

## 3rd Annual Donald I. Gurney Sr. Field Day Announced for May 12

SPRINGFIELD, VT—"PLAY BALL" – those are the words you'll hear on Saturday, May 12, for the 3rd Annual Donald I. Gurney Sr. Field Day – A Celebration of Springfield Athletics.

The idea for this event came to fruition in 2016 when the Booster Club wanted to recognize Gurney as not only the founder of the Springfield Booster Club but also as a major contributor and supporter of Springfield and its youth. In continued collaboration with Springfield Parks & Rec Dept. and the Springfield School District organizers are again ecstatic to present this year's event – bigger and better. They will be celebrating more than 300 athletes – grades K-12.

The day kicks off at 10:00 am with a Parade of Athletes leaving from Veteran's Memorial Park on Rt. 106 and traveling to Riverside School. Besides celebrated athletes, the parade will also include local Boy Scout and Girl Scout troops and Gurney's beloved calliope. Once the athletes arrive at Riverside they will be escorted onto Robinson Field for the Opening Ceremony with guest speaker Christian Craig acting as the day's emcee. The opening ceremony boasts live music, special guests and a few surprises as always.

Baseball and softball games are scheduled to begin following the opening ceremony at 11:30 a.m. With at least 15 games planned, all five fields will be in use for continuous play. The basketball courts will have pickup games, and the tennis courts will be in full swing as well. Off-season athletes have been invited along with their coaches to showcase their sports and put on fun clinics.

There will also be numerous activities, including a dunk tank, bounce house, foot race,

corn hole and tents set up for face painting and a place to pick up official Gurney Field Day t-shirts and merchandise. And if you get hungry, they will have three concession areas planned: at Robinson Field in the red building behind the back stop, at a pop-up tent in the middle of the park and at the Pool House where you'll find a large tent with seating for family dining. The menus will include natural casing hot dogs, local grass-fed beef burgers, pasta and potato salads, baked goods, chips and all the sweets and drinks you can imagine. And let's not forget

the popcorn.

Youth games will include opponents from Springfield's own teams and surrounding towns - Chester, Charlestown and Ludlow. JV Baseball will play Burr & Burton and JV Softball will face off against St Johnsbury. At 4:30 p.m., Varsity Baseball takes on Green Mountain, and at 7:00 p.m. under the lights, Varsity Softball squares off against Green Mountain.

The Springfield Booster Club, Springfield Parks & Recreation Department and Springfield School District would like to invite you to be part of this event – to celebrate their community, athletes and youth.

Donations to make this year's event even more incredible and sustainable for future years are greatly appreciated and can be sent to the Springfield Booster Club – PO Box 666 – Springfield, VT 05156. They also welcome donations of goods and services. For more information, call 802-886-1070 or email [hunner1@gmail.com](mailto:hunner1@gmail.com) with questions. Be sure to like

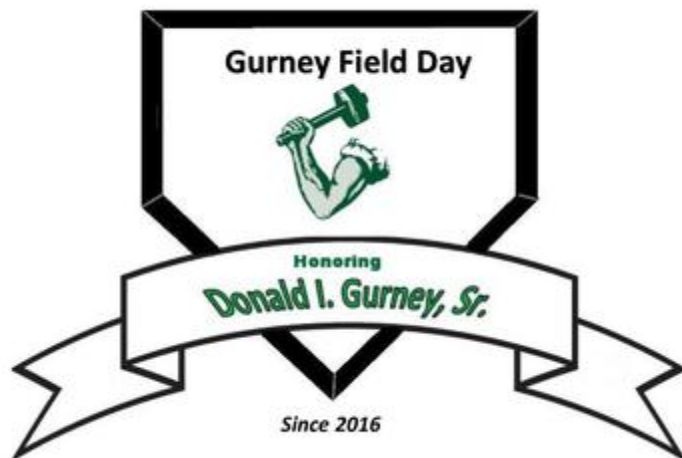
them on facebook for all updates at Springfield, VT Booster Club.

## NEHSA Event Held at Mt. Sunapee

The New England Healing Sports Association (NEHSA) recently held an event at Mt. Sunapee. NEHSA was the recipient of the fundraiser through "Turtle Ridge Foundation" and Olympic Gold Medalist skier Bode Miller. NEHSA has many programs for disabled persons or those with limitations. Two other sports are hockey and cross country or nordic skiing. Miller posed for photos with all the racers, which included many children and adults in addition to several persons through NEHSA programs. One racer rode in a chair accompanied by a NEHSA leader, another NEHSA employee guided a blind skier and one man competed, quite fast, with one leg/one ski. At least one blind skier competed in the "Turtle Ridge Foundation" race.

NEHSA offers a variety of year round sport activities for individuals with physical and cognitive disabilities. NEHSA is a group of people who pool their knowledge, skills and courage

**(Continued on page B2)**



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Saint Johnsbury Academy recently hosted teams from around Vermont for a K-6 wrestling tournament, and Springfield's young "Green Machine" grapplers didn't disappoint. Of the 54 matches wrestled by the team, 39 were Springfield wins. Champions were Carter Brown, Garrett Brickey, Dmitri Jasinski, and John Jasinski; coaches Floyd Buck and Don Beebe were greatly impressed with the work put out by each and every young athlete, calling it a great day for Springfield wrestling. The team next heads to Fair Haven VT on April 7th before the State Championship for grades 3-6 on April 14th, and States for K-2 in St Johnsbury on April 21st (Courtesy photos).

**NEHSA, from B1**

to participate in sports activities. Skiing remains the central sport because of its amazing adaptability to many types of disabilities, said the organization.

The goals of NEHSA are to sponsor and deliver outdoor recreational activities in a social atmosphere while making it fun.


NEHSA is a charitable organization [501(c) 3] located at Mount Sunapee Resort in Newbury, NH. Founded in 1972 as a weekend alpine ski program for people with physical disabilities, it serves those who want to enjoy active and independent lives through participation in sports. In the past 40

years it has grown to include a wide variety of physical, cognitive, and developmental disabilities. NEHSA also takes pride in welcoming our disabled Veterans home, whether it is for therapeutic reasons or for rest and relaxation. In addition to adaptive skiing, both stand-up skiing and sit skiing, NEHSA also provides services for adaptive snowboarding, cross-country skiing, kayaking, rowing, tubing and water skiing. Learn more by visiting [nehsa.org](http://nehsa.org).

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# Inspiration

## Patterns

By Priscilla Hull

As I was working on this cross stitch piece the other night, I thought, "Why doesn't life come with a pattern?" It would make things so much easier and the pattern of life would be so predictable. We would know the outcome right at the start! Oh, but is that what we really want? Is that how we'd really want our life to be? We'd know right from the beginning the sequence of life from beginning to end! Everything would be predictable! Everything would be known. It would leave us little incentive to excel, because we'd already know what the results would be. We'd know what we were meant to be and do in our life!

Life is much like a cross stitch in a very different way! If we work it so, life will be a beautiful blend of colored threads, stitched together to make a complete picture that is vibrant and full of life. The colors that we choose make the picture or sampler come alive. They give a special beauty that is seen only in this project. The colors we choose make each piece of work our own, an individual creation linked only to the one who stitches it.

In our lives, the colors that we choose for the pattern of life make each one of us an individual, separate and apart from all others. Bright vivid colors make our exciting, lively selves. Soft, simple colors give us sensitivity. Deep dark colors bring out the serious, thoughtful side of us. We stitch these colors onto a blank piece of fabric to form a pattern; lively, sensitive, serious sad and all emotions between. From the individual threads we weave ourselves into an individual who is unique and different. The same colors stitched onto two or two hundred fabrics will never look quite the same. That is the miracle of our Creator! Each pattern we chose to stitch is known by her. Each one of us has chosen our own blend of colors which make us who we are! That is the beauty of people. We chose and stitch the threads for our own pattern! Not one single pattern is the same as any other. When we see the beauty of each pattern, we see the beauty of each person we meet.

"Certainly you made my mind and heart; you wove me together in my mother's womb." Psalm 139:13

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





## Calendar Of Events

### AARP Mystery Ride

CLAREMONT, NH—The Claremont Area AARP Chapter will meet at The Earl Bourdon Centre, 67 Maple Avenue, on Thursday, April 12, at 12:30 p.m. for a short meeting to be followed by a Mystery Ride. The ride will NOT include a meal. Board members volunteered to drive in a car pool, but more cars may be needed depending on how many members participate. Also to be presented at the meeting for a vote is the slate of officers for 2018-2019. Installation will occur in May.

AARP will sponsor the April Red Cross blood draw at the Claremont Senior Center, Acer Heights, off Maple Avenue, on April 23 from 12 to 5 PM. Carol Cabral will coordinate food and helpers and can be contacted at 603-542-5232 to volunteer.

### At the Movies at Senior Center

CLAREMONT, NH—New program at the Claremont Senior Center, Inc., located at 5 Acer Heights Rd. Come enjoy "At the Movies" on Tuesday after lunch; April 10 at 1:00 p.m. featuring the film "42" (the Jackie Robinson story).

Another movie will be presented on Sunday, April 15, at 1:30 p.m. Featured film will be announced soon.

Questions: See or call Tom Liveston, (603) 542-5725.

### Free Beginners Bridge Course Set

CLAREMONT, NH-- - More bridge players are needed.

A free seven-week course introducing people to the card game of bridge will be taught Thursdays at the Claremont Senior Center starting April 12 at 1:00 p.m.

Instructor Alan Grigsby will begin by describing the deck of cards, explain Standard American bidding, and teach effective card playing techniques.

Sessions will run until 3:00 p.m. Attendees can go to the Senior Center's weekly luncheon on Thursdays before the course begins. The course will conclude on May 24.

Registration can be made at the Senior Center.

For further information, call Grigsby at 603-542-2031.

### A Visitor from Down Under at Meeting of the GMCWRT

WRJ, VT—On Saturday, April 14, Dr. Robert "Mick" Bedard will be the guest speaker at the monthly meeting of the Green Mountain Civil

War Round Table. The meeting will be held at the Bugbee Senior Center, 262 North Main Street, White River Junction, VT. Doors open at noon; an optional catered lunch from Big Fatty's Barbeque is available at 12:15 p.m., followed by a short business meeting at 12:45 p.m.. The program will take place immediately after.

Bedard will speak about the USS Kearsarge, the world famous warship that defeated the Confederate raider Alabama off of Cherbourg, France, and its post-civil war 1869 port of call at Sydney, Australia. The Kearsarge has a local connection: It was built in Portsmouth, NH, in 1861 and was named for the state's Mt. Kearsarge in Merrimack County.

## Workplace Wellness

Being healthy at home and in one's personal life is becoming one area of focus for many companies across the United States. However, we often forget about keeping ourselves well throughout the working day. With an estimated \$576 billion lost in the U.S. economy due to illness, disability, and workers' compensation ([Forbes, 9/12/12](#)), the need for staying healthy at work is at an all-time high. We have some tips for staying health-conscious in the workplace.

**Take breaks.** Stress causes an incredible amount of illness and can also distract workers, making workplace injuries much more likely. Taking a breather between projects will also boost productivity. Take a quick walk outside or lay your head down for a moment in order to reduce workplace stress.

**Eat healthier and drink water.** It is very easy to hit your favorite burger joint at lunchtime or even to skip lunch due to a heavy workload. However, these habits cause our bodies to function poorly, effectively lowering productivity. That extra time you spent at your desk without eating a proper meal can slow you down for the rest of the afternoon. Drinking lots of coffee and sugary drinks at work can also make your work suffer when you crash. When your body is working well, your work will improve greatly.

**Get enough rest at night.** A huge loss in productivity is caused by presenteeism, the concept that people are at work but are not working to their full potential due to exhaustion, illness, or other problems. Getting enough sleep at night can improve health, help you lose weight, and improve focus dramatically. You will feel less stressed and will be able to accomplish more on a full night's rest.

**Keep your work area clean.** Germs are everywhere and are very easily transferred. Keep hand sanitizer at your work station as well as some antibacterial wipes that you can use to clean up at least once a month. Your mouse, keyboard, and phone can harbor contaminants, and wiping them clean from time to time will help to keep preventable sicknesses away.

**Stay home when you are not well.** If you are sick, coming in to the office can be a catastrophe, as you can infect the rest of your colleagues. It is tempting to come in to work and suffer through the day so as not to fall behind or use up valuable sick days, but this is inconsiderate and will end up reducing your team's productivity in the long run, as more people could miss days from catching your illness. Take the time to get better at home.

Managers should be aware of the various pitfalls at work that can lead to an unhealthy staff. Encourage your team to have healthy habits and give them some slack to be able to take the time they need to be well. This will cause productivity to soar and will lead to a happier staff that will work well together and have less unnecessary stress.



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Using archival research from the Libraries of Victoria and NSW as well as the US National Archives, Bedard will relate how the Kearsarge came to visit Sydney and New South Wales and how its officers and crew were received and behaved. Consider his talk the Kearsarge's postcard from Australia – whom they met, what they did and ate, how the weather was and more. This is Bedard's U.S. premiere of this program which he presented twice last year in Australia.

The meeting is open to the public. Reservations for the meal (\$12.00) must be placed by noon, April 12 (Thursday) with Gail Blake at 802 296 2919 or [auntis@comcast.net](mailto:auntis@comcast.net). Those not having dinner will be asked to pay a modest door fee to cover expenses.

Founded in 1993, the GMCWRT welcomes all who are interested in this important time in the nation's history.

## 4-H Citizenship Focus 2018

When: Wednesday, April 25, 2018

Who: For all youth ages 12 and up (4-H membership not required)

Cost: \$15 per person

Time: 9:00a.m. to 3:00p.m.

Location: NH State House, 107 N Main St, Concord, NH 03303

Registration deadline is April 18, 2018

Registration is now open for our 2nd annual 4-H Citizenship Focus 2018 event in Concord, NH. The day at the NH Capital State House will include experiences such as participating in mock trials and voting on house bills. Enjoy lunch with your local representatives and senators as you learn how you can enact change in your community, county and world.

To register, visit: <https://extension.unh.edu/events/4-h-citizenship-focus-2018>.

## Sign Up for Free Diabetes Education Class

SPRINGFIELD, VT--Learn how you can take steps to reduce your risk of Type 2 diabetes. Your diabetes risk increases with age, but the good news is you can help prevent diabetes. The CDC National Diabetes Education Program is a free, year-long, evidence-based program that supports and educates adults who are at high risk. Ask yourself these questions:

- Are you overweight?

- Do you exercise regularly?
- Do you have high blood pressure?
- Do you have a parent, brother, or sister with diabetes?
- Are you over age 40?

Springfield Medical Care Systems is offering a free diabetes education class beginning April 11th at Springfield Health Center, 100 River Street, Springfield, VT, from 5:30 - 6:30 p.m. Please call 802-886-8946 for details or to sign up for this program.

## Safety Awareness in the Food Environment (S.A.F.E.) Offered in Sunapee

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, will be teaching a S.A.F.E. class on Tuesday, April 17, at 2:00 p.m. at the Sunapee Middle High School, 10 North Rd. in Sunapee, NH.

S.A.F.E. reviews critical food safety and sanitation concepts such as personal hygiene, preventing cross-contamination, and controlling time and temperature. The two-hour workshop uses practical discussion and hands-on demonstrations to help participants apply safe food handling practices in the workplace. S.A.F.E. participants receive a certificate of attendance. Pre-registration is required as space is limited. There is no cost for this workshop. To register, please contact the Grafton County office at 787-6944 or e-mail [teresa.locke@unh.edu](mailto:teresa.locke@unh.edu). To schedule a S.A.F.E. class at your facility, contact Choate at 787-6944 or [mary.choate@unh.edu](mailto:mary.choate@unh.edu).

## Safety Awareness in the Food Environment (S.A.F.E.) Offered in Charlestown

CHARLESTOWN, NH--Mary Saucier Choate, UNH Cooperative Extension Field Specialist, will be teaching a S.A.F.E. class on Wednesday, April 25, from 10:00 am - noon at Peaceful Harvest Homes, 144 Paris Ave. in Charlestown, NH.

S.A.F.E. reviews critical food safety and sanitation concepts such as personal hygiene, preventing cross-contamination, and controlling time and temperature. S.A.F.E. work-

shops provide food safety training for new employees and refresher information for more experienced staff. The two-hour workshop uses practical discussion and hands-on demonstrations to help participants apply safe food handling practices in the workplace. S.A.F.E. participants receive a certificate of attendance. Pre-registration is required as space is limited. There is no cost for this workshop.

To register, please contact the Grafton County office at 787-6944 or e-mail [teresa.locke@unh.edu](mailto:teresa.locke@unh.edu). For information on scheduling a S.A.F.E. class at your facility, contact Mary at 787-6944 or [mary.choate@unh.edu](mailto:mary.choate@unh.edu).

## Upcoming Events: Newport Schools

### 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

## Amplified Arts Announces 2018 News, Productions

CLAREMONT, NH—In January 2018, Amplified Arts, a collaborative arts venue in downtown Claremont, started off their third year of operations, with an NH Theatre Awards win for their recent youth production of "Hamlet", a neo-noir retelling of Shakespeare's classic family tragedy. David Stark, An Early Career Artist at AMP and a senior at Newport Middle & High School, received the Best Actor in a Youth Production NH Theatre Award. Addition-

## 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. MAR. 21, 2018r

## 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 Sugar River Mills, Claremont 1:00 – 2:00 pm  <b>FOOT CLINIC</b> Sugar River Mills, Claremont 12:30 – 2:30 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>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 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 Lake Sunapee VNA 9:30 am – 1:30 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-location varies 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>



ally, the show was nominated for Best Youth Production, Best Director of a Comedy/Drama and Best Supporting Actor.

After its exciting start to 2018, Amplified Arts eagerly announces its third season of live theatre "A Sense of Self". "Each show in this season features strong character pieces while showcasing engaging ensemble work which should be a lot of fun to watch in our intimate performance space," said Shelly Hudson, AMP's producing artistic director.

The Academy, Amplified Arts early career artists program, will start the year with a co-production with Rural Outright, a program of TLC. "The Laramie Project" opens on April 27th and will include a discussion to follow each performance. "The Laramie Project" is set in and around Laramie, WY, in the aftermath of the murder of 21-year-old Matthew Shepard. To create the stage version of "The Laramie Project", the eight-member New York-based Tectonic Theatre Project traveled to Laramie, recording hours of interviews with the town's citizens over a two-year period, using the actual words from the transcripts to create a portrait of a city forced to confront itself. "The story of Matt Shepard and the town of Laramie, in the wake of his murder in 1998, is an important piece and part of a larger conversation we are excited to be a part of," said Hudson.

The Company, Amplified Arts 18+ theatre troupe, will produce Noël Coward's "Blithe Spirit" this summer. "Blithe Spirit" is a comic play concerning a socialite and novelist named Charles Condomine, who invites the eccentric medium and clairvoyant, Madame Arcati, to his house to conduct a séance, hoping to gather material for his next book. The scheme backfires when he is haunted by the ghost of his annoying and temperamental first wife, Elvira, after the séance. Elvira makes continual attempts to disrupt Charles's marriage to his second wife, Ruth, who cannot see or hear the ghost. Auditions are open to those 18 or older. The cast is small, but there are a lot of backstage opportunities including a paranormal crew.

In the fall, the Academy will be back with another adaptation by Shelly Hudson of a Shakespeare work, this time it is the comedy "Much Ado About Nothing". Auditions will be open to early career artist ages 13 - 18. The show will go up in November.

Finally, Amplified Arts will be adding film to their repertoire this spring.

Amplified Arts is excited to announce the expansion of their film offerings starting this spring, with the support of a generous benefactor. Amplified Arts will begin to show films in beautiful 4K projection in their flexible venue in downtown.

For more information about the 2018 season as well as other arts offering at Amplified Arts, check out AMP's website at [www.amplifiedartsnh.com](http://www.amplifiedartsnh.com) and find them on Facebook, twitter and instagram.

## Community Conversation about Conservation

CHARLESTOWN, NH—A Community Conversation and a light dinner will be held on April 23 from 5:00-8:00 p.m. at SCA Headquarters in Charlestown to discuss Sullivan and Cheshire County Natural Resources Conservation. Please RSVP by April 16th, and spread the word widely. Visit: <https://www.eventbrite.com/e/community-conversations-conserving-our-natural-resources-tickets-44553696305?aff=mcivte>.

## "Once Upon a Mattress" at the Newport Opera House

NEWPORT, NH--The Newport Opera House Association is excited to announce their spring musical, "Once Upon a Mattress". Packed with humor and colorful characters, the show is a fun-filled musical re-telling of the classic story, "The Princess and the Pea."

Taking on the leading role of Princess Winifred the Woebegone is Alia Gonzalez, the reigning Newport Winter Carnival Queen. This role was originated on Broadway by a then unknown actress named Carol Burnett, and propelled her to stardom.

Other featured performers will be Amanda Bailey Christensen as Queen Aggravaine; Chris Gardner as Sir Harry; Natalie Vuletich as Lady Larken; Alan "Buzz" Hague as King Sextimus; Christopher Jacobs as Prince Dauntless; Ken Gruenbaum as the Wizard; Nikolai Gruenbaum as the Jester; and Brian Bavacqua as the Minstrel. Ensemble cast members include Kaitlyn Andersen, Luke Bartlett, Hayden Christensen, Gidget Ducharme, Deb Gardner, Jaeda Rochford-Hague, Milton Hastings, Susan Hastings, Aukulina Gruenbaum, Illya Gruenbaum, Panteleimon Gruenbaum,

Zoya Gruenbaum, Evalynn LaRose, Jenna Mahue, Bethany Smith, Harper Smith, and Alison Wood.

Performances will be held at the Newport Opera House on April 13 and 14 at 7:30 p.m., and on April 15 at 2:00 p.m. Tickets are on sale to the public via [newportoperahouse.com](http://newportoperahouse.com), or by phone at 603-863-1412.

"Once Upon a Mattress" is presented through special arrangement with R & H Theatricals: [www.rnh.com](http://www.rnh.com).

## 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.

## Low Cost Rabies Clinic

CLAREMONT, NH--Low cost rabies clinic! On 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.

## 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: [www.tlcfamily.org/rural-outright-events-calendar](http://www.tlcfamily.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 individu-

als 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.

## 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.

## NHS Sponsoring Program on Newport Native's Iditarod Experiences

NEWPORT, NH--Bill Bartlett, Newport native and Towle H.S. graduate, will share his Iditarod experiences with the Newport Historical Society and the general public on Tuesday, April 10, at 6:30-8:00 PM, in the Newport Richards Free Library ballroom.

Bartlett's degree in Animal Science from UNH led to a career in Bovine Podiatry, and a keen interest in sled dogs. In 1980, Newport helped support his trip to Alaska to run the famous Iditarod Dog Sled Race. Since 1980, Bill and Heidi Bartlett have owned and operated Bartlett's Blueberry Farm, on Bradford road. This program is free; the ballroom is handicapped accessible, and light refreshments will be served.

## Led Zeppelin Tribute Band to Play at COH

CLAREMONT, NH--Kashmir, the nation's #1 Led Zeppelin tribute show, is the most authentic representation of Led Zeppelin on the mod-

ern national touring scene. Each of the four band members assumes their individual role with pinpoint accuracy. Kashmir possesses the live stage show, sound, and likeness to bring audiences and fans back to the days when the mighty Led Zeppelin ruled the musical landscape.

The concert will take place on Saturday, April 21, at 8:00 p.m.

With the playlist of every classic rock station and the most identifiable voice in rock history, Kashmir's show features Page's iconic double-neck guitar, Bonham's drum solo, the stage show of the era, and most importantly, the greatest hits that make up the soundtrack to peoples' lives.

For those who dream and wish to experience a live Led Zeppelin show, dream no more; Kashmir will fit the bill, hitting every stop along the way, leaving you thirsty for more. Kashmir consists of Jean Violet (Robert Plant) - Vocals/Harp, Andy Urban (Jimmy Page) - Guitar/Theremin, Paul Cooper (John Bonham) - Drums, Felix Hanemann (John Paul Jones) - Bass/Keyboard.

Kashmir covers all the hits, including "Black Dog," "Heartbreaker," "Stairway to Heaven," "Kashmir" and just about anything else Led Zeppelin recorded during their incredible but sadly short-lived career. Until Robert Plant decides to reunite with Jimmy Page and John Paul Jones, Kashmir is about as close as any fan is going to get to the real thing.

Tickets can be purchased at [www.claremont-operahouse.org](http://www.claremont-operahouse.org), by phone at 603-542-4433 or in person at Claremont Opera House Box office at the city hall complex at 58 Opera House Square. Ticket prices range from \$28.50-\$43.50. Cash bar available from Sweetfire BBQ before the show and at intermission.

## Pie Sale in Meriden

MERIDEN, NH—The United Church of Corinth will hold a pie sale at the Meriden deli from 6:00 a.m. - 12:00 p.m. on Saturday, April 21.

Pies: apple, Dutch apple, pineapple, pecan, pumpkin, custard, coconut custard, cherry, blueberry, raspberry, strawberry-rhubarb. To order your special pie, please call Rev. Dale at 1-603-542-8546.

Send news and photos to  
[etickernews@gmail.com](mailto:etickernews@gmail.com)



## Plan Ahead for the SCHS Save A Stray 5K

NEWPORT, NH—Please join Sullivan County Humane Society on June 23 in Newport at the Corbin Covered Bridge for its fifth annual Save a Stray 5K! Pre-registration is \$20 or \$25 the day of the event. Children under 12 are free. First 100 paid supporters to sign up will receive a free event T-shirt. There will be prizes for top male & female runners plus prizes for age groups. Registration the day of the event starts at 8:30 a.m. and the run/walk starts at 10:00 a.m. Dogs are welcome but must be leashed and will start at the back. This event is for a great cause and, with your support, will allow the SCHS to continue to help the many animals in need. Please join us!



**Sullivan County Humane Society**

## RABIES CLINIC

**Dogs & Cats welcome!**

**\$10.00 per shot**

**April 7 & 28, 2018**

**9 – Noon**

**First come, first serve**

**at the**

**Claremont Senior Center**

**5 Acer Heights, Claremont**

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



**Sponsored by the Springfield Animal Hospital  
and the Claremont Senior Center**

## Powerful Tools for the Caregiver:

Six-Week Series Offered at Sullivan County ServiceLink

Powerful Tools for Caregivers is an evidenced-based educational program developed by Legacy Health Systems in Oregon. It is designed to:

- help family caregivers reduce personal stress;
- effectively communicate their own needs;
- communicate needs of their loved ones to health care providers; and much more.

**DATE:** Thursdays, 1:00 to 3:30  
April 19<sup>th</sup> to May 24<sup>th</sup> 2018

**LOCATION:** Sullivan County ServiceLink

**TRAINERS:** Beverly Lee-Packard  
*Caregiver Advocate* and  
Nora Kells-Gordon,  
*Family Caregiver Options  
Counselor*, Sullivan  
County ServiceLink

**REGISTRATION:**  
**Register by April 12<sup>th</sup> by calling Sullivan County ServiceLink at 603-542-5177.**  
ServiceLink will help arrange respite care and transportation.

Class participants receive a copy of The Caregiver Helpbook, developed for the class.



The New Hampshire Family Caregiver Support Program was established as a result of the Older Americans Act Amendments of 2000, Older Americans Act, as amended, Public Law 106-501, Title III, Part E, which established the National Family Caregiver Support Program funded by the Federal Administration on Aging funded through 75% Federal and 25% State General funds.

# SURVIVOR SOCIAL Paint & Munch

Sun.-April 22nd, 2018  
Ascutney Town Hall  
1:30pm  
2 wine glasses \$30

**SURVIVORS PAINT FREE!**

**MUNCHIES, DESSERTS &  
WATER PROVIDED**

RSVP by April 16th  
Wendy Aldrich  
802-230-6003







## Shoe Drive Fundraiser!

**Gently used  
children's, women's  
and men's shoes,  
sneakers or boots.**

**HAPPENING  
NOW!!**

# **SULLIVAN COUNTY HUMANE SOCIETY SHOE DRIVE**

Do you have a box or closet full of gently used shoes that you no longer wear? Time for some spring cleaning?

The Sullivan County Humane Society would be more than happy to take them.

Visit our website at [www.sullivancountyhumanesociety.org](http://www.sullivancountyhumanesociety.org)  
or call 603-542-3277 for more information.

**Drop off at any of  
our locations:**

- **Sugar River  
Bank, Newport,  
NH**
- **Claremont  
Savings Bank,  
Claremont, NH**
- **Kit-n-Kaboodle  
Consignments,  
Claremont, NH**
- **Allstate Insu,  
Glenn Rd,  
Lebanon, NH**  
**or**

**At the Sullivan  
County Humane  
Society.**

**14 Tremont Sq.  
Claremont, NH**

Sullivan County Humane Society brings you.....



**Sunday, April 22<sup>nd</sup>**

**@ The  
Claremont Senior Center**

5 Acer Heights Rd, Claremont NH

**Join us for 20 fun games of BINGO for various prizes!**

**Purchasing a \$5 book gets you play for each of the 20 regular games**

**And buying multiple books can only multiply your LUCK**

**Doors will open @ noon & games will begin at 1:00**

**PRIZES INCLUDE:**

Gift Certificates

Small Kitchen Appliances

Jewelry

Small Home Décor Items

**AND SO MUCH MORE!**



**OUR GRAND PRIZE SPECIAL GAME WILL  
BE A:**

**\$324.00 SPA Gift  
Certificate to Mountain  
Edge Resort and Spa**

**Buy as many \$3 sheets as you'd like to  
have plenty of chances to win this  
great prize!!!**

**Proceeds will benefit the Sullivan County Humane Society.  
Pursuant to NH Gaming Laws, no one under 18 is permitted during the event.**



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.etickeernewssofclaremont.com](http://www.etickeernewssofclaremont.com)

#### Beverly C. Davis, 82

Beverly C. Davis, 82, of Claremont, NH, died Monday (April 2, 2018) at Elm Wood center in Claremont, NH, surrounded by her loving family.

She was born in Groveton, NH, on March 9, 1936, the daughter of Gerald and Hazel (Scott) Pearson and had been a longtime area resident. Beverly had been employed at Tambrands in Claremont, NH. She loved animals, the ocean and camping with her family. She was loved by all that knew her and never had a bad word to say about anyone. She was a devoted wife, mother, grandmother and great great grandmother.

Members of her family include her husband, Lionel Davis, Claremont, NH; a daughter, Carlyne Hutchins, Claremont, NH; a stepdaughter, Lynn Davis, Claremont, NH; a stepson, David Davis, Claremont, NH; four grandchildren, Barbi Makela and her husband, Matthew, Claremont, NH; Julie LeBlanc, York, ME, Matthew Davis and Jacob Davis, both of Claremont, NH, and several great grandchildren.

She was predeceased by her first husband, Windsor Hutchins, of 38 years and a brother, Donald Pearson. In keeping with Beverly's wishes, there

will be no services.

In lieu of flowers, the family suggests that memorial contributions may be made to the Sullivan County Humane Society, 14 Tremont Street, Claremont, NH 03743.

You are invited to share a memory of Beverly 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.

#### Jane Rzczycki, 96

Mrs. Jane Kolodziej Rzczycki, 96, formerly of Mulberry St on Bible Hill in Claremont, NH, died on March 28, 2018, at Vernon Green in Vernon, VT, where she was a resident of the Vernon Homes for the past four-and-a-half years.

Jane, daughter of Michael and Catherine Chuda Kolodziej, was born on March 12, 1922 in North Walpole, NH. She received her schooling in North Walpole and married Ernest

Rzczycki in 1957. Together they settled in Claremont and were active members of St. Joseph Parish. They maintained a lovely garden from which they harvested vegetables and fruit, regularly donating a portion to the Claremont Food Pantry. Jane kept a sparkling home, decorated in part with braided rugs that she created. As a couple, Jane and Ernie hosted many family dinners and barbecues at their home and, in later years, spent many weekends at Kezar Lake for family cookouts. Clamming in the summer and ice fishing in the winter kept the two of them active, even after Ernie's retirement from the Post Office.

Jane recently celebrated her 96th birthday with family and friends. Mary Forrett, a friend of 70 years, attended, and they reminisced about their days together. Jane was the seventh of eight siblings in a very close knit family. The last surviving sibling of her generation, she will continue to live on in the memories of her surviving family members including many nieces and nephews and her sister in law, Mrs. Renata Mix of Florida.

“The true primary-care provider is Mom.”

-Dr. Sam Giveen

Most of the time, a doctor can't help anything until Mom decides something isn't right. She makes the first move and calls the doctor. Dr. Sam attributes any success he and his staff have with kids to that vital first step. Yay, Mom.

DOCTOR **SAM'S**  
EYE CARE



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

She will now be reunited with Ernest, her husband of 56 years, her siblings, Pauline Grysko, Frances Golec, Nellie Kolodziej, Mildred Kolodziej, Steven Kolodziej, Clement (Klim) Kolodziej and Walter Kolodziej who have pre-deceased her.

Jane's funeral will be held on Thursday, April 12, at 1:00 PM, at St. Joseph's Church, 58 Elm Street, Claremont. Interment will follow at Mountain View Cemetery also in Claremont. Following the service, the family requests that all attend a reception in the church hall to celebrate Jane's life.

Donations in Jane's memory may be made to the Claremont Soup Kitchen and Food Pantry, PO Box 957, Claremont, NH 03743 or to the St. Joseph Parish Renovation Fund, PO Box 824, Claremont, NH 03743.

The Stringer Funeral Home is in charge of arrangements.

### **Esther C. Normandin, 90**

Esther Claire Normandin, 90, formerly of Chase Street in Claremont, NH, died Monday afternoon, April 2, 2018, at the Sullivan County Nursing Home.

She was a native and lifelong resident of Claremont, born on September 29, 1927, the daughter of Arthur C. and Blanche (Lizotte) Cloutier.

She was a graduate of St. Mary's High School.

Esther was a communicant of St. Joseph Church and was a member of Count Virgil H. Barber #892 Catholic Daughter of the Americas.

She worked as a clerk at Stevens Drug Store while in high school and for a short time after and then she worked for eight years in book-keeping at the Peoples National Bank. She and her husband George A. Normandin married on September 6, 1951; he died last year on January 31, 2017.

The family includes two sons, Corey Alan Normandin of Scottsdale, AZ, and Kurt Normandin of Claremont; one granddaughter, Desiree Krebs of MA; two great grandchildren; also, several nieces, nephews and cousins. She was predeceased by six brothers, Elmo Cloutier, Norman Cloutier, Marcel Cloutier, Robert Cloutier, Harold Cloutier and Richard Cloutier; five sisters, Yevie Nichols, Irene Wallace, Mae Lambert, Corrine Beaudoin and Lorraine Young.

## **Social News**

### **Claremont Senior Center, Inc.**

**By Claire Lessard, Executive Director**

Something new at the center! Come enjoy a "movie" on Tuesday - April 10 after lunch and Sunday - April 15 at 1:30 PM. Titles will be a "surprise!"

Menu for Tuesday - April 10... Soup, tourtiere, roasted potatoes, vegetable, dessert. Thursday - April 12 ... Salad, spaghetti with meat sauce, garlic bread, vegetable, dessert. Twice a week dinners welcomes members (\$4.00) as well as non-members (\$5.00). Membership dues cards will be checked, so have yours ready!

Free 7 week Beginners Bridge Course (on Thursdays April 12 - May 24). Instructor Alan Grigsby (603) 542-2031. Come or call center to register.

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 - April 11, 18 (8:30 AM - 4:00 PM). Cost \$25.00. Free blood sugar clinic - April 19 (11 AM - 12 noon). Call (603) 526-4077.

Next Senior Men's Breakfast will be Monday - April 16, 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.

Tai Chi Classes coming this Fall. An informational session is scheduled for August.

Adult Coloring open to public on Mondays (1:00-3:00 PM). Members free. Non-members \$1.00. Knitters on Fridays (12 noon-3:00 PM). 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. Bring a snack to share!

Give someone a great gift for a birthday, anniversary, any celebration or occasion with a \$5.00 gift certificate for a Tuesday or Thursday lunch at the center. Membership certificates also available for \$20.00.

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

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

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.)



A Mass of Christian burial was held at St. Joseph Church on Saturday morning, at 11 AM.

Burial will be held on May 5 at 11 AM at The West Claremont Burying Ground.

The family suggests that donations may be made in her memory to a charity of one's choice.

The Stringer Funeral Home is in charge of arrangements.

### Lillian A. Bahrakis, 81

Lillian A. Bahrakis, 81, of Charlestown Turnpike in Lempster, NH, died Friday (March 30, 2018) at her home surrounded by her loving family.

She was born in Lowell, MA, on February 27, 1937, the daughter of George and Rose Gagnon. Lillian had been employed by Joann's Fabrics in Massachusetts. She enjoyed making jewelry, feeding the birds and squirrels, fishing, playing bingo and was a great shopper. She loved her family and cherished the time spent with them.

Lillian was the widow of Roger Bahrakis who died in 2008. They had been married for 55 years.

Members of her family include two daughters, Diane Bahrakis and her husband, Michael Fischer, Lempster, NH; Patty Bahrakis, Woodstock, VT; two sons, John Bahrakis and his wife, Cathy, Ashland, MA; Gary Bahrakis, Pelham, NH; eight grandchildren, 12 great grandchildren, a brother, Bucky Gagnon, a sister, Doris Marcotte and several nieces and nephews.

Funeral Services were held on Saturday afternoon at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH with the Rev. Arockia Antony, Associate Pastor of St. Mary Parish, officiating. In lieu of flowers the family suggests that memorial contributions be made to the Upper Valley Humane Society, 300 Old Route 10, Enfield, NH 03748.

You are invited to share a memory of Lillian with the family of 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.

### Francis J. King, Sr., 76

Francis John King, Sr., 76, of Charlestown, NH, died on Saturday, March 31, 2018, at

Dartmouth Hitchcock Medical Center after a hard fought, brave and courageous battle for 16 years.

He was born in Perkinsville, VT, on February 17, 1942, the son of Edward and Vinnie (Bixby) King.

He had worked for Joy Manufacturing for 27 years. Before full retirement, he was employed with the Walpole Middle School for 10 years. He loved working at both places and all the people he had worked with.

Francis enjoyed fishing, hunting, camping and tending to the campfires. He loved spending time with his family, especially his grandchildren whom he adored. He was very loved and will be missed dearly.

He is survived by his wife of 50 years, Jeanette (Martel) King; daughters, Debra Brickey and her husband, Bob of Springfield, VT, and Rhonda Tewksbury and her husband, Michael of Charlestown, NH; one son, Dana Martel of Lowell, MA; grandchildren, Brandon Sheldon and his wife, Kristy of California, Sarah Brickey-Nguyen and her husband, Alvin of Northampton, MA, Garret Tewksbury and his wife, Michaela of Sunapee and Marisa Tewksbury of Claremont; siblings, Barbara

Shattuck of Springfield, VT, Joyce Emery and her husband, Max of Reading, VT, Reva Newcomb and her husband, Warren of Langdon, Sandra Shattuck of Baltimore, VT, Louie King and his wife, Ginger of Claremont, Robert King and his wife, Pauline of Charlestown, Bonnie Turner and her husband, Ted of Swans Island, ME Gary King of FL and brother-in-law, Delbert Aiken of Springfield, VT; great grandchildren, Derek Sheldon and Emily Sheldon; also many nieces and nephews.

He was predeceased by a son, Francis "Joe" King, Jr.; sister, Flora Aiken; brother, Allan King and brother-in-law, Charles "Ike" Shattuck.

The family would like to thank the staff of DHMC for their compassionate care that they provided and Aylene Wozniak from Hospice. A celebration of life service and luncheon was held on Sunday, April 8th Burial will be held privately at a later date.

In lieu of flowers, donations may be made to Home Healthcare, Hospice and Community Services: Gifts of Community Spirit, HCS, PO Box 564, Keene NH 03431.

The Stringer Funeral Home is in charge of arrangements.



**Downers 4 Corners, Vermont, where the snow was finally disappearing, leaving the covered bridge on its own to stand guard in a quiet spot (Ken Coulombe photo).**

**Claremont Fire Dept. Log****Sunday, April 1**

1350 Responded with Car 2 to School St. for a public hazard

**Tuesday, April 3**

1058 Responded with E-3 to Hanover St. for a medical call

2314 Responded with E-1 and E-2 to Unity for mutual aid

**Wednesday, April 4**

0452 Responded with E-1 to Unity for mutual aid

1321 Responded with E-3 to Pleasant St for a medical call

2013 Responded with E-3 to Bond St for an alarm sounding

2055 Responded with E-3 to Tremont St for a medical call

2326 Responded with E-3 to Bessie Ave for a medical call

2348 Responded with E-3 to Charlestown Rd for tree on wires

**Thursday, April 5**

0051 Responded with E-3 to Hanover St for a tree on wires

0342 Responded with E-3 and L-2 to Front St. for a Box Alarm

0555 Responded with E-3 to Charlestown Rd for a water problem

0835 Responded with E-3 to Mulberry St for a public hazard

0933 Responded with E-3 to Paddy Hollow Rd for wires down

1108 Responded with L-2 to School St for a public hazard

1447 Responded with E-3 and L-2 to Front St for a Box Alarm

1453 Responded with L-2 to Water St. for an MVA

1611 Responded with E-3 to Mulberry St for a medical call

2040 Responded with E-3 to Lincoln Heights for a medical call

**Friday, April 6**

1036 Responded with E-3 to Main St for a public assist

**Saturday, April 7**

1254 Responded with E-3 to Heritage Drive for a smoke detector sounding

1330 Responded with E-3 to Broad St for a water main break

1857 Responded with E-3 and L-2 to Elm St for a Box Alarm

1919 Responded with E-3 to Elm St for an illegal burn



**The Claremont City Council will hold a public meeting on Wednesday, April 11, 2018, at 6:30 p.m. in the Council Chambers of City Hall.**

*AGENDA (Revised)*

- 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 March 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. *Community Cleanup Update*
10. NEW BUSINESS
- 7:20 PM A. Schedule Budget Hearing Dates
- 7:35 PM B. Capital Improvements Plan
- BREAK
- 8:15 PM C. *Review of Policies and Assignment to Policy Committee*
- 8:35 PM 11. COMMITTEE REPORTS
- 8:40 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 8:55 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:00 PM 14. *NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(a) – PERSONNEL*
- 9:20 PM 15. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, April 25, 2018, at 6:30 p.m. in the Council Chambers at City Hall.



## What Makes a Hero?

By Bernadette O'Leary

While going through life's struggles, one needs hope. While many find hope in their faith, including this journalist right here, God also gives us one another to inspire us. There are the usual heroes, such as loved ones. However, there are also complete strangers whose stories we hear or see from afar. Many of you know of the struggles I have faced: alcohol dependency, from which I have been sober for over 11 years now, and domestic abuse of over 20 years. I have had many people tell me that I am an inspiration to them because of my continued fight and continued faith while still trying to rebuild and be free of certain aspects of my struggles. Most of those who have expressed this view face their own hellacious struggles and have asked how I do it. This article will answer that question. Although the answer isn't simple, and I still often fail in my efforts to remain strong, I do have a story to tell that might help you in your own fight.

First of all, alcoholism is never "cured." One simply makes the choice each morning... and each moment throughout each day. For me, the answer for that one can be found in my children. They are my life, and I'm thankful for the close relationship we have, which sadly has been partially forged through the abuse we all faced together. My children have become very protective of me and each other because of feeling so powerless before and finally having a chance to find their strength since we left that environment. We have always been close, and I have always been the parent they came to and trusted most. However, that experience only proved to solidify our already strong bond. So, all I have to do when the "need" hits me is to think of their faces or look at them, and I am able to defeat that particular personal demon.

Secondly, the abuse is also something that my children and I will likely struggle with for life at worst, for years at best. We were all diagnosed with PTSD from it. Jointly, we have our faith, therapy, and loved ones to offer us strength and emotional support. We each also have our own separate sources of inspiration; my daughter has art and online games, and my son has online games. Mine? I have my writing, artwork, and the inspirational story of a truly amazing man whom I've never had the pleasure of meeting: Robert Carlyle, a man renowned for his incredible talent, generous spirit, and devotion to his wife and children.

While my biggest hero in my life will always be my daddy (God rest his beautiful and loving soul), Mr. Carlyle runs a very close second. His story, which includes having overcome all odds and growing into a truly good man, makes him one of my heroes. If his reputation is to be believed (and he does conduct himself in a way that shows it to be true), his portrayal of the worst of the broken or evil men on television and in films is a stark contrast from his true self. (They do call it acting for a reason.) If you're not familiar with his past, I invite you to research him. In doing so, you'll find the story of a man who has gone from being homeless while being raised by a single father during a time when such things were harshly judged to being

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*Be loving, yet firm in your convictions. Be gentle, but stand strong.  
Fight for what is right, yet do not inflict harm. Disagree, but do not insult.*

*For these are the mark of a strong yet charitable soul.*

## Hero, from B17

one of this world's greatest successes as an actor and as a man. He picked himself up from being impoverished to attending drama school, and from there he took the entertainment industry, the world, and life by storm. The odds were greatly against him, but he fought those odds. He worked hard, and he won. Most people in his former circumstances end up stuck in their situation, but he showed that if you're willing to fight, to work hard, and to never give up no matter how hellish life gets, you can beat anything that comes your way.

I still struggle with believing that at times, but when I do, I recall his story and try harder. I realize how close my own children and I came to living his life of homelessness. While we've been homeless because of the abuse, we always had people willing to step up and give us a place to sleep. Eventually, one of those people stepped forward to offer us a permanent place to live while we continue to rebuild as we try to create a normal life for ourselves. We're still a long way from something that can be called normal, but because of his story, I have something tangible to look at. Something very real that happened to a real person, such as Carlyle's story, can illustrate what we are each capable of, no matter what our limitations. My biggest limitation is my medical problems, which are quite serious. However, his struggles were quite serious as well. His story is not the only one out there that offers such inspiration, but his is the one that reached me above all others. I'm not sure why, and in fact I hadn't even heard of him until 2014 when I saw him portray one of my two favorite literary villains on TV's *Once Upon A Time: Rumplestiltskin*. I am one who has to respect someone as a person before I can fully appreciate their work, so I began researching him. That was when I found his story. Interestingly enough, 2014 was also when my children and I first began speaking out against and trying to get help for our domestic situation. God brought Carlyle's story to me at a time when I needed it most, as is His way.

My husband had left (as punishment for my children asking him to stop hurting us), and my children were begging me to leave him for good. I was determined to save my family while also protecting my children, so when he tried to return, I said no... not until he could provide something proving he was in therapy and trying to get help for his violent and emotionally abusive ways. Prior to this, he would be gone for days, weeks, or even months at a time as ways to punish us for defying him or when he thought we were about to speak out. He even made others think that I was doing horrible things to him so that he would have something to use as a defense. His punishment of leaving happened so often that my daughter recalls more times without him in our life than with him. To find such a man as Carlyle who overcame impossible odds, created his own success, and is spoken of by those who know him personally as being only a strong, loving, devoted family man in spite of being a celebrity during an age when celebrities are not known for being selfless and faithful to the one they love, is a rare thing. I, for one, find that incredibly inspirational.

Should Mr. Carlyle ever see this, this next part is to him. I want you to know how much you inspire others. The odds of me being the only person who feels this way are quite small. Not only do your real life story and your manner within the public square touch others, but so do the roles you play. Your wide array of roles include not only the fanciful, such as a zombie apocalypse survivor, magical beings, or simply a man trying to survive natural disasters, as in *Flood*, but they also include the bruised, the broken, the misunderstood, and those cast aside by society. You bring hope for those who relate to those characters, and you bring understanding to those who might otherwise judge them by humanizing them in a way that I've never witnessed in any other actor. Even more importantly to me, you have inspired my own children. You inspired my daughter with a desire to enter into acting herself, should we find a way to make that happen. In spite of all she has suffered through, perhaps because of it, she is an incredibly loving young lady, and she wants to help others. She is noticeably moved by your work in some of those roles, and she sees that she too might be able to help others in a similar fashion. She's very artistic, and I can't thank you enough for the inspiration that you and some of your roles have given to her during her times of difficulty. She has said a few times, as we watched together, "I know what that feels like." This opened up discussions for us. As much as you have inspired me and as much as that inspiration means to me, it means even more to me to see what your work and your story have done for my children. For that, there are no words of thanks which a mother could say that suffice. Seeing their smiles and hearing their laughter at watching your more humorous works makes me smile and gives me joy at seeing the brief moments of joy it brings to them, before their reality and their memories once again create heartache, fear, and even anger. So, I give you my heartfelt thanks for all you give the rest of us. I recall a story that you related of a rare argument you had with your now wife after bringing a character home with you, and I want others to understand how that story reflects the reality that your work is hard and can take an emotional toll. Yet, you still choose to take some roles that must truly be rough emotionally. One such role that comes to mind is *The Unloved*. I hope this piece of my own craft lets you know that there are many of us who appreciate you for all you give of yourself for your craft and for others. I hope it gives you some idea of just how deeply you have touched more people than you will ever know.

Finally, there are two other people who inspire me. One is Phyllis Muzeroll, the owner and operator of this newspaper. She has found success through creating a newspaper that does not pander to the mainstream. She gives the news, without the gore and bias of other news outlets. She gives the facts and leaves it at that. She also gives her reporters the freedom to cover stories without micromanaging or trying to control the story. She simply trusts each reporter to fulfill the mission of delivering their stories in ways that are professional and reliable. Her desire to offer the news with truth and without spin is why I could never write for anyone else. She has overcome illness and other personal struggles and created a newspaper that many rely on, and which, in addition to that, has received feedback from over 40 countries worldwide. That is truly amazing for a woman who started it all on her own, with nothing more than a desire to work in journalism and to deliver the news to the masses. She's a prime example of overcoming one's difficulties to find success in life. The second is Tim Guraedy, known as Mountain Man to those who watched *Duck Dynasty*. I've had the pleasure of meeting this amazing man of God, and it amazes me how his faith in God and easy-going, laid back nature helped make an air-conditioning repair man famous from a single television episode. He's an awesome man, and I can't even begin to say enough good things about

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## Hero, from B18

him. He treats everyone with kindness and respect, enjoys making people laugh as he leads them to God, raised awareness for childhood cancer after befriending a beautiful little girl who suffered from a form of it (God rest her beautiful soul), and has prayed with anyone who he met in need of it, including my family during our time of need when he came through my home-state of Oklahoma. Read his book, Mountain Man: Keepin' A Slow Profile, to learn more about him. It contains a forward by Jase Robertson, a lot of humor, and even more wisdom. Thank you to Phyllis and Tim for all you give of yourselves. You both are inspiring and amazing people, and my children and I think the world of you. We are truly blessed by God's gift of you. And Tim, we still laugh at the question you posed to my son in IHOP over whether or not he thought they might serve squirrel there.

I highly recommend researching Robert Carlyle and getting to know him through his story and what those who know him best say about him. Then, please look him up on Internet Movie Database ([www.imdb.com](http://www.imdb.com)) to see an extensive list of his works. I have no doubt that you'll come to admire him as much as I do... both as an incredibly talented artist and a truly good man. Again, I don't know him personally, but those who do know him speak glowingly of him. In his line of work, if he were anything else, the gory details of it would have been plastered all over the internet for years now. Yet, the few negatives that I found about him were unreliable at best. Sadly, that happens when one is in the public eye. I also highly recommend researching Mountain Man and reading his book. I fully believe you will find inspiration and even a few laughs in his story. Either way, no matter who you research, please be sure to find reliable, verifiable sources. You might find your own inspirational person, or you might find that Carlyle and Mountain Man inspire you. In fact, you might find multiple people who inspire you as I have.

In returning my focus to you, my readers and friends, I want you to take this particular article to heart. I still rely on my faith in God to get me through, but I'm thankful for the additional resources He has blessed me with as well: friends, family, and total strangers whose stories inspire me. You too can find such inspiration if you look with proper eyes to find it. Whether your struggle is defined as medical, emotional, physical, financial, a mixture thereof, or something else not listed here, you can overcome it. No matter your age, social status, history, family, or anything else you can think of, you have strength within you that you may never fully know. I hear you saying, "I'm not strong. You don't know me." But you're wrong. I do know you, because I could be you. Our struggles might be different, but I too often feel that I'm not strong and that I have nothing left to give. Yet, when we claim those failings, we are both wrong. We just have to find our strength and realize the gifts that we have to offer this world. Sometimes, in fact many times, we may have to find it seven times seventy more times. If a homeless boy can become one of this world's most famous actors, an air-conditioning repairman can find popularity on television, or a small-town woman can create a newspaper with feedback from over 40 countries, you can also find your own success and inspire others.

What makes a hero? Sure, there are the big examples: risking one's life for another, spending your life doing for others, and more. However, while heroes can be made through grand deeds, most of the time, what makes a hero is nothing too grand. Try to live your life in a way that shows others the power of hard work, faith, and hope. Strive to fight your battles to the best of your ability. Someone will see it and find your efforts inspirational. Find what inspires you. Be it faith, art, music, activities, another person, a profession, a mixture thereof, or something else entirely, let it be something that reminds you of your own strength. Then, know that your story might also inspire others without you even knowing it. For you are a unique and beautiful person yourself, and you inspire someone, somewhere. Don't believe me? I understand that too. In spite of how many people have told me that I inspire them, I still don't feel very inspirational. Know that you do inspire someone, but that you simply cannot see it. Believe in yourself. Let that which inspires you also inspire you to see yourself with better eyes. Next, fight the best fight you can. Then, share your story in whatever way you can. In doing so, you will be an unsung hero who has touched the life of another. Until next time, my friends, God bless you, and love others well... including yourself. #LoveOthersWell #LoveOthersWellIncludingYourself