



Left: Both the SHS boys JV and varsity teams saw plenty of action last week, with the varsity team losing a close one as it came down to the final seconds vs. Monadnock Regional High School, 41-36. Right: SHS's own Andrew Friend recorded a win between the pipes Wednesday afternoon as the Lebanon/Stevens boys hockey team defeated Timberlane, 9-3 (Courtesy photos).

SHS Boys Basketball Back in Action on Tuesday

The Stevens Boys Basketball team had a pair of games this past week. The Cardinals hosted Mascenic on Tuesday and welcomed Monadnock to Frederick Carr gymnasium on Friday.

On Tuesday night, the undefeated Vikings of Mascenic improved to 5-0 with a 54-38 victory. The game was close for a half, but a big third quarter allowed Mascenic to pull away. The Cardinals were led by Luke Come, who scored a team high 10 points. Derrick Stanhope had 8 points, while Josh Stithen had 7 points, and Tanner Durkee chipped in with 6 points.

Stevens and Monadnock met for the second time this season on Friday evening and the Huskies would hold on for a 41-36 victory in a defensive game that came down to the final seconds. Stevens trailed by 10 points at the half, but turned up the defensive pressure and held the Huskie's to just 4 points in the 3rd quarter and 12 points in the 2nd half while chipping away at the lead. The Cardinals

trailed by just 3 points in the closing seconds and had two good chances to tie the game but a pair of three point shots just missed the mark, and Monadnock hit a pair of free throws to hold on. Drew Grenier scored 11 points, Derrick Stanhope had 7 points, and Joe Desilets chipped in with 6 points.

Stevens dropped to 2-4 and will be back in action on Tuesday as they travel to Jaffrey to take on the Orioles of Conant and finish the week with a trip to Con-Val on Friday.

The Junior Cardinals dropped a 55-42 decision to Mascenic on Tuesday night. Owen Taylor led the team with 11 points. Brennan Hutton had 8 points, and Clayton Wadsworth had 5 points.

On Friday, the Cardinals improved their record to 3-3 with a 49-27 victory over the Huskies. Owen Taylor again led the Cardinals with 11 points, while hauling down 12 rebounds. Quentin Bicknell had 8 points and 7 rebounds, any Brennan Hutton had another 8 point game. Colin Lewis had 9 rebounds and Ty Bonneau

had 6 steals.

The JV team will also be in action on Tuesday and Friday prior to the varsity game.

Lebanon-Stevens Hockey

01/03/18 Timberlane W 9-3

01/06/18 at Keene L 2-4

01/08/18 at John Stark 7:15 PM

01/11/18 at Oyster River 6:00 PM

01/13/18 at Merrimack 5:00 PM

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SHS Girls Basketball

01/09/18 Conant 7:00 PM

01/12/18 ConVal 7:00 PM

“North Woods Law” Returns for All-New Season on Animal Planet

CONCORD, N.H. – The third season of “North Woods Law”, featuring the Conservation Officers of the New Hampshire Fish and Game Department who work tirelessly to preserve and protect New Hampshire’s natural resources, premiered Sunday, Jan. 7, at 9:00 p.m. on Animal Planet.

New Hampshire is a prime destination for outdoorsmen and women because of its wild and rugged landscape, making the work of New Hampshire Conservation Officers diverse and demanding. This season on “North Woods Law”, the officers help solve a 19-year-old cold case involving a missing man with the use of new camera and sonar technologies; conduct multiple search and rescue missions, including a night rescue of an injured and exhausted teenager with autism from the windswept trails of Mount Washington; investigate hunters suspected to be involved in illegal activity; save a malnourished and disorientated hawk battling blindness; and gear up to help local police make an arrest on a massive marijuana growing operation.

“We’re excited about a third season rolling out,” said Fish and Game Law Enforcement Chief Col. Kevin Jordan. “People have given us lots of positive feedback on the way the show has progressed so far. And just as we hoped, “North Woods Law” is serving to help the public understand the complexity of the work these officers are doing. Enjoy the new episodes!”

Earlier seasons of “North Woods Law” are available in their entirety on the Ani-

mal Planet Go app which allows Animal Planet audiences to catch up on full episodes of their favorite series and specials anytime, anywhere.

“North Woods Law” is produced for Animal Planet by Engel Entertainment where Steven Engel and Ben Shank serve as executive producers. For Animal Planet, Patrick Keegan serves as supervising producer. To learn more, visit www.wildnh.com/law-enforcement/tv.html.

Monarchs Blanked by Walleye, 3-0

TOLEDO, OH--The Manchester Monarchs dropped their third straight game as the Toledo Walleye defeated the Monarchs, 3-0, Saturday night at the Huntington Center.

The Monarchs (21-12-2-1) were unable to beat goaltender Matej Machovsky, and dropped their lone contest of the season with the Walleye (21-10-2-1).

Toledo opened the scoring at 1:04 of the first period on the 4th goal of the season for Austen Brassard. Shane Berschbach skated through the neutral zone where he backhanded a pass to Brassard along the left wing. Brassard made his way to the hashmarks and floated a backhanded pass towards goal, where Monarchs defenseman Craig Wyszomirski tried to clear the puck away and batted it into his own net to give the Walleye a 1-0 lead.

The Walleye extended their lead at 2:25 of the second period on the 5th goal of the season for Berschbach. Kevin Gibson sent a pass from the middle of the point to Brassard at the left post, where Brassard one-timed a pass across the crease to Berschbach who snapped a one-timer past the glove of Monarchs goaltender, Brandon Komm, to make it 2-0 Toledo.

Toledo wrapped up the scoring at 19:18 of the third period on a power-play goal by Tyler



Monarchs goaltender, Brandon Komm, had a challenging night (Courtesy photo).

Barnes, his 8th goal of the season. Barnes held the puck along the goal line where he sent a pass into the slot for Mike Borkowski. Borkowski took a shot and Barnes gathered the rebound and pushed the puck through the legs of Komm, to give Toledo a 3-0 lead.

The Monarchs are back in action Jan. 12 (7:00 p.m.) when they return home to play the Worcester Railers at SNHU Arena.



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Inspiration

Time for Snow!

By Priscilla Hull

Ok, Mother Nature! You've made your statement! Winter is here! It's clear to us that you've won this bout once again and as always! School has had two snow days one at the beginning of the winter break and now thanks to this most recent storm another. Don't get me wrong, dear friends, I love winter, snow and all the fun it brings, but here's a funny conundrum;

- When I was a little girl we'd get snow up to our knees! I could just about walk through it! I'd guess it was about 12" deep. I turned into a teenager and 12" of snow was nothing! In New Jersey it made for good snow forts and snow men!

- I grew up, had a family, bought a home, and that foot of snow became an obstacle. Yes, we had a snow blower and husband cleared the long driveway, but the rest of us did the "fine shoveling". I'd watch my little ones play and have fun in the snow and smile as I remembered the fun I had!

- Suddenly they were grown and on their own and for a while the snow was still enjoyable, then became a task and finally impossible so that now, that same foot of snow leaves me immobile! I'm back to that little three-foot person who couldn't move in the snow!

Life is always interesting in its cycles of change. We move from phase to phase and often barely notice the changes. Wendell Berry writes:

*Within the circle of our lives
we dance the circle of the years,
the circles of the seasons
within the circles of the years,
the cycles of the moon
within the circles of the season,
the circles of our reasons
within the cycles of the moon.*

*Again, again we come and go,
changed, changing. Hands
join, unjoin in love and fear,
grief and joy. The circles turn,
each giving into each, into all.
Only music keeps us here,*

*each by all the others held.
In the hold of hands and eyes
we turn in pairs, that joining
joining each to all again.*

*And then we turn aside, alone,
out of the sunlight gone*

into the darker circles of return.

Our lives continue in a cycle that cannot be stopped. Take time to enjoy each cycle as it comes. It will never come again! If we look with anger and frustration at the snow and ice of winter, we'll miss a part of life that makes us remember the beauty of fresh snow, the sparkle of ice drops at the tip of branches, frozen in time as the sun shines through and melts it. Too soon we'll forget the snow forts, snowmen and tubing. Then we've lost that time forever.

Buckle up, smile, enjoy! Even the biggest grinch can find some joy in the snow!

To every thing there is a season, and a time to every purpose under the heaven:

Ecclesiastes 3:1

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

Calendar Of Events

Bereavement Support Program: Threads of Hope

CLAREMONT, NH--Lake Sunapee VNA will offer a new seven-week bereavement support program called "Threads of Hope" beginning on January 17th in Claremont. Choose the afternoon series at Valley Regional Hospital or the evening series at TLC Family Resource Center. This free program will center around a little book with very large healing potential as participants journey through 12 questions asked by many grieving people and learn to respond to these questions in helpful ways. And you will keep the book!

The program will be held on Wednesdays, January 17, 24, 31, February 7, 14, 21 and 28 from 1:00 to 2:30pm at Valley Regional Hospital, 243 Elm Street, Claremont. It will also be held on those same dates from 5:00 to 6:30pm at TLC Family Resource Center, 109 Pleasant Street, Claremont. RSVPs are requested by calling 603-526-4077.

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.

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).

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.

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.

For more information, please visit amplifiedartsnh.com or contact 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 or contact ruralNHoutright@gmail.com.

For more information about Matthew Shepard’s story please visit 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 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.

CLAREMONT, NH--Second and fourth Friday of every month the Rural Outright Diversity Club for LGBTQ+ people meets from 6 to 8 p.m., at TLC Family Resource Center, 109 Pleasant St., in Claremont. 14 years and older. This is a casual meet and greet with conversation and activities. Come meet other LGBTQ+

folks to share experiences, resources and struggles. For more information, visit online at www.tlcfamilyrc.org/rural-outright-events-calendar.

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

The Number One Interview Question

What is the number one question in an interview??? It is the “tell me about yourself” question and it is almost a guarantee in EVERY interview. It’s how employers like to start conversations. But that’s the key here – It’s a potential EMPLOYER asking the question, not some stud or hottie standing next to you at a bar. With that said, your answer must remain professional and relevant to your work style. The interviewer wants to hear a quick, 1-2 minute summary of your professional experience and an explanation of why you are the best candidate. Start off with a summary of your professional experience in a sentence or two. Then, highlight your biggest accomplishments, especially during your most recent work experience. Wrap up by describing how your unique combination of experience and accomplishments applies to the position, and how you would benefit that company.

While potential employers want to know about you, as a person, what they’re really after is what you can do for them. Telling them about how you discipline your kids or your interests in the “Home Shopping Network” may make you stand out, but not in a good way.

A well-prepared self-introduction will set the tone and direction of the rest of the interview. Take this opportunity to impress your interviewer right from the start because, remember, you can never make another first impression.



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Bingo in Charlestown

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

Sunapee 250 Website is Now Live

SUNAPEE, NH--The Sunapee Sestercentennial Committee welcomes everyone to 2018 and the 250th year since Sunapee's founding. To start the celebration activities, its new Sunapee 250 website is now live at www.SunapeeNH250.org.

You are invited to visit the website regularly for updates on events, volunteering, purchasing commemorative items, sponsoring events and fundraising. Your family, neighborhood group, business or community organization can register for the parade.

Please note, the online store will be ready to accept orders in the near future. An update will be sent out when it is ready to go. In the meantime those in Town can purchase commemorative license plates and window decals at the Town Clerk's Office and Police Department during normal business hours.



Lake Sunapee Region VNA & HOSPICE

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REV. DEC. 15, 2017

MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

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

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Eggs to Order Breakfast

CLAREMONT, NH-- An Eggs to Order Breakfast will be held on Jan. 14, from 7:00 to 10:00 a.m., at St. Marys Gym. Adults: \$8, under 10: \$4, under 3: free.

Menu: Eggs to order, omelets, toast, home fries, bacon, sausage, oatmeal, juice and coffee.

Sponsored by the Knights of Columbus Council 1820.

Robert Grandchamp to Address the January Meeting of the GMCWRT

WRJ, VT--On Saturday, Jan. 13, Robert Grandchamp will be the guest speaker at the monthly meeting of the Green Mountain Civil War Round Table. The meeting will be held at the Bugbee Senior Center, 262 North Main Street, White River Junction VT. Doors open at noon; an optional catered lunch from Big Fatty's Barbeque is available at 12:15, followed by a short business meeting at 12:45. The program, "Lieutenant Charles Douglas of the 5th Rhode Island Heavy Artillery" will take place immediately after.

Grandchamp will be speaking about lieutenant Charles Douglas' service in North Carolina during the Civil War. He is very fortunate to have a large collection of artifacts that belonged to Douglas and he will be bringing some of those artifacts with him, and will be speaking about how artifacts can teach us about the conflict and what they represented to both the soldiers then and to collectors today.

The meeting is open to the public. Reservations for the meal (\$12.00) must be placed by noon, January 11 (Thursday) with Gail Blake at 802-296-2919 or auntis@comcast.net. Those not having dinner will be asked to pay a modest door fee to cover expenses.

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

Sunapee Blood Drive Jan. 15

SUNAPEE, NH--The next Sunapee Fire Department-hosted Red Cross Blood Drive will be on Monday, Jan. 15, at the Safety Services Building from 9:00 a.m. to 2:00 p.m. The drive will be in the motorcoach, so appointments are

highly recommended. Donors can make an appointment by going to the Red Cross Blood donation site or calling 1-800-RED-CROSS (733-2767).

You can expedite your donation time by using Rapid Pass to register ahead of time. Your donation of a single unit of blood can help save up to three ill or injured patients. Please consider donating!

Homeowners have a second opportunity to potentially save a life and property. Do you have a fire hydrant in or near your yard that is safe to shovel or snowblow? Would you consider helping out the Water & Fire Departments and adopting the hydrant to clear the snow so emergency services can get to it if needed? It has been a active time for area fire departments, and seconds can mean the difference in knocking down a fire or having it destroy a structure. Our Water and Fire crews are not large agencies and have many tasks to attend to so we would appreciate the help.

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.

State Fire Marshal Warns of Building Collapse

CONCORD, NH--State Fire Marshal J. William Degan announced last week that with the recent snow and wind, there is a greater urgency to clear roofs of excessive snow and ice that has accumulated. A roof may collapse with little or no warning, and one common misconception is that only flat roofs are susceptible to collapse.

When should the snow be cleared from my roof?

The depth and weight of snow varies greatly from one area of the state to another. Roofs are designed to carry the normal snow load for a specific location as specified in the State Building Code

(<http://www.senh.org/wp-content/uploads/2010/12/tr02-6.pdf>). The design load is having the snow spread out equally across the roof. The recent snowfall in combination with high winds may cause snow on one side of the roof to be clear and the other side to have a large drift

which causes an imbalanced load on the roof making it more susceptible to collapse. Also, bear in mind taking all the snow off one side, but not off the other, will have the same effect. The rule of thumb is that condensed saturated snow weights about 20 pounds per cubic foot. What is the design capacity of your roof structure?

While it is still early in the season, there is no better time than now to make the assessment so you can plan to protect your property. If you are not sure on the capacity of your roof, consult with a structural engineer to review the design of your roof structure. If at any time you think your roof may have been compromised, consult with a reputable builder and your local building or fire official. The State Fire Marshal urges all citizens to do the following:

- Clear roofs of excessive snow and ice buildup, being careful not to damage your roof along or any gas or oil service-entrance or vent into the building below.
- Keep all chimneys and vents clear to prevent carbon monoxide from backing up into the building. Some vents, such as gas, oil, and pellet stove vents, may exit the building through a wall and are susceptible to being blocked by excessive snow buildup on the outside of the building.
- Keep all exits clear of snow, so that occupants can escape quickly if a fire, or other emergency should occur. Keep in mind that windows should be cleared to allow a secondary means of escape in case the primary means of escape is blocked by fire. Keeping exits clear also allows emergency workers to access your building.
- REMEMBER: Shoveling or raking snow from a roof presents additional hazards with regard to a person sliding off the roof, falling from a ladder, overexertion, or having falling snow slide on top of them. The State of New Hampshire provides this information in order for property owners to make an informed decision as to when they should consider removing snow from a roof. An individual property owner should always consider all of the associated dangers in determining their best course of action.

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Christian Entertainment Method to the Madness for the Message

By Bernadette O'Leary

I have had the pleasure of interacting some with various artists in the Entertainment industry. In doing so, I'm often amazed by how kind and real they are. Although my interactions have been quite brief in most cases, I was impressed with how genuinely good-natured they are. Whether I have the chance to interact with them or not does not determine whether or not I share them with you. What determines that is my take on them. I research each one to see how they conduct themselves as well as what those who know them have to say about them. My goal is to share with you only those that are kind, inspirational, and who have a story to tell or a message to pass on. All of the people I've covered are fantastic. The fun part is, they all speak their stories in different ways.

I'll start with Duck Dynasty's Tim Guraedy, otherwise known as "Mountain Man." I've had the honor of interacting with him more than once, including the first time I met with him when we spent over two hours eating lunch. This truly great man of God is an absolute joy to talk to. He tells a story like no one else, and this is just one of his many gifts to this world. He's known for takin' things slow, including when talking. However, when your message is as great as this guy's, you really don't want to rush through any of it. He shares openly with others, and in the process teaches them something about God, laughter, and love. Listening to him talk, or even reading his book, you find that you're having fun and laughing while unknowingly learning important lessons about life and faith.

In addition to this fine man and his stories, there are others who use their skills to spread messages of faith that help us learn not only about God, but about ourselves. Christian music is full of these fine artists. Newsboys, Audio Adrenaline, For King and Country, Citizen Way, We Are Messengers, Stars Go Dim, Family Force 5, and Sidewalk Prophets (just to name a few) rock God's Word using Rock 'n Roll. Others, such as Tedashii, KB, and Lecrae use rap to do the same. We also have David Crowder, who uses a mixture of Rock and Country music. We also see artists like Red, Thousand Foot Crutch, Switchfoot, and Skillet who use Hard Rock, Heavy Metal, or even Thrash Metal. From there, we have artists like Toby Mac who use a mixture of Rap and Rock. Diversity is good, right? While I say yes, many Christian critics judge the Heavy Metal and Rap artists for not being Christian enough. Those same critics also judge Christian Rock artists for simply touring with these Christian Hard Rock or Rap artists or with non-Christian artists. Some of these judgments go as far as to claim these Hard Rock or Rap artists are using sin or incorporating Satan into their work. This accusation is blatantly false and made me wonder why they're so critical?

In this world, we are all different. Toby Mac says it best in his song Me Without You, "There's you, and there's a very different me." Although the context for these words in the song is different from mine here, the words explain my point for this article quite well. Messages that reach one person might pass by the next person, unnoticed. Some people respond to Heavy Metal but are bored by Country or Rock. They just like the high energy of it, or they feel the words mixed with the intense sound match their way of thinking due to things such as feeling like outcasts or various forms of mental illness. Then, there are the people who live in environments where Rap is more prevalent than other music, so that is what they relate to more than other styles. So why judge so harshly?

The answer is simple. There's no good reason. None of these artists who are being judged have earned such criticism. They all use the skills given to them by God to reach listeners of all parts of society. Whether one is reached through stories and talking, like with Mountain Man, or through various genres of music, such as those mentioned above, God created all of those different methods knowing that they were each needed in order to reach the many different kinds of people. To touch the hearts and minds of the masses, there is no one-size-fits-all method, because hearts and minds are affected in different ways. I'm a rare find; I can relate to many different forms of delivering messages. From fairy tales to zombies, from ballads to metal to rap, I can see symbolism, important messages, and lessons in each. We are all unique individuals with unique tastes and unique understandings. For this reason, not everyone will like or even understand things the same.

With this in mind, let's not judge those who differ from ourselves. Focus on the messages. Are they good or not? Are they inspiring or not? Do they bring people to a better place or not? From there, find what works for you individually and what does not, and allow others to do the same. Rock that Word my friends in your own way.

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.etickernewsclaremont.com

No new obituaries were received last week

Claremont Fire Dept. Log

Sunday, December 31

0756 L1, R1 responded to Washington St for a motor vehicle accident.

1118 E3 responded to a fire alarm sounding on Foisy Hill Rd.

1655 E3 responded to Emily Pl for a public assist.

Monday, January 1

0308 E3 responded to Pleasant St for a detector sounding.

0445 E3 responded to Trinity St for a medical call.

0813 E3, L2 responded to Summit Rd for a box alarm.

1332 E1 responded to Prospect St for a hot water heater problem.

Tuesday, January 2

0143 E1 responded to

Cornish, mutual aid for station coverage.

0223 E3 responded to Hodgkin's Terrace for an alarm sounding.

0447 E3, R1 responded to Sugar River Dr for a motor vehicle accident.

0900 E3 responded to Crescent St for a fire alarm.

1121 E3 responded to Memorial Dr for a well-being check.

1349 E3 responded to Winter St for a motor vehicle accident.

1457 E3 responded to Henry St to assist an ambulance.

1804 E3 responded to Roberts Hill Rd for an odor investigation.

2021 E3 responded to Chestnut St for a motor vehicle accident.

Wednesday, January 3

1131 E3, L2, E1, E2, Car 1 responded to River Rd for a structure fire.

1619 E3 responded to Pleasant St for an odor investigation.

2045 L1 responded to Newport, mutual aid, for station coverage.

2117 E3 responded to Pleasant St for a detector sounding.

Thursday, January 4

0742 E3 responded to Fitch Reservoir Rd for a medical call.

0826 E3, L2 responded to Hanover St for a chimney fire.

Friday, January 5

1551 L1, R1 responded to Hanover St for a motor vehicle accident.

Saturday, January 6

0951 E3 responded to South St for an odor investigation.

1024 E1, E2 responded mutual aid to Charlestown for a chimney fire.

1737 E3 responded to Summer St for an alarm sounding.

1835 E3 responded to Henry St for a medical call.

“The true primary-care provider is Mom.”

-Dr. Sam Giveen

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)

Man Charged with Distribution, Possession of Child Sexual Abuse Photos

LEBANON, NH--In July of 2017, the Lebanon Police Department Cyber Crime Unit received a cyber-tip from Microsoft, on behalf of their subsidiary Skype, regarding an upload of possible Child Pornography and immediately began to investigate. In November of 2017, the Lebanon Police Department took a report of a 15-year-old female juvenile who was having inappropriate contact via the internet with an adult male. The investigation revealed that in addition to sexually charged conversations, there were images being exchanged.

These ongoing investigations led to Jacob Seace, age 18 of Lebanon, NH, being a person of interest, said the Lebanon Police Department in a statement. On November 7, 2017, Lebanon Police detectives sought to interview Seace regarding these ongoing cases. Seace was located at the Kilton Library and was subsequently arrested when attempting to flee with his cell phone, which was identified as evidence.

A search warrant was later executed on Seace's cellular phone and a forensic extraction was completed. That extraction led to an additional search warrant for a cloud-based account that was located on the cellular phone.

Seace's cloud-based account was found to contain numerous images of very graphic child pornography involving underage children, some as young as 7 years old.

After this search warrant was completed and the content reviewed, the Lebanon Police Department arrested Jacob Seace on December 29, 2017, and charged him with 22 counts of Possession of Child Sexual Abuse Images and 1 count of Distribution of Child Sexual Abuse Images, all Class A Felony offenses. The distribution charge was the result of Seace allegedly sending a child sexual abuse image from a computer at the Kilton Library via Skype.

Seace was held on \$20,000 Cash Bail and was transported to the Grafton County House of Corrections pending arraignment in the Grafton County Superior Court on January 02.

Send news and photos to

etickernews@gmail.com

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.

The AARP Tax Aide will be at the center every Friday starting February 2, 2018 till April 23, 2018. Call the center for an appointment (603) 543-5998.

The following are sponsored by Lake Sunapee Region VNA & Hospice: Foot Clinics - Wednesday - January 10 & 17 (8:30 AM - 4:00 PM). Cost \$25.00. Free Blood Pressure Clinic - Thursday - January 18 (11:00 AM - 12 Noon). For appointments, call (603) 526-4077.

Our "Vendors / Crafters Corner" welcomes Julie's iCare on Thursday - January 11. Any type of business or crafter 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 - January 22, 2018. 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!

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

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

Senior Game Night every Tuesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required. Hand & Foot card game and Pool are popular, other games available. Attendees should bring a snack to share! Give someone a great gift for a birthday, anniversary, any celebration or occasion with a \$5.00 gift certificate for a Tuesday or Thursday lunch at the center. Membership certificates also available for \$20.00.

Come see our "Brick Wall." Purchase a "Memorial Brick" for \$100.00 in memory of deceased family members and friends. Also, bricks in honor of living family members and friends available.

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 on 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).

Come see our "Brick Wall." Purchase a "Memorial Brick" for \$100.00 in memory of deceased family members and friends. Also, bricks in honor of living family members and friends available.

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

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

Visit our Web Site (cnhcs.org.)



The Claremont City Council will hold a public meeting on Wednesday, January 10, 2018, 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 December 13, 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 22))
9. NEW BUSINESS
- 7:10 PM A. Resolution 2018-20 Accept \$8,000 from McGee Toyota for July 4th Fireworks Display – Public Hearing
- 7:20 PM B. Ordinance 559 Establish Maple Avenue School Zones – First Reading
- 7:30 PM C. Resolution 2018-21 Apply, Accept and Expend \$284,985 NH Dept. of Emergency Management Hazard Mitigation Grant – Public Hearing
- BREAK
- 7:50 PM D. Water & Sewer Infrastructure Update
- 8:35 PM E. Discussion of City Council Strategic Plan – Goals and Objectives for 2018
- 8:55 PM F. Overview of Evaluation Process for City Manager
- 9:15 PM 10. COMMITTEE REPORTS
- 9:20 PM 11. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:35 PM 12. CONSULTATION WITH LEGAL COUNSEL
- 9:40 PM 13. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, January 24, 2018, at 6:30 p.m. in the Council Chambers at City Hall.