

# e-Ticker News Sports

Section B  
April 16, 2018



## ***Play Ball! And More!***

It was a busy afternoon for Stevens High School sports teams on Friday. At Monadnock Park the varsity tennis team hosted Pelham (9-0 loss), the varsity lacrosse team hosted Plymouth (16-0 loss) and the varsity softball team welcomed Laconia (8-4 win). Meanwhile at Barnes Park, the varsity baseball team welcomed Gilford (7-4 loss in extra innings). This year promises to be another exciting season of action on the field and courts (Courtesy photos).

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

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## Red Sox place LHP Bobby Poyner on 10-day Disabled List

BOSTON, MA—Last week the Boston Red Sox placed left-handed pitcher Bobby Poyner on the 10-day disabled list with a left hamstring strain. To fill Poyner's spot on the 25-man roster, the Red Sox recalled right-handed pitcher Marcus Walden from Triple-A Pawtucket.

Poyner, 25, has made six relief appearances—the first of his major league career—for Boston this season, after never having pitched above the Double-A level prior to 2018. The left-hander allowed two runs on eight hits in 7.0 innings, striking out eight batters and walking only one. Selected by Boston in the 14th round of the 2015 June Draft, Poyner has appeared in 99 minor league games, posting a 2.35 ERA (39 ER/149.2 IP).

Walden, 29, made his first career major league Opening Day roster after attending spring training with the Red Sox as a non-roster invitee. The right-hander appeared in three big league games before being optioned to Pawtucket on April 8, allowing two runs on four hits with three strikeouts against one walk in 5.0 innings pitched. Walden earned Pawtucket's Most Valuable Pitcher Award in 2017, his first season in the Red Sox organization.

## Vlad Jr. Drives in Two More, Fisher Cats Win 5-2

MANCHESTER, NH—Behind a gem of a start from Sean Reid-Foley (W, 2-0) and a two-run single from Vladimir Guerrero Jr., the New Hampshire Fisher Cats wrangled the Yard Goats, 5-2, on Saturday night at Northeast Delta Dental Stadium.

Perfect through five innings, Reid-Foley finished after 6.1 frames and allowed two runs on five hits with one walk and three strikeouts.

The Fisher Cats sent seven men to the plate, scoring three times in the bottom of the third inning. Connor Panas singled but was erased on a fielders choice bunt by Patrick Cantwell. After Jonathan Davis and Bo Bichette drew walks, Vladimir Guerrero Jr. ripped a two-run single to center field. Bichette scored to make it 3-0 on a fielders choice by Lourdes Gurriel.

Hartford scored in the top of the sixth inning. Mylz Jones became the first baserunner for the Yard Goats with a one-out single to center field and Garrett Hampson walked. Yonathan Daza then singled, scoring Jones. Hartford cut the lead to 3-2 in the top of the seventh inning. Brian Mundell doubled and scored on a single by Dom Nunez.

New Hampshire loaded the bases in the top of the seventh inning on a single by Bo Bichette, a walk to Guerrero and Gurriel was hit by a pitch. Cavan Biggio walked to score Bichette and Guerrero came home on a double play grounder to make it 5-2.

Sunday afternoon's game between the New Hampshire Fisher Cats and Hartford Yard Goats was postponed due to icy field and stadium conditions. The game will be made up as part of a doubleheader on Saturday, May 26, at Northeast Delta Dental Stadium. The teams will play two seven-inning games, with first pitch of Game 1 scheduled for 5:05 p.m.

Fans with tickets for Sunday's game can redeem them at the box office for any other Fisher Cats regular season home game in 2018.

## Monarchs Take Game 2, 3-2, in Double Overtime for Second-Straight Night

MANCHESTER, N.H. – The Manchester Monarchs beat the Reading Royals, 3-2, Saturday night at SNHU Arena in Game 2 of the North Division Semi-Finals.

The Monarchs (2-0) beat the Royals (0-2), 3-2, in double overtime for the second-consecutive game, to take a 2-0 series lead.

The Royals opened the scoring at 6:32 of the first period on the 1st goal of the playoffs by Adam Schmidt. Shorthanded, Schmidt capitalized on a turnover at the blue line and skated in on a breakaway, where he let a wrister fly,

past the glove of Monarchs goaltender, Charles Williams, to make the score, 1-0.

The Monarchs tied the game at 11:13 of the second period on the 1st goal of the playoffs by Michael Doherty.

The Monarchs took the lead at 13:28 of the second period on the 1st goal of the playoffs by David Kolomatis.

The Royals tied the game at 17:38 of the second period on the 1st goal of the playoffs by Matt Willows, on the power play.

After a scoreless first overtime, Jordan LaVallee-Smotherman netted his 1st goal of the playoffs at 16:08 of the second overtime. The puck found the stick of LaVallee-Smotherman, during a scrum at the right post, where he took a shot into the crowd beside the net, and the puck snuck behind Muse, to give the Monarchs a 3-2 win.

The Monarchs travel to Reading, PA, for Game 3 against the Royals on Monday, Apr. 16 (7 p.m.) at Santander Arena.

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# Inspiration

## Spring Cleaning

By Priscilla Hull

Years ago, housewives really turned out their houses to clean each spring! They would open all the doors and windows, let the fresh, warm spring air blow through and clear out the stale smell of winter and bring in the fresh, sweet air of the rebirth of the land. We don't get so involved with spring cleaning any more. I guess it's because so many women work outside the home, take kids to softball, soccer practices and other activities. Maybe, too, cleaning techniques have radically changed over the years. Does anyone change window dressings by the season? I guess we just take the drapes or curtains down and run them through the dryer anytime of the year. We certainly don't take carpets off the floor, hang them over the clothes line (what's that) and beat the dust out of them with a device that looks like an overgrown, misshapen tennis racket!

I do open the doors and windows on a day that is above 60 degrees and let the fresh air waft through all the rooms. It gives such a clean fresh feeling to the whole house. After doing that, try making some bread - the old fashioned way - or gingerbread. The house will smell like grandma's used to!

As usual, I'm getting away from the theme. Nostalgia is fun, but it doesn't get things done, now does it? Each year we used to clean our houses from top to bottom and everything was clean and fresh. We don't do that now and I think it is too bad. We can do that kind of spring cleaning with our lives, though. Once a year, maybe more often, we can take account of who we are, where we are going and how we are managing our lives. Have we set goals and are we approaching them? Do we manage our time so that we accomplish what is important. Have we spent too much time on social media and left more important tasks undone?

A big question that arises is what's have we done for others? What opportunity have we taken advantage of to make life a little better for those around us? Yes, I'm talking about volunteer opportunities. I'm also talking about a lot more than volunteering somewhere. There are many ways to make things a little better place to live. You see, when you're making the world better for someone else, you're making it better for yourself, too! Part of this making a better place is taking care of people. Part of making this world better is taking care of the world. Part of making the world better is taking care of ourselves!

So open the windows of your life, let the fresh breezes of a warm spring day blow away the mustiness of winter. Open the window of your soul, let the fresh winds of life blow away the mustiness within. Feel the joy of an open heart, ready to face the world with a new outlook filled with joy!

Awake, O north wind; come, O south wind!  
Blow on my garden so that its fragrant spices may send out their sweet smell.  
Song of Solomon 4:16

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



## Calendar Of Events

### SHS Alumni Meeting

CLAREMONT, NH—The Stevens Alumni monthly meeting is scheduled for Thursday, April 19th, 5:30 p.m., downstairs at the Claremont Savings Bank.

### Film About Prescription Drug Addiction to be Shown

CLAREMONT, NH—A screening of “The Hungry Heart” will be held on Tuesday, April 17, at 6:00 p.m. The free event will be held in the Stevens High School auditorium, located at 175 Broad Street in Claremont. Please use the event entrance. The screening is co-sponsored by System of Care/FAST Forward and The Center for Recovery Resources.

The post-film discussion will be moderated by Wayne Miller, certified recovery support worker, and Jeremy Hartsell, AmeriCorps member. Miller is the manager of The Center for Recovery Resources; and Hartsell provides support at The Center.

“The Hungry Heart,” directed by Bess O’Brien, provides an intimate look at the often hidden world of prescription drug addiction through the world of Vermont pediatrician Fred Holmes who works with patients struggling with this disease.

Holmes prescribes suboxone to his patients struggling with prescription drug addiction. Much like methadone, suboxone helps many addicts in their recovery process — for some taking suboxone is a crucial stepping stone to long term recovery, for others it is a crutch, for others suboxone is abused and diverted onto the street. Through the film viewers see Holmes struggling with these challenges and trying to make sense and keep the faith in the midst of many contradictions.

Most importantly however, as the film progresses viewers begin to see the simple but profound connection that Holmes creates with each patient. The film shines a light on the healing power of conversation and the need for connection that many of these young addicts yearn for but do not have in their lives.

In addition, the film interviews a number of older addicts who talk about their recovery process juxtaposed against Fred’s patients. The road to recovery is paved with both success stories and strewn with relapses, downfalls and tragic losses. However, through the movie we see the many faces and diverse populations of addiction, and their continued search for a life of recovery.

### Rabies Clinic in Lempster

LEMPSTER, NH—On Saturday, April 21, a Rabies Clinic will be held from 11:00 a.m. to 1:00 p.m. at the Lempster Town Office, Rt

10, with Jolyon Johnson DVM attending. Fee for the rabies shot is \$12. Town clerk will be available for annual dog license registration. Sponsored by the Friends of the Miner Memorial Library; contact 863-5023.

### Solar Education Program May 3 in Claremont

CLAREMONT, NH—ACTS Now and Claremont’s Planning and Development personnel will collaborate to offer a solar education program for residents on the evening of May 3rd at the Goodrich Community Room in the Sugar River Valley Technical Center, 111 South St.

## 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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The program will begin with a simple meal at 5:30 p.m., with the educational program starting at 6:15 p.m.

Area residents will learn more about the big picture of solar energy and about what they can do if they are interested in home-based renewable solar energy to augment or replace their fossil fuel consumption. The Residential Solar Forum will have a panel of experts who will provide guidance about finding a good site, financing a solar installation, share information about how to purchase solar energy credits if a home site is not solar-ready, and give residents the opportunity to meet local contractors who specialize in the work.

This educational program is one of two to be offered. The second program will be offered in the beginning of June for commercial and industrial business and property owners. More information will follow.

These programs are funded by a New England Grassroots Environment Fund Grow Grant.

ACTS Now is a monthly book group that focuses on empowering citizens to create resilient and socially just communities.

For more information about the Residential Solar Forum or the book group, please contact Rebecca MacKenzie at 603-504-2851.

### **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. workshops 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).

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## Bingo in Charlestown

CHARLESTOWN, NH--Bingo is held Wednesdays at the Charlestown Memorial VFW Post 8497 Post Hall, 365 Lovers Lane Road in Charlestown, NH. The regular games start at 6:30 p.m. with Early Birds games commencing at 5:00 p.m. Twelve regular games, six special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, and a progressive game from \$800 - \$1,800, plus the final game with a guaranteed prize of \$225 make up the Wednesday evening benefits. It is the VFW Post 8497's primary fundraiser for its various scholarships and sponsorships. Food and drinks are available.

## Newport Historical Society Museum Hours

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

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



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REV. 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>

## 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>.

## Upcoming Events: Newport Schools

### 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—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.

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

Amplified Arts is located at 31 Pleasant Street in Claremont; 603-856-5424.

## 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.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).

Send news and photos

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DRUG ENFORCEMENT ADMINISTRATION

# National Prescription Drug **TAKE BACK DAY**

Saturday, April 28  
10 a.m. – 2 p.m.

Turn in your unused or expired  
prescription medication for safe disposal.

## Drop-off Locations:

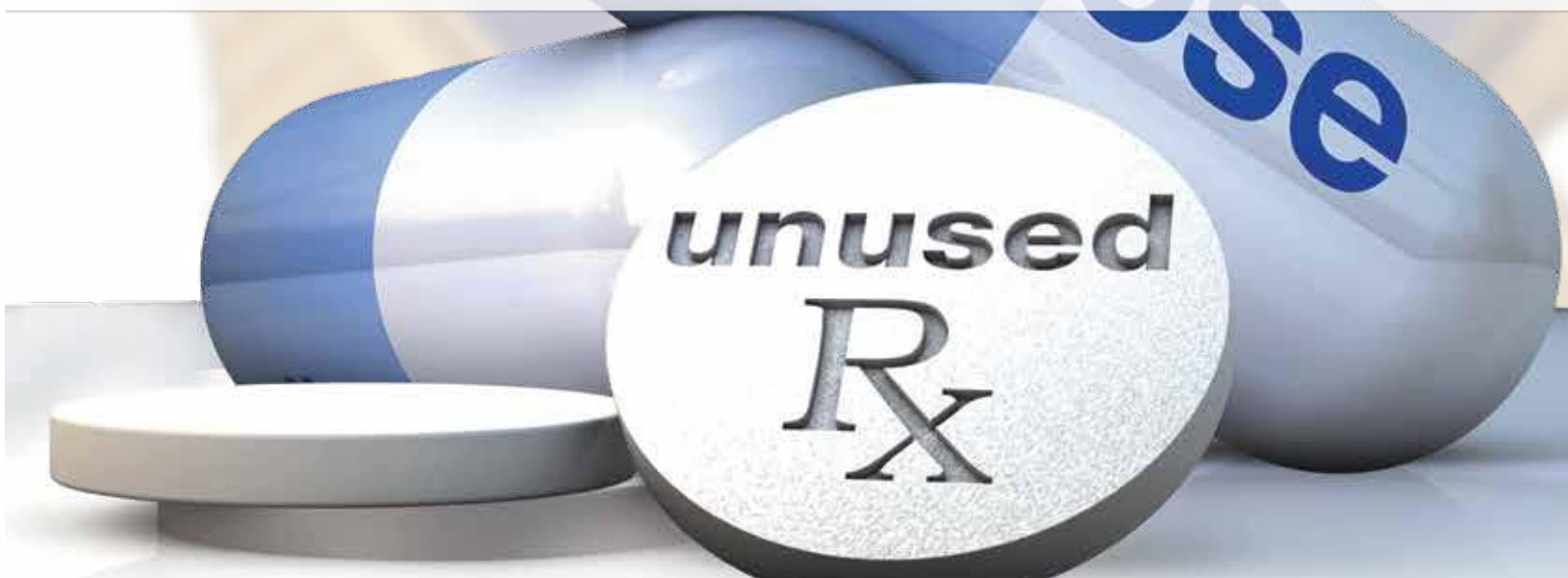
Charlestown, Newport,  
New London & Sunapee  
Police Departments



Sullivan County Court House  
14 Main St., Newport, NH



CVS Pharmacy  
1 Wall St., Claremont, NH



Visit [www.dea.gov](http://www.dea.gov) or call 800-882-9539 for a collection site near you.





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**For a**

# **Pancake Breakfast!!!!!!**

**Downstairs at the American Legion Post 22  
189 Mechanic St Lebanon, NH**

**April 21<sup>st</sup> 2018**

**0700-1000**

**Donation**

**\$10 for adults**

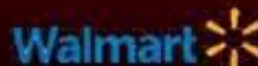
**\$5 for children under 12**



**PANCAKES!!!  
EGGS!!!**

**OPEN TO ALL!!!!**

**Sponsors Include**





Join Us for our

## 108th Annual Spring Breakfast

First Congregational Church  
72 Pleasant Street  
Claremont, New Hampshire 03743

**Saturday, April 28, 2018**  
7:00 a.m. to 10 a.m.

Menu includes:

Pancakes (Buttermilk, Blueberry and Gluten-free)

Real Maple Syrup

Scrambled Eggs

Bacon or Sausage

Donut or Muffin

Juice

Hot Coffee or Tea



Adults: \$7.00  
Children 2-12: \$5.00  
Under 2: Free

Take out available

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.

## 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.

## 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.

## 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 modern 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 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.claremontoperahouse.org](http://www.claremontoperahouse.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.



**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**

Remembering Loved Ones...

## Life Tributes

### Obituaries May Be Found On Our Website

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

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

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

#### Barbara J. Davis

Barbara J. Davis, also known as Bobbi by close friends and family, of Claremont, NH, passed away peacefully Monday, April 9, 2018, from an unexpected illness. She was surrounded by her family at Dartmouth-Hitchcock Medical Center.

Barbara was born Jan. 24, 1949, the daughter of Cecil and Helen (Osgood) Davis of Plainfield. She had four brothers and sisters. Barbara attended school in Windsor and was raised on a farm in Plainfield.

She worked as a nurse's assistant in many facilities caring for people. It was her passion to take care of people and give them the best quality of life possible. She worked very hard her whole life and believed in "taking care of yourself" and she was very proud that she did so. Over the years she took disabled adults into her home to care for them. She also worked as a teller through our local banks and a few convenience stores and most recently at Price Chopper in Windsor. She loved working with people and making them laugh and smile: it brought happiness to her. She had a wonderful sense of humor and would do things just to see someone laugh. She was a tell-it-like-it-is person. She had a great love for animals, which she inherited from her mother and passed on to her children and grandchild-

dren.

Barbara had five children and she was very proud of all of them. She also had 10 grandchildren and 11 great-grandchildren. Barbara enjoyed getting together with her family, cookouts, watching all the kids play and spending time with friends. She enjoyed kayaking, riding her motorcycle, target shooting, her plants and flowers. She loved walking her dogs and playing with her animals, cooking and spending time in Pittsburg with family.

Barbara was predeceased by her parents and brother Bruce Davis, as well as her grandson, Torey Kopacz.

She is survived her by five children, Judy Menard and her husband Brian of Lempster, her children Torey Kopacz, his wife Chelsie and their children Gavin and Braiden, Brandon Kopacz, his wife Krystal and their children Kayleigh and Aria, Joshua Raney, his wife Sara and their son Chases, son William Ward, his wife Joni of Alaska and their son Tyler Ward, his children Ethan, Tyler, Cali and Naomi, Spencer Ward and his children, Camden and Keegan, daughter Theresa Sherman, her

husband Robert of Newport, and their children Taner and Jenna; son Nicholas Perry, his wife Kailyn of Claremont and their daughter Maylee, son Travis Perry, his wife Natasha of Newport, and their children Braeton and Sophia; Barbara's sisters, Josephine Aiken, Nancy Rowell and brother Danny Davis.

In lieu of flowers, donations in Barbara's name may be made to the Sullivan County Humane Society, 14 Tremont St., Claremont, NH 03743.

Barbara's wishes were no service be held, but a Celebration of Life will take place from noon to 5 p.m. Saturday, June 16, at Kezar Lake, 78 Wadleigh State Park, in Sutton, New Hampshire. Feel free to reach her daughter Judy on Facebook for more information about the event.

The Stringer Funeral Home is in charge of arrangements.

#### Jean-Guy Jacques

Jean-Guy Jacques passed away peacefully on Tuesday, April 10, 2018, in his Claremont

“The true primary-care provider is Mom.”

-Dr. Sam Givven

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)

home after a battle with cancer. In his final days he was surrounded by family and friends. He was born on September 30, 1935, to the late George Jacques and Diana (Ryan) Jacques.

He graduated from St. Mary's High School in 1956. He served in the US Air Force as a translator. He had worked for Joy Manufacturing Company for over 35 years as a welder and assembler of mining equipment. He was also self-employed, owning a small construction and paving company. Even after retiring, he was sought by companies in Canada and Mexico for his knowledge of hydraulics.

He had a lifelong love of sports, playing football, basketball and baseball in high school. His junior year he was asked by the New England scout for the Brooklyn Dodgers to sign up for their minor league team; instead he chose to finish high school. He was a member of the Claremont Swim Team as a diver. He loved coaching all sports from little league, soccer and CYO basketball to becoming a member of the Stevens High School football chain crew. He was a Fourth Degree Knights of Columbus member. Traveling with his wife and friends was a passion. They traveled all over the world making memories, including shaking hands with Pope John Paul II.

After retirement, during the summer you would find him on the golf course and on the slopes in winter with his good buddies. But only if he had gotten all of his chores done at home on the list the boss left, his wife of 55 years, Aurelie Rose (Desmarais) Jacques. She was the love of his life and predeceased him on June 5, 2016.

He is survived by his brother, Yvon Jacques and his wife, Ann of Claremont; his five children, Denise Malia and her husband, Matthew of Claremont, Cheryl Dow and her husband, Greg of West Lebanon, Daniel Jacques of his wife, Rachel of Tamworth, Catherine Hoch and her fiancé, Chauncey Caffey of Farmingdale, NJ and David Jacques and his wife, Andrea of Unity; 13 grandchildren and six great grandchildren.

A Mass of Christian Burial will be held at St. Mary's Church in Claremont on April 21st, at 11 AM. A luncheon will follow in St. Mary's Gym. We invite everyone to attend.

The Stringer Funeral Home is in charge of arrangements.

### Joyce Dole, 81

Joyce Martell Dole, 81, of Claremont, NH, passed away on Thursday, April 12, 2018, at Valley Regional Hospital surrounded by her family.

She was a lifelong resident of Claremont born on November 8, 1936, the daughter of Henry and Antoinette "Toni" (Rivet) Martell. Joyce was a graduate of Stevens High School in the class 1955.

She had worked as an LNA for 35 years at Sullivan County Health Care.

She was an avid outdoorsman, enjoying hunting, fishing and gardening. She had a wicked green thumb. At the age of 76, she bagged her last buck, a 9 pointer weighing in at 204lbs.

She is survived by her children, Bart R. Dole, Kelly G. Dole and his wife, Michelle and Suzanne Dole Carr and her husband, Jon; five grandchildren, Michael JT Ruetz, Sean Yeaton, Kristopher Dole, Ariana Carr and Fallon Carr; and two great grandchildren.

A celebration of life will be held at the Claremont Senior Center on Saturday, April 21st, from 10:30 to 1 PM.

In lieu of flowers, donations may be made in her memory to the Sullivan County Humane Society, 14 Tremont Street, Claremont, NH 03743.

The Stringer Funeral Home is in charge of arrangements.

### Sandra J. Osgood, 71

Sandra J. Osgood, 71, of Claremont, NH, passed away on April 11, 2018, following a brief illness. Sandie was born in Claremont on August 5, 1946, to William and Olga Juda. Sandie loved gardening and cooking and she used those skills to the delight of her family and friends. Sandie enjoyed teaching and attending exercise classes at the Newport Recreation Center.

Sandie is survived by her husband of over 50 years, David William Osgood; mother-in-law, Patricia Osgood; son Thomas Osgood and his partner Tanya Smith; daughter Julie Osgood and her husband David Bachman; grandsons Robert and David Votaw; sisters Jeanne Ilsley and Paula Howard and brothers-in-law Gary Osgood and Robert C. Osgood III, and nephews and cousins.

Visiting hours will be held at the Stringer Funeral Home, 146 Broad Street in Claremont on

Saturday, April 21st, from 1-3PM followed by a memorial service at 3PM.

In lieu of flowers, donations can be made to the Sullivan County Humane Society.

### Wilhelm H. Meyerrose, 84

Wilhelm Horst Meyerrose of Langdon, NH, passed away with loved ones surrounding him on Thursday April 5, 2018, at 84 years old. He was born on November 3, 1933, in Lingen (EMS), Germany, the son of Franz Meyerrose and Maria Abeln.

Horst came to America in 1951; he joined the US Army in 1954 and became a Paratrooper serving in the 11th Airborne Division and a veteran of the Korean War.

He married Betty Eva Paur in 1958, then moved the family to Langdon, NH, in 1968. Two years later Horst started up WHM Industries, Inc. manufacturer of die-cast and plastic injection molds which is still in operation today. Horst retired from the company in 2008 and served on the board until 2016, he also served as Town Selectman for Langdon, NH. He was a 32 Degree Mason of the St. Paul's Lodge No. 30 of Langdon, NH. Also member of The American Legion, BMW Car Club of America, Harwich Port Golf Course and Tiera del Sol Golf Club of Aruba.

He was predeceased by his wife Betty Eva Meyerrose, his parents, and brother Deitmar Meyerrose.

He is survived by his loving companion of 11 years, Judith Anne Howard of Harwich Port, MA, and family, son Kurt and his wife Lisa Meyerrose, daughter Elizabeth Barton and her husband David all of Langdon, NH. Grandchildren Kyle and his wife Kaycie Meyerrose of Nelson, NH, Erik Meyerrose of Eliot, Maine and Giselle Barton of Keene, NH. One great grandson Otto Meyerrose of Nelson, NH. Brother Heinz and his wife Margie of Cincinnati, OH, sister Brunhilde and her husband Harry Rolfe of Lancaster, PA. along with many nieces and nephews.

Horst played semi pro soccer in his youth, he was a passionate skier until the age of 80, avid golfer, gardener and world traveler until his death.

In lieu of flowers, contributions can be made in his memory to the Norris Cotton Cancer Center at Dartmouth Hitchcock in Lebanon, NH.

The Stringer Funeral Home is in charge of arrangements.

## *Time to Take a Stand*

**By Bernadette O'Leary**

Our country is imploding from the inside out, and the world is following suit. Too gloom and doom for you? Perhaps. Or, maybe it's calling a fact a fact. Human trafficking, child abuse, and now turmoil within the educational system are all at all-time highs. I'm sure some will argue that point and try to give multiple sources in an effort to prove they're right. Yet, for every one of theirs, I could hold up at least three of my own. The fact is, our government in this country is supposed to be by the people, for the people, and of the people. In spite of that, our children are being bought and sold, harmed by those who are supposed to protect them, and forced into a public school system that is far from adequate. Instead of behaving like the greatest country on Earth where the government serves the people they are elected to represent, we have to serve the government. Plus, instead of upholding the dignity of the oval office both at home and abroad, we allow our president, who is supposed to be working for us, to take to Twitter like an adolescent with no self control when he's displeased with something or someone. Instead of seeing us as the greatest country in the world, our neighbors around the world see us as a joke and untrustworthy.

One example is my own. My children and I have been trying since 2014 to get sufficient help for our own domestic abuse situation and the rebuilding required afterward. We were ignored until 2017, but by then it had gotten far worse. Now, my husband still does not have to make reparations to us for the abuse, in spite of my evidence. Our story is not the exception. My research has shown it to be how the majority of abuse cases go. Likewise, human trafficking was referred to by my sources in the field as being "the fastest growing crime in the world." That includes The United States. Finally, teachers now find themselves having to take to the streets in peaceful protest just to be able to afford to work in their chosen profession of providing a proper education for the children of this country. This is all totally unacceptable.

This week, my words are simple and brief. This is because the message itself is simple. I'm angry, and it's time for you to be angry as well. It's time we all took a stand and demanded results in the issues that truly matter: those that provide for and protect the children of this country. Do not lash out in violence, as that is never the answer, and it only causes further turmoil. Instead, call your state and federal representatives today and demand better.

So, with all that in mind, it's time to take a stand. It's time to contact all state and federal representatives, as well as holding the White House itself accountable for all of these issues. Remain respectful. Stick to the facts. And demand change for the sake of our children. Write letters to law makers and the president. Call them. And join me in my challenge. I challenge the president and all law makers to read all of your messages and this article. I challenge them to take our calls and to listen to us. To truly listen to us and to do what is right. The people want to make this country great again? It will require action from us all, and it is not party affiliated. It is only common sense affiliated. Home of the free, because of the brave. Our military men and women had (and continue to have) the courage to fight for our freedom. Now, let's all have the courage to speak up and claim for our own what they have provided for us... and for our children.



## Claremont Fire Dept. Log

### **Sunday, April 8**

2321 Responded with E-3 to Washington St. for a fire alarm sounding

### **Monday, April 9**

0123 Responded with E-3 to Winter St. for a Box Alarm

0246 Responded with E-3 to Maple Ave for a medical call

1051 Responded with E-3 and L-2 to Central St. for a Box Alarm

### **Tuesday, April 10**

0458 Response cancelled to Washington St.

1057 Responded with E-3 to Foisy Hill for a low hanging wire

1202 Responded with E-3 to Maple Ave for a transformer explosion

1205 L-2 to Elm St. for a tree on wires

### **Wednesday, April 11**

1034 Responded with E-1, L-2, E-2 to Winter St. for an alarm sounding

1049 Responded with E-1 to Central St. for a medical call

1223 Responded with E-1 to North St. for a tree on a wire

1334 Responded with E-1 to Sullivan St. for an alarm sounding

1444 Responded with E-1 to Winter St. for a medical call

1749 Responded with E-3 to Heritage Dr. for a car into a building

### **Thursday, April 12**

0748 Responded with E-3 to Pleasant St. for a medical call

1120 Responded with E-3 to West Pleasant St. for an MVA

1642 Responded with E-3 to Elm St. for an alarm sounding

2339 Responded with E-3 to Belding St for a medical call

2359 Responded with L-2 to Belding St. for a CO problem

### **Friday, April 13**

1430 Responded with E-3 to Washington St. for a medical call

1832 Responded with E-3 to Severance St. for a medical call

2036 E-3 Washington St. for an MVA

2042 Responded with L-2 to Broad St. for a medical call

### **Saturday, April 14**

1524 Responded with R-1 to Sugar River Dr. for a possible water rescue

1710 E-3 to Main St. for a medical call

2138 Responded with E-3 to Broad St. for a medical call

## Social News

### Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Menu for Tuesday - April 17... sponsored by Summercrest of Newport (Chicken Cordon Blue or Lemon Ritz Haddock). Thursday - April 19 ... Birthday Celebration...Soup, Salisbury steak, mashed potatoes, vegetable, birthday cake. Twice a week dinners welcomes members (\$4.00) as well as non-members (\$5.00). Membership dues cards may be checked, so have yours ready!

The following is sponsored by Lake Sunapee Region VNA & Hospice: Foot Clinic - Wednesday - April 18 (8:30 AM - 4:00 PM). Cost \$25.00. Free blood sugar clinic on Thursday April 19 (11 AM - 12 noon). Call (603) 526-4077.

"An Ounce of Prevention" will be presented after lunch on April 24 by Lake Sunapee Region VNA & Hospice. Program promotes wellness and helps individuals 'age in place' safely and independently.

Are you looking for a new hearing aid assistance? Contact Valley Regional Hospital's Audiology Department (603) 542-1878 for new "Hear - Up" program.

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-3:00PM). 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! Bring a snack to share!

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

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

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

We are still collecting aluminum can tabs!

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

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

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

The Claremont Senior Center...It's "The Place Where You Want To Be!"....Monday - Friday (9:00 AM - 3:00 PM). Call (603) 543-5998. Visit our Web Site (cnhcs.org.)





The Claremont City Council will hold a joint public meeting with the Claremont School Board on Tuesday, April 17, 2018, at 6:30 p.m. in the John Goodrich Room of the Sugar River Valley Regional Technical Center, 111 South Street. **NOTE: DIFFERENT LOCATION.**

### AGENDA

6:30 PM 1. PLEDGE OF ALLEGIANCE

6:32 PM 2. ROLL CALL

6:34 PM 3. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))

6:45 PM 4. ANNOUNCEMENTS

5. NEW BUSINESS

6:50 PM A. Boy Scouts of America Programming Presentation

7:10 PM B. Sexual Assault Awareness Month – Community Update

7:25 PM C. Strategic Communications Plan Presentation

8:05 PM D. Discussion of Security Updates/Response Procedures to Threats

8:20 PM E. Action Steps

8:30 PM 10. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting of April 25, 2018, has been cancelled.