept and Expend Funds from Capital Regional Development Council (CRDC) Brownfields Grant – Public Hearing
 - 7:20 PM B. Master Plan Acceptance
 - 7:35 PM C. Resolution 2018-25 NHDES Grant to Install Gate and Fencing at Rice Reservoir – Public Hearing
- BREAK
- 8:00 PM D. Resolution 2018-26 NH Charitable Foundation Grant – Farmers Market – Public Hearing
- 8:15 PM E. Assessment Overview
- 8:30 PM F. Finalize City Council Goals and Objectives for 2018
- 8:50 PM 8. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:00 PM 9. CONSULTATION WITH LEGAL COUNSEL
- 9:00 PM 10. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, March 14, 2018, at 6:30 p.m. in the Council Chambers at City Hall.