

Stevens Field Hockey

08/30/17 Kearsarge 7:00 PM

09/01/17 at Bow 4:00 PM

"We played Springfield in a scrimmage Thursday and had a great time," said Coach Patty Deschaine as the team gears up for the new season.

When asked how the season was shaping up, Deschaine said, "We have 31 players this fall. Great turnout. We have a great group of players that are committed to the team. We have 3 seniors, 5 juniors (1 being new to the program), 14 sophomores, and 9 new freshmen to the Cardinal Family. So, 11 new team members. I believe we will be competitive this season and hopefully go far into post season."

The action begins Wednesday at home.

Stevens Boys Soccer

08/29/17 at Fall Mountain 7:00 PM

08/31/17 Franklin 4:00 PM

Stevens Girls Soccer

08/25/17 at Monadnock W 11-0

08/28/17 Newport 7:00 PM

09/01/17 at Hillsboro-Deering 4:00 PM

Stevens played Monadnock in the season opener and Stevens won 11-0, reported Coach Tom Belaire. Sydney Miller, Kelsey Belisle, and Audrey Puksta each had two goals for the Cardinals. Brooke Bonneau, Julia Belaire, Jenna Pond, Raquel Madeja, and Alexis Aiken

each had a goal. Brooke, Jenna, Raquel, and Tanner Brown had the assist. Stevens plays Newport at home on Monday night at 7:00.

Stevens Football

09/02/17 at Mascoma Valley 2:00 PM

See interview with Coach Silva, page B2



Reachin' The Peak!

The Claremont Parks and Recreation Dept. held its annual Reach the Peak event at Arrowhead Recreation Area on Saturday, Aug. 26. Some 66 mudders pitted themselves against mud pits, a huge water slide, an ice cube pit, two climbing walls, hanging tires, two trips up and down Arrowhead and other obstacles on the wet and muddy trails. All who entered made the run successfully with only minor injuries reported. All the kids received medals (More Bill Binder photos, results on B3).

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Group photo of this year's Stevens Field Hockey team; the team kicks off its season Wednesday as it faces Kearsarge at home; the action begins at 7:00 p.m. (Courtesy photo).

Coach Silva Shares Thoughts on New Football Season

CLAREMONT, NH--The *e-Ticker News* recently spoke with Stevens High School Football Coach Paul Silva about the new season coming up.

How do you see the new season shaping up? We obviously lost a great deal of our offensive production to graduation and prep school, but that is the nature of high school sports. It is cyclical and we will have some younger players take on a more significant role this year and get their chance to start and show what they can do, so I am excited for them and look forward to seeing them mature and improve. I think it will be an interesting season and I am looking forward to it, as I do each year.

What is the makeup of the team this year compared to last year's winning squad? We have 38 players on the roster and 26 will be Sophomores or Freshman so it will be a learning experience for many at the varsity level. The good thing is we will have virtually the entire backfield and receiving corp back in 2018, so they will get a significant

amount of varsity experience this coming season. The flip side of that is we will have to replace virtually the entire line in 2018, but as I said that is the nature of high school sports.

What do you see as weaknesses and strengths? I think our line, on both sides of the ball, will be our main strength. We return Brendan Bean, Aidan Cahill, Joe Desilets, and Nick Stone from last year's team, so that experience and leadership will be crucial for our young players stepping into starting roles. Our experience at the so-called "skill" positions could be an issue for us as we will have many younger players being asked to step up to starting roles and will be learning on the job against some very good teams.

What adjustments are you/will you be making to compensate for inexperienced players? Well, I think it would be a mistake to change too much of what we do, as we have run this offense for the last two years. I have installed a couple of formations that I have run in the past that I like and am comfortable with. They are a little less complicated than some of our spread packages. I was planning on sim-

plifying some things to make the learning process easier; however, the kids have really
(Continued on page B3)

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Football, from B2

surprised me on how quickly we have picked things up and are running everything we have in the playbook, so I am hopeful that we can be more diversified than I thought we could be. We have gone at a slower pace with some things, but overall I am very pleased with the work effort of this group of kids

How does the rest of Div. III look to you this year? This Division is one of the most competitive, if not the most competitive, Division of the three. There are just some outstanding teams, players, and coaches in Division III. I think the North Conference is particularly competitive. You have Newport, Kearsarge, Inter-Lakes, Monadnock, Newfound, Mascoma, and Fall Mountain to contend with, and I expect all of them to be difficult games. Now that we have been in this division for a few years and started playing the same teams each year, you start to develop those rivalries like we already have with Newport and Fall Mountain. If you are not prepared each and every week, you simply can not win in this Division.

When is your first game? We open up at Mascoma this Saturday. The game starts at 2:00 p.m. I know the coaching staff is already preparing for the game. I have been watching film and this is a very tough opponent to open up with when you are replacing 7 starters on defense, as they will pound the ball into the off tackle hole with 7 to 9 blockers, so you have to gear up and be physical which puts a lot of pressure on these young players going up against a veteran team with some big linemen. I have faith that our guys will be ready!



Top: Tackling the climbing wall while hardy souls take on the mud pit during the Reach the Peak event at Arrowhead on Saturday. Bottom left: Into the drink goes one runner; bottom right: One of the runners lost his Go Pro camera in the mud pit; thanks to Tanner Durkee, it was found and returned!

For official race results, go to <http://www.etickernewsclaremont.com/current-issue/>

YOUTH FIREARMS SAFETY COURSE

Sponsored by the SULLIVAN COUNTY SPORTSMEN,
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Introduction to the shooting sports, for ages 10-15

Saturday Sept. 16th, 9:00 to 12:00

**Location: Old #4 Shooting Range
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**This can be the beginning of a passion for the hunting sports for
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It is important for all youth to understand
the challenge and the responsibility for
keeping these activities safe and enjoyable
for everyone, for years to come.



Inspiration

Kindness and Compassion

By Priscilla Hull

The chilly beginnings of the last few days remind us that the idyllic days of summer are drawing to a close! I've even seen leaves of red and gold and brown on the ground. Did I get everything done that I wanted to? No, 'fraid not! Do I ever get everything done that I thought I would in any season? Nope! However, I did get some things done! I visited my sisters, I went to a summer concert at St. Gaudens. I started Christmas shopping, and I had a couple of very lazy days where I just relaxed and sewed or read! So it wasn't a wasted season. I enjoyed time with family and friends and that's the best.

It seems that the seasons come and go and we have choices to make! I can sit and weep about the things I didn't get done, or I can say, well, I got the most important things done. I went to visit my sisters. I played with my young grandson and visited with the older one. I had time with my granddaughter. I watched the solar eclipse. I worked in the garden. I rescued two honey bees and I did a lot of walking and reading and sewing. In between those important things I did the mundane, but necessary chores of life. All in all, I'd say that it was a successful summer. How about you?

I've left some things undone so that I have things to do in the future! Haha, don't let me kid you. I just ran out of time, but that's ok, when you're retired, there's always more time to fill. Sometimes when you're retired, though, you wonder about the value of life. So, go out and find something that makes you feel worthy. There are all kinds of opportunities for volunteering, and it is surprising how good it feels to be doing something for others!

There is a reason that we seek out opportunities to do something for others. I think there is a need in all of us to do something for others. Whether it is reading to a child or an adult; whether it is serving in the Summer Lunch Program or taking garden produce to a neighbor; whether it is offering a ride to someone in need or taking a donation to a local service program; we find some pleasure in helping. It does fill a need of being wanted, appreciated, and it makes us smile!

It is good to be kind. It is good to be compassionate. Kindness and compassion come more easily with practice. The world needs more kindness. Maybe that's how we can learn to get along, by being kind and showing compassion to everyone!

Lamentations 3:22-23. The Lord's loyal kindness never ceases; his compassions never end. They are fresh every morning; his faithfulness is abundant!



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

Calendar Of Events

Newport Opera House Announces New Season

NEWPORT, NH--As The Newport Opera House Association (NOHA) prepares their new season, they are very proud of the latest addition to their lineup – a summer theater camp for youth aged 8-16.

“We had a great success with our first ever summer camp,” said Executive Director Amy Bailey. NOHA’s Summer Camp was held at Richards School, and the 13 campers spent two weeks rehearsing, making costumes and props, and playing theater games to help hone their skills. “We had a great production of ‘Schoolhouse Rock Live, Jr.’ We are so grateful for the space provided by the Newport School District, and to everyone who came out to see our performances and support our cast of young people,” said Bailey. “This is something we will definitely bring back next year.”

Looking ahead, NOHA is also excited to announce their schedule for their upcoming season. “We think we have lots to offer for all age groups and interests,” said Bailey. “We’ve got a lot planned, but we are always looking to add more offerings.”

Further information, and audition information, will be available on the NOHA website at www.newportoperahouse.com.

The 2017-2018 Season:

NOHA Annual Community Talent Show
Friday, September 15

Local singers, dancers, musicians, comedians and more are invited to showcase their special skills at this fun-filled annual event. Solo and group talent acts are welcome. Whether you participate on stage or come to cheer on your friends and family, this will be a memorable night for all. Auditions take place on Monday, September 11.

Halloween Masquerade Ball
Saturday, October 28

Come dance the night away to live music at

our festive holiday party, starring local favorite band Last Kid Picked AND Flew-z!!!! Prizes for the best costumes and cash bar.

NOHA Fall Play: “The Mousetrap”
Friday, November 3 - Sunday, November 5

Agatha Christie’s “The Mousetrap” is the longest-running play in the history of London’s West End. Find out what happens when a group of people stranded in a country house discovers that there is a killer among them, but who is it? Everyone is a suspect in this thrilling murder mystery. Auditions to be held September 12 and 13!

“The Great Gatsby”
Friday, November 17 - Sunday, November 19

Set in the Roaring 1920’s, Midwesterner Nick Carraway moves to New York and is drawn into the life of his eccentric neighbor, millionaire Jay Gatsby. Featuring actors and crew ages 13-18, Amplified Arts, NOHA, and The Performer’s Playground are proud to join together to collaborate for the first time on this theatrical adaptation of F. Scott Fitzgerald’s novel.

“It’s a Wonderful Life: A Live Radio Play”
Friday, December 1 & Sunday, December 3

Join us for our 1940’s-style radio play version of this holiday classic. Be transported to Bedford Falls, as angel from heaven, Clarence, helps desperate and despondent George Bailey understand what life would have been like if he had never existed.

The 102nd Winter Carnival Queen Pageant
Friday, February 9

Show your support for this year’s Queen Contestants, Princes and Princesses. Enjoy an evening of song and dance, talent competitions, and interviews, as outstanding young women from our community compete for the title of Winter Carnival Queen.

Winter Carnival Dance
Saturday, February 10

Continue your Winter Carnival celebration at this popular annual event. Dancing to live music in the Newport Opera House is the perfect way to warm up after a day of outdoor winter carnival activities.

ERNIE BRIDGE MEMORIAL BBQ

**Saturday 9/9 noon to 3PM
at the Newport Common**

**Hot dogs, mac and cheese, baked beans,
cole slaw, water or soda \$10**

There will be a presentation to Ernie’s family

Come socialize and enjoy

Sponsored by the SCGOP

NOHA Spring Musical: "Once Upon a Mat-tress"

Friday, April 13-Sunday, April 15

Based on the Hans Christian Andersen fairy tale "The Princess and the Pea", this delightful and hilarious musical follows the story of what happens when domineering Queen Aggravain declares that nobody in the kingdom can marry until her son, Prince Dauntless, finds his true princess. When members of the kingdom discover that the Queen is actually secretly sabotaging the Prince's efforts to marry, they must find a way to turn the tables.

Sunshine Town Social

Saturday, May 19

The Sunshine Town Social is always an amazing evening of food, fun, and entertainment! The funds raised at this benefit help support the excellent programs provided throughout the year by the Newport Opera House Association and the Library Arts Center.

For tickets and information:

www.newportoperahouse.com or call #603-863-2412.

Auditions for "The Tempest"

CLAREMONT, NH--Auditions for "The Tempest", will be held September 10th from noon-6:00 p.m. at the Claremont Opera House (Use Elevator to Stage #5)

Please come with a memorized one minute or longer Shakespearean monologue that you will perform twice. Dress comfortably due to interpretive movement exercises. Cold reads from script will occur along with a line up. The show will be cast during these six hours. You are expected to stay the whole time to eventually receive your role and the script. You will also be expected to write down any conflicting dates of practice on your audition sheet. Practices will be various Sundays from 12pm-6pm. Performances will be December 31st (6pm-10pm), January 11th (10am), and January 20 (7pm). All roles are cast gender blind.

There is no fee to participate. Positions for a stage manager, lighting operator, audio operator are available. Simple set design, fantastical costumes and makeup will be used. Casting is open to those 13 and older, including adults. Contact Director, Sean Roberts, at worldunderwonder@gmail.com with further inquiries.



Fleetwood Mac Tribute Band at COH

CLAREMONT, NH— It's tough enough to perform cover songs of disbanded groups or deceased musicians and try to recreate their talents, but it's even more difficult when you're a tribute band playing Fleetwood Mac, who over the past couple of years continue to reunite its original members in various capacities and head out on tour.

However, Tusk provides a close-up Fleetwood Mac experience consisting of top-notch musicians that leave no stone unturned. Tusk recreates the music of the Fleetwood Mac to perfection. "Kathy Phillips is Stevie Nicks," just one of the typical remarks from a fan leaving their last show. The harmonies between Kathy and Kim Williams, who plays the role of Christine McVie, are simply remarkable. Then you throw Scott McDonald in the Lindsey Buckingham role and you truly hear the best of Fleetwood Mac. Randy Artiglere, as John McVie, adds an outstanding bass to every song and Tom Nelson on the drums takes the role of Mick Fleetwood to a whole other level. They are set to play on Friday, October 20, at the Claremont Opera House located at 58 Opera House Square in Claremont, NH. Tickets for the concert are on sale now and are available at 58 Opera House Square, www.claremontoperahouse.org and by calling the box office at 603-542-4433. Show starts at 8:00 p.m.

For more info on Tusk, please visit their website at www.FleetwoodMacTribute.com.

Lipizzan Stallions Coming to Cornish Fairgrounds

Great show for a great cause, the Sullivan

County Humane Society. The Original Herrmann's Royal Lipizzan Stallions of Austria will be at the Cornish Fairgrounds September 9 & 10. Gates open at 1:30 p.m. to meet and greet the riders and horses; the show begins at 4:00 p.m. Advanced ticket sales are \$12/seniors, \$16/adults and \$10/children 6-12. Advance ticket sales end Wednesday September 6. Gates sales are \$14/seniors, \$18/adults and \$12/children 6-12. Children under 6 are free.

For more information call 542-3277 or visit <http://www.sullivancountyhumanesociety.org/> This is an open air venue, bring a lawn chair. The venue is handicap accessible.

Gearing Up for Springfield Steampunk Festival

SPRINGFIELD, VT--The Steampunk Society of VT, a federally recognized non-profit based in Springfield, VT, is hosting the 3rd annual Springfield Steampunk Festival on September 23rd and 24th at Hartness House Inn. The Hartness House Inn is a Victorian Mansion located in Springfield, VT, making it the perfect location for a steampunk themed festival.

This festival is a fundraiser used to create an educational scholarship program for Springfield students studying the STEAM subjects of science, technology, engineering, art, or math post high school. The theme for the 2017 Springfield Steampunk Festival is Steampunk Circus Spectacular. This circus/steampunk themed fantasy retro-futuristic weekend will feature workshops, circus themed acts and activities, musicians, tea dueling, vendors, fashion show, children's activities and crafts, photo booth, telescope observatory tour, absinthe tasting, talks and more. This is a family friendly event with kids 11 and under getting into the festival for free.

For more information, please visit <http://springfieldvtsteampunkfest.com/>.

Pancake Breakfast at Senior Center

CLAREMONT, NH--A Pancake Breakfast will be held at the Claremont Senior Center, Inc., 5 Acer Heights Rd., Claremont, on Sunday, Sept. 17, from 8:00-11:00 a.m.

Menu: Juice, pancakes (various flavors), sausage / bacon.

Season 10 of the Summer Concert Series at Union Church

CLAREMONT, NH--The West Claremont Center for Music and the Arts begins their 10th year of Summer Concerts with "an incredible season of some of the most outstanding performers from previous seasons," said founder Melissa Richmond. "The artists include local professionals as well as award winning artists from around the world. This year we've partnered with the Saint-Gaudens Memorial to host 'two-day' programs that will offer the opportunity to hear even more from these wonderful artists by appearing at WCCMA Sundays at 6:30 and at the Saint-Gaudens National Historic Site Sundays at 2pm. August 26* Jose Lezcano, guitar Works by Fauré, Piazzolla, Lezcano, and more for guitar, flute, and viola

September 9, 12PM Melissa Richmond, flute; Angela Biggs, voice; Kirsten Becker, piano. *new time*

September 17, 2PM Delphi Trio
Award-winning California trio (piano, violin, and cello)

All concerts at 6:30pm unless otherwise indicated, and are by donation. All concerts except the Delphi Trio are on Saturdays.

The Summer Concert Series at Union Church is supported in part by grants from the New England Foundation for the Arts (NEFA.org). For more information about these events and WCCMA visit wcc-ma.org.

Cornish Historical Society

CORNISH, NH--The History Center on School Street will be open from 9:00 a.m.-12 every Saturday, and also any time by appointment by calling 603-675-6448.

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.

Hope For Recovery Services, Meetings

CLAREMONT, NH--169 Main Street Claremont, NH Phone: 603.287.7919
Primary hours: Monday-Friday, 9AM-5PM
1-on-1 peer coaching for everyone impacted by addiction (inc. family & friends) Support

groups - Community events - Educational workshops.

MONDAYS

☐ 11am-12pm Weekend Review Check-in Group

☐ 2-3pm All Recovery Peer Group ☐ 4-5pm Women in Recovery

☐ 6:30-8pm F.A.S.T.E.R. - Support for family members (Every 1st and 3rd Monday)

TUESDAYS

☐ 11am-12pm All Recovery Peer Group

☐ 2-3pm All Recovery Peer Group

☐ 4-5pm Art & Journaling in Recovery

WEDNESDAYS

Embellishing Your Resume

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

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

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

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



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Bereavement Support Groups

NEW LONDON, NH-- Loss is an inevitable part of life, but no one needs to go through it alone. Lake Sunapee Region VNA & Hospice (LSRVNA) offers the following bereavement support groups to help community members grieve well.

“Widow to Widow” is an ongoing group that allows women to gather in a supportive environment to learn about the grief process. It meets on the first Monday of every month from 10:00 a.m. to 12:00 p.m. at LSRVNA, 107 Newport Road, New London.

Open to anyone wanting to learn about the process of grieving and the pathway to healing, “Pathways to Healing” meets on the third Tuesday of each month from 5:00 to 6:30 p.m. at LSRVNA.

There is no fee for these groups, and no RSVP is necessary. For more information, call 603-526-4077.

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 fund- raiser for its various scholarships and sponsorships. Food and drinks are available.



Lake Sunapee Region VNA & HOSPICE

603.526.4077

REV. APR. 20, 2017

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	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Grantham Town Hall 10:30 – 11:30 am FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm Grantham Town Hall 11:00 am – 1:30 pm	BLOOD PRESSURE CLINIC Sugar River Mills, Claremont 11:30 am – 1:00 pm FOOT CLINIC COA, New London 9:30 am – 1:00 pm Sugar River Mills, Claremont 12:00 – 3:00 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 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 – 2:30 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 Town Hall 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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☐ 12-1pm Alcoholics Anonymous - A 12 Step Program

☐ 2-3pm All Recovery Peer Group

☐ 6:30-8pm Greater Sullivan County Survivors of Suicide Loss (3rd Wednesday of the month)

THURSDAYS

☐ 10:30-11:30am Women in Recovery

☐ 12:30-1:30p SMART Recovery

☐ 2-3pm All Recovery Peer Group

☐ 5-6:30pm LGBTQ+ Peer Support Group (Every 2nd & 4th Thursday)

☐ 7-8pm AI-Anon - A 12 Step Program for family & loved ones

FRIDAYS

☐ 10:30-11:30am All Recovery Peer Group

☐ 12-1pm Narcotics Anonymous Meeting

☐ 2-3pm All Recovery Peer Group

☐ 5:30-7pm Movie Night - (Every 1st & 3rd Friday) Some movies will feature graphic and sometimes disturbing material. Please check in with us to see what movie we will be showing that week if you have concerns about content.

If you are interested in hosting your next sober event (film screenings, birthday parties, team meetings) at the center, looking to start a new support group, facilitate a training or workshop, or thinking about volunteer and internship opportunities please email:

info@recoverynh.org or call 603.287.7919

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.

Lady Boss Club Meetings

CLAREMONT, NH--The Lady Boss Club, a group of women-owned businesses in the Greater Claremont and Upper Valley areas, is welcoming new members. They meet at the Java Cup every second Tuesday, from 5:30 to 7:30 p.m. In the Hanover area, members meet every Wednesday 5.30-7.30 p.m. at the Howe library, Hanover.

Meetings are free and open to the public.

The Lady Boss Women Entrepreneurial Club is a community to help local women- entrepreneurs with their ideas/businesses development and networking. For more information, contact LadyBossClub@gmail.com.

Sugar River Civil War Roundtable Aug. Program

CLAREMONT, NH--The Sugar River Civil War Roundtable meets the first Monday of the month at the Earl M. Bourdon Centre.

No meeting in September due to the Labor Day Holiday.

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.

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 Support Groups

CLAREMONT, NH--Every Thursday evening the LGBTQIA+ Peer Support Group, co-sponsored by Rural Outright and Hope for New Hampshire Recovery, meets at 5 p.m. at 169 Main Street, Claremont. This is a facilitated discussion-based group with a different topic at each meeting. All members of the LGBTQIA+ community and their allies are welcome. For more information, contact (603) 287-7919.

First and Third Friday of every month the Trans / GNC Support Group, sponsored by Rural Outright, meets from 6 to 7 p.m., at the Moody Building in the 2nd floor conference

room, located at 24 Opera House Sq., Claremont, NH. 18 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. Free refreshments.

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 Street, Claremont, NH.

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.

18th Annual RiverSweep Set for Sept. 9th

Come get dirty to help us get the Black River cleaner! The 18th Annual RiverSweep is happening on Saturday, September 9th, starting at 8:00 a.m. and ending at noon.

Register at HQ -- in Springfield, we'll be at the footbridge in the Shopping Plaza; in Ludlow, we'll be in the gazebo on the town green in Veterans Park. Pick a site to work, grab some trash bags and work gloves (or bring your favorite pair of gloves), fill up on water, and go tackle the trash! Bring your haul back to HQ so it can be tallied and sorted; wash your hands so you can enjoy your free t-shirt and a yummy lunch, compliments of local supporters - in Springfield, Young's Furniture & Appliance will grill up hot dogs for everyone; in Ludlow, you'll receive a coupon for a free slice of amazing cheese pizza at Goodman's American Pie.

This year, all volunteers will be entered to win cool prizes donated by local businesses, such as a \$25 gift certificate from the Ludlow Cooking Company, home of the famous Lobster Roll.

For more information, please contact BRAT Director Kelly Stettner at blackrivercleanup@gmail.com or leave a message at (802) 738-0456.

Send news, photos to

etickernews@gmail.com

Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in “real time,” as they are released by funeral homes.

We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewsoclaremont.com

Arthur A. Michaud, 85

Arthur (“Pete”) Andrew Michaud, 85, of Claremont, NH, passed away on August 21, 2017, from complications relating to an automobile accident.

He was born in Claremont on February 4, 1932, the son of Andrew and Irene (Delangis) Michaud. In 1957, he married Beverly Bonneville, and they enjoyed 56 years together before her passing in 2013.

He is survived by his daughters Sarah Morgan of San Diego, CA, and Kathleen Thurber and her husband David of North Springfield, VT; granddaughter Bethanie Kisler of Biddeford, ME; his sister Priscilla Bartiromo and her husband Gerry of St. Augustine, FL; his companion Carol Theborge of Charlestown, NH; and several nieces and nephews.

Pete graduated from St. Mary’s High School in 1951. After graduation, he worked at J&L in Springfield, VT until serving in the Navy from 1952 through 1956. He served aboard the USS Pittsburg, and while in the Navy he played the trumpet with the band “The Cruisers”. He joined Joy Manufacturing as a draftsman in 1956 and worked there for 28 years. During that time, he took evening courses through the International Correspondence School and received his diploma for Professional Engineering, and he attended Nathaniel Hawthorne College and studied Business Administration, Business Law, and Real

Estate. While at Joy Manufacturing, he started Molding Engineering and ran it from his garage for several years after developing and patenting a wax process to seat bearings into mining drilling equipment. He left Joy in 1987, and he and two other partners started Cannon Industries and grew the company to 55 employees. The company was eventually sold to The Oldenburg Group in 1999, and he retired in 2001. Pete was a very religious man and had a deep devotion to the Blessed Mother. In 1977 he started the Grapevine Tape Ministry and taped masses, seminars, weddings, and special events. He furnished cassette tapes and players to the hospital, nursing home, and shut-ins. He helped start the St. Mary Prayer Group and the Claremont Soup Kitchen, and he was a Eucharistic Minister serving at mass, hospital ministries, and shut-ins.

Pete will be remembered as a loving husband, father, grandfather, and friend to many. He was welcoming, kind hearted, generous, and had an incredible sense of humor and loved to tease and tell jokes. He could build anything, fix anything, and learn anything.

A Mass of Christian Burial was celebrated at St. Joseph Parish, Claremont, on Monday, August 28. Interment was in St. Mary’s Cemetery.

In lieu of flowers, memorial donations may be made to the Most Holy Trinity Monastery, 67 Dugway Road, Petersham, MA 01366.

Thelma Carey, 93

Thelma (Ulwick) Carey, originally of East Boston, MA, passed away peacefully at the Kalispell (MT) Regional Health Care Facilities (Brendan House) on August 14, 2017, at the age of 93.

She was born on February 5, 1924, the fourth daughter of the late Ole and Alma (Jorgenson) Ulwick. Thelma married Stanley Carey in 1946, living in Malden, MA, and working to support the family while Stanley received his Electrical Technologist degree. After the birth of their second child, Thelma and Stanley moved to the suburbs of Hamilton, MA, in 1956 to raise their family.

Raised Lutheran and practicing Methodist for most of her life, the church was a significant part of Thelma’s life, particularly in Hamilton. She had been an active member of the choir and Couple’s Club at church with Stanley.

In later years, “Thelma and Louise” would be a common sight in airports traveling together

to visit children and friends in far-flung locations across the US.

Thelma was ferociously independent, living on her own in a two-story home with a big yard (mowing it until she was about 90) in Flower Mound, TX, with assistance from caring neighbors.

Thelma is predeceased by her parents and all of her siblings – Walter, Louise, Ann, Donald, Norma and Shirley – as well as her husband of 56 years, Stanley. She is survived by her son, Bruce, his wife Donna (Laplante) and grandson Sean from Calgary Canada, and her son Neil, his wife Kit (Vitu) and grandchildren Alex and Kristen from Post Falls, ID.

Thelma was laid to rest next to her husband Stanley in Union Cemetery in Claremont on August 26.

In lieu of flowers, donations can be made to the Purple Heart Foundation.

Jennifer L. Dyer, 49

After an almost two year battle with cancer, Jennifer L. Dyer, 49 of Claremont, NH, gained her angel wings. She passed on August 19, 2017, at Dartmouth Hitchcock Medical Center. She was born in Fort Devens, MA, on August 10, 1968, the eldest daughter of Harold and Jo Ann (Tinker) Chase.

She graduated from Stevens High School in 1988 and later served in the US Army from 1991 to 1994.

Jenn was a free spirit with a passion for animals and the wonder of being in nature. She adored being a Gramma and spoiling her only grandson. She was a friend of Bill and cared very deeply for his message and the great people that she met through him. Despite the many obstacles she faced at the end of her journey, Jennifer always kept positive and looked for the “silver linings”, as she would say. Even strangers admired her strength and love of life.

She is survived by her daughter, Jessica Dyer; her father, Harold Chase; her grandson, Cash Dyer; three sisters, Debra Eliassen, Rebecca Hackett, and Stacey Gatto; her soul sister and best friend, Laura LaBrie, and many nieces and nephews.

Jennifer was predeceased by her mother, Jo Ann Chase, in July of 2016.

Friends celebrated her life with her family on Saturday, August 26th, at the pavilion atop Moody Park in Claremont.

Edward J. Graff, 98

Edward J. Graff, 98, formerly of Sandy Lane in Charlestown, NH, died Tuesday (August 15, 2017) at Valley Regional Hospital following a brief illness.

He was born in Jersey City, NJ, on July 16, 1919, the son of Joseph F. and Genevieve (Bergin) Graff and had been an area resident for a number of years. He was a US Army Veteran of WWII. Edward had been employed as a postal worker by the United States Postal Service. He enjoyed listening to music and spending time with his family.

Members of his family include a daughter, Kathleen Erisman, Claremont, NH; a son, James Graff, Charlestown, NH, eight grandchildren, 15 great grandchildren and several nieces and nephews.

He was predeceased by four sisters, Ida Mae Stephanian, Genevieve McGrath, Josephine Ann Bannon and Frances Graff.

A Memorial Service was held at the Charlestown Bible Church on Saturday with Pastor David Becker, officiating.

You are invited to share a memory of Edward with the family or leave a message of condolence in the family guest book at www.royfuneralhome.com. Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

Roger J. Hardy

Roger J. Hardy, a former resident of Claremont and Port St. Lucie, FL, passed away peacefully Monday, Aug. 7, 2017, in Jensen Beach, FL. The son of Antonio and Marie (Maurais), Roger was born Oct. 20, 1923. Roger was predeceased by his wife, Rita (Lessard) Hardy, who passed away in 2016. They celebrated a loving and devoted 73 years of marriage.

With the advent of World War II, Roger joined the Navy Seabees along with his four other brothers entering various departments of the Armed Forces. After the war, Roger and his brother, George, returned to Claremont and founded Hardy Brothers Builders, utilizing their experience garnered from their Seabee service. The firm prospered and went on to gain national recognition for their innovative construction methods and land use planning. Many local carpenters learned their

trade working for the Hardy Brothers, with Roger as their mentor. One of Roger's favorite projects was the restoration of the Old St. Mary's Church in Claremont during the 1960s.

He is survived by his three daughters, Sheila Satzow and her husband Michael of Claremont; Claire Carter of Worcester, MA; and Simone Johnson, also of Claremont. Grandchildren include Shawn Dixon and wife Kimberly of Meredith, NH; and Danielle Maryott and husband Andrew of Easton, CT; Roger Limoges and husband Jeffrey McDermott of Washington, DC; Nicole Freniere of Charlton, MA; and Shane Johnson of West Palm Beach, FL. There are several great-grandchildren and nieces and nephews.

He is also survived by his sisters, Pauline Gendron of Manchester, NH; Dolores Blish of Claremont, and brother Charles Hardy of Naples, FL. Also, his brother-in-law, Rita's twin brother, Raymond Lessard and his wife Nancy of Vero Beach, FL.

He was predeceased by his brothers, George, Rosaire and Paul, all of Claremont; and his sister, Antoinette Brown of Lebanon,

NH.

Services were held at the Fernhill Memorial Gardens in Stuart, FL. A U.S. Navy Honor Guard presented the family with a U.S. flag in honor of Roger's service during World War II. Memorial contributions may be made to the Greater Claremont Fund, c/o The New Hampshire Charitable Foundation, 37 Pleasant St., Concord, NH 03301.

Francis X. Fontaine, 92

Francis Xavier Fontaine, 92, of Sunapee, NH, died Saturday August 19, 2017, at his home.

He was born to Simeon Lorenzo and Etta Agnes Howe Fontaine in Claremont, NH, on February 12, 1925. Francis was raised on the family farm with eight siblings during the hard times of the Great Depression, where he developed a strong work ethic which served him well throughout his lifetime. As a young adult he kept working on the family farm and also as a welder. He started working for Joy Mfg. Co. in 1952 in the research and development de-

“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)

partment, and rose through the ranks to attain the position of Design Engineer where he was well respected by his peers and the labor force. He was also granted several patents for his innovative design ideas and upgrades of machinery. In 1966 he was transferred with his department to Franklin, PA, still working for Joy Mfg. When he retired in 1986, he and his wife stayed at a cottage that he built himself, on Lake Sunapee, NH, during the summer, and at his other home in Franklin, PA, during the winter. In 1999 he sold his house in Franklin and moved year round to Sunapee. He always stayed busy by tilling his garden, mowing the lawn and in the winter, running his snow blower along with many other chores. He was very ambitious up until his tenacious battle with cancer, that cruel disease that claimed his life.

He married Claire Lepitre on June 23, 1945. They have a daughter, Linda Miller, of Erie, PA, and a son David Fontaine of Franklin, PA. He also had five grandchildren: Karen Hawkins and her husband, Steven, of Polk, PA, Michelle Freer and her husband, Dennis, of Polk, PA, Francis X Fontaine III and his wife, Amanda of Lancaster, PA., Amanda Leonardi and her Husband, Buddy, of Wilmington, NC, and Kathleen Miller of Erie, PA. He also had seven great grandchildren.

Francis was preceded in death by his brothers, Ernest Fontaine, Henry Fontaine and George Fontaine. Also by his sisters, Beatrice Stiles, Ethel Hathaway and Lillian Mathews.

He is survived by his brother, Donald Fontaine, and sister Blanche St. John of Claremont.

A Mass of Christian Burial was celebrated at on Wednesday (August 23) at St Patrick's Catholic Church in Newport, NH. Interment was at St. Mary's Cemetery in Claremont.

In lieu of flowers, his family asks that donations be sent in his name to Lake Sunapee Region Visiting Nurse and Hospice Association, 107 Newport Rd, New London, NH 03257.

You are invited to share a memory of Francis with the family or leave a message of condolence in the family guest book at www.royfuneralhome.cm. Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

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Social News

Claremont Senior Center, Inc., News

By Claire Lessard, Executive Director

Café Claremont Menu: Tuesday - August 29... Pulled pork sandwich, macaroni salad, pickles, chips, dessert. Thursday - August 31 ... Marinated beef brisket, potatoes, vegetable, dessert. Menu subject to change!

Our Walking Club meets every Wednesday (5:30 - 6:30 PM). Meet at the center to walk the avenue and about (Maple Ave.). Walk at your own pace and for as long as you can. No pressure!

Flu Shots (regular or high dose) will be offered by Lake Sunapee Region VNA on September 21 and October 19 (9:30AM-12:30 PM) at the center. Medicaid, Medicare, Medicare Replacement accepted or \$30 Regular - \$75 High.

Upcoming trip via Best of Times bus company:: Rocky Mountain High in the White Mountains of NH (A John Denver Tribute by Ted Vigil) on Wednesday - October 11, 2017. Come on over and get a flyer and and info on more trips!

Our 5th Annual "Big" Penny Sale is coming up Sun. - Sept. 24.

Adult Coloring open to public on Mondays (1:00-3:00 PM). Grab your crayons, colored pencils, markers and come on over to the center. Some supplies provided. Members free. Non-members \$1.00.

Chair Yoga held every Monday at 10:00 AM. Cost \$5 for one hour. Exercises performed while seated and holding a chair for support. Class is guided by Charlene Robalard.

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!

Bingo every Thursday night sponsored by Croydon Ladies Auxiliary. Doors open 4:30 PM. Food concession available. Games start 6:30 PM Open to public. Must be 18 and older per NH State Gaming Laws! They are also sponsoring a Big Money Bingo on Sunday - August 20.

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. Mahjonn, Hand & Foot card game and Pool are popular but other games are available. Attendees should bring a snack to share!

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 - Friday - 12 Noon - 3:00 PM (bring your lunch). Non-members welcome but must sign in. Three visits allowed before membership is required.

Any type of business or crafter is welcome to our "Vendors / Crafters Corner" on any Tuesday or Thursday (10:00 AM - 1:00 PM). Rent an 8 ft. table for \$15 in entrance lounge. Only one vendor / crafter per date!

We are still collecting aluminum can tabs!

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

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

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

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

Visit our Web Site (cnhcs.org.)

Eclipsing the Hate

By Bernadette O'Leary

What was the greatest thing about last week's eclipse? It was that instead of social media being flooded with anger, hatred, and calls for things to be destroyed, we were all brought together for a beautiful display of nature that doesn't happen very often. Instead of attacking each other, we talked about where we were and what we did. Instead of posting negativity and insults, we posted pictures that we took of family and friends enjoying the event. Instead of photos of destruction and violence, we enjoyed photos of what the eclipse looked like from wherever we were at that time. We shared, we communicated, and we laughed. I had one friend comment that he was about to complain about all of the eclipse posts... until he realized that it was a nice change from the posts containing negativity. Then, he was all for seeing more. (Thanks, Adam, for the perspective!)

Is it not remarkable how, for just one moment, we all were brought together by looking to the sky? This was yet another thing I noticed people commenting on in social media. Contemplate that for a wee bit. So, let's make this a daily ritual. Let's "eclipse" social media, and life in general, with some fun, some laughter, some sharing, and some kindness that we can all appreciate. #LoveOthersWell, my friends.



From whimsical and clever...

...to wonderful!



Carol Wiggins Malone, watching shadows to view the eclipse.

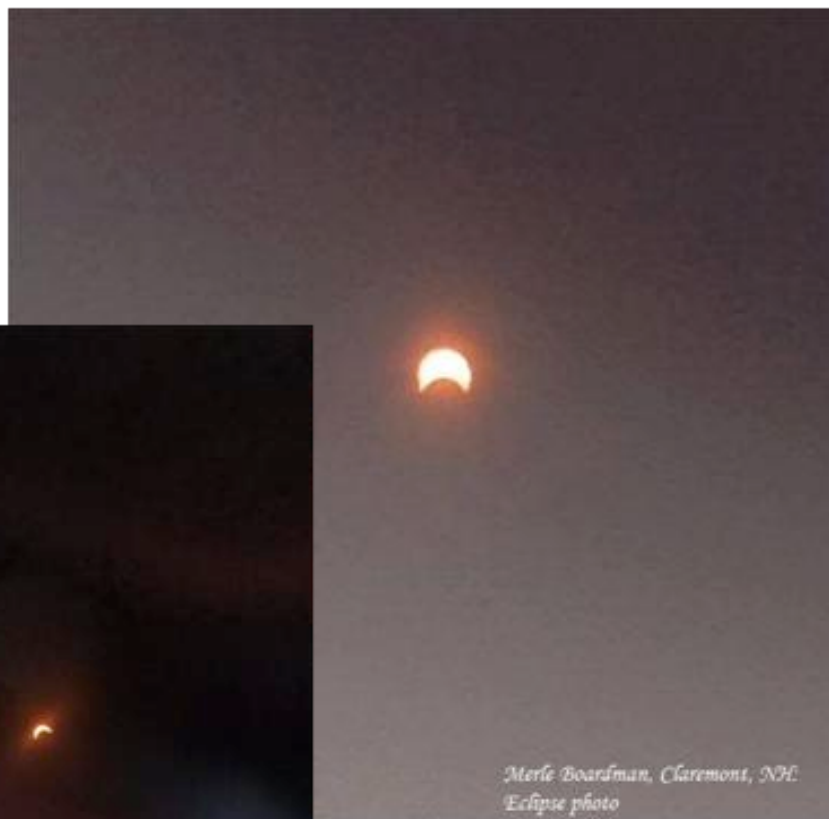


Sue Pare Palmer, Claremont, NH, Viewing eclipse through spatula

Carol Wiggins Malone, Watching shadows to view the eclipse

Sue Pare Palmer, Claremont, NH, Viewing eclipse through spatula.

Merle Boardman, Claremont, NH, eclipse photo.




Merle Boardman, Claremont, NH, Eclipse photo



Elizabeth Lichner from MN, Eclipse

Elizabeth Lichner from MN, the eclipse.



*August Drawing: Newsboys CD and
Autographed Book by Mountain Man,
Drawing Held August 31 @ Midnight CST*

How to Enter: (Choose 1 or All!)

- 1. Text "Win 8.31" to (405) 332-3353*
- 2. Email "Win 8.31" to
etickeernews.bernadette.oleary@gmail.com*
- 3. Send Private Message on Facebook or Twitter with
"Win 8.31"*
- 4. Tell me why you should win in any of the above
methods for additional chance to win.*

Car Show Fun...

The Claremont Senior Center held its annual Car, Truck and Motorcycle show on Maple Ave. on Sunday, Aug. 27. Well over 100 vehicles showed up for people to look over; picking their favorites to vote for was not easy this year with the array of different vehicles on display. They included a 1970's Cushman Ice Cream wagon and a gold 1958 Chevrolet with A&W food table on the door.



Photos by Bill Binder

