e-Ticker News Sports

Section B November 21, 2016



The Drought Is Over

The Game....the 133th of its kind.... was played Saturday in Cambridge in the Bay State pitting Harvard against Yale. At least, that is what we have been led to believe and, perhaps, that is where many New Englanders had their attention focused on a beautiful, almost springlike, football afternoon.

New Hampshire high school grid fans, however, had their sights upon the University of New Hampshire in Durham where six teams battled for state championships in three divisions. Let's face it, folks! The Game was the 11 a.m. contest between Stevens of Claremont and Interlakes-Moultonborough. Take all the college and high school games you want across this fine country of ours and none was bigger than the opening NHIAA Division III upset special featuring Stevens' 46-20 triumph. That is, as far as Claremonters were concerned.

Claremont football fans have long starved for a school championship on the gridiron. Can you say 1968? Yes, 48 years ago Bruce Wheeler had the good fortune of having running backs Kelly Paton and John Rosinski to guide his Redbirds to a New Hampshire Class L state championship, losing only two games all season, the most memorable a 14-0 defeat to Manchester Central, which had the likes of Steve Schubert, who would go on to play a bit in the NFL. Then came the drought. Stevens had come close in 2005 when the Claremont school dropped a controversial championship game at Hanover, a game which many of those in attendance felt the winners were fortunate enough to escape with, thanks to a Redbird pass interference no one witnessed. Last year Stevens went down in defeat in a quarterfinal game to Bow.

But this year Paul Silva used his bag of tricks to give Claremont fans what they have so long been waiting for...another football state championship. It didn't come easy. Like Wheeler's 1968 club, the 2016 squad dropped only two games all season. Both those losses were avenged in the playoffs.

I am not up to date on the way Coach of the Year awards are selected. Perhaps the head coach at Monadnock and Interlakes-Moultonborough deserve the honor over Silva, each having beaten Stevens during the regular season. But if the award is for the entire season, playoffs included, hands down, no doubts about it, Silva is a lock.

I'm going out on a limb here, and it, by no means, is meant to be a slap in the face or words of disrespect to the

(Continued on page B2)



Got Sports?

Send us your news and photos





Over, from B1

athletes on the field Saturday. They, indeed, played their hearts out and have brought home a championship plaque, a well-deserved championship plaque. I salute them for it. However, I can't help but think, in the back of my mind, Stevens did not win its championship Saturday.

Stevens won its championship on the practice field in the last two weeks. These past two weeks Silva and his never-say-die Redbirds were heavy underdogs going into those games versus Monadnock and Interlakes-Moultonborough. No one, except Silva and his band of 39 warriors, expected the Claremont team to finish any higher than, like last season, the quarterfinals. The Cardinals easily defeated Campbell in the quarterfinals at home and then had to prepare for an undefeated Monadnock team in semi-final competition. Stevens scored 20 points in the fourth quarter to gain a 26-21 upset win and send the Redbirds into the championship game against Interlakes-

Moultonborough. Again, Stevens had to endure a week-long practice and figure out a way to overcome the Lakers. The Lakers had beaten Stevens in regular season play, 57-12.

The 46-20 whipping Stevens handed ILM is such a wonderful testimony to Silva and his athletes as to just what they were able to come up with in post-season strategy. To be sure, no one on the team, or on the coaching staff, hung their heads low in anticipation of losing two games to those two teams.

"I am extremely proud of them and still will be regardless of what the outcome is tomorrow," Coach Silva reported via e-mail the day prior to the championship contest. "They have done everything I have asked of them and met every challenge. I asked them to please allow me the opportunity to spend every possible day of practice and games with them right up until the final day of high school football and they have done that."

Silva, showing nothing but admiration for this year's group of gridsters, went on to say, "Again, regardless of the outcome tomorrow, I will miss not having any more practices with these 39 kids, and the 10 seniors. But that is life and those 10 seniors will be moving on to the next chapter in their lives soon enough."

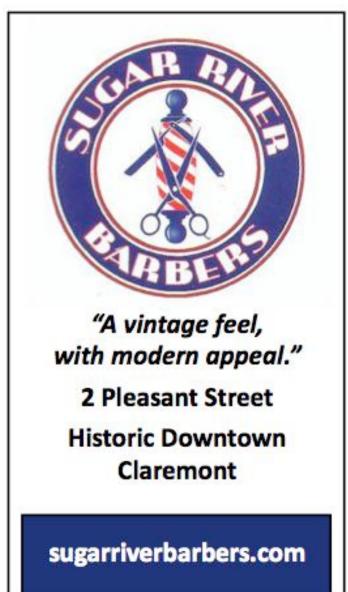


The scoreboard said it all as the clock ticked down to zero on Saturday with the Stevens Cardinals beating Interlakes-Moultonborough soundly, 46-20. Below: The display of the NHIAA awards and participating team helmets (Photos courtesy of Courtney Parizo).

Game Wrap-up, B3, more photos, B17







Cardinals Make History With NHIAA Division III State Championship Win

The Stevens Football team had to arise early to board their coach bus for the 7AM departure to Durham. The Cardinals had an 11 o'clock kickoff time versus the Inter-Lakes/Moulton-borough Lakers at Wildcat Stadium for the NHIAA Division III State Championship! The Cardinals traveled in style thanks to the efforts of the parents and courtesy of area businesses. The team was extremely grateful for their generosity.

The game was played under a bright sun in unusually warm November weather, and as was the case all year, before a huge throng of Stevens fans, family, and former players, hoping to witness history.

The Lakers, who had embarrassed the Cardinals 57-12 in their regular season meeting in Meredith, sent an early message that Stevens had best come to play. The Lakers had fallen in the title game last year to Newport, and came out firing on all cylinders. Inter-Lakes/ Moultonborough needed just 2 minutes and 26 seconds to cover 64 yards, with Andrew Brothers capping the drive with on a 2 yard touchdown run. The extra point kick was good and it was a quick 7-0 lead.

Stevens answered the call and they covered 67 yards in just over 3 minutes, with Richard Bell scoring on a 4 yard touchdown run. Henri Bourque connected with Zach O'Brien for the two point conversion and an 8-7 Stevens lead. The Cardinals had a chance to score again as the second quarter started but the Lakers got a big interception in the end zone to thwart the drive.

Inter-Lakes/ Moultonborough would take the lead late in the first half on a 1 yard touchdown run from Andrew Brothers. The kick was good and the Lakers were back on top 14-8 with just a minute and 58 seconds remaining in the half. It was here that Stevens changed the course of the game, as the Cardinals needed just 4 plays to go 58 yards, as Henri Bourque threw a beautiful 31 yard touchdown pass to Zach O'Brien to cap the drive. Bourque found Richard Bell for the two point conversion and Stevens headed to locker room with a 16-14 halftime lead.

The second half kickoff would go to the Cardinals and they would cover 87 yards in 6 plays with Parker Smith catching a short slant from Bourque, spinning out of the initial hit, and sprinting 61 yards down the left sideline

for a touchdown. Bourque connected with Smith for the two point conversion and it was 24-14. Stevens.

After stopping the Lakers on downs deep in Stevens territory, the Cardinals would score again as Richard Bell scored his second touchdown of the game on a 2 yard run. It was Bourque to Smith again for the two point conversion and a 32-14 advantage after three quarters.

Stevens would continue to pour it on offensively, as they would score on their first drive of the fourth quarter, on a Zach O'Brien 3 yard run. Bourque would then connect with O'Brien for the two point conversion and it was 40-14. The Lakers would cut the deficit to 40-20, on their ensuing drive, as Ryan Kelly connected with Collin Sheehan on a 42 yard touchdown pass. The two point conversion failed.

The Cardinals would take no chances on letting the Lakers gain any momentum, and closed out the game driving 65 yards on 11 plays chewing up 6 minutes and 12 seconds off the clock, with Richard Bell scoring his third touchdown of the game on a 5 yard run. After going 5 for 5 on two point conversions, their

final attempt was stopped and it was 46-20 with just 37 seconds remaining in the game.

A jubilant crowd and Stevens sideline had to endure just one more play until they could celebrate an NHIAA Division III State Championship!! The Cardinals would score 32 unanswered points after the Lakers had taken the lead. Richard Bell rushed for 117 yards on 28 carries and the 3 touchdowns. Parker Smith hauled in 9 passes for 150 yards and a touchdown. Zach O'Brien rushed for 42 yards and a touchdown, and caught 3 passes for 48 yards and a touchdown. Henri Bourque completed 12 of his 17 passes for 198 yards and 2 touchdowns. Stevens scored on six of their eight possessions, and their last five possessions in a row.

The celebration was on and

the team arrived in Claremont behind a police escort, to be greeted by what seemed to be the entire city upon reaching downtown. The State title is the first State Championship in football since 1968 when Stevens shared the title with Winnacunett. The Championship is the first for the school since the Boys



Medals awarded to the SHS Champs (Photo courtesy of Kellie Jean Collise).

Soccer team won the State Championship in 1989.



Claremont Middle School students, RJ Raymond and Annika Ratcliffe, recently represented the state of New Hampshire while competing in the Elks Area 1 Soccer Shoot on November 4-6, in Burlington, VT. The seven states representing Area 1 include Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island and Vermont. Raymond and Ratcliffe both placed third in their division (Courtesy photo).

Inspiration

"Peaceable" Places

By Priscilla Hull

I walk every day around Union Cemetery with my little dog. We've been doing this for a few years, so I know several combinations of paths that will take about a half hour to complete. I have lots of time to think, so sometimes I imagine that one or more of my sisters are walking with me. In my mind I create conversations with them. These conversations eventually lead back to our parents. Two, strong, faithful people who loved and were loved greatly in return. Sometimes these ramblings lead to my husband who also was a person of strong faith who loved and was loved by many.

I also recognize names of friends who are also buried there. I remember how they received us into the circle of friends in the Methodist Church or in the community. There is one man buried there with the same name as a cousin of mine. Small world, isn't it. I mourn for the young children and babies who are there.

Despite all of these deaths, the cemetery is a beautiful place. On a warm summer day, a breeze cools us down. In the rain, we get soaked and appreciate going home to a quick towel off for the dog and dry clothes and shoes for me.

I watch hawks, once or twice, maybe more, an eagle. The dog, meantime is reading the morning news. She's fascinated by the deer who come regularly and gets excited when she sniffs the fox who come at night (I've seen traces of the fox). When the bear traveled through one night, she was beyond excited. Bear comes back and she is always on alert.

What's the point of this rambling? It is that a cemetery is a friendly place. It is full of memory, whether your loved ones are there or not. It is a peaceful place. There is no more worry. There is no more pain or sickness. It is simply a place to rest, or walk. A place to remember the joyful things of life. It is quiet and peaceful and gentle.

In Isaiah chapter 11, the prophet speaks of the wolf and the lamb who will live together in peace in of the Holy Mountain of The Lord. In Revelation 21 the theme is repeated with a new heaven and a new earth. In both scriptures the theme is peace. Peace for those who have passed from this life and peace for the living. It will come. We have to believe it will come and it will. It is called The Peaceable Kingdom.

Isaiah 11:9 They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the LORD, as the waters cover the sea.

Priscilla Hull is the Lay Leader for the First United Methodist Church in Claremont.

Inspiration

My Thoughts: Be Angry... It's Okay

By Bernadette O'Leary

I have a confession to make. For a while now, I've been angry. I've been irritable. I've been about as cuddly as a cactus from time-to-time because of certain difficult life events and worsening health struggles. For this reason, I have been scolding myself and hard on myself telling myself to straighten the heck up and snap out of it. But then, I suddenly realized something that nearly made me drop dead from a heart attack from shock: I'm human, and I have human emotions, especially during tough times such as right now.

I hold myself to a higher standard than that to which I hold others. I try to show who I am and what I'm about through my actions, how I treat others, and the choices I make. So, when I'm out of sorts, I don't let myself show it. I keep myself in check to such a degree that it is really unhealthy. I always have. Why? Well, because that's what we're supposed to do, right? The fact is, people around us don't like to be around people who are cranky all the time. However, I realized that in taking it to the point that I do, I'm not allowing myself to be human. I'm not allowing myself to grieve during a difficult time. Also, I'm not allowing loved ones to be there for me during my more difficult times.

As humans we have a wide range of emotions. We can't control how we feel. Happy, sad, angry, amused, etc. are all important, and it's important to allow ourselves to feel all of them. All emotions can be healthy and good. In fact, they can be cleansing. It is what we DO with those emotions that can make them bad. It's not the emotion that can be bad or wrong, but the deed that follows it should we not control ourselves. So, we must remember that it's okay to be angry sometimes, and it's even okay to show that in a way that is productive and doesn't cause harm. It's when we take our reactions to an extreme, or our lack of reactions to an extreme, that we can have a problem. By over reacting we can harm someone else or come across as irrational, but by under reacting and keeping it bottled up we can stress ourselves out and cause ourselves mental or emotional harm. There is a happy medium, and the important thing is to find it.

So, love others well, including yourself. Forgive yourself for being crabby. You're human. With this in mind, do yourself a favor: find your happy place, and go there. Just sit, watch the world go by, and have a cookie. Heck, have two.



"My Kingdom for a Cookie" by Bernadette O'Leary

Entertainment



Handmade Wood Burning Kitchen Spoons
Created by Andrea White from Tender Heart Wildlife Rehab in Berryville, AR. See my
article on them in November. She creates woodburnings in many different products to
raise money for the rescue organization. High quality! Please see the post on my page for
her and see how you can help her save the lives of injured wildlife.

How to Enter: Choose 1 or all!

- 1. Follow me on Twitter or Facebook.
- 2. Email "Win 11.30" in subject line to etickernews.bernadette.oleary@gmail.com
- 3. Send me a private message in Facebook or Twitter with "Win 11.30"
- 4. Text "Win 11.30" to 405-332-3353.

Drawing will be held 11/30 and winner announced 12/1.

Only 9 days left! Show your support for Tender Heart Wildlife Rehab by entering today! For every entry, I will donate \$5 to helping save the lives of wildlife through this amazing organization. Also, see my article on them next week.

Calendar Of Events

Call for Holiday Bakers

CLAREMONT, NH--Help us celebrate the holidays and our talented local bakers at the 6th Annual Baking Competition, a part of the annual Holiday Bazaar at Union Church. This event will be held on Dec. 3rd and 4th, at Union Church Hall, 133 Old Church Rd, Claremont. This is a friendly competition that is lots of fun, and very tasty! There is no entry fee, and all baked goods will be for sale to benefit the West Claremont Center for Music and the Arts' community and youth programs. Entrants will be placed in categories based on baked good type, and number of entrants. Attendees at the Holiday Bazaar and Baking Competition (now a 2-day event) will vote for their favorites, and the winners will receive a prize. Cookie donations without contest entry are also welcome. To register for this event, visit www.wcc-ma.org/bakers or contact melissa@wcc-ma.org.

Upcoming VRH Events

December

2 LUAS Holiday Bazaar | 8:30-12 Dunning Street Entrance Lobby at VRH 3 Sweet Talk for Living with Diabetes | 9:00-12 Dunning Street Entrance, Buckley Conference Rm

NH-Jag Sponsoring Field Trip To Putney Craft Tour

CLAREMONT, NH--NH-Jag will be sponsoring a field trip to the Putney Craft Tour in Putney VT on Sunday, Nov. 27, at 11:00 a.m. It will be an opportunity to see a variety of artists in their studios working on their crafts and answering questions. The artists include potters, glassblowers, stain glass artists, woodcarvers and jewelry designers. They will also be stopping at Allen Brothers in Westminster, VT, for apple cider donuts. There is no cost for NH-Jag participants.

NH Jag is open to young adults ages 17-24 who are not currently in school. We help achieve dreams in education and careers through our paid work study opportunities. We can also provide financial assistance in obtaining certification in heath and manufacturing careers.

To find out more about joining NH-Jag or to sign up for the trip, please call us at 603-287-8496 or stop in our office at 169 Main Street Claremont.

Brownsville Christmas Bazaar

BROWNSVILLE, VT--The famous Browns-ville Christmas Bazaar will start at 9:00 a.m. and go until 2:00 P.M.at the West Windsor Town Hall (Route 44 & Brownsville Hartland Rd.) on December 3rd. At 11:00 a.m., the ladies of the United Methodist Women's group will be offering a delicious lunch, including homemade soups and sandwiches as well as Christmas and other "fancy" and "favorites" home baked cookies.

Rev. William (Bill) Sheldon, retired pastor of the Brownsville Community Church, will be on hand signing copies of his new book, "Flap of His Sandals".

Lady Boss Club

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

Meetings are free and open to the public.

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

Silsby Free Public Library News

CHARLESTOWN, NH--Fall story hours are back at the Silsby Library. Join the fun on Tuesdays at 10:30 for stories and a simple craft. In November we will investigate leaves, hibernation, germs, and Thanksgiving. Lap sitters, toddlers, preschoolers and their caregivers are welcome for stories and a simple craft.

And, remember to sign your little ones up for NH's 1000 Books Before Kindergarten.

Calling all creative bakers! Get out you gingerbread recipes, bake and decorate a gingerbread house and drop it off between December 5 and 10 for the library gingerbread house contest. Kids and adults are welcome to submit houses. Winners will be selected buy patron vote.

Find all of our new book titles on Library-Thing! The log-in is Silsbyfpl, and the password is 03603.

Caregiver Support Group

SPRINGFIELD, VT--A Caregiver Support Group (formerly Alzheimer's Support Group) is available to help enhance the lives of individuals with Alzheimer's disease and other dementias.

Presented by Alzheimer's Association, Vermont Chapter, the Caregivers Support Group meets the third Wednesday of every month, 5:00 - 6:30 p.m. at Springfield Hospital Library, Level D. Springfield, VT.

Bereavement Support Groups

NEW LONDON, NH-- Loss is an inevitable part of life, but no one needs to go through it alone. Lake Sunapee Region VNA & Hospice (LSRVNA) offers several bereavement support groups to help community members grieve well.

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

"Widow to Widow" is a group that allows women to gather in a supportive environment to learn about the grief process. It meets on the first Monday of every month from 10:00 a.m. to 12:00 p.m. at LSRVNA.

Open to anyone wanting to learn about the process of grieving and the pathway to healing, "Pathways to Healing" meets on the third Tuesday of each month from 5:00 to 6:30 p.m. at LSRVNA.

There is no fee. For more information or to RSVP, contact Deb Dumond at 526-4077 or ddumond@lakesunapeevna.org.

Santa is coming to Town!

Photos with Santa



Pets Kids & Families!

Join us on Saturday, December 10th from 10-2 @ the Claremont Rent-a-Center

In the same plaza as Sears & Radio Shack

Photo Prices:

4X6 \$5.00

5X7 \$7.00

Digital emailed file \$7.00

Join SCHS and Santa for a fun photo-op! There will also be some delicious homemade baked goodies! Rent-a-Center is going to sweeten the day by offering a special as a thank you for coming out and supporting a local non-profit!



From all of us at Sullivan County Humane Society, thank you for your support!

Annual Pecan Sale Sponsored By Catholic Daughters

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

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

Contact Arline Marro 542-5933.

Checks are payable to Catholic Daughters #892.

Applications For Apple Blossom Cotillion Due Dec. 5

SPRINGFIELD, VT--Elementary school children in grades Kindergarten through 4th are invited to participate in the 61st annual Apple Blossom Cotillion, presented by Springfield Hospital and Springfield Medical Care Systems. These young performers, always a popular feature of the show, are introduced in couples, just like the high school participants and escorts, and they perform several singing and dancing numbers.

This year's Cotillion is on Friday and Saturday, May 5 & 6 and its director is Pam Shaughnessy. The coordinators of the children's part of the production are Tracy Austin and Candace Groner.

Children should apply in couples – a girl and her male escort – just like the high school participants. Elementary school couples who submit a completed application by the due date of December 5 are eligible to participate unless the number of applicants exceeds the capacity of the production. In that case, a random drawing will be held on December 8 to determine the participants.

An orientation for all parents and participants, including elementary school, is on Sunday, January 8 at 1:00 p.m. at Riverside gymnasium. Weekly rehearsals for elementary school participants start on Sunday, Feb. 26 from 2:30-3:30 p.m.

Parents who would like their children to participate may obtain an application on the website www.springfieldmed.org, from the Springfield Hospital Development office, 802-885-7644, or lkraft@springfieldmed.org.

Croydon Ladies Auxiliary Sponsoring Bingo

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

Hope For Recovery Services, Meetings

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

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

Meetings

Monday 9:30 - 10:00 10:00 - 11:00 1:00 - 2:00 3:00 - 4:00	Coffee Talk All recovery meeting Journaling All recovery meeting
Tuesday 9:30 - 10:00 10:00 - 11:00 1:00 - 2:00 3:00 - 4:00	Coffee Talk All recovery meeting We Covery & Pastries Hope not Dope meeting
Wednesday 9:30 - 10:00 10:00 - 11:00 12:00 - 1:00	Coffee Talk All recovery meeting AA meeting (Dave)

10:00 – 11:00 All recovery meeting
12:00 – 1:00 AA meeting (Dave)
3:00 – 4:00 All recovery meeting
Thursday
9:30 - 10:00 Coffee Talk
10:00 - 11:00 All recovery meeting
1:00 - 2:00 Self-care Meeting
3:00 - 4:00 All recovery meeting

Friday

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

Sunday

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

Story Time At Fiske With Duncan McDougal

CLAREMONT, NH--On Thursday, Dec.1st, at 3:45 p.m., the Fiske Free Library will present a Story Time with Duncan McDougal, CLiF founder and presenter. Hear stories by Duncan and take the opportunity to look at the books which were purchased by Fiske Free Library to add to the collection with a CLiF grant thanks to Maple Avenue School. The books will be on display in the Gilmore room through out the day. This program is free and open to the public. Books may be checked out from the display.

For additional information or questions about this program, drop by the Children's Desk or call 542-7017. This program is sponsored by CLiF (Children's Literature Foundation)

Overeaters Anonymous Meetings

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

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

Bingo In Charlestown

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

raiser for its various scholarships and sponsorships. Food and drinks are available.

Sugar River Civil War Round Table

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

Blood Pressure and Foot Clinics provided by Lake Sunapee Region VNA & Hospice

(as of 10/25/2016)

These events take place every month, except on holidays. For more information or to verify a date, call 603-526-4077 or visit www.lakesunapeevna.org

Every Tuesday & Thursday

BLOOD PRESSURE CLINIC IN NEW LONDON

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:00 a.m. – 12:00 p.m. Free and no appointment needed.

Every Wednesday

BLOOD PRESSURE CLINIC IN NEWPORT

Rite Aid 51 S Main St, Newport 11:00 a.m. – 1:00 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

Every Thursday

FOOT CLINIC IN NEW LONDON

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:30 a.m. – 1:30 p.m. by appointment of

9:30 a.m. – 1:30 p.m. by appointment only \$25 fee

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment. 1st Monday

BLOOD PRESSURE CLINIC IN NEW LONDON

Council on Aging 37 Pleasant St, New London 9:30 – 10:30 a.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

BLOOD PRESSURE CLINIC IN LEBANON

Lebanon Senior Center 10 Campbell St, Lebanon 10:00 a.m. - 12:00 p.m. Provided by Lake Sunapee Region VNA &

Free and no appointment needed.

FOOT CLINIC IN NEW LONDON

Lyon Brook Community Association 332 Parkside Rd, New London 9:30 a.m. - 2:00 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

FOOT CLINIC IN PLAINFIELD

Philip Read Memorial Library 1088 Route 12A, Plainfield 1:00 – 4:00 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

1st Tuesday

BLOOD PRESSURE CLINIC IN NEWPORT

Newport Senior Center
76 S Main St, Newport
10:45 a.m. – 12:00 p.m.
Provided by Lake Sunapee Region VNA &
Hospice.
Free and no appointment needed.

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1st Wednesday

FOOT CLINIC IN CLAREMONT Claremont Senior Center 5 Acer Heights Rd, Claremont

8:30 a.m. – 3:00 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

FOOT CLINIC IN CANAAN

Mascoma Senior Center 1166 US Route 4, Canaan

9:00 a.m. – 12:00 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

FOOT CLINIC IN LEBANON

Lebanon Senior Center 10 Campbell St, Lebanon

10:00 a.m. – 2:00 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

1st Thursday

BLOOD PRESSURE CLINIC IN CLAREMONT

Claremont Senior Center
5 Acer Heights Rd, Claremont
10:30 a.m. – 12:00 p.m.
Provided by Lake Sunapee Region VNA &
Hospice

1st Friday

FOOT CLINIC IN NEW LONDON

Free and no appointment needed.

Council on Aging

37 Pleasant St, New London

9:30 a.m. – 12:30 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

2nd Monday

BLOOD PRESSURE CLINIC IN CHARLESTOWN

Charlestown Senior Center

223 Old Springfield Rd, Charlestown

11:00 a.m. – 1:30 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

FOOT CLINIC IN CHARLESTOWN

Charlestown Senior Center

223 Old Springfield Rd, Charlestown

10:00 a.m. – 4:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

2nd Tuesday

BLOOD PRESSURE CLINIC IN CLAREMONT

Earl Bourdon Centre

67 Maple Ave, Claremont

10:00 – 11:30 a.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

BLOOD PRESSURE CLINIC IN GRANTHAM

Grantham Methodist Church

418 Route 10 South, Grantham

11:15 a.m. - 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

2nd Wednesday

FOOT CLINIC IN CLAREMONT

Claremont Senior Center

5 Acer Heights Rd, Claremont

8:30 a.m. - 3:00 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

2nd Thursday

BLOOD PRESSURE CLINIC IN GRANTHAM

Grantham Town Hall

300 Route 10 South, Grantham

10:30 - 11:30 a.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN GRANTHAM

Grantham Town Hall

300 Route 10 South, Grantham

11:00 a.m. - 1:30 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

2nd Friday

BLOOD PRESSURE CLINIC IN CLAREMONT

Sugar River Mills

7 Heritage Dr, Claremont

11:30 a.m. - 12:30 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN NEW LONDON

Council on Aging

37 Pleasant St, New London

9:30 a.m. - 12:30 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

FOOT CLINIC IN CLAREMONT

Sugar River Mills

7 Heritage Dr, Claremont

12:00 - 3:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

3rd Monday

BLOOD PRESSURE CLINIC IN LEBANON

Lebanon Senior Center

10 Campbell St, Lebanon

10:00 a.m. - 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN CHARLESTOWN

Charlestown Elderly Housing

107 Lovers Lane Rd, Charlestown

1:30 - 3:30 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

3rd Tuesday

BLOOD PRESSURE CLINIC IN DANBURY

Danbury Community Center

15 High St, Danbury

10:00 a.m. – 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

BLOOD PRESSURE CLINIC IN NEWPORT

Newport Senior Center

76 S Main St, Newport

11:15 a.m. - 12:15 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN CLAREMONT

Marion Phillips Apartments 243 Broad St, Claremont

1:00 – 4:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

3rd Wednesday

BLOOD PRESSURE CLINIC IN GOSHEN

Goshen Parish Hall

Route 10, Goshen

10:45 - 11:45 a.m. Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN CLAREMONT

Claremont Senior Center

5 Acer Heights Rd, Claremont

8:30 a.m. – 3:00 p.m. by appointment only

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

3rd Thursday

BLOOD PRESSURE CLINIC IN BRADFORD

Bradford Senior Center 134 E Main St, Bradford

11:00 a.m. - 12:00 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

BLOOD PRESSURE CLINIC IN CLAREMONT

Claremont Senior Center

5 Acer Heights Rd, Claremont

11:00 a.m. – 12:00 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

3rd Friday

BLOOD PRESSURE CLINIC IN CLAREMONT

CSB Community Center 152 South St, Claremont

10:30 a.m. - 12:00 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

BLOOD PRESSURE CLINIC IN NEWPORT

Maple Manor Apartments

44 Maple St. Newport

12:45 - 1:30 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN WARNER

North Ridge Community Room

26 North Rd, Warner

9:30 – 11:30 a.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Destaria

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

4th Monday

FOOT CLINIC IN NEWPORT

Newport Senior Center

76 S Main St, Newport

9:00 a.m. - 2:30 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

4th Monday in Feb, Apr, Jun, Aug, Oct & Dec

FOOT CLINIC IN NEWPORT

Maple Manor Apartments

44 Maple St, Newport

1:00 – 4:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

4th Monday in Jan, Mar, May, Jul, Sep & Nov

FOOT CLINIC IN CORNISH

Cornish Town Hall

294 Town House Rd, Cornish

1:00 – 4:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

4th Tuesday

BLOOD PRESSURE CLINIC IN CORNISH

Cornish Town Hall

294 Town House Rd, Cornish

11:15 a.m. – 12:15 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

BLOOD PRESSURE CLINIC IN CLAREMONT

Marion Phillips Apartments

243 Broad St, Claremont

1:00 – 2:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

4th Wednesday

BLOOD PRESSURE CLINIC IN WARNER

Warner Senior Center

49 W Main St, Warner

10:30 a.m. – 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN NEWPORT

Newport Senior Center

76 S Main St, Newport

8:30 a.m. – 3:00 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

4th Thursday

BLOOD PRESSURE CLINIC IN PLAINFIELD

Plainfield Town Hall

110 Main St, Plainfield

11:30 a.m. – 1:30 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

4th Friday

FOOT CLINIC IN WARNER

Warner Pharmacy

11 East Main St, Warner

9:30 a.m. - 12:00 p.m. by appointment only

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

Become A 4-H Leader

Do you have a skill or passion that you would like to share with a group of young people? 4-H, the youth educational program of UNH and Cooperative Extension is always looking for adults willing to mentor a club. Clubs can consist of as little as five members; learn a skill on any subject matter, and need only meet once or twice a month during the school year. Educating youth on topics like hunting, fishing, raising animals, growing & preserving food, cooking, sewing, knitting, healthy living, community service, robotics to rockets, the sky's the limit!

Please contact <u>laurie.field@unh.edu</u> or call 863-9200 for more information.

Send news and photos to

etickernews@gmail.com



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This event is brought to you in partnership with:







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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.etickernewsofclaremont.com

Bertram E. Morton, 76

Bertram E. "Bert" Morton, 76, of Wallingford, VT, died Wednesday morning, November 9, 2016, at the Rutland Regional Medical Center, following a brief illness.

Bert was born on July 30, 1940, in Wallingford, the son of Everett B. and Dorothy (Trapanier) Morton.

Bert graduated from the Wallingford High School in 1958.

On June 4 1960, Bert married his longtime high school friend, Gail Hall Morton. They raised four children together that they were both very proud of. They were married for 39 years until Gail passed in 1999.

Bert was lucky enough to find love again and married Carol Mulroy Morton on March 9, 2008. He lived out his remaining years with Carol and their beloved dogs, Wally and Morgan. Bert and Carol formed a strong bond with their Pastor Chris and his wife, Michelle.

Bert was employed as a salesman for Norcross-Eldridge and then, Metropolitan Life Insurance Co. as an agent. He then, for 25 years, was the manager of distribution for the Rutland Herald until his retirement. During his retirement, he owned and operated Placemats "R" Us.

Bert enjoyed music, camping, Hamfest and traveling to Maine. He was an avid Ham radio operator since being a child, with the call sign, W1DFU. He was one of the founding members of the Green Mountain Wireless Society.

Bert and Carol were members of Hubbardton Liberty Church.

Survivors include his wife, Carol Mulroy Morton, of Wallingford; a daughter, Tammy Draper and her husband, Scott, and son, Cameron, of Rutland; three sons, Tim Morton and his wife, Judy, of Arlington and their daughters, Suzy and Sydney, Tom Morton and his fiancée, Lynda, and Tom's son, Eric, Terry Morton and his fiancée, Holly, and their sons, Cody and Chase, all of Rutland; his sister,

Betty Parker, of Waynesboro, VA; four stepsons, Eric Sumner, of Cornish, NH, Chad Sumner, of Claremont, NH, Jarrod Suhesky, of Greenland, NH, and Brendon Suesky, of New London, NH; five stepgrandchildren; and three nephews.

There will be a celebration of life at the family's convenience.

Arrangements are by the Wallingford-Aldous Funeral Home. Memorial contributions may be

made to the Foley Cancer Center at Rutland Regional Medical Center, 160 Allen St., Rutland, VT 05701; or Hubbardton Liberty Church, 5877 Monument Hill Road, Hubbardton, VT 05732.

Kenneth E. Hodge

Kenneth E. Hodge passed away on November 10th, 2016.

He was born in Claremont, NH, on January 25th, 1928, to Verden and Evelyn Elizabeth Hodge.





-Dr. Sam Giveen

It's all in the details. When you buy eyeglasses from Doctor Sam's, they typically cost less and they're better made—right down to screws that stay just where they are. It's no-nonsense, straight-

forward attention to detail that makes Dr. Sam who he is—and makes his patients very happy.

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



Ken was a retired aeronautical engineer. He engaged in flight testing, flight research and aircraft operations with Grumman, Lockheed California, and NASA.

Ken was a licensed Professional Engineer, private pilot, and Amateur Radio Operator (KB4CM). A graduate of Rensselaer Polytechnic Institute of Brooklyn. He was an Associate Fellow of the AIAA and performing member of the Rocky Mountain Chapter of AMICA (Automated musical instrument collectors association).

Survivors include Ken's three children, sons Ken Hodge and Andrew Hodge and daughter, Marlowe Marklin. Grandchildren Scott Marklin, Kelsie Martin and Hannah Marklin. Sister in law Betty Hodge; numerous cousins, nieces and nephews as well as his beloved companion Patsy Moore.

His wife Kathleen Patricia Hodge and brothers Donald Hodge and Philip Hodge preceded him in death.

Those desiring to make contributions may consider Bright Focus Alzheimer's Disease Research (in support of a dear friend) at 22512 Gateway Center Drive, Clarksburg, MD 20871 or Denver Hospice at 8299 E. Lowry Boulevard Denver, CO 80230

Claremont Fire Dept. Log

Sunday 11/13:

12:35 PM: Engine 2 responded Mutual Aid to Unity for a brush fire.

5:45 PM: Brush 1 and Engine 2 responded to Clay Hill Rd. for a brush fire.

Monday 11/14:

12:30 PM: Engine 2 responded Mutual Aid to Newport for a structure fire.

1:57 PM: Engine 1 responded to Elm St. for a car fire.

8:24 PM: Engine 3 responded to Water St. for a Box Alarm.

9:27 PM: Engine 3 responded to Broad St. at the intersection with Putnam St. for a motor vehicle accident.

Tuesday 11/15:

9:25 AM: Dispatched to Water St. for an alarm sounding but response was cancelled due to the alarm being caused by workmen.

8:41 PM: Engine 3 responded to Maple Ave. for a well-being check.

Social News

Claremont Senior Center, Inc. News

By Claire Lessard, Executive Director

Just before Christmas is time to buy and/or take out Christmas projects for decorations or gifts. Come work on these projects with others on Tuesdays - November 29, December 6 and 13 (1:00 - 3:00 PM) at the center in the Mozden Room.

Café Claremont Menu: Tuesday - November 22 ... Salad, chicken parmesan, garlic bread, dessert. Menu subject to change! Thursday - November 24 ... Closed for Thanksgiving!

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

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

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

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

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

Senior Game Night every Tuesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required. Mahjongg, Hand & Foot card game and Pool are popular but other games are available. Attendees should bring a snack to share!

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

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

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

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

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

Wednesday 11/16:

9:26 AM: Engine 3 responded to Fern St. for a well-being check.

10:38 AM: Engine 3, Ladder 2, and Engine 1 responded to Winter St. for a Box Alarm.

10:43 AM: Claremont Fire was dispatched Mutual Aid to Windsor for a structure fire but response was canceled by Windsor Dispatch.

11:06 AM: Engine 3 responded to Sullivan St. for a Box Alarm.

2:41 PM: Engine 3 responded to Opera House Square for a Box Alarm.

3:28 PM: Engine 3 responded to Opera House Square for an alarm sounding.

Thursday 11/17:

10:35 AM: Engine 3 responded to Baker St. for a smoke investigation.

12:06 PM: Engine 3 responded to North St. for an odor investigation.

2:52 PM: Engine 3 responded to Windsor Rd. for a motor vehicle accident.

Friday 11/18:

8:35 AM: Engine 3 and Ladder 2 responded to Pleasant St. for an alarm sounding.

2:46 PM: Engine 3 responded to Main St. for a car fire.

Saturday 11/19:

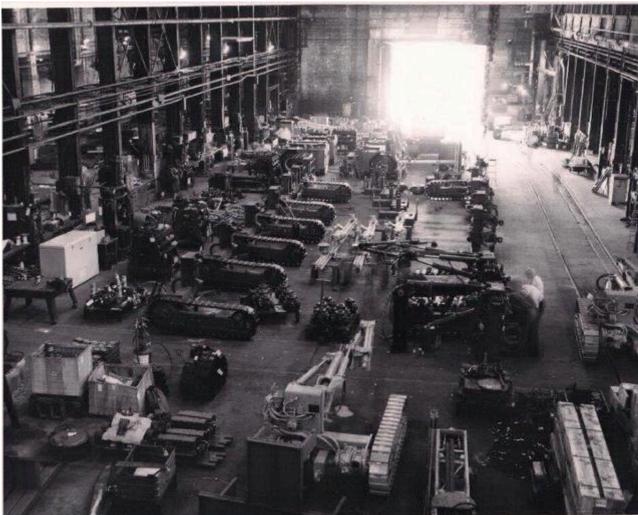
2:26 PM: Engine 3 responded to Washington St. for an illegal burn.

Program On Trip To Jamaica At Plainfield Library

PLAINFIELD, NH--Philip Read Memorial Library, Plainfield, will be hosting a program by Hannah and Ella Falcone who will be sharing photos and talking about their experiences volunteering this summer in Kingston, Jamaica; Dec. 14, 7:00 p.m. As part of a small group of teens and adults that traveled from NH, they spent a week caring for abandoned people who live in shelters run by Missionaries of the Poor. They would love to share their experiences with our local community members, many of whom generously donated suitcases full of needed items for them to bring along.

www.facebook.com/etickernews





Interior
shots of Joy,
once one of the
biggest
employers in
Claremont,
back in the day
when manufacturing served as
the economic
basis of the
Valley.

Photos courtesy of Merle Boardman











Celebration Time!

Triumphant Cardinals arrive back at Stevens Saturday with their winning plaque, medals and a party awaiting them that included pizza and cake; SHS principal Pat Barry slices up the desert (Photos by Bill Binder and Courtney Parizo).

