

## Two from SHS Picked for 2018 Shrine Maple Sugar Bowl

The rosters for the 2018 Shrine Maple Sugar Bowl game have been announced and two players from Stevens High School have been selected: Aidan Cahill and Nick Stone. Other players from the area selected for the New Hampshire team include Fall Mountain: Chris Bashaw; Hanover: Graham Penfield and Michael Staiger.

On the Vermont side, athletes from the area include Bellows Falls: Shane Clark, Logan Cota, Jared Zobkiw; Hartford: Tyler Hamilton; Windsor: Seth Balch, Ben Meagher, Dakota Page and Jake Tucker.

Windsor High School coach Greg Balch has been selected to guide the Vermont team; the New Hampshire head coach will be Winnisquam's Patrick Riberdy.

This year's game will take place on Aug. 4 at Castleton University at 5:30 p.m.

## 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.

## Looking Back – Looking Ahead

By Eric Zengota

CLAREMONT, NH--When Mark Brislin tallied up the numbers at the end of Community Appreciation Week at the Claremont Savings Bank Community Center (CSBCC), he knew it had been a success. During the Five Days for Five Years series of events, which marked the fifth anniversary of the opening of the Center, 99 new members and 208 renewing members had boosted the total membership to nearly 1,600. The Parks & Recreation department had been given a clear mandate to maintain and build upon its commitment to provide quality facilities, programs and services to Claremont and the surrounding region.

Brislin, the department's director, noted that the 1,600 figure reflected membership packages, not individuals. If the family members of the 598 packages were counted, membership "would probably triple." What's more, almost one-third of the packages are of non-Claremont residents, which speaks to the Center's widespread appeal.

Brislin credits his hard-working staff with planning and carrying out the activities that brought in visitors of all ages. Free introductions to classes like WalkFit and Kickboxing, open swimming in the regulation and "kiddie" pools, orientation to the fitness room, drop-in participation in team sports such as volleyball and pickleball – all demonstrated the benefits of healthy exercise.

Special treats were featured on the last day of the Week. Visitors enjoyed free thin-mint



Youth basketball is a popular activity at the Claremont Savings Bank Community Center (File photo).

or mixed-berry smoothies, coffee and an array of healthy sandwiches provided by Subway. The treats were one thing Center staff learned about building and retaining membership. "Our volunteers were blending smoothies right down to five minutes before closing on Friday," Brislin said. "We're already thinking about an annual Appreciation Day so no one has to wait five years for their next one."

CSBCC has quickly evolved from "just a gym" to a true community center with many appealing programs. This year's father-daughter dance in February drew 350 attendees. Fancy or "princess" gowns made for an elegant look as girls and dads danced in the gym to a DJ's mix.

The Center has become the go-to place for after-school activities. Come 2:30 on school days, the laughs and shouts of excited stu-

(Continued on page B2)



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**CSBCC, from B1**

dents bounce off the walls, whether they're working on ping-pong technique or doing "one more lap" before supper.

The Center's outreach initiative also concentrates on residents who benefit from personal interaction. The handful of special-needs members from agencies such as Pathways not only exercise almost daily but also learn the value of being out and about, especially among members who welcome them into their activities. CSBCC is also the training venue for the Young Athlete's Program, designed for children ages 2 to 7, with and without disabilities, prior to Special Olympics eligibility at age 8. And the Cool Cats Special Olympics swim team is already practicing for their April 28 meet.

Adults, too, have gradually fashioned the Center into what Brislin describes as "almost a coffee house." They sit and chat in the lobby with old and new friends after exercising, read the newspaper, and otherwise relax.

Dawn Zombeck, a personal trainer who gives one-on-one sessions and leads classes such as TRX Circuit and Fitness Infusion, said "membership is not about age or sex or size, but community." She has monitored the amazing weight loss some members have achieved, like the three women who among them lost 350 lbs. They and others like them, often widows and widowers, have worked themselves out of sedentary lives. From being overweight, wearing leg braces, unable to climb stairs and suffering a host of other ailments, members now "take the stairs," get off medications including anti-depressants, and even finish the first half-marathon of their lives – in their mid-40s.

Parks & Recreation is, of course, a lot more than just the CSBCC. The department maintains 600 acres of parks and green space that are busy all year round. There are so many

programs that no Claremonter could ever say, "But there's nothing to do."

Among the events scheduled into the summer months:

- Easter Egg Hunt, March 31 at Arrowhead Recreation Area
- Tiger Sharks competitive swim team for ages 7 to 17
- British soccer and art camps
- Youth baseball and softball leagues (evaluations held March 19-24, season runs from mid-April to June; details at cybsa.info)
- Outdoor adventures including kayaking
- Youth soccer league
- Summer movie nights on the Visitor's Center Green
- Fourth of July celebration in Monadnock Park, including spectacular fireworks thanks to a generous donation by McGee Toyota, and music by Last Kid Picked
- Reach the Peak, an obstacle mud race on August 18, supported by Blanc & Bailey Construction

Parks & Recreation is dedicated, as Brislin said, "to making a positive impact on the entire community." "All" that members and residents have to do is find the time to take advantage of all the department has to offer.

For more information: [claremontparks.com](http://claremontparks.com); 603-542-7019; [parksandrecinfo@claremontnh.com](mailto:parksandrecinfo@claremontnh.com)




**This year's father-daughter dance in February at the community center drew 350 attendees (File photo).**

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# Inspiration

## Those Who Leave a Mark on Our Lives

By Priscilla Hull

People come into our lives at odd times and for particular reasons. Sometimes we don't recognize the purpose of a temporal friendship. People do come and go in our lives and often when they've gone, we may not think of them often, but they've left their mark!

Years ago I knew a man I'll call him Jimmy. Jimmy was an incredible person. He touched not only Gary's (my husband) and my lives, but he touched the lives of our children. Jimmy was always upbeat. I'll never forget his laugh, and if I'm very quiet and concentrate, I can hear him. His laugh was unique and infectious. You see, Jimmy's jaws were immobile. When he was a child, he was stricken with Juvenile Rheumatoid Arthritis (JRA). His early life was spent in New York City, but his parents didn't have the resources to care for him at home and so his permanent home became a large rehabilitation hospital upstate. (Back in those days, there was no Disabilities Act. There was nothing that said a landlord had to make his facility handicapped accessible and most apartments were not accessible).

While we might have thought Jimmy was handicapped, I think it was not a handicap to Jimmy, just an inconvenience. You see, Jimmy's body was fused - that is immobile - from head to toe! Literally, head to toe. His hands were able to grasp and elbows had some range. His right shoulder was maybe the most mobile part of his body, left shoulder had very little motion. His head did not move, nor did his legs and feet except for one ankle which had some motion. As I said, his jaw was also immobile.

The greatest thing about Jimmy was his spirit! He always had a smile on his face, a joke on his tongue and a laugh that was infectious. Jimmy made his home at the hospital and we were lucky to have him! Knowing the facility in and out, being a resident of the hospital from early teens, Jimmy knew more about hospital life than any of the social workers, therapists, nurses or doctors possibly could. He became the unofficial ambassador of good will to new patients who would be there for a three-to-six month stay. When teenage boys, in particular came into the center and had a hard time adjusting, Jimmy knew just what to say to them. He soon became an employee, the head of the recreation department.

Jimmy loved people. We were privileged to live on the grounds of the hospital with our young family there. Jimmy was a favorite visitor, always bringing fun to the kids and making us all smile and laugh with him. I don't think I ever had the chance to tell Jimmy how much he meant to me personally. I hope he's reading this as I write.

When I become discouraged, down spirited, fed up with things (like two plus feet of snow in March), I think of Jimmy. I think how lucky I am and why should I be discouraged and sad. Jimmy could do it, so can I.

I hope you have a Jimmy in your life who makes you smile just thinking about him!

*I sing because I'm happy,  
I sing because I'm free,  
For His eye is on the sparrow,  
And I know He watches me. Civilla Martin, His Eye Is on the Sparrow*

*Look at the birds: they do not plant seeds, gather a harvest and put it in barns; yet your Father in heaven takes care of them! Aren't you worth much more than birds?  
Matthew 6:26*

*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.

### Upcoming Events: Newport Schools

#### 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](http://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](http://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](mailto: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](mailto:bcchurchvt@gmail.com) and you can visit the Brownsville Community Church at [www.brownsvilleumc-vt.org](http://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](http://wcc-ma.org). Fee: \$10 for members, \$15 for nonmembers Upcoming date: April 21.

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

## Peeps Diorama Contest at the Library Arts Center

NEWPORT, NH--The Library Arts Center presents the 7th Annual Peeps Diorama Contest, a fun, springtime tradition! Community members of all ages, businesses, school classrooms, groups & organizations are all encouraged to enter this light-hearted, creative contest using the iconic Easter candies: Peeps. Submissions may be dropped off to the Library Arts Center gallery March 24-29, during regular gallery hours: Tu-Fri. 11:00 a.m.-4:00 p.m.; Sat. 10:00 a.m.-2:00p.m. Entry Deadline: Thursday, Mar. 29th, at 4:00 p.m. No entry fee.

Winners will be announced at the Peeps Party "Opening Reception" on Friday, March 30, 5:00-6:30pm. First, 2nd & 3rd Prizes will be awarded, as well as a "Best in Peeps" award. Visitors are encouraged to vote for their favorite diorama for the "Peep-les Choice Award." Party-goers will also enjoy Peeps-themed refreshments, including a Peeps S'more roast in the parking lot (weather permitting). The Peeps party is free and open to all.

Dioramas on Display: Sat. Mar. 31-Sat. Apr. 7, 2018, during regular gallery hours: Tu-Fri. 11am-4pm & Sat. 10am-2pm

Visit [www.libraryartscenter.org/peeps](http://www.libraryartscenter.org/peeps).

## 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](mailto: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.

## 3 Reasons to Train Your Front Line Managers

Fall is just around the corner. Books, pencils, and notebooks are filling the backpacks of children once again. Of course, most employees aren't at that stage of life anymore. How long has it been since your managers have been trained? Did it stick? Is it in the budget this year? Do you need to hire... again? Here are the top 3 reasons why sending your managers "back to school" should be one of your company's top priorities.

### 1) Not training has a cost.

It's proven that it is far more expensive to hire and/or fire an employee than to train them. Remember what Marcus Buckingham (First, Break All the Rules) says about employees that resign: "People leave managers, not companies." Well-trained managers will help you maintain your workforce and their morale. It costs more to remain on standby as your turnover rate escalates, than to invest in a professional development program for your managers.

### 2) A happy manager means business.

A recent Gallup poll highlights that only 35% of managers in the U.S. are engaged in their workplace. What does this mean? A disengaged manager means that the workforce under their watch will be less inclined to perform. It will affect key profit factors such as productivity, profit margins, and customer satisfaction. Employees who work for engaged managers are 59% more likely to participate in their work ([Gallup, 4/2/15](#)). This means high quality performance and workforce stability for your organization.

### 3) Focusing on purpose can increase profit.

So how do you engage your managers? Franklin Covey always taught to "begin with the end in mind." To grow any company you need a high-performance management team that is organized, accountable, and strategic. Managers need to feel engaged to the company's mission and purpose in order to perform and influence others to perform. Just understanding a company's purpose is not enough; managers and employees need to feel that their efforts are a contributing factor to your mission. Equip your staff with the right tools to take your company to the next level. Think about what your staff needs. Are they lacking motivation? Are you experiencing high turnover? Are your managers communicating effectively, consistently, and appropriately with their teams? Don't hesitate and join the back to school season. It's time to send your managers back to class.



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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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## MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1st</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm  <b>FOOT CLINIC</b> Plainfield Library 1:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> Newport Rite Aid 11:00 am – 1:00 pm <b>FOOT CLINIC</b> 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	<b>BLOOD PRESSURE CLINIC</b> Claremont Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>2nd</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> Charlestown Senior Center 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Charlestown Senior Center 10:00 am – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> 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	<b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>BLOOD PRESSURE CLINIC</b> Sugar River Mills, Claremont 11:30 am – 1:00 pm  <b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm Sugar River Mills, Claremont 12:00 – 3:00 pm
<b>3rd</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> Lebanon Senior Center 10:00 am – 12:00 pm  <b>FOOT CLINIC</b> Charlestown Elderly Housing 12:30 – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> 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 <b>FOOT CLINIC</b> Marion Phillips Apts, Claremont 1:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> 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  <b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> 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  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>BLOOD PRESSURE CLINIC</b> CSB Community Center, Claremont 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> North Ridge, Warner 9:30 – 11:30 am
<b>4th</b> WEEK of the month	<b>FOOT CLINIC</b> Newport Senior Center 9:00 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> 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	<b>BLOOD PRESSURE CLINIC</b> Warner Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Newport Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Plainfield Town Hall 11:30 am – 1:30 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> 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: <a href="http://www.lakesunapeevna.org">www.lakesunapeevna.org</a>

## Low Cost Rabies Clinic

CLAREMONT, NH--Low cost rabies clinic! On Saturday, April 7, and Saturday, April 28, Sullivan County Humane Society will be holding a rabies clinic for dogs and cats from 9:00 a.m.-noon at the Claremont Senior Center, 5 Acer Heights Road. Shots are \$10/each. No appointment necessary. By law, shots will be good for three years with proof, in the form of a rabies certificate, of previous vaccination, otherwise it is a one-year shot.

Questions? Please call 542-3277.

## 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](http://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](mailto: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](http://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](mailto:karen@tlcfamilyrc.org) or (603) 542-1848 ext. 320.

## SCHS Bingo Fundraiser

CLAREMONT, NH--The Sullivan County Humane Society will be holding Bingo at the Claremont Senior Center at 5 Acer Heights Road in Claremont on Sunday, April 22. Doors open at noon, games begin at 1:00 p.m. Fabulous prizes, including restaurant gift certificates, store gift cards, and so much more. \$5/20 games. There will also be one grand prize game, for \$3 a play. Grand prize is a \$324 gift certificate to Mountain Edge Spa. You can purchase multiple game packs for more chances to win. Snacks will be available. By law, you must be at least 18 years old to attend. Questions? Call 542-3277 for more information.

Send news and photos to

[etickernews@gmail.com](mailto:etickernews@gmail.com)

# ***River Valley Animal Protection League***

of Charlestown, NH

Twelfth Annual

**POTLUCK**

**DINNER FUNDRAISER**



**Sat. March 24, 2018 - 5:30 P.M.**

Charlestown VFW

Lovers Lane, Charlestown, NH

**BRING A DISH TO SHARE**



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

**EVERYONE WELCOME!!**

***RAFFLES!***

***CAKE AUCTION!***

***GAMES! DOOR PRIZES***



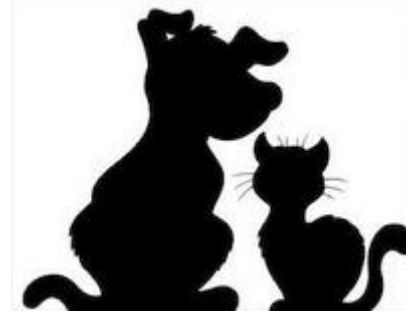
**RVAPL, PO Box 860 Charlestown, NH 03603**

***For more information call: 603-826-3061***





# **Sullivan County Humane Society**



**Photos with the  
Easter Bunny!  
Saturday, March 24<sup>th</sup> 2018**

**10-2**

at

## **Rent-a-Center**

**367 Washington St, Claremont**

**Kids  
Pets &  
Families  
Welcome!**



**Photos Available:**

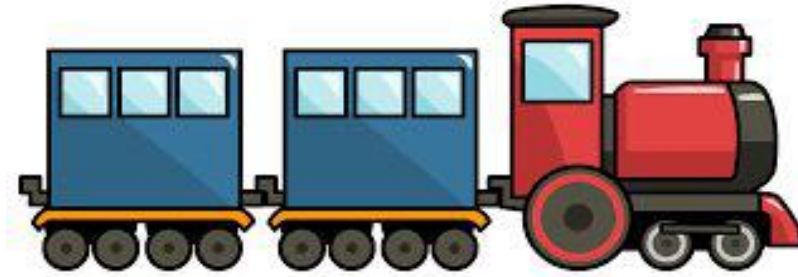
**4x6 for \$5**

**5x7 for \$7**

**Emailed copy**

**for \$7**

# ALL ABOARD! ALL ABOARD THE RICHARDS READING RAILROAD!



YOU ARE INVITED TO THE 2018 RICHARDS  
FAMILY LITERACY NIGHT

A TITLE I SPONSORED EVENT

WHAT: ALL ABOARD THE RICHARDS READING RAILROAD

WHEN: TUESDAY, MARCH 20, 2018\*  
(5:00-6:30 P.M.)

WHERE: RICHARDS SCHOOL GYM

WHO: FAMILIES WITH STUDENTS PRE-K THROUGH GRADE 5

CHOO! CHOO! HOP ON BOARD OUR READING RAILROAD!  
HERE WE GO ON OUR LATEST JOURNEY THROUGH BOOKS AND READING!

GAMES, PRIZES, ARTS AND CRAFTS, SNACKS! ALL FREE! ALL FUN!

FOR MORE INFORMATION  
CONTACT: 863-3710 X 9420  
MRS. TRUPELL OR MRS. KERKIAN

\* SNOW DATE: MARCH 22

\*\*STUDENTS MUST BE ACCOMPANIED BY AN ADULT\*\*





**Claremont City Hall, March 17, 2018, 7:20 p.m. Fans of Daylight Saving Time are loving the longer evenings (Eric Zengota photo).**



Remembering Loved Ones...

## Life Tributes

### Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in “real time,” as they are released by funeral homes.

We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

[www.etickeernewsoclaremont.com](http://www.etickeernewsoclaremont.com)

#### Vernon W. Muskelly, 65

Vernon W. Muskelly, 65, died at his home in Claremont, NH, after a courageous battle with cancer. He was surrounded by his loving wife, Nancy, and family. He was born in Bessemer City, NC, to Ethel Lee Muskelly on March 14, 1952.

Vern worked various jobs; however, he retired from APC Paper after 25 years.

Vern's favorite pastime was fishing with his daughter, Kimberly, who shared his passion. Vern enjoyed gardening, specifically growing flowers. He also enjoyed feeding his wild bird friends. He loved spending time with his family and friends around his chiminea.

He was predeceased by his mother.

He is survived by his beloved wife, Nancy; daughters, Sherry Muskelly of Castonio, NC, Kimberly Sapp of Claremont, Stephanie Downing and husband, Greg of East Wallingford, VT; sons, Joshua Sprague of Claremont, and James Muskelly of Claremont; sisters, Darlene Muskelly of North Carolina, Shirley Barnes of North Carolina; step-father, James Crawford of North Carolina; granddaughters, Chantel and Kirsten; grandsons, Jayden and Kyra; many aunts, uncles, cousins, nieces, and nephews.

As per Vern's wishes, he will be cremated and there will be no services.

There will be a celebration of his life on May 5. Place and time will be announced at a later date.

Donations may be made in his name to Bayada Hospice P.O. Box 1590 Norwich, VT 05055.

#### Donald J. Boardman

Donald J. Boardman passed away on March 15, 2018, after a long battle with Parkinson's/ Progressive Palsy.

He was born on December 4, 1947. Don was Claremont, NH's Swimmer and Top Diving Star from 1955-1965.

He earned the Commendation Medal for Exceptional Achievement in the Republic of Vietnam and continued earning Certificates of Appreciation throughout his military career. He served in the US Army from 1966-1978.

Don retired from the Veterans Hospital in White River Junction, VT, as a Certified Registered Medical Supply Technician. Each year he

received outstanding performance awards until his retirement in 1991.

After retiring from the Veterans Hospital, Don went to work for the Pepsi plant until 1998, he retired with 100% service connected disability that same year.

Don enjoyed working around the house and yard work. His favorite saying was “clean as you go” and his favorite TV shows were “Let's Make A Deal” and “Family Feud”. His favorite pastime was playing solitaire.

He was a loving husband, father, and grandfather. Family was most important to him.

He is survived by his wife, Bonnie of 47 year; sons, Chad Boardman and Don Ouellette; daughter, Missy Raymond and her husband, Stephen Raymond II; four granddaughters, Gabrielle Lauschance and her husband, Ethan, Megan Boardman, Alyssa Boardman and Eden Boardman; three grandsons, Peter Raymond, Stevie Raymond III and Robbie Raymond; two brothers, Harvey Gilbert and his wife, Diana and Ron Boardman and his companion, Dianne Shattuck.

“Our screws don't fall out.”

-Dr. Sam Giveen

It's all in the details. When you buy eyeglasses from Doctor Sam's, they typically cost less and they're better made—right down to screws that stay just where they are. It's no-nonsense, straightforward attention to detail that makes Dr. Sam who he is—and makes his patients very happy.

DOCTOR **SAM'S**  
EYE CARE

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





Don was predeceased by his mother, Dorothy Hoyt and his stepfather, Arthur Hoyt; a sister, Diana Boardman and two brothers, Larry Boardman and Daniel Boardman.

Don will be forever missed and loved, he will be in our hearts always.

Visiting hours will be held at Stringer Funeral Home, 146 Broad Street in Claremont on Monday, March 19th, from 6 to 8 PM.

Funeral service will be held at the Stringer Funeral Home on Tuesday, March 20th, at 11 AM with Donna Leslie officiating. Burial with military honors will follow in Mountain View Cemetery.

### Robert A. Hayden, Jr.

Robert A. (Bob) Hayden, Jr., son of Mary Holden Hayden and the late Robert A. Hayden, Sr. died at his home in Windsor, VT, following a long battle with COPD, emphysema and lung cancer on March 13, 2018. He was surrounded by his loved ones and caretakers as he took his final breath.

Bob was born at the Quonset Point Naval Base in Rhode Island on August 26, 1952. He graduated in 1971 from Hartford High School in White River Jct., VT. Survivors are his mother of Ascutney, VT, his lifetime partner and companion, Donna Hayden of Windsor, VT; three brothers, William Hayden and his wife, Terrie, Watertown, MA; Frank Hayden and his wife, Sharon, Troy, AL; Douglas Hayden and his partner, Amy, Ascutney, VT; a sister, Cheryl Hayden Bennett and her husband, Gordon, White River Jct., VT; a son, Robert Flint and Leslie, Tunbridge, VT; three daughters, Caty Reeder, Theresa Hayden, Stephanie Hayden all of White River Jct., VT; a step son, Robert Judd, III and his wife, Jessica, TN; two stepdaughters, Michohn Parmenter, Hartford, VT; Jacklyn Judd, Charlotte, NC. Bob also has several grandchildren and nieces, nephews and cousins.

Bob enjoyed riding his Harley Davidson and going to the Harley Rendezvous in Pattersonville, NY. He also enjoyed his last employment at Pompanoosuc Mills in East Thetford, VT, as a truck driver and furniture delivery person. He also worked for several years at the US Postal Service in White River Jct., Vermont Castings in Bethel, VT. He was a "jack of all trades." Bob liked collecting sports cards. He was a huge fan of the NY Yankees and NY Giants. He enjoyed watching NASCAR racing, playing bingo and playing backgammon on his com-

## Social News

### Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Menu for Tuesday - March 20... Soup, liver & onions or hamburger, potatoes, vegetable, dessert. Thursday - March 22 ... Soup, chicken stew over biscuits, dessert. Our twice a week dinners welcomes members (\$4.00) as well as non-members (\$5.00).

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 Clinic - Wednesday - March 21 (8:30 AM - 4:00 PM). Cost \$25.00. For appointments, call (603) 526-4077.

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. Visit our Web Site (cnhcs.org.)



puter.

There will be a Celebration of Bob's life at the Windsor American Legion in Windsor, VT, on Saturday, June 2, from 12:00 pm until 5 pm.

The family suggests that memorial contribution be made to the Norris Cotton Cancer Center, 1 Medical Center Drive, Lebanon, NH 03756 or Hospice, PO Box 1339, White River Jct., VT 05001.

You are invited to share a memory of Bob with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com). Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

### Howard E. Parker, 90

Howard Edward Parker, 90, died peacefully on March 11, 2018. He was on cloud nine (his bed) and will now reside with the angels. He was born on December 12, 1927, in Hanover, NH, the son of Ira Lowe and Lillian (Davis) Parker.

He was in the Army for four years and the Army Reserves for 28 years. He retired from Split Ball Bearing in Lebanon after many years. He was a long time member of the Lebanon Elks Club and was the past state president. He was a member of the Claremont Country Club and would spend his winters golfing in South Carolina.

His family and his favorite lady, Marie, of nine years, made him the happiest. Entertainment of many forms kept him energized, making people laugh at jokes, stories, golfing, singing, and performing on stage with his "Golden Oldies" from Myrtle Beach, SC. He was also a member of the Croydon Congregational Church and sang in a group called the Croydon Singers.

His family includes his daughter, Louann LaCasse and her husband, Daniel; his partner, Marie Duranleau; his sisters, Joyce Hill, Eunice Rich, Barbara Cutts and her husband, Bob; as well as many nieces and nephews. He was predeceased by his wife, Barbara (Sanborn) Parker who passed away in 2003; his sisters, Lois Devins and Jane Sanborn.

Funeral services were held at the Croydon Congregational Church on Saturday March 17, 2018 with Reverend Donna Muise Pastor officiating.

A burial will be held with military honors in Pine Grove Cemetery in the spring.

In lieu of flowers donations can be made in his name to any disabled veterans association. The Stringer Funeral Home is in charge of arrangements.

### Jeffrey A. Batease, 38

Jeffrey A. Batease, 38, of Claremont, NH, passed away unexpectedly on Saturday, March 10, 2018.

He was born in Springfield, VT, on February 22, 1980, the son of Bradley and Glenda (Wirkkala) Batease.

Jeff was a graduate of Stevens High School in class of 1999.

He had spent a short time in the Armed Forces.

He was an avid soccer player and enjoyed radio-controlled devices. He loved animals. Jeff is survived by his parents of Claremont; his sister, Kristi Raymond and her husband, Jason; niece, Madisyn and nephew, Cameron; also many aunts, uncles and cousins.

A memorial service was held at the Stringer Funeral Home on Monday morning. Burial followed in St. Mary Cemetery.

### John H. Gobin, 67

John H. Gobin, 67, of Claremont, NH, passed away on Friday, March 9th, at Dartmouth Medical Center.

He leaves behind his wife of 31 years, Cheryl A. Gobin. His children, Virginia West and her husband, Dale of Claremont, NH, John Kelley of Claremont, NH, Charles (one sock) Kelley and his wife, Rachel of Orange Park, FL, Amber-leigh D. Kelley of Burleson, TX; father in law, Robert Blair of Springfield, VT; mother in law, Gertrude Andrews of Springfield, VT; sister in law, Linda Giddings and her husband, Barry (Tink) Giddings of Titusville, FL; brother in law, Dan Smith of Springfield, VT; very special brother in law, John O'Neil of Springfield, VT; best friend, Gene (FF) Desharnais of Claremont, NH; aunt, Barbara Barrow of Jacksonville, FL; uncle, Gerald Picard of Jacksonville, FL. He leaves behind many nieces, nephews, grandchildren, and great grandchildren.

He was predeceased by his parents, Robert and Virginia Gobin of Claremont, NH, and his son, Michael "B" Kelley of Newport, NH. He was a Vietnam combat veteran serving in the Navy. He was a member of CCC and past member of the American Legion in both Cla-

remont and Lebanon, NH. He was also a member of the VFW Post 808 of Claremont, NH.

He loved riding his Harley and playing golf. He was involved in many charities from Claremont to Florida.

Per his request there will be no services.

A special thank you to Claremont Rescue and Dartmouth Medical Center. A very special heartfelt thank you to all the staff at the Jack Byrne Center.

## Claremont Fire Dept. Log

### Sunday, March 11

1054- Engine 3 responded to Washington St. for a MVA.

1758- Engine 3 responded to South St. for a medical call.

2216- Engine 3 responded to Washington St. for a medical call.

2333- Engine 3 responded to North St. for a medical call.

### Monday, March 12

0303- Engine 3 responded to Central St. for a medical call.

1245- Engine 3, Ladder 2 responded to box alarm number 0214.

1507- Engine 3 responded to Trinity St. for a CO problem.

1740- Engine 3 responded to box alarm number 0214.

2143- Engine 3 responded to Sugar River Dr. for a medical call.

### Tuesday, March 13

0630- Engine 3 responded to Sugar River Dr. for a medical call.

1443- Engine 3 responded to Main St. for a MVA.

1729- Engine 3 responded to River Rd. for a MVA.

1947- Engine 3 responded to Main St. for a MVA.

### Wednesday, March 14

0743- Engine 3 responded to Pleasant St. for a medical call.

1600- Engine 1 responded to Chestnut St. for a check-the-well-being.

2202- Engine 1 responded to Main St. for a MVA.

### Thursday, March 15

1058- Engine 1 responded to Park Ave. for a MVA.

1400- Engine 3 responded to Tremont St. for an electrical problem.



**Friday, March 16**

1315- Engine 3 responded to Sugar River Dr. for a medical call.

1429- Engine 3 responded to Mulberry St. for a MVA.

2258- Engine 3 responded to Fiske Pl. for a public assist.

**Saturday, March 17**

1413- Engine 3 responded to Washington St. for a transformer fire.

1442- Car 2 responded to Washington St. for an electrical issue.

## **Children's Literacy Foundation Accepting Rural Libraries Grants Until April 4**

WATERBURY, VT--In many small, rural communities, the public library serves as a community center and gathering place, as well as a resource for books, magazines and newspapers, and technology. Public libraries often host storytelling sessions for young children, author readings, special activities, and more. However, many small public libraries in the region have limited budgets to expand their collections and keep them current, which is why the Children's Literacy Foundation (CLiF) launched its Rural Libraries grant in 1998. Since then, CLiF's Rural Libraries grant has served more than 80% of all rural public libraries in the Twin States. CLiF sponsored twelve Rural Library grants in New Hampshire and Vermont for the 2017-2018 school year.

CLiF is now accepting applications for the Rural Libraries Grant for the 2018-2019 school year. The deadline to apply is April 4, 2018. The grant provides \$2,000 worth of brand new, high-quality children's books for the local public library (selected by public librarian), \$500 in new books for elementary school library (selected by school librarian), four storytelling presentations at local elementary school, library, and local childcare center or daycare (provided by one of CLiF's 55+ professional children's authors, illustrators, storytellers, graphic novelists, and poets), a \$250 mini-grant to support a special library literacy initiative, and new books for each child who attends a storytelling event to keep. Public libraries in rural Vermont or New Hampshire towns are eligible to apply.

See [www.clifonline.org](http://www.clifonline.org) for the application and more information.



**The Claremont City Council will hold a public meeting on Wednesday, March 28, 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. 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. Community Development Block Grant, 46-54 Opera House Square – Proposed Amendment
  - 7:35 PM B. Capital Improvements Plan
- 8:05 PM 8. FUTURE AGENDA ITEMS AND DIRECTIVES
- 8:20 PM 9. CONSULTATION WITH LEGAL COUNSEL
- 8:25 PM 10. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, April 11, 2018, at 6:30 p.m. in the Council Chambers at City Hall.

## Look Up

By Bernadette O'Leary

Look Up

Look Up to the Heavens... For there alone can we find peace. Yes, the picture is a bit funny, but it illustrates the point nicely. In Australia, koalas are known also as "drop bears." While having one of these fall on you might not seem all that unpleasant, I can assure you that laying beneath that cute, fuzzy exterior resides something that will flat mess you up.

So too, struggles in the forms of addiction, certain socially accepted behaviors, abuse, and impure desires might seem okay as long as they stay hidden, but the truth always comes out at some point. When this happens, the choices we have made and the struggles we face will come back to us. As the saying goes that describes how the good we put into our life will come back to us: good in, good out; bad in, bad out. In life what we hand out comes back to us in the forms of our reputations, the stability of relationships, and more. If we are known as unreasonable or unreliable, we cannot be successful professionally or personally. Addiction is another touchy area for our choices. Even though some people are born with a predisposition for alcoholism, it is ultimately up to that person whether or not he or she will give into that or get help for it. The choice made here shows one's dedication to being the best he or she can be, and it also shows God whether or not the person is willing to make the tough choices necessary for being a better person.

Social norms can be a tricky topic when it comes to salvation. Society tells us one thing about what is acceptable, while our Christian faith tells us another in our "how to" book, The Bible. Society even uses the "You believe it because a book tells you to?!" attack to sway Christians from following God's Word. This attack is used by people when they want to try to make Christians believe that certain behaviors are acceptable. The simple answer to this attack is that it's not because The Bible says it, but rather because of the reasons why the Bible says it. If we cannot counter such attacks with those reasons as to why a given choice is the wrong one, then we have failed to properly educate ourselves, which is a sin of ignorance.

In the end, it is entirely up to each person. When in doubt, look up. Also, speak to a church leader who can help. Heck, ask a few to see where the answers come together. Then, if you still have a problem with the answers, ask yourself why. Is it because you're looking to do the right thing, or is it because you simply want to do whatever you want?

