

## Curious Name – Fast-paced Game

### Pickleball at the CSB Community Center Attracts Many Players

Text and Photos by Eric Zengota

“Move up!”

You may not hear these words echoing off the gymnasium walls at the Claremont Savings Bank Community Center. But you’d be safe to imagine that the pickleball players – especially the newcomers – are repeating them in their minds until the message clicks.

In that ah-hah! moment, you move up from the outer court toward the net. But not into the no-volley “kitchen” zone that extends seven feet from the net. Unless you’re returning a bounced ball. And make sure it’s only one bounce. That last is an easy lesson, because pickleball embodies a universal law of physics: you can’t get a second bounce out of a Wiffle ball.

Sometimes it takes years to master these rules, and every game is a learning experience. Just ask Eugene Sadonsky of Sunapee. He’s been playing for more than a year, inspired during a visit to his sister and brother-in-law in Florida, where “that’s all they do.” He says, “I tried everything to get it over the net. I’m still improving, and can place the ball to the disadvantage of the other players. But I also learned to let them make the mistakes.”

So what exactly is pickleball? It’s a paddle sport that combines elements of tennis in its modified court configuration, a table tennis-like wooden paddle, and the “airy” demands of badminton. Add the speed of racquetball and the aerobic intensity of stop-and-start jogging, and you quickly find yourself getting a great workout.

Nancy and Rob Berry of Charlestown have been playing for six years. For Nancy, tennis was too tough on her shoulders and arms. Instead, she took to pickleball, maintaining that the key is to “stick with it, keep trying.” She now plays an average of four times a week, and along the way has made friends with “a nice group of people.”

The social aspect appeals to most players, as does the exercise itself. Jack Freak always

has “a lot of fun. It’s a great group.” He started two years ago with only badminton experience. “I was pretty terrible, it took me months to improve, and then I realized it was awesome.” His brain finally connected to his feet. “That’s how God created us,” he said. “If you practice, you’ll get better.” He now concentrates on the split-second connections between eyes, brain and muscles. “It also helps to watch the other person’s paddle,” he noted, to anticipate where the ball is heading.

Refinement to technique is what appeals to Lisa Earl, who drives up from Acworth at least twice a week. She likes to spin the ball as well as “dink” it — a subtle tap that sends the ball just over the net, a difficult shot for opponents to return. John Lucas, of Claremont, has been playing for a year and a half, improving his strategy and ball placement. He also adjusted to a less-than-stellar backhand. When a ball is careening into that space, he simply switches his paddle from his right hand to his left for a strong forehand.

So many players show up at the CSBCC that all games are doubles. The advantage is that everyone learns from their partners. In fact, they’re usually the ones who coach newcomers to “move up.” You learn who likes to play side by side and who prefers to run for a ball bulleting to the baseline. You call out “I’ve got it” to get those challenging high-arc lob shots.

And just when you’ve picked up some tips and possibly won that game (at 11 points, or by two if you’re tied at 10-10) and sat down to recover, you hear your name called, and “Ready to play? We need a fourth.” So you take a few deep breaths



**John Lucas’s powerful underhand serve often wins a point outright if his opponent fails to return the ball.**

and head over to team up with – and learn from – a new partner.

Carmina Stewart, a Charlestown resident, brought a lifetime of tennis playing to pickleball eight years ago and now plays at least three times a week. “It’s such a fun game, without being overly competitive. But you don’t need

**(Continued on page B2)**

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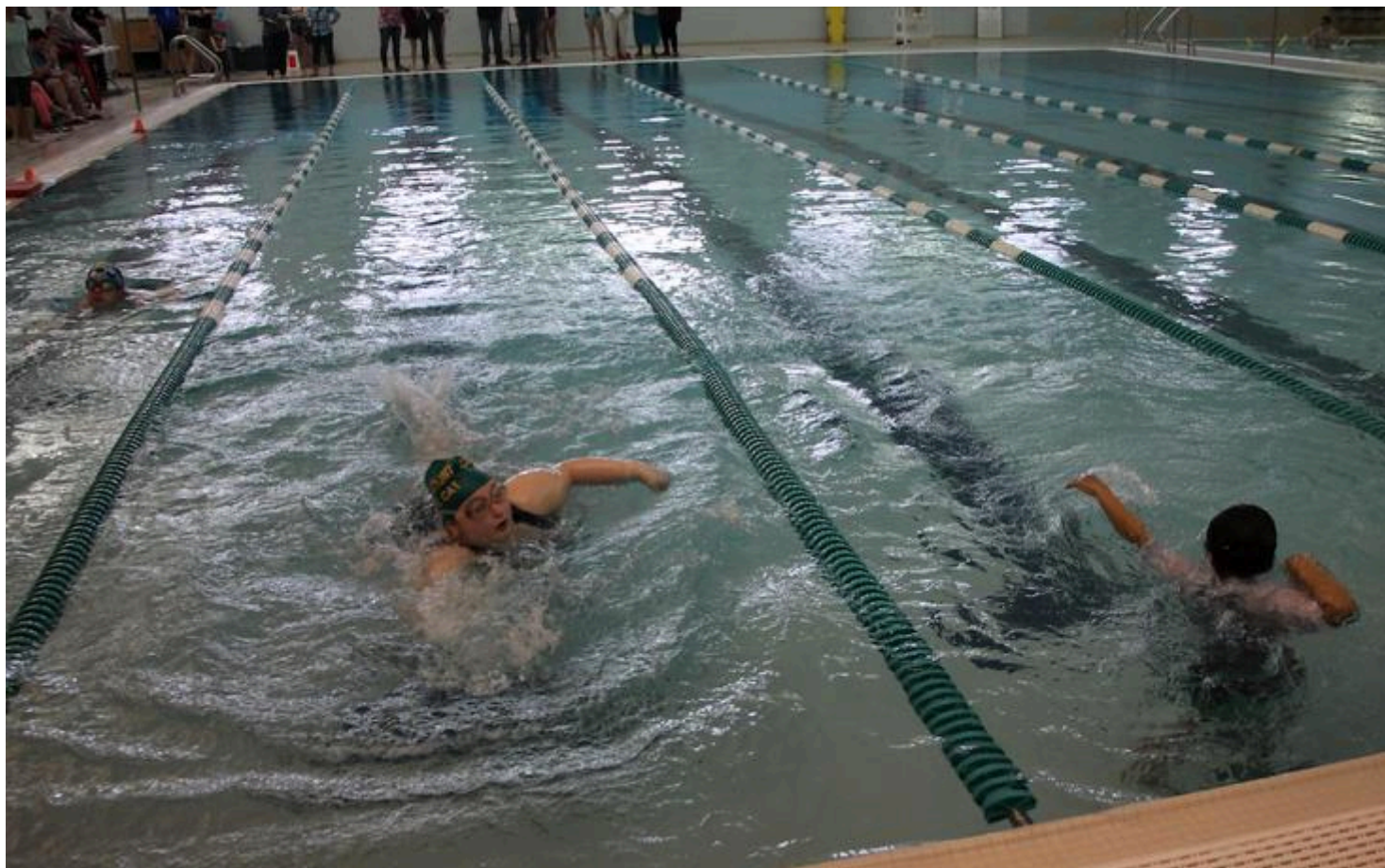
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The Claremont Cool Cats swim team hosted a Special Olympics swim meet at the Claremont Savings Bank Community Center on Saturday, April 28. Teams from Kearsarge, Fall Mountain and Claremont competed against each other and wore their winning ribbons with pride and happiness. Left: School Resource Officer Crystal Simonds presented the ribbons to the winners (Bill Binder photos).

**Pickleball, from B1**

any experience. Just come and we'll teach you." For Stewart, there was a bonus: pickleball helped her net game in tennis.



David Vazquez strives to return every shot...no matter how he does it.

About two dozen enthusiasts show up at each session. (There are 10 sessions a week totaling more than 18 hours.) Players range in age from 16 to, well, many birthdays beyond AARP eligibility. Alan Spahr, of Claremont, happily claims the title of Oldest Player. At 84, he's ambidextrous and laser-focused on placing the ball where you're least likely to return it. "This is the best exercise and camaraderie," he says. "Change your game depending on your partner," he advises. Most of all, "Watch the pros and learn from them."

And the name? The first game, in pick-up fashion with hastily made paddles and a lowered badminton net, reminded the first player's wife of the Pickle Boat in crew where oarsmen were chosen from the left-overs of other boats.

You start to play. Plastic thwacks of Wiffle balls fill the gym. You work on your back-hand. Grunting players determined not to let a shot get past cover the court on squealing soles. You absorb pointers from

partner and opponents. Whooping "yeahs" bounce off walls when a ball grazes the net, scoots along the tab and plunks down on the other side. You're always improving ... as long as you remember to "move up!"

CSBCC schedule April – October (subject to change, check with Center)  
 M, T, Th — 9-11am & 11am–1pm  
 M, W, F — 5:15-6:45pm  
 Sun — 9-11am

Free to CSBCC members / Day Pass for non-members

Center: 603.542.7019 or [claremontparks.com](http://claremontparks.com)

Carmina Stewart — [cestewart6@comcast.net](mailto:cestewart6@comcast.net)

[usapa.org/what-is-pickleball/](http://usapa.org/what-is-pickleball/)  
[en.wikipedia.org/wiki/Pickleball](http://en.wikipedia.org/wiki/Pickleball)  
[sportsimports.com/blog/why-is-pickleball-so-popular/](http://sportsimports.com/blog/why-is-pickleball-so-popular/)





## Race Season Gears Up...

Claremont Speedway hosted a race car show on Saturday, April 28, at the Home Depot on Washington St. With opening night coming up on Friday, May 4, racers were happy to show off their newly painted and polished race cars and go karts. For a great family fun night, drop by the track on Thrasher Rd. on a Friday night and enjoy the racing at your local track.



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Photos by Bill Binder

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## SHS Softball

4/24/18 at Newfound W 13 - 1  
 4/30/18 Windsor 4:00 p.m.  
 05/02/18 at Hillsboro-Deering 4:00 p.m.  
 05/04/18 Fall Mountain 6:00 p.m.

## SHS Baseball

05/02/18 at Hillsboro-Deering 4:00 p.m.  
 05/04/18 Fall Mountain 6:00 p.m.

## SHS Lacrosse

05/01/18 at ConVal 4:30 p.m.  
 05/02/18 at Gilford 4:00 p.m.  
 05/04/18 Bishop Brady 4:00 p.m.

## SHS Girls Tennis

05/01/18 Monadnock 4:00 p.m.  
 05/04/18 at Pelham 4:00 p.m.

## Make Plans to Enjoy Free Fishing Day in NH on Saturday, June 2

CONCORD, NH—Take advantage of New Hampshire's Free Fishing Day, Saturday, June 2. On Free Fishing Day, you can fish anywhere in New Hampshire - freshwater or saltwater - without a fishing license. Plan to get out and enjoy the day fishing with your family and friends. Both state residents and nonresidents may participate. All other fishing regulations must be followed, including season dates and bag limits. Anglers participating in a state-approved fishing tournament that day will still need to purchase a license.

"Free Fishing Day is a great opportunity for anglers to take someone interested in testing the waters' -- or for friends and families to plan a day enjoying the outdoors together," said Jason Smith, Inland Fisheries Chief for the N.H. Fish and Game Department. "They are sure to be 'hooked' after a relaxing day of fishing."

For details on fishing rules for various waters, consult the New Hampshire Freshwater and Saltwater fishing digests, available at [www.fishnh.com/fishing/publications.html](http://www.fishnh.com/fishing/publications.html).

Find more information about fishing in New

Hampshire at [www.fishnh.com/fishing](http://www.fishnh.com/fishing). You can see lists of waterbodies that have been recently stocked with trout, brochures with regional fishing destinations, public access sites where you can launch a boat or kayak, and much more.

## Cards Come Home with 14-6 Victory

The Stevens Baseball team traveled to Bristol on Wednesday to take on the Bears of Newfound. The Cardinals led 7-6 heading to the 7th inning but exploded for 7 runs and returned home with a 14-6 victory.

Drew Grenier tossed a complete game for the Cardinals, allowing 9 hits, walking just 2, striking out 3, with 4 of the runs earned.

Newfound took an early 2-0 lead, but Josh Stithen got his first varsity hit in the 3rd inning, a homerun over the left field fence. Brendan Bean would give Stevens the lead in their 4th inning as he hit a long 3 run homerun over the center field fence. He added a 4th RBI with a sacrifice fly.

The Cardinals banged out 15 hits on the afternoon. Trey Theriault had 3 hits and scored a pair of runs. Ethan Johnson had a hit and 3 RBI, including a squeeze bunt.

Derrick Stanhope added a 2 run double. Aidan Cahill had a pair of hits, and Tyler Bonneau had a hit, as well.

Stevens evened their record at 2-2 and will host Windsor at Barnes Park on Monday afternoon at 4PM.

## Monarchs Dropped by Thunder, 5-1

### Thunder Even Series, 1-1

GLENS FALLS, NY—The Manchester Monarchs fell to the Adirondack Thunder, 5-1, Saturday night at Cool Insuring Arena in Game 2

of the North Division Finals.

The Monarchs (5-1) dropped their first game of the playoffs to the Thunder (5-3), 5-1, to even the second-round series, 1-1.

The Thunder opened the scoring at 4:15 of the first period on the 1st goal of the playoffs by Austin Orszulak. Pierre-Luc Mercier sent a pass from the right corner into the slot for Orszulak, where he turned and wristed a shot past the blocker of Monarchs goaltender, Charles Williams, to make the score, 1-0.

Adirondack added to their lead at 7:45 of the first period on the 1st goal of the playoffs by Terrence Wallin. Wallin collected the puck in the neutral zone and moved into the Monarchs end of the ice on a 2-on-1, where he fired a shot from the right circle, that beat the glove of Williams, to give the Thunder a 2-0 lead.

The Thunder added a third goal, on the power play, at 10:06 of the first period on the 2nd goal of the playoffs and 2nd goal of the game by Wallin. Dylan Olsen sent a pass from the point to Mathieu Brodier at the top of the right circle, where Brodier wristed a shot that was tipped by Wallin, over the shoulder of Williams, to make the score, 3-0.

Adirondack extended their lead on the power play at 4:02 of the second period on the 4th goal of the playoffs by Ryan Schmelzer. Off a faceoff win for the Thunder, Desmond Bergin took a shot from the top of the left circle that was tipped by Schmelzer at the top of the crease, where the puck bounced over the stick of Williams, to give the Thunder a 4-0 lead.

The Thunder continued to pour it on at 14:20 of the second period on the 1st goal of the playoffs by Matthew Spencer. Colton White held the puck in the left circle, before sliding a cross-ice pass to Spencer, waiting at the right side of the net, where he tapped the puck into the open net behind Williams, to make the score, 5-0.

Manchester broke through on the power play at 17:06 of the third period on the 1st goal of the playoffs by Joel Lowry. Zac Lynch took a shot from the top of the right circle, that was tipped in front by Matt Leitner and into the pads of Thunder goaltender, Drew Fielding. The rebound bounced into the slot, where Lowry snapped a shot past Fielding, to make the score, 5-1.

The Monarchs and Thunder will play Game 3 of the North Division Finals on Tuesday, May 1, (7 p.m.) at Cool Insuring Arena.



# Inspiration

## Uncle Hank

By Priscilla Hull

Make this chapter two of "People I Have Known". They are people from my past whom I have known and loved. Some, like Jimmy (March 19, 2018) are friends and some, like Uncle Hank, are relatives. They all have one thing in common; they have influenced who I am today.

Uncle Hank is a second cousin by marriage and something more distant in the family tree. He was a quiet, fun-loving man who brought much joy to four little girls, my sisters and me. (He was married, but they had no children of their own.) Uncle Hank was a professor of graphic arts at Yale University. He was the owner of The Pendulum Press. The Pendulum Press was Uncle Hank's pride and joy. He used it to produce Christmas cards and such. It was an old timey press, where you set individual letters to make posters, cards, and small things. I remember well, working in Henry's home office in Monroe, Connecticut, printing small things with him.

Much to my delight, Uncle Hank was a skilled kite maker. He made, and flew, not only the typical kite, but also dragon kites and box kites. No one could fly a kite like Uncle Hank. His kites soared. From him, I learned to put a piece of paper on the string and watch it zip up the line to "the highest heights". We so loved those spring and summer afternoons in the field in Monroe or on the North Shore of Long Island Sound, watching kites dance and feeling the tug of the kite on the string. Occasionally the pull would be too great and to my dismay, the string would break and the kite would be gone! We'd be so sad, but I can hear him laugh and say, "Let's go make a new kite!"

Uncle Hank also loved music and had a sweet tenor voice. He and I played recorder duets. He on his alto recorder and me on my soprano. I have that alto recorder and love it because it reminds me of him!

Life wasn't always such fun for Uncle Hank. He served in the Pacific Theater in WW 1 as a cartographer, using his graphic skills to make maps on silk scarves. If captured, the pilot or navigator would release the scarf on the way down, or as marching along and it would not be noticed by the enemy. Few maps survived. His time of service apparently left a mark. While he loved his wife, enjoyed his little nieces, his work at Yale, there were times of deep depression to the point of attempting to take his own life. Today he would probably be diagnosed with PTSD. He loved his wife, Dolly, and she loved him greatly and stayed with him through all.

Later in life, this brilliant mind faltered. He was a voracious reader with an extensive library of his own and he continued reading even when his mind was failing. He loved Agatha Christi, Rex Stout and other mystery writers of the time. Once when I visited him I took a book by one of those and said that I hoped he hadn't read it. His reply, "It's ok if I have, at this point, it's all new to me." He never lost that wonderful sense of humor.

I miss his wit, wisdom and love, but a part of Uncle Hank will be with me forever. His music, love of graphic arts and mysteries are a part of me too, a part that I treasure. He taught, patience, the joys and sadness of life. He taught me that while all life isn't beautiful and perfect, life is good and it is meant to be enjoyed!



*Philippians 4:4-7. Rejoice in the Lord always. Again I say, rejoice! Let everyone see your gentleness. The Lord is near! Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.*

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



## Calendar Of Events

### South Congregational Church Heald Memorial Brunch

NEWPORT, NH—Sunday, May 6th -- South Congregational Church Heald Memorial Brunch from 11:30 - 1:00 p.m. Menu includes clam and corn chowders, ham, variety of quiche, salads, cinnamon rolls, beverages and dessert. \$12 for Adults, \$6 under 12, tots free. Tickets in advance (863-3729) and at the door.

Proceeds to benefit the Sanctuary drapery fund.

### Auditions Open for Last Dance, “The Zombie Musical”; Casting lead roles, extras and dancers

CLAREMONT, NH—Auditions open, Friday May 11, 5pm-8pm & Saturday May 12, 10am-1pm for “The Zombie Musical”. Casting adults and teens (13 and up) for the Repertory Theatre Company’s summer “Zombie Musical”. It’s a Zombie Outbreak on the Claremont Opera House Stage August 10th and August 11th.

There are some strange stirrings at the local cemetery. This production is a parody tribute to Night of the Living Dead meets Disco Inferno with a unique nod to The Rocky Horror Picture Show. An unusual space/time anomaly has allowed this group of zombies to roam the earth for one more evening of fun and to see if a zombie can find true love with the living. Will zombie lips fall off on that first kiss?

These and other questions will be answered in this original scripted production for The Repertory Theatre Company with classic music hits from the '70's and beyond!

Please be prepared to read from the script. If you want to be considered for a singing part, please prepare an up tempo song from the '70's (bring backup music with you).

For additional information, please email: office@claremontoperahouse.org

### Newport Schools Expo

NEWPORT, NH – Newport Middle School, High School, and Sugar River Valley Regional Technical Center are inviting the community to come roar with them.

All three schools will join together to hold a spring expo on Thursday, May 3, from 5:00 to 7:00 p.m.

### Upcoming Events: Newport Schools

Mind in the Making series.

Successful learners have skills that others lack. Children need to be able to manage their emotions, focus their attention, and control their behavior as much as they need to learn their alphabet. Can these skills really be taught? Absolutely!

Newport School District is offering a free seven-session course which will offer practical ways parents and providers can help children to achieve these important skills through their daily routines at home and in the classroom.

When: Tuesdays May 1st through June 12th  
6:00-7:30 pm

Where: Towle School, 86 North Main Street,  
Newport

## Interview Rules

Tomorrow's the big interview, huh? Have you done your homework and researched the company? Have you looked over what they have asked for in their advertisement? Are you planning to go to bed tonight to feel well rested? For a slam dunk interview, let's get back to the basics on the general rules of etiquette:

**Do not bring your phone in!!** At best turn it off. It is rude and at minimum, disruptive to the purpose of discussing the potential opportunity that is available to you!

**Make eye contact.** You may be nervous but looking at the floor is impolite while speaking to someone... anyone. Employers want to know that you're confident in yourself.

**Dress appropriately.** Many people dress too casually for an interview. You should wear something appropriate that gives a first good impression.

**LISTEN to the interviewer.** We have 2 ears and 1 mouth for a reason. You should double the listening and keep your mouth shut when appropriate. Employers want good listeners.

**Ask questions.** Typically at the end of the interview you will be asked, "Do you have any questions?" No is the wrong answer. Asking questions shows that you are interested in the company and have done your homework.

**No swearing.** Does this need to be discussed?

**No begging.** You really want the job so let your skills and qualifications shine through.



Kerri Emmons

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Kerri.emmons@westaff.com

131 Broad Street, Claremont, NH 03743

www.westaff.com

## 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.

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



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## MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1st</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm  <b>FOOT CLINIC</b> Plainfield Library 1:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> Newport Rite Aid 11:00 am – 1:00 pm <b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Lebanon Senior Center 10:00 am – 2:00 pm	<b>BLOOD PRESSURE CLINIC</b> Claremont Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>2nd</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> Charlestown Senior Center 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Charlestown Senior Center 10:00 am – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:30 am Grantham Methodist Church 11:15 am – 12:00 pm 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>



Presented by: Darlene Ayotte, Special Education & Student Services Coordinator, Richards School & Darcy Mitchell, Associate Professor of Child Development at Colby-Sawyer College

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Professional Development credits available

To register, contact Darlene Ayotte: dayotte@sau43.org or 603-863-3710 x9440

**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 ones 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 ones child

**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).

**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.

**French and Indian War Returns to The Fort at No. 4**

The public is invited to the Intercolonial Wars: French and Indian War Encampment:  
Saturday, May 5th – 10:00 AM – 4:30 PM  
Sunday, May 6th – 10:00 AM – 3:30 PM



Included admission:  
-Battle Scenarios will take place at 1:30 PM (both days).

-Living Historians will bring the fortified village of Plantation Number 4 to life with demonstration and activates common to the colonial era including baking in our community bake oven and textile production in Willard House. The Truck House (Stevens House) will host the "trader" with goods for townsfolk and natives alike.

-Sutlers will have their period wares available for your shopping pleasure.  
-Food service will be onsite for your nooning needs.





Come to the  
**Residential Solar Forum**  
**May 3rd, 2018**

**Sugar River Valley Technical Center**

**111 South Street, Claremont, NH 03743**



The City of Claremont and ACTS Now\* are collaborating to present the Residential Solar Forum to educate local residents about financing and installing solar energy systems or participating in community solar projects.



Registration required. Either through Eventbrite at: <https://www.eventbrite.com/e/residential-solar-forum-tickets-45115911907?aff=es2>

Or by calling 603-504-2851.



\*Action Collaborative for Transition to Sustainability Now (ACTS Now) is a local citizen's group.

**Mission:** To engage, educate, and empower local citizens to build ecologically and economically sustainable and socially just, resilient and loving communities through managing our resources equitably and honoring that of the Divine in all.



# SULLIVAN COUNTY MOUSETRAP POWERED CAR BUILD & DISTANCE CHALLENGE

*Can you build a model car and power it with a mousetrap?*



*How far can you make it go?*

**COME FIND OUT:**

**Saturday, May 12  
9:00 am to ~2:00 pm**

**Lou Thompson Room  
Sugar River Valley Regional Technical Center  
245 North Main St.  
Newport, NH**

***Open to all youth ages 8-18: Preregistration encouraged but not required, contact [RogueRobotsof4H@gmail.com](mailto:RogueRobotsof4H@gmail.com)***

9:00-11:30 am: Car Building Workshop (or bring your own pre-built car for inspection)

11:30 am: Registration for Distance Challenge Competition

12:00 pm: NH 4-H Maker Mousetrap Powered Car County Distance Challenge\*



***\*Compete for prizes and the chance to go to the NH State Challenge, May 19<sup>th</sup>  
Build instructions/NH Challenge: [www.extension.unh.edu/tags/4-h-mousetrap-cars](http://www.extension.unh.edu/tags/4-h-mousetrap-cars)***

**sponsored by:**

**Bake Sale  
by donation**





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)

#### Peter A. Sawyer, 53

Peter A. Sawyer, 53, of Claremont, NH, passed on April 26th, 2018, in the comfort of his own home, surrounded by his loved ones after a courageous battle with cancer. He was born in Lowell, MA, on November 16th, 1964, the oldest of four siblings. He worked for Dartmouth Hitchcock Medical Center as a power plant technician for 15 years. Peter was passionate about many things, some of which included listening and playing music, working on cars, especially his Corvettes, motorcycle rides with his wife and fishing out on his boat.

He is survived by his wife Sharon Sawyer of 27 years, his daughter Stephanie Sawyer and her husband Will Morrison, daughter Kristen Sawyer, son Tyler Sawyer, sisters Tammy Sawyer of York, ME, and Bonnie Hamilton of Surprise, AZ.

A Celebration of Life will be held on Saturday, May 5th, from 2 to 4pm at Stringer Funeral Home in Claremont, NH, with a time for sharing at 3pm and a reception to follow.

#### Harry S. Gale, Jr.

Harry S. Gale, Jr., former NH state representative, died peacefully at his Sunapee home Monday, April 23, 2018, surrounded by his loving family. He was born on March

5, 1932, in Cambridge, MA, to the late Harry S. Gale, Sr. and Norma (Costa) Gale-Delkranian.

Harry grew up in the Boston area. He was proud of his military service as a US Army Airborne Ranger. He founded and operated his own management consulting business, Gale Associates, negotiating hundreds of labor contracts for cities, towns, and school boards. Harry served for twenty years as Sunapee's town and school district moderator and volunteered as a court appointed special advocate for children.

Harry had many interests. He was a tennis pro, a pilot, and captain of the Sunapee sailing fleet. He loved cars, clocks and cooking his mother's Portuguese soups.

Above all, Harry was honest and had a passion for living life to the fullest and will be greatly missed by his family and friends. Harry was predeceased by his parents, his first wife, Helen Moore Gale, two grandchildren, and brothers, Harvey, Myron, Frank, and Russell Gale.

Surviving family includes his wife of many years, Joyce (Murphy) Gale; children, Stewart

(Donna) Gale, Sharon (Peter) Galvin, Sheryl (Michael) O'Leary, Michael (Laura) Gale, Cynthia Loporcaro, Catherine (Brian Whipple) Thompson, Katherine (William) Townsend, and Benjamin Townsend; siblings, Donald (Kathy) Gale, Stephen Gale, Norma (Tony) Arena, Ethel D'Mango, and Patricia Sherman; 13 grandchildren; 11 great-grandchildren; and many extended family members.

A Mass of Christian Burial will be held on Friday, May 4, at 12:00 (noon) at Our Lady of Fatima Catholic Church, 724 Main St., New London, NH. Burial with military honors will be held at 3:00 PM at the NH State Veterans Cemetery, 110 Daniel Webster Highway, Boscawen, NH.

Arrangements are with Newton Bartlett Funeral Home. To view an online memorial or send a private message of condolence visit [www.newtonbartlett.com](http://www.newtonbartlett.com).

#### George Arnold, 81

George Arnold, 81, of Grafton, VT, died on April 23, 2018, at Valley Regional Hospital.

“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)



George or "Deadeye" as he was also known as, due to his excellent aim with a rifle, was an avid inventor, hunter, fisherman and gardener. He was known for his charm, intelligence, generosity and unique wit.

The man will be sorely missed, but his spirit will be cherished and remembered with the intensity of the quality bestowed on the elephant. May he walk peacefully with God in the Woods of Heaven.

He is survived by his beloved wife, Paula, of 36 years; his children, Sheila, George, Eddy, Amy, Nicky and Joe; grandchildren, George, Sheila, EJ and Nicky; and many other close relatives. He drew people to him like a powerful magnet, so therefore he is also survived by many unrelated individuals, too numerous to count who called him Dad, Gramps and Friend.

He was predeceased by his son, Sean and his dog, Daphne.

A celebration of life will be held at a later date.

The Stringer Funeral Home is in charge of arrangements.

### John Samiec, 98

John Samiec, age 98, passed away peacefully on January 6, 2018, after living a long and fulfilling life. He was the widower of Lucy Samiec. They shared 65 years of marriage together.

Born in Poland, he was the son of William and Franciszka Samiec. John was employed by Bryant Grinder Corp. in Springfield, VT, in the shipping department for 30-plus years. He lived all his life in Claremont, NH. He enjoyed gardening and tinkering around the house. He had his own way of repairing everything. He will be remembered for his caring and loving personality. John was a good friend to all and will be dearly missed.

He is survived by his daughter, Krystina, and her companion, Donald L'Heureux, of New London, NH, and three brothers in Grodno, Belarus.

A Mass of Christian Burial was celebrated on Friday (April 27) at St. Joseph's Church. Committal followed in St. Mary's Cemetery.

You are invited to share a memory of John with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com).

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

## Social News

### Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Election of Board of Directors will be held at the monthly meeting on May 8. On Thursday - May 3 come have lunch and at 12:30 PM "Meet & Greet" candidates for the Board in the center lobby!

"At the Movies" will be held after lunch on May 1 at 1:00 PM and on May 3 at 6:30 PM.

Menu for Tuesday - May 1... Soup, ham / turkey or cheese grinder with fixings, dessert. Thursday - May 3... Chicken Cordon Bleu, roasted potatoes, vegetable, dessert. 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 Clinics - Wednesday - May 2, 9, 16 (8:30 AM - 4:00 PM). Cost \$25.00. Free Blood Pressure Clinics - May 3 (10:30 AM - 12 noon) and May 17 (11:00 AM - 12 Noon). For appointments, call (603) 526-4077.

Coming soon...a Turkey Dinner on Saturday - May 12. Mark your calendar!

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 Mondays (1:00-3:00 PM). Members free/Non-members \$1.

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 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](http://cnhcs.org).)

## Claremont Fire Dept. Log

### **Sunday, April 22**

1431 Brush 1, E3 responded to Paddy Hollow Rd for a brush fire.

1440 E3 responded to Stevens St for a lift assist.

1845 E3 responded to Franklin St for a detector sounding.

2009 E3 responded to Elm St for an illegal burn.

### **Monday, April 23**

0243 E3 responded to Wolcott St for a medical call.

1555 E3 responded to Beauregard St for an illegal burn.

1904 E3 responded to Cathole Rd for a medical assist.

2304 E3 responded to Pearl St for a medical call.

### **Tuesday, April 24**

1210 E3 responded to Rose Ave for a well-being check.

1314 E1 responded mutual aid to Springfield, VT for station coverage.

1529 E3 responded to Bobby Woodman Trail for a brush fire.

### **Wednesday, April 25**

0241 E3 responded to Pleasant St for a medical call.

2107 E3 responded to Heritage Dr for an open 9-1-1 line.

### **Thursday, April 26**

1341 E3 responded to Dunning St for a detector sounding.

1626 E3 responded to Charlestown Rd for a 2 car motor vehicle accident.

1849 E3 responded to Park Ave for a medical call.

2124 E3 responded to Stone Ave for a medical call.

### **Friday, April 27**

1556 E3 responded to Myrtle St for a motor vehicle accident.

2050 E3 responded to Washington St for a medical call.

## CONSTRUCTION NOTICE

The City of Claremont will be re-constructing a portion of Main Street from Opera House Square to Union Street. This will include the roadway, all utilities, sidewalks and miscellaneous items.

The project's schedule will begin on Monday, May 7, 2018 and is expected to continue into November, 2018.

Hours of work: 6:30 AM - 5:00 PM (Monday - Friday)

This construction will affect pedestrian and vehicular traffic. Motorized vehicles will be restricted to just one lane in work areas, therefore, minor delays are to be expected.

At times, through traffic may be routed around the project site via a detour route. If at all possible, the traveling public should seek alternate routes.

The contractor or engineer will post updated traffic and pedestrian flows on a weekly basis. This information may be found on the City of Claremont's WEB site - click onto "residents" (green bar) - drop down & click onto "Main Street Reconstruction Project."

**Access to local businesses and residences will be maintained throughout the project.**

The project team appreciates your patience, understanding and cooperation to help maintain a safe environment during construction.

For questions or concerns during construction please call Scott Ozana, McFarland Johnson, Inc., (603) 762-3681. For after hour emergencies please contact the Claremont Police Department @ (603) 542-9538.

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

[www.facebook.com/etickernews](http://www.facebook.com/etickernews)



## ***The Steppin' Up to End Violence Walk and Fun Run is May 5 in Claremont, Supporting the Work of Turning Points Network to end Domestic Violence and Sexual Assault***

<https://www.turningpointsnetwork.org/event-home>

### ***Domestic Abuse: Getting Help***

**By Bernadette O'Leary**

Domestic abuse victims and survivors have heard all the suggestions. The first thing people recommend is for the victim to reach out to Human Services, Child Services, police, etc. The second thing people suggest is to leave. However, all too often, the victim cannot do those things, and those who do not experience it often have trouble understanding why.

The fact is, the help that is supposed to be there isn't all people believe it to be. Organizations that are designed to help can only do so much. For example, an agency might be able to offer therapy and support with contacting Human Services and police. The agency might also be able to help the victim get a protective order and getting into a shelter. However, that same agency might not be able to do things such as helping the victim gather evidence such as police reports or obtaining a lawyer. Likewise, the agency might not be able to help with things such as divorce or child custody after helping with the protective order. The fact is, each agency has various ways they can try to help, but they each also have various forms of assistance that they do not offer. In such cases, each agency will try to direct the victims to other agencies that can offer the help they themselves cannot. In this way, victims are sent from one agency to another trying to get help for multiple needs: legal, medical, residential, custodial, protective, and more. The problem is, not all situations are the same, and there is no centralized agency that can allow the victim to more easily get help with every need.

When victims get passed around from one place to another, it seems no one cares. Even worse, the system often won't allow victims to obtain certain information, such as documented history proving the abuser has a history of harming others because that history is included within the abuser's medical records or other private records that are protected by law. However, there is one way that the victim might be able to get help.

The Freedom of Information Act (FOIA) can be a big help in cases like this. For example, if the victim files a report that results in the abuser being held for mental health evaluation, that report is not always a police report. Instead, it is simply a Third Party Witness Statement that is then placed into the abuser's medical records, usually out of the legal reach of the victim. FOIA changes this, and the victim can file a request to obtain that document. However, most victims are unaware of this, and most agency workers do not tell the victim about it. How then is the victim to know such things? It's not easy.

First of all, it's important for the victim/survivor to feel that others are supportive. Others need to understand that victims and survivors are doing the best they can with the situation they have to deal with. These situations are often dangerous and terrifying, so friends and family must do their best to support the victims and survivors without judgment. Secondly, victims and survivors need help understanding how the system works: what agencies to contact, who to speak with at those agencies, what laws are on the books that can help, and what their rights are along with the rights of their children. Each state is different, and the abuser is not likely to step up and openly admit to being an abuser. It's not always easy to prove abuse, as victims are not allowed by their abusers to document each assault or threat. However, proof is needed. If possible, the victim should document each assault or threat and photograph every injury. Unfortunately, many are not allowed by their abuser to seek medical attention. From there, the victim might want to find a trusted friend or family member with whom he/she can store this evidence to prevent the abuser from finding it. Many victims have to do this along with sneaking money into private accounts in case they have a chance to escape. Sadly, not all have the opportunity to do any of these things.

It's easy to say that I don't know of what I speak, but sadly I know all too well. I have had to learn these things firsthand, and I still am. The system is not user friendly, and although it is supposed to protect those in need, it doesn't. In addition to being passed around from agency to agency, the agencies doing the passing around don't even fully know what the other agencies do. Confusing enough for you? Try living it.

If you or someone you know suffers abuse, help is out there. It's not at all easy to find, but you can begin by asking your local domestic violence agencies for help. Research online to find your local agencies, and call each one to ask detailed questions. Know your rights. Know the laws, and know that you matter. If you know someone who suffers from abuse, they might not be able to do the research themselves. You might be able to do the research for him/her and be the help they need. Reach out and get help. Or reach out and be the help for others. There is no excuse for even one more person to die at the hands of an abuser. There is no excuse for the system to continue to fail those in most need. On a final note, contact state and federal representatives and demand better protection for victims of abuse: better laws and more accountability for abusers. The burden should not continue to fall upon the victims, but rather it should fall solely upon the abusers and all who allow the abuse to continue.



## ***CITY OF CLAREMONT – SPRING CLEANUP***

THE SPRING CLEANUP PROJECT WILL BEGIN ON **MONDAY, MAY 7, 2018, THROUGH FRIDAY, MAY 11, 2018.**

LEAVES AND GRASS RAKINGS MUST BE LEFT AT THE CURBSIDE IN **PAPER COMPOSTABLE LEAF BAGS.**

PER CITY COUNCIL POLICY ADOPTED ON 05/12/04, THE PUBLIC WORKS DEPARTMENT WILL NO LONGER ACCEPT OR PICK UP LEAVES THAT ARE NOT IN PAPER, BIODEGRADABLE BAGS. THESE 30 GALLON BAGS ARE AVAILABLE AT VARIOUS LOCAL HARDWARE, GROCERY AND DEPARTMENT STORES.

**ALL COMPOSTABLE, PAPER BAGGED LEAVES MUST BE AT THE CURBSIDE BY 7:00 AM ON MONDAY, MAY 7, 2018.**

NO GARBAGE, BRUSH OR HOUSEHOLD ITEMS WILL BE PICKED UP. ALL AREAS WILL BE COVERED ONLY ONCE.

Scott W. Sweet  
Director of Public Works