

## Claremont Confidential

By Les St.Pierre



### Stone, Sweet Lions Cup Bound

New Hampshire Division III high school boy's soccer Coach-of-the-Year Jason Stone and Second Team honoree Ethan Sweet have both added another milestone in their illustrious careers at Stevens High School as both have been selected to appear in next summer's showdown in the NH-VT Lions Cup Soccer Game to be held at New England College in Henniker July 15.

Stone, who piloted the Cardinals into the championship game this fall only to lose, 1-0, to Hopkinton, will serve as the game's head coach and Sweet, a senior striker for the Red-birds, will join a host of other seniors from around the state to display their skills in front of Twin State soccer fans.

Joining Stone with coaching duties will be the Coaches-of-the-Year in Divisions I, II, and IV to serve as assistants. This happened to be the year Division III was in the rotation so Stone was able to get a lock on the prestigious position.

"To me, it was a bit of a validation," the Stevens High coach reported while being interviewed in the entrance of the Frederick W. Carr Gymnasium late last week. "It's a means of hoping I'm doing the right thing. It's always

good to be acknowledged for the time you put in and the work you do. I mean, it (coaching soccer) soaks up a huge bit of my fall." Stone confessed to taking more pride in the Coach-of-the-Year award than that of being the head coach in the Lions Cup Game, simply because of the rotation circumstance.

Had this not been the year for Division III's time to pop up on the cycle he would not have received this latest honor.

"I always thought it would be pretty neat to become the Lions Cup head coach," Stone stated, "but I'm not sure it was ever a goal of mine. I just wanted to win a lot of games. This



Coach-of-the-Year Jason Stone, left, and Second Team honoree Ethan Sweet (Les St.Pierre photo).

does give me recognition from the kids and reassures their faith in me."

Stone's first reaction to his being named the head coach was certainly in the realm of what one would expect. "I just thought, 'Wow!,'" he shouted. "It's pretty cool, especially hearing it

(Continued on page B2)

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## Soccer, from B1

from other coaches who are trying to beat you all year. What an experience this should be, coaching all the best seniors in the state.”

The truth be told, however, Stone will not get to coach “all the best seniors in the state.” Apparently, there is a “no exceptions” rule that players who do not appear at the tryout session are automatically denied any hope of ever playing in the two-state competitive contest.

“I will be coaching a team without its best player in the state,” Stone explained, referring to the Exeter High football kicker who was named an All-American on the soccer field, yet could not attend the tryouts at the New Hampshire Technical Institute in Concord due to his dual-role commitment to his kicking ability on the gridiron.

“If it's any consolation, he just kicked the game-winning goal,” Stone reported the Exeter football coach telephoned him.

“I mean, the kid is in a semi-final football game,” Stone pointed out. “It's not his fault he couldn't be at practice. He should be able to play in the soccer game. He's an All-American. They ARE trying to change the rule.”

Stone said he has no deep dark secret as to how he will coach the game. “I think I will do something pretty basic. I don't want to get too dynamic and have the kids get confused. It will be fun.”

The Stevens coach went on to report his pleasure at having Sweet on the Cup team. “Ethan had a great tryout,” Stone quipped. “He was not on the edge. He got a lot of votes. There were some people who were really impressed with him.”

Sweet, because there was a plethora of strikers at the tryout, saw time at midfield and at outside back. “I swear that sealed the deal for him,” Stone emphasized. “He got the ball a lot. He was the Ethan Sweet he had been for the last five years...big, fast, and physical.”

Sweet, commenting following basketball practice, stated, “My grandfather (Wayne) got me into playing soccer when I was little. I hated soccer. I was terrible at it. My grandfather said, 'I played it. Your father played it. Your brother played it. You're going to play it.'”

“

“I thank God for him!,” Stone echoed in reference to Sweet's grandfather.

Sweet, who played five years at Stevens having been brought up as an eighth grader to play jayvees, further commented on what his selection meant to him on a personal basis. “It's amazing!,” he said. “I am representing my state, not just my town. That's important to me. It has been a pleasure to play for Stevens the past five years under Jason and Jon (Root). I couldn't ask for anything more.”

Sweet joins an impressive list of past Lions Cup performers including, among others, Nick Marro and Jim Sanders, who competed in the very first Cup Game in 1975, followed by Dan Gogan, Leo Lawrence, Gary Lawrence and Billy Scott, Kevin Bonneau and Ray Brooks, Cory Belden, Tom Baron and Greg Sanderson, Matt St.Pierre, Donnie White, Kyle Dansereau, and Dan Croteau.

Money raised from the Lions Cup Soccer Game is divided evenly between the two states and goes to fund a variety of projects. Funds in Vermont go to the Austine Green Mountain Lions Camp for hearing-impaired children and New Hampshire funds go to the Lions Sight & Hearing Foundation, which supports projects throughout the state.

## Elks Hoop Shoot Dec. 11

CLAREMONT, NH--Claremont Elks BPOE #879 is holding their Annual Lodge Hoop Shoot on December 11th. The contest will be held at the Claremont Saving Bank Community Center. Sign up starts at 9:30 a.m. and contest will start approximately about 10:15 a.m. The contest is open to girls and boys ages 8 to 13 as of April 1st, 2017. All are welcome from Charlestown, Claremont, Unity, Cornish and Newport. Please be reminded that you can only enter in one contest.

The winners will advance to the North District Shoot on January 8th, 2017 in Lebanon, NH. From there, winners will advance to the State Shoot in Epsom, NH on February 5th, 2017. Regional Shoot on March 25th, 2017 in Portland, ME. The National Shoot is April 22nd, 2017 in Chicago, IL.

## Doug Beaupre Receives Honor From NH Football Officials Assn.

CONCORD, NH--New Hampshire Football Officials Association held its year end meeting Saturday in Concord. During the football season, at the completion of every varsity game, the officials conduct a post game conference to review the game and submit reports to the commissioner regarding the conduct of players, coaches and spectators. A report is also submitted regarding administration of the game.

Included in those “Receiving 100% Scores for Outstanding Football Game Administration” is Stevens High School's AD, Doug Beaupre.



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## Monarchs Clip Wings, 4-2

MANCHESTER, N.H. – Two goals from Derek Arnold propelled the Manchester Monarchs to a 4-2 victory over the Kalamazoo Wings on Saturday night at SNHU Arena.

The Monarchs (12-7-1-1) took the first game in franchise history against the Wings (7-12-1-1), and look to sweep the series Sunday afternoon.

“We had a solid team effort tonight,” Monarchs Head Coach, Rich Seeley, said. “We played our systems the proper way and the guys played at a good pace to be successful.” The Monarchs got on the board first at 18:49 of the first period when Quentin Shore scored a power-play-goal, his 8th goal of the season. Teddy Doherty sent a cross-ice pass to Shore in the right circle where the first-year skater made no mistake, burying the puck behind Wings goaltender, Nick Riopel, to give Manchester a 1-0 lead. Arnold extended the Monarchs lead when he scored his 5th goal of the season at 3:17 of the second period. The Monarchs executed a 3-on-2 break perfectly, as Dan Ciampini jumped into the offensive zone and sent a cross-ice pass to Shore who found Arnold streaking down the slot. Arnold finished-off the tic-tac-toe passing play, sending the puck past Riopel to make the score, 2-0, Monarchs.

The Wings got on the board when Lane Scheidl scored a shorthanded goal at 5:10 of the second period, just eight seconds into a Monarchs power play. Scheidl received a pass from Ben Wilson and while alone on a break, Scheidl roofed a shot past Monarchs goaltender, Sam Brittain, to make the score, 2-1.

The Monarchs took their two-goal lead back when Arnold scored his second goal of the game at 6:43 while on the power play. After receiving a pass from Zac Lynch, Arnold found himself with some room at the top of the right circle where he beat Riopel to make it a 3-1 game.

Manchester added to their lead when Rihards Bukarts scored his 2nd goal of the season at 14:41 of the second period. Bukarts tipped the puck home off a shot from the point by Teddy Doherty that snuck its way past the right pad of Riopel, making the score, 4-1, Monarchs.

Kalamazoo was able cut the Monarchs lead in half at 15:34 of the third period when Scott Henegar was able to bank a shot off the back



**The Claremont Lodge BPOE #879 had great results from the State Soccer Shoot held in Portsmouth, NH, on October 15th. Of the eight contestants that went to the shoot, we had four place in the top three positions. Of these, we had one girl and one boy finish in First place. The first place winner U14 girls was Annika Ratcliffe, and first place winner U14 boys was Robert Raymond. Both will be moving on to the Area 1 Shoot on November 4-6 in Burlington, VT. The Portsmouth Elks hosted a luncheon and awards following the shoot. Thanks to Portsmouth Elks for their hospitality that day. We once again would like to thank the parents for talking time to bring their children to the State Shoot. Pictured with each winner is Buddy Thibaut, District Deputy, North (Courtesy photos).**

of Brittain from behind the net, to make it 4-2 Manchester.

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### Monarchs Grab Sunday Win

Rihards Bukarts scored the first hat-trick of the season, and helped the Manchester Monarchs to a 6-3 victory over the Kalamazoo Wings on Sunday afternoon at SNHU Arena.

With the win, the Monarchs (13-7-1-1) took both games of the two-game weekend series with the Wings (7-13-0-2), and jumped back into a first place tie in the North Division.

Kalamazoo opened the scoring at 6:58 of the first period on Tanner Sorenson's 3rd goal of the season. Michael Trebish sent a shot toward the goal from the blue line that was deflected into the top corner of the net to beat Monarchs goaltender, Jonah Imoo, to give the Wings a 1-0 lead.

Bukarts completed the hat trick at 9:04 of the third period. Taking advantage of a 3-on-1 rush, Bukarts carried the puck all alone down the left side of the ice and shot the puck up and over Riopel to give the Monarchs a 5-3 lead.

The Monarchs ended the scoring at 16:02 of the third period when Diamond cashed in his 2nd goal of the night. Teddy Doherty fed the puck to Diamond who rushed into the zone towards the goal and spun 360 degrees at the top of the crease to catch Riopel out of position to put the Monarchs up, 6-3.

The Monarchs are back in action Wednesday (7 p.m.), when they host the Norfolk Admirals at SNHU Arena. Other highlights included Joey Diamond recording his 60th professional assist, Teddy Doherty's +5 rating setting a single-game record for the Monarchs this season and Craig Wyszomirski recording his 1st professional point with an assist.

# Inspiration

## Christmas Is The Spirit Of Love

By Priscilla Hull

Christmas is coming! In fact it is almost here! I watched Charlie Brown, Rudolph, other shows that I haven't watched regularly since my children were - well, let's just say for a long time. It was refreshing to watch them again. I could pay attention to the show itself. I thoroughly enjoyed them.

For what it matters, here are some reflections about Charlie Brown and Rudolph the Red Nose Reindeer. Each one has a beleaguered leading part. We know that Charlie Brown is laughed at by his mates and scorned particularly by Lucy. In truth, Charlie Brown is bullied by Lucy who looks with disdain on almost everything that he does. Lucy's little brother, Linus, tries to be a good friend to Charlie Brown, making things be right for him. We all feel Charlie Brown's pain and discouragement and we see something of Charlie Brown in ourselves, the insecurity, the discouragement, and the hope! Charlie Brown doesn't lose hope in his pursuit of peace. The best line of the show is when Linus, with his blanket wrapped around him like a shepherd, recites the beginning of the Christmas Story:

"And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord." (Luke 2)

One, innocent child, speaking the words which are so familiar and so longed for in our world of anger and frustration. Can we hear those words? At the end of the show with the children all singing together we know that the true spirit of Christmas has been met!

In Rudolph the Red Nose Reindeer, once again, the main character is bullied and teased by his playmates. Then comes along Clarice who befriends him, but his father's scorn overcomes Clarice's love and he leaves. He meets up with Hermey, also a misfit, and together they overcome the evils of the world, including the abominable snowman. Rudolf returns to Santa's village and is the one to lead the sleigh through the fog! He then, despite his differences, is the hero!

You know these stories. They are the Spirit of Christmas come true. They make a statement that we need to hear. Both stories tell us that Christmas isn't presents and tinsel. Those things disappear. Christmas is the Spirit of love and joy overcoming the evil things of the world. Christmas is the spirit of a child recalling the story of shepherds, the lowest of the low at that time. The shepherds who were the first to learn of Messiah's birth. The first to be invited to the manger. The story of Rudolph, Christmas is the overcoming prejudice and shame. It is a story of true love and a story of people working together to bring peace and good will to the world.

Next year I'll again be sure to find time to watch these two shows so I can remember how to find peace and love at least in my corner of the world. *Priscilla Hull is the Lay Leader for the First United Methodist Church in Claremont.*

## Traditional Latin Mass To Be Celebrated At St. Joseph Church

CLAREMONT, NH--A Traditional Latin Mass will be offered at St Joseph Church, 58 Elm Street, Claremont, on Thursday, Dec. 8, at noon in honor of the Solemnity of the Immaculate Conception. This will be the first time since 1965 that the Extraordinary Form will be offered in this parish. It will be a sung High Mass, celebrated by a priest from the Priestly Fraternity of St. Peter.

In accordance with the Apostolic Letter of Summorum Pontificum of Pope Benedict XVI, Bishop Peter Libasci sensed a demand for the Extraordinary Form in the western part of the diocese, and arranged for this Mass to be held. This is a region of the state where the Tridentine Mass has been absent for over fifty years and the Faithful throughout the region are urged to attend.

St. Joseph Church has never suffered any of the post-Vatican II renovations that prevailed elsewhere. The high altar, side altar, and altar rails remain unaltered in their original condition. The free-standing altar will be removed for this Mass. The church is fully handicapped and wheelchair accessible and has a full service elevator accessed through the side door of the church.

## Collecting Hats And Mittens, Coffeehouse At West Unity Community Church

WEST UNITY, NH--W.U.C.C. will be collecting hats and mittens for their hat and mitten tree to be given to children in the Unity Elementary School. Also, they will be collecting baby items such as pajamas, socks, little teddy bears, etc. These items will be given to Women's Supportive Services in Claremont. Items will be collected until Dec 18th. If you would like to help with either of these very worthwhile causes, please contact Robin Gruman at (603) 287-7191. You could also drop them off at the church any Sunday at 10 A.M. If you are planning on attending the coffeehouse at W.U.C.C. on Dec. 9th, there is not a cost for admission but hats and mittens would gratefully be received that evening for the mitten and hat tree that will help children stay warm this winter. Thank you for your support - the members of West Unity Community Church..



# Entertainment



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## Domestic Abuse: Silent Forms of Abuse

By Bernadette O'Leary

This is the first of a new series dedicated to domestic abuse. There are many forms of abuse, and not all leave visible scars. It is a common misconception that if it is not physically violent, it does not count as abuse. This could not be further from the truth.

I cannot tell you how many times I heard such comments as, "Words can't hurt you." Another statement I've heard is, "They're only words." There is also, "Well, at least he didn't hit you." None of these make any sense. Words are arguably one of the most powerful forms of expression, if not the most. Throughout history poetry, music, books, letters of both love and woe, and more have proven this. A good song can bring one to blubbering tears. A poem, a heartfelt letter, or a song can touch the heart and inspire love. Books and various forms of theater over the radio have been known to send one retreating beneath the blankets and jumping at every little sound within an empty home. This is because each word brings to mind countless thoughts, images, memories, emotions, and even a ghostly scent wafting through the air. Words can cut like a knife or inspire one to greatness. Many dictators and tyrants throughout history began their days of torment through being great, charismatic speakers who inspired the masses. There is truly no such thing as "just a word."

These forms of abuse are classified as "psychological abuse." This is defined by the National Coalition Against Domestic Violence as "...trauma to the victim caused by verbal abuse, acts, threats of acts, or coercive tactics."

(<https://ncadv.org/files/Domestic%20Violence%20and%20Psychological%20Abuse%20NCADV.pdf>) The NCADV goes on to say, "Perpetrators use psychological abuse to control, terrorize, and denigrate their victims. This form of abuse often occurs gradually, and the victim often doesn't see what is happening, slowly giving the abuser total control over the prey. The NCADV states, "Subtle psychological abuse is more harmful than either overt psychological abuse or direct aggression." But they're only words, right? Again, I say there is no such thing.

Many sufferers say that while physical scars and bruises fade over time, the mental impact of psychological abuse on one's heart and mind eat at you, devouring you slowly over time. I've heard people tell sufferers, "Deal with it. Just get over it." I've also heard therapy offered up as some quick fix. Another misunderstanding is that motivational, self-help techniques designed to improve one's self-esteem will help. There is also, "Someone can only have as much power over you as you allow them to have." Humans are not robots, without emotions and void of a breaking point. One cannot control emotions like flipping a light switch on and off. Emotions are involuntary, valid responses to the world around us. They are feelings that are aroused by the stimuli around us, and they can be impacted by the deeds and words of others. We can only control what we do in how we outwardly react to them.

Many don't believe psychological abuse is truly abuse, but it is likely the worst form. A child who is abused physically leaves a trail of injuries for others to see. However, a child who is abused psychologically suffers silently, believing he is worthless. This leads to many struggles in life: physical abuse, suicide, depression, drug use, drinking, anxiety, and PTSD. The affects are devastating. Victims believe they are ugly, worthless, too much trouble, and can't do anything right. This form of abuse wears down one's resolve. It slowly takes over the victim's mind and convinces him the world is better off without him. To dismiss or belittle the very serious nature of psychological abuse is dangerous. It is simply not taken seriously by our society today, but psychological abuse matters significantly. Until next time, #LoveOthersWell.

*Bernadette O'Leary, a regular contributor to the e-Ticker News and contributing editor of special features, is a writer from the Central Plains and administers "This Catholic's Christian View on Facebook", a page dedicated to Christian views and inspirational art and stories: <https://www.facebook.com/This-Catholics-Christian-View-673629202670889/?fref=ts>. She may also be found at her new page: <https://www.facebook.com/Bernadette-OLeary-1047720395262832/?fref=ts> and may also be reached at [etickernews.bernadette.oleary@gmail.com](mailto:etickernews.bernadette.oleary@gmail.com) and followed on Twitter at [https://twitter.com/BOLeary\\_ETicker](https://twitter.com/BOLeary_ETicker).*





## Calendar Of Events

### AARP Christmas Party Dec. 8

CLAREMONT, NH--The Claremont Area AARP Chapter will hold its Christmas party on Dec. 8 at noon at the Imperial Chinese Restaurant on Washington St. in Claremont (note venue change). Members not contacted by phone should RSVP to Brenda Saunders at 603-542-5335. There will be a Yankee Swap of wrapped \$10 gifts. Members should also bring a donation of non-perishable food for the children's programs hosted by Trinity Episcopal Church. Entertainment will be provided by songster and comedian Marie Allen.

### Candlelight Christmas Eve Celebration

CLAREMONT, NH--Be with us for a Candlelight Christmas Eve Celebration at 7:00 p.m. Saturday, Dec. 24, at First Congregational Church, 72 Pleasant Street, Claremont. Christmas Day Celebration at 10:00 a.m. Sunday, Dec. 25. Children's Message. Everyone Welcome.

### Advent And Christmas Concert & Carol Sing

BROWNSVILLE, VT--On Sunday, Dec. 18th, Brownsville Community Church will sponsor the third of a series of free concerts this year open to the public. Talent from the Church community and the wider community will come together to offer a seasonal concert and concert goers can participate in a festive carol sing all starting at 5:00 p.m.

The December 18th concert will feature treasured works from Bach, Brahms, Handel, Schumann and others. The carol sing will include favorite songs of the Christmas season.

Singing "The People Who Walked in Darkness Have Seen a Great Light" from Handel's "The Messiah" will be Christopher Schmitt, bass. Schmitt, who studied voice under Rev.

Christian Huebner, is from Claremont. He is currently studying at Valley Forge University. On violin will be Justin Truell who studied under Rev. Huebner at Mid Vermont Christian School and made his solo debut at age 17 playing Lalo Symphonie Espagnole, Op.21 with the Vermont Youth Orchestra. Another gifted local artist, Alexandra Leary, will be on piano performing a piece from Schumann.

Leary will join Noah Huebner, a student of Mid Vermont Christian School, to present "The First Noel" on piano and trumpet. More talent includes Lois Krieger who will play a version of "Carol of the Bells" on piano and Rev. Christian Huebner will be on the organ. Grace Winter, a senior at Mid Vermont Christian School, will perform on flute. Refreshments will follow the concert.

This season of celebration can also present challenges for our some of neighbors. Concert goers are invited to bring a canned good which will be donated to the local food shelf.

These free-to-the public concerts are organized by the Brownsville Community Church Pastor and Choir Director. The Brownsville Community Church is located on the Brownsville-Hartland Road, between Albert Bridge School and the Brownsville Town Hall.

The Church phone number is 802-484-5944, the email address is [bcchurch@myfairpoint.net](mailto:bcchurch@myfairpoint.net) and you can visit the Brownsville Community Church at [www.brownsvilleumc-vt.org](http://www.brownsvilleumc-vt.org).

A free-will offering will be received at the concert to help offset costs.

### 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, VT.

### 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 several bereavement support groups to help community members grieve well.

"People at Work" is a support group specifically for widows and widowers. It meets on the second Wednesday of every month from 5:00 to 6:30 p.m. at LSRVNA. A second "People at Work" group was recently added to the schedule and is held on the third Sunday of each month from 2:00 to 3:30 p.m. at the Claremont Senior Center.

"Widow to Widow" is a 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.

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 more information or to RSVP, contact Deb Dumond at 526-4077 or [ddumond@lakesunapeevna.org](mailto:ddumond@lakesunapeevna.org).

### Overeaters Anonymous Meetings

CLAREMONT, NH--Overeaters Anonymous meets from 3:00-4:00 p.m. on Saturday afternoons at the Grace River Church in Claremont. They will be using the big book of Alcoholics Anonymous.

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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.

### Bingo In Charlestown

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

# GINGERBREAD HOUSE DECORATING

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## Lady Boss Club

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](mailto:LadyBossClub@gmail.com).

## Annual Pecan Sale Sponsored By Catholic Daughters

CLAREMONT, NH--The annual Pecan Sale sponsored by the Catholic Daughters is now underway. It includes 12 oz plain mammoth or chocolate covered pecans & \$8.00/bag; cinnamon glazed pecans \$8.00/bag; glazed pecans \$8.00/bag; caramel pecan clusters \$8.00/bag.

Also available are 16 oz plain mammoth pecans \$10.00/bag; pecan rolls \$4.00 each; walnuts \$8.00/bag roasted; salted jumbo cashews \$8.00/bag; tin, 7-way nut assortment, \$20.00.

Contact Arline Marro 542-5933.

Checks are payable to Catholic Daughters #892.

## Croydon Ladies Auxiliary Sponsoring 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.

## Sugar River Civil War Round Table

CLAREMONT, NH--The Sugar River Civil War Round Table meets 1st Monday of each month, 7:00 p.m., at the Earl M. Bourdon Centre.

## Hope For Recovery Services, Meetings

CLAREMONT, NH--Peer- based recovery services, 169 Main St Claremont, NH, (603) 287-7919, include:

- Peer coaching & support
- All Recovery Meetings
- 12 -step fellowship
- Volunteer opportunities
- Community Outreach & advocacy
- Telephone Recovery Support
- Sober events

### Meetings

#### Monday

9:30 - 10:00 Coffee Talk  
10:00 - 11:00 All recovery meeting  
1:00 - 2:00 Journaling  
3:00 - 4:00 All recovery meeting

#### Tuesday

9:30 - 10:00 Coffee Talk  
10:00 - 11:00 All recovery meeting  
1:00 - 2:00 We Covery & Pastries  
3:00 - 4:00 Hope not Dope meeting

#### Wednesday

9:30 - 10:00 Coffee Talk  
10:00 - 11:00 All recovery meeting  
12:00 - 1:00 AA meeting (Dave)  
3:00 - 4:00 All recovery meeting

#### Thursday

9:30 - 10:00 Coffee Talk  
10:00 - 11:00 All recovery meeting  
1:00 - 2:00 Self-care Meeting  
3:00 - 4:00 All recovery meeting

#### Friday

9:30 - 10:00 Coffee Talk  
10:00 - 11:00 All recovery meeting  
1:00 - 2:00 Life skills meeting  
3:00 - 4:00 All recovery meeting

#### Sunday

9:00 am Pancake Breakfast followed with an All Recovery meeting at 10:00 am

## Gingerbread House Decorating

Saturday, December 10th,  
Morning Session: 10am - 12pm  
Afternoon Session: 1:00pm - 2:00pm  
Reserve your house by: December 7th

Join us for this delightful holiday tradition filled with gingerbread, candy, and fun! Houses and candy are provided, \$12 per house (when registered in advance) or \$15 for walk-ins. Make sure to reserve your house by emailing

[unionchurchnh@gmail.com](mailto:unionchurchnh@gmail.com) (best), or calling 802-738-0678 (leave a message with your name, ph #, and number of houses you would like) to guarantee a spot, last year we sold out! Discounts available upon request for families purchasing 2 or more houses. This event is open to all, and is held at Union Church Hall, 133 Old Church Rd, Claremont, NH.

## Christmas With The Firehouse 6

December 18th, 2pm

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

Enjoy Holiday and Christmas favorites with some dixie twists, brass, and a side of banjo. Plus of course some Dixieland tunes! Local favorites the Firehouse Six Dixieland Band will charm you with their musical wit and variety. The decorations will be hung, making this a unique and festive event. This event is open to all, with donations gratefully accepted. Presented by the West Claremont Center for Music and the Arts, [wcc-ma.org](http://wcc-ma.org) for more info.

## Sing! A Joyful Christmas

December 22nd, 6:30pm

Bring your voice for favorite sacred and secular holiday music with local musicians Kirsten Becker, piano; Angela Biggs, Soprano; and Melissa Richmond, flute. From mangers and wise men, to nutcrackers and dancing reindeer. Special guests and cookies will make this an event to remember. Admission is by freewill donation.

Hosted by the West Claremont Center for Music and the Arts, [wcc-ma.org](http://wcc-ma.org) for more info.

## Photos With Santa Dec. 10

CLAREMONT, NH--Santa is coming to town! He will be at the Claremont Rent-A-Center in the Market Basket Plaza on Dec 10 from 10:00 a.m.-2:00 p.m. Kids, families and pets welcome to visit with Santa and get their picture taken. Photos will be printed while you wait, or you can have the electronic version e-mailed to you. Prices are as follows: 4x6, \$5; 5x7, \$7; e-mailed image, \$7. Yummy treats will also be available. To benefit Sullivan County Humane Society.

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



Let Sullivan County Humane Society help wrap you in warmth this winter!

## Home Heating Raffle

**\$500** credit to the company of your choice towards oil, propane, kerosene, pellets or wood

**\$5 per ticket or 3 for \$10**

Stop in to purchase your tickets today!

14 Tremont St, Claremont NH

Hours:	Tuesdays	5-7pm
	Wednesdays	4-7pm
	Thursdays	10am-2 5-7pm
	Fridays	10am-2
	Saturdays	3-5pm

**Drawing to be held on December 26<sup>th</sup> @ 5PM**

Be sure to follow us on Facebook as we'll be announcing the lucky winner on our page!



**February  
18th  
7:30 pm**

**SHARE  
YOUR  
TALENT  
WITH US!  
SIGN UP  
TODAY**

[claremontoperahouse.org](http://claremontoperahouse.org)



# Talent Show

*Claremont's Got Talent 3*

*partnership sponsors*





## Lebanon Police Dept. Offers Tips To Stay Safe Shopping This Holiday Season

LEBANON, NH--The Lebanon Police Department wants everyone to have a safe and happy holiday season. The department offers some identity theft prevention and safety tips for this holiday season:

- Use only EMV or Chip-Enabled credit and debit cards. Don't bypass the chip capability by swiping your card instead.
- Be wary of your surroundings and for people lurking nearby during transactions or while using the ATM. Be on the lookout for people photographing or videotaping you entering your pin number or personally identifiable information.
- Be careful of odd-looking ATMs and card readers on gas pumps for skimming devices. The card insert tends to look larger or deeper than normal if a skimming device is attached and there is often a camera involved to capture your pin.
- Pay close attention to your financial accounts for fraudulent activity. Although many banks and credit card companies will reimburse you for funds lost through fraud, the sooner you realize you've been victimized, the less hassle you'll have in the long run.
- When shopping, ensure you lock your car doors and place any items of value out of sight or in the trunk. Thieves often look for easy opportunities.
- Don't put your wallet, purse or cell phone in your shopping cart. Thieves will look for opportunities to take these items from you when you turn your back.

Finally, please report any suspicious behavior or activity to your local police department. The best chance law enforcement has in apprehending criminals is early intervention and reporting. On behalf of the men and women of the Lebanon Police Department, please have a happy and healthy holiday season!



Lake Sunapee Region VNA & HOSPICE

603.526.4077

REV. NOV 30, 2016-2

### MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

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



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

#### Larry D. Lumbra, 82

Larry David Lumbra, 82, of Terrace Street in Charlestown, NH, passed away Friday evening December 2, 2016, at Springfield Health and Rehabilitation Center in Springfield, VT. He was born on March 13, 1934 in Montgomery, VT, the son of Cedric and Eva (De-laire) Lumbra and resided in Charlestown most of his live.

Larry began school in Springfield, VT; he was a graduate of Charlestown High School. He received an associate's degree from the New Hampshire Technical Institute.

He served in the United States Navy on The USS Becuna 319 submarine.

After his discharge from the Navy, he went to work with his father at Rick's Electric, Inc. in Charlestown, NH. When his father retired, Larry bought the business and continued to work there until his recent illness.

Larry enjoyed hunting, fishing, golfing and spending time with this family. He was a Eucharistic minister at St. Catherine of Siena Church, a Rotarian, a Justice of the Peace and a little league coach.

The family includes his wife, Barbara (Bashaw) Lumbra whom he married on February 12, 1955; two daughters, Deborah Johnson and her husband, Karl of Standish, ME, and Belinda Schadler and her husband, Mitchell of Keene, NH; one son, Pete Lumbra of Charlestown, NH; one sister, Judith

Noone of North Abington, MA; five grandchildren; two great grandchildren; also, one nieces, many nephews and cousins.

Visiting hours will be held at the Charlestown Memorial Chapel, 34 Main Street, Charlestown on Tuesday, Dec. 6th, from 5 to 7 PM.

A Mass of Christian burial will be held at St. Catherine of Siena Church, Main Street in Charlestown on Wednesday morning, at 11 AM with Father Shawn Therrien officiating. Burial will follow in St. Catherine's Cemetery with military honors.

In lieu of flowers, donations may be made in his memory to either the Charlestown Old #4 Fire and Hose Company, the Charlestown Ambulance or Norris Cotton Cancer Center.

#### Alice N. Johnson, 84

Alice N. Johnson, 84, of Belmont Avenue in Claremont, NH, died Saturday (December 3, 2016) at Sullivan County Healthcare in Unity, NH, following a period of failing health.

She was born in Unity, NH, on June 6, 1932, the daughter of John and Alta (Hall) Bresette and had been a lifetime area resident. Alice had been employed by area shoe shops for many years and also worked for Hampshire Mfg. Alice then began housekeeping for many area families. Alice enjoyed gardening, walking, camping, going to the beach and spending time with her grandchildren. She was the widow of Donald Johnson who died on May 15, 2010.

Members of her family include a daughter, Donna Crawford and her husband, Brian, Nor-



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“The true primary-care provider is Mom.”

-Dr. Sam Given

Most of the time, a doctor can't help anything until Mom decides something isn't right. She makes the first move and calls the doctor. Dr. Sam attributes any success he and his staff have with kids to that vital first step. Yay, Mom.

DOCTOR **SAM'S**  
EYE CARE



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

ton, MA; a grandson, Ian Crawford, a granddaughter, Allison Crawford, two step sons, Bruce Johnson and Brian Johnson, a sister, Shirley Betourney, Claremont, NH; two brothers, Norman Bresette, Washington, NH; Francis Bresette, Des Plains, IL; and several nieces and nephews.

She was predeceased by two sisters, Alta May Sanville, Clara Boyer and a brother, Leon Bresette.

Funeral Services will be held at 11:00 am on Wednesday (December 7) at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH, with the Rev. Scott Kearns, officiating. Interment will follow in Mountain View cemetery.

Friends may call at the funeral home on Tuesday evening from 5 – 8 pm.

The family suggests that memorial contributions be made to the Norris Cotton Cancer Center, 1 Medical Center Drive, Lebanon, NH 03756-0001.

You are invited to share a memory of Alice with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com)

Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

### **Maurice M. Oakley, 73**

Maurice M. Oakley, 73, of Dunham Road in Unity, NH, died November 14, 2016, at his home.

Graveside services were held on Saturday, Dec. 3rd, at the Quaker City Cemetery in Unity with Fr. Shawn officiating.

The Stringer Funeral Home is in charge of arrangements.

### **Donald L. Chartier, 80**

Donald L. Chartier, 80, of Newport, NH, died on Tuesday, Nov. 29, 2016, at Valley Regional Hospital in Claremont.

A graveside service was held in Mountain View Cemetery in Claremont on Saturday, December 3rd.

The Stringer Funeral Home is in charge of arrangements.

### **James V. Alexander, 22**

James Vincent Alexander, 22, of Lilac Lane in Claremont, NH, died unexpectedly Friday, Nov. 25, 2016, at his home.

He was born on December 23, 1993, in Cuyahoga Falls, OH, the son of Jack Alexander and Jenn Lantz.

James was a graduate of Stevens High School the Class of 2012 and was working for Lepage Bakeries / Flower Foods / Country Kitchen in the shipping and receiving department.

The family includes his father Jack Alexander of Claremont; his mother Jenn Lantz who

he called “Mommifer” and her fiancé Randy Yanick of Springfield, VT; his grandmother Shirley; two brothers Jack Alexander II and his fiancé Michelle Wormwood and Brett Hull; one sister Aubrey Alexander and her boyfriend Devin McIntyre and their children Kaidyn Alexander, Killian Rabun, Malachi McIntyre and Lenore McIntyre. Also many aunts, uncles and cousins.

Funeral services were held at the Stringer Funeral Home on Tuesday with Priscilla Hull officiating.

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



Sunday night was a good time for moon gazing (Phyllis A. Muzeroll photo).



## Claremont Fire Dept. Log

### Sunday, November 27th

1424 E-1 responded Mutual Aid to Ascutney(Structure Fire)

### Monday, November 28th

0334 E-1 responded Mutual Aid to Charlestown(Structure Fire)

0518 L-1 responded Mutual Aid to Charlestown(Structure Fire)

1038 E-1 responded to Washington St for an odor investigation

1103 E-1 responded to Windsor Rd for a MVA

1604 E-1 responded to Heritage Dr for a wellbeing check

### Tuesday, November 29th

0956 E-1 responded to Ledgewood Rd for a CO detector sounding

1025 E-1 responded to Washington St for a medical call

### Wednesday, November 30th

1222 E-1 responded to Maple Ave for a medical call

1245 E-1 responded to Elm St for a medical call

1259 E-1 responded to Broad St for a Box Alarm

1751 E-1 responded to Washington St for a medical call

2037 E-1 responded to Red Water Brook Rd for a medical call

### Thursday, December 1st

0706 E-1 responded to Emily Pl for a smoke detector sounding

1017 E-1 responded to Acer Heights for a Box Alarm

1219 E-1 responded to Lincoln Heights to assist the ambulance

### Friday, December 2nd

0101 E-1 responded to White Water Brook Rd for a medical call

0120 L-2 responded to North St for a medical call

1010 E-1 responded to Girard Ave for a public assist

1736 E-3 responded to Washington St for a MVA

### Saturday, December 3rd

1135 E-3 responded to Hewitt Rd for a Lifeline activation

## Social News

### Claremont Senior Center, Inc. News

By Claire Lessard, Executive Director

Café Claremont Menu: Tuesday - December 6 ...Soup, Yankee pot roast with gravy, potatoes, vegetables, dessert. Thursday - December 8 ... Soup, shepherd's pie, dessert. Menu subject to change!

Our "Vendors Corner" welcomes Julie's ICare on Thursday - December 8 and Patricia Simpson Crafter on Thursday - December 15.

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

Free Blood Pressure / Blood Sugar Clinic - Thursday - December 15 (11:00 AM - 12 Noon) sponsored by Lake Sunapee Region VNA & Hospice. Call (603) 526-077.

AARP Tax Preps will again be held at the center every Friday starting February 3, 2017.

"Sunday at the Center" (1:00-5:00 PM) continues for members and bona fide guests! Play pool, games, ping-pong, work on a puzzle, card games (Hand & Foot card game most popular), Mahjonn (instructions given) or just socialize. Bring a snack to share and your own beverage.

Adult Coloring open to public every Monday (1:00-3:00 PM). Grab your crayons, colored pencils, markers and come on over to the center. Some supplies provided. Bring your personal coloring book to share your finished pages. Members free. Non-members \$1.00.

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

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. 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 & Knitters - Friday - 1:00 PM. Non-members welcome but must sign in. Three visits allowed before membership is required.

Several types of rentals available for weddings, hourly, one-day, funeral receptions and board room (8 person capacity). First come, first served!

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

Reminder that during winter months, the center is closed on days of unsafe weather conditions and when schools are closed. Watch WMUR-TV for closing!

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

