

Springfield Alumni to Host Golf Tournament

SPRINGFIELD, VT—The SHS Alumni Association will be hosting the 15th Annual Golf Tournament at Crown Point Country Club on Friday, June 15th.

This is a scramble event, with a shotgun start at 1:00 p.m. This event is the “Tee Off” for SHS Alumni weekend, followed by parade and class reunions, which are held on Saturday. Please join us for another great golf event this year.

Last year the event drew 76 golfers and lots of classmates and friends who had a chance to win \$25,000 cash, for hole-in-one on the 18th hole; no one hit the shot. Perhaps this year someone will win that grand prize.

This event includes a barbeque dinner at CPCC Sports Bar after golf.

For more information, photo gallery, or an entry form, please visit their website at www.shsalumni.com, under the Events tab.

Bill Flore, the chairman of the tournament, said this event has long been successful for raising money for scholarships that are awarded to Springfield High graduates and helps to pay for the parade and reunion banquet. Money is raised by asking local businesses to provide sponsorship of this event at various levels.

Please contact Flore for any questions on the golf tournament and if you would like to make a donation or help out by being a sponsor at this year’s event, please contact him at bill.flore73@gmail.com or amber.bedi84@gmail.com.

SHS Softball

05/21/18 at Kearsarge W 14 - 0
05/23/18 Newfound W 13 - 1
05/25/18 at Fall Mountain W 8 - 0
Season Record 15-2 (NHIAA)

SHS Lacrosse

05/21/18 at Coe-Brown Northwood L 4-16
05/25/18 Pelham L 0 - 17

SHS Baseball Teams Close Out Regular Season

The Stevens baseball teams closed out their regular season with 3 games each. The varsity took on Kearsarge, Newfound, and Fall Mountain, while the JV team traveled to Newfound for a pair of games, and hosted Fall Mountain.

On Monday afternoon, the varsity boys took to the road to play the Kearsarge Cougars. The Cardinals were trailing 5-4 going to the fifth inning but Stevens would take the lead for good with 4 runs in the inning. The big hits were a 2 run double off the bat of Derrick Stanhope. Trey Theriault added an RBI single in the inning, as well. The Cardinals went on to an 8-6 win. Stanhope recorded the win battling through 5 innings, before Drew Grenier came on to pitch the final two innings for his first save of the season. Grenier also added a hit and scored 3 times in the game. Stanhope had 2 hits in the contest. Alex Taylor had a hit and an RBI. Brendan Bean and Aidan Cahill also had an RBI each.

On Wednesday evening at Barnes Park, the team recognized their 4 seniors, Drew Grenier, Aidan Cahill, James Aiken, and Brendan Bean for their hard work and dedication to the program over their 4 years at Stevens. Things did not look good for Stevens and a happy ending on Senior Night, as Newfound jumped out to a quick 3-0 lead, and were still in front 5-4, when the Cardinals came to bat in the fifth inning. Stevens scored 3 times in the inning to take a 7-5 lead, capitalizing on a series of Newfound errors. The Cardinals broke the game

open in the sixth inning, scoring 4 times, with all the runs coming with two outs. The big hit in the inning was a bases loaded, bases clearing, double off the bat of Trey Theriault. Freshman Owen Taylor had the other RBI with a bases loaded walk. Josh Stithen came on to pitch the final 3 innings to pick up his 2nd win of the year. Stevens played one their better defensive games of the year, cutting down 2 Bear runners at third base, and 2 at home plate. Taylor threw out a Newfound base-runner from right field, after he tried to tag up on a fly out.

The Cardinals closed out the game in style as Derrick Stanhope caught a fly ball, and when the runner at third tried to tag up and score, he gunned a perfect one hop throw to Aidan Cahill at home for a game ending double play. Theriault had 2 hits and 4 RBI on the evening, while Tyler Bonneau reached base all 4 times, going 3 for 3 and getting hit by a pitch, with an RBI and scored a pair of runs.

Brendan Bean had an RBI and scored a pair of runs. Stanhope scored twice, and Josh Stithen had a big hit and 2 RBI.


On Friday night the Cardinals traveled to Hubbard Field in Walpole to take on the Wildcats of Fall Mountain, in the annual Ethan Kirby Cup game. The Wildcats regained the Cup after defeating the Cardinals 7-0. FM senior Kendal Heath was in complete charge for Fall Mountain. The big senior righty threw a complete game shutout, striking out 15 batters,

(Continued on page B2)



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Baseball, from B1

while not walking a single batter, and surrendering 5 hits. Brendan Bean had 2 of those hits. Alex Taylor, Josh Stithen, and Drew Grenier had the other hits for Stevens.

The Cardinals completed their season with a record of 10-7, good enough for the 9th seed in the upcoming NHIAA Division III tournament. The official pairings will be out on Tuesday morning, but it appears the Cardinals will be on the road to take on the 8th seeded Bishop Brady Green Giants, who concluded their season at 8-8.

The junior Cardinals made the trek to Bristol on Thursday afternoon for a twin bill with the Newfound Bears. Stevens returned home with a pair of wins, 10-1 in game one, and 10-5 in game two. The JV bats were blazing as they collected 15 hits on the day in the wins. Jarret LaPointe had 4 hits on the day, scored 5 runs, and had a pair of RBI. Matt Szelangowski had 3 hits and an RBI. Clayton Wadsworth had 2 hits and 5 RBI on the afternoon, Bryce Weymouth had his hitting streak stopped at 9 games in game two, but did have 2 hits on the day, and 3 RBI. Caden Ferland, and Karsten Kleyensteuber each had a hit and pair of RBI. Clayton Wadsworth tossed a complete game for the win in game one, while Gabe Miller picked up the win on the hill in the nightcap.

On Friday afternoon the JV team beat Fall Mountain 11-1. Owen Taylor was the star of the day, as he tossed a complete game for the win, going 6 innings, allowing 3 hits, striking out 8, walking one, and allowing just an earned run. The freshman lefty also had a huge day at the plate as he hit one out of Barnes Park, onto the road in right field, for his first home-run. He was 3 for 3 with 4 runs scored and had 3 RBI. Bryce Weymouth had 2 hits, 2 RBI, and scored a pair of runs. Gabe Miller and Jarret LaPointe each had a hit, an RBI, and scored 2 runs. Michael Gaspar had a hit and an RBI, as well.

The junior Cardinals ended their campaign with a record of 8-4.

Got Sports?
Send us
your news
and photos



Hiking Season Is Here! Get Your Hike Safe Card

CONCORD, NH—As you make plans throughout the summer to get outside to hike, bike, kayak, or climb, be sure you have your Hike Safe card.

Card sales provide important support for Fish and Game's search and rescue efforts. The card also exempts holders from certain liability for repaying search and rescue costs.

Voluntary Hike Safe Cards are \$25 for an individual, or \$35 for a family (parents and minor children), and are good through the end of the calendar year.

There are three ways to get your card:
Online at www.nhfishandgame.com/Hike-Safe.aspx

In person at Fish and Game Headquarters at 11 Hazen Drive, Concord, NH

Download the print-and-mail form at: www.wildnh.com/safe/documents/hike-safe-app.pdf.

"Whatever outdoor activity you enjoy — hiking, biking, paddling, cross country skiing, or walking the nature trails in your town, the Hike Safe Card is your back-up plan for the great outdoors," said Fish and Game Law Enforcement Chief Colonel Kevin Jordan. "Buying a card is also a great way to help support Fish and Game's search and rescue activities."

Individuals who possess a valid New Hampshire hunting or fishing license, or a current registration for an off-highway recreational ve-

hicle, snowmobile, or boat, have the same benefits as those provided by the Hike Safe card.

Colonel Jordan also recommends hikers "hike smart" and carry the top 10 essentials:

- Map
- Compass
- Warm Clothing:
 - Sweater or Pile Jacket
 - Long Pants (wool or synthetic)
 - Hat (wool)
- Extra Food and Water
- Flashlight or Headlamp
- Matches/Firestarters
- First Aid Kit/Repair Kit
- Whistle
- Rain/Wind Jacket and Pants
- Pocket Knife

Read more about safe hiking at www.wildnh.com/outdoor-recreation/hiking-safety.html.

Learn more about New Hampshire's voluntary Hike Safe Card and see frequently asked questions about the card at www.wildnh.com/safe.



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Inspiration

Make It a Land of Love

By Priscilla Hull

*This land is your land This land is my land.
From California to the New York island;
From the red wood forest to the Gulf Stream waters
This land was made for you and Me.*

Woody Guthrie wrote this remarkable song during the Dust Bowl days of the thirties when men and women like him were walking the highways, riding the trains and trying to make a living and many, I dare say, trying to find themselves. We think we've written those hard time into the history books and that they are a thing of the past. They are not.

Oh, the days of my sisters and me sitting on the porch step with one of the "hobos" who stopped by for a meal are gone. Mom would make them a hot meal if she had something ready to heat up, but she'd always make a sandwich, and one to go, a glass of milk, coffee and whatever we had, cookies, cake, boiled eggs. I'm sure now the house was marked. Sometimes the man would work in the garden or rake the leaves and sometimes, they'd just tell us stories. Looking back, I'm thinking that they were veterans who were unable, for whatever reason, to return to the work force.

I learned from these encounters how rich we were to have a family, love, warm meals and a roof over our head. I learned at that tender age to accept people as they are. We never learned the "stories" or circumstances that made these men homeless. We did learn to love them, to anticipate kindness from them and we were never disappointed.

Every year on Memorial Day, we made sure the flag was affixed to a pillar on the front porch, so that passers by would know that we, in our home, honored the men and women who gave their lives for our freedom. We also remembered the living who have returned to a country that didn't understand the trauma, physically and emotionally that so many have experienced in war. We tried to remember all the people, living and dead, who gave so much for us to have the freedoms that we take for granted.

Many of you, dear readers, know that I am a pacifist. I dislike violence of any sort, but please be clear that I recognize and honor all veterans. They have made this land our land, as Woody Guthrie said. What we must remember is that it is also their land. It is their land first because they gave so much for it - for us. Don't hesitate to show love for the men and women who have given all so that we can enjoy the land of the free. Make it their land. Make it your land. Make it a land of love. As Bishop Curry said at the wedding of Meghan and Prince Harry, talking about love and the power of love, "I'm talking about power. Real power. Power to change the world."

Let us use the power of love to make a change here in Claremont and around the world, so that the lives of all veterans are honored and so that as a people of Love, we can move forward and change the world!

And the king will answer them, 'I tell you the truth, just as you did it for one of the least of these brothers or sisters of mine, you did it for me.'
Matthew 25:40

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



Calendar Of Events

Arrowhead Annual Meeting

CLAREMONT, NH—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. They 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.

Unpacking Systemic Racism with Dr. Dottie Morris

CLAREMONT, NH— Dr. Dottie Morris will begin a 4-part program titled Unpacking Systemic Racism beginning Tuesday, May 29, from 5:30 to 8:30 PM, at Trinity Episcopal Church at 120 Broad Street, Claremont, NH. This is the first program of a 4 session series. Subsequent sessions will be held on Tuesdays, June 5th, June 12th, and June 19th at the same time each week. Participants may also join with others just before the evening program begins by bringing a "brown bag" dinner to eat, beginning at 5 PM.

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 or so 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. Dr. Dottie Morris is Associate Vice President for Institutional Diversity and Equity, and 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.

This program is offered by the Racial Healing Working Group of ACTS Now. If you are interested in helping with the work of the Racial Healing Working Group, please speak with those members who are present. Your participation is welcome!

Contact: Reb MacKenzie, Racial Healing, Working Group member, 603-504-2851 or reb178@myfairpoint.net.

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.

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 check the Facebook page for all announcements and upcoming events.

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 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.

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.

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 Out-

right is a program of TLC Family Resource Center.

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 he-len.t.davidson@gmail.com

Learn about Salamanders

Saturday, June 23

Naturalist Series: Salamanders

10:00 a.m. - Noon

Did you know that there are 12 species of salamanders found in NH? Join us as we search pond, stream and forest to collect, measure, and identify these charismatic micro-fauna.

We will be meeting at the Eco Ag Center near the Community Garden. Bring water and shoes that can get wet as we will be searching in the pond and stream as well as the forest. Please RSVP to Dawn Dextraze, 504-1004; ddextraze@sullivancounty-nh.gov.

Arrowhead volunteer Spencer Allen recently changed out the flag and painted the base and flag pole atop Flat Rock (Courtesy photo).



SHS Alumni Weekend is Almost Here!

Saturday, June 9th from 11:30 - 1:30

Enjoy a tasty lunch in the heart of the parade activities

at First United Methodist Church

38 Summer Street, Claremont



*Menu: only \$5 Choice of: Burger, Hot Dog or Turkey Sandwich
with Homemade Pasta Salad & a Bag of Chips
add \$1 Cucumber Strawberry infused water or Bottled Water
add \$1 Chocolate Chip Cookie or Oatmeal Cookie
* Water and cookies can be purchased a la carte*

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



SCHS
Save a Stray 5K
*Post Race BBQ, Raffle Prizes, Age Group Prizes
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RUN/WALK

Saturday, June 23rd, 2018

Corbin Covered Bridge • Newport

8:30 AM (Last Minute Registrations) | **RUN STARTS AT 10:00 AM**

\$20 PRE-REGISTRATION FEE | \$25 SAME DAY REGISTRATION FEE

KIDS 12 & UNDER FREE • TO REGISTER TO RUN, WALK, OR SUPPORT A PARTICIPANT THROUGH PLEDGING, VISIT OUR WEBSITE:

sullivancountyhumanesociety.org

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To benefit the Sullivan County Humane Society

3rd Annual Claremont Community



Sale

**We advertise it, you sell it.
Reserve your spot today!**

Saturday, June 23rd 8 AM—2 PM

100+ spots | Food Vendors | Ample Parking

Your spring cleaning could fund your summer vacation!

Per Spot Price:

\$15 /Public | \$10 /VRH employees

Reservations or More Info: www.VRH.org

Kristian.Richardson@vrh.org or call (603) 543-1836

VRH will advertise this event. Spots are the size of parking spaces. Your reservation of multiple spots will be grouped together. Payment due by June 22nd. No rain date.



Valley Regional Hospital Parking Area
243 Elm Street | Dunning Street Entrance



Photos from the Stevens High School presentation of "Willy Wonka Jr." last Thursday through Sunday.

Photos and collage by Stacy Bathrick

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.etickernewsclaremont.com

Eileen N. Eroszonak, 97

Eileen Nora (Ayer) Eroszonak, 97, of Claremont, NH, died May 25, 2018, at the Cedar Hill Community in Windsor, VT. She was born in Suncook, NH, on December 22, 1920, the daughter of Percy and Olive (Lemay) Ayer and had resided in Claremont since 1927. Eileen graduated from Stevens High School in 1938. In 1941, she married John Eroszonak Sr., who predeceased her on October 26, 1979.

Eileen worked at Joy Manufacturing Co., the David Heller Store, the Corner Book Store, as the assistant to the vice-principal for Stevens High School and retired as an accountant from the NH Vocational Technical College in 1985, all in Claremont.

She volunteered for or was a member of many organizations, including: the American Red Cross Blood Drives, the Cancer Society, the Catholic Daughters, the Philip Read Memorial Library in Plainfield, ballot clerk, on the board of the Claremont Opera House (and volunteering until she was 92), past president of the Business and Professional Women's Organization (once receiving the Woman of the Year award). Eileen was a founder, past-president and treasurer of the Claremont AARP and was honored at a meeting just two weeks ago.

Eileen was a fun-loving and caring individual. She enjoyed watching all the major golf championships. She watched baseball, basketball and football games and knew details of many players and teams. When there was music at a function, Eileen was the last person to stop dancing. She loved playing both board and outside games with her children and grandchildren, even kicking a soccer ball at age 96.

Survivors include daughters: Nancy Norwalk (Albert) of Plainfield, NH, and JoAnn Brooks (Louis Sr.) of Gilbertsville, PA; and son John P. Eroszonak Jr. (Kathleen) of Murrells Inlet, SC; five grandchildren and 13 great-grandchildren

In addition to her husband, Eileen was predeceased by sister Eldora Henault, brother Elmer Ayer, and foster brother Kenneth Leslie.

Eileen was a parishioner of St. Joseph's Church in Claremont. Calling hours will be held on Wednesday, May 30th, from 6-8 pm at the Stringer Funeral Home, 146 Broad Street in Claremont, NH.

A Mass of Christian Burial will be held on Thursday, May 31st, at 11 am at St. Joseph's

Church, 58 Elm St., Claremont, NH, followed by a burial service in Union Cemetery.

Memorial contributions may be made to the St. Joseph's Church Renovation Fund, 58 Elm St., Claremont, NH 03743 or The Friends of the Philip Read Memorial Library Scholarship Fund, PO Box 163, Plainfield, NH 03781.

Garth M. Lawrence, 45

Garth Michael Lawrence, 45, passed away on May 17, 2018. He was born on May 23, 1973 in Claremont, NH, the son of Donna Provost and Curtis Lawrence.

He was a diehard Boston sports fan. Garth was a natural athlete and loved playing all sports until some injuries prevented him from doing so. He loved mountain biking and playing golf whenever he could. He had a great sense of humor and was a talented carpenter.

He will be missed dearly by his family. Garth had four daughters, Brianne Lawrence, Mariah Lawrence, Kirsten Lawrence, and Kylie Welsh. His first grandchild is due in September.

“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.

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

DOCTOR **SAM'S**
EYE CARE



He is also survived by his mother; father; sister, Caitlin Fennessey; uncle, Steve Provost; aunt, Sue Lawrence; nephews, Oliver and Harper; and cousins, Damon, Barbara, Jill Bard, Justin Provost, and Jenna Mohr.

We would love for you to help us celebrate the best of Garth at Arrowhead on Sunday, June 3rd, from 1:00 to 3:00 pm.

Donations can be made in his memory to West Central Behavioral Health, 122 Pleasant Street #1 Claremont, NH 03743.

Ralph T. Rouillard, Sr., 82

Ralph Thomas Rouillard Sr., 82, passed away on May 21, 2018. He was born on August 10, 1935, the son of Silva and Olive (McGraw) Rouillard.

He graduated from St Mary's. He went on to serve in the army. When he returned home he worked as a career firefighter, eventually retiring from the Claremont Fire Department, he then went on to work as a full time machinist. He enjoyed woodworking, watching the Red Sox, and the Patriots, as well as spending time with his family and friends.

He is survived by his children, Todd Rouillard and his wife, Sara, Kathy Hunter and her husband, Michael, Thomas Rouillard, Stephanie Rouillard and her husband, Michael Gillespie; grandchildren, Taylor, Katelynn, Logan, Lucas, Dee, Michael, Matthew; and great grandchildren, Avery and Ryder.

He was predeceased by his brother, Carl Rouillard.

In lieu of flowers donations can be made to the Lake Sunapee VNA and Hospice Care, 107 Newport Road New London, NH.

A service was held at the Stringer Funeral Home on Friday.

Deborah M. King

Deborah Marion (Gilliam – Rock) King passed away at home on May 21, 2018, surrounded by her children.

She was born on April 8, 1955, in Bridgeport, CT. She was raised in Nashua, NH. Deborah came to Claremont for a visit in 1976, fell in love and made it her home for the next 42 years.

She graduated high school in 1990 and then went on to graduate from River Valley Community College with an associates degree. While she had many professional positions during her life, the role that Deborah most

cherished and wanted to be remembered for was being a mother and later a "mem". Deb had an amazing heart and people in need were often drawn to her. She was a mother to all.

She leaves her legacy in her three children, April Woodman and her husband, Charles, January King, and Bert N. King II; her little people, Samantha Woodman, Evan Woodman, and Cody Butson; her brother, Scott Rock Sr.; good family friends Dee Wichland and Damien Bailey; as well as her Union Church extended family. Deb was important in the lives of many nieces, nephews, in laws, and wayward souls.

She was predeceased by the love of her life, Bert N. King I; her parents, Barbara (Walker) and Clarence Rock; brothers, John Gilliam, Peter Gilliam; sisters, Barbara (Gilliam) Calvin, Lisa Gilliam and son-in-law, Timothy Butson.

A service was held on Saturday at the Union Episcopal Church, 133 Old Church Road in Claremont.

In lieu of flowers contributions can be made to Stringer Funeral Home to help with funeral expenses.

Paul J. Heim, 34

Paul Jarred Heim, 34, from Cornish, NH, passed away on April 15, 2018. He was born on November 27, 1983. He was a beloved son, brother, and friend.

Paul grew up in Cornish with his brother Dan. He was the happiest little boy that was full of energy. He loved doing anything outside. Paul's adulthood brought addiction and other related problems, including mental health issues. He struggled through many rehabs and recoveries as the pull of opiates was too strong for him to stay away. His times of recovery, though short lived, were full of working out in the gym, martial arts, snowboarding, enjoying animals, his faith in god, and visiting his family.

He leaves behind his mom Gayle Davis and her partner Kraig Murphy of Hartland; his dad, Richard Heim, his wife, Abigail and 4 half siblings of Cornish; brother, Dan Heim; aunt Pidge and uncle Bob McDevitt of Unity; cousins, Katie, Megan, Mickey, and Caryl McDevitt; aunt Ellen Oberkotter; cousins, Christine, Melissa, Amanda, Paul, and Mathew Oberkotter; great aunt, Noel Powers; cousin, Chris Powers and family; and nieces and nephews.

He was predeceased by his grandparents, Joyce and Bob Oberkotter, Lillian Heim; his uncle, Bob Oberkotter; great grandparents, Paul and Louise Oberkotter, Willard and Evelyn Hager; great uncle Bill Hager; and cousin Keith Powers.

Burial took place on Saturday, May 26, at the West Claremont Burying Ground.

Memorial contributions can be made to the local humane society.

Claremont Fire Dept. Log

Sunday 5/20:

1:32 PM: Engine 3 responded to Central St. for a report of an alarm sounding.

3:20 PM: Engine 3 responded to Box Alarm 281.

3:20 PM: Ladder 2 responded to Colonel Ashley lane for a report of an alarm sounding.

3:20 PM: Claremont Fire was dispatched to Pleasant St. for an alarm sounding but was later cancelled by the alarm company.

3:24 PM: Engine 3 responded to Charlestown Rd. for a possible carbon monoxide problem.

4:55 PM: Engine 3 and Ladder 2 responded to Box Alarm 0182.

Monday 5/21:

6:24 AM: Engine 3 responded to Box Alarm 0269

6:37 AM: Engine 3 responded to Charlestown Rd. for a report of a motor vehicle that had struck a building.

7:08 AM: Claremont Fire was dispatched to Box Alarm 0182 and was canceled.

11:18 AM: E3 responded to Washington St. for a motor vehicle accident.

8:51 PM: Engine 3 responded to Heritage Drive for a medical call.

Tuesday 5/22:

9:30 AM: E3 responded to Washington St. for a DELTA Level medical call.

10:41 AM: Engine 3 responded to Main St. for a motor vehicle accident.

6:57 PM: Engine 3 responded to Heritage Drive for a smoke investigation.

Wednesday 5/23:

3:24 PM: Engine 3 responded to Water St. for a DELTA Level medical call.

5:24 PM: Engine 3 responded to Washington St. for a motor vehicle accident.

Thursday 5/24:

6:07 AM: Engine 3 responded to Madison Place for a DELTA Level medical call.

8:27 AM: Engine 3 responded to Washington St. for a motor vehicle accident.

12:25 PM: Engine 3 responded to the area of Main St. and Windsor Rd. for a motor vehicle accident.

Friday 5/25:

8:03 AM: Engine 3 responded to the area of Draper's Corners for a report of a fuel spill.

9:21 AM: Engine 3 responded to Charles St. to assist Golden Cross Ambulance.

2:15 PM: Engine 3 responded to Broad St. to assist someone stuck in an elevator.

Saturday 5/26:

12:50 PM: Engine 3 responded to Sugar River Drive for a smoke investigation.

2:39 PM: Engine 3 responded to Central St. for a DELTA Level medical call.

3:59 PM: Engine 3 responded to Heritage Drive for a report of an alarm problem.

8:52 PM: Engine 3 responded to Highland View Rd. for an ECHO Level medical call.

11:35 PM: Engine 3 responded to Central St. to assist Golden Cross Ambulance.

Granite State 90 Day Challenge

The New Hampshire Governor's Council on Physical Activity and Health has again partnered with the New Hampshire Parks and Recreation Division to provide residents with a passport for free admission to the parks listed below:

Bear Brook State Park, Allenstown (no beach access)

Miller State Park, Peterborough

Moose Brook State Park, Gorham

Odiorne Point State Park, Rye

Rollins State Park, Warner

Rye Harbor State Park, Rye

Umbagog Lake State Park, Cambridge/Errol

Winslow State Park, Wilmot

New Hampshire residents can use the passport during June, July and August to explore New Hampshire's natural beauty while keeping active. There are plenty of park properties in New Hampshire that don't charge admission. Check out some of the Recreational Rail Trails that make it easy to get a 20 minute walk, run, hike or bike in.

<http://nhmoves.org/90daychallenge/>.

Social News

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Menu for Tuesday - May 29...Meatloaf, mashed potatoes, vegetable, dessert. Thursday - May 31...Salad, American chop suey, 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!

If you are a senior 60 or over enjoy a FREE day at the Claremont Savings Bank Community Center to celebrate Senior Health and Wellness Day! Classes will include Aquafit (8:45 AM), (Yoga 9AM) and Basic Step Class (5:30 PM). Sponsored by SilverSneakers!

Reminder that our Annual Car Show will be held on Sunday - August 26! Our annual Volunteer Recognition Dinner is planned for Saturday - June 23 at 5:30 PM. If you have volunteered in any way during the year please come or call to sign up! Spouses welcome!

"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.

For Foot Clinic appointments sponsored by Lake Sunapee Region VNA & Hospice call (603) 526-4077.

Bingo every Thursday night run by the Croydon Ladies Auxiliary, Inc. Doors open 4:30 PM. Refreshments available. Games start at 6:30 PM. Per NH State law, 18 years of age required for admission!

Our "Vendors / Crafters Corner" welcomes any type of business or crafter to rent an 8 ft. table for \$15 in our entrance lounge. Only one vendor / crafter per date!

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

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

Adult Coloring open to public on Mondays (1:00-3:00 PM). Members free/non-mem. \$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.

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

Rentals available for weddings, hourly, one-day, funeral receptions and our board room has an 8 persons capacity. Businesses welcome to put a Business Card size ad in our monthly newsletter. Cost is \$200.00 per year (12 inserts).

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

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



Happy Memorial Day!

Thank you to all of our military men and women who have fallen,
giving the ultimate sacrifice for us all.
We are truly the home of the free, because of the brave.

Stay safe as you celebrate. We value all of our readers, and
I hope to see you next week. In the meantime, #LoveOthersWell.

Bernadette O'Leary