

e-Ticker News Sports

Section B
June 4, 2018



The Cardinals softball team battled Berlin High School on their home turf Saturday afternoon and lost a close one by the score of 2-1 in the NHIAA Division 3 Quarter-Finals. Congratulations to Missy Nichols, her coaching staff and the entire varsity softball team on a hugely successful season! (Courtesy photos).

Cardinals Baseball Comes To an End

The Stevens boys baseball season came to

an end at Rollins Park in Concord on Thursday

afternoon as they dropped an 8-0 decision to the 8th seeded Bishop Brady Green Giants in the 1st Round of the NHIAA Division III Tour-

namment. The Cardinals were the 9th seed in the 16 team tournament.

Senior right-hander Drew Grenier got the start and pitched a very good game but the Green Giants took advantage of a couple of early Cardinal miscues and some timely hitting to jump out to an early 5-0 lead and earn the win. Grenier went the distance, going 6 innings, allowing 10 hits, walking 4 batters, striking out 8, and allowing the 8 runs, just 2 of

(Continued on page B2)



A tough outing for the varsity baseball team as Bishop Brady eliminated the Cardinals from the playoffs May 31. Still, it was an exciting and successful season of which the entire team should be proud! (Courtesy photo).

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Baseball, from B1

which were earned.

Grenier had a hit in the game, as did Brendan Bean, Derrick Stanhope, Trey Theriault, and Owen Taylor.

The Cardinals finished the season at 10-8, and will be moving up to Division II in 2019.

The Baseball Coaches Association of New Hampshire held their annual All-State meeting at NHTI on May 28th, and Stevens placed 3 players on the Division III All-State teams. In addition, JV Coach Ryan Seaver was voted as the Division III JV Coach of the Year. Senior 1st Baseman Brendan Bean was selected to the NHIAA Division III All-State 1st Team. Senior shortstop and pitcher Drew Grenier was selected to the NHIAA Division III All-State 2nd Team, while junior infielder Trey Theriault was selected to the NHIAA Division III All-State 3rd Team.

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 CPMC 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



SHS Baseball coach Paul Silva confers with his players as the team took on Bishop Brady in Playoff action on May 31st (Courtesy photo).

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.

Got Sports?
Send news and photos
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Inspiration

High Hopes

By Priscilla Hull

*Just what makes that little old ant
Think he'll move that rubber tree plant
Anyone knows an ant, can't
Move a rubber tree plant*

*But he has high hopes. He has high hopes.
He has high apple pie in the sky hopes.*

This was a song made popular by Frank Sinatra in 1959. It was quite a change of mood for the blue eyed crooner. In later years, Doris Day and others recorded it. Those were days of deep despair and high hopes. In those days we needed a lot of positive things in our lives. We were in the midst of the Vietnam War. The Civil Rights movement brought tragedy and hope to many lives. The country elected John F. Kennedy to be president and many thought that the election of Kennedy would bring ruination to the country.

Despite the terrible things that happened in that decade—assassination of President Kennedy, Martin Luther King, Jr. Robert Kennedy, a war that was controversial and seemed endless—we continued to be a people of hope. We continued to think that we would come out of this time still on top of the world. We sang songs like "We Shall Overcome". We married and had babies. We carried on with the greatest World's Fair where world cultures gathered to exchange life styles and sing songs like, "It's a Small World ". Yes, there were glorious times and not so glorious times. We defined those things that were important to us; freedom of expression, equality for men and women of all races, freedom of religious choice, freedom of lifestyle and all the other freedoms we fought for. The dissatisfaction with oppression of any sort made us all freedom seekers. We've come a long way since then, but we still have a long way to go.

Some may say that in the past couple of years, there has been a resurgence of bigotry in many areas. That may be true. At least it seems so at times. What we need to keep in mind, though is that area of our inner selves called HOPE. We're all born with Hope embedded somewhere in our inner self. Sometimes, through despair, Hope seems lost. I remember a man I worked with years ago asking every morning, "Is there any HOPE?" Every morning I answered, "Yes, there is."

So when you're down and out, when you feel all is lost; when you feel like quitting the journey, remember that "little old ant" and keep pushing on that "rubber tree plant". Or remember "That silly old ram" who thought "he'd punch a hole in the dam". Don't let anyone make you lose those "high hopes". The world is changing and it has to change for the better.

Something beautiful is happening with beautiful people working for good.

For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11&

Now faith is the assurance of things hoped for, the conviction of things not seen. Hebrews 11:1

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



Calendar Of Events

Entries Accepted for Juried Regional Exhibit at the Library Arts Center in Newport

NEWPORT, NH—Area artists are invited to submit up to two pieces to the jury for this annual exhibit highlighting the diverse talent of the New Hampshire/Vermont region. Painting, drawing, printmaking, sculpture, photography and mixed media are welcome.

Exhibit dates will be June 30-Aug. 24, with an opening reception on Friday, June 29, 5-7 p.m.

Entry deadline: June 7 at 11:59 p.m.
Entry fee is \$5 for LAC members / \$10 non-members.

For more information about the exhibit and to enter online, visit <http://libraryartscenter.org/juriedregional/>.

The Library Arts Center is non-profit community arts center, gallery and studio, founded in 1967 and located at 58 N. Main Street in Newport, New Hampshire. The gallery is housed in the former carriage house of the historic mansion occupied by the Richards Free Library, across the street from the Newport Town Common. For more information, call the LAC at 603-863-3040 or visit libraryartscenter.org.

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

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, will be teaching a S.A.F.E. class on Monday, June 11, from 5:00 – 7:00 p.m. at the Lake Sunapee Yacht Club, located at 34 Stone End Road in Sunapee, NH.

S.A.F.E. reviews critical food safety and sanitation concepts such as personal hygiene, preventing cross-contamination, and controlling time and temperature. S.A.F.E. workshops provide food safety training for new employees and refresher information for more experienced staff. The two-hour workshop uses

practical discussion and hands-on demonstrations to help participants apply safe food handling practices in the workplace. S.A.F.E. participants receive a certificate of attendance. Pre-registration is required as space is limited. There is no cost for this workshop.

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

Noted Historian and Author to Speak at the GMCWRT

WRJ, VT—On Tuesday, June 13, A. Wilson Greene will be the guest speaker at the monthly meeting of the Green Mountain Civil War Round Table. The meeting will be held at the Bugbee Senior Center, 262 North Main Street, White River Junction. Doors open at 6:00 p.m.; an optional catered dinner from Maple Street Catering is served at 6:15 p.m., followed by a short business meeting at 6:45 p.m. The program, entitled A Perfect Hell of Blood: The Battle of the Crater, will take place immediately after.

For many students of the Civil War, the Battle of the Crater is synonymous with the entire Petersburg Campaign. The story of the secret construction of a mine, the explosion of 8,000 pounds of black powder, and the disastrous attack of the Union Ninth Corps is reasonably well known. What is less well understood is the context of the Union strategy that precipitated this battle, the specific nature and conduct of the combat, and the reasons why such a promising gambit by the Federal army failed.

Greene holds degrees in history from Florida State University and Louisiana State University. He worked at various Civil War sites for the National Park Service for sixteen years and then became the first executive director of the Association for the Preservation of Civil War Sites, now the Civil War Trust. In 1995 he became the founding director of Pamplin Historical Park and the National Museum of the Civil War Soldier near Petersburg, where he served for 22 years before retiring in March 2017.

Greene is the author of six books and more than twenty published articles. His latest book is "A Campaign of Giants: The Battle for Petersburg", which is the first of a projected three-volume study of the entire Petersburg

Campaign. The meeting is open to the public. Reservations for the meal (\$12.00) must be placed by noon, June 9 (Friday) with Gail Blake at 802 296 2919 or auntis@comcast.net. Those not having dinner will be asked to pay a modest door fee to cover expenses.

Church Yard Sale in Newport

NEWPORT, NH—On Saturday, June 9, 9:00 a.m. to 1:00 p.m. a church yard sale, rain or shine, will be held at South Congregational Church, 20 Church St., Newport. Large selection of items.

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.

www.etickeernewsoclaremont.com

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.

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 microfauna.

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@sullivancountynh.gov.

UPPER VALLEY TEEN WELLNESS RETREAT

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June 30th & July 1st 8a.m.-5p.m. Daily

For Questions Call (802) 440-1428
1478 Blood Brook Rd, Fairlee, VT 05045



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You must preregister for this event
<https://gathr.us/screening/23378>

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film that just might save
your life or someone you
know.

06.13.18

7PM-9PM | WEDNESDAY

CLAREMONT CINIMA CENTER

YOU MUST PRE REGISTER

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



Lake Sunapee Region VNA & HOSPICE

REV. MAY 29, 2018

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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 am – 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	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

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Saturday, June 23rd, 2018

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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

Jeannette Hoy, 93

Jeanette Hoy, 93, from Newport, NH, passed away on December 23, 2017.

Her family includes her children, George Hoy, Walter Hoy, Jean Hoy; grandchildren, Josh Hoy, Walter Hoy Jr., Benjie Hoy, Debbie Hoy, Rosemary Hoy, Anette Raymond, Carlene Carberry; ten great grandchildren; two great great grandchildren; and a brother, Peter Fry.

She was predeceased by her husband, George Hoy; son, Harold Hoy; daughters, Nancy Hoy, Judy Hoy, and Joann Hoy.

A graveside service will be held at South Sunapee Cemetery on Saturday, June 9th at 2 p.m.

Claremont Fire Dept. Log

Saturday, May 26

12:50 E-3 responded to Sugar River Drive for a smoke investigation

14:39 E-3 responded to Central St. for a medical call

15:59 E-3 responded to Heritage Drive for a public assist

20:52 E-3 responded to Highlandview Ave for a medical call

23:35 E-3 responded to Central St. for a medical call

Sunday, May 27

00:25 E-3 responded to School St. for an illegal burn

12:51 E-3 responded to Washington St. for a motor vehicle accident

13:40 E-3 responded to Main St. for a motorcycle accident

19:56 E-3 responded to School St. for an illegal burn

Monday, May 28

11:34 E-3 responded to Union St. for a public assist

Tuesday, May 29

08:48 E-3 responded to Upham Place for a medical call

09:40 E-3 and L-2 responded to Sullivan St. for a Box Alarm

16:27 E-3 responded to Rachel Place for wires down

17:30 E-3 responded to Washington St. for a motor vehicle accident

18:11 E-3 responded to Bible Hill Rd. for a motor vehicle accident

Wednesday, May 30

12:47 E-3 responded to Main St. for a medical call

20:42 E-3 responded to Maple Ave for a garbage bin fire

23:39 E-3 responded to Upham Place for a medical call

Thursday, May 31

08:06 E-3 responded to Congress St. for a medical call

Friday, June 1

09:37 E-3 responded to North St. for a medical call

11:15 E-3 responded to Sullivan St. for a detector sounding

“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)

18:57 E-3 responded to Chestnut St. for a medical call

Saturday, June 2

00:57 E-3 responded to Broad St. for a medical call

18:52 E-3 responded to Main St. for a motor vehicle accident

From The Claremont Fire Department: Gas Grill Safety

CLAREMONT, NH—With warmer weather upon us and the first holiday behind us marking the start of the summer season, the City of Claremont Fire Department would like to remind residents to do a safety check of your outdoor cooking appliances. Gas grills pose a particularly high fire hazard of which just a few minutes of your time to check the grills gas components could eliminate the potential of a home fire from starting.



If you are unsure if your gas grill is safe to operated follow your manufacturer's instructions on proper maintenance or contact a gas appliance professional to inspect the grill.

In New Hampshire under the "Life Safety Code," all gas grills are to be located no closer than ten feet from a multi-family apartment building. Locating gas grills on porches and decks attached to apartment buildings is also prohibited. This is due to the high life hazard of buildings with multiple apartments.

The National Fire Protection Association has provided a fact sheet "U.S. Home Fires Involving Grills. The fact sheet is available upon request by contacting Chief Bryan Burr at firechief@claremontnh.com.

Social News

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Menu for Tuesday - June 5...Pork, shepherds pie with vegetables, topped with sweet potatoes, dessert. Thursday - June 7...Baked chicken, mashed potatoes, vegetable, dessert. Twice a week dinners welcomes members (\$4.00) as well as non-members (\$5.00). Membership dues cards may be checked, so have yours ready!

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!

Reminder that our Annual Car Show will be held on Sunday - August 26.

Foot Clinics will be held June 6, 13, 20. Call (603) 526-4077. There is a \$25 charge! Blood Pressure Clinic on June 7 (10:30 AM - 12 Noon). Also on June 21 (11:00 AM - 12 Noon). All by sponsored by Lake Sunapee VNA.

Concerts at the Center as follows: Saturday - June 30 - Firehouse 6 Dixieland Band. Friday - July 6 Gerry Grimo (East Bay Jazz Ensemble). Friday - August 17 - Kearsarge Community Band. All concerts will be held 6:30-8:00 PM. Come early...food will be available at 5:30 PM.

Next Senior Men's Breakfast will be Monday - June 25. 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!

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 or older.

Our "Vendors / Crafters Corner" welcomes Julie's ICare on June 14. Any type of business or crafter is also welcomed to rent an 8 ft. table for \$15 in our entrance lounge. 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.

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

Adult Coloring open to public on Mondays (1:00-3:00 PM). Members free/Non-mem.\$1.00.

Knitters on Fridays (12 noon-3:00PM). Bring your lunch. If you are not a member 3 visits allowed then membership is required.

Seniors Bingo for center members 55 years of age and older every Wednesday at 1:00 PM. Come have lunch! Sale of cards stops at 12:50 PM. No cards sold after that time!

Senior Game Night every Tuesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required. Hand & Foot card game and Pool are popular! Bring a snack to share!

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

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).



The Claremont City Council will hold a public meeting on Wednesday, June 13, 2018, at 5:30 p.m. in the Council Chambers of City Hall.

NOTE: EARLIER START TIME

AGENDA (Revised)

- 5:30 PM 1. PLEDGE OF ALLEGIANCE
- 5:32 PM 2. ROLL CALL
- 5:34 PM 3. AGENDA CHANGES
- 5:35 PM 4. REPORT OF THE SECRETARY
Minutes of 9, 12, 23 and 31, 2018, City Council Meetings
- 5:40 PM 5. MAYOR'S NOTES
A. Men's Health Month Proclamation
- 5:45 PM 6. CITY MANAGER'S REPORT
- 5:55 PM 7. APPOINTMENT TO BOARDS AND COMMITTEES
- 6:00 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
- 6:10 PM 9. NEW BUSINESS
A. Ordinance 561 Change Speed Limit on Portion of South Street – First Reading
- 6:25 PM B. Resolution 2018-36 Encumbrances – Public Hearing
- 6:35 PM 10. *BUDGET DISCUSSION*
- 7:35 PM 11. BUDGET PUBLIC HEARING AND VOTE
A. Resolution 2019 - 1 Tax Anticipation Note – Public Hearing
B. Resolution 2019 - 2 To Adopt the 2019 General Fund Budget for the City of Claremont – Public Hearing
C. Resolution 2019 - 3 To Adopt the 2019 Water Division Budget for the City of Claremont – Public Hearing
- BREAK
A. Resolution 2019 - 4 To Adopt the 2019 Sewer Division Budget for the City of Claremont – Public Hearing
B. Resolution 2019 - 5 To Adopt the 2019 Downtown Tax Increment Finance District Budget for the City of Claremont – Public Hearing
- 8:45 PM 12. NEW BUSINESS (Continued)
C. Resolution 2018-35 Proceeds from First Night Button Sales – Public Hearing
- 8:55 PM 13. COMMITTEE REPORTS
- 9:00 PM 14. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:15 PM 15. CONSULTATION WITH LEGAL COUNSEL
- 9:20 PM 16. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, June 27, 2018, at 6:30 p.m. in the Council Chambers at City Hall.

Dating After a Bad Relationship Or Bad Marriage Part I: The First Step

By Bernadette O'Leary

After getting out of a bad relationship, it can be hard to find a way to get back into the dating scene, or for that matter to even trust again. There are all kinds of "self help" books and websites out there, but ultimately, it's really not all that complicated. It can be frightening and daunting, but if we take it step-by-step, just one moment at a time, it can be done fairly painlessly. This is the path that I am currently on myself, so I will use myself as an example. I have taken the past month and a half to do my research, and we will explore this topic over the next couple of weeks. This week, we begin with the first step: healing.

First, we must take some time for ourselves. This is needed to allow both healing and remembering who we are at our core. If we jump back into a relationship too quickly, we risk the chance of settling for less than what we truly want and deserve to have. This often happens from fear of being alone or a desire to feel the affections of another to boost our own self esteem. In truth, it's important to feel complete within ourselves before we can fully complete anyone else, or be fully completed by someone else. We must each be able to feel confident and independent based on our own gifts which we have to offer and not define our self-worth based on the opinions of anyone else. Doing so within the confines a romantic relationship is not real love, but dependency. That foundation is shaky at best, and it can doom a relationship to failure. We have to know our worth all on our own. After all, a relationship takes two different people who come together and create something wonderful with what each brings to the table. What one lacks, the other provides. One good way to build our confidence is to surround ourselves with others who love us and already see our finer qualities. Then, we can move on to step two of this process.

Step two consists of self reflection. We must look deeply within ourselves, asking ourselves what truly matters to us in a potential partner: kindness, devotion, etc. Then, we must look again and ask ourselves what we have to offer. Are we kind? Are we faithful? Are we good listeners? There are many traits we might have that someone else is looking for, but if anyone tries to get us to sacrifice those traits for the sake of being with him or her, *that* is in no way good. A good man or woman will appreciate us for who we are and not try to change us or to stifle our opinions, feelings, or personality traits.

Bad relationships often leave us feeling lost and like we don't deserve better. In the case of abuse, our former partner likely broke us down over a long period of time, convincing us that we are worthless, ugly, or otherwise incapable of doing anything right and are undeserving of love and proper treatment. The fact is, this mindset is a lie that is created to keep us from being happy or leaving to find something better. It's control, pure and simple.

When getting away from a bad relationship, it's important to take time to heal and to remember that we are worthy of happiness and respect. We each have a unique and special flavor which we bring to each of our relationships, and for that reason, we are important. To just the right person, we're a treasure, and that person will love us and treat us with the respect we deserve. So, don't feel rushed to find a new love interest after leaving a bad relationship. For that matter, it's just as important to take this time of reflection after the end of a good relationship. Knowing who we are and what we want is necessary if our future relationships have a chance of success. We all have preferences and needs, and we shouldn't have to settle for something that just isn't right for us.

Join me next week when we discuss where to meet other singles and how to find the right avenue for your search. Until then, #LoveOthersWell, and remember... *you* are a prize to be earned for the right man or woman. Don't settle for less than what you want and need... your reward at the end of your rainbow.

