

Tickets for St. Joe's Sports Night Now on Sale

CLAREMONT, NH--Tickets for the 62nd Annual St. Joseph's Sports Night are now available at the Marro Home Center and Stevens High School. This year's recipients, all Stevens seniors, are: Elyse Scott, top female student-athlete, Kelsey Belisle, unsung female student-athlete, Drew Grenier, top male student-athlete and Mitchell Paquette, unsung male student-athlete.

Scott Fitzgerald, former Stevens Athletic Director, will be the featured speaker, and Tom Hoyt will be the master of ceremonies.

The event, which is sponsored by the Claremont Lodge of Elks 879, will be held March 28 at the Claremont Senior Center, starting at 6:00 p.m. Tickets are \$8 and include a stuffed chicken breast dinner.

Fisher Cats Extend Affiliation with Blue Jays Through 2020

MANCHESTER, NH--The Toronto Blue Jays and New Hampshire Fisher Cats have announced a two-year extension to their Player Development Contract, ensuring that the Fisher Cats will stay a Blue Jays affiliate through 2020.

Founded in 2004, the Fisher Cats have played each of their 14 seasons as the Blue Jays Double-A affiliate.

"The Blue Jays are very pleased to be extending our working agreement with the Fisher Cats," said Blue Jays Director of Player Development Gil Kim. "We are delighted to work with first class partners like [Fisher Cats owner] Art Solomon and [Fisher Cats President] Mike Ramshaw. Our players are fortunate to play in a quality ballpark in front of the passionate fans in Manchester."

"We're proud to continue our relationship with



Claremont firefighter Mike Snide, who has skated for the firefighters at the Police vs Firefighters fundraising hockey game for CHaD for the last six years, held a fundraiser raffle and auction on Friday, March 9. Snide has collected donations every year he has skated and hopes this year to collect the most money among the players. If you would like to donate to help him and the Children's Hospital at Dartmouth, go to www.chadhockey.org, search for Mike Snide, click on his name and make your donation. Donations can also be dropped off at the Claremont Fire Station for Snide. Pictured: Each firefighter and police officer has a "Buddy" with them when they go out on the ice. Snide's buddy for the second year is 2-year-old John Clark (Bill Binder photo).

the Blue Jays," said Ramshaw. "The players and coaches who have come through New Hampshire have given our fans so many lasting memories, and made a positive impact in our community. It's a pleasure to be a part of the Blue Jays organization, and I couldn't think of a better way to kick off our 15th season."

The Fisher Cats have sent over 100 players to the major leagues, including Blue Jays stars Kevin Pillar, Aaron Sanchez and Marcus Stroman, and are projected to welcome top prospects Vladimir Guer-

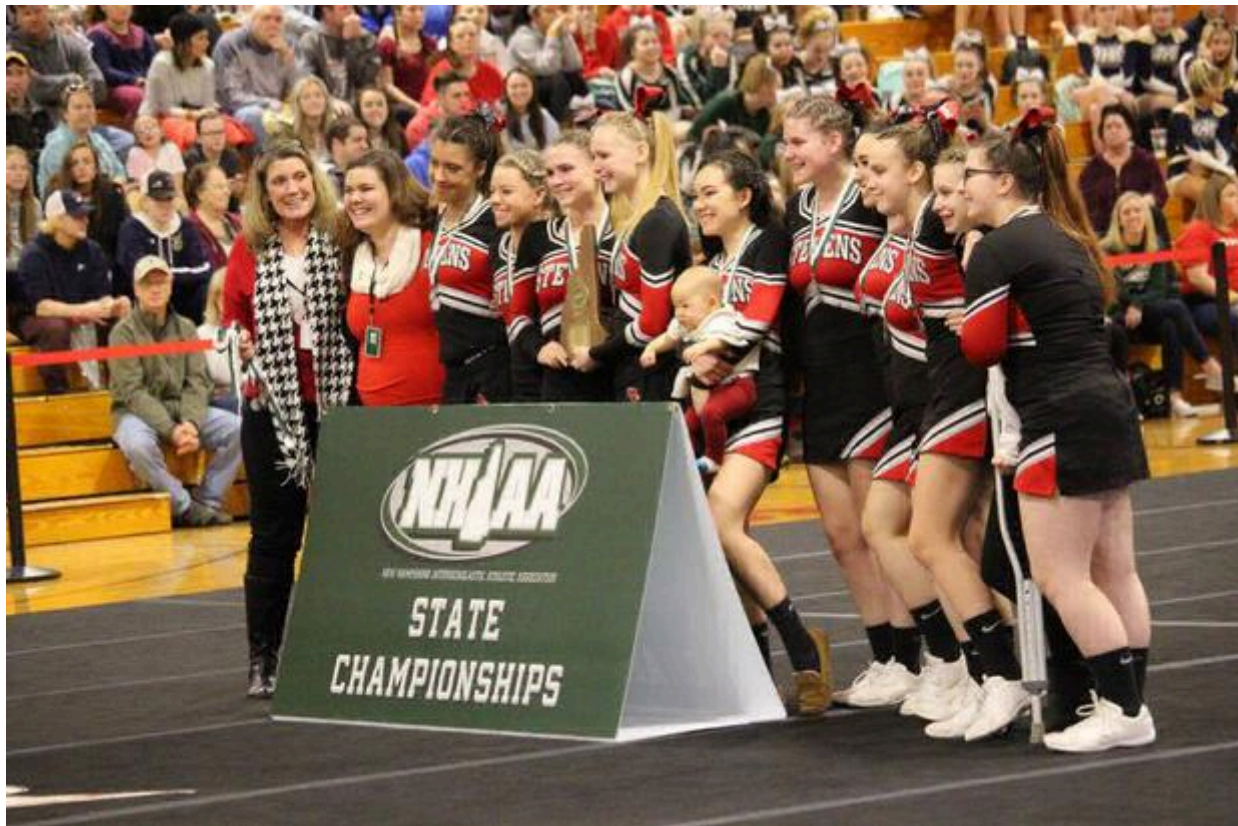
rero, Jr. and Bo Bichette to New Hampshire at some point during the 2018 season.

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Congratulations to the SHS Spirit Team, the NHIAA Division 3 State Runner Up winners! (Courtesy photos).

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with modern appeal."*

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Inspiration

Seek the Warmth and the Light

By Priscilla Hull

March came in like a lion and again and looks like again and again! Does that mean that it'll go out like a lamb so we can all wear our Easter finery on April 1st? Don't get too sure about it. Easter is April Fools Day! Let's hope Mother Nature doesn't throw another bucket of snow at us and shout, "April Fool"!

When we look beyond the immediate future, we see a promise of beauty yet to come. If we can't see beyond the immediate, there is nothing to see that we can call good. Look at the piles of snow in the yard! In places, where the snow has cascaded off the roof in great avalanches it might be four feet deep! Will it ever go away? Underneath that pile of snow there are bulbs, planted with care in the fall. When that pile of snow melts under the influence of the sun which will shine again, the plant has already begun to grow. It might even have broken the ground and the warmth generated by the process of germination and growth contributes in a tiny bit to the greater process of spring.

It was a chilly, grey day on Wednesday. The steel-enclosed clouds were low in the sky. As I was walking, I heard the unmistakable call of geese. I looked up to find them, but they couldn't be found. Then I heard them again and again looked up to find them and couldn't. They were definitely there, but flying so high that they were above the clouds, flying northward following the river that they couldn't see but sensed was directly below them! These unseen geese seek the sun and gain energy to fly, trusting in their instincts to take them north to their breeding grounds. The dull, cold, grey, weather on that day did not stop their spirit. They continued their flight working together and trusting that they would find the familiar places to feed.

In life we are afflicted by low, dark clouds of doubt and fear. We experience sickness and trials. Sometimes we feel as though we are lost. We certainly get discouraged and anxious, maybe even angry. Those feelings are natural and expected. The challenge is to rise above the clouds of doubt, fear, anger and discouragement and fly to the place where we know the sun will shine. Although the outcome isn't always what we expect or might wish for, it is always guided by something greater than we ourselves can create. We fly for a short time above the clouds and emerge in the spot created just for us.

Do not be discouraged, whatever is facing you. Look to the sun. Seek the light you will find the peace that is promised by knowing that there is warmth below the snow, there is light beyond the clouds.

The Lord is near! Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Philippians 4:5-7

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



Calendar Of Events

Claremont Garden Club Presentation March 21

CLAREMONT, NH--The Claremont Garden Club will meet on Wednesday, March 21, at 4:00 p.m. at the Claremont Senior Center, 5 Acer Heights Road. There will be a presentation by Lionel Chute, Sullivan County Natural Resources Director. His topic will be Beneficial Bacterial Inoculation of Soil. The public is invited to attend. Please use side door.

The Wonderful World of "The Octopus at the Fiske"

CLAREMONT, NH--A program on "The Wonderful World of the Octopus" will be presented at the Fiske by Sy Montgomery, scientist, explorer and New Hampshire author on Thursday, March 15, at 6:00 p.m. Call the library for more information at 542-7017. Sponsored by The Friends of the Fiske Free Library.

To research books, films and articles, Montgomery has been chased by an angry silver-back gorilla in Zaire and bitten by a vampire bat in Costa Rica, worked in a pit crawling with 18,000 snakes in Manitoba and handled a wild tarantula in French Guiana. She has been deftly undressed by an orangutan in Borneo, hunted by a tiger in India, and swum with piranhas, electric eels and dolphins in the Amazon. She has searched the Altai Mountains of Mongolia's Gobi for snow leopards, hiked into the trackless cloud forest of Papua New Guinea to radiocollar tree kangaroos, and learned to SCUBA dive in order to commune with octopuses.

Montgomery's 20 books for both adults and children have garnered many honors. "The Soul of an Octopus" was a 2015 Finalist for the National Book Awards. "The Good Good Pig", her memoir of life with her pig, Christopher Hogwood, is an international bestseller. She is the winner of the 2009 New England Independent Booksellers Association Nonfiction Award, the 2010 Children's Book Guild Nonfiction Award, the Henry Bergh Award for Nonfic-

tion (given by the ASPCA for Humane Education) and dozens of other honors. Her work with the man-eating tigers, the subject of her book, "Spell Of The Tiger", was made into in a National Geographic television documentary that she scripted and narrated. Also for National Geographic TV she developed and scripted "Mother Bear Man", about her friend, Ben Kilham, who raises and releases orphaned bear cubs, which won a Chris award.

Upcoming Events: Newport Schools

Kinship Care Coffee

Tuesday, March 13 8- 10 AM (every 2nd Tuesday of the month)

Towle School building, 86 North Main St, Newport

Peer support for relatives and other adults raising a loved one's child.

Girls on the Run

Start: Tuesday, March 20. Last day Tuesday June 5th

Richards School

10 week running program for 3rd, 4th, 5th grade girls.

Practice after school at Richards on Tuesdays and Wednesdays from 3-4:30 starting Tuesday, March 13. Last day Tuesday June 5th. (5K held on Sat June 2nd in Concord).

Register at

www.girlsontherunnh.org/Register-Now

Peeps Dioramas Open Studios for Families

Thursday, March 22 5-7 PM

Library Arts Center

Open studio for families to come and make Peeps Dioramas together. Free and all materials provided. Bring your dioramas home or enter them in the 7th annual Library Arts Center Competition

Collaboration between LAC and SAU43.

It's Criminal Movie - Community Showing

Wednesday, March 28th 7 pm

Library Art Center

Locally produced documentary about Dartmouth students and Sullivan County House of Corrections working together on a theatrical presentation. Previously incarcerated women will be in attendance to discuss the experience and the effect their incarceration had on their children. More info about this documentary at www.itiscriminal.com

Risky Business Presentation

Tuesday, March 27th 6 pm - 8:30 pm Library

Art Center

Mock-up of teen's bedroom for adults only, using a staged teenage bedroom with indicators and warning signs of teenage risky behaviors, such as drug use and underage drinking. Participants tour the bedroom, receiving training on current drug and alcohol trends, what to look for, and techniques for communicating with teens. Melissa Fernald is a dually-licensed clinician with more than 20 years of field experience. She is a Licensed Clinical Social Worker and is Master Licensed Alcohol and Drug Counselor who is internationally certified. Melissa has worked as a public speaker in communities across 7 states. In addition to her community work she has extensive experience teaching drug and alcohol education to both adults and teens from the private and public school sector. Through her work with students she has provided drug and alcohol education, as well as treatment to teens from more than 9 different countries. As a mother of three, she understands the challenges parents and teens face.

Mind in the Making series.

Tuesdays, April 3, - May 29th (April 24th off for school vacation). 4:30-6:30 pm.

Eight-week parent education series led by Darlene Ayotte, Special Education Coordinator, Richards School and Professor Darcy Mitchell from Colby-Sawyer College.

Will include food and childcare

Contact Darlene Ayotte at

DAyotte@SAU43.org or 603-863-3710

Kinship Care Coffee

Tuesday, April 10 8- 10 AM (every 2nd Tuesday of the month)

Towle School building, 86 North Main St, Newport

Peer support for relatives and other adults raising a loved one's child

Kinship Care Coffee

Tuesday, May 8 8- 10 AM (every 2nd Tuesday of the month)

Towle School building, 86 North Main St, Newport

Peer support for relatives and other adults raising a loved one's child

Kinship Care Coffee

Tuesday, June 12 8- 10 AM (every 2nd Tuesday of the month)

Towle School building, 86 North Main St, Newport

Peer support for relatives and other adults raising a loved one's child

Easter Egg Hunt & Good Friday Concert

On Easter Sunday, the Brownsville Community Church Team is organizing an Easter Egg Hunt open to all children in the community. There will be surprises for all children who join the fun! Free admission.

On Friday, March 30th, Brownsville Community Church will sponsor the first of a series of free concerts open to the public in 2018. The first concert will be a Good Friday Concert which starts at 1:30 p.m. which will be followed by a brief service at 2:30 p.m.

The March 30th Concert will include a program of contemplative music as we consider the meaning of Good Friday. A variety of local musicians will be offering their gifts to lead us in a concert expressed through Piano, Organ, Brass and Vocal. They will come together for your enjoyment representing artists of all ages featuring the treasured works of Faure, Bach and Brahms just to name a few.

On Thursday, March 29th, at 6:30 p.m., there will be a Maundy Thursday Service preceded by a potluck soup & bread supper at 5:30 p.m. All are welcome.

Easter Sunday celebrations on April 1st will start with an outdoor sunrise service at 7:30 a.m. on the hill above Albert Bridge School, followed by a community breakfast at 8:00 and an Easter Sunday service at 9:30 at the Church. After the service, children are invited to participate in a very special Community Easter Egg Hunt outside in Tribute Park adjacent to the church at 11:00 a.m.

The Brownsville Community Church is located on the Brownsville-Hartland Road, between Albert Bridge School and the Brownsville Town Hall. The Church phone number is 802-484-5944, the email address is bcchurchvt@gmail.com and you can visit the Brownsville Community Church at www.brownsvilleumc-vt.org. A free-will offering will be received at the concert to support all of our local outreach programs.

Arts Mixer Open Studio

CLAREMONT, NH--Join us for a monthly open studio session at WCCMA. All creative mediums are welcome. We'll have hosts skilled in painting, drawing, crochet, sewing,

jewelry, photography, graphic design, and more.

Bring your project and materials (and ideas and questions). Some limited basic supplies and tools may be available for use.

This event is for ages 12 and up (under 16 should have an adult join them). Younger devoted artists may contact us to inquire about attending with adult supervision. Contact us to request one of our limited number of fee waivers.

For more information visit wcc-ma.org.
Fee: \$10 for members, \$15 for nonmembers
Upcoming dates: March 17, April 21.

West Claremont Center for Music and the Arts is located at the Union Church Parish Hall, 133 Old Church Rd, Claremont.

Philosophy Group to Meet

BELLOWS FALLS, VT--A philosophy group will meet on March 14 at the Rockingham Free Public Library. Meets every second Wednesday of the month. To learn more, visit https://www.meetup.com/The-Puddinghead-Club/events/248044559/?_cookie-check=IH6XgHNpD2E09vkt.

Perfecting Public Speaking

Public speaking ranks very high up on the list of peoples' biggest fears. According to Live Science's article "What Really Scares People: Top 10 Phobias", public speaking and social phobia ranked #4 behind scary spaces, spiders and snakes. Being in front of a crowd with all eyes on you can be intimidating and anxiety ridden. The thought of speaking to a group makes people feel like running for their lives. Before you start even thinking about presenting a topic in public, you have to figure out the key elements. Here are some great tips to help make it all flow smoothly along.

- **Try to relax.** Your audience is there to see you deliver a great presentation. They are not there to see you fail. Luckily for them, you won't!
- **Know your topic cold.** Practice it until you are comfortable.
- **Remember that everyone has stage fright.** Let it work for you, not against you. It can be very energizing.
- **It is not about you.** Focus on your audience wants or needs to hear. Focus on what you can give to your audience and you'll be less focused on yourself. Do not draw attention to your hiccups or nerves. You are probably the only one who notices them.

As scary as it sounds, the only way you are going to be more comfortable with your public speaking self is to **practice, practice and practice some more**. The more times you present, the less anxious you will be and the better you will become. Baby steps are usually the best way to go about it. It may sound silly, but try practicing your speech out loud in front of a mirror. Once you have nailed it, enlist your friends and family to test your skills on. It should be a no-judgement environment, one you are completely comfortable with. Then move on to bigger stages and audiences. You will be a master in no time!!



Kerri Emmons
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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
<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">1st</div> <div style="font-size: 0.8em; font-weight: bold; margin-bottom: 5px;">WEEK</div> <div style="font-size: 0.7em;">of the month</div>	<p>BLOOD PRESSURE CLINIC COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm</p> <p>FOOT CLINIC Plainfield Library 1:00 – 4:00 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm</p>	<p>BLOOD PRESSURE CLINIC Newport Rite Aid 11:00 am – 1:00 pm 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</p>	<p>BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>FOOT CLINIC COA, New London 9:30 am – 1:00 pm</p>
<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">2nd</div> <div style="font-size: 0.8em; font-weight: bold; margin-bottom: 5px;">WEEK</div> <div style="font-size: 0.7em;">of the month</div>	<p>BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm</p> <p>FOOT CLINIC Charlestown Senior Center 10:00 am – 4:00 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:30 am Grantham Methodist Church 11:15 am – 12:00 pm</p>	<p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm</p>	<p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>BLOOD PRESSURE CLINIC Sugar River Mills, Claremont 11:30 am – 1:00 pm</p> <p>FOOT CLINIC COA, New London 9:30 am – 1:00 pm Sugar River Mills, Claremont 12:00 – 3:00 pm</p>
<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">3rd</div> <div style="font-size: 0.8em; font-weight: bold; margin-bottom: 5px;">WEEK</div> <div style="font-size: 0.7em;">of the month</div>	<p>BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm</p> <p>FOOT CLINIC Charlestown Elderly Housing 12:30 – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Danbury Community Center 10:00 am – 12:00 pm Newport Senior Center 11:15 am – 12:15 pm FOOT CLINIC Marion Phillips Apts, Claremont 1:00 – 4:00 pm</p>	<p>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</p>	<p>BLOOD PRESSURE CLINIC Bradford Senior Center 11:00 am – 12:00 pm Claremont Senior Center 11:00 am – 12:00 pm Maple Manor Apts, Newport 3:15 – 4:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>BLOOD PRESSURE CLINIC CSB Community Center, Claremont 10:30 am – 12:00 pm</p> <p>FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am</p>
<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">4th</div> <div style="font-size: 0.8em; font-weight: bold; margin-bottom: 5px;">WEEK</div> <div style="font-size: 0.7em;">of the month</div>	<p>FOOT CLINIC Newport Senior Center 9:00 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Cornish Town Hall 11:15 am – 12:30 pm Marion Phillips Apts, Claremont 1:00 – 2:00 pm</p>	<p>BLOOD PRESSURE CLINIC Warner Senior Center 10:30 am – 12:00 pm FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC Plainfield Town Hall 11:30 am – 1:30 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>FOOT CLINIC Warner Pharmacy 9:30 am – 12:00 pm</p> <p style="font-size: 0.8em;">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</p>

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.

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.

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.

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 prac-

tices 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. 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.

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

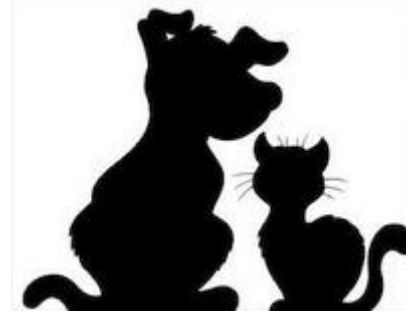
Toddlers (under 4): \$4

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



Sullivan County Humane Society



**Photos with the
Easter Bunny!
Saturday, March 24th 2018**

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

“Dear Friends” by Reginald Rose will be presented by the Newport Opera House Association & Off Broad Street Players, Friday & Saturday, March 16 & 17 at 7:30pm; and a matinee on Sunday, March 18 at 2pm.

General Admission Tickets \$12, seniors \$10, will be available *at the door*, by calling the Box Office (20 Main Street, Newport, NH) 603-863-2412, or online at www.newportoperahouse.com



Scott Magnuson and Leslie Peabody
as
Mike and Lois Graves



Sharon Wood and Bob Tourangeau
as
Sally and Doug Lambert



Mike Cirre and Mary Carter
as
Lenny and Charlotte Marshall



Brian Bevacqua and Alison Wood
as
George and Vivian Spears

“Dear Friends” is produced by arrangement with Dramatists Play Service, Inc., New York City.

—PAID AD—

Claremont HopStop FAMILY SHOWS

Saturdays at 3 pm
CSB Community Center, 152 South St.

FREE
for the whole family!



March 17

Pete's Posse with Sharon Comeau

Music and dance for St. Patrick's Day



April 28

Alissa Coates

Children's music



May 12

Frogtown Mountain Puppeteers

Everybody Loves Pirates

For ages 3+ with accompanying adult! Doors open at 2:30 pm; no tickets required.

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FOR THE ARTS**



Part of the Hop's Community Venture Initiative which provides new opportunities for Upper Valley residents to create, access and explore the arts.

More info: hop.dartmouth.edu/online/communityventure • 603.646.2010 

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.etickeernewsclaremont.com

David A. Prall, 67

David A. Prall, 67, passed away suddenly on March 5, 2018, while doing what he loved, cross country skiing. He was born on May 25, 1950 in Boston, MA, the son of Alexander G. Prall and Katherine A. (Murphy) Prall.

David was a graduate of North Quincy High School in 1968 and Quincy Vocational Technical School in 1970 in Quincy, Ma. He worked for 28 years as a telephone repair man and retired from Verizon. He also worked for Auto Hunter Magazine as a photographer and delivery man.

David married Katherine L. (Simonds) Prall on July 28, 1976. He has been a resident of Claremont, NH, for 34 years. He loved being outdoors in nature and enjoyed traveling, hiking, swimming and skiing. He loved being at the "Goshen Ocean" to hike and swim. He loved animals. His greatest joy was spending time with his grandchildren and family. He had a great sense of humor and was always laughing! He was a gentle, kind-hearted person that inspired his children to be the best they can be and to live life to the fullest each day.

He is survived by his wife Katherine, his son Shawn Prall and his fiancée, Jen Hulser, and her children; Skyler, Cole, and Jade; his daughter Kaitlyn Knapp

and husband Tim, two grandsons; Ash Prall and Caleb Knapp; his sister Mary (Prall) McDonough and her husband Brian of Braintree, Ma., his step sister Linda Mini of Laconia, NH, step brother Arthur Keefe of Duxbury, Ma., and many cousins, nieces, and nephews.

He was predeceased by his parents, his brother Michael A. Prall, his stepmother Anna J. Prall and stepbrother Timothy Keefe.

Visiting hours will be held at Stringer Funeral Home, 146 Broad Street in Claremont on Wednesday evening, March 14th, from 6 to 8 PM. A Mass of Christian burial will be held at St. Mary Church on Thursday morning, March 15th, at 10 AM with Rev. Fr. Shawn Therrien Pastor officiating.

Burial will be held at a later date.

Irene P. St.Pierre, 95

Irene Pauline St.Pierre, 95, died Monday, March 5, surrounded by family members, at the Sullivan County Health Care facility in Unity after a period of failing health. Irene was a native and life-long resident of Claremont,

NH, born February 25, 1923, the daughter of Halvard and Pauline (Pedersen) Johnson.

Irene was a former long-time resident at the Earl M. Bourdon Center. She enjoyed playing cards and games of all kinds, particularly Bingo, with other residents there and at the Sullivan County Health Care Nursing Home. She also enjoyed reading and listening to music, both big band and country. She was extremely proud of her Norwegian heritage and often related stories of her upbringing at the family farm on East Green Mountain Road.

Mrs. St.Pierre had many employers over her 95 years including an early job in Burlington, Vt. at Bell Aircraft. She later returned to her native Claremont and held a variety of jobs including traveling nine years to Sylvania Electronics in Hillsboro and Hartford Element in Newport, ten years at M.H. Fishman's Department Store, and eventually retired from Dartmouth Woolen Mill in 1988 where she worked 11 years as a burler. Following her retirement, she worked part-time at Milestones Children Center with the Foster Grandparents Program.

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-Dr. Sam Giveen

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Sometimes. But your dad had some good advice.

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Memberships to different clubs and organizations include the First Congregational Church, Senior Congress Park, Claremont Grange #9, and the Fjeldheim Lodge # 159.

Irene married Leo O. St.Pierre in 1946. They later divorced.

She was predeceased by her parents, one son, Richard L., one brother, John C. Johnson, and one sister, Mary E. Johnson.

She is survived by two sons, Lester G. and his wife, Sandra, of Claremont, and Peter G. and his wife, Janet, of Lebanon; three grandchildren, Matthew J. of Poughkeepsie, NY, Nicholas J. of Rockport, Mass., and Tracy L. Farrell of Valley Glen, CA, and four great grandchildren, Grant and Drew, Rockport, Mass. and Rachel and Ryan, Poughkeepsie, NY, along with nieces and nephews.

Funeral services were held Saturday, March 10, at the Stringer Funeral Home. The First Congregational Church's minister, John Johnson, officiated at the funeral home. Burial followed at St. Mary Cemetery.

Donations may be made in Irene's name to the Friends of Activities fund at the Sullivan County Health Care facility in Unity, the First Congregational Church in Claremont, or to the charity of one's choice.

Richard W. Martin, 86

Richard "Dick" W. Martin, 86, of Mount Holly, VT, passed away on Sunday, March 4, 2018, at Rutland Hospital.

He was born in Randolph, VT, on July 29, 1931 the son of Loyd and Evelina (Benware) Martin.

Dick was a member of the American Legion, Post 36 of Ludlow.

He enjoyed hunting, fishing and eating ice cream. He had his pilot's license and liked flying planes.

He is survived by his wife, Arlene M. (Cornell) Martin of Mount Holly and several cousins.

A prayer service was held at Stringer Funeral Home on Saturday, March 10th.

Burial will be held in Pine Crest Cemetery in Charlestown in the spring.

Carole L. Schuschu, 74

Carole L. Gould Schuschu, 74, formerly of Claremont, NH, died Saturday, March 3, 2018, at the Life Care Center in Acton, MA. She was the daughter of Florence and George Elliot

Social News

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

"Sunday at the Center" (1:00-4:00 PM) 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.

AARP Tax Aide every Friday till April 13. Call center for an appointment (603) 543-5998.

The following is sponsored by Lake Sunapee Region VNA & Hospice: Foot Clinics - Wednesday - March 7,14,21 (8:30 AM - 4:00 PM). Cost \$25.00. Free Blood Pressure Clinic - Thursday - March 15 (11:00 AM - 12 Noon). For appointments, call (603) 526-4077.

Our "Vendors / Crafters Corner" welcomes Julie's iCare on Thursday - March 8. Any type of business or crafter on Tuesday or Thursday (10:00 AM - 1:00 PM) is welcome to rent an 8 ft. table for \$15 in our entrance lounge. Only one vendor / crafter per date!

Next Senior Men's Breakfast will be Monday - March 19, 2018. Doors opens 8:00 AM, breakfast served 8:15 AM, guest speaker 8:45 AM. Menu: Pancakes, sausage or bacon, juice, coffee. Members \$2.00, non-member guests \$3.00. Come to or call center to sign-up!

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.

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. Mahjongg 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.

Gould, born in Waterbury, CT, on December 13, 1942. She graduated from Bunker Hill High School and went on to earn a Bachelor's Degree in English studies from Upsala College. She went on to complete graduate studies in Education. She had a long and distinguished career in teaching and academics, with positions in NH and VT. She was also involved in work with her churches in Claremont and Newport as a youth group leader and in the choir. Throughout her adult life, she resided in New Jersey, Ridgefield, CT, Claremont, NH, Torrington, CT, and Concord, MA. She was a lover of gardening, cooking, women's rights, and hiking.

Carole was married to Howard Schuschu for over 37 years and had two daughters, Kimberly DeViva and her husband, Jason of Meriden, CT and Pamela Bishop and her husband, John of Concord, MA, who she loved. She is survived by her two daughters, her sister Diane, and three grandchildren, Grace, Phineas, and Jack Bishop.

Funeral Services were held Friday morning, March 9th, at the First Congregational Church 72 Pleasant Street in Claremont with Rev. John Johnson, Pastor, officiating.

Burial will be held in the spring in Eastman Cemetery in Sunapee, NH.

Claremont Fire Dept. Log

Sunday, March 4

0545- Engine 3 responded to Cornell St. for a medical call.

Monday, March 5

0649- Engine 3 responded to Sone Ave. for a medical call.

0733- Engine 3 responded to Paddy Hollow Rd. for a medical call.

0917- Engine 3 responded to Sullivan St. for a medical call.

1512- Engine 3 responded to Old Newport Rd. for an illegal burn.

1643- Engine 3 responded to Heritage Dr. for a check-the-well-being.

1822- Engine 3 responded to Washington St. for a MVA.

1837- Ladder 2 responded to Perotto Ave. for a medical call.

1853- Ladder 2 responded to Trinity St. for a medical call.

Tuesday, March 6



The Claremont City Council will hold a public meeting on Wednesday, March 14, 2018, 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. REPORT OF THE SECRETARY
Minutes of February 14 and 28, 2018, City Council Meetings
- 6:35 PM 5. MAYOR'S NOTES
- 6:40 PM 6. CITY MANAGER'S REPORT
- 6:55 PM 7. APPOINTMENT TO BOARDS AND COMMITTEES
- 7:00 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
- 9. OLD BUSINESS
- 7:10 PM A. Resolution 2018-22 Capital Reserve from Sale of City-Owned Property – Public Hearing
- 10. NEW BUSINESS
- 7:25 PM A. On-Call Firefighters Information
- 7:40 PM B. Motion to Continue Finance Ad Hoc Committee
- 7:50 PM C. Community-Wide Cleanup Discussion
- BREAK
- 8:15 PM D. Budget Discussion
- 8:40 PM E. Assessment Overview
- 9:05 PM 11. COMMITTEE REPORTS
- 9:10 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:15 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:20 PM 14. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, March 28, 2018, at 6:30 p.m. in the Council Chambers at City Hall.

0700- Engine 3 responded to White Water Brook Rd. for a medical call.
1722- Engine 3 responded to Fiske Pl. for a medical call.
1811- Engine 3 responded to Hanover St. for a MVA.
2219- Engine 3 responded to Broad St. for a medical call.

Wednesday, March 7

2104- Engine 3 responded to Maple Ave. for a medical call.

Thursday, March 8

0554- Engine 3 responded to Hanover St. for a fire alarm activation.
0735- Engine 3 responded to Grisom Ln. for wires down.
1530- Engine 3 responded to Chestnut St. for a MVA.
1544- Engine 3 responded to Charlestown Rd. for wires down.
1559- Engine 3 responded to Broad St. for a medical call.
1843- Engine 3 responded to VRH for a lift assist.
1852- Engine 3 responded to Myrtle St. for a medical call.
2131- Engine 3 responded to Washington St. for a MVA.

Friday, March 9

0627- Engine 3 responded to Lincoln Heights for a medical call.
0648- Engine 3 responded to Main St. for a MVA.
1659- Engine 3 responded to Broad St. for a MVA.
1804- Engine 3 responded to Elm St. for a MVA.
1818- Engine 3 responded to Pleasant St. for a medical call.

Saturday, March 10

0016- Engine 3 responded to Prospect St. for a medical call.
1243- Engine 3 responded to Old Church Rd. for an untimely.
1255- Ladder 2 responded to Central St. for a medical call.
1440- Engine 3 responded to Old Church Rd. for a public assist.

Send news and photos to
etickernews@gmail.com



Last week's Nor'easter left its mark in many ways, from a lighted obelisk making a dramatic showing, to a Russian Caucasian Ovcharka pup enjoying and snowman making in Charlestown. Below, this driver lost control on Chestnut St. Extension in Claremont and went into a field. A wrecker was called to tow the vehicle back onto the road. The driver was not injured, and the car left under its own power. Towns measured from 14" to 24" of snow with another Nor'easter expected to blast NE by Tuesday.



Courtesy photos

Our Artistic World & Why it Matters

By Bernadette O'Leary

We live in a world where we're always looking for ways to express ourselves. We want to share our feelings, our unique experiences, and our beliefs with others, hoping they will "get" us. Some of us relate to music, while others feel that we share ourselves better through poetry. Yet other means for bearing our souls to others can include a variety of methods: writing, drawing, painting, photography, religion, art in general... The possibilities are endless. But why? Why is it so important for us to express ourselves to others?



Today's world is fast paced, tumultuous, and difficult. However, it is also beautiful, inspiring, and full of joy. We need only look with proper eyes to see it. This article is dedicated to my children, and all others who struggle. Find what brings you peace. Be it music, prayer, or art, immerse yourself in it. Find more than one medium if you can, and let yourself be one with it. Find what fits your groove best, and let it fill your soul. Seek out your own bliss, and share it with others who, like you, take solace in the same way. I often say #LoveOthersWell, but today I'm saying #ShareYourBliss.



The truth is, humans are a pack animal. Although solitude is nice sometimes, ultimately, we need others. We seek a connection with others on a cellular level... on a spiritual level. It's one thing to be friends with someone, and it's an entirely different matter to be truly connected with someone else... to feel like no matter what we do or say, that person will understand and not judge us. When we have this kind of connection with someone else, we feel like we matter and like we're not alone. It boils down to love and the emotional support that it brings to the life of each individual. As humans, as philosophical beings, we often resort to symbolism for solace and expression. The symbolism that we find in artistic mediums helps us immerse ourselves into a world where our dreams become reality and peace surrounds us. This is why it's so important.





The Spirit of Johnny Cash



"The Spirit of Johnny Cash" was featured at the Claremont Opera House on Saturday, March 10th.