



The Claremont Savings Bank Community Center was a busy place on Saturday, Dec 16. The Claremont Tiger Sharks swim team held a swim meet and swam against three other teams: The Lakes Region Wave Makers, the Concord YMCA and the Peterborough Waves. In addition, the 1st and 2nd grade instructional Basketball Program got underway. The program is being led by the Stevens Basketball teams with the boys and girls teams taking turns teaching the youngsters the game of basketball. The Stevens girls team worked with the young students during the first day of the program, teaching how to dribble the ball and other aspects of the game (Bill Binder photos).

## Springfield Wrestling Opens Season

SPRINGFIELD, VT--The first weekend of high school wrestling tournaments has launched. On December 9th, Head Coach Don Beebe brought 11 grapplers to the varsity tournament in Saint Johnsbury, while Coach Floyd Buck lead a four-man squad at the junior varsity/junior high competition in Brandon, VT.

According to Beebe, "The team overall did great. We had compliments from coaches and there was some respect for Springfield. This makes



Cole Wright in action (Courtesy photo).


me even more proud of these kids. They are supreme athletes and even better human beings."

Otter Valley HS hosted the junior high/junior varsity event; in attendance were Skylar Wallace, Cole Wright, first year wrestler Tim Amsden, and Bryan Stafford who returns to the


mats after a two-year hiatus. Wallace battled hard in the 220-pound weight class, showing improvement

and dedication; Wright scored two wins (one by pin); Amsden and Stafford each faced down five opponents, with some very close scores. Amsden's first-ever match ended on a high note, with a score of 9:8 - losing by just one point to a very tough opponent is certainly something to be proud of, for a first timer. Staf-

(Continued on page B2)



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**Wrestling, from B1**

ford ended his day with 2 wins, both by pin. At the varsity tournament in Saint J, the Springfield Cosmos grappled their way to 3rd place out of 13 teams, nudged out by teams from St J (1st place) and Smithville RI (2nd place). Individual wrestlers battled hard, with senior Matt LaChapelle snagging the 1st place spot on the podium in the 182 weight class, his second time as champ of this tournament. Senior Lucas Saunders pulled a strong 2nd place win; 3rd place medals were earned by seniors Trent Brier, Mason Olney, John Stafford Jr, and Jayson Webster. Also wrestling hard were freshman Skyler Congdon, senior Pete Berlenbach, sophomore Brandon Bennett, sophomore Laura Berlenbach and senior Matt Prosser.

**SHS Girls Basketball**

12/08/17 at Franklin W 55-30  
 12/19/17 Monadnock 7:00 PM  
 01/09/18 Conant 7:00 PM

**Lebanon-Stevens Hockey**

12/13/17 Windham L 0-6  
 12/16/17 at Goffstown L 4-6  
 12/20/17 Alvirne 6:20 PM  
 12/22/17 at Bow 8:00 PM  
 01/03/18 Timberlane 4:30 PM

**Cardinals Look For First Win of Season in Boys Basketball**

The boys' basketball team got their season off to a start with a pair of games this past week. On Monday, the Cardinals traveled to Monadnock for their opener, dropping a 50-43 decision. The team hit the road again as they made the trek to Gilford on Friday night and returned on the short end of a 58-48 score.

At Monadnock, the Cardinals

jumped out to an early 11 point lead and took a 4 point lead into halftime, but the Huskies used a big 3rd quarter to take a 9 point lead. Stevens clawed their way back to cut the deficit to 2 points with less than 2 minutes remaining but Monadnock hit their free throws down the stretch and held on for the victory.

Luke Come scored a career high 17 points, and hauled down 8 rebounds. Damon Roy scored 7 points, while Drew Grenier, and Derrick Stanhope had 6 points, and 5 points, respectively.

In the JV game, the Huskies beat the Cardinals 54-38. Alex Taylor had a team high 12 points and also grabbed a team high 9 rebounds. Keaghan McAllister had 8 points, Owen Taylor scored 6 points, and Tyler Bonneau chipped in with 5 points.

On Friday night at Gilford, the Cardinals trailed by just a point at the half, but third quarter woes continued, and the Golden Eagles would use their height to control the glass, and long range jumpers, to go on to the 58-48 victory.

Luke Come led the Cardinals with 14 points. Tanner Durkee, Drew Grenier, and Derrick Stanhope chipped in with 8 points apiece.

The Golden Eagles JV team beat Stevens 52-37 in the preliminary game. Gabe Miller led Stevens with 8 points. Owen Taylor and Brennan Huntoon each scored 6 points, and Keaghan McAllister had 5 points.

The Cardinals will be looking to get into the win column in their home opener at Frederick Carr gymnasium, on Monday evening versus their rival, the Newport Tigers. The JV game begins at 5:30PM and the varsity game follows at 7:00 p.m.

**Pickleball Winter Hours**

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.



SHS's own Andrew Friend got the start in the goal Wednesday night in the opener of the Stevens/Lebanon co-op hockey season (Courtesy photo).

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# Inspiration

## The First Snow

By Priscilla Hull

Pardon my absence last week, I got "caught in the mosh", to use a term from my family's teen years. This week is different! I'm feeling fine and there's no reason to go out today, Tuesday, December 12, 2017. So I'm sitting here watching the snow accumulate and counting my blessings. I'm thinking about many years ago when a teenage girl sang in the Methodist Church. One of her most requested and so I am sure was a favorite was, "Count Your Blessings". It goes on to say, "Count them one by one!" That's pretty good advice for our country today. Nasty allegations of misconduct on so many fronts, threats of nuclear attack, bullying, it's all too much.

What we need to do is return to the basics of decent behavior. Maybe we should do less talk about these allegations against each other and turn our views inward and uncover our blessings for others! Maybe, just maybe, if we start now, while the Spirit of Goodness is a part of the season, we can get it under our skin and carry it through the New Year. It could become a habit to share our love for the world and those living in it. If we can make a habit of sharing love, we'll make a habit of "doing good."

Here's a story that always makes me smile and I hope it makes you smile! Years ago, sometime in the 80s, my mother had an appointment to see Dr. Alvarez. Remember their office was on Broad Street, by Stringer Funeral Home? Mom loved to shop and she especially loved Woolworth's. On a particular day the arrangement was that her homemaker would take her to the Dr. Alvarez's office at 3:30 and I'd meet her there. Sounds good, right! Well, she convinced her homemaker to take her to Woolworth's at 2:30 and she would walk across the Legion parking lot and Broad Street Park to the office. She had fun at Woolworth's, but bought too much and was struggling across the parking lot and started up Broad Street. Suddenly she felt a strong hand on her shoulder and a gentle voice said, "Here, let me help you." A high school student moved her books and whatever to one hand, took hold of Mom's bag, grasped her by the elbow and walked her to the office, up the stairs and settled her in the waiting room! If you're out there reading this, young angel, I thank you!



The point is I counted that girl as a blessing even though I've no idea who she is. The point is, we can all be a blessing and an angel if we take the opportunity to do that. The point is, look at the world through those rose colored glasses! Be a blessing and be blessed. Instead of grouching and grumping about the first snow - look at the beauty! See the good that this snow brings; snow for Arrowhead and the bigger ski areas! The good for the vacationers who want to get away from the city. The good from the recreation industry who are blessed by natural snow for their ski slopes!

There isn't any sight more beautiful than a cardinal in the snow! And there is a pair outside my window as I write this! So love what you have, make the very best of every opportunity! Be a blessing to somebody! "Count Your Blessings". Know that we are a blessed people.

And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.  
2 Corinthians 9:8

Merry Christmas!

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

## 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](mailto:melissa@wcc-ma.org) to sign up and get more details.

### 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](mailto:info@recoverynh.org) or call 603.287.7919.

### 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](mailto:arrowhead@arrowheadnh.com) or leave a phone message at [\(603\) 542-7016](tel:6035427016).

### 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.

## Amplified Arts and Rural Outright announce partnership to produce The Laramie Project

CLAREMONT, NH --Amplified Arts and Rural Outright, a program of TLC Family Resource Center, have formed a partnership to produce The Laramie Project next year. There will be an informational meeting on January 24 at 6PM at Amplified Arts collaborative arts venue, located on the second floor of 31 Pleasant Street in Claremont. Open auditions for early career artists aged 13 to 18 will be held on February 7 from 6 to 8 p.m. at the same location.

"This play will showcase the strength of local early career artists while telling an important story" says Amplified Arts Producing Artistic Director Shelly Hudson, who will direct the upcoming production. "We hope to have many artists from Sullivan County and beyond involved in both the cast and crew."

The play by Moisés Kaufman and the Tectonic Theater Project documents the 1998 murder of Matthew Shepard, a gay student at the University of Wyoming, and its impact on the community of Laramie, Wyoming. The production draws on hundreds of interviews conducted with inhabitants of the town, company members' own journal entries, and published news reports.

"A community's reaction to a hate crime is central to this production," says Hudson. "According to Tectonic, the creators and curator of The Laramie Project: The goal of The Laramie Project is to promote thoughtful discussion and give audiences the opportunity to hear many different points-of-view from those most associated with the murder of Matthew Shepard. This is, at its core, the purpose of art. We are committed to providing this production to ignite a larger conversation."

The opening performance is scheduled for April 27 to coincide with the Day of Silence, an annual student-led event organized in thousands of schools across the country to bring awareness to the silencing effects of anti-LGBTQ name-calling, bullying, and harassment.

"Panel discussions featuring LGBTQ experts will be presented in conjunction with each of the three shows to encourage audience members to examine these issues," said Matt Mooshian, Chair of the Rural Outright program at TLC Family Resource Center in Claremont.

For more information, please visit [amplifiedartsnh.com](http://amplifiedartsnh.com) or contact [amplifiedartsnh@gmail.com](mailto:amplifiedartsnh@gmail.com).

TLC Family Resource Center serves all families, children, and youth throughout Sullivan and Lower Grafton counties with a wide-range of free programming and educational offerings. Its Rural Outright program provides support

and advocacy to local LGBTQ+ youth, their families, and allies. For more information, please visit [tlcfamilyrc.org/rural-outright](http://tlcfamilyrc.org/rural-outright) or contact [ruralNHoutright@gmail.com](mailto:ruralNHoutright@gmail.com).

For more information about Matthew Shepard's story please visit [www.matthewshepard.org](http://www.matthewshepard.org).

## TLC Program Offerings

CLAREMONT, NH--First and third Friday of every month the Rural Outright Diversity Club for transgender and gender non-conforming

# Happy Holidays!!

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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](http://www.tlcfamilyrc.org/rural-outright-events-calendar).

CLAREMONT, NH--Second and fourth Friday of every month the Rural Outright Diversity Club for LGBTQ+ people meets from 6 to 8 p.m., at TLC Family Resource Center, 109 Pleasant St., in Claremont. 14 years and older. This is a casual meet and greet with conversation and activities. Come meet other LGBTQ+ folks to share experiences, resources and struggles. For more information, visit online at [www.tlcfamilyrc.org/rural-outright-events-calendar](http://www.tlcfamilyrc.org/rural-outright-events-calendar).

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

## 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.

## Help Save Civil War Battle Flags

Many of you reading this may not be aware that there are 107 flags from New Hampshire Civil War regiments in the State House in Concord. Preservation efforts started in 1989 to conserve the flags for posterity, and the flags are still waiting. Some funds have been raised through the sale of Collector's Edition whiskey bottles at the NH state stores. It's an old-style bottle with an actual image of some of the flags in their cases.

Banners carried by color bearers into battle were the guides for soldiers, easily seen during the heat, noise, and smoke of battle. These banners, also known as battle flags, told the

soldiers when to advance, in what direction to go and when they should change direction and/or retreat with honor.

Battle flags were frequently created out of silk, with a different picture (significant of state & regiment) on each side, or were national colors, often having been made by mothers, sisters, wives, sweethearts, daughters. Many color bearers were maimed and killed carrying a banner because they were out front and perfect targets for the enemy. Six NH color bearers received the Medal of Honor for their bravery carrying national colors in battle.

Dr. William Child, Assistant Surgeon, and after the war historian, for the 5th New Hampshire Volunteer Regiment wrote, "I have sought to present an account of the Fifth Regiment New Hampshire Volunteers. ... Our state may well be proud of...the bravery, endurance, patriotism and fervor of her sons in this grand fighting regiment. She may well be proud of every man that justly wears our badge. Citizens, let us cherish the memory of these men. Let us preserve these records for coming generations...(as) we record these heroic deeds."

For more information, visit [www.nhbfpc.com](http://www.nhbfpc.com).

## New England Classical Academy Gives Back to the Community

CLAREMONT, NH--The spirit of giving abounds at New England Classical Academy, as students prepare for the Christmas season with several events to benefit the greater Claremont community.

The school, which educates students from PreK through twelfth grade not only employs a classical curriculum but one that embraces character and virtue development. Extra curricular activities, events and classroom projects offer the children a

chance to put virtue into action, and the month of December has been focused on charity, generosity and love. "One of my greatest joys

working at NECA is seeing the natural goodness in the children and the ways in which the teachers draw that goodness out, rejoice in it and build upon it." said school Executive Director Elizabeth Wilber.

That goodness was evident on December 6, when the students celebrated the Feast of St. Nicholas and kicked off a "Nickels for Nicholas" campaign to raise money for the Claremont Soup Kitchen. To date, the students have raised over \$130 and, learning from the generous St. Nick, are helping to feed those in need. "St. Nicholas" visited classrooms and thanked the children for the spirit of generosity. Donations were also received of candies, treats and tangerines that were left in the student's shoes that definitely brought joy to the classrooms.

Continuing that spirit of joy and giving, the third and fourth grade classroom planned an afternoon of holiday crafts, a movie, cookies, caroling and decorating gingerbread houses to children 12 and under from Claremont and surrounding areas. The free event was held Friday, Dec. 15, from 4-5:30 PM at the school on 18 Central St. The 3/4 grade worked for weeks to help organize and prepare the crafts and events with the goal of getting kids into the holiday spirit.

"A Medieval Christmas" will be presented by the entire student body on Friday, Dec. 22 from 5:30 to 7 PM at the St. Mary's Gym on Central St. in Claremont, NH and the community is warmly encouraged to attend this celebration of the arrival of the Christmas season. Short plays, readings and carols set in Medieval

and Renaissance times will enchant families of all ages. Light refreshments will be served and this event is free as a gift to the community.

Students will share stories of the generosity of Good King Wenceslas, the tradition of wassailing and caroling, and reenact the birth of the Christ Child in a medieval nativity play. Songs will be sung

by all the grades and

the fifth and sixth grade class will share a special hand chime carol.





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	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**

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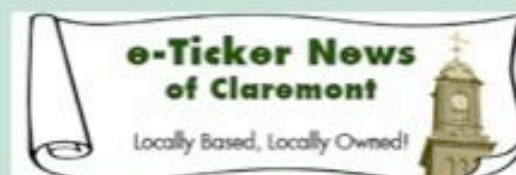
**December 21st**  
**6:30 PM**  
**Admission by Donation**



## **Sing! A Joyful Christmas Sing Along**

Sing along to favorite sacred holiday music featuring musicians Kirsten Becker, piano; Angela Biggs, soprano; and Melissa Richmond, flute. From mangers and wise men, to nutcrackers and dancing reindeer this will be an event to remember.

**Admission by donation**





## 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--Our weekly Wednesday bingo will not be held at Charlestown Memorial VFW Post 8497 for 20 and 27 December. We wish all our loyal patrons and volunteer workers a very Merry Christmas and hope you enjoy a couple weeks off to enjoy the holiday season with your friends and family. Have a happy New Year and we'll see you on January 3rd.



Lake Sunapee Region VNA & HOSPICE



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## MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1st</b>  WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm  <b>FOOT CLINIC</b> Plainfield Library 1:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> Newport Rite Aid 11:00 am – 1:00 pm <b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Lebanon Senior Center 10:00 am – 2:00 pm	<b>BLOOD PRESSURE CLINIC</b> Claremont Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>2nd</b>  WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> Charlestown Senior Center 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Charlestown Senior Center 10:00 am – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:30 am Grantham Methodist Church 11:15 am – 12:00 pm	<b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>BLOOD PRESSURE CLINIC</b> Sugar River Mills, Claremont 11:30 am – 1:00 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> Sutton Baptist Church 9:00 – 11:00 am Goshen Parish Hall 10:45 – 11:45 am Newport Rite Aid 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Bradford Senior Center 11:00 am – 12:00 pm Claremont Senior Center 11:00 am – 12:00 pm Maple Manor Apts, Newport 3:15 – 4:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	<b>BLOOD PRESSURE CLINIC</b> CSB Community Center, Claremont 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> North Ridge, Warner 9:30 – 11:30 am
<b>4th</b>  WEEK of the month	<b>FOOT CLINIC</b> Newport Senior Center 9:00 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 am – 12:00 pm Cornish Town Hall 11:15 am – 12:30 pm Marion Phillips Apts, Claremont 1:00 – 2:00 pm	<b>BLOOD PRESSURE CLINIC</b> Warner Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Newport Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Plainfield 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  <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: <a href="http://www.lakesunapeevna.org">www.lakesunapeevna.org</a></i>



## ***Merry Christmas from e-Ticker News of Claremont and Bernadette O'Leary***

As Christmas quickly approaches and some of us rush around taking care of last minute gifts and details, it's important to remember the real reason for this season. It's not the lights, the trees, the gifts, or the big meals. It's not even the music or the festive parties. The real reason is love, hope, and charity being born into this world over 2000 years ago in the form of Jesus.

As Christians, our ancestors chose this day to celebrate the day our Lord was born and the lessons He taught us of loving and giving to others. We exchange gifts just as the wise men did when they brought gifts to the Savior Child. We are told by our Lord "Whatever you do to the least of My people, that you do unto Me." So, in giving gifts to one another, we are in turn giving to our Lord for His birthday. No, He was not actually born on December 25th, but it was the day set aside to honor His birth. In this act of giving, whether through serving the poor, giving gifts to loved ones or strangers in nursing homes, or simply saying "Merry Christmas" to someone who might be having a bad day, no act of charity is wasted.

Yes, Christmas has been turned into something that is too commercial by people, and many people have lost sight of the true intention of this Holy and Sacred day. Many people even blame St. Nicholas, who was very real and a true servant of God who practiced charity and love throughout his life. However, the over commercialization and lost message of Christmas are neither the fault of faith nor the Lord Himself. It is also not due to a wonderful servant of God, such as St. Nicholas. It is due to human nature, and when you deal with the human factor, you deal with flaws in both thinking and behaviors. So, instead of blaming the holiday itself, Jesus, or His servant, St. Nicholas "Santa Claus," see the problem for what it truly is and change said problem by teaching through your own example to any and all who have the ears to hear it and the eyes to see it. Complaining won't work, but showing a proper example will result in a chain reaction from you to others. It's okay to enjoy the festivities, gifts, and even Santa Claus, so long as they don't make up the foundation of your reason for celebrating this sacred holiday.

Christmas is coming entirely too quickly for me. I enjoy the anticipation, the music, the lights, and all the other happy aspects of celebrating this joyous time of year. I love the readings at church and the fellowship with others. I also love the books we read: Max Lucado's "Cosmic Christmas," which shares the story of the Nativity from the angels' perspective, and Jeanne Pieper's "A Special Place for Santa," which shares the story of St. Nicholas, his sadness over what people have turned Christmas into, and his love for the Christ Child. Both can be found on Amazon.com, and I highly recommend both. Reading both has become a tradition for my children and me.

If you have no one to spend Christmas with, or if you do but want to do something special together, I invite you to seek out locations where you might help feed the poor and enjoy spending your Christmas with those in need. Also, please find an angel tree that will allow you to buy gifts for those who might otherwise not have one. As the wise men gave to our infant Lord, let us all come together in giving through faith, hope, and charity.

On a side note, *e-Ticker News of Claremont* will not release an edition the week of Christmas, but we will be back the following week. God bless you all. Until next time, #loveotherswell.



#HappyBirthdayJesus

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

#### Timothy R. Hicks, 45

Timothy Richard Hicks, 45, of Charlestown, NH, died December 12, 2017, at his home.

He was born September 3, 1972, the son of Richard Hicks Sr. and Judy Merril. He went to Fall Mountain High School and was a self employed painter.

He is survived by his stepmother Roxanna Hicks of Claremont, NH; two daughters, Kara Hicks of Virginia and Jenna Hicks of Enfield, NH; one son, Kyle Roberts of Canaan, NH; four stepsons, Jason Russell, Devon Osborne, Michael Saunders, and Brandon Tenny Jr.; two stepbrothers, Donald Hicks and Robert Hicks; two half brothers, Ronald Greenleaf and Randy Greenleaf Sr.

He was predeceased by his father, Richard Hicks Sr.; his mother Judy Merril; brother, Kenneth Hicks, and sister Vicki Lynn Hicks.

A special thanks to Cynthia Burnham for the love and care provided.

A graveside service will be held in the spring.

The Stringer Funeral Home is in charge of arrangements.

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

#### Nancy Smith, 74

Nancy Gates Smith, 74, passed away on December 13, 2017. She was born in Springfield, VT, on March 10, 1943, the daughter of Hesslar H. and Miriam (Palmer) Gates.

She was part of the UNH graduating class in 1965 and went on to work at Connecticut River Bank. She retired in 2014 after 47 years. She spent every summer at her family's cottage on Crystal Lake in Enfield, NH. She enjoyed spending time with her family in the sun. She loved watching her nephew Abraham's sporting events while he was growing up and later went to watch Mia and Mason's games as well. She was a big Red Sox fan. She also enjoyed the friends that she made at Langdon Place of Keene and the excellent care given by the staff.

She is survived by her sister; Susan Wertkin and her husband Robert of Michigan; brothers, John B. Gates and his wife Jane Haley of Claremont, NH, Hesslar P. Gates and his wife Rosemary of Sunapee, NH; Nephew, Abraham

Gates and his wife Michele, as well as their children, Mia and Mason Gates of Keene, NH; and many other nieces and nephews.

She was predeceased by her nephew, Tyler Gates.

Visiting hours will be held at the Charlestown Memorial Chapel, 34 Main Street in Charlestown on Monday evening, December 18th, from 5:00 to 7:00 PM.

Burial will be in Pine Crest Cemetery in the spring.

In lieu of flowers donations can be made to [debra.org](http://debra.org).

#### Juliet E. Pinkham

Juliet E. Pinkham died suddenly at her home on December 12, 2017. She was born in New York City, NY, on July 26, 1956, the daughter of Louis and Nanci (Manso) Perretti.

She is survived by her husband James D. Pinkham. They shared 40 years together.

A funeral service will be held privately.

“Our screws don't fall out.”

-Dr. Sam Giveen

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The Stringer Funeral Home is in charge of arrangements.

### Francis E. Gagne, Sr., 84

Francis E. Gagne, Sr. 84, formerly of Heritage Drive in Claremont, NH, died Wednesday (December 13, 2017) at Valley Regional Hospital in Claremont, NH, following a period of failing health.

He was born in Claremont, NH, on December 16, 1932, the son of Ephram and Exelia (Laroche) Gagne and had been a lifetime area resident. On November 15, 1955 he married the former Dorothy Thompson; she predeceased him on November 26, 2015. Francis's birthday would have been Saturday and he was granted his birthday wish that he be reunited with his beloved wife, Dorothy. Francis was a veteran of the Korean War. He had been employed as a machinist by Joy Manufacturing Co. He had also worked as a mechanic at Paul's Atlantic, Davis and Simonds and Gloenco. He was a member of American Legion Post #29. He enjoyed fishing, hunting, wood crafting and playing Santa for all the residents of Heritage Drive.

Member of his family include two sons, Francis E. Gagne, Jr., Claremont, NH; Larry Gagne, Georgia; four daughters, Elizabeth Poire, Lempster, NH; Michelle Wright, Claremont, NH; Gwendolyn Gagne, Sacramento, CA; Deborah Badger, Talent, OR; nine grandchildren, 18 great grandchildren. Francis was the youngest of 19 children and was predeceased by 16 brothers and two sisters.

A Memorial Service was held on Monday (Dec. 18) at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH with the Rev. Shawn M. Therrien, officiating.

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

### Fish and Game Acquires New Wildlife Management Area in Rindge

CONCORD, NH -- On November 29, 2017, the New Hampshire Fish and Game Department purchased approximately 672 acres of land in Rindge and Fitzwilliam (most of the property –about 667 acres – is in Rindge). The area will be known as the Pearly Lake Wildlife Management Area (WMA). The purchase price was \$765,000.

## 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!

Christmas Dinner - Tuesday –December 19 .... Soup, roast turkey, stuffing, potatoes, gravy, cranberry sauce, dessert. \$10 per person (members & non-members). For a reservation you must sign-up (come to the center) or (call 543-5998). Thursday - December 21...Birthday Celebration...Soup, marinated beef brisket, potatoes, vegetable, birthday cake! Menu subject to change!

Foot Clinic on December 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. Mahjongg on Friday - 1:00 PM. Knitters - Friday - 12 Noon - 3:00 PM (bring your lunch). Non-members welcome but must sign in. Three visits allowed before membership is required.

We are still collecting aluminum can tabs!

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](http://cnhcs.org).)