

## Twin State Derby Moving To Dedicated Practice Facility in Claremont

WILDER, VT—Twin State Derby, Inc., also known as the Upper Valley Vixens, has announced that they have signed a lease in Claremont for practice space as the roller derby league experiences significant growth. “With this move, Twin State Derby is able to provide greater access to derby training for all levels of its membership. The league is excited to connect with the community in Claremont and build strong partnerships,” said the organization in a statement.

“We are so grateful to Great View Roller Rink for being our home during the first eight years of Twin State Derby's existence, and we are looking forward to all the opportunities our new home in Claremont has to offer,” said Kelly Beerman, aka, “Bertha Blue Blazes.” “A transition like this is a testament to the growth and progress our league has achieved in a short period of time. None of this would have been possible without the passion and dedication of our members to this amazing sport. We hope the future growth potential and increased accessibility of this new space will provide Twin State Derby with the tools to continue to be a leader in women's roller derby for the Upper Valley and possibly for all of New England.”

Roller derby was revived in its modern incarnation by a group of women in Texas in 2002. Since that time, the sport of women's flat-track roller derby has exploded internationally. As a Class A member of the Women's Flat Track Derby Association, or WFTDA, Twin State Derby is honored to be one of over 400 skater-owned-and-operated leagues worldwide that have united to lead the growing sport of women's flat track roller derby.

Twin State Derby has practiced in Enfield, NH, since its founding in 2010. Particularly in the past two years, the size of the league has grown significantly from 20 members to over 60 members of all genders.

TSD's focus on training new skaters and officials in a progressive curriculum, in addition to onboarding of new members intentionally and with focus on personal investment in success, has contributed to this growth and retention.


“Leasing a dedicated practice space opens up so many doors for us as a league,” said Steve Hender, aka, “My Baby Daddy,” the head coach of Twin State Derby. “We can set our own schedules to accommodate all of the skill levels within our league, and customize the space to our needs. It has been a literal derby dream of ours, and I'm so excited to have this opportunity.” The league now boasts two full teams (charter and regulation), a large rookie class of skater-trainees, and a team of skating and non-skating officials who staff TSD games as well as travel throughout New England for games at other leagues. Claremont continues to grow and evolve as a city, and there are many opportunities for partnership with both individuals who may want to learn more about roller derby and businesses in the area who may want to partner with the league moving forward. Claremont resident and TSD member Deb Anderson, aka, “Twisted Throttle”, said, “As a long-time Claremont resident I am super excited to have Twin State Derby moving into our city. When I joined TSD, I was simply looking for a more interesting way to stay fit, but I found that and so much more. I found a well-established league of athletes who were glad to take me under their wing and nurture my skills. Twin




Twin State Derby (Jared Beerman photo).

State Derby has a positive, healthy environment and will be a complimentary addition to Claremont.”

Twin State Derby's 2018 season is well underway, with the charter team boasting a 7-1 sanctioned record so far this year. The team's most recent sanctioned game was Saturday, June 16, in Concord, NH, against long-time rivals Granite State Roller Derby. The regulation team's next game will be against Southshire Roller Derby in Manchester, VT, and their next game in the Upper Valley will be on September 29th at Union Arena in Woodstock, VT.



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## Biggio's Blast Not Enough As 'Cats Fall In Altoona

ALTOONA, PA - Cavan Biggio homered as part of a four-RBI performance and Bo Bichette had two hits with two runs scored, but the New Hampshire Fisher Cats (Blue Jays) dropped their second consecutive game to the Altoona Curve (Pirates) Saturday in what was a 9-5 loss at Peoples Natural Gas Field.

The Fisher Cats (39-28) opened the scoring in the top of the first inning. Jon Berti singled and Bichette followed with a double. Biggio drove in the first run of the night with a sacrifice fly.

A couple of walks proved costly for New Hampshire starter Justin Dillon in the bottom of the fourth inning. Bryan Reynolds walked, Jin-De Jhang singled and Jordan George walked to load the bases. Stephen Alemais tied the game with a sacrifice fly and Logan Ratledge ripped a double into the left field corner to put the Curve up 2-1.

The first five batters reached in the Altoona fifth and all five scored. Will Craig's 10th homer of the season was a three-run shot. Reynolds then doubled, scoring on a single by Jhang as the Curve opened up a 6-1 lead.

New Hampshire cut the lead to 6-4 in the top of the sixth. Jon Berti was hit-by-pitch, Bichette singled and Biggio ripped his 14th home run. He now has 52 RBI on the year, tied for second-most in the Eastern League.

The Curve (34-28) answered with a second three-run homer of the game in the bottom of the sixth inning. Craig walked, Reynolds singled and Jhang's third hit of the night - a home run - made it 9-4.

The Fisher Cats picked up a fifth run in the top of the eighth inning. Bichette walked, scoring on a double by Harold Ramirez. Ramirez also had two hits for New Hampshire (2-for-4).

Pedro Vasquez (W, 1-4) picked up his first win of the season, working the first six innings for Altoona. Dillon (L, 1-2) took the loss. Zach Jackson retired all seven batters he faced in a strong relief effort for the Fisher Cats, striking out three batters.

The bats came alive for the New Hampshire Fisher Cats (Blue Jays) on **Sunday** with a 9-1 win over the Altoona

The Junior Showcase Underwood Game was played Saturday at Saint Anselm College. Juniors from all 4 Divisions had to try out for the game and get the chance to display their athletic and baseball skills before a number of college coaches. Junior Trey Theriault from Stevens was one of 34 players selected to play in the game. He was also a Division III 3rd Team All-State selection after batting .375 with 14 RBI this season. The players were broken up into two teams of 17 and Theriault was assigned to Team Black.

He played 3rd base, and also pitched an inning in the game which was played Saturday. He had a single and walked in his plate appearances, and Team Black defeated Team Red, 15-4 (Courtesy photo).



Curve (Pirates) at Peoples Natural Gas Field. Every New Hampshire player recorded at least one hit in the victory.

The next homestand opens on Friday, June 22 with the first of three games with the Reading Fightin Phils at Northeast Delta Dental Stadium. For tickets and information, visit [www.nhfishercats.com](http://www.nhfishercats.com).



<http://www.claremontspeedway.net/>

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# Inspiration

## Simple Things

By Priscilla Hull

When I was a kid, we went camping almost every summer for many years! We really went camping - no RV - no fifth wheel - no trailer - not even a Pop Top VW! We had an old Army tent - no floor - had to dig a trench around the outside if rain was predicted! We had fun! Dad outfitted our '48 Woody Ford Beach Wagon to be the kitchen. It was modern camping at its best! Mostly we stayed in New Hampshire and Maine State or National Forests. White Lake State Park in Tamworth, NH, stands out as one of the best.

Years later my husband, kids went camping in the Adirondacks in New York State. We lived just above New York City and looked forward to leaving after work on a Friday and head north. Funny, I don't remember names of campgrounds. I guess nothing beats White Lake. Most frequently we went with our next door neighbors. We had three kids, two girls and a boy; they had three, all boys. It was ideal for the ladies because the men would take the boys off on "manly" adventures and we'd stay at the site with the girls!

We were great friends and it didn't take much to make us happy. They were both gourmet cooks, so they did most of the cooking, but I got up early to get the "camp coffee" going! Best coffee in the world! Throw the grounds in the pot and boil it for five minutes and filter the grounds out through your teeth as you drink it!

Simple things amused us, though! Frog races! Obstacle courses for the kids to ride their bikes through. Nature hunts where we'd give the kids a list of things: three different kinds of leaves, two acorns, the roundest stone you can find, a cicada shell, find five different birds and write their names. It would keep the busy for hours while we relaxed at the campsite!

These simple things are proof that we don't need fancy phones, exciting electronic games, million dollar bands with incredible make-up and amazing stage sets and lights. What we need is simplicity! Things like white clouds against a blue sky, a wren singing loud and clear, gentle wind through the pine trees, the soft sweet smell of a baby. These are simple things.

Now that school is out, what is it that can entertain the kids without electronics? Surely book reading is the top of the list, but there's so much more to do! Kids are full of ideas! They could put on shows for the family; write letters to their grandmas and grandpas or other relatives. Use those God-given imaginations to find your own entertainment. Use the world around us! I guarantee kids and parents will be happier!

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



## Calendar Of Events

### The Acworth Village Store, Acworth Community Project MusicFest

ACWORTH, NH—Our annual MusicFest is on the way! This year it is scheduled rain or shine for Saturday, June 30, from 11:00 a.m. until dusk. Talented local musicians will be featured on two stages this year. This year, the musical line-up includes Dan and Faith, Decatur Creek, Gene Albert, Picket Hill, Kim Snyder, Moxley Union, Tom Pirrazoli, Bill Symons, Carolyn Waters, Lon Livengood - Best Revenge.

This year the grill will be cooking hot dogs, hamburgers, and sausage with sides, and later in the day they'll be cooking up BBQ chicken, and from their outdoor hearth, freshly made pizza. They'll also have a vegetarian food truck. Along with great music and food there will be craft vendors. If you are interested in being a vendor, please contact Linda Lacasse at [Linda@Lacasseenterprise.com](mailto:Linda@Lacasseenterprise.com) or call 603-835-6547.

Entrance is free for this event.

Saturday Pizza Night continues through mid October from 5:30-7:30 PM. Come on over for some good food and great music.

The Acworth Village Store is run by The Acworth Community Project which is a NH non-profit organization. They hold one board meeting a month and have some interesting and fun plans for the upcoming year which include historical and educational events and fundraising activities. If you'd like more information about this community run Village Store, please contact Jim Neidert at 835-2453.

The Acworth Village Store is located at 1068 Rt. 123A, South Acworth, NH 03607. The phone number there is 603-835-6547. The website is [www.acworthvillagestore.com](http://www.acworthvillagestore.com) and you can also visit them on FaceBook.

Send news and photos to

[etickernews@gmail.com](mailto:etickernews@gmail.com)

### WCCMA's Summer Concert Series Plans to Delight and Inspire

CLAREMONT, NH—The West Claremont Center for Music and the Art's Summer Concert Series at the Union Church's 11th Season brings local, regional, and international artists to the dynamic annual music series. The season will feature artists from New York City, Toronto, Boston, and across NH. From Classical Mozart and Irish music to original compositions that push the boundaries our concept of music ensembles, the program is sure to be an engaging adventure for the listener. The Art of the Duo performance's New Hampshire tour is in collaborations with the Arts Alliance of Northern NH. The performance is made possible in part by a donation from the Byrne Foundation, and is funded in part by the Expeditions program of the New England Foundation for the Arts, made possible with funding from the National Endowment for the Arts, with additional support from the six New England state arts agencies.

The Summer Concert Series is held at the historical and acoustically outstanding Union Church, 133 Old Church Rd in Claremont. The series is by donation, and while contributions are a vital part of making the series possible, all are welcome regardless of ability to donate. Concerts with an "\*" designate performances that are part of the "two day" performance experience in collaboration with the Saint Gaudens Memorial and also performed at the Saint-Gaudens National Historic Site in Cornish. Artists will perform varied programs in Claremont on Saturday at 6:30pm and in Cornish at 2pm, a rare opportunity to have expanded access to outstanding touring artists. Visit [wcc-ma.org](http://wcc-ma.org) or contact them at [melissa@wcc-ma.org](mailto:melissa@wcc-ma.org).

Saturday, July 21\* - 6:30 pm — Music of Mostly Immigrant Countries. Jose Lezcano, guitar; Virginia Eskin, piano; August Watters, mandolin  
Music of Castelnuovo-Tedesco, Calacce, Lezcano, and Beethoven

Saturday, July 28 - 6:30pm— Dana Lyn's Mother Octopus: Aqualude. A musical Song of the Sea for violin, cello, clarinet, guitar, drums.  
Saturday, August 4\* - 6:30pm — The Coral Suite. Dana Lyn, violin and Kyle Sanna, guitar  
A "through the looking glass" approach to traditional Irish music

Friday, August 10 - 6:30pm — The Art of the Duo. Kinan Azmeh, clarinet and Dinuk Wijer-

atne, piano celebrate 10 years at WCCMA, with new works by the acclaimed duo.

### Claremont Farmers Market

CLAREMONT, NH—The new Claremont Farmers' Market will run from 9:00 a.m. to 1:00 p.m. at the Visitors Center Green every Saturday through September 8th.

### 2018 Summer In The Paddock A Farmers & Artisans Market

Saturdays: June 23 through October 6  
9 a.m. to 1 p.m.

Join us for the 6th Annual Season of Summer In The Paddock on North Main Street in Charlestown. The Farmers & Artisans Market will run for 16 weeks and we are again offering very affordable vendor fee "packages" to encourage strong weekly commitments from current and new vendors. Potential vendors are encouraged to stop by the Charlestown Congregational Church by the office for a brochure of policies and fee schedules. Check out our photo album of participants and their wares from five seasons. Brochures may also be found in the newspaper rack at Dan's Max Saver.

This year we are adding a children's play area and free canvas bags for frequent SITP shoppers. Watch for lunch options at the market. Our vendors are offered the opportunity to join us for the Townwide Yardsale Day in July.

Email [congchrch@myfairpoint.net](mailto:congchrch@myfairpoint.net) (yes, leave out the "u") or call (603) 826-3335 with questions and to receive the brochure by email or USPS. Please shop with us each week for a wonderful array of homegrown, canned, and specially prepared foods, arts and crafts, and help to strengthen our local economy by joining us as a vendor or a patron.

### 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 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.

**CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE**

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

**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-out-right-events-calendar](http://www.tlcfamilyrc.org/rural-out-right-events-calendar).

**Place of Productivity**

For many of us, we are bound to our desks 8+ hours a day, 5 days a week. The typical American has a little more than the 16 waking hours per day, meaning 50% of our workday is spent at a desk. It is important that this workspace is an environment that harbors and promotes productivity so we can get the most work done in the time we have. Here are some tips for making your space as functional and productivity-friendly as possible. There is almost nothing more difficult than trying to streamline your thoughts when your desk is a cluttered mess. Have you ever tried running through waist high mud? Discard any memos, post-its or any other unnecessary items and develop a system for organizing incoming papers and papers for current, future or completed projects.

With the usage of electronics in our lives and workplace, we are beginning to have our desk over run by power cords, phone chargers, USB cords etc. It is becoming a wired jungle! To keep these wired weeds at bay, start by rearranging your desk so that the appropriate cords are closest to the device that they are paired with. It doesn't make much sense to run your phone cord across your desk when you could just move the phone closer and save the cord space. Don't be afraid to experiment with different work station arrangements. Many people have tried and raved about swapping out their office chair for an exercise ball a few days a week. Try working from another side of your desk or office to change your outlook. Brighten up the color palette in your space to breathe a new life into your surroundings. Bring in pictures of your friends and family, or a few shots from the trip you just took.

The opportunities are endless to create just the right space for you and your opportunities for productivity are endless. Take the time to add personal touches to your workspace and free yourself from wire entrapments and cubicle clutter.



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CLAREMONT, NH--First and third Saturday of every month the Caring Adults Peer Support (CAPS), sponsored by Rural Outright, meets at 10 a.m. at the TLC Family Resource Center, 109 Pleasant St., in Claremont. This is an opportunity for parents, educators and other caring adults to discuss challenges and best practices for supporting LGBTQ children of any age. For more information, contact Neil at [neilpierceallen@gmail.com](mailto:neilpierceallen@gmail.com).

## Caregiver Support Group

SPRINGFIELD, VT--A Caregiver Support Group (formerly Alzheimer's Support Group) is available to help enhance the lives of individuals with Alzheimer's disease and other dementias. Presented by Alzheimer's Association, Vermont Chapter, the Caregivers Support Group meets the third Wednesday of every month, 5:00 - 6:30 p.m. at Springfield Hospital Library, Level D, Springfield.

## 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.

### 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](mailto:ddextraze@sullivancountynh.gov).

## 2018 Brownsville Independence Day Plans

BROWNSVILLE, VT—Start off the two-day Independence Day Celebration by getting your brass on! The New England Brass Band

("NEBB") will perform on Tuesday, July 3rd, at Albert Bridge School starting at 5:00 p.m.

The fun-packed schedule continues on July 3rd from 6 pm until dusk at Ascutney Mountain. There will be more music, food, fun for the youngsters and spectacular fireworks for all to enjoy. Please follow the signs the volunteers have prepared. And, please, no grills are permitted.

The next day, July 4th, will start off with breakfast at Brownsville Community Church starting at 7:30 and running until 10:00 (\$5.00). From 10 until 3 there will be free music & games for families and kids, as well as book, craft and food vendors. The highlight of the day will be the parade down Brownsville Hartland Road at 1:00 featuring participants of all kinds from all over the region! This year's parade theme is "60 Years Answering the Call" honoring the West Windsor Volunteer Fire Department's long service to this and surrounding communities.

Join the parade ... you may win one of the 3 cash prizes - \$150, \$100 or \$50!

Please contact Leone Bushkin if you'd like to include a float at [avonlea@bushkin.com](mailto:avonlea@bushkin.com). Please contact Sherry Barbour at 802-484-9286 or [barbour.sherry@yahoo.com](mailto:barbour.sherry@yahoo.com) to sign up if you're a veteran, you own a vintage vehicle, are a fire department or marching group who would like to participate. All participants must register with one of the contacts above if they would like to participate in the parade.

All the Independence Day festivities on July 3rd & 4th in Brownsville are free thanks to the many donors who stepped up to support this patriotic event. For instance, the fifth and sixth graders at Albert Bridge School took part in an art contest this spring. The winning artwork is featured on the front of the official Independence Day Celebration T-Shirt. The students are selling the shirts to support the two-day festivities.

If you'd like to be a volunteer, go <https://www.signupgenius.com/go/30e0f4ea5af2ba5f-b6-brownsville>.



Subtle pinks and yellows highlight this peony blossom (Phyllis A. Muzeroll photo).

## Bingo in Charlestown

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

## Newport Historical Society Museum Hours

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

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

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



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REV. MAY 29, 2018

## MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1st</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm  <b>FOOT CLINIC</b> Plainfield Library 1:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> Newport Rite Aid 11:00 am – 1:00 pm <b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Lebanon Senior Center 10:00 am – 2:00 pm	<b>BLOOD PRESSURE CLINIC</b> Claremont Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>2nd</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> Charlestown Senior Center 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Charlestown Senior Center 10:00 am – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:30 am Grantham Methodist Church 11:15 am – 12:00 pm Sugar River Mills, Claremont 1:00 am – 2:00 pm  <b>FOOT CLINIC</b> Sugar River Mills, Claremont 12:30 – 2:30 pm	<b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>3rd</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> Lebanon Senior Center 10:00 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Danbury Community Center 10:00 am – 12:00 pm Newport Senior Center 11:15 am – 12:15 pm  <b>FOOT CLINIC</b> Marion Phillips Apts, Claremont 1:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Sutton Baptist Church 9:00 – 11:00 am Goshen Parish Hall 10:45 – 11:45 am Newport Rite Aid 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Bradford Senior Center 11:00 am – 12:00 pm Claremont Senior Center 11:00 am – 12:00 pm Maple Manor Apts, Newport 3:15 – 4:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>BLOOD PRESSURE CLINIC</b> CSB Community Center, Claremont 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> North Ridge, Warner 9:30 – 11:30 am
<b>4th</b> WEEK of the month	<b>FOOT CLINIC</b> Newport Senior Center 9:00 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Cornish Town Hall 11:15 am – 12:30 pm Marion Phillips Apts, Claremont 1:00 – 2:00 pm	<b>BLOOD PRESSURE CLINIC</b> Warner Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Newport Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Plainfield-location varies 11:30 am – 1:30 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> Warner Pharmacy 9:30 am – 12:00 pm  These events take place every month, except on holidays. Foot Clinics are by appointment only and cost \$25. For more information or to verify a date, call 603-526-4077 or visit: <a href="http://www.lakesunapeevna.org">www.lakesunapeevna.org</a>

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- Medical Insurance
- Rx Drug Coverage
- Medicare Supplements
- Medicare Advantage
- Preventing Fraud & Abuse

**Tuesday, June 26th  
1:30 PM**

**Tuesday, July 24<sup>th</sup>  
1:30 PM**

### **REGISTRATION REQUIRED Sullivan County ServiceLink (ADRC)**

224 Elm Street

Claremont, NH 03743

For Information and to Register Call:

**603-542-5177 or 1-866-634-9412**

**[www.servicelink.nh.gov](http://www.servicelink.nh.gov)**



LOCAL HELP FOR PEOPLE WITH MEDICARE



This information is provided through a partnership between the NH Department of Health and Human Services and ServiceLink. Funding is provided by the U.S. Administration for Community Living (State Health Insurance Assistance Program (SHIP) grant# # 90SAPG011-01 and the Senior Medicare Patrol (SMP) grant# 90MP0241-03).



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**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](http://www.VRH.org)**

**[Kristian.Richardson@vrh.org](mailto: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



**SCHS**  
**Save a Stray 5K**  
*Post Race BBQ, Raffle Prizes, Age Group Prizes  
and Prize for overall Male and Female finishers!*  
**RUN/WALK**

**Saturday, June 23<sup>rd</sup>, 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](http://sullivancountyhumanesociety.org)**

**FREE T-SHIRT FOR FIRST 100 SIGN-UPS!**

**To benefit the Sullivan County Humane Society**

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](http://www.etickernewsclaremont.com)

### Herbert J. Plourde, Sr., 89

Herbert Joseph Plourde, Sr., 89, of Claremont, NH, passed away on Sunday, June 10, 2018, at Sullivan County Health Care in Unity, NH, surrounded by his family.

He was born in Island Falls, ME, on April 11, 1929, the son of Treffe and Delia (Willette) Plourde.

He had worked for Cone Blanchard for 38 years until they closed their doors. He then worked for LaValley's, building houses. Herby had many passions in life. He enjoyed helping in any way he could, family and friends benefited from his many projects. If you needed something, he was already working on getting it done. He loved telling jokes and pulling pranks. Herby loved to ride his 4-wheeler and snowmobile whenever he could. After he retired, he enjoyed many mornings at Dusty's Café having coffee and a muffin and catching up with friends.

He is survived by his wife of 70 years, Caroline E. (Scribner) Plourde; three sons, Herbert J. Plourde Jr. and his wife, Linda, Richard J. Plourde and his wife, Evelyn and Steven M. Plourde and his wife, Patty; three sisters, Loretta White, Madeline Davis and Coleen Scruton and her husband, Fred; a sister-in-law, Jean Plourde; 8 grandchildren; 7 great grandchildren and many nieces and nephews.

He was predeceased by his parents, his brother, Clarence "Pete" Plourde and brothers-in-law, Earle Davis and Maurice White.



Grammy nominated  
singer/songwriter

## Judy Pancoast

Will be at the Fiske Free Library

On Thursday, June 28, 2018

At 2:00 pm

To kick off the Summer Reading Program with "A Little bit of Elvis, a little bit of Pop, a little bit of country and even a little bit of jazz. The program is free and appropriate for all ages.

Sponsored by: The Friends of the Fiske Free Library

For more information, call the library-542-7017

“Eye doctors shouldn't have fine print.”

-Dr. Sam Giveen

At Doctor Sam's Eye Care, everything is right up front. From eye exams to glasses to contact lenses to whatever treatment you need, our prices are as comfortable as our chair-side manner. Visit Doctor Sam's and see for yourself.

DOCTOR **SAM'S**  
EYE CARE

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



A graveside service will be held in West Claremont Burying Ground in Claremont on Saturday, June 30th, at 11 AM with Richard O'Donnell officiating.

### Gobin Graveside Service

A graveside service with military honors for John H. Gobin will be held in St. Mary Cemetery in Claremont, NH, on Saturday, June 23rd at 11 AM. A potluck reception will follow at the Claremont Country Club.

Gobin, 67, of Claremont, NH, passed away on Friday, March 9th, at Dartmouth Medical Center.

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#### PUBLIC NOTICE

Conservation Commission  
MEETING

Tuesday, June 19, 2018, 6:00 p.m.  
Council Chambers, City Hall  
Gary Dickerman, Chair

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#### NOTE DIFFERENT DAY

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#### PUBLIC NOTICE

PLANNING BOARD Work session  
Monday, June 25, 2018 7:00 p.m.  
Council Chambers, City Hall  
Richard Wahrlich, Chair

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#### PUBLIC NOTICE

Claremont Development Authority  
Full Board Meeting  
Thursday, June 28, 2018 7:30 AM  
Visitors Center, 14 North Street, Claremont,  
NH

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#### Got news?

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

#### Visit us at

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

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

## Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Our annual Volunteer Recognition Dinner is 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!

Menu for Tuesday - June 19...Open face turkey sandwich, rice pilaf, vegetable, dessert. Thursday - June 21...Birthday Celebration - Pot roast, baked potato, 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!

Silver Sneakers presentation went very well on June 11 and so this program will be held every Monday at 1:00 PM in the Mozden Room. Cost is \$2.00 for women, men, members and non-members! Laura Partridge, is the Certified Fitness Professional Trainer. The program is for Senior Strength & Stretch, is all non-impact, fun & easy to follow with music! Come try it out.

The following clinics are sponsored by Lake Sunapee VNA & Hospice. Foot Clinic on June 20 (8:30 AM - 4:00 PM). Blood Pressure Clinic on June 21 (11:00 AM - 12 Noon). Call (603) 526-4077. There is a \$25 charge!

"Sunday at the Center" - 1:00-4:00 PM for members and bona fide guests! Play pool, work on a puzzle, socialize! Bring a snack to share and your own beverage!

Our "Vendors / Crafters Corner" welcomes Jaime Adriance for Paparazzi Costume Jewelry on Tuesday - June 19 & 26 from 10AM - 1PM. Any type of business or crafter is also welcomed to rent an 8 ft. table for \$15 in our entrance lounge. Only one vendor / crafter per date!

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!

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.

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

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!

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 sometime in August.

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

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

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

Senior Game Night every Tuesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required.

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.

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.

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 27, 2018, at 6:30 p.m. in the Council Chambers of City Hall.**

#### AGENDA

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

6:40 PM 5. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))

#### 6. NEW BUSINESS

6:50 PM A. Refuse Tax Deed

7:00 PM B. Planning and Development Presentation

7:20 PM C. Apply for U.S. Department of Transportation BUILD (Better Utilizing Investments to Leverage Development) Grant

7:30 PM D. Apply for NH Department of Transportation TAP (Transportation Alternative Program) Grant

7:40 PM E. Transfer Funds to Voter Equipment Capital Reserve – Public Hearing

7:50 PM F. Resolution 2018-37 Establishment of Non-Capital Reserve for Traffic Signals – Public Hearing

8:00 PM G. Accept and Expend \$2,700 NH Fish and Game Grant for Trail Enforcement

BREAK

8:20 PM H. City Fee Schedule – Public Hearing

8:30 PM I. Approve Multi-Year Contract with Utility Partners for Treatment Plants

8:40 PM 7. FUTURE AGENDA ITEMS AND DIRECTIVES

8:55 PM 8. CONSULTATION WITH LEGAL COUNSEL

9:00 PM 9. NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(d) – REAL ESTATE

9:15 PM 10. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, July 11, 2018, at 6:30 p.m. in the Council Chambers at City Hall.



## ***Father's Day***

**By Bernadette O'Leary**

We at *e-Ticker News of Claremont* hope all of our readers had a blessed and joyous Father's Day. While it's a happy day for many, it is also a sad day for others who have lost their fathers or who never really had one. For those who find days like Father's Day too difficult to face, I have a few words that I hope will encourage you.

First of all, for those who have lost a beloved father from this world, I feel your pain. This year marks the twenty-first year without my own. We never truly get over the loss of a beloved parent, but instead, we try to go on living in a way that would make that parent proud. It helps to remember the good times and the love that we shared. It also helps to remember that we will see them again when our time to leave this world comes. Until then, we can share stories about them with other family, our children, and even friends to keep their memory alive and to honor the life they lived.

Secondly, for those who feel they simply don't have a father for whatever reason and for those who never knew their fathers, you might have something different in your life: a father figure in the form of a man you greatly admire. If that's the case, tell him how you see him as a father figure and wish him a Happy Father's Day. You might worry that he will find it ridiculous or silly, but odds are he will be quite touched by the sentiment and appreciate it. It just might make him feel special.

Finally, for those who are faith-filled, worry not about feeling as though you don't have a father. Instead, you can spend some time at church honoring your Eternal Father. We often forget this humble and uplifting aspect of Father's Day. "Now you tell me!" you ask? It's okay that Father's Day has passed. You can do it at your convenience, because He is always there. The same goes for those who have a father figure in their lives instead of, or in addition to, a biological father. Father's Day might have come and gone, but it's never too late to honor the father in your life, no matter what form he takes: biological, spiritual, adopted, etc.

Whether your beloved father has passed on or if your father is more unconventional, such as those mentioned above, take time to honor him today and any other day you see fit. It's always a good day to do so. Until next time, my friends, #LoveOthersWell.