

Plenty Looking for Home Track Advantage at TTOMS Season Opener

SEEKONK, MA—A total of 50 cars have filed entries to compete with the Tri-Track Open Modified Series (TTOMS) during the 2018 season. The eclectic roster includes former series champions and Modified racing stand-outs; veteran competitors and up-and-comers. It is the series opener at Claremont Speedway; however, that may just provide the best opportunity for an upset.

With Ron Bouchard's Auto Stores 100 presented by SPAFCO and Jerico being the inaugural race at Claremont Speedway for the Tri-Track Open Modified Series, the home track advantage could pay dividends to one of the locals.

The local racers may be considered by some to be dark horses to win but the likes of 2017 Tour-Type Modified champion Dana Smith and 2017 Modified feature winner Brian Robie, both of Sunapee, NH, will be among the contenders at the 1/3 mile asphalt oval. Claremont's Tour Type Modified regulars Nick Salva of Cheshire, CT, and CJ Bolton consistently posted strong finishes in 2017.

Wiley veterans –the Swanzey, NH, contingent, Todd Patnode and Kirk Alexander, both of West Swanzey and Russ Hersey of Swanzey, have racked-up impressive stats at Claremont Speedway. They will undoubtedly make a run at the victory. Cameron Sontag of Sterling, MA, and Mike Willis, Jr. of Grantham, NH, will also be on-hand to defend their home turf.

The inaugural Ron Bouchard's Auto Stores 100 at Claremont Speedway presented by SPAFCO and Jerico is slated for Saturday, May 26, 2018. The event is the first-ever Saturday night special event for Claremont Speedway. Featuring the \$6k to win 100-green flag lap main event for the tour-type Modifieds, the night's race card also includes Super Streets, Street Stocks and the 4-cylinder Wildcats.

Grandstand Admission for the Saturday, May 26 event is only \$25. Kids ages 6-12 are admitted for \$10 and ages 5 and under are free. Pit gates open at 1PM. Practice gets underway at 3PM when the grandstands open. Feature racing is slated for 6PM.



2017 Track Champion, Dana Smith (14), and Bucky Demers (26) have both entered the May 26 event (Photo by Tyke Matheson).

For complete information on Claremont Speedway, visit www.claremontspeedway.net.

The Ron Bouchard Auto Parts 100, presented by SPAFCO and Jerico, is also made possible with the help of a strong list of associate sponsors with a ton of racing heritage including Broad Brook Heating & Cooling, Fred Wilcox, Bruce Brennenstuhl, Fuller RV Rentals and Sales, Fuller's Car Laundry, Ballard Trucks, Metcalf Paving, Pat's Auto Center, George Summers Trucking, Ashaway Cement Products, Mad River Construction, Bradford Motors, Dunn's Corner Repair, Twin Cedars, Central Mass Tree and Ed French & Son Paving.

The four race TTOMS schedule includes the Ron Bouchard Auto Parts 100 at Claremont Speedway, the

prestigious Open Wheel Wednesday 100 at Seekonk Speedway on Wednesday, June 27, the traditional SBM 125 at Star Speedway on Saturday, July 28 and the Haunted Hundred, also at Seekonk on Saturday, October 27.

To learn more about the Tri-Track Modified Series, visit www.tritrackmods.com.

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By Les St.Pierre



Adrenaline On The Sidelines

Don't kid new Stevens High School Athletic Trainer Allison Purdue about her last name being associated with chicken. If so, you will get an instant spelling lesson.

"I get that all the time," Purdue reported recently during an interview in her office at the high school, expressing her great sense of humor. "I tell them, 'It's the college, not the chicken!'" she declared, spewing forth that the institution of higher learning has the "u" and the edible fowl has an "e" in the name of the gentleman who made the product famous.

All kidding aside, Purdue has been on the job at Stevens less than two weeks, having come aboard May 4, and all indications point to a vital, and quite necessary, hire.

"Having someone here in her capacity is huge," stated Stevens High Athletic Director Doug Beaupre in his office early last week. "We have had no athletic trainer since December 27. It has been a lot of holding your breath and crossing your fingers. It's nice having someone who can be here now even though not on a day-to-day contact but, at least, three times a week. All our coaches are certified in first aid and CPR so it's not like we haven't been without any medical expertise, but it's nice having that athletic trainer around. She will get to know the kids and they will get to know her."

Purdue is at the high school Mondays, Wednesdays, and Fridays.

"With the budget cuts, they (upper administration) had to be a little creative," Beaupre added, mentioning the former athletic trainer was full-time at the high school before leaving the position in a promotional change. "We cross our fingers no one gets hurt on Tuesdays and Thursdays."

The new athletic trainer is based at Claremont's Valley Regional Hospital and is

subcontracted for the Stevens job. She is paid by the hospital with the school district paying the hospital for her services.

While packing up first aid items and other paraphernalia for the girls tennis team for an away outing, Purdue took time out last Wednesday to relay what the job means to her and, perhaps, to others who may want to get into her field.

"This is everything I want to do," Purdue excitedly voiced. "I love sideline action. I love the rehab side of my work at the hospital's orthopedic department, but I REALLY love the adrenaline on the sidelines. If someone is seriously hurt and I am the only one there, that's the best feeling for me to have that healing impact. I love my job, honestly."

As for advising athletic trainer wannabes, Purdue said, "I would say come and talk to an athletic trainer. Everyone has their own unique story as to how they got into it. I have known athletic trainers who never played sports or never had an injury. They just want to do something to give back. It is a pretty intense field. You need to have a bachelor's degree to even take the test and there is a move towards having to have a master's degree to take the test. I put in 800 minimum clinical hours over three years. It is challenging, but it is so incredibly rewarding."

Purdue's own unique story goes back to her youth. "My parents were EMTs for 18 years so, since I was young, I have been exposed to the emergency medical field. I got to see that side of it, which was hugely beneficial in choosing my career," she opted to say. The remainder



Stevens High School Athletic Trainer, Allison Purdue (Les St.Pierre photo).

of her story includes a confession she never
(Continued on page B3)

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The SHS Cardinals softball team took their record to 9-2 on the season, recording their first losses on May 11 playing a twin bill against Newport after defeating Mascoma Valley on Monday. (Courtesy photo).

Purdue, from B2

played a sport until she was in the eighth grade (soccer). She eventually graduated from high school in Moodus, CT, and went on to study at Lyndon State College in Vermont for two years before transferring to Plymouth State College in New Hampshire where she received her bachelor's degree in athletic training. Her parents had bought property in Wentworth, NH, seven years ago and the rest, as they say, is history.

"I came up and visited and fell in love with New Hampshire," Purdue smiled. "The day after I graduated from high school I moved up here and never went back."

Purdue began her job at VRH April 16, commuting the hour and a half from Wentworth, but she has since moved to Claremont and is enjoying her 10 minute jaunt to her employment at both facilities.

"I was used to having someone else to bounce ideas off," the new Claremont resident expressed, "but when I came here everyone at the hospital was so welcoming and supportive. It really is nice having an entire hospital working behind me."

As for the facilities at Stevens, Purdue could not say enough about her surroundings. "I walked in with Doug (Beaupre) my first day to take a tour of the school and, I swear, I was drooling at the bit. It's beautiful! He then brought me into my office and there were logos on the cabinets and everything was labeled. It is a gorgeous facility. I am so excited!"

Purdue went on, in conclusion, to say, "I know athletics play a huge role in the development of character, especially in high school. I don't want to take that away from anyone, but I also want to make sure they are healthy. I hate to say it, but high school is not the end all of end alls. There is a lot more out there and I don't want a high school injury to hinder someone's life. I am going to do what is best for them, even if it feels like am being mean. I want to do what is best for the student athletes. That is what I am here for."

SHS Softball

05/07/18 Mascoma Valley W 6-0
 05/11/18 at Newport L 3-6
 05/11/18 Newport L 2-6
 05/14/18 Monadnock 4:00 p.m.

05/17/18 Kearsarge 7:00 p.m.
 05/18/18 at Hanover 4:30 p.m.

SHS Lacrosse

05/07/18 Kearsarge L 4-16
 05/09/18 Coe-Brown Northwood L 0-17
 05/16/18 Campbell 4:00 p.m.
 05/17/18 at Lebanon 4:30 p.m.
 05/18/18 at Trinity 4:00 p.m.

SHS Girls Tennis

05/07/18 at Kearsarge L 2-7
 05/09/18 at Monadnock L 3-6
 05/14/18 Wilton-Lyndeborough Postponed
 05/14/18 at Wilton-Lyndeborough 4:00 p.m.
 05/15/18 Wilton-Lyndeborough 4:00 p.m.
 05/15/18 at Wilton-Lyndeborough Postponed
 05/16/18 Bow 4:00 p.m.

Busy Schedule for SHS Baseball

The Stevens baseball program had a very busy schedule this past week as the varsity team played 4 games, while the JV team played 3 times.

On Monday night the varsity boys defeated the Mascoma Royals by a score of 10-2. Derrick Stanhope took to the hill and tossed a complete game for the win. Stanhope gave up a pair of unearned runs in the first inning and then shut out the Royals the rest of the way. He allowed just 4 hits, walked 2 batters, and recorded 9 strikeouts. Brendan Bean led the offensive charge with a 3 for 5 evening, including a double and drove in 3 runs. Tyler Bonneau had 3 RBI, and a long double.

Freshman Owen Taylor had a long triple to right field for his first varsity hit, and would add another first a bit later in the game as he lined a single to right for his first varsity RBI. Aidan Cahill had a pair of hits including a booming triple to deep left center field.

On Thursday afternoon, the Cardinals traveled to Franklin and got a masterpiece on the mound from Ethan Johnson, who earned his first varsity win throwing a 1 hit shutout against the Golden Tornadoes. Johnson

(Continued on B4)

Baseball, from B3

walked 3 and struck out 5 on the afternoon. The Cardinals had a balanced attack at the plate. Drew Grenier had a pair of hits and pair of RBI. Owen Taylor blasted his second triple in two games, and also had a hard double. The Cardinals also had hits from Derrick Stanhope, Aidan Cahill, and Brendan Bean. Stevens led 6-0, but broke the game wide open with 4 runs in the seventh inning with the big hit coming off the bat of senior James Aiken, who singled in a pair of runners, through the drawn in infield, with the bases loaded, for his first varsity hit.

On Friday afternoon, into the evening, the Cardinals and Tigers of Newport hooked up in a home and home double header. Stevens traveled to Newport for a 3:30 contest, then hosted the Tigers at Barnes Park for the 7PM nightcap.

Ironically, the visiting team triumphed in each contest, as Stevens won at Newport 9-2, with Newport earning a big come from behind win in the second game 10-8.

Drew Grenier pitched a complete game gem in the opener, keeping the Tiger hitters of balance all game with a crisp fastball and outstanding breaking ball. Stevens opened the scoring in the first on a Brendan Bean single, one of his two hits in the game, scoring Grenier. Later in the game, Stevens got 2 RBI from Ty Bonneau, when he lined a double to right center, and also got a 2 RBI single from Trey Theriault. Derrick Stanhope had an RBI double, and Alex Taylor added an RBI single, as well.

In the nightcap, Stevens jumped out to an 8-1 lead, however, the Tigers did not give up and scored 5 runs in their half of inning number 5, tied it with 2 in the sixth, and added 2 more in the seventh inning for a come from behind 10-8 win.

Brendan Bean had a pair of hits, including a 2 RBI double, and also chipped in with a Sacrifice Fly for another RBI. Alex Taylor also had an RBI sacrifice fly. Aidan Cahill had a pair of hits, and knocked in a run with an RBI double.

The busy week left Stevens at 6-5 on the season and they will play 3 times this week, hosting Monadnock Monday afternoon at 4PM, then welcoming Kearsarge to Barnes Park for a 7PM Thursday night contest, and will close out the week hosting Winnisquam at 4PM on Friday afternoon.

The JV baseball team, who have had several

games lost to weather or cancellations was finally able to get a full week of baseball in. Coach Ryan Seaver sent sophomore Alex Taylor to the hill on Wednesday afternoon, and was rewarded with a 5 inning, 16-0 victory. Taylor was magnificent on the bump, throwing just 64 pitches, 48 of them for strikes, en route to a complete game 1 hitter. He walked just one and recorded 13 of the 15 outs in the game via the strikeout!! Jarrett LaPointe led the offense going 2 for 3 with a double, scored 2 runs, and had 4 RBI. Caden Ferland had a hit and drove in 4 runs. Gabe Miller had a hit, 2 RBI, and scored a pair of runs, Karsten Kleyensteuber had a hit, drove in 2 runs, and had a pair of stolen bases. Bryce Weymouth had a hit and RBI, extending his hitting streak to 4 games, and Michael Gaspar had a hit and scored a run.

On Saturday afternoon, the junior Cardinals traveled to Sunapee to take on an experienced group of Lakers. The Cardinals played well but came up on the short end of a 7-3 score in the opener, and lost the second game 11-10. Sophomore Ty Bonneau took the mound in game one and pitched a gutty complete game, allowing 6 hits, walking 3, striking out 8 and allowing just 1 earned run. Bryce Weymouth had a double, an RBI, and scored a run. Michael Gaspar had a single, RBI, and stolen base. Owen Taylor had a double and scored a run. Jarret LaPointe and Karsten Kleyensteuber had hits and Mason Mathews scored a run.

In the second game, Gabe Miller had a pair of hits, scored 2 runs, and had a stolen base. Owen Taylor had a hit, an RBI, scored a pair of runs, and had 2 stolen bases. Jarret LaPointe had a hit and an RBI, Michael Gaspar had a hit and scored a run, Bruce Weymouth extended his hitting streak to 6 games with an RBI single. Karsten Kleyensteuber had a hit, 3 RBI, and scored a run. Mason Mathews had a hit, and Caden Ferland drove in a pair of runs.

The junior Cardinals head to Monadnock for a game on Monday.

Free Fishing Day in NH

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.

New Hampshire Splits Mother's Day Doubleheader in Harrisburg

HARRISBURG, PA—The New Hampshire Fisher Cats (Blue Jays) split a doubleheader with the Harrisburg Senators (Nationals) Sunday afternoon, taking game one 6-1 before falling 2-1 on a walk-off single in the second contest.

GAME ONE

Cavan Biggio started the scoring for the 'Cats in the opening stanza. The Houston, Texas native went deep to right field with a runner on first and two outs, his league-leading tenth home run of the season.

Harrisburg would get one back in the bottom of the inning, but New Hampshire led 2-1 until the seventh, when the Fisher Cats plated four runs on four hits to lead by five and eventually win 6-1.

GAME TWO

Twenty-first overall pick T.J. Zeuch made his second career Double-A start and limited the Senators to one run on four hits over six innings of work. The one run he allowed came on a home run in the second, but the right-hander kept Harrisburg off the board for the remainder of his outing to keep New Hampshire close.

The 'Cats tied it in the sixth after loading the bases with no outs, and Biggio plated the lone run of the game for Blue Jays affiliate with a sacrifice fly to centerfield.

Tied 1-1 in the bottom of the seventh, the Senators put two men on thanks to a pair of walks then won the game on a two out RBI single from Yadiel Hernandez.

Vladimir Guerrero Jr. finished the day with four hits in seven trips and scored twice. Biggio went two for six with four RBI, Jonathan Davis collected three hits in game one and Connor Panas had two hits in the second game.

New Hampshire travels to Hartford for game one of three with the Yard Goats tomorrow night. RHP Jon Harris will go for the 'Cats while LHP Jack Wynkoop is on the bump for the 'Goats. Coverage begins at 6:45 p.m. with the Pregame Show; first pitch is at 7:05 p.m., on the WGIR Fisher Cats Radio Network.

Inspiration

Simple Joy!

By Priscilla Hull

Walking along, talking with my daughter the other day, I felt a warm little hand in mine. When I looked down, there were three dandelions being offered to me! It was my grandson who may be only four feet tall, but with a heart as big as all outdoors! I love dandelions, especially when my grandson gives them to me. Last year, he dug one up, pulled a small can out of the recycle bin, made a sign "For Gramma" which he taped to it and planted the dandelion in the can! I took it home and planted it in my yard! You can't have too many dandelions! Especially from a grandson or granddaughter.

I am so lucky, I have three grandchildren, two boys and a girl. They are spaced so that I've been able to fully enjoy each one as they grow! The first two are only six years apart, so lots of their fun years overlapped. Number three is 16 years later, so the fun has been all over again. I'm enjoying baseball again as I did for years with the others. We'll see what the future brings for him.

I know it's old hat to say, "enjoy these early years! They go by so quickly." However it is true! Make the most of these early years, grandparent or parent. make yourselves important to them now and you'll be important to them later.

The ties of family can be the greatest strength in a child's life. When the ties of family are strong, a child grows with confidence. They grow up believing in themselves and they grow up trusting themselves. We can't expect our grandchildren to be a great writer, or musician or politician. We can't expect our grandchildren to be a great research physician, or sportsman. We can expect our grandchildren to be the very best of whatever they choose to be! We can help them get there by being the best grandparent we can. When we open our hearts to these wonderful small people, and keep involved in their interest, they'll remember that we took home three little dandelions, or a can of dandelions and planted them. If they don't remember, they'll love hearing about it and they'll love us for remembering!

It's such a small thing to smile and say "Thank you", but it means so much. It teaches respect. It shows love. It might be the most important words you ever utter!

I hope your Mother's Day was fun and full of love whether you're a mother, a surrogate, a father or a beloved aunt or uncle! Enjoy the small people in your life! I do!

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



Calendar Of Events

SHS Alumni Meeting

CLAREMONT, NH—Stevens Alumni monthly meeting is scheduled for Tuesday, May 15th, 5:00 p.m. (Note: time change) downstairs Claremont Savings Bank.

Series of Arrowhead Meetings Announced

CLAREMONT, NH—Arrowhead is trying to recruit new members so the recreation site has set some times for information sessions: Tuesday May 15th 7PM

Arrowhead Information Session

There will be an open Q&A about Volunteering, Board Membership, and Arrowhead on Tuesday May 15th 7PM at Arrowhead.

This will be open to anyone that may be interested in serving on the board, a committee or volunteering. Members will be there to answer questions about the organization.

A second informational session will be held on Saturday, May 19th, 10AM.

The next Arrowhead meeting is Tuesday May 22nd, 7PM at Arrowhead. Will be discussing upcoming projects, upcoming annual meeting and other topics.

We are looking for new members, officers and board members, all are welcome to attend.

Arrowhead's annual meeting will take place on Tuesday May 29, 6:30PM at Arrowhead. Anyone interested in being a member or officer, serving on the board or a committee or interested in volunteering contact us as soon as possible. We will also have some Light Refreshments.

The General Agenda will be Election of officers, By-Law amendments, the Annual Report and open discussion.

Arrowhead is located at 18 Robert Easter Way in Claremont, NH.

Contact Arrowhead by email: arrowhead@arrowheadnh.com - best contact method, or by phone: (603) 542-7016 and leave a message.

CDA Geranium Sale

CLAREMONT, NH—Catholic Daughters of the Americas 2018 annual geranium sale is now in progress; \$4.00 per 4" pot. Choice of red, pink, white, violet, salmon. Delivery or pick-up will be either May 23rd or 24th.

Last date to order is May 15th. Checks payable to Catholic Daughters #892.

Contact Arline Marro, 542-5933, or St. Mary Rectory, 542-9518, for more information.

www.etickeernews@gmail.com

Plant & Garden Sale in Lempster

LEMPSTER, NH—On Saturday, May 19, a Plant & Garden Sale will take place at the Lempster Meetinghouse, 112 Lempster St, from 9:00 a.m. to noon. Variety of vegetable and flowering plants along with a selection of herbs will be for sale to benefit the Lempster Conservation Commission. Garden items: planters, compost bin, tools, bird houses, lawn mower, books, etc. are also available for purchase at the Friends of the Library table. Contact: 603 863-5023 for more information.

Embellishing Your Resume

Resume padding (doesn't that euphemism sound a lot less consequential than "falsifying?") seems to be a wide spread problem. In fact, there are deceitful services out there- which shall remain unnamed- that offer counterfeit degrees and provide bogus virtual companies to add on resumes that will even supply fake job references when called. Sigh!!

A CareerBuilder survey found job seekers' most common resume lies:

- Embellished skill sets – 62%
- Embellished responsibilities – 54%
- Dates of employment – 39%
- Job titles – 31%
- Academic degrees – 28%

Just because 62% of the people fudged about their skill set doesn't mean you should too. More than half of employers (56% to be exact) uncovered the resume lies. Education credentials are easily checked. Dates of employment and job titles can be verified by previous employers. When interviewing for a specialized position, you may be asked technical questions that will show you're obviously not qualified. Why waste your and the interviewer's time? If you do manage to hornswoggle a company into hiring you, what happens when your deceptions are discovered? While you may root for Mike Ross on TV's Suits, who faked his way into a law firm position without a Harvard degree, in real life it could cost you the job. A better way to move up in the world is to take classes in areas in which you need to gain proficiency. Then proudly list those courses on your resume to show potential employers you proactively focus on your career development.



Kerri Emmons
603-542-9675

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



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MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st WEEK of the month	BLOOD PRESSURE CLINIC COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm FOOT CLINIC Plainfield Library 1:00 – 4:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	BLOOD PRESSURE CLINIC Newport Rite Aid 11:00 am – 1:00 pm FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Lebanon Senior Center 10:00 am – 2:00 pm	BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
2nd WEEK of the month	BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm FOOT CLINIC Charlestown Senior Center 10:00 am – 4:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:30 am Grantham Methodist Church 11:15 am – 12:00 pm Sugar River Mills, Claremont 1:00 – 2:00 pm FOOT CLINIC Sugar River Mills, Claremont 12:30 – 2:30 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
3rd WEEK of the month	BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm FOOT CLINIC Charlestown Elderly Housing 12:30 – 3:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Danbury Community Center 10:00 am – 12:00 pm Newport Senior Center 11:15 am – 12:15 pm FOOT CLINIC Marion Phillips Apts, Claremont 1:00 – 4:00 pm	BLOOD PRESSURE CLINIC Sutton Baptist Church 9:00 – 11:00 am Goshen Parish Hall 10:45 – 11:45 am Newport Rite Aid 11:00 am – 1:00 pm FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Bradford Senior Center 11:00 am – 12:00 pm Claremont Senior Center 11:00 am – 12:00 pm Maple Manor Apts, Newport 3:15 – 4:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	BLOOD PRESSURE CLINIC CSB Community Center, Claremont 10:30 am – 12:00 pm FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am
4th WEEK of the month	FOOT CLINIC Newport Senior Center 9:00 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Cornish Town Hall 11:15 am – 12:30 pm Marion Phillips Apts, Claremont 1:00 – 2:00 pm	BLOOD PRESSURE CLINIC Warner Senior Center 10:30 am – 12:00 pm FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Plainfield-location varies 11:30 am – 1:30 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC 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: www.lakesunapeevna.org

Hebrew School Open House

WOODSTOCK, VT—Hebrew School Open House will be held on Sunday, May 20th. Come join us for a celebration of our last day of school and a preview of next year! Learn about our vibrant and unique congregation, our amazing religious school, and the many adult educational, worship, and enrichment opportunities that Shir Shalom has to offer. Shir Shalom is a unique congregation that does not require dues or tuition. Fees are paid by voluntary donations only!

9:30 Children can sample some classroom learning, while you learn more about the Shir Shalom experience
10:15 Meet the teachers & enjoy a retrospective of the year

11:00 Meet other families, games and activities for all ages

12:00 Pot luck lunch

Congregation Shir Shalom is located at 1680 W. Woodstock Rd (Route 4) (0.3 miles west of the Woodstock Union High School).

Charlestown Recreation Dept. News

JUNIOR BABE RUTH SUMMER BASEBALL: June through August for ages 13-16 year olds. \$50.00 per player. Sign up at the Town Office.

PATCH PARK:

There are lots of activities at the park. Picnics with the family, playground, ball games, and 9-Hole Disc Golf. Park hours are 8am to 9pm. So everyone can enjoy the Park, please observe the rules:

- NO Smoking
- NO Alcoholic Beverages
- NO Pets

TOWN POOL:

The Town Pool is scheduled to open starting June 9 for weekends only. The pool will be open daily starting June 23.

The Town Pool cover is scheduled to be removed May 21 at 6pm. All help is appreciated.

Lifeguards are still needed for the summer. Training will be provided. Please contact Patty at the Town Office if interested.

SAVE THE CHARLESTOWN NH TOWN POOL: Check out the Save the Pool Committee Facebook page to see what activities are being planned to help raise funds to renovate

and save the Town Pool. Feel free to reach out and volunteer. All are welcome.

RECREATION COMMITTEE OPENING: Currently there is a vacant seat on the Committee. Please contact the Rec Director to join in planning fun activities for our kids.

RECREATION COMMITTEE MEETING: The next Recreation Committee meeting will be on Tuesday, June 5, 2018, at 6:00 pm at the Selectboard Office, 233 Main St., Charlestown. The meeting is open to the public.

CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE

Please continue to check the Facebook page for all announcements and upcoming events.



Senator Martha S. Hennessey, pictured here at Charlestown Ice Cream Machine, will be the guest speaker at the next Charlestown Democrats meeting on May 24. Charlestown is one of the nine towns and cities in District 5 that she represents. The meeting is open to the public, so please, join us, bring a friend, meet the group and meet Martha. Time: 6:30 - 8:00 p.m., Silsby Library Community Room, Charlestown, NH. For additional information, contact Kathleen Eames, Chair, Charlestown Democrats 603-826-0100, kzetaeames@comcast.net.

Save A Stray Fundraiser for SCHS June 23

NEWPORT, NH—Please join Sullivan County Humane Society on June 23 in Newport at the Corbin Covered Bridge for its fifth annual Save a Stray 5k. Pre-registration is \$20 or \$25 the day of the event. Children under 12 are

free. First 100 paid supporters to sign up will receive a free event T-shirt. There will be prizes for top male & female runners plus prizes for age groups.

Registration the day of the event starts at 8:30 a.m., and the run/walk starts at 10:00. Dogs are welcome but must be leashed and will start at the back. This event is for a great cause and, with your support, will allow the SCHS to continue to help the many animals in need. Please join us!

Visit <http://www.sullivancountyhumanesociety.org/> for more information and to register.

Upcoming Events: Newport Schools

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.

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.

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 neilperceallen@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.

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.

Free Self-Defense Seminar Offered

CLAREMONT, NH—Join us for a free LGBTQ Self-Defense Seminar led by Dr. Brian Dillon of Active Threat Response Training on Tuesday, May 15, from 5:00 to 7:30 p.m., at NIMMA, 140 North Street, Claremont. There will be pizza available. The seminar is sponsored by Rural Outright, a program of TLC Family Resource Center.

Sensei Dillon began studying Martial Arts in 1972 and achieved his first degree Black Belt in 1990. His background includes Judo, Fencing, American (Parker) Kenpo, Hapkido, Tirada Tirsia, Sokken Go Kai Do Ryu, and In Yo No

Seishin. Dillon is the instructor for a popular Women's Self-Defense Program offered twice a year at NIMMA.

This 2.5 hour seminar will cover three common attack scenarios: wrist grabs, shoves, and punches and slaps. You don't have to be a victim – learn how to enforce your "no!"

The seminar is open to ages 12 and up. Participants under 18 require a parent/guardian's permission. Class size is limited and it is first come, first served.

To register for the seminar, please text 603-477-4753.

TLC Family Resource Center supports and strengthens all families, children, and youth of Sullivan and Lower Grafton counties with a wide range of free programs, support groups, education, and events.

Rural Outright seeking Vendors for PRIDE Event

Rural Outright is seeking entertainment, music, games, food and craft vendors, and more for its Rural PRIDE event on Saturday, June 16, from noon to 4:00 p.m., at the Visitor's Center Green in Claremont. Agencies and community organizations are welcome and encouraged to set up information booths. There is no fee to participate. Register by Monday, June 11.

To register and for more information, visit www.tlcfamilyrc.org/ruralpride.html. Rural Outright is a program of TLC Family Resource Center.

River Theater Co. and Fort at No. 4 to present "The Legend of Sleepy Hollow"

CHARLESTOWN, NH—Following the success of their 2012 collaboration of staging Arthur Miller's "The Crucible" on location at the Fort 4 in Charlestown, NH, River Theater and Fort 4 have again decided to team up and present "The Legend of Sleepy Hollow" for October 2018. This production, like "The Crucible" will be staged on the Fort grounds and in and around the buildings, at night and lit by lantern and candlelight.

"We've been asked every year when we would do another show like "The Crucible" During one of our monthly RTC board meetings, we were brainstorming plays that would



work in the Fort environment, when "Sleepy Hollow" was suggested. The response was pure excitement, and when I approached Wendy Baker, the Fort's director, she was equally enthusiastic." said director Heidi Fagan.

Fagan directed "Crucible" and is excited to return again to Fort 4 to bring the classic Washington Irving story to life. "I love the storytelling style of the script and the ghost stories that are woven into the scene. I know that audiences will look forward to experiencing the historical ambience of the Fort in a whole new manner."

Auditions will be held on Wednesday, May 16 from 6-8 PM, Monday, May 21 from 6-8 PM and Wednesday, May 23 6-8 PM or by appointment at the Town Hall in Charlestown. A cast of 20+ actors ranging in age from children to older adults will be needed to play not only the leading roles of Ichabod Crane, Brom Bones, Katrina Von Tassel but also a host of schoolchildren and villagers. A true ensemble cast, the villagers are also narrators and storytellers of the legends of Tarrytown, including the story of the Headless Horsemen. Speaking of horses, Fagan is also looking for a horse and handler that would be interested in adding a four-legged cast member to the production.

Rehearsals will be dependent on actors' schedules but the plan is to do 2 days a week beginning the week of June 18 through summer.

For those interested in working behind the scenes with sets, props, special effects and costumes a meeting will be held Wed. May 30 6:30 PM.

Additional information will be posted on both the River Theater website www.rivertheater.org and their Facebook page "River Theater of Charlestown" as well as on the Fort 4 webpage www.fortat4.org and Facebook page.



Comeback
Community
Idea Exchange

Presented by
ADG
Analyze • Develop • Grow

Are you in a Comeback Community? Would you like to see your community "comeback?"

A Comeback Community has a history of economic excellence, followed by a period of tough economic decline and now - due to innovative strategies and people - it is coming back, *but differently*.

Join us on **May 23rd** to hear, discuss and connect with others as they share lessons learned in their Comeback Communities. The Idea Exchange will start with four Comeback Communities - **the cities of Claremont and Franklin, New Hampshire and Rutland City & White River Junction, VT**. Others will be there who can help with your community's questions, offer assistance, and share lessons learned.

When

Wednesday, May 23, 2018 9:00 AM to 5:00 PM EDT

Where

The Engine Room Conference Center 188 South Main Street
White River Junction, VT 05001

Cost to participate: \$40 including lunch. Principal Sponsor - UBS Wealth Management.

REGISTER AT: <https://conta.cc/2pJMSlw>

Contact

603.219.0043 Office or annette@arnettdevelopmentgroup.com

www.ADG.solutions

Unpacking Systemic Racism:

Advancing Equitable Outcomes in Our Claremont Community

WHEN:

Begins Tuesday, May 29th, 2018 from 5:30 – 8:30 PM
Series continues June 5th; June 12th; and June 19th from 5:30 – 8:30 PM
(a total of 4 sessions for the series)

If you would like to bring your "brown bag" meal to eat together at 5 PM, please feel free to do so.

WHERE:

Trinity Episcopal/Prince of Peace Lutheran Church
 120 Broad Street, Claremont, NH 03743



REGISTRATION FREE THROUGH EVENTBRITE at:

<https://www.eventbrite.com/e/unpacking-systemic-racism-advancing-equitable-outcomes-in-our-claremont-community-tickets-45940630663?aff=eac2>

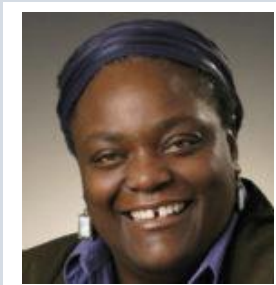
OR BY CALLING: 603-504-2851

Do you wish you had more opportunity to think and learn about race, race relations and the impact of racism? Do you sometimes feel uncomfortable in multiracial groups? What if you could increase your capacity to improve race relations, change the way we think about race, address systemic racism, and advance equitable outcomes in our community?

Join others in a small group of 20-30 individuals to reflect, learn, and act to address racial bias and discrimination. Our ultimate goal is to continue to nourish a Claremont community where everyone can reach their full potential.

Please plan to attend all four sessions as the information builds on the previous sessions.

This series will be facilitated by Dr. Dottie Morris of Keene State College.



As the Associate Vice President for Institutional Diversity and Equity, Dr. Dottie Morris is a member of the Keene State College President's Cabinet. Her main foci are providing support and direction to the Executive, Academic, Student Affairs, Advancement and Finance and Planning divisions of the college as the institution works to fulfill its commitment to diversity and multiculturalism. Dottie is a NH Listens Fellow and a member of the Governor's Advisory Council on Diversity and Inclusion, which just came to Claremont for a listening session.

Women's Night Out

Back by Popular Demand!



SPRING INTO FITNESS



Tuesday, May 22, 5 to 7 PM

Buckley Room at Valley Regional Hospital


Join us as we venture into the warmer months with new exercise routines aimed at stretching and strengthening, to increase your flexibility, circulation, and strength.



Meghan Soby, DPT, will lead the group in exercises that don't require gym equipment to achieve your goals. Learn tips and tricks to get into (and stay in) new and healthy habits that can be done in the comfort of your own home. This will be an activity based event, so please wear comfortable and stretchable clothing. Feel free to bring a yoga mat for added cushioning under your feet. Exercises will be performed in sitting, standing, and laying down positions, with modifications as needed. Food and drinks will be provided. Raffle prizes include home exercise equipment.

RSVP to: Kris at Kristian.Richardson@vrh.org
or (603) 542-1836

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

Catherine E. Field, 99

Catherine Edmee Field, 99, passed away on May 10, 2018. She was born on July 7, 1918 in Brattleboro, VT, the daughter of Stanley and Edna (Cormier) Wojchick.

Catherine was big into crafts. She was an avid bowler and enjoyed playing softball in her youth. She loved to travel and was a big fan of both the Red Sox and the Boston Celtics.

Her family includes her son, James Field and his wife, Janice; grandchildren, Cheri Field White and her husband, Steven, Teresa Field and her friend, Mike Drebin, Beth Field, Duane Field and his wife Margaret; great-grandchildren, Morgan and Olivia; one sister, Violet Seppala; and many nieces, nephews and cousins.

She was predeceased by her husband, George Clifford Field whom she married on June 21, 1941; son, David John Field; brother, Joseph Wojchick; and sister, Marion Cliche.

A special thank you to the staff and administration at Summercrest for their care and compassion.

Funeral services will be held at Stringer Funeral Home, 146 Broad Street in Claremont, NH, on Thursday, May 17th, at 5:00 PM.

Interment will be held privately in Pine Grove Cemetery in Hinsdale, NH.

Donald R. Nelson, Sr., 95

Donald R. Nelson, Sr., 95, of Sullivan County Nursing Home in Unity, formally of Langdon and Winchester, NH, passed away on May 9, 2018. He was born May 24, 1922 in Baldwinville, MA, to Harry and Mary (Merrifield) Nelson. He was the middle of nine children and had a big part in supporting his family. In 1941 he joined the US Army. He served in Europe during WWII and received his purple heart on the beach in Normandy and was discharged in 1943.

He married his beloved wife Nancy (Clark) in 1964 and they spent 36 years together until she was taken by cancer in 2000. He was born in an era when respect was demanded and this was evident in the way he expected children to be raised. From hard lessons learned to fun family vacations in Pittsburg, NH, to weekend trips to the ocean to Sunday family days with a “big dinner” and an afternoon nap in the sun with his “Sunday sleeping music” playing in the background. He was a great father. He also enjoyed cooking and gardening

both flowers and vegetables and was always more than willing to share his wealth of knowledge with others.

He is survived by his companion of 15 years, Eleanor Dulong of Langdon; son, Donald R Nelson Jr. and his wife, Pamela (Wood) of Bernardston, MA; daughters, Carla and her husband, Eric Foster of Winchester, Chelly M and her husband, Carl Downing of Keene; 8 grandchildren; 12 great grandchildren; sister, Dorothy (Dot) Buffum of Indiana; and many nieces and nephews.

He was predeceased by three brothers and four sisters; grandson, Donald Downing Freyenhagen; wife, Nancy C Nelson; and daughter, Casandra Lee Dicey.

Funeral services will be held on Saturday, May 19th, at the Charlestown Memorial Chapel, 34 Main Street in Charlestown at 11:00 AM. Calling hours will be held from 5:00 pm to 7:00 pm on Friday evening. A reception will be held at noon after the service at the Charlestown VFW. A graveside service with military honors will be at 2:30 pm in Evergreen Cemetery in Winchester.

“Eyes love dark green. So do I.”

-Dr. Sam Giveen

Dark green, leafy veggies like spinach, collard greens and kale are good for your eyes. Eat a diet rich in dark, leafy greens, and it can go a long way toward preventing macular degeneration. Call it tasty preventive medicine. Just start early. Eat your dark greens.

DOCTOR **SAM'S**
EYE CARE



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

In lieu of flowers donations can be made to the Sullivan County Nursing Home Activity Center, 5 Nursing Home Drive, Unity, NH 03743.

Thelma M. Dickinson, 97

Thelma Mae (Kennedy) Dickinson, 97, beloved by her family, was called home to be with her Lord on Saturday, May 5, 2018. She was born January 21, 1921, to James and Mae (Ashline) Kennedy in Chelsea, VT. Upon graduation, she attended Wilfred Academy in Boston to learn the art of hairdressing.

She married Chelsea native Stanley Dickinson in 1945 three days before he shipped out with the 13th Airborne Division for France. After his return, they lived a short time in Stratford, VT, before permanently relocating to Springfield, VT. They were happily married for 57 years.

Thelma became a devoted Christian in her late 30's and remained a faithful follower of Christ from that point on. She was a compassionate, generous and much-loved woman. The best wife, mom and grammy anyone could ask for. She enjoyed doing hair for friends and family into her 80's. Thelma was well known for her raised doughnuts and a wide variety of delicious baked items. Her beautiful smile and gentle spirit blessed all who knew her. She will be dearly missed.

She leaves behind daughters Jean Gilmore and her husband Carl (Hillsborough, NJ) and Patty Dickinson (Claremont, NH). Three grandchildren: Charles Way and Nicole Gilmore (Hillsborough, NJ) and Randy Crawford (Chico, CA). One great-granddaughter Lily Crawford (Chico, CA). Also two sisters, Vida Martin and Beverly Lyon and two brothers Ernest and Philip Kennedy along with many nieces and nephews. She was predeceased by her husband Stan in 2002; also by two brothers Carl and Lawrence Kennedy.

A celebration of Thelma's life will be held at the convenience of the family at a later date.

Memorial contributions may be made to: The Carmencita Gomez Fund, c/o Springfield Church of Christ, P. O. Box 160, Springfield, VT 05156. This memorial fund helps children with the cost of going to Gander Brook Christian Camp.

Her family extends their heartfelt gratitude to her dedicated caregivers and other staff members at Elm Wood Center in Claremont, NH, and the caring Hospice staff of VNH.

Claremont Fire Dept. Log

Sunday, May 6th

2148: Engine 3 responded to Prospect Street for an illegal burn

Monday, May 7th

1233: Engine 3 responded to Main Street for a medical call

Tuesday, May 8th

0953: Engine 3 responded to Cedar Street for a hazardous materials waste clean up

1405: Engine 3 responded to Beau-regard Street for a medical call

1411: Engine 1 responded to Krista Place for a medical call

1454: Engine 3 responded to Maple Avenue for a medical call

Wednesday, May 9th

1021: Engine 3 responded to Barton Street for wires down

1454: Car 1 responded to Upham Place to assist the ambulance

2049: Engine 3 responded to Lincoln Heights for a medical call

Thursday, May 10th

0815: Engine 3, Engine 1, Engine 2, Car 1, responded to Pappas Road for a Structure fire

1137: Engine 3 responded to Sullivan Street for a box alarm

1205: Engine 3 responded to Sullivan Street for a medical call

2303: Engine 3 responded to Centennial Street for a medical call

Friday, May 11th

1409: Engine 3 responded to Washington Street for a brush fire

1527: Engine 3 responded to the intersection of Myrtle Street and Pleasant Street for a smoke investigation

1607: Engine 3, Car 1, Brush 1, Engine 2, responded to Washington Street for a brush fire

1813: Engine 1 responded to Paddy Hollow Road for an illegal burn

Saturday, May 12th

0204: Engine 3 responded to the intersection of Plains Road and Old Church Road for wires down

0653: Engine 3 responded to School Street for a medical call

1016: Engine 3 responded to Ledge-wood Drive for an illegal burn

1035: Engine 3 responded to Wash-ington Street for a hazardous materials waste clean up

1124: Engine 3 responded to First Street for a medical call

1143: Car 2, Brush 1 responded to Main Street for an illegal burn

1757: Engine 3 responded to Bowen Street for a hazardous materials waste clean up

2037: Engine 3 responded to Her-itage Drive for a fire alarm sounding

Hanover Police to offer Women's Self-Defense Class

HANOVER, NH—The Hanover Police Department is offering a self-defense class to interested women ages 13 and up. There is no cost and the class is limited to 20; the class will consist of four meetings, participants are encouraged to attend all four meetings.

The Rape Aggression Defense (R.A.D.) course offers practical defense techniques that women of all ages can participate in. The course is taught by certified R.A.D. instructor, Lt. Scott Rathburn of the Hanover Police Department. The meetings are from 6:00 p.m. – 9:00 p.m. at the R.W. Black Recreation & Senior Center located at 48 Lebanon Street Hanover, NH on the following dates:

Monday, June 18th Wednesday, June 20th

Monday, June 25th Wednesday, June 27th

To register, or for more information please call (603) 643-2222 and ask for Lt. Scott Rathburn.

Cornish Fire Association Car Show in June

CORNISH, NH—The Cornish Fire Association will be holding its annual car show June 2 this year. It will be at the Fairgrounds from 10:00 a.m.—2:00 p.m. There will be door prizes and food for sale.

This is open to all vehicles of interest. Admission by donation.

Send news and photos to
etickernews@gmail.com

Claremont AARP Elects Officers

CLAREMONT, NH—The Claremont Area AARP Chapter met May 10 for lunch at the Imperial Chinese Restaurant. It was the 29th installation of officers and celebration of its founding in 1989. Installation was done by Roland Stoodley (pictured). Guest of honor



was founding member Eileen Erozonak (pictured), 97, who was the organization's third president and remains an active member. Out-going president is Charlie Sisson who was thanked and given a gift certificate.

Installed for the 2018-2019 season were Brenda Saunders, president; Ginny Smith, vice-president; Kathy Thompson, secretary; and Walter White, treasurer.

Board members are Jean and Bob Belaire, Alberta Marro, Mary Cook, Bev McGuire and Gloria Santini. Each member received a mug rug knitted by Faith LaBelle.

Entertainment was provided by singer and guitarist Joe Jennings thanks to the generosity of member Pete Toner. The next meeting will be a barbecue in September.

Annual Plant Sale in Plainfield

June 2, 9:00 am-2:00 pm

Sponsored by the Plainfield Community Church, next to the parsonage, under the tent, 1094 Rte 12-A.

Perennials, annuals, vegetable & flower seedlings, house plants, food tent, quilt raffle & other prizes.

NOTE: Plant donations (label plants with name & color) may be brought anytime in May prior to the sale and left in designated area.

For more info: llweitzel@comcast.net or helen.t.davidson@gmail.com

Social News

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Congratulations to the new Board of Directors as of May 8: Denise Liveston, Chairman / Judy St. Pierre, Vice Chairman, Larry Johnson, Treasurer, Donna Cornett, Secretary, Dennis Francis, Director, Marilyn Gilbert, Director, Roy Winot, Director, Peg LaPointe, Director, Debbie Bedard, Director.

Our "free lunch" winner for attending our monthly meeting on May 8 was Barbara McIntire. Sunday at the Center" - 1:00-4:00 PM for members and bona fide guests! Play pool, work on a puzzle, card games (Hand & Foot card game most popular). Bring a snack to share and your own beverage!

Menu for Tuesday - May 15...Chicken Cacciatore, pasta, dessert. Thursday - May 17 (Birthday Celebration) Pork loin, gravy, 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 - May 16 (8:30 AM - 4:00 PM). Cost \$25.00. Free Blood Pressure Clinic May 17 (11:00 AM - 12 Noon). For appointments, call (603) 526-4077.

Next Senior Men's Breakfast will be Monday - May 21, 2018. Doors opens 8:00 AM, breakfast served 8:15 AM, guest speaker 8:45 AM. Menu: Pancakes, sausage or bacon, juice, coffee. Members \$2.00, non-member guests \$3.00. Come to or call center to sign-up!

Chair Yoga class guided by Charleigh Robalard every Monday at 10 AM brings you through an hour of gentle, relaxing yoga. Class uses chairs to accomplish the poses doing just what you can. \$5.00 fee for a very relaxing hour.

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

Adult Coloring open to public on Mondays (1:00-3:00 PM). Mem. 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; 3 visits allowed before membership is required. 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/friends also.

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; 3 visits allowed before membership is required.

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

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

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

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

Domestic Abuse: Seeking Help in a Society Of Misconceptions

By Bernadette O'Leary

When fighting back from domestic abuse, everyone has input. Most of the time that input includes recommendations for the victim to call various local or federal agencies. The people who offer this input genuinely mean well. However, the reality is that even those agencies aren't doing what they were created to do.

The first two places where people usually start when seeking help are their local child services and their local domestic abuse agencies for advocates and services. These two places can assist victims with getting into a shelter, filing for a protective order, getting therapy, guiding the victim through the processes of leaving, taking action against their abuser, and more. These agencies are supposed to speak to all involved and determine the threat level to the possible victims. They are then supposed to assess whether or not the claims are valid and whether or not the abuser should be kept away from the victims. Police are also often brought into the mix. This is what they are supposed to do. However, it often does not work out that way.

First of all, according to an article from 2014 in Psychology Today, 90% of all domestic abuse crime reported goes unpunished. This number continues to fluctuate today, but it is not improving. Secondly, when abuse is reported, most are either not taken seriously or are written up as simply a domestic disturbance, where police can do nothing. Thirdly, when the police reports are written up, they often do not get written up in detail. For example, if the victim is taken to the hospital via ambulance, the police report could simply say, "responded to woman who needed help." That was all that was written when my husband left me injured at the side of the road. The report did not give the full scope or severity of the situation. Additionally, when taking statements, police face a situation of "he said, she said." Abusers are frequently very convincing and can deceive even the most well trained eye. This means that without witnesses to the abuse, most victims don't get the help they need. Victims already know this. When my husband left me injured in the dark by the side of the road and walked away, he returned, spoke to a police officer, and was allowed to walk away again. I was too scared to tell the full truth, but I did say enough that the officer should have known the severity of the situation. I had to be taken to the hospital by ambulance, yet nothing was done by authorities to my husband. By the time victims reach out, they have seen the lack of help that is out there, in spite of official claims to the contrary.

How about shelters? Do you have special medical needs? It's hard to find a shelter that is set up for that. Children? Many shelters do not take children under the age of 12. Pets? Can't help you there either. Shelters and housing agencies are supposed to accept pets with a doctor's letter stating that they are therapy pets and/or are vital to the victims' wellbeing, but many still do not. Do your children need the pets for emotional support after the pet chased off the abuser and saved you and the children? Still no. So, in addition to losing everything else, children are torn away from their best friends, protectors, sense of security, and likely the last links to sanity they have by losing valued pets. This adds more trauma to the already traumatized children. The horrors of abuse are so common today that shelters and other housing resources are often full with long waiting lists that can be as long as a year or more. Finally, even when the resources are there, the laws simply don't protect the victims because courts feel that children need both parents, no matter how dangerous one of those parents might be. This too was our situation between 2014 and 2017, after our local system failed to help us.

The mindset of one facing abuse is quite simple: why bother? If no help comes due to the failures in the system, the consequences for daring to speak out are far too much to go through, when all you have to do is just keep your mouth shut to avoid another round of suffering. Many victims of domestic abuse fully believe in the system until it's time for them to need the help. I was one of them. This is when many give up and see no point in trying again. It is time for change.

We, as citizens, must take a stand, contact law makers, and demand change to create laws that are strengthened and properly enforced. I am including a list here for your convenience. Help end abuse today. #LoveOthersWell

Psychology Today: <https://www.psychologytoday.com/blog/the-web-violence/201410/guess-how-many-domestic-violence-offenders-go-jail>



Laws must be changed, strengthened, & strictly enforced with:

1. Abusers jailed for minimum of:
 - a. 5 years for domestic abuse,
 - b. 20 years for sexual abuse/assault and/or attempted sexual abuse/assault of a minor,
 - c. life for attempted murder or murder,
 - d. life for 3 or more separate complaints of abuse.
2. All abusers must:
 - a. lose all parental rights to his/her children
 - b. pay financial restitution to their victims,
 - c. pay victims' attorney fees and court costs associated with the abuse and divorce.
3. Police reports must be filled out for all domestic abuse calls in complete detail & copies provided to local prosecutors, child/adult protective services, and victims.
4. Local child and adult protective services must be informed immediately, and they must follow up on cases of possible domestic abuse every 90 days for two years.
5. The accused must be prevented from entering the family home during questioning of victims & ongoing investigations.
6. Children must have a voice with:
 - a. Ages 10+ allowed to file their own reports, requests for restraining orders, & separation from a given parent, while still receiving restitution from abuser,
 - b. Children's complaints must be taken more seriously.
7. Therapy and housing (not just shelters) must be provided for victims, and it should be illegal to deny this based on children, special needs, or pets.
8. Abuse must be clearly defined and not simply include basis of discipline such as spankings (open hand on covered bottom, minor tap on hand or mouth, etc.)
9. All victims of abuse must have options for having their addresses and phone numbers completely confidential, including from abuser.



Time may have tilted the members of this line of cemetery markers, but their task is no less significant (Phyllis A. Muzeroll photo).



The Claremont City Council will hold a public meeting on Wednesday, May 23, 2018, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA (Revised)

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. MAYOR'S NOTES
A. Stevens High School Alumni Week Proclamation
B. Public Works Appreciation Presentation
- 6:45 PM 5. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
6. NEW BUSINESS
- 6:55 PM A. Petition to Reduce Speed Limit on South Street Discussion
- 7:05 PM B. Authorization to Apply for LCHIP Grant for City Hall Improvements and *LCHIP Final Report Update*
- 7:25 PM C. Resolution 2018-33 Apply for, Accept and Expend PlanNH Municipal Technical Assistance Grant – Public Hearing
- 7:35 PM D. Conservation Commission Request to Re-assign Oversight of Rail Trail to Parks and Recreation
- 7:50 PM BREAK
- 8:00 PM E. Refuse Tax Deed
- 8:10 PM F. Transfer Funds Between Departments
- 8:20 PM G. Auction Update
- 8:30 PM H. Preparations for Memorial Day and Alumni Day Weekend
- 8:45 PM 7. FUTURE AGENDA ITEMS AND DIRECTIVES
- 8:55 PM 8. CONSULTATION WITH LEGAL COUNSEL
- 9:00 PM 9. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, June 13, 2018, at 6:30 p.m. in the Council Chambers at City Hall. *In addition, Public Hearing and Vote – 2019 Budget will be held on Wednesday, June 13, 2018.*