



Left: A Campbell player goes after Derrick Stanhope during Saturday's game. Right: QB Quentin Bicknell, #8, looks for a receiver down field (Courtesy photo).

Cards Football Season Comes to an End After A Hard-Fought Season

The Stevens Cardinals traveled to Litchfield on Saturday, on a frigid afternoon, to take on the Campbell Cougars for a chance to return to the Division III Championship Game. The Cardinals, as they have all season, battled hard all afternoon but came up short in their quest, dropping a 33-0 decision.

The Stevens defense, led by captains Brendan Bean, Aidan Cahill, and Nick Stone, played very well in holding the high-powered Cougar offense in check early on. The game was scoreless through the first quarter, and both teams had chances to score early in the second quarter, before Campbell would get on the board to take a 6-0 lead.

Stevens drove deep into Cougar territory on a nice run from Keaghan McAllister and a Quentin Bicknell to Joe Desilets pass, but the Cougar defense held and it was 6-0 at the half.

Campbell, whose defense had given up just 38 points all season, showed why in the sec-

ond half as they forced 3 Cardinal turnovers in the third quarter and turned two of those into touchdowns and a 21-0 lead going into the fourth quarter.

Stevens had a couple of chances to get on the board in the game, but the Campbell defensive unit came up with the stops when they needed it. The Cougars would score a pair of fourth quarter touchdowns to account for the final score of 33-0.

Keaghan McAllister was held to 45 on 12 carries but finished the year with 1,073 yards rushing, and 13 touchdowns in his sophomore season. Senior Joe Desilets has a game high 5 receptions for 70 yards in the game.

The Cardinals, whose entire backfield will return next season, got some valuable varsity experience, and finished the season with 6 wins, including a playoff win over Somersworth.



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Hunters Eagerly Awaited Start of Firearms Season

CONCORD, NH--The regular firearms deer hunting season opened November 8 in New Hampshire, a big day for the state's 58,000+ hunters.

The firearms deer season runs through December 3 in most of the state. In the northernmost Wildlife Management Unit (WMU) A, it closes November 26.

Hunters should check the New Hampshire Hunting & Trapping Digest for WMU-specific regulations, if they haven't done so already. This go-to publication is available online at www.huntnh.com/hunting/publications.html or at license agents around the state. You'll find lots more information about deer hunting in New Hampshire on the Fish and Game website at www.huntnh.com/hunting/deer.html.

Hunters are reminded to not use urine-based lures. These products can potentially spread Chronic Wasting Disease (CWD), a neurological disorder that is always fatal to white-tailed deer and moose. Synthetic lures are strongly recommended. If the bottle or package does not say "synthetic," the product is most likely natural urine. Do your part and keep our deer herd safe. Learn more at www.huntnh.com/wildlife/cwd.

For the latest harvest numbers on this year's deer season to date, visit www.huntnh.com/hunting/deer-harvest.html.

Deer must be registered at the closest open registration station within 24 hours of harvest. A list of New Hampshire deer check stations, with contact information is available at www.huntnh.com/hunting/deer-check-stations.html (also includes a list of potential "bio-check" station information). During the first two days of the muzzleloader season and three of the first four days of the firearms season, Fish and Game biologists are stationed at several of the busier registration stations around the state to collect more detailed biological data on the state's deer herd. Data collected at these biological check stations include body weights, antler measurements, reproductive meas-



Arrowhead Recreation Area in Claremont tested out the snow gun over the weekend. It is running well and they will be making snow as the weather permits. Arrowhead is also looking for volunteers for the ski/tubing season. Contact Chuck Allen at Arrowhead if you would like to help keep Arrowhead running this year! (Bill Binder photo).

urements, and age estimates based on tooth wear. Such data is critical to help track the health of the state's deer population.

The public is encouraged to participate in protecting New Hampshire's wildlife resources by reporting wildlife crime. You can report violations to Fish and Game's Operation Game Thief online anytime at www.wildnh.com/ogt, or call the 24-hour hotline at 1-800-344-4262.

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Inspiration

To Honor our Veterans Every Day

By Priscilla Hull

I'm a couple of days late here, but the sentiment is still strong. I'm certain most readers have family members and/or close friends who served our country, therefore for us, in some branch of the armed service. I'm sure we all feel indebted to them, we just seem to have a difficult time talking about it.

My own Dad was not in the armed services. I guess he might have been called a Conscientious Objector. However, he, like many others did his part. He was an engineer specializing in communications and more specifically in radar. During WW II this was a very specialized skill. So he signed to be a Technical Advisor. That meant that it was his role to set up early warning systems - radar. His assignment was France and England. He wrote a letter home every day which Mom kept. I recently transposed his letters for my sisters and family.

In those letters, I learned the heartsick brokenness of our "boys" abroad. His birthday, their wedding anniversary came and went. He would write home these words, "Keep the letters coming. It's all I have." He was at the front, but not in the battle. Bombs exploded around him, but he never carried a weapon. I know Mom wrote to him and we wrote or drew pictures, but mail was irregular at best and he'd go days with no word from home. He was lucky, we were lucky, he came home whole and complete. What a blessing.



Mom didn't know when he'd be home. He couldn't tell us anything about where he was or when he'd be home. One Saturday night, Mom tells us, she heard foot steps on the porch of the big farmhouse where we lived. She knew immediately who it was, although she hadn't heard from him for several days. After giving her the biggest hug in history, she said, he just wanted to go upstairs and look at his four girls. Then he had a long bath! Bathing with a helmet as your tub, just doesn't do much.

The greater family had Sunday dinner together. He just walked into the house like nothing had changed! As I said, we were lucky, all the men came home and were whole and complete.

As scholar of the Bible, in his spare time abroad, he decided that he would read the Bible. Everyday he read, not in order from Genesis to Malachi, nor from Matthew through Revelation. He would just open to a book and read it through. Even after his time abroad, he found his strength in the Bible.

As I said, we were the lucky ones. So many men and women came home wounded, poisoned, scarred. Their lives changed forever. Their families and friends sometimes unable to cope with the change. My heart aches for them, both the veterans and their families. We do need to remember the men and women who fought and returned home changed. We need to remember the families who lost their loved one twice. We need to remember them not just on November 11, but everyday after and before. We need to shake their hand and say thank you.

I honor these people with all my heart and I hope so do you.

"I called to the Lord, who is worthy of praise, and I was delivered from my enemies. The waves of death engulfed me; the currents of chaos overwhelmed me. The ropes of Sheol tightened around me; the snares of death trapped me. In my distress I called to the Lord; I called to my God. From his heavenly temple he heard my voice; he listened to my cry for help."

2 Samuel 22:5-7

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

Calendar Of Events

Steve and Sharon Wood to Address the November Meeting of the GMCWRT

WRJ, VT--On Tuesday, Nov. 14, Steve and Sharon Wood will be the guest speakers at the monthly meeting of the Green Mountain Civil War Round Table. The meeting will be held at the Bugbee Senior Center, 262 North Main Street, White River Junction. Doors open at 6:00 p.m.; an optional catered dinner is available at 6:15, followed by a short business meeting at 6:45. The program takes place immediately after.

The Woods will present: "Our National Thanksgiving: With Thanks to President Lincoln and Mrs. Hale." They will portray our 16th president and the editor of the popular 19th century magazine, "Godey's Lady's Book", who was born in Newport, NH. Together they will tell the story of Sarah Josepha Hale's 30-year campaign to have Thanksgiving declared a national holiday. Her efforts were successful when Lincoln signed his Thanksgiving Proclamation in 1863.

The Woods are historical presenters specializing in 19th century American history. Steve has been a Lincoln presenter since 1995. In addition to portraying Mary Todd Lincoln, Sharon also offers several other first person historical programs set in the same time period.

After the program, the Woods will step out of character and answer audience questions. More information can be found at <http://his-story.atspace.com> or at Telling-His-Story (and Hers) on Facebook.

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

Founded in 1993, the GMCWRT welcomes all who are interested in this important time in the nation's history.

www.etickernewsoclaremont.com

SHS Alumni Meeting

CLAREMONT, NH--Stevens High School Alumni monthly meeting Wednesday, Nov. 15th, 5:30 p.m. Location: Claremont Savings Bank downstairs. No meeting in December. Looking to update the class rep contact information. Email the office at stevensalumni@myfairpoint.net or call 603-542-8987.

Newport Opera House Announces New Season

NEWPORT, NH--The Newport Opera House Association (NOHA) has announced their new season. Further information, and audition information, will be available on the NOHA website at www.newportoperahouse.com.

The 2017-2018 Season listings through the end of the year:

"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.

For tickets and information:
www.newportoperahouse.com or call #603-863-2412.

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

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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

☐ 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 Al-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 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.

Sunapee Town Departments Schedule

SUNAPEE, NH--The Sunapee Town Departments will be closed on the following days:

Town Office & Town Clerk/Tax Collector

Thursday, November 23rd & Friday, November 24th

Monday, December 25th

Monday, January 1st

The Town Clerk/Tax Collector will be closed on the following Saturdays:

Saturday, November 25th

Saturday, December 23rd

Transfer Station

Thursday, November 23rd

Monday, December 25th

Monday, January 1st

Abbott Library

Thursday, November 23rd & Friday, November 24th

Saturday, December 23rd & Monday, December 25th

Monday, January 1st

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. 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.

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.

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. For more information, visit online at

www.tlcfamilyrc.org/rural-outright-events-calendar.

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, visit online at www.tlcfamilyrc.org/rural-outright-events-calendar.

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

CLAREMONT, NH--TLC Family Resource Center will be holding a Volunteer Orientation on Thursday, Nov. 16, from 5:30 to 6:30 p.m., at their office, located at 109 Pleasant St. in

Claremont, NH. Learn more about the agency and the current volunteer opportunities available. For more information, contact Neil at neilpierceallen@gmail.com.

CLAREMONT, NH--Rural Outright will be holding an Open Mic Night on Monday, Nov. 13, at 6 p.m., at The Java Cup, located at 37 Pleasant St. in Claremont, NH. Sign up is at the door. Bring your poems, music, skits, or voice. The event is free and open to all. Refreshments from The Java Cup will be available for purchase.

NEW LONDON, NH--Join us for a viewing of Resilience: The Biology of Stress and the Science of Home on Wednesday, Nov. 15, from 5:30 to 7 p.m. at Colby-Sawyer College in the Curtis L. Ivey Science Center Room 201, located at 541 Main Street, New London, NH. As this new documentary reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. Resilience, however, also chronicles the dawn of a movement that is determined to fight back. We will watch the movie then have a half hour discussion. The program is free and no registration is required. Just come and join us! Sponsored by TLC Family Resource Center and Colby-Sawyer College. For more information, call 603-542-1848 or email info@tlcfamilyrc.org.

NEWPORT — Rural Outright presents their next Let's Talk program, "Beyond the Keyhole: Rural LGBTQ Community Oral History and Andrew's Inn." Join us on Thursday, Nov. 30, at 7 p.m. at the Newport High School's Lou Thompson Community Room, located at 245 N. Main St. in Newport, NH. Andrew's Inn was a gay disco, bar, restaurant, hotel, co-counseling site, and community space in Bellows Falls, Vermont from 1973-1984. Those involved were the state's rural LGBTQ vanguard. Now, for the first time, the Green Mountain Crossroads' (GMC) Andrew's Inn Oral History Project is sharing the Andrew's Inn story. GMC, Marlboro College and Vermont Performance Lab have col-

laborated on project. HB Lozito, executive director of GMC and creator of the Project, will discuss the history of Andrew's Inn, share audio featured in the Project, and explain how this project fits into GMC's broader work empowering rural LGBTQ community members. For more information, please visit www.tlcfamilyrc.org/lets-talk.

Send news and photos to

etickernews@gmail.com

Dine Out While Helping Animals

CLAREMONT, NH--Enjoy a wonderful night out, a fabulous meal, and help the animals. For \$30/person you can dine at the Common Man on Water St. in Claremont on Tuesday, Nov. 14, between 5:00-9:00 p.m. and support Sullivan County Humane Society. Meal selections are pot roast, apple walnut chicken, and butternut ravioli. There will also be a silent auction with great prizes! Tickets on sale at the shelter, at our events and at the door. Questions? Call 542-3277.

Workplace Wellness

Being healthy at home and in one's personal life is becoming one area of focus for many companies across the United States. However, we often forget about keeping ourselves well throughout the working day. With an estimated \$576 billion lost in the U.S. economy due to illness, disability, and workers' compensation ([Forbes, 9/12/12](#)), the need for staying healthy at work is at an all-time high. We have some tips for staying health-conscious in the workplace.

Take breaks. Stress causes an incredible amount of illness and can also distract workers, making workplace injuries much more likely. Taking a breather between projects will also boost productivity. Take a quick walk outside or lay your head down for a moment in order to reduce workplace stress.

Eat healthier and drink water. It is very easy to hit your favorite burger joint at lunchtime or even to skip lunch due to a heavy workload. However, these habits cause our bodies to function poorly, effectively lowering productivity. That extra time you spent at your desk without eating a proper meal can slow you down for the rest of the afternoon. Drinking lots of coffee and sugary drinks at work can also make your work suffer when you crash. When your body is working well, your work will improve greatly.

Get enough rest at night. A huge loss in productivity is caused by presenteeism, the concept that people are at work but are not working to their full potential due to exhaustion, illness, or other problems. Getting enough sleep at night can improve health, help you lose weight, and improve focus dramatically. You will feel less stressed and will be able to accomplish more on a full night's rest.

Keep your work area clean. Germs are everywhere and are very easily transferred. Keep hand sanitizer at your work station as well as some antibacterial wipes that you can use to clean up at least once a month. Your mouse, keyboard, and phone can harbor contaminants, and wiping them clean from time to time will help to keep preventable sicknesses away.

Stay home when you are not well. If you are sick, coming in to the office can be a catastrophe, as you can infect the rest of your colleagues. It is tempting to come in to work and suffer through the day so as not to fall behind or use up valuable sick days, but this is inconsiderate and will end up reducing your team's productivity in the long run, as more people could miss days from catching your illness. Take the time to get better at home.

Managers should be aware of the various pitfalls at work that can lead to an unhealthy staff. Encourage your team to have healthy habits and give them some slack to be able to take the time they need to be well. This will cause productivity to soar and will lead to a happier staff that will work well together and have less unnecessary stress.



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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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5X7	\$7.00
Digital emailed file	\$7.00



Join SCHS and Santa for a fun photo-op! There will also be some delicious homemade baked goodies! Rent-A-Center is going to sweeten the day by offering a special as a thank you for coming out and supporting a local non-profit!



From all of us at Sullivan County Humane Society, thank you for your support!

All photo and bake sale proceeds to benefit the Sullivan County Humane Society

By emptying the heart of "self," it becomes easier to love than to hate, because we then see the needs of others before our own desires. We then become the light in the darkness by which others find their way to hope and healing.



Bullying: Not Just a Childhood Issue

By Bernadette O'Leary

It seems to be a constant sight within the media today: bullying. We hear about children committing suicide, getting beaten up, or suffering a life of abuse (both self imposed and at the hands of others, including prostitution) because of bullying. All around us, young people are humiliated because of the actions of others. However, this does not only apply to the young, and it has been happening since the beginning of human history.

From slavery to basic emotional or physical battery, humankind has experienced many forms of bullying under different titles. Bullying is simply the oppression of the weak by those who are stronger or more influential. Prostitution is what we call it when someone is either sold or made to sell his or her body in exchange for money or services. Yes, I include men in this because they too are exploited sexually in this way. Sometimes, it is seemingly done at the hands of oneself, but when examined more closely one will see that the situation was a result of some form of oppression from another: abuse or neglect from another that stole the person's will or ability to live and take care of himself/herself properly. This can include emotionally, financially, and physically. It can also involve the person entering into this "profession" because of a lack of self worth that came from such abuse or neglect.

Today, we tend to focus on bullying in schools. This should have been a stepping stone to addressing social issues of bullying, but it seems to have stalled out there. The fact is, it should have made us more aware of the way supporters of various social issues bully those on the other side of each issue in order to either force others to accept their line of thinking or to, at the very least, shut them up to keep them from bringing attention to those opposing views. Instead of allowing the other side to express itself in a way that is constructive and can lead to mutually beneficial solutions, the loudest side oppresses the side with contrasting ideas, creating an environment where it appears that their view is the only view. At the very least, it makes that one point of view appear stronger and more popular or more correct than any other. This is social bullying, but too many neither acknowledge nor discuss that truth. Sometimes, the media will appear to do so, but instead they end up doing that exact form of bullying by calling out one side as being the aggressor over the other instead of remaining balanced to keep both sides honest.

If our society is to survive, we must remember that just as the leaders of Jesus' time attempted to bully Him in to submission so that He would stop disrupting the political attitudes of His time, so too are our own peers attempting to bully others with whom they disagree into silence. Until the basic dignities of humanity are honored and are met with respect and love, oppression will always exist.

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

Martha B. Dole, 51

Martha (Marti) Blair Dole, 51, of Troutman, NC, passed away on November 8, 2017, from injuries sustained in a motor vehicle accident in NC. Marti was born in Claremont, NH, on August 9, 1966, to Leo Faucher and Ellen Dahl (Garneau). She attended schools in Claremont, NH, Newfieds, NH, and Rockland, MA. She worked in the health industry, including locally at Valley Regional Hospital.

Marti was a joyous, fun loving girl who had a heart of gold. Her passion was her family, racing with her racing family and her NC racing friends. Her favorite drivers close to her heart were Dylan Bodreau, Sean Bodreau, Andy Seuss and Tony Stewert. She was a great mom, friend, and loved everyone.

Her family includes her sons, Bryson Murray, Austyn Dole, Jayden Dole, Bryant Dole; soulmate John Dole; mother, Ellen and stepdad Kari Dahl; stepmom Linda Faucher; brothers, Zackary Griffin, Mikko Dahl; step-siblings, Chris Johnson and Penny Mauch; Carol (auntie) and Ernie (dad) Bodreau; her cousin/sister Amy Bodreau; nieces, Meg Bodreau, Shaylyn Duffett, Hannah Duffett, Jazmyn Griffin; nephews, Dylan Bodreau, Zavian Griffin, Maddox Griffin, Bailey Griffin, Bentley Griffin; mother-in-law Debra Plant; best friend; Coleen Murray; also survived by the Mur-

ray family, Griffin family, Faucher family; many nieces, nephews, aunts and uncles; and her massive amounts of friends.

She was predeceased by her father, Leo Faucher; stepfather Larry Griffin; grandparents, Leonce and Dolores Faucher, Arthur and Doris Garneau, August and Edith Griffin; step-sister, Jody; friend, Cody Lafont.

A service will be held after Thanksgiving at Stringer Funeral Home in Claremont, NH.

Donations can be made to her gofundme page or to One Credit Union on Charlestown Rd. Claremont, NH, to help with funeral expenses and for her boys.

Elizabeth Bascom, 88

Elizabeth "Betty" Bascom, 88, formerly of Charlestown, NH, died on November 5, 2017, at the Sullivan County Health Care in Unity, NH.

She was born in Colebrook, NH, on April 21, 1929.

Betty was a teacher who taught the business class at Sunapee High School, Charlestown

High School and retired from Fall Mountain Regional High School.

Betty had played Varsity basketball while at Plymouth State College. Even after her children were out of school she attended many Fall Mountain basketball games.

She enjoyed skiing, skating and knitting. She had done a lot of volunteering throughout her life, the Charlestown Senior Center, Meals on Wheels and River Valley Animal Protection League to name a few.

She was member of St. Luke's Episcopal Church, the Charlestown Senior Center and was a member of the singing group, "Silver Country".

The family includes her son, John O. Bascom and his wife, Peggy of Charlestown; her daughter, Beth A. Lavoie and her husband, Steve of Concord; three grandchildren, Killy J. Buckholz and her husband, Vince, Scott D. Bascom and Emily E. Lavoie; two great granddaughters, Ava and Clara Buckholz.

She was predeceased by her husband, Orin E. Bascom who died in 1996; her mother, Marion (Ramsay) Woodrow and her step-father,

“Eye doctors shouldn't have fine print.”

-Dr. Sam Given

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

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9 Dunning St, Claremont
(we're right there by the hospital)



Max Woodrow, and by her siblings Dorothy, Annette, Richard and Harold Annis

A memorial service was held at the Stringer Funeral Home on Saturday with Robert Lee officiating. There will also be a service in Colebrook at a later date.

The family would like to thank Carla, Harri, Faye and Alainie for the wonderful care in helping to keep Betty home as long they could.

Donations may be made in her memory to the Charlestown Senior Center, 223 Old Springfield Road, Charlestown, NH 03603; Meals on Wheels, 67 Maple Avenue, Claremont, NH 03743; River Valley Animal Protection League, 60 Cummings Avenue, Charlestown, NH 03603.

Rachel M. Dagenais, 97

Rachel M. Dagenais, 97, of Claremont, NH, died at home on Saturday (November 4, 2017) following a brief illness.

Rachel Marie-Jeanne Dagenais was born on March 4, 1920 in Hamsud. PQ, Canada, the daughter of Ludger and Georgianna (known as Rose) Beaudoin. On her father's side she was a descendant of the first French settlers in New France (Quebec). She was educated at Catholic schools in Claremont and Lewiston, ME. On June 29, 1940 she married George J. Dagenais of Claremont. Her husband predeceased her in 1986. In her younger days, Mrs. Dagenais enjoyed looking after her family, cooking meals from scratch, doing needlework and sewing from patterns she created herself. She also had a special delight in doing outdoor work, and for many years she had a seasonal vegetable stand on Sugar River Drive where she often gave away many of her vegetables. In her later years after losing most of her eyesight, she found joy in listening to religious publications on tape and digital format and listening to several radio programs.

In addition to her husband, she was predeceased by her son, Joel Dagenais in 1998; two sisters, Irene Gagnon in 1991, and Jeannette Dagenais in 1996; two brothers, Gregory Beaudoin in 1982 and Herve Beaudoin in 2013.

She is survived by a son, Daniel Dagenais, two daughters, Suzanna Collins and Celeste Connor, and Celeste's husband, Douglas Connor. Mrs. Dagenais is also survived by three grandsons, Adam Dagenais and his partner, Kelley Davis, Cameron Connor and Mason Connor, several nieces and nephews.

Her immediate family wishes to thank the hospice team at Lake Sunapee Area VNA for the skilled and respectful care they provided to their mother during her final days.

There will be no visiting hours.

A Memorial Service will be held at 1:00 pm on Saturday, November 18, at the Kingdom Hall on River Road in Claremont with Glenn

Partridge, officiating. All are welcome.

You are invited to share a memory of Rachel 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.

Cookie Sale, Holiday Bazaar, and Chowder Luncheon

November 18 at 10am - 2pm and Nov 19th, 11am-2pm

At Union Church Hall, 133 Old Church Road, Claremont, NH

Chowder Luncheon served 11am-2pm

Make your own ornament, shop for delicious cookies and crafts, and much more! The Holiday Bazaar features a variety of gingerbread houses, baked goods, crafts, berry bowls, kitchen items, knit items, toys, vendors, and attic treasures. We'll have a fun assortment of homemade ornaments and crafts for sale. We'll even have a table where you can make your own ornament! Luncheon includes homemade fish and corn chowder, assorted sandwiches, and delicious desserts. Baked goods will be for sale to benefit West Claremont Center for Music and the Arts, other fundraising activities benefit Union Church. We will be taking special orders on items that you can pick up for your thanksgiving dinner. Handicapped Accessible. To sign up to be a handmade vendor (\$10 fee) contact unionchurchnh@gmail.com For full information visit facebook.com/unioneπισcopalchurch.

HopStop: Jason Tardy, juggler (Free)

November 18, @ 3:00 PM to 4:00 PM

at CSB Community Center, 152 South St, Claremont, NH

You will be on the edge of your seat (or the HopStop rug) when Jason takes the stage in this wild ride of juggling and comedy. Accompanied by upbeat recorded music, Jason will juggle and manipulate anything and everything: toilet plungers, yoga balls, ladders, even himself. Amazing stunts done with no fear and a lot of practice will have jaws on the floor. Jason may need an assist from audience members during the performance. Visit wcc-ma.org.

Funk and Lunch Benefit with Bassel and the Supernaturals

November 19, @ 11:00 AM to 12:00 PM

at Union Episcopal Church, 133 Old Church Rd, Claremont, NH

A special acoustic performance by Chicago's Bassel and the Supernaturals, and benefit for WCCMA. Your ticket includes an exclusive ticket to the event and lunch after the concert. The lunch includes a cup of chowder (fish or corn), sandwich (tuna, ham, or egg), and choice of dessert. WCCMA Members get a \$5 discount off the general admission (email melissa@wcc-ma.org to reserve your discount ticket). Tickets at the door are \$25. Please RSVP in advance, we have a minimum required attendance to offer this event. For tickets and information, visit wcc-ma.org.

Chicago's popular indie-funk band and SXSW performer returns with a 7 piece band for a special Sunday morning benefit concert of soul in Claremont. Bassel & The Supernaturals is an eclectic ensemble based in Chicago, IL, led by the soulful vocals of Syrian-American songwriter Bassel Almadani. Their music combines soul, jazz, and funk with captivating lyrics about love, loss, corporate life, and a war in Syria that has directly affected Almadani's family along with over 10,000,000 others. Almadani also offers humanitarian seminars in regards to Syria and current issues facing Arabs & Muslims in the US.

Claremont Fire Dept. Log

Sunday, November 5

1520 E3 responded to Bowen St for a motor vehicle accident.

1648 E3 responded to Washington St for a fuel spill.

1715 E3 responded to Chestnut St for a smoke investigation.

Monday, November 6

1740 E3 responded to Sullivan St for a motor vehicle accident.

Tuesday, November 7

1636 E3 responded to Pleasant St for a medical call.

1700 E3 responded to Cindy Ave for a smoke detector sounding.

2048 E3 responded to First St for a medical call.

Wednesday, November 8

1620 E1 responded mutual aid to Ascutney.

Thursday, November 9

0912 E3 responded to Pleasant St for a motor vehicle accident involving a pedestrian.

1437 E1 responded to Ascutney for mutual aid.

2239 E3 responded to Davis St for an RV fire.

Friday, November 10

1749 E3 responded to Chestnut St for fluids in the road.

1812 E3 responded to River Rd for a carbon monoxide detector sounding.

2009 E3 responded to Broad St for an alarm sounding.

2017 L2 responded to Manor Dr for a medical call.

Saturday, November 11

1253 E3 responded to Heritage Dr to assist the ambulance.

1607 E3, L2 responded to Heritage Dr for a box alarm.

1829 E3 responded to Broad St for a carbon monoxide detector sounding.

Social News

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Café Claremont Menu: Tuesday - November 14...Sup, baked cod, potatoes, vegetable, dessert. Thursday - November 16 - Birthday Celebration...Soup, pot roast, potatoes, vegetable, dessert. Menu subject to change!

Our Thanksgiving Dinner will be on Tuesday - November 21. Cost for members and non-members \$10. You must register (either come to the center or call 543-5998).

New fundraiser... "Lucky" Raffle. \$3 per ticket / 4 tickets \$10. You could win a 1 year subscription for all 3 prizes: 1st Prize - Power Ball & Mega Millions. 2nd Prize-Lucky 4 Life. 3rd Prize-Mega Millions. Tickets available at the center! Drawing on Sat. - Dec. 9 - 6 PM at our Roast Pork Dinner (dinner 5:00 - 6:30 PM). \$10 per person!

A "Holiday" Celebration will be held on Sunday - December 17. At 2:00 PM entertainment by "Silver Country" (Classic Country Music). 3:00 PM Swap Party (bring a gift - value up to \$10). Bring your favorite appetizer. Water, soda and coffee available or you can bring BYOB.

Foot Clinics on November 15 (8 AM - 3PM). Free Blood Pressure Clinic - Thursday - November 16 (11:00 AM - 12 Noon). Blood Sugar by request only. Both clinics sponsored by Lake Sunapee Region VNA & Hospice. Call (603) 526-4077.

Upcoming Best of Times bus company trip: Penn Dutch Country's (The Miracle of Christmas) -December 5 to 7. Flyers available for more details!

Adult Coloring open to public on Mondays (1:00-3:00 PM). 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!

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. Mahjongg, 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. Mahjongg 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.

We are still collecting aluminum can tabs!

Reminder that we have a "lending library" and "plenty of puzzles."

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

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

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

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

Visit our Web Site (cnhcs.org.)





The Claremont City Council will hold a public meeting on Tuesday, November 14, 2017, at 7:00 p.m. in the Council Chambers of City Hall. ***NOTE DIFFERENT TIME***

AGENDA (Revised)

6:30 PM 1. PLEDGE OF ALLEGIANCE

6:32 PM 2. ROLL CALL

6:34 PM 3. NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(a) – PERSONNEL

8:00 PM 4. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on *Wednesday, November 29, 2017*, at 6:30 p.m. in the Council Chambers at City Hall.