



The Stevens Varsity and JV bowling team swept their home openers Saturday morning as they each defeated Souhegan High School and Pinkerton Academy. Congratulations to varsity coach Shawn Wadsworth, JV coach Lynn Simino and all SHS bowlers for a great performance (Courtesy photos).

Boston Bruins Bus Trip

CLAREMONT, NH-- A Boston Bruins bus trip will take place on Saturday, Dec. 16th; cost: \$159.00 per ticket.

Bus leaves CSBCC at 1:00 p.m. sharp.

Come watch the 2011 Stanley Cup Champion Boston Bruins live in action vs. The New York Rangers. Game starts at 5:00 p.m. Transportation is provided to and from the game utilizing the recreation departments bus. They will be parking at Sullivan Square Station and taking the T to Causeway Street, right outside the TD Garden. Once the game ends we will be doing the same back to the bus. All T tickets will be provided by the recreation department.

Participants are responsible for paying any food/drink costs associated with the trip.

Contact the CSBCC for more information; 542-7019.

Pickleball Winter Hours

Pickleball! The fastest growing sport in the country. If you're unfamiliar with the game go to www.pickleball.com and watch the game being played. It's wonderful family fun. Instruc-

tors on hand to help those that have never played.

When: Winter Hours – Through March 31st (Mondays, Tuesdays & Thursdays 10:00 AM - 12:00 PM and Sundays 9:00 AM - 11:00 AM) Summer Hours – April 1st to October 31st (Mondays, Tuesdays & Thursdays 10:00 AM - 12:00 PM, Sundays 9:00 AM – 11:00 AM, and Mondays & Wednesdays 5:00 PM – 7:00 PM)

Where: CSBCC. Who: Everyone ages 16+ Fee: CSBCC Membership or Day pass. Equipment: Equipment is provided. What to wear: Comfortable clothes and tennis like sneakers.

Wrestling Action in Springfield

SPRINGFIELD, VT-- Come to the Park St. School gym in Springfield, VT, Wednesday, Dec. 13th, to watch some exciting varsity wrestling action, and to show your support of

this hard-working local team. Springfield hosts Fair Haven for a couple of hours; the fun begins at 5:00 p.m. with a brief routine by the SHS varsity dance team to pump up the excitement. Bake sale items will be available, as well as glow-in-the-dark bracelets and window clings, so you can tell the world you support Springfield, VT, Wrestling.

Admission is free; parking is behind the back of the school, located at 60 Park Street, across the street from the Elks.





Jack O'Sullivan, ABR®



42 Summer Street
Claremont, New Hampshire 03743
Business (603)542-7766 Ext. 208
Mobile (603) 252-7822
jack@century21highview.com
jackosullivan.net

Each Office Is Independently Owned And Operated

It was back to back close games with Hopkinton Dec. 5 for the SHS girls basketball teams. The Hawks won the opening JV game 45-43, while the Cardinals held on in the varsity game to prevail, winning by a score of 29-26 (Courtesy photo).



SHS Boys V. Basketball Schedule

12/11/17	at Monadnock	6:30 PM
12/15/17	at Gilford	6:00 PM
12/18/17	Newport	7:00 PM
12/20/17	Franklin	7:00 PM
01/02/18	Mascenic	7:00 PM
01/05/18	Monadnock	7:00 PM
01/09/18	at Conant	7:00 PM
01/12/18	at ConVal	6:30 PM
01/16/18	at Fall Mountain	5:30 PM
01/19/18	at Winnisquam	6:00 PM
01/23/18	at Newport	7:00 PM
01/25/18	at Newfound	6:30 PM
02/02/18	Hillsboro-Deering	7:00 PM
02/05/18	Fall Mountain	7:00 PM
02/09/18	ConVal	7:00 PM
02/14/18	Kearsarge	5:30 PM
02/20/18	at Hopkinton	7:00 PM
02/23/18	Mascoma Valley	7:00 PM



SHS Girls V. Basketball Schedule

12/01/17	at Mascoma Valley	6:30 PM
12/05/17	Hopkinton	7:00 PM
12/08/17	at Franklin	7:00 PM
12/19/17	Monadnock	7:00 PM
01/09/18	Conant	7:00 PM
01/12/18	ConVal	7:00 PM
01/16/18	at Fall Mountain	7:00 PM
01/19/18	at Winnisquam	4:30 PM
01/23/18	Newport	7:00 PM
01/25/18	Newfound	7:00 PM
01/31/18	at Monadnock	7:00 PM
02/02/18	at Hillsboro-Deering	6:30 PM
02/05/18	Fall Mountain	5:30 PM
02/07/18	at Hopkinton	7:00 PM
02/09/18	at ConVal	6:00 PM
02/12/18	Gilford	7:00 PM
02/14/18	Kearsarge	7:00 PM
02/16/18	at Newport	7:00 PM

SHS's own Andrew Friend got the start between the pipes in the final Lebanon-Stevens coop boys hockey scrimmage Wednesday evening against John Stark/Hopkinton (Courtesy photo).

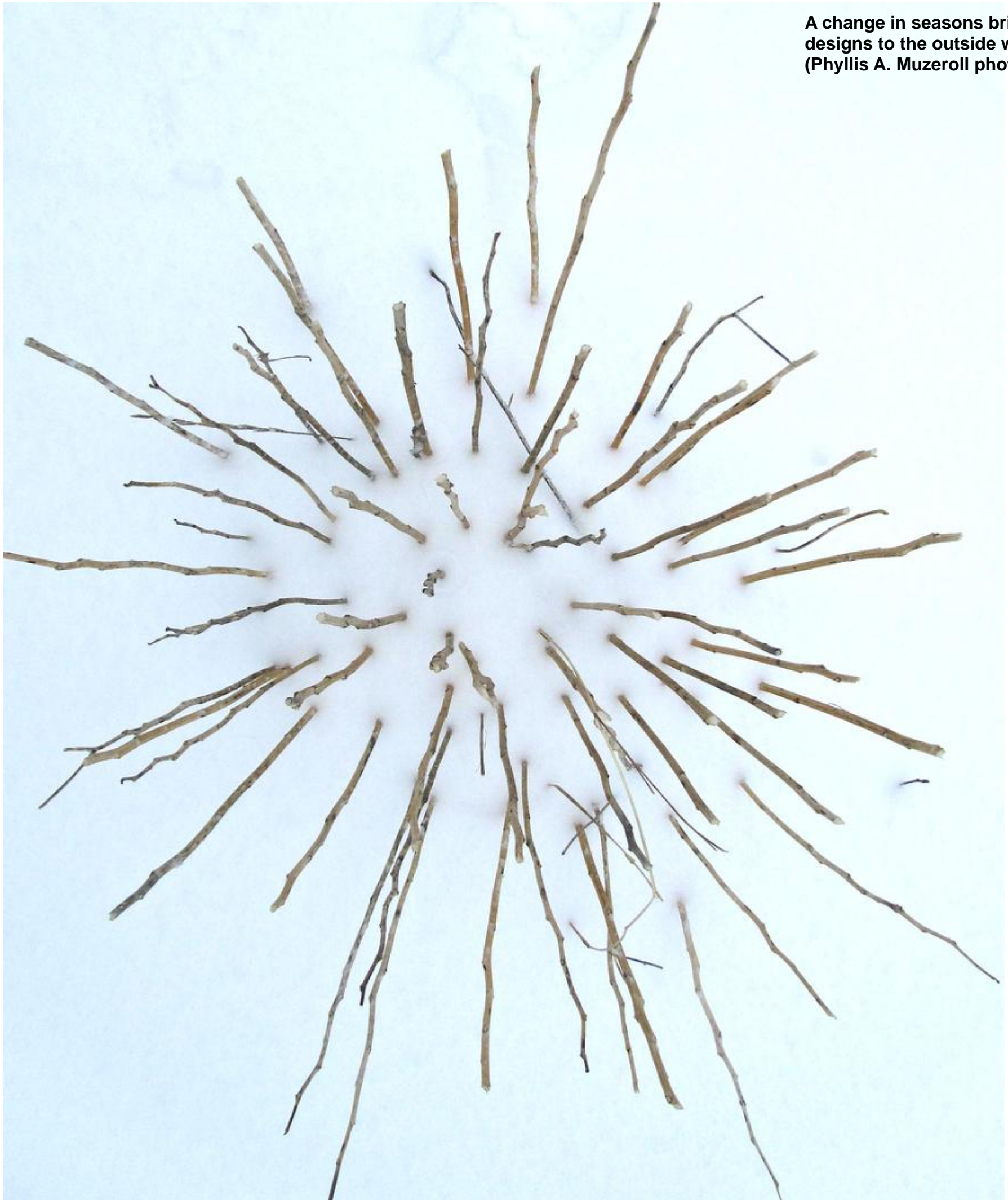
Got sports?
Send us
your news
and photos

603-542-6900
Collision Pro LLC
143 Charlestown Rd. • Claremont, NH 03743

**"A vintage feel,
with modern appeal."**

**2 Pleasant Street
Historic Downtown
Claremont**

sugarriverbarbers.com



A change in seasons brings new designs to the outside world (Phyllis A. Muzeroll photo).

Calendar Of Events

Holiday Choir in Claremont

CLAREMONT, NH--WCCMA invites community members (adult and youth) who like to sing to join our holiday choir this December. If you missed joining us caroling at the lighting of Broad Street Park there's still more rehearsals and performances to come. We will carol around town, sing at our community sing along "Sing! A Joyful Christmas" at WCCMA, and sing at the Candlelight Christmas Eve Service and Lessons and Carols at Union Church. This is a great chance to make music singing favorite holiday and Christmas carols together. Participation is not required at all events to join the group. Please contact melissa@wcc-ma.org to sign up and get more details.

Pork Pie Dinner Dec. 16

LaTourtiere (Pork Pie) Dinner
Saturday - December 16
5:00 - 7:00 PM
Claremont Senior Center, Inc.
5 Acer Heights Rd. - Claremont, NH
Sponsored by Knights of Columbus - Council 1820 - Claremont NH
Menu: Pork Pie, French onion soup, salad, dessert, beverages
Music by Johnny Morin & Friends
\$10 per person!
Open to the public

Lebanon Police to Hold "Coffee with a Cop" Event at Shyrl's Diner

LEBANON, NH--On Thursday, Dec. 14th, officers from the Lebanon Police Department and community members will come together in an informal, neutral space to discuss community issues, build relationships, and drink coffee.

All community members are invited to attend. The event runs from 8:00 to 10:00 a.m on De-

ember 14th at Shyrl's Diner, 31 Main Street, West Lebanon. Please contact Captain Tim Cohen with questions: (603) 448-8800 or tim.cohen@lebcity.com.

Coffee with a Cop provides a unique opportunity for community members to ask questions and learn more about the department's work in Lebanon's neighborhoods.

Arrowhead Work Sessions

CLAREMONT, NH--The Arrowhead Recreation Club is in need of volunteers for the upcoming season. "We are short of people in a number of areas do to people moving out of the area and other conflicts, so if you can help we would greatly appreciate it," said Chuck Allen of the Arrowhead Recreation Club. Operational Needs include Ski shop – get trained on fitting bindings for skis and snowboards in the rental shop. Outside operations – operation of ski and tubing lift. Help with unloading tubes and monitoring the tubing area. Need ski and snowboard instructors. Snack Bar – help with the taking of food orders and preparation. Also looking for a mechanical person to help with tracked vehicles and diesel engines.

There are work sessions on Saturdays from 9:30 a.m. to 1:00 p.m. Doing maintenance and other tasks, inside and out.

Arrowhead is located at [18 Robert Easter Way](#) in Claremont.

Best contact method is by email; arrowhead@arrowheadnh.com or leave a phone message at [\(603\) 542-7016](tel:6035427016).

Croydon Ladies Auxiliary Bingo

CLAREMONT, NH--The Croydon Ladies Auxiliary is sponsoring bingo every Thursday. Held at the Claremont Senior Center, 5 Acer Heights off Maple Avenue in Claremont. Doors open at 4:30 p.m. and games start at 6:30 p.m. Food and drinks available. Open to those 18 and older. Call Sandy at 543-7118 for more information.

All paper games.

Hope For Recovery Services, Meetings

CLAREMONT, NH--169 Main Street Claremont, NH Phone: 603.287.7919
Primary hours: Monday-Friday, 9AM-5PM

1-on-1 peer coaching for everyone impacted by addiction (inc. family & friends) Support groups - Community events - Educational workshops.

MONDAYS

- ☐ 11am-12pm Weekend Review Check-in Group
- ☐ 2-3pm All Recovery Peer Group ☐ 4-5pm Women in Recovery
- ☐ 6:30-8pm F.A.S.T.E.R. - Support for family members (Every 1st and 3rd Monday)

TUESDAYS

- ☐ 11am-12pm All Recovery Peer Group
- ☐ 2-3pm All Recovery Peer Group
- ☐ 4-5pm Art & Journaling in Recovery

WEDNESDAYS

- ☐ 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.

Sunapee Town Departments Schedule

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

Town Office & Town Clerk/Tax Collector
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

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.

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.

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 conversa-

tion 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 prac-

Opposing Office Politics

Office politics is present in almost every work environment. Whether you are a forklift driver in a warehouse or an assistant in the executive suite, these games have been known to crash even the best office parties.

Here are a few tips for you that will help you steer clear of political mumbo jumbo and center your focus on what matters most: your job!

Do not engage in gossip. Avoid involving yourself in rumors and off-work topic discussions. Seriously, do not touch it with a 10-foot pole. All it will do is get you caught up in the games even more. You will be no better than your coworkers who are in the midst of this spat.

Be a great listener. Not all gossip can be avoided, especially when it is shoved right into your lap. To not be rude or disinterested, practice your listening skills. The other person may need to vent about their opponent, but that doesn't mean you have to give your opinion. Be a sounding board for their feelings and then politely carry on with your day.

Keep your personal life private. Keep your personal information just how it should be: personal. To avoid conflict, do not discuss politics or religion while you are in the office. Your opinions and preferences that do not relate to work are on a need-to-know basis. As for your coworkers, they fall under the "do not need to know" category.

Be positive and complimentary. Like your mother and I will always tell you, "If you don't have something nice to say, don't say it at all." The same rings true in the workplace. You don't want to start building a reputation of being a Debbie Downer.

Keep your interactions on an even keel. Be aware of how your interactions with your coworkers, superiors and subordinates are being perceived by others. Unequal treatment will be recognized immediately and could form a breeding ground for even more office politics.

Stay focused. Nothing can be better for you and your career than staying focused on doing your job well. If you keep your goals and tasks top of mind, you will not only be a more productive employee, but you will set a higher standard for your peers. The troublemakers will begin to see that you do not have time to engage in their quarrels or drama.



Kerri Emmons
603-542-9675

Kerri.emmons@westaff.com
131 Broad Street, Claremont, NH 03743

www.westaff.com

tics for supporting LGBTQ children of any age. For more information, contact Neil at neilpierceallen@gmail.com.

Revels North Presents The Christmas Revels: A Nordic Celebration of the Winter Solstice

December 14-17

The Hopkins Center for the Arts
Hanover, NH

As the winter solstice brings with it long nights of frosty breath and nose-nipping cold, gather with us before a warming hearth as we weave a tale of adventure, enchantment, and self-discovery.

When a young girl goes in search of her Nordic heritage, she is drawn into the mystical and fantastical stories of her father's Finnish homeland, as well as the masterful craftsmanship of her mother's Swedish musical traditions. As we are swept along on her journey through epic folklore, alongside heroes and magical creatures, and across the vast and vibrant landscape of the Nordic region, we come to realize--as does she--that the threads that connect us to our past become the fabric upon which we stitch all that we could ever want to be.

Joining a talented cast of local actors, singers, and dancers will be featured guest performers from the world of Scandinavian song and dance, bringing to the stage unique folk instruments from the Nordic region. These guest artists include: Andrea Larson, singer and fiddle player in the Swedish tradition; Lydia Ievins, playing the 5-string fiddle and nyckelharpa; Loretta Kelley on the Hardanger fiddle, or hardingfele; Finnish performer Merja Soria playing the kantele (Finnish folk harp); and Norwegian dancer Tom Lovli, renowned for his performance of the Norwegian hallingdans, or halling dance.

The Christmas Revels is the Upper Valley's most enduring holiday tradition, with every year bringing with it a once-in-a-lifetime performance sure to get audiences singing along and dancing in the aisles! This year, we'll be bringing a little extra hygge (Nordic coziness) to the stage, as we brighten up the dark solstice nights with music, dance, laughter...and you! Tickets are available through the Hopkins

Center box office, online at <https://hop.dartmouth.edu/Online/default.asp> or by phone at 603-646-2422.

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.

Blue Christmas Service

CLAREMONT, NH--When you are hurting, it's hard at Christmastime. It seems like everyone else is happy, fulfilled, and preparing to celebrate with family and friends. But you might not feel this way. At First United Methodist Church, we get this, and we want to give everyone who feels this way the gift of a Blue Christmas service. What is this gift? It is a quiet, meditative worship service where people can come with their sadness to soak in the

presence of God.

There are traditional carols, there will be candles to light, and time to remember loved ones who may not be present, or who may be in trouble. Above all, it is a time to come together to quietly ponder the true meaning of Christmas; God became a part of this broken, hurting world in order to lift all of us out of our sadness, brokenness, and pain. There is no pressure to be joyful, glad, or upbeat at a Blue Christmas service. There is just the love of Jesus Christ, available to everyone, no matter who they are or where they are coming from. And that's the best gift of all.

The Blue Christmas will take place on Sunday, Dec. 17, at 3:00 p.m. at the church on 38 Summer Street. Parking is also available next door at the real estate office lot. There will be live guitar music, and dress will be informal; come as you are. If people would like, they can bring a food item for the Claremont Soup Kitchen as a way of blessing others at this time of year.



Members of the Heart of Claremont and other volunteers worked hard before the snow to begin putting up Christmas decorations in Opera House Square on Saturday, Dec. 9. Thanks to all the volunteers who work so hard to make our City a better place to live, work and play (Bill Binder photo).



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 26th @ 5PM

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

Suffering with Chronic Illness: "You Don't Look Sick"

By Bernadette O'Leary

I want to ask for your patience as I explain something about what it is like to suffer chronic illness. I suffer from chronic illness and have been under the care of doctors and specialists my whole life. While the doctors know there is a problem, a very serious one, they are at a loss as to what it is exactly. So far, they have decided that it is most likely a mixture of various ailments. Fibro has been confirmed, but others are suspected. Sadly, by the admission of some of my doctors, the testing we have for the ones they suspect are not reliable.

The fact is, being chronically sick is emotional, mental, and physical torture: nightly and daily, with no relief. Yes, there are "better" days, but what does that mean? Does it mean being free of symptoms: pain, dizziness, weakness, falling, nausea, loss of muscle control, occasional open sores, bruising for no reason and more? No. There comes a point in the progression of some illnesses where you can only count the days without those things rather than the days with them, because the days with them now outnumber the ones without. With chronic illness, you always have to put on a mask. You have to look like you are normal and strong and still try to "live" life. This is difficult and exhausting. It takes a toll on you in many ways.

Doing this successfully often brings on the comments from others such as, "But you don't look sick." This is probably the worst thing one could say to a person with chronic illness. That along with, "If you were really sick, a doctor would tell you what you have." First of all, what does sick look like? No one wants to go through daily life looking sick. We put a lot of energy into looking "normal." As for the doctors, they don't know everything. Too many are in such a hurry to get you through the drive-thru of their McVisit that if it's not the usual allergies, flu, or cold, they tell you to try yoga or that it's all in your head. This happens even when your condition has nearly claimed your life in the hospital, which is most certainly not in your head. One of my own previous doctors had the same medical struggles that I do and couldn't get answers for herself. She took us on for this reason, and she truly wanted to get answers for us as well as for herself. She eventually had to stop working because of her illness. Before she left her practice, she knew I was about to give up on trying to find answers, so she sat me down and said, "I'm going to tell you something that you will never hear another doctor admit: as a profession we know less than 5% of what is actually out there." My response was, "Comforting." She ignored my smart-mouthed comment and added, "Don't you ever give up on getting help." That was years ago, and I still seek answers. Although I have found some answers, many more still elude me, and I now have more symptoms than I did then, including being "lupus anticoagulant positive" without actually being diagnosed with lupus. This means that with more answers, we also have more questions.

If you suffer from chronic illness, a good support system is vital. Finding a good support system is hard, especially when you suffer from something that cannot be "seen" and is hard to understand. That former doctor was a great support system for me. She would literally spend two hours just talking to me in order to get more information. She once said that we helped her too. I pray that that was true. So to those who suffer from chronic illness, I say to you, "Don't give up." As hard as it is, you will only fail in your efforts if you give up. As long as you continue trying to get answers or to get proper care, there is hope. You may not be able to see or feel that hope, but it remains as long as your efforts do. Not trying guarantees that you will not find positive results or healing, but as long as you keep trying there is always a chance that you will stumble upon the one doctor or test that finally makes everything fall into place for you.

With that in mind, keep trying. Continue the fight as long as there is breath within you. You never know what could happen. It's hard, but it only takes one test, one visit, or one doctor that could give the answers you seek. So cross each bridge that you come to in your efforts, and see what lies on the other side. It just might be that you find healing.



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
<p>1st</p> <p>WEEK of the month</p>	<p>BLOOD PRESSURE CLINIC COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm</p> <p>FOOT CLINIC Plainfield Library 1:00 – 4:00 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm</p>	<p>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</p>	<p>BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>FOOT CLINIC COA, New London 9:30 am – 1:00 pm</p>
<p>2nd</p> <p>WEEK of the month</p>	<p>BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm</p> <p>FOOT CLINIC Charlestown Senior Center 10:00 am – 4:00 pm</p>	<p>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</p>	<p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC Grantham Town Hall 10:30 – 11:30 am</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm Grantham Town Hall 11:00 am – 1:30 pm</p>	<p>BLOOD PRESSURE CLINIC Sugar River Mills, Claremont 11:30 am – 1:00 pm</p> <p>FOOT CLINIC COA, New London 9:30 am – 1:00 pm Sugar River Mills, Claremont 12:00 – 3:00 pm</p>
<p>3rd</p> <p>WEEK of the month</p>	<p>BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm</p> <p>FOOT CLINIC Charlestown Elderly Housing 12:30 – 3:00 pm</p>	<p>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</p>	<p>BLOOD PRESSURE CLINIC Goshen Parish Hall 10:45 – 11:45 am Newport Rite Aid 11:00 am – 1:00 pm</p> <p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm</p>	<p>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</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>BLOOD PRESSURE CLINIC CSB Community Center, Claremont 10:30 am – 12:00 pm</p> <p>FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am</p>
<p>4th</p> <p>WEEK of the month</p>	<p>FOOT CLINIC Newport Senior Center 9:00 am – 2:30 pm</p>	<p>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</p>	<p>BLOOD PRESSURE CLINIC Warner Senior Center 10:30 am – 12:00 pm</p> <p>FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC Plainfield Town Hall 11:30 am – 1:30 pm</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>FOOT CLINIC Warner Pharmacy 9:30 am – 12:00 pm</p> <p><i>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</i></p>

Ann Jacques
Licensed in NH / VT, Sales Associate
Multi-Million Dollar Producer
REALTOR®

Highview Realty
42 Summer Street
Claremont, New Hampshire 03743
Office (603) 542-7766 Ext. 204
Toll Free (800) 269-2414
Cell (603) 543-7720
Fax (603) 543-0163
annjacques1@comcast.net

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.etickeernewsclaremont.com

Arthur Young, 87

Arthur “Allen” Young, 87, of Charlestown, NH, died on December 5, 2017, at Dartmouth Hitchcock Medical Center. He was born in Acworth, NH, on January 20, 1930, the son of Clyde A. and Edna E. (Elliott) Young.

He was a graduate of Vilas High School. Allen had worked for Fellows Gear Shaper for 39 years, retiring in 1992. He had been a resident of Charlestown since 1953. He was a volunteer on the Charlestown Fire Department from 1962 to 1978 and retired as a Lieutenant. First and foremost, Allen was known as a gentleman, it was his true nature. He also loved to have fun. He loved riding his motorcycle and put on many miles and had many adventures on them. He was an outdoorsman who enjoyed hunting, deep sea fishing, snowmobiling, and camping. He liked playing cards, dancing and socializing. He was a very generous man with a kind heart. He taught hunter safety for the Charlestown Boys Scouts. He was a member of the Charlestown Congregational Church and the Rod, Gun & Snowmobile Club.

He is survived by his children,

Sharon A. Martin of Northampton, MA, Stephen Young of Charlestown, Christine E. Young of Northampton, MA, and James Young and his partner, Ronna Gendron of Claremont; grandchildren, Michelle Olsen, Heidi Bradway, Christine Martin, Alex Young, Madison Young, Zachary Young and Reed Young; and great-grandchildren, Christine, Catherine, Ciara, Leila and Finn; his siblings, Barbara Young, Robert Young, Lyman Young, David Young and Shirley Bradway; and many nieces and nephews.

He was predeceased by his his parents; his siblings, Richard, Clyde, Daniel, Charles, Frances and Roselva; and his former wife, friend, and one true love, Phyllis Berquist. The Young family would like to give special thanks to Dave Davis a true friend to Allen.

Visiting hours will be held at the Charlestown Memorial Chapel, Main Street in Charlestown on Tuesday evening, December 12th, from 4 to 7 PM. A funeral service will be held at the Charlestown Memorial Chapel on Wednesday morning at 11 AM. There will be a reception

following the funeral at the Charlestown Fire Department, 1 Main Street, Charlestown.

In lieu of flowers, the family invites people to make a donation to: The United Church of Acworth, 16 Town Hall Road, Acworth, NH 03601.

Phillip C. Borcuk, 34

Phillip C. Borcuk, 34, of Cornish, NH, died on December 6, 2017.

He was born in Claremont, NH, on December 27, 1982, the son of Manfred and Patricia (Wright) Borcuk.

He enjoyed spending time with his family and liked to fish and play horseshoes.

He is survived by his parents; two sisters, Theresa Taylor and her husband, Mark and Julie Stewart; two nieces and two nephews.

A funeral service was held at the Stringer-Funeral Home Monday with the Very Rev. Shawn Therrien officiating.

Burial followed in St. Mary Cemetery.

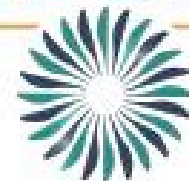
“Our screws don’t fall out.”

-Dr. Sam Giveen

It's all in the details. When you buy eyeglasses from Doctor Sam's, they typically cost less and they're better made—right down to screws that stay just where they are. It's no-nonsense, straightforward attention to detail that makes Dr. Sam who he is—and makes his patients very happy.

DOCTOR **SAM'S**
EYE CARE

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



Jean E. Therrien

Jean E. Therrien, of Claremont, NH, entered into the loving arms of Jesus and the heavenly host of angels on December 6, 2017.

She leaves behind her beloved wife, Barbara Sinclair, her son, Gerald Therrien, grandson, Justin Therrien, stepson, Dean Whitcomb, nieces, nephews and many friends.

She was predeceased by her mother, son, Richard Therrien, a brother, Larry Leonard and sisters, Pat and Rhoda.

There will be no services per her request.

Deborah C. Johndro

C. Johndro (Collins) 65, of Hidden Valley Rd. in Charlestown, NH, died Monday evening at Dartmouth-Hitchcock Medical Center in Lebanon, NH, surrounded by her family and loved ones after a brief illness.

She was born in Boston, MA, on September 29, 1952. The daughter of Cecelia A. Flanagan and John S. Collins, both of Somerville, MA. She grew up in Somerville and attended St. Clements Grade and High School.

Following graduation from St. Clements High School she moved to Hartford, CT, and began her career as an administrative assistant at the Institute of Living in Hartford.

There she worked alongside her Mom, Cecilia Flanagan, for over 20 years. It was there where she met her late husband James "Jim" Johndro, married and eventually settled in East Hartford, CT.

After completing her career at the Institute she relocated to Charlestown where she had a second home and grew to love over the years. Here she launched into her second career at Cota and Cota Oil in Bellows Falls, VT. There she would be a trusted and beloved employee for 21 years, up until the time of her death. It is here she met her loving friend and life companion, John Allan, of Walpole, NH. With him she shared her love of the simple New Hampshire life they both so much loved. So grateful to have been blessed with a loving and dedicated man in her life whom she could share with him their common interest in family, home making, gardening, cooking and of course her cats, which he was to realize very quickly were at the top of the list.

Deb gave her absolute best in all she did. She was dedicated to her family and friends beyond belief. You did not need to be related to her to be considered as family either.

If you were lucky enough to fall into that category you were "in". From her you could always count on a hand up, a sensitive ear, or solid advice in a difficult situation or important decision. She was thorough and level headed. To say she was reliable is an understatement. Although she didn't stray far from her beloved Charlestown home, she spent "hours of time on the telephone line" always keeping in touch and up to date with her family and friends. She kept abreast of their lives at every turn.

Her nieces and nephews held a very special place in her heart. Godmother to Ryan, she shared that special bond of middle child. She sought to fill the role of the Aunt that you could go to and share and seek advice about things you would have difficulty talking to your parents about. The surviving family includes, two brothers, Allan Collins of Somerville, and John Collins and his wife Angela Collins of Norwood, MA, nieces and nephews, Kristen, Ryan, Joseph, Lin and Mei Collins and many cousins.

She was predeceased by her husband James Johndro.

Friends may call at the Charlestown Memorial Chapel, 34 Main Street in Charlestown NH on Monday, December 11th, from 4-7 pm. With a prayer Service Tuesday morning, December 12th, at 11 am followed by burial in Pine Crest Cemetery in Charlestown NH.

Lorraine G. Dutilley, 89

Lorraine G. Dutilley, 89, of Claremont, NH, died on December 4, 2017, at Dartmouth Hitchcock Medical Center.

She was born in Claremont, NH, on March 7, 1928, the daughter of Harold Picard and Thais Wark.

She was a graduate of Stevens High School. Lorraine was a nanny in PA after High School. She then worked in the office of Sullivan Machinery. Later she did child care out of her home.

She loved spending time with her family. She enjoyed doing word search and puzzles, going to Daddy's Pizza to listen to "The String Alongs" and frequenting Dunkin Donuts on a daily basis.

The family includes her son, Michael Henault and his wife, Kimberly; her daughter, Lisa Simoneau; step-son, Brian Dutilley and his wife, Betty; grandchildren Amanda Henault, Cody Simoneau, Nick Henault, Nicole Simoneau, Sarah Frederick and Christie Dutilley; a

brother, Dorlan Picard, and 3 great grandchildren.

She was predeceased by her first husband, Clifford Henault, who died in 1984 and her second husband, George Dutilley, in 2017.

A memorial service was held at the Stringer Funeral Home on Saturday with Donna Muse officiating. Burial followed in Mountain View Cemetery.

Myrtle L. Perrerin, 85

Myrtle Lorraine Pellerin, 85, of Charlestown, NH, died on December 3, 2017.

She was born in Westminster, VT, on March 13, 1932, the daughter of George and Doris (Matthews) Moore. She resided in Charlestown from 1994 to 2001 and previously had lived in the Bellows Falls, VT, area. She was a graduate of Vilas High School in the Class of 1951, She worked for the VT & NH Visiting Nurses Alliance in Bellows Falls for 19 ½ years and retired in 1997.

She was a member of the Bellows Falls American Legion Post #37; Claremont Circle 8 Square Dance Club; the National Square Dance Club and the Sunshine Chapter of Good Sam Campers Association.

In 1950 she married John Albert Kane. Together they had seven children, Lorraine (Raine) Kane of Westminster, VT, Kathy (Bill) Berg of Erie, PA, Maureen Langley of White River Junction, VT, John Kane (Liz Ayer), Bernardston, MA, Tom (Judy) Kane of Dunn, NC and Kaylee (Jeff) Armstrong of Hutch Kiss, CO; 14 grandchildren; 3 great grandchildren. On May 24, 1997, she married John Pellerin who survives her and five stepchildren, Carl (Vicky) Pellerin, Hector (Debbie) Pellerin, Susan Pellerin Adams, Karen Rumrill and Stephanie Pellerin; 10 step grandchildren and 13 step great grandchildren.

She was predeceased by a daughter, Michelle Drumheller; a granddaughter, Misha Grace; two sisters, Grace and Harriet; four brothers, Ralph, Elmer, Albert and Francis and a stepdaughter, Coral Pellerin.

A memorial service was held on Friday with Pastor Harold Noyes officiating.

Donations may be made in her memory to a charity of one's choice.

Ricky G. Marsh, 61

Ricky G. Marsh, 61, of Claremont, NH, died Friday (December 1, 2017) after a period of failing health.

He was born in Windsor, VT, on May 15, 1956 the son of the late Roy C. and Grace (Cutler) Marsh and had been a lifetime area resident. Ricky was a mason by trade and was known for his beautiful stonework and fireplaces. His hobbies included hunting, fishing and camping.

His family includes his two sons, Ricky Marsh, Jr. and his wife, Aime, their three children, Jaxon, Bryce and Lyndsy, Rocky Marsh and his son, Zander Marsh, six brothers, Clifton Marsh, Robert Marsh, Terry L. Marsh, Steven Marsh, Randy Marsh, Michael Marsh, a sister, Patricia (Marsh) Sclafani and many aunts, uncles, cousins, nieces and nephews.

He was predeceased by three brothers, Russell Marsh, Douglas Marsh, Gary Marsh, two sisters, Beverly (Marsh) Jones and Pamela Marsh.

Graveside committal services were held on Saturday in Edminister Cemetery in Cornish, NH.

You are invited to share a memory of Ricky 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.

Claremont Fire Dept. Log

Sunday 12/3:

2:12 AM: Engine 3 responded to Central St. for a report of smoke in the area.

8:31 AM: Engine 3 responded to Spring St. for a medical call.

3:39 PM: Engine 3 responded to Pleasant St. for a medical call.

4:55 PM: Engine 3 responded to Chestnut St. for a motor vehicle accident.

Monday 12/4:

6:59 AM: Engine 3 responded to Palmer St. for a medical call.

7:04 AM: Ladder 2 responded to Winter St. for a medical call.

1:39 PM: Engine 3 responded to Charlestown Rd. for a motor vehicle accident.

4:50 PM: Engine 3 responded to Hanover St. for a medical call.

5:06 PM: Engine 3, Ladder 2, and Engine 1 responded to Broad St. for a report of an odor of smoke in a building.

8:57 PM: Engine 3 responded to Hunter Circle for a medical call.

9:13 PM: Ladder 2 responded to Os-

Social News

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

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

Dinner Menu: Tuesday - December 12...Soup, baked beans, hot dogs, vegetable, dessert. Thursday - December 14...Salad, spaghetti with meat sauce, garlic bread, dessert. Menu subject to change!

A "Holiday" Celebration will be held on Sunday - December 17. At 2:00 PM entertainment by "Silver Country" band (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 bring BYOB. Call or come to center to sign-up!



Our "Christmas Dinner" will be held on Tuesday - December 19. \$10 per person (members & non-members). For a reservation you must sign-up (come to the center) or (call 543-5998). Menu: Soup, roast turkey, stuffing, potatoes, gravy, cranberry sauce, vegetable, dessert.

Free lunch was won by Denise Liveston on December 5 monthly meeting!

Foot Clinics on December 13 & 20 (8 AM - 3PM) sponsored by Lake Sunapee Region VNA & Hospice. Call (603) 526-4077.

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

Chair Yoga on Mondays at 10:00 AM. Cost \$5 for one hour. Exercises performed while seated and holding a chair for support. Class 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. Hand & Foot card game and Pool are popular other games available. Attendees should bring a snack to share!

Pool 9:00 AM - 3:00 PM Monday to Friday. Exercise sessions - Tuesday & Thursday - 10:00 AM. Ping Pong - Wednesday & Friday - 10:00 AM. Bridge on Thursday - 1:00 PM. Mahjonn on Friday - 1:00 PM. Knitters - Friday - 12 Noon - 3:00 PM (bring your lunch). Non-members welcome but must sign in. Three visits allowed before membership is required.

We are still collecting aluminum can tabs!

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

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

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

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

Visit our Web Site (cnhcs.org.)

good Ave. for a medical call.

11:34 PM: Engine 3 responded to Sullivan St. for a medical call.

Tuesday 12/5:

2:03 PM: Engine 3 responded to Pleasant St. for a medical call.

2:09 PM: Engine 1 responded to Washington St. for a medical call.

Wednesday 12/6:

9:15 AM: Engine 3 responded to Hanover St. for a report of an alarm sounding.

2:20 PM: Engine 3 responded to South St. for a medical call.

2:58 PM: Engine 3 responded to Washington St. for a motor vehicle accident.

3:10 PM: Engine 3 responded to Broad St. for a medical call.

3:26 PM: Engine 3, Ladder 2, and, Engine 1 responded to Box Alarm #12.

7:19 PM: Engine 2 responded mutual aid to Newport for a garage fire.

Thursday 12/7:

12:39 AM: Engine 3 responded to Cottage St. for a medical call.

11:57 AM: Ladder 1 and Rescue 1 responded to Washington St. for a motor vehicle accident with entrapment.

Friday 12/8:

6:05 AM: Engine 3 responded to Meadow St. for a medical call.

7:26 AM: Engine 3 responded to Maple Ave. to assist Golden Cross.

1:25 PM: Engine 3 responded to Henry St. for a medical call.

4:40 PM: Engine 3 responded to Washington St. for a motor vehicle accident with injuries.

9:00 PM: Engine 3 responded to Main St. for a medical call.

Saturday 12/9:

4:32 AM: Engine 3 responded to Oakwood Park for a report of an alarm sounding.

8:58 PM: Engine 3 responded to Sullivan St. for a fire alarm sounding.

www.etickernewsoclaremont.com



The Claremont City Council will hold a public meeting on Wednesday, December 13, 2017, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA (Revised)

- | | |
|----------|--|
| 6:30 PM | 1. PLEDGE OF ALLEGIANCE |
| 6:32 PM | 2. ROLL CALL |
| 6:34 PM | 3. AGENDA CHANGES |
| 6:35 PM | 4. REPORT OF THE SECRETARY
Minutes of July 12, November 1, 8, 9, 14, 28 and 29, 2017, City Council Meetings |
| 6:40 PM | 5. MAYOR'S NOTES |
| 6:50 PM | 6. CITY MANAGER'S REPORT |
| 7:00 PM | 7. APPOINTMENT TO BOARDS AND COMMITTEES |
| 7:05 PM | 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23)) |
| | 9. OLD BUSINESS |
| | 10. NEW BUSINESS |
| 7:10 PM | A. Ascertainment Hearing for Cable Franchise Renewal – Public Hearing |
| 7:40 PM | B. Shugah Valley Snow Riders Annual Permission |
| 7:45 PM | C. Request to Name Pedestrian Bridge after Guy Santagate – Public Hearing |
| 7:55PM | D. Motion to Accept Wooden Flag Display for the Police Department |
| 8:00 PM | E. Resolution 2018-19 Accept and Expend K-9 Unit Grant – Public Hearing |
| | BREAK |
| 8:25 PM | F. Ordinance 559 Establish Maple Avenue School Zones – First Reading |
| 8:35 PM | G. Approval/Denial of Fire Union Contract |
| 8:45 PM | H. Resolution 2018-18 Establish Energy Advisory Committee – Public Hearing |
| 8:45 PM | H. Ordinance 560 Establish Energy Commission – First Reading |
| 8:55 PM | I. Motion to Approve Ambulance Contract |
| 9:05 PM | J. Council Rules Update |
| 9:20 PM | 11. COMMITTEE REPORTS |
| 9:25 PM | 12. FUTURE AGENDA ITEMS AND DIRECTIVES |
| 9:40 PM | 13. CONSULTATION WITH LEGAL COUNSEL |
| 9:45PM | 14. NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(a) – PERSONNEL REVIEW |
| 10:15 PM | 15. ADJOURNMENT |