

# e-Ticker News Sports

Section B  
October 30, 2017



## ***Doubleheader Action...***

There was a SHS Doubleheader Saturday afternoon/evening with the varsity boys soccer team starting things off with a 3-2 win over White Mountain Regional High School in the 2nd Round of the NHIAA State Tournament. The varsity football team lost the nightcap in a defensive battle to undefeated Monadnock Regional High School by a score of 8-6 (Courtesy photos).



## ***Exciting Season Ends...***

The SHS girls soccer season ended at Raymond High School Saturday afternoon with a Division 3 Quarter-Finals loss of 5-0. Congratulations to the entire team on a successful and exciting season! (Courtesy photo).

## **Stevens Girls Soccer**

Stevens played Prospect Mountain Wednesday with the Cardinals winning, 5-1. Prospect Mountain got on the board the first three minutes into the game. Stevens answered two minutes later when Audrey Puksta was fouled in the box giving them a penalty shot. Kelsey Belisle converted the penalty kick. Stevens scored again on a goal by Julia Be-  
**(Continued on page B2)**



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## Soccer, from B1

laire assisted by Alexis Ford. Puksta ended the first half scoring with a goal assisted by Belisle.

Puksta found the net again in the second half assisted by Brooke Bonneau. Bonneau ended the scoring with about twenty minutes left on an unassisted goal. Stevens defense Alexis Aiken, Raquel Madeja, Leanne McCarthy, Ashlyn Marsh, and Alexis Ford all had a solid game. Goalkeeper Kaitlyn Chambers had a great game in goal and had 15 saves.

Stevens played Raymond on Saturday; Stevens lost, 5-0. The Cardinals ended the season at 11-7. They will graduate four seniors on the team: Kelsey Belisle, Raquel Madeja, Alexis Ford, and Hillary Pellerin.

## Stevens Boys Soccer



Gilford and Stevens players both eye the soccer ball to take control (Courtesy photo).

The Cardinals played Gilford Sunday on a very soggy field on the road, losing a close one, 1-0.

"We played so well," said Coach Jason Stone. "We could have won it. So proud of the

team for the way they took charge of the game. Great year with a great bunch of kids."

There was no shortage of excitement on the field from the Cards this year, and the team has much of which to be proud.

## SHS Football Wraps Up Regular Season

The Stevens Football team concluded their regular season on Friday night at Barnes Park. The Cardinal's played host to the undefeated Monadnock Huskies, who came in averaging 46 points a game. It was also Senior Night and the seniors for the Spirit team, Band, and Football team were honored for their four years of commitment to their respective programs.

Band seniors honored were: Donna Shepard, Jacob Ford, Lexie Grenier, AJ Harlow, Chelsea Melna, Adelyn Nelson, Tyler Sawyer, & Tess Whitney.

Spirit team seniors honored were: Mercedes Allain, Lexi Parizo, Raquel Madeja, & Taya Simmons.

Football team seniors honored were: #3 - Alex DeVre, #42 - Joe Desilets, #50 - Hunter Durkee, #51 - James Aiken, #53 - Brendan Bean, #63 - Aidan Cahill, & #64 - Nick Stone. Thank you all for everything you have done for Stevens Athletics during your 4 years here! Monadnock had the ball to open the game, but a huge hit by Baylor Rozzell caused a Huskie fumble that Joe Desilets jumped on at the Cardinal 47 yard line. Stevens wasted little time in making the turnover hurt as Desilets took the handoff on the Cardinals first play from scrimmage and raced 53 yards for the touchdown. The two point conversion was stopped short and that would turn out to be a pivotal play in the game.

Monadnock would answer later in the first quarter on a 12 yard run by Chandler Matson.

Monadnock would add a two point conversion run to make it 8-6 and that would be all the scoring on the evening as both teams played terrific defense for the remainder of the evening. Monadnock did have an opportunity to add to their late in the third quarter but the Cardinal defense stopped the Huskies on a 4th down run inside the 5 yard line.

The Stevens defense, led by captains Brendan Bean, Aidan Cahill, Nick Stone held the powerful Monadnock offense to just the 8 points. The Huskies had not scored less than 36 points in any game this season. Other members of the defense on Friday night that shut down Monadnock were Phillip Mason, Hunter Durkee, Tucker Derosier, Joe Desilets, Quentin Bicknell, Alex DeVre, Keaghan McAllister, Baylor Rozzell, & Damon Roy.

The official Division III playoff pairings will be out on Monday, but the Cardinals will most likely be traveling to Somersworth for a rematch of a week two game, which the Hilltoppers won 35-8. Game time will be 1 PM.

**See Jr. Varsity Recap, B3**



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## Monarchs Spooked by Swamp Rabbits, 4-1

MANCHESTER, NH--The Manchester Monarchs couldn't make it two in a row and fell, 4-1, to the Greenville Swamp Rabbits on Saturday night at the SNHU Arena.

The Monarchs (3-3-0-1) outshot the Swamp Rabbits (2-3-1-0), 51-32, in their second meeting of the weekend but couldn't pull off the win.

Greenville opened the scoring when Adam Chapie netted his 4th goal of the season at 14:44 of the second period. Chapie set up a tic-tac-toe passing play when he sent the puck to Branden Troock at the blue line who passed it over to Brenden Kotyk. Kotyk returned the puck to Chapie who took a shot from the top of the left-wing circle that beat Monarchs goalie, Evan Cowley, to give the Swamp Rabbits the 1-0 lead.

Sam Kurker tied it up for the Monarchs at 2:29 of the third period when he and Cory Ward converted on a 2-on-1 rush. Ward fired a wrister from the top of the left-wing circle and Kurker grabbed the rebound and put it past Swamp Rabbits goaltender, Ty Rimmer, to make the score, 1-1.

Greenville's Austin McKay quickly struck back at 2:48 of the third period to reclaim Swamp Rabbits lead :19 seconds after the Monarchs tied it up. Jack Nevins passed the puck towards the Monarchs net and McKay tapped it in to give him his 1st goal of the season.

Allan McPherson put the Swamp Rabbits up, 3-1, at 6:57 of the third period when he scored his 3rd goal of the season. McPherson blocked a shot in his own end, rushed into the offensive zone on a breakaway and beat Cowley glove side to give Greenville their two-goal lead back.

The final goal of the game came from Swamp Rabbits forward, Curt Gogol, who tallied a power-play goal at 10:06 in the third period. Joe Houk fired a shot that ricocheted off a Monarchs glove and Gogol found the rebound and buried it, securing Greenville's 4-1 win on his 2nd goal of the year.

The Monarchs are back on the ice Wednesday, Nov. 1 (7 p.m.), when they travel to Norfolk, Va., to take on the Norfolk Admirals.

### NOTES

The Monarchs set a season-high with 51 shots on goal

Manchester went 0-for-5 on the power play

**Greenville and Manchester ready for the referee to drop the punk in action Saturday night (Courtesy photo).**



## SHS JV Football Team Scores Exciting Win In Final Seconds of Game

The Stevens JV Football team concluded their season on a high note this past Monday. The young Cardinals completed a fantastic comeback, scoring a touchdown with 10.2 seconds remaining in the game to record their first victory of the season, 28-24 over the Epping/Newmarket Blue Devils.

The game was exciting from start to finish. Matt Jones opened the scoring with a 28 yard touchdown run to get Stevens on the board. The conversion failed. Epping would get on the board in the first quarter, as well and they scored the two point conversion to take an 8-6 lead after a quarter.

Stevens would take the lead into halftime as Alex Taylor picked off a Blue Devil pass and then scored on the ensuing drive on a 16 yard run. The conversion was no good but it was 12-8 in favor of Stevens.

The Cardinals added to their lead in the third quarter as Karsten Kleyensteuber powered into the end zone from 2 yards out. Jones added the conversion run and it was 20-8 Stevens.

The Blue Devils began to chip away at the lead with a touchdown and conversion to make it 20-16, and then with less than two minutes remaining in the contest scored another touchdown and conversion to go up 24-20 and it looked like that might end up being the final.

The Cardinals, searching for their first win of the year, had other ideas, however. Facing a 4th down and 3 with just over a minute to go, Taylor drilled a pass to Kleyensteuber for a

huge first down, and then found Jones for a big gain down the left sideline to give the Cardinals a chance. With time winding down, Taylor laid a beautiful pass into the hands of Jones, who had gotten behind the Blue Devil safety for a 28 yard touchdown to give Stevens the lead with just 10.2 seconds remaining in the game. Taylor added the conversion run and Stevens was up 28-20.

The Blue Devils had an impressive kick return, but Mason Mathews came up big getting a hand on the Epping returner allowing a number of Stevens tacklers to bring him down as time expired to give the young Cardinals a very well deserved victory.

Sophomore Matt Jones had a big day, rushing for well over 100 yards and also racked up some all-purpose yards with some big receptions and returns on the day. Alex Taylor also had a huge day. The sophomore had a rushing touchdown, threw for the game winning score, added a conversion run, an interception, and also had a pair of fumble recoveries. Karsten Kleyensteuber had a touchdown, the big fourth down reception, and a number of good runs on the day. Defensively, Hunter Paradis played an outstanding game, setting the edge and making numerous tackles at defensive end, as did Josh Cutler. Logan Steadman repeatedly punished Blue Devil ball carriers who tried running inside on the Cardinal defense, and Clayton Wadsworth, JJ Tursky, and Luke Forrest contained the Epping receivers.

# Inspiration

## The Blessing of Rain

By Priscilla Hull

As I sat reading on Thursday morning, I was distracted by, of all things, the rain! Rain is a necessary entity in our lives, it provides moisture and nourishment to plants which we use for nourishment, shelter and fuel. Without rain, nothing would grow! That's not an earth-shattering statement, just a fact of life!

As a kid, on a warm summer or spring or fall day, did you ever stand out in the rain and let it just wash over your face? Have you felt the rain trickling down your neck, down your back? Do you remember being caught in a rainstorm once or twice and running home, laughing as the water squished in your sneakers? How about as an adult? Do you ever let the rain soak through your clothes and simply enjoy the sensation as you let it run over your face and arms?

When was the last time you splashed - and I mean splashed - through a puddle? I mean, really stomping your feet in the water and watching the water splash up around your legs? How far could you send those drops of water? Feels great, doesn't it?

How many times have plans for the day been changed because of rain? As a child, did you plan a day at the beach and then cancel because of rain? Did some other plan come into effect, like a marathon day of Monopoly, or Scrabble, or Gin Rummy. We used to play the card game Flinch on a rainy day at the beach at Montauk Point (Long Island, New York). Maybe lunch would be a carpet picnic rather than a beach picnic! Maybe, you'd just curl up in a big chair and just read a good book; The Bobbsey Twins, Little Women, Tom Sawyer, Harry Potter, Amelia Bedilia? Maybe you had trains or dolls set up in the attic where you'd retreat and be lost to all other awareness for the day.

Yes, without the rain, the land becomes dry and eventually hard and nothing grows. So, while rain may disrupt our plans, put the picnic on hold or change the day at the beach, it is necessary.

We need to enjoy the rain! When we listen to the rain, we're listening to the voice of nature, reminding us who should be in control of our world. We're not in control. We need to support the natural way of the universe so that the universe, our world in particular, continues to survive. This unusual warmth at the end of October, while it might be saving on our fuel bills, is not a good thing. Think for a minute about the effects of this increased warmth! The warm rain, of Thursday, causes bulbs to begin their cycle of life. The warm rain of October, begins the change that should come about during the warm rain of April. Migratory birds know instinctively to begin their flight south as the weather turns colder. The warm rain tells them not to hasten and their instincts become confused. This is not the natural order. It has become messed up somehow by our own thoughtless actions.

So enjoy the warm rain, but remember that we have changed the order of the natural world with our extensive construction, paving of parking lots, filling in of wetlands and otherwise affecting the natural world around us. Warm rain is good. Let's keep the natural world at its best so that plants grow in time, beasts sleep in time and life supports life.

"The rain and snow fall from the sky and do not return, but instead water the earth and make it produce and yield crops, and provide seed for the planter and food for those who must eat."  
Isaiah 55:10

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



## Calendar Of Events

### Newport Opera House Announces New Season

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

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

Friday, November 3 - Sunday, November 5

Agatha Christie's "The Mousetrap" is the longest-running play in the history of London's West End. Find out what happens when a group of people stranded in a country house discovers that there is a killer among them, but who is it? Everyone is a suspect in this thrilling murder mystery.

"The Great Gatsby"

Friday, November 17 - Sunday, November 19

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

"It's a Wonderful Life: A Live Radio Play"

Friday, December 1 & Sunday, December 3

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

For tickets and information:

[www.newportoperahouse.com](http://www.newportoperahouse.com) or call #603-863-2412.

### Croydon Ladies Auxiliary Bingo

CLAREMONT, NH--The Croydon Ladies Auxiliary is sponsoring bingo every Thursday. Held at the Claremont Senior Center, 5 Acer Heights off Maple Avenue in Claremont. Doors

open at 4:30 p.m. and games start at 6:30 p.m. Food and drinks available. Open to those 18 and older. Call Sandy at 543-7118 for more information.

All paper games.

### Hope For Recovery Services, Meetings

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.

### Caregiver Support Group

SPRINGFIELD, VT--A Caregiver Support Group (formerly Alzheimer's Support Group) is available to help enhance the lives of individuals with Alzheimer's disease and other dementias. Presented by Alzheimer's Association, Vermont Chapter, the Caregivers Support Group meets the third Wednesday of every month, 5:00 - 6:30 p.m. at Springfield Hospital Library, Level D, Springfield.

### Sunapee Town Departments Schedule

SUNAPEE, NH--The Sunapee Town Departments will be closed on the following days: Town Office & Town Clerk/Tax Collector

Friday, November 10th

Thursday, November 23rd & Friday, November 24th

Monday, December 25th

Monday, January 1st

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

Saturday, November 11th

Saturday, November 25th

Saturday, December 23rd

Transfer Station

Friday, November 10th

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

### Sunapee Quilt Project

SUNAPEE, NH--A group of Sunapee crafters is busy making squares for a quilt that will celebrate the town's 250 years. Would you like to help? Come to the next meeting at the Methodist Church on Tuesday, Nov. 7th, at 7:00 p.m. and /or email Becky at [SunapeeHistory@gmail.com](mailto:SunapeeHistory@gmail.com). All are welcome.

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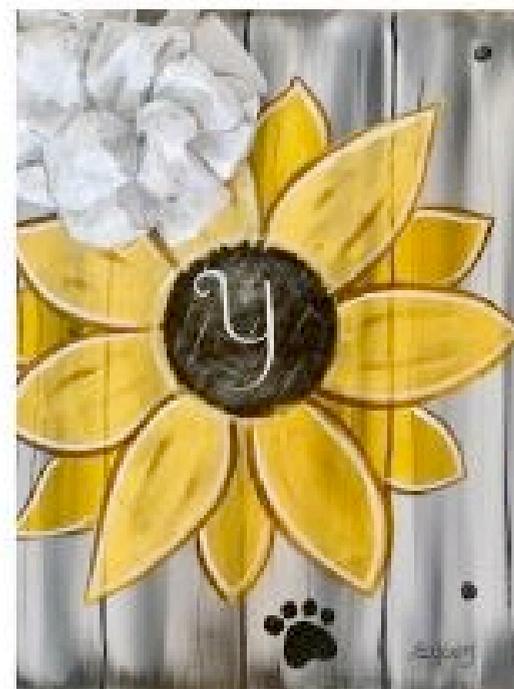
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# **"Winter Fling" Holiday Craft Fair**

Sat., Nov. 4, 2017

9AM -2PM



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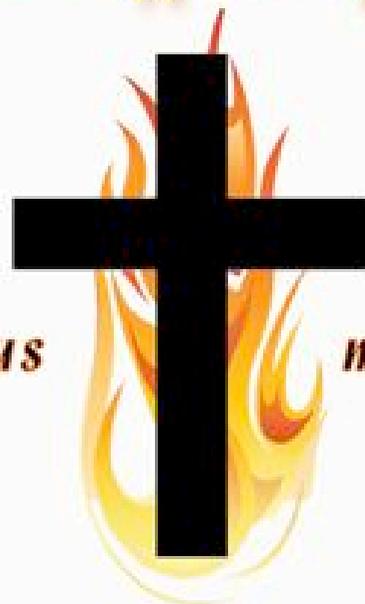
Nov 3rd at 6:30 PM  
Charlestown Congregational Church  
71 Main St, Charlestown, NH



# Soli Deo Gloria

*Come!*

*Lift Voices in Offering to our Lord!*



*The Spirit of Jesus moves us to Praise Him,*

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*"Be Thou Exalted, O God, above the Heavens, and Thy Glory above all the Earth."*

*Ps 108: 6*

## 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
<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>BLOOD PRESSURE CLINIC</b> 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 – 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> 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 – 2:30 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  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>

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annjacques1@comcast.net

## “Winter Fling” Holiday Craft Fair at Senior Center

CLAREMONT, NH--A “Winter Fling” Holiday Craft Fair will be held on Saturday, Nov. 4, from 9:00 a.m. - 2:00 p.m.; sponsored by and held at Claremont Senior Center, Inc. 5 Acer Heights Rd.

Featuring area crafters, food concession and our famous “Cookie Sale”. We have five spaces still available. Call (603) 543-5998 for your reservation!

ends), from 10AM to 2PM, and by appointment by calling 603-863-1294. The museum is free, heated, air-conditioned, and handicapped accessible.

## Overeaters Anonymous Meetings

NEWPORT, NH--OA 12 & 12 meetings held on Sundays from 12:30-1:30 p.m. at Millie's Place, 45 John Stark Hwy., in Newport.

## Upcoming Craft Fairs - 3 locations

November 10th and 11th  
Handcrafted gifts made of wood and glass, jewelry, accessories and much more.

Mt. Ascutney Hospital Conference Rooms  
Friday, November 10th 8AM - 3PM  
Saturday, November 11th 9AM - 3PM

Windsor Recreation Center  
Saturday, November 11th 9AM - 3PM

Old South Church  
Saturday, November 11th 9AM - 3PM

## Rural Outright Meetings

CLAREMONT, NH--The Rural Outright LGBTQ+ club meets the second and fourth Friday of each month at 6 p.m. at TLC Family Resource Center, 109 Pleasant Street in Claremont, NH. This is a safe, open and inviting social and support group for all people who identify as LGBTQ+. Ages 14 and older. For more information, visit [www.tlcfamilyrc.org](http://www.tlcfamilyrc.org).

## Lady Boss Club Meetings

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

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

## Newport Historical Society Museum Hours

NEWPORT, NH--Interested in local history? Come visit the Newport Historical Society Museum, 20 Central St., Newport, NH. Located in the 1837 Nettleton House, the museum has two floors of annually changing displays to wander through.

Open Sundays (except holiday week-

# Happy Halloween!!

## All of us here at Westaff want to wish everyone a very happy and safe Halloween!!



**Kerri Emmons**  
**603-542-9675**  
Kerri.emmons@westaff.com  
131 Broad Street, Claremont, NH 03743  
[www.westaff.com](http://www.westaff.com)



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**Humane Society**



**Benefit Dinner**

**The Common Man**

**November 14<sup>th</sup>, 2017**

**5 to 9 pm: \$30 / ticket**

**\$10 of each ticket is donated back to  
the Humane Society!**

-  Each ticket includes 1 three course meal from a pre-set menu & 1 non-alcoholic beverage
-  Many silent auction items the night of the event

**Call 542-3277 for Dinner Tickets!!**



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!

# BENEFIT BINGO HONOR FLIGHT NEW ENGLAND



SUNDAY NOV 5, 2017

CHARLESTOWN VFW POST HALL

Doors open at 11:00 Bingo at 1:00

365 LOVERS LANE ROAD

CHARLESTOWN MEMORIAL VFW POST 8497 AND AUXILIARY



All monies raised from Bingo \*  
will be donated to Honor Flight  
New England through the  
Department of NH VFW and  
Auxiliary.



\*Raffle item proceeds and monies  
raised through 50 / 50 raffle will  
go towards the Auxiliary's many  
Veteran and youth programs.

11/10/17

Get Your ... CD'S, DVD'S, UPTA CAMP GEAR!

COMEDIAN **BOB MARLEY**  
WICKED FUNNY

RETURNS TO CLAREMONT FOR ONE NIGHT ONLY

CASH BAR  
BEER & WINE

**C O H**

CLAREMONT  
OPERA  
HOUSE

1000  
RED RYDER

**A CHRISTMAS STORY**  
The Musical

It's a Special  
River Theater  
Holiday Season  
production

11/17, 18, 19

LOCAL HOLIDAY FAVORITE

**Clara's Cracked Christmas**

STARDANCER STUDIOS

12/2&3/17

**EAGLEMANIA**

7:30PM  
DEC 16TH

The World's Greatest Eagles Tribute!

CASH BAR  
BEER & WINE

claremontoperahouse.org

FRIDAY NOVEMBER 3  
SATURDAY NOVEMBER 4  
SHOWS AT 7PM

ARTISTRY PARTNERS SUPPORTED EVENT  
with  
CLAREMONT OPERA HOUSE  
WORLD UNDER WONDER  
STEVEN'S HIGH SCHOOL

**THE HOBBIT**  
By PATRICIA GRAY.  
BASED ON THE CLASSIC BY J.R.R. TOLKIEN

CLAREMONT OPERA HOUSE  
12/31  
First Night  
CELEBRATE 2018 WITH US

Intimate on stage performances of select scenes from  
WILLIAM SHAKESPEARE'S  
**THE TEMPEST**

1/6/18

**Snippets**  
REPERTORY THEATRE COMPANY  
at COH PRODUCTION

Select scenes from classic TV sitcoms: Three Stooges-Dick Van Dyke-The Lucy Show-Beverly Hillsbillies-Andy Griffith-Rescue from Gilligan's Island

**CGT 4**

THE ANNUAL CLAREMONT OPERA HOUSE  
"COMMUNITY'S GOT TALENT"  
TALENT SHOW  
FEBRUARY 24, 2018  
AUDITIONS NOW OPEN

Call 603-542-0064 for details

# 7<sup>th</sup> Annual ARTISAN FAIR



WCC-MA.ORG

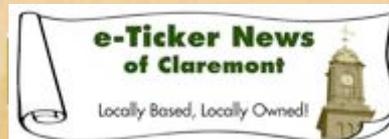


CLAREMONT SAVINGS BANK COMMUNITY CENTER  
152 South Street Claremont NH

**NOV** 4th, Saturday, 2017  
10:00am-4:00pm

— HANDCRAFTED —

Pottery | Jewelry | Watercolor | Fiber Arts  
Glass | Home Decor | Food | and more



## Perpetual Torment: Living with PTSD

By Bernadette O'Leary

For those who have PTSD, you know the suffering. You know the pain, heart-ache, hopelessness, and the sense of losing who you are and wondering if you will ever be yourself again, much less ever know normalcy and happiness again. You know the feeling of loneliness from having no one in your life who truly cares, even if this reality is a false one known only to you. You know the terror and flashbacks where simply a sound, a word or phrase, a scent, or a place can send you into a hell that consumes you and your senses and spirals like a lonely, dark, and terrible whirlwind inside of you. All seemingly out of nowhere, with no apparent cause, other than past events that have left you scarred mentally and emotionally. This often misunderstood illness is quite common among those who suffer traumatic events, and it is a serious struggle.

The statistics regarding PTSD are hard to come by, as it often goes unreported due to the stigmas and fears associated with psychological illness and the causes of it, such as domestic abuse. Additionally, the cause of suicide is not always easily detected by authorities. According to Sidran Institute, 70% of Americans have suffered some form of traumatic event in their life, and of those, 20% develop PTSD (approximately 5% of all Americans, which is roughly 13 million people). PTSD is caused by various traumatic events. Military service, abuse, disasters, and more can cause it, and it is suffering that no words can fully describe. It is suffering from within of heart, mind, and even body that can disable even those who seem to be the strongest. PTSD Journal states women are higher risk for PTSD, and children also get this horrible illness. It knows no boundaries of gender, age, or race.

It's widely accepted by mental health officials that PTSD is linked to suicide, but the exact statistics are difficult to come by. The reasons are simple. PTSD is most widely associated with military and emergency response personnel and not with the general population as a whole for those who have suffered severe trauma. When added with the fact that not every PTSD sufferer reports their suffering or seeks help in order to allow proper diagnosis, it's simply not possible to know the exact numbers. However, the World Health Organization estimates that roughly 800,000 die each year to suicide (1 person every 40 seconds), plus approximately 20 more failed suicide attempts per every successful death. Unfortunately, the causes vary, rendering it impossible to know how many of those are due to PTSD. These numbers reveal the need for further study into the link between PTSD and suicide that focuses on the population as a whole, rather than simply those in the military and emergency responders.

The sufferer has good days and bad, but the reality for them is repeated moments of terror and emotional turmoil within the heart, mind, and even body (as it affects health as well) with little to no help. In those moments, they feel no hope and see no way for things to get better. For them, things will only get worse, they are worthless, and everything they touch gets ruined. Everything simply gets worse and worse until they cannot face even one more second of the torturous suffering. This is the perceived reality that sufferers have to find a way to work through. Imagine living that way as a regular, normal life. Sadly, many around us do.

Help is out there, using therapy, medication, and other treatments. However, the sufferer often does not or cannot seek help. They can't control it, "snap out of it," or "change their perspective". Life is not always what you make of it. Sometimes, it's out of your control, and your life is spiraling downhill. Mental illness, including PTSD, is not a choice. Yes, there is help that can work over time, but the road is long, hard, and can take years.

If you love someone with PTSD, judging them or getting frustrated with them is the worst possible response. Instead, a smile, a hug, or a short note just saying you love the person can help. You don't have to do anything big; just love them. As awful as it may feel to you, I guarantee you it is a hundred times worse for the person who struggles with it.

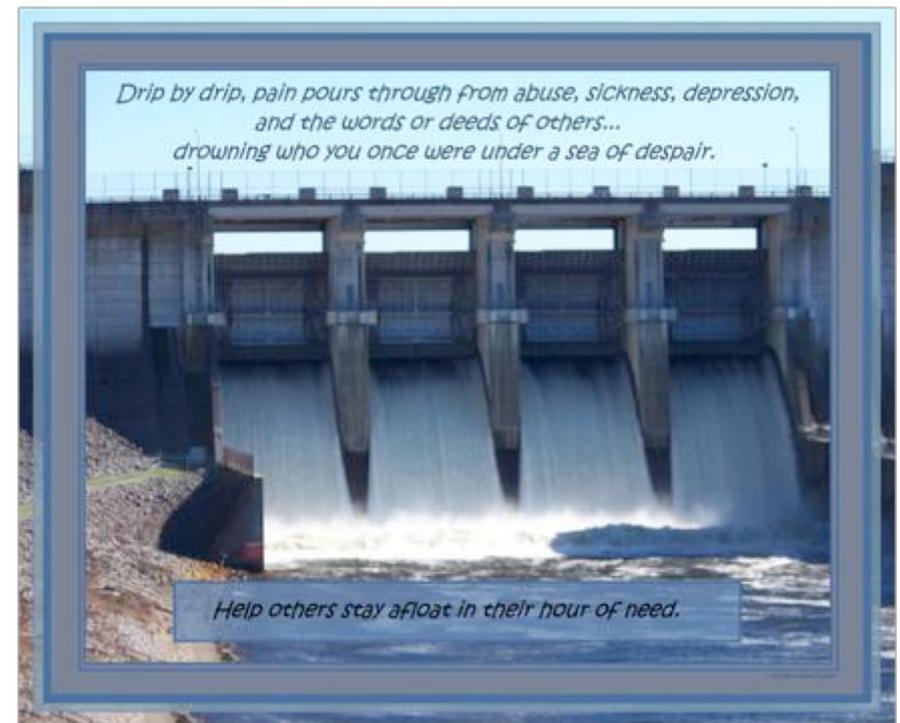
If you suffer PTSD, reach out to those you love. It's hard. I'm still failing in this myself and trying to learn how to do so while accepting that loved ones want to be there. Also, reach out to others who suffer from it. Stick together. It might help to stand with others who understand. Until next time, my friends, #LoveOthersWell, including yourself. May you find comfort, peace, love, and healing.

### Resources:

Sidran Institute: <https://www.sidran.org/resources/for-survivors-and-loved-ones/post-traumatic-stress-disorder-fact-sheet-2/>

PTSD Journal: <http://www.ptsdjournal.com/posts/10-surprising-facts-about-ptsd/>

World Health Organization: [http://www.who.int/mental\\_health/prevention/suicide/suicideprevent/en/](http://www.who.int/mental_health/prevention/suicide/suicideprevent/en/)





The Professional Firefighters of NH - Local 1571 held a "Fill the Boot" event on Sunday at Wal-Mart to raise funds for the Muscular Dystrophy Association and MDA of NH.

## Lebanon Police 3 on 3 Basketball Tournament Set for Nov. 26

LEBANON, NH--On Sunday, Nov. 26, the Lebanon Police Department will host its Second annual 3 on 3 basketball tournament at the CCBA in Lebanon. This year, all proceeds will benefit the Child Advocacy Center (CAC) at the Children's Hospital at Dartmouth-Hitchcock. The Lebanon Police and the CAC work closely together to advocate for children who are victims of physical and sexual abuse.

There will be a boys and girls division for 5th and 6th graders, 7th & 8th graders and high school players. Each team will have up to four players and the cost is \$50 a team. Registration deadline is Wednesday, November 22.

For more information, contact Lieutenant Matthew Isham at (603)448-8800 or [Matthew.Isham@lebcity.com](mailto:Matthew.Isham@lebcity.com).

Rules, information and registration forms can be picked up at the Lebanon Police Department or found at: <https://lebanonnh.gov/1096>.

Send news and photos to [etickernews@gmail.com](mailto:etickernews@gmail.com)

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

## Eugene's World Gallery Having Show in November

WINDSOR, VT--Eugene's World Gallery, at 149 Main Street, Windsor, is having a show from the 3rd of November to the 18th of November, from 11:00 a.m. to 5:00 p.m. every day except Sundays. Saturday, the 4th of November, is the day to come and meet the artists. We are looking as well for artists, crafters, photographers, and more, creative talented people using different mediums for their creations.

Email: [patisserie0149@hotmail.com](mailto:patisserie0149@hotmail.com) or call 1-802-6745727.



*October's Drawing: Held 10/31  
Enjoy Halloween with 2 DVDs:  
28 Weeks Later (with Robert Carlyle)  
and The Boy (with Lauren Cohan)*

*How to enter:*

- 1. Text "Win 10.31" to (405) 332-3353*
- 2. Email "Win 10.31" to [etickernews.bernadette.oleary@gmail.com](mailto:etickernews.bernadette.oleary@gmail.com)*
- 3. Send Private Message on Facebook or Twitter with "Win 10.31"*
- 4. Click "Like" on this post*
- 5. Tell me why you should win using any of the above methods for an extra chance to win.*

*\*\*Enter each week using one or all of the above methods for more chances to win!*

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)

#### Mary L. Royce, 92

Mary Lenore (McMahon) Royce, 92, formerly of Charlestown, NH, passed away on October 23, 2017, at the Sullivan County Health Care in Unity.

She was born in Burlington, VT, on February 9, 1925, the daughter of Walter and Madeline McMahon.

She graduated Rice (Cathedral) High School and Burlington Business College.

She was a parishioner of St. Catherine of Siena Church and attended the Charlestown Senior Center for many years.

Members of Mary's family include her children, John Royce (wife Nancy), William Royce (partner Louise), Kathryn Mitchell (husband Joseph), James Royce (wife Karen), Thomas Royce (partner Karen), and Maryalice Sosnoski (husband David), a brother, Reid McMahon (wife Theresa), 21 grandchildren, Nichole, Fred, Scott, Amy, John, Robert, Diana, Chris, Tory, Trina, Tyson, Heather, Tanner, April, Kelly, Matt, Rick, Dayna, Delaney, Heather, Brian and 20 great grandchildren.

She was predeceased by her husband of 51 years, Ernest Harland "Skeet" Royce; and her brothers, John, Paul, Carl; and sisters, Ruth and June.

The family would like to send special

thanks for the exceptional love and care Mary received at Sullivan County Healthcare, during her time there.

A Mass of Christian burial was held at St. Catherine of Siena Church, Main Street in Charlestown on Friday morning with Father John Loughnane and Father Shawn Therrien officiating.

Burial followed in St. Catherine's Cemetery.

In lieu of flowers, please send donations in Mary's memory to the Charlestown Senior Center, 223 Old Springfield Rd, Charlestown, NH 03603, or the Alzheimer's Association <https://www.alz.org/> click "donate".

#### Julia G. Ayotte, 73

Julia G. Ayotte, 73, of Main Street in Claremont, NH, died Sunday (October 22, 2017) at her home following a period of failing health. She was born in Claremont, NH, on June 16, 1944, the daughter of Gerald, Sr. and Angeline (Ferland) Moore and had been a lifetime area resident. Julia had been employed by Grobet File Company in Charlestown, NH, for many

years and later worked at Wal-Mart. She enjoyed collecting knick-knacks and lighthouses. Julia enjoyed camping for many years at Running Bear Camping area and listening to Elvis Presley and Alan Jackson.

Members of her family include her husband, Richard Ayotte, Claremont, NH; a son, Peter Cloutier, Claremont, NH; one grandchild, two brothers, Jerry Moore, Jr., Claremont, NH; Bruce Brown, Unity, NH; five sisters, Shirley Hodgdon, Charles-town, NH; Anita Spencer, Newbern, NC; Elaine Lemieux, Claremont, NH; Joanne Moore, Charlestown, NH; Gail Matthews, Charlestown, NH, and many cousins, nieces and nephews.

Funeral services were held on Thursday (October 26) at the Roy Funeral Home.

Committal services will be held at a later date at the convenience of the family.

You are invited to share a memory of Julia 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.

“The true primary-care provider is Mom.”

-Dr. Sam Givven

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)

## Claremont Fire Dept. Log

### Sunday, October 22nd

0858 E-3 responded to Pleasant St for a fire alarm sounding

0930 E-3 responded to North St for an illegal burn

### Monday, October 23rd

1348 E-3 responded to Hanover St for a tree on wires

1612 E-3 responded to Fiske Pl for a medical call

1640 E-3 responded to Green St for a medical call

### Tuesday, October 24th

1213 E-3 responded to Old Newport Rd for a tree on wires

1217 E-1 responded to River Rd for a tree on wires

1638 E-3 responded to Central St for a medical call

1716 E-3, Utility 3 responded to Old Coach Rd for a medical call

2213 E-3 responded to Spring St for a transformer problem

### Wednesday, October 25th

1349 E-3 responded to Palmer St for an illegal burn

1634 E-3, L-2 responded to Washington St for a Box Alarm

1847 E-3 responded to Perrotto Ave for a medical call

### Thursday, October 26th

0835 E-3 responded to Winter St for a tree a wires

1113 E-3 responded to Washington St for an odor investigation

1613 E-3 responded to Drapers Corners for a smoke investigation

### Friday, October 27th

0550 E-3 responded to Citizens St for a medical call

1153 E-3 responded to North St for a MVA

1201 L-2 responded to Maple Ave for a check of well being

### Saturday, October 28th

0826 E-3 responded to Albion Ave for a water problem

0906 E-1 responded to Front St for an odor investigation

2109 E-3 responded to Main St for an alarm sounding

2341 E-3 responded to Hanover St for a medical call

## Social News

### Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Café Claremont Menu: Tuesday - October 31... Soup, mac & cheese, ham, vegetable, dessert. Thursday - November 2... Salad, American chop suey, garlic bread, dessert. Menu subject to change!

Our Annual "Winter Fling" Holiday Craft Fair and Famous Cookie Sale will be held on Sat. - Nov. 4. Only 3 spaces left. Registration forms available if you would like to participate!

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

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

"Sunday at the Center" (1:00-4:00 PM) held 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. We are introducing a NEW GAME. Poker...no money, chips will be used.

Our "Vendors / Crafters Corner" welcomes Julie's ICare on Thursday - November 9. 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!

Our next Senior Men's Breakfast will be Monday - November 13, 2017. Doors opens 8:00 AM, breakfast served 8:15 AM, guest speaker 8:45 AM. Menu: Pancakes, sausage or bacon, juice, coffee. Members \$2.00, non-member guests \$3.00. Come to or call center to sign-up!

Upcoming Best of Times bus company trips: The Corvettes Doo Wop Revue - Thursday - November 9 - Lake Pearl - Wrentham, MA. Penn Dutch Country's (The Miracle of Christmas) -December 5 to 7.

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

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

Seniors Bingo for center members 55 years of age and older every Wednesday at 1:00 PM. Come have lunch! Sale of cards stops at 12:50 PM. No cards sold after that time!

Senior Game Night every Tuesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required. Mahjonn, Hand & Foot card game and Pool are popular but other games are available. 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 website (cnhcs.org.)



The Claremont City Council will hold a public meeting on Wednesday, November 8, 2017, at 6:30 p.m. in the Council Chambers of City Hall.

### AGENDA

- 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, October 11, 19 and 25, 2017, City Council Meetings
- 6:35 PM 5. MAYOR'S NOTES
- 6:40 PM 6. CITY MANAGER'S REPORT
- 6:55 PM 7. APPOINTMENT TO BOARDS AND COMMITTEES
- 7:00 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
9. OLD BUSINESS
- 7:10 PM A. Ordinance 557 Naming City-owned Property – First Reading
- 7:25 PM B. Property Tax Exemption for Commercial and Industrial Businesses Discussion
10. NEW BUSINESS
- 7:40 PM A. Resolution 2018-12 to Apply, Accept and Expend \$10,955.36 NH Highway Safety Grant for Claremont DWI Patrols – Public Hearing
- 7:55 PM B. Resolution 2018-14 RSA 79-E Application by Deglace, LLC for 40 Union Street, Parcel 107-13 – Public Hearing
- BREAK
- 8:25 PM C. Resolution 2018-10 – Re-Appropriate City Match for TAP Grant – Public Hearing
- 8:35 PM D. Resolution 2018-11 Use of Unanticipated Revenue from SAFER Grant – Public Hearing
- 8:45 PM E. Water Sewer Capital Reserves
- 9:00 PM F. Motion to Transfer \$662.00 Raised from All In Moody Park Bike Race
- 9:10 PM G. Motion to Transfer \$3,185.00 Raised from First Annual Scholarship Golf Scramble
- 9:20 PM H. Resolution 2018-13 Accept and Expend \$107,400 LWCF Grant for Playground at Monadnock Park – Public Hearing
- 9:35 PM 11. COMMITTEE REPORTS
- 9:40 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:55 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 10:00 PM 14. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Thursday, November 9, 2017, at 6:30 p.m. in the Council Chambers at City Hall.