

## Elks to Hold Annual Lodge Hoop Shoot Dec. 10th

CLAREMONT, NH--Claremont Elks BPOE #879 is holding their Annual Lodge Hoop Shoot on December 10th. The contest will be held at the Claremont Savings Bank Community Center. Sign up starts at 9:30 a.m., and the contest will start at approximately 10:15 a.m.

The contest is open to girls and boys ages 8 to 13 as of April 1st, 2018. All are welcome from Charlestown, Claremont, Unity, Cornish and Newport. Please be reminded that you can only enter in one contest. The winners will advance to the North District Shoot on January 7th in Laconia, NH. From there, winners will advance to the State Shoot on February 4th in Epsom, NH.

If you have any questions please contact Lee Miller, Chairman of Hoop and Soccer Shoots at (603)558-0133 or Claremont Elks Lodge #879, at (603) 542-9802.

## Pickleball Winter Hours

Pickleball! The fastest growing sport in the country. If you're unfamiliar with the game go to [www.pickleball.com](http://www.pickleball.com) and watch the game being played. It's wonderful family fun. Instructors on hand to help those that have never played.

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

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

## Newport Park & Rec

ADULT ACTIVITIES

### STRETCH & FLEX

Tue & Thur @ 1pm with Aggie

### WALKING CLUB

Mon/Wed/Fri ~ 11:00am-Noon at Towle School, Wheeler gym

### PICKLEBALL

Tue & Thur, 9:00-11:00am at Towle School.

\$1.00 resident/ \$2.00 non-resident

### PING PONG

Tue & Thur, 11:00am-1:00pm at Newport Rec.

\$1.00 res/\$2.00 non

### BOOTCAMP

December 4, 2017-Feb 9, 2018 5:00am or Noon

Go at your own pace!

### AFTER SCHOOL PROGRAM

Looking for a place for your child to go after school??

Monday-Friday 2:30-5:00pm Grades 2 and up, FREE for Newport Residents (\$25 non-residents)

Open ... when school is open. Closed during school vacations & holidays. Registration form required

### Friday Night Adult COED Hoop

Fridays, 7pm, 18+ at the Rec only a buck!

### Sunday Night 40+ Mens Hoop

6pm at Towle School, but you have to be over FORTY! \$1.00

### Monday Night Men's Hoop

Stop by for a drop-in game of hoop, every Monday from 7:00-9:00pm at NRD. Must be 18+ Its only \$1.00!

## SHS Girls Basketball

The Stevens High School girls basketball team opened the season Friday night, facing Mascoma. The Cards lost, 29-22; Alexis Aiken, a sophomore, scored six points; senior Tess Whitney also scored six points for the team.

The team hosts Hopkinton Tuesday; action begins at 7:00 p.m.

## Monarchs Topple Railers, 3-2

WORCESTER, MA – Three power-play goals and 32 saves by Charles Williams helped push the Manchester Monarchs past the Worcester Railers, 3-2, Saturday night at the DCU Center.

The Monarchs (12-7-1-1) won the game despite being outshot by the Railers (8-8-2-1), 34-22.

Worcester opened the scoring when T.J. Syner scored his 2nd goal of the season at 4:22 of the first period. Syner took a pass off the stick of Barry Almeida from behind the net and stuffed the puck under the right pad of Monarchs goaltender, Charles Williams, to give the Railers an early 1-0 lead.

The Monarchs tied things up when Kevin Morris scored his 9th goal of the season at 16:54 of the opening period while on the power play. Morris was camped in the slot and tipped a Colton Saucerman slap shot from the middle of the blue line past the glove of Railers goaltender, Eamon McAdam, to make the score, 1-1.

Manchester took the lead when Joel Lowry potted his 9th goal of the season at 11:56 of the second period, for the second power-play goal of the night. Spencer Watson fired a shot on goal from the right hash mark, but Lowry got his stick in the shooting lane and tipped the puck past McAdam, to give the Monarchs the 2-1 lead.

The Monarchs went up, 3-1, when Matt Leitner scored his 3rd goal of the season at 10:43  
(Continued on page B2)

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**Thirty-two saves by Charles Williams helped push the Manchester Monarchs past the Worcester Railers, 3-2, Saturday night (Courtesy photo).**

**Monarchs, from B1**

of the third period. Leitner took a pass from David Kolomatis and sent a wrister past the blocker of McAdam from the left hash, for the Monarchs third power-play goal of the night.

The Railers made it a one-goal game when Chris Langkow scored his 4th goal of the season at 17:51 of the third period. While McAdam was pulled and the Railers were skating 6-on-5, Langkow found the loose puck on his stick in the slot and fired the puck past a diving Williams to bring Worcester closer, 3-2.

The Monarchs return to SNHU Arena on Dec. 8 (7 p.m.), when they host the Norfolk Admirals to begin a three-game homestand.

The Monarchs will host the annual Holiday Game on Dec. 9 (6 p.m.), when they face-off against the Reading Royals. The Monarchs will wear ugly sweater jerseys on the ice and fans are encouraged to throw stuffed animals on the ice after the first Monarchs goal of the night for the annual Teddy Bear Toss. All stuffed animals will be donated to local charities for the holidays.

**Wrestling Action in Springfield**

SPRINGFIELD, VT--Come to the Park St. School gym in Springfield, VT, Wednesday, Dec. 13th, to watch some exciting varsity wrestling action, and to show your support of this hard-working local team. Springfield hosts Fair Haven for a couple of hours; the fun begins at 5:00 p.m. with a brief routine by the SHS varsity dance team to pump up the

excitement. Bake sale items will be available, as well as glow-in-the-dark bracelets and window clings, so you can tell the world you support Springfield, VT, Wrestling.

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

**SHS Girls V. Basketball Schedule**

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

**SHS Boys V. Basketball Schedule**

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

**603-542-6900**

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# Inspiration

## Charlie Brown Christmas

By Priscilla Hull

Yes, I'm watching "Charlie Brown Christmas". After all, we are now into December! I love the music! It is so simple and clean and pure. It tells more than the Christmas story. It tells us all about love and fairness. The characters are such a combination of all of us. Each one of us has a little of the kid who can't seem to get anything right! Maybe not everyday, but some days I feel like Charlie Brown. No matter how hard I try, nothing is ever just right. Lucy? We think, no, I'm not so arrogant as Lucy. Then we realize that, yes, we are at some times and for some reason. Linus, the precocious, yet innocent, little brother.

The rest of the kids have their own perfections and imperfections. Schroeder, so wrapped up in his music that he just doesn't have time for Lucy. Peppermint Patty, who seems to be so self assured and secure. Yet if we look closely, we can see that she has a positive attitude which belies a girl who constantly has to prove her own self worth to win the attention and affection of her hero, Charlie! Sally is an interesting addition to the mix. She tries so hard to win Linus's attention and favor. Linus always has too much going on to accept Sally's attention.

We all have some of these traits in our personalities. More to the point, we all know someone who is a Charlie Brown, a Lucy, a Linus and, yes, a Snoopy. These are our friends, tried and true, who stick by us no matter what! As we study these young characters, we see ourselves. That is, if we are honest, we see them in ourselves.

Every "Charlie Brown Christmas" show closes with the whole group united singing a Christmas Carol. You see, no matter what happens, how bossy Lucy is, how many times Charlie Brown is put down, how often Linus rejects Sally or how many time Snoopy give Lucy a slobbery kiss, they truly love each other and they all are seeking Peace and Goodwill in the world. They look for peace, not just for themselves, but for all of us. They are us, you and me, looking for a good life, looking for love, looking for Peace.

Let's join the Peanuts kids in spirit as we prepare for Christmas this year. If ever we need Peace and Goodwill toward all, it is now!

Linus said, "And there were in the same country, shepherds abiding in their field by night. And an angel of the Lord came upon them and the glory of the Lord shown round about them and they were afraid. The angel of the Lord said, 'Fear not . . .'"

Also from Luke, chapter 2.

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



## Calendar Of Events

### Arrowhead Work Sessions

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

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

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

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

### Croydon Ladies Auxiliary Bingo

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

All paper games.

### Hope For Recovery Services, Meetings

CLAREMONT, NH--169 Main Street Claremont, NH Phone: 603.287.7919  
Primary hours: Monday-Friday, 9AM-5PM  
1-on-1 peer coaching for everyone impacted by addiction (inc. family & friends) Support

groups - Community events - Educational workshops.

#### MONDAYS

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

#### TUESDAYS

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

#### WEDNESDAYS

- ☐ 12-1pm Alcoholics Anonymous - A 12 Step Program
- ☐ 2-3pm All Recovery Peer Group
- ☐ 6:30-8pm Greater Sullivan County Survivors of Suicide Loss (3rd Wednesday of the month)

#### THURSDAYS

- ☐ 10:30-11:30am Women in Recovery
- ☐ 12:30-1:30p SMART Recovery
- ☐ 2-3pm All Recovery Peer Group
- ☐ 5-6:30pm LGBTQ+ Peer Support Group (Every 2nd & 4th Thursday)
- ☐ 7-8pm Al-Anon - A 12 Step Program for family & loved ones

#### FRIDAYS

- ☐ 10:30-11:30am All Recovery Peer Group
- ☐ 12-1pm Narcotics Anonymous Meeting
- ☐ 2-3pm All Recovery Peer Group
- ☐ 5:30-7pm Movie Night - (Every 1st & 3rd Friday) Some movies will feature graphic and sometimes disturbing material. Please check in with us to see what movie we will be showing if you have concerns about content.

If you are interested in hosting your next sober event (film screenings, birthday parties, team meetings) at the center, looking to start a new support group, facilitate a training or workshop, or thinking about volunteer and internship opportunities please email: [info@recoverynh.org](mailto:info@recoverynh.org) or call 603.287.7919.

### Sunapee Town Departments Schedule

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

Town Office & Town Clerk/Tax Collector  
Monday, December 25th  
Monday, January 1st  
The Town Clerk/Tax Collector will be closed on

the following Saturdays: Saturday, November 25th, Saturday, December 23rd  
Transfer Station  
Thursday, November 23rd  
Monday, December 25th  
Monday, January 1st  
Abbott Library  
Thursday, November 23rd & Friday, November 24th  
Saturday, December 23rd & Monday, December 25th  
Monday, January 1st

### Caregiver Support Group

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

### Newport Historical Society Museum Hours

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

Open Sundays (except holiday weekends), from 10AM to 2PM, and by appointment by calling 603-863-1294. The museum is free, heated, air-conditioned, and handicapped accessible.

### TLC Program Offerings

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

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

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

## Apple Blossom Children's Applications Due

SPRINGFIELD, VT--Elementary school children in grades Kindergarten through 4th are invited to participate in the 62nd 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 singing and dancing numbers.

This year's Cotillion is on Friday and Saturday, May 4 & 5. The Director of the 2018 Cotillion is Madison Moreau.

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 4 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 7 to determine the participants.

An orientation for all parents and participants, including elementary school, is on Sunday, Jan. 7, at 1:00 p.m. at Riverside gymnasium. Weekly rehearsals for elementary school participants start on Sunday, Feb. 18, from 3:00-4:00 p.m.

Parents who would like their children to participate may obtain an application form from the Springfield Hospital Development office, 802-885-7644, or [lkraft@springfieldmed.org](mailto:lkraft@springfieldmed.org).

## Looking for the Next Apple Blossom Cotillion Queen

SPRINGFIELD, VT--High school senior girls in the communities served by Springfield Hospital and Springfield Medical Care Systems (SMCS) are invited to participate in the 62nd annual Apple Blossom Cotillion. One of them will join the select group of Apple Blossom Queens. This special community event continues to be both a unique tradition and a rite of passage for area young people. Girls present themselves with and without their escorts and are interviewed by a panel of judges.

The Director of the 2018 Cotillion is Madison Moreau. While relatively new to the local area, she has been studying and teaching dance for more than 15 years. Her choreographic pieces were featured at Hampshire College, where she was a student, and she worked for the Basketball Hall of Fame as a choreographer. She also volunteered with the Good Company Theater, a non-profit community organization in Granby, Connecticut, before moving to Springfield, Vermont.

The master of ceremonies for the 18th consecutive year is Larry Kraft, Director of Development for SMCS.

Proceeds from the event are used for the Dr. E. Sherburne Lovell Health Career Award and to benefit Springfield Hospital and the ten community health centers of SMCS.

An orientation for all parents and participants, including elementary school, is on Sunday, Jan. 7, at 1:00 p.m. at Dressel Gymnasium at Riverside Middle School. Weekly rehearsals for high school couples start immediately after that orientation. Rehearsals for elementary school participants start on Sunday, February 25. It all culminates with performances on Friday and Saturday, May 4 and 5.

Applications are available at [www.springfieldmed.org](http://www.springfieldmed.org) and at area schools. Applications must be received by December 4. For information, call Larry Kraft, 885-7644, or [lkraft@springfieldmed.org](mailto:lkraft@springfieldmed.org).

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

December 14-17

The Hopkins Center for the Arts  
Hanover, NH

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

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

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

The Christmas Revels is the Upper Valley's most enduring holiday tradition, with every year bringing with it a once-in-a-lifetime performance sure to get audiences singing along and dancing in the aisles! This year, we'll be bringing a little extra hygge (Nordic coziness) to the stage, as we brighten up the dark solstice nights with music, dance, laughter...and you! Tickets are available through the Hopkins Center box office, online at <https://hop.dartmouth.edu/Online/default.asp> or by phone at 603-646-2422.

## Overeaters Anonymous Meetings

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

## Blue Christmas Service

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

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

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

## Bel Canto Concert in Lebanon Dec. 10

LEBANON, NH--The Bel Canto Chamber Singers presents its 40th Anniversary Christmas concert, "What Sweeter Music,

Christmas Carols and Choral Settings from Chant to Contemporary." The concert features the world premiere of "Magnificat" by Travis Ramsey and includes works by Rutter, Pachelbel, Victoria, Carrillo, Abels and others. Performances are at the First Congregational Church, On the Green, in Lebanon, NH, on Saturday, December 9, at 7:30 p.m. and Sunday, December 10, at 4:00 p.m. Jane Woods is music director with accompaniment by pianist Pierre Fournier, strings and flute. Prices are \$15, adults, \$10, students and free for children 12 and younger.

Bel Canto is celebrating 40 years of choral singing in the Upper Valley.

## A Service of Lessons and Carols

NEWPORT, NH--A Service of Lessons and Carols will be held on Sunday, Dec. 24, 1:30 p.m., at the Grace Anglican Church, Laurel Street, Newport. All are welcome.

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

## 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.



Kerri Emmos  
603-542-9675

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

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



Let Sullivan County Humane Society help wrap you in warmth this winter!

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	Wednesdays	4-7pm
	Thursdays	10am-2
		5-7pm
	Fridays	10am-2
	Saturdays	3-5pm

**Drawing to be held on December 26<sup>th</sup> @ 5PM**

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

# Santa is coming to Town!

**Photos  
with  
Santa**



**Pets  
Kids  
&  
Families!**

**Join us on Saturday, December 9<sup>th</sup>  
from 10-2 @ the  
Claremont Rent-A-Center**

### **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!**

**All photo and bake sale proceeds to benefit the Sullivan County Humane Society**



## Bereavement Support Groups

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

“Widow to Widow” is an ongoing group that allows women to gather in a supportive environment to learn about the grief process. It meets on the first Monday of every month from 10:00 a.m. to 12:00 p.m. at LSRVNA, 107 Newport Road, New London.

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

There is no fee for these groups, and no RSVP is necessary. For more information, call 603-526-4077.

## Bingo in Charlestown

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



Lake Sunapee Region VNA & HOSPICE

603.526.4077

REV. APR. 20, 2017

### MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

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

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## ***"Bah Hum-Bud": Children & the Holidays***

**By Bernadette O'Leary**



Many of you might be seeing a certain crankiness in your "little buddies" as the holidays approach. Rest assured, you're not the only ones. The anticipation within children that comes with this time of year can also include moodiness and impatience. This is often revealed in lack of focus for school and chores as well as irritability in general. But be at peace, for they will soon return to their normal, slightly less irritable, selves soon enough. Noticing it in yourself as well? Not to worry. That too is normal.

When looking to the cause of this change in attitude, it's actually a mixture of things. Both Web MD and Psych Central agree that weather affects people's moods. The truth is, this is not a concept that is new to the psychiatric community. Weather and changes in weather have long been known to create mood swings in us all, including children. As the weather cools and becomes more dark and dreary, many children and adults feel down and even cranky. They become listless, sad, and even irritable. Children are especially prone to irritability due to not really understanding their mood swings or how to express them in ways that are healthy. However, what causes this in not only our children, but also in adults?

The causes are many, but the Mayo Clinic reports how the changing of seasons and decrease of sunlight, which is needed by the human body, can lead to an imbalance of both serotonin and melatonin within the body. These changes affect our moods. This shows how, as humans, we're connected to the Earth, and its changes can easily result in changes within our chemical and physiological makeup.

There are many ways to help children, as well as yourself with these mood swings. The first way is by allowing your children to do things they enjoy. However, if this doesn't work, or if the child has lost interest in the things he or she enjoys, try going out and doing things that are fun. They don't have to cost anything. Going for walks, looking at Christmas lights, and exercise (both indoors and outdoors) are all great options. My children enjoy window shopping for Christmas wish list ideas. Even something as simple as spending time with friends or family, getting out of your own home with loved ones, can help. Likewise, be especially mindful of nutrition during this time of year. Trying to mix nutrition with the usual unhealthy eating habits that come with the holidays can be a big factor in emotional health. A final idea is doing something for someone else, such as serving in a soup kitchen, volunteering at your local animal shelter, or baking and making care packages for people in nursing homes or friends. The possibilities are endless. The important thing is not to get frustrated with yourself or your children. These feelings are not at all uncommon, and people all over the world experience it. The National Center for Biotechnology Information, U.S (NCBI) reports that 6% of adults within the U.S. experience what is known as Seasonal Affective Disorder, with another 14% suffering what is simply called winter blues. Most importantly, it's important to know when to seek proper help from a doctor or therapist. Seeing your doctor is an important step in ensuring the cause of mood swings is not something more serious. Avoid self-diagnosing, as you could need something more than simply changing your routine, indulging yourself to that extra helping of ice cream, or getting those new shoes that are calling your name in the shoe store window.

If you, your child, or someone else you know experiences a change of mood during seasonal changes, try not to judge. Instead, see what might work best for you or for the other individual to feel better. If nothing helps, or if the changes just seem too drastic, seek the advice of a doctor. It's nothing to be ashamed of, but the help you need could be as simple as changing your routine or letting a doctor guide you. Until next time, my friends, #LoveOthersWell, and have a joyous and blessed holiday season.

### Sources:

Web MD: <https://www.webmd.com/balance/features/can-rainy-days-really-get-you-down#1>

NCBI: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2686645/>

Psych Central: <https://psychcentral.com/blog/archives/2014/08/29/can-weather-affect-your-mood/>

Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

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

### Blanche Beverly St. John

Blanche Beverly St. John passed away peacefully at home on Wednesday, November 29, 2017, with her family by her side.

She was born in Claremont, NH, on December 7, 1927, the daughter of Simeon Lorenzo Fontaine and Etta Adele Howe.

She was predeceased by her husband, Alfred Loren St. John and siblings, Ernest, Lillian, Henry, Ethel, George, Beatrice and Francis.

She is survived by her daughter, Debra Duncan and her husband, Bill; son, Thomas St. John and his companion, Stephanie Bray; granddaughter, Elizabeth Dussault and her husband, Mitch; grandson, Nathaniel E. Henry and his wife, Danielle; great grandson, Austin R. Henry; her brother, Donald Fontaine Sr. and his wife, Rita; sister-in-law, Claire Fontaine and numerous niece and nephews.

Funeral services will be held Friday afternoon, December 8th, at 1 PM at the Stringer Funeral Home, 146 Broad Street in Claremont with Rev. Fr. Shawn Therrien, VF Pastor of St. Mary Church officiating.

Burial will follow in West Claremont Burying Grounds.

### Mary T. Kendall-Potanas

It is with great sadness that the family of Mary Theresa Kendall-Potanas, RN, announced her unexpected passing at her home in Lempster, NH, on Sunday, November 26, 2017, from a significant cardiac event.

Born on January 19, 1955, to Watson and Margaret Kendall, she was raised in Strafford, VT. She loved living in Vermont and swore she would never leave the Green Mountain State. She remained a resident until 2005, when she was swooned by her husband and moved to Lempster, NH.

Mary is survived by her husband, P. Mark Potanas; her son, Nicholas (Kit) Burnham, daughter Ginger (Timothy) Kennedy, step-son Christopher (Robyn) Potanas, step-daughter Erin (Christian) Bortel; her sister Beckie (Paul) Raymond, her brother Eugene (Nancy) Kendall, and her brothers Christopher Kendall and Scott Kendall. Mary is also survived by her grandchildren: Jaden Sanborn, Kayla and Ry-lee Burnham; Aiden, Ethan and Teagan Ken-

nedy; Gabriel, Elijah and Alexander Bortel; and Connor Potanas, as well as numerous uncles, aunts, nieces, nephews and cousins. Mary is preceded in death by her father Watson John Kendall and mother Margaret Elizabeth Kendall.

Mary was a loving wife, mother, grandmother, sister, aunt and friend to many. She was immensely proud of both of her children and loved all of her grandchildren dearly. Mary never let anything stop her, yet always had compassion to spare. Her family, friends and colleagues knew they could count on her for any reason. She will be missed beyond measure by all.

Having earned her nursing degree in July 1994, Mary held several positions between New Hampshire and Vermont in the medical fields, most recently working at ArborView in Newport/Claremont, NH, and Community Resources for Justice out of Keene. She was gifted with the ability to work compassionately and effectively with all her clients, including those with mental and physical disabilities.

“Safety glasses are your friend.”

-Dr. Sam Giveen

All kinds of common eye injuries can be prevented just by wearing safety glasses. That's what Dr. Sam will tell you. Does he sound like your dad?

Sometimes. But your dad had some good advice.

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(we're right there by the hospital)



She was known for being a strong advocate for all of her patients and was always willing to go above and beyond for those down on their luck. She saw the best in everyone and tried always to make sure her patients felt that compassion.

A gathering was held at the Stringer Funeral Home, 146 Broad St. Claremont, NH on Saturday, December 2nd.

In lieu of flowers the family asks that donations in her name be made to the Vermont Police Canine Association c/o [Emily.VPCA@yahoo.com](mailto:Emily.VPCA@yahoo.com).

### **Catherine M. Trzesiara, 68**

Catherine Mae Trzesiara, 68, of Claremont, NH passed away on Saturday, November 25, 2017.

She was born in Windsor, VT, on April 7, 1949, the daughter of Russell Washburne and Nellie Eva (Sanderson) Morse.

Catherine had worked for many years for Hampshire Manufacturing, Pep Industries, Lacrosse and Whelen Engineering.

She enjoyed working and spending time with her family.

She is survived by her husband, Henry Trzesiara, Sr.; her children, Donald Weatherford, Troy Weatherford and his wife Yvonne and Steven Trzesiara and his wife Megan; step-children, Henry Trzesiara, II and Shannon Ostroski; 11 grandchildren; her brother, Mark; sisters, Rose, Grace, Louise and Alice; many nieces and nephews.

A celebration of her life will be held privately.

Donations may be made in her memory to Norris Cotton Cancer, C/O Dartmouth Hitchcock Medical Center, One Medical Center Drive, Lebanon, NH 03756.

### **Claremont Fire Dept. Log**

#### **Tuesday, November 28th**

1100 Engine 3 responded to Trinity Street for an odor investigation.

1334 Engine 3 responded to Heritage Drive for a well-being check.

1435 Engine 3 responded to Maple Avenue for a medical call.

2303 Engine 3 responded to Pleasant Street for a medical call.

2322 Engine 3 responded to West Terrace Street for a medical call.

#### **Wednesday, November 29th**

## **Social News**

### **Claremont Senior Center, Inc.**

**By Claire Lessard, Executive Director**

Come to our Roast Pork Dinner on Saturday - December 9 (5:00 - 6:30 PM). Open to the public! \$10 per person! Menu includes mashed potatoes, gravy, mixed vegetables, apple crisp with ice cream. Our "Lucky" Raffle drawing will take place at 6:00 PM. Raffle tickets are \$3 per ticket / 4 tickets \$10. You could win a 1 year subscription for all 3 prizes: 1st Prize - Power Ball & Mega Millions. 2nd Prize-Lucky 4 Life. 3rd Prize-Mega Millions. Winner also has option of cash value...1st Prize: \$400 / 2nd & 3rd Prizes \$200. Get tickets at center or the dinner!

Dinner Menu: Tuesday - December 5...Salad, pizza (cheese or pepperoni), dessert. Thursday - December 7...Soup, chicken stew, biscuit, vegetable, dessert. Menu subject to change!

A "Holiday" Celebration will be held on Sunday - December 17. At 2:00 PM entertainment by "Silver Country" (Classic Country Music). 3:00 PM Swap Party (bring a gift - value up to \$10). Bring your favorite appetizer. Water, soda and coffee available or bring BYOB. Call or come to center to sign-up!

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

Our monthly members meeting will be held on Dec. 5 at 12:30 PM in the Mozden room.

Foot Clinics on December 6, 13 & 20 (8 AM - 3PM). Free Blood Pressure Clinic - Thursday - December 7 (10:30 AM - 12 noon) & 21 (11:00 AM - 12 Noon). Blood Sugar by request only. Sponsored by Lake Sunapee Region VNA & Hospice. Call (603) 526-4077.

"Sunday at the Center" (1:00-4:00 PM) for members and bona fide guests! Play pool, games, ping-pong, work on a puzzle, card games (Hand & Foot card game most popular), Mahjonn (instructions given) or just socialize. Bring a snack to share and your own beverage. New game. "Poker"...no money, chips used.

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

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

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

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

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

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).

During winter months, Center is closed on days of unsafe weather conditions and when schools are closed. Watch WMUR-TV for closing!

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.)

0740 Engine 3, Ladder 2 and Engine 1 responded to Charlestown Road for a box alarm.

1045 Engine 3 responded to Washington Street for an alarm sounding.

1457 Engine 3 responded to Opera House Square for a person stuck in the elevator.

#### Thursday, November 30th

1751 Engine 3 responded to South Street for a medical call.

2117 Engine 3 responded to Prospect Street for a carbon monoxide alarm.

2245 Engine 3 responded to Pleasant Street for a carbon monoxide alarm.

#### Friday, December 1st

1126 Engine 3 responded to Heritage Drive for a medical call.

1206 Engine 3 responded to Washington Street for a fuel spill.

1246 Engine 3 responded to Washington Street for a motor vehicle accident.

1742 Engine 3 responded to Pleasant Street for a motor vehicle accident.

1943 Engine 3 responded to Windsor Road for an illegal burn.

#### Saturday, December 2nd

0020 Engine 3 responded to Broad Street for a medical call.

1228 Engine 3 responded to Bowen Street for a motor vehicle accident.

1840 Engine 3 responded to Centennial Street for a medical call.

#### Sunday, December 3rd

0212 Engine 3 responded to Central Street for a smoke investigation.

0831 Engine 3 responded to Spring Street for a medical call.



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

### AGENDA

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. REPORT OF THE SECRETARY  
Minutes of July 12, November 1, 8, 9, 14, 28 and 29, 2017, City Council Meetings
- 6:40 PM 5. MAYOR'S NOTES
- 6:45 PM 6. CITY MANAGER'S REPORT
- 6:55 PM 7. APPOINTMENT TO BOARDS AND COMMITTEES
- 7:00 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
9. OLD BUSINESS - None
10. NEW BUSINESS *NOTE: Include Public Hearing for all Resolutions & Ordinances*
- 7:10 PM A. Ascertainment Hearing for Cable Franchise Renewal – Public Hearing
- 7:40 PM B. Shugah Valley Snow Riders Annual Permission
- 7:45PM C. Motion to Accept Wooden Flag Display for the Police Department
- 7:50 PM D. Resolution 2018-19 Accept and Expend K-9 Unit Grant – Public Hearing
- BREAK
- 8:15 PM E. Ordinance establishing Maple Ave School Zones – Public Hearing
- 8:25 PM F. Approval/Denial of Fire Union Contract
- 8:35 PM G. Resolution to establish either Energy Committee/Commission – Public Hearing
- 8:45 PM H. Council Rules Update
- 9:00PM NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(a) – PERSONNEL REVIEW
- 9:30 PM 11. COMMITTEE REPORTS
- 9:35 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:40 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:45 PM 14. ADJOURNMENT

PLEASE NOTE: Claremont City Council not meeting on Dec 27, 2017.

Send news and photos

to

[etickernews@gmail.com](mailto:etickernews@gmail.com)