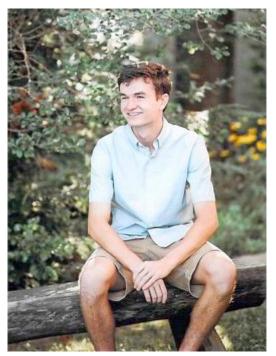
e-Ticker News Sports

St. Joe's Sports Night Winners Announced









The winners of this year's St. Joe's Sports Night have been announced. They are, from left: Best Male Athlete, Drew Grenier; Best Female Athlete, Elyse Scott; Unsung Male Athlete, Mitchell Paquette and Unsung Female Athlete, Kelsey Belisle. The event will take place on March 28, and tickets go on sale March 1st, at Stevens High School and Marro's Home Center. The Elks, which has been sponsoring St. Joe's Sports Night for many years, with the help of other generous organizations, will be sponsoring the popular event once again. Tom Hoyt will serve as host.

Coach Paul Silva: Affection for His School, His Community

By Poody Walsh Special Feature

CLAREMONT, NH --For 23 years Paul Silva was climbing the banking ladder, but what he was doing just didn't feel right - working 9-to-5 was interfering with what he really wanted to do and that was to coach. So he took off the suit and tie and took a job stocking shelves overnight at Wall-Mart so he could find time to coach during the day.

And today nobody coaches more than Paul Silva and nobody spends more time at Stevens High School than Silva. Sundays and school vacations will find his car with the "Phins" license plate parked out back. Not only is Silva the head baseball and football coach and assistant head varsity boys basketball coach, he also does the laundry.

"Paul has saved the school district literally thousands of dollars over the years by washing all the uniforms himself. He can get more out of a set of uniforms than any coach I have ever met," said Stevens Athletic Director Doug Beaupre.

Silva is unique in a lot of ways, but his affection for Stevens High School is most impressive. He has a job in the system as the online learning coordinator that "I love."

He's living in community that "I love" and in a school with students that "I love."

Most schools would not allow a coach to be involved with three sports, but that's not a problem for Beaupre. "Paul is one of the most dedicated coaches I have ever met in my life, said Beaupre. "The amount of time that he puts in his coaching is impressive and incredible."

And the only reason he does

not coach in the summer is because the Claremont Senior Babe Ruth team he used to coach no long exists.

Silva, 58, had limited athletic ability in high school, only playing junior varsity baseball at Fall Mountain from where he graduated in

(Continued on B2)



Silva, fro B1

1977. From there he went to UNH for awhile before graduating from Southeastern Academy, a travel school in Florida.

While Silva was no great shake as an athlete, he has the Silva bloodline flowing through him, put there by his NHIAA Hall of Fame father, Ralph Silva, who coached state champion baseball teams at Fall Mountain and Stevens. Ralph also was a three-sport coach at Charlestown before the school merged with Alstead and Walpole to form the Fall Mountain School District.

The coaching bug began to bite Silva big time when Dan Poisson put the Claremont Youth Football League together that also involved not only Ralph Silva, but Paul's brother Ken as well. "I did that for 11 years, starting in 1990," said Silva. "Then it was on to the Claremont Middle School where Ken was the head coach. He asked me to help and when I did that it really got the juices flowing."

There were 44 kids playing middle school football at the time, but the high was not only having trouble with numbers, but taking severe beatings so bad, that the varsity program was shut down for two years and did not return to varsity status until 2004 and by 2005 the Cardinals made it to the Division V championship game.

Both Ken and Ralph Silva took a run as head coach of the Stevens football team, but for the past seven years Paul has been running the program with two state championship games and a Division III title in 2016. During that run to the championship Stevens beat Monadnock and Inter-Lakes in tournament games, two teams the Cards lost to during the regular season, including a 46-20 thrashing by the Inter-Lakes, a team Stevens beat for the crown. How could that happen? "We didn't turn the ball over seven times like when we played them the first time," explained Silva.

While all coaches have their detractors the list is pretty small when it comes to Silva and it is because he is always pre-

pared, stays under control and never talks down to anyone.

"Coach Paul is one of the best people I have ever met," said Matt Bean who played for Silva and is now an assistant football coach. "His passion for sports is contagious to players and coaches alike. He treats his team



Paul Silva

like his family. I always know that if I ever need anything in life I can go to Coach Paul and he will be there for me."

Expressing similar feelings was Aidan Cahill, a senior baseball and football player and at the top of his class academically. "I believe he is the epitome of what it means to be dedicated to one's job," said Cahill. "He cares deeply not only about the sports he is involved with, but about each player that he dedicates himself to lead."



Silva does admit that coaching all the school year is a bit taxing and appreciates the break in the summer. "But, hey this coaching thing keeps me out of trouble," he said.

Lebanon-Stevens Boys Hockey

02/05/18 at Merrimack W 7-4

02/08/18 at Kearsarge W 10-3

02/14/18 Dover 6:00 PM

02/17/18 Kingswood 4:20 PM

02/24/18 at St. Thomas Aquinas 1:45 PM

Lebanon-Stevens Girls Hockey

02/06/18 at St. Thomas-Winnacunnet W 3-2

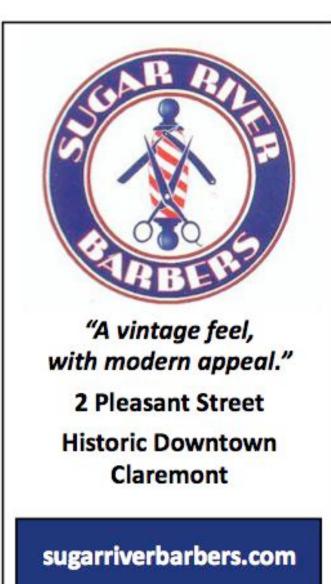
02/10/18 at Berlin-Gorham L 4-5

02/13/18 Hanover 5:50 PM

02/16/18 Oyster River-Portsmouth 6:20 PM

02/17/18 at Oyster River-Portsmouth 6:00 PM

Got Sports?



SHS Girls Basketball

02/05/18 Fall Mountain L 41-54 02/08/18 at Hopkinton L 21-37 02/09/18 at ConVal L 46-54 02/12/18 Gilford 7:00 PM 02/14/18 Kearsarge 7:00 PM 02/16/18 at Newport 7:00 PM

2018 NH Moose Hunt Lottery Opens

CONCORD, NH--New Hampshire's 2018 moose hunt lottery is now open. Enter today to try your luck on the adventure of a lifetime -- hunting moose in the rugged woods of the Granite State. Entering the lottery costs \$15 for New Hampshire residents and \$25 for non-residents.

To enter the New Hampshire moose hunt lottery, visit

www.huntnh.com/hunting/moose.html, where you can enter online or print out a mail-in application. You can also pick up an application at any Fish and Game license agent, Fish and Game Headquarters, or Fish and Game Regional office.

Moose hunt lottery applications for 2018 must be postmarked or submitted online by midnight Eastern Time on May 25, 2018, or delivered to the Licensing Office at Fish and Game headquarters in Concord before 4:00 p.m. that day. Winners will be selected through a computerized random

drawing on June 15 at the NH Fish and Game Department in Concord.

Each applicant can enter the moose hunt lottery once per year. A bonus point system improves the chances for unsuccessful applicants who apply each consecutive year. Each point translates to a chance in the drawing. For example, last year the overall odds of a resident applicant being drawn were 1 in 87, while resident applicants with a total of 14 points had a 1 in 39 chance of being drawn. For nonresidents, the odds increased from 1 in 391 overall to 1 in 184 for applicants with 14 points.

Last year (2017), 6,850 people entered the lottery for the chance to win one of 51 permits. More than 1,300 people continued to accrue bonus points because they submitted an application for a point only. Hunters from five different states won permits in the lottery.

While people travel from all over the country to take part in the New Hampshire moose hunt, the majority of permits (about 85%) go to New Hampshire residents. The number of permits available to nonresidents is capped, based on the prior year's sales of nonresident hunting licenses.

The number of moose hunt permits that will be offered for this fall's hunt has not yet been determined as harvest and survey data are currently under review according to Wildlife Programs Supervisor Kent Gustafson. Final numbers will be determined later this spring.

While permit numbers may or may not change in 2018, your chance of being drawn and offered a permit in the lottery will be improved if you rank all wildlife management units on your application, Gustafson noted. You will have the option to decline a permit if drawn for a unit you prefer not to hunt.

New Hampshire applicants should note that the NH Division of Motor Vehicles started a new driver's license number format in 2017. As a result, New Hampshire driver's license

numbers will be changing over the course of the next five years. Bonus points are tracked via your driver's license number. Please pay particular attention when completing your application, and if your license number has changed, indicate this



on your application.

New Hampshire's nine-day moose hunt starts the third Saturday in October. This year's hunt runs from October 20-28, 2018.

New Hampshire has had an annual moose hunt since 1988, when 75 permits were issued for a three-day hunt in the North Country. The state's current moose population is estimated at about 3,300 animals. The availability of moose hunting permits is made possible by careful monitoring of moose populations. The resulting annual harvest of moose provides valuable information on the physical condition

and productivity of moose and provides a unique recreational opportunity. Learn more about moose hunting in New Hampshire at www.huntnh.com/hunting/moose.html.

Cardinals Nab Big Win

With last Wednesday's snow storm, the Stevens Boys basketball teams played just a single game this past week, hosting the Wildcats of Fall Mountain at Frederick Carr Gymnasium this past Monday.

Stevens opened up an early 7-0 lead over the Wildcats but some long range shooting from Joey Murdoch quickly narrowed the gap and it was obvious to all in attendance that this was going to be a tight battle all night long. Both defenses turned up the pressure and the teams went into the half tied at 17.

The Cardinals entered the final quarter clinging to a 26-25 lead. The teams traded the lead throughout the quarter. With just 28 seconds remaining and Stevens up 36-35, a Joey Murdoch drive led to a foul call. Murdoch drained both free throws to put Fall Mountain on top 37-36. Following a time out, the Cardinals spread the Wildcats out and with just 3.6 seconds Derrick Stanhope saw Drew Grenier heading to the basket and fed him for a the go ahead layup to put Stevens up 38-37. Tanner Durkee stole the inbound pass to seal a big win for the Cardinals.

Grenier led all scorers with 19 points, while also grabbing 7 rebounds. Tanner Durkee had 9 points and hauled down a game high 11 rebounds. Stevens improved to 8-6 on the season.

On Tuesday evening the junior Cardinals traveled to Langdon to play their game against the Wildcats. Stevens had a much easier time than the varsity and easily defeated Fall Mountain 51-31.

Brennan Huntoon hit three long balls and had a season high 15 points. Owen Taylor had 11 points, Tucker Derosier chipped in with 7 points, and Gabe Miller and Keaghan McAllister each had 5 points, with McAllister also hauling down 9 rebounds.

Both teams will be back in action this week. The varsity team will host a pair of Division II teams, Kearsarge on Wednesday in a varsity doubleheader with the girls, and ConVal on Friday. The JV Cardinals will play three games as they will host Kearsarge on Tuesday, Winnisquam on Thursday, and ConVal on Friday.

Inspiration

To Persist

By Priscilla Hull

The phrase, "Nevertheless, she persisted", was adopted by the feminist movement when Senator Elizabeth Warren was called to silence while reading a letter from Coretta Scott King. It became a trigger for feminists and a call to rally, remembering famous women from history who did persist and made a difference in the world. My intention is not to be political, however. My intention is not to be feminist (yes, I am). My intention is to remember how important it is for each one of us to hold to our beliefs, our motivations, our ideals.

There are many instances in which a woman, a man, continued on a path of justice despite odds and made a difference in our lives, in our country! Coretta Scott King, was one woman, who despite personal tragedy continued upon the path of justice to work for peace and equality. She spent countless hours after her husband was killed persisting in the cause to which they were dedicated. This spirit and enthusiasm has been a calling cards of the cause for justice for centuries in our country. It would be correct to say that this spirit of persistence in our country is a part of our heritage. I can't say that it started with the birth of this great nation, rather, that there have always been men and women in history who would not be put down because of their birth status.

One of our own, early American feminists is Molly Pitcher. Molly Pitcher, legend says, started by taking pitchers of water and soothing injured American soldiers. At some point, a soldier at a cannon was shot and Molly persisted, stepping into his place, firing round after round until the British retreated. True or not, it is a plausible story.

Another well known American feminist is Harriet Tubman. She was born a slave, but escaped to Maryland where she persisted in leading other slaves to freedom. She helped so many others, hundreds, that she became known as Moses. There was a large reward for her capture, and although she continued in her work, she was never caught!

As I was watching the snow out side my kitchen window fall the other day (that snow certainly persisted!) I had to smile at the pink geranium pictured here! Early in the fall, that stem broke from the plant and I stuck it in a bottle and put it in the window. I watched as it grew, long and steamy, but didn't have the heart to throw it out. I was rewarded by its persistence, as I saw it that snowy day blooming, bravely.

When we believe in something, a cause, a person, a child, we need to continue in the pursuit of that belief. It is, indeed, the only way change will come about. We don't need to be a public figure. We don't need to be a hero, we need only to hold onto that belief, that dream. We need to be active in pursuing that light. We need to persist and it will come to pass, maybe not in our lifetime, but surely, a cause which is right and good will come to be.

"If you do this thing, and God so commands you, then you will be able to endure, and all these people will be able to go home satisfied." Exodus 18:23



Calendar Of Events

3rd Annual Chocolate Event in Acworth

ACWORTH, NH--Third Annual Chocolate Event will be held Sunday, Feb. 18th, 2:00-4:00 p.m., at Acworth Church on the Hill. The Acworth Library is hosting its 3rd annual event for lovers of chocolate and other desserts

Bakers: bring us your favorite chocolate dessert and be entered into a drawing for prizes. Bakers of all ages are invited. To enter, call the Library at 835-2150 or email us at acworthlibrary@myfairpoint.net.

Non-Bakers: join us for tasty desserts and good company.

A Night of Remembrance Planned in Newport

NEWPORT, NH--There will be A Night of Remembrance on Saturday, Feb. 16, from 5:00 to 6:30 p.m., at the South Church, located on 20 Church Street in Newport. There will be a dinner, craft project, and brief ceremony lead by Eliot Fay, pastor at South Church. The free event is sponsored by SAU 43 and TLC Family Resource Center.

The remembrance is for those children, youth and their families who have lost a loved one, said Stacey Hammerlind, Family and Community Coordinator for SAU 43.

"SAU 43 is honored to be involved in this project as a way to offer support to the many students who have been affected by the loss of a parent or a caregiver. Working with other organizations in town strengthens us as a community and helps assure that all youth who would benefit from this event are invited," she said.

"Loss of a parent or other loved one is difficult at any age. Children may not have the language to express how they are feeling, what fears they may have around the loss. They also may feel that they are alone in this situation. Sharing a meal and activities with others struggling with the same issues lets them know they are not alone," Hammerlind continued.

The event is an extension of the support TLC offers to families in the community.

"There are so many children in the community who have lost loved ones. Events like this are one way for TLC to show support for them, whether or not we may have worked with the family, and the whole community," said Liz Morse, a parent educator for TLC.

For more information, to make a donation towards dinner, or to volunteer to help at this event, please call Hammerlind at 603-454-8271 or Morse at 603-542-1848.

SAU No. 43 serves students in Newport, Croydon, and Unity. TLC Family Resource Center, located in Claremont, supports and strengthens all families, children, and youth of Sullivan and Lower Grafton counties with a wide range of free programs, support groups, education, and events.

"Spirit of Johnny Cash" Returns to COH

CLAREMONT, NH--WCNL Country AM 1010 / FM 94.7, Common Man Inn & Restaurant and Claremont Opera House welcome the return, by popular demand, of "The Spirit of Johnny Cash" starring Harold Ford as Johnny Cash and featuring the Red Hot Cash Band at the historic Claremont Opera House Saturday, March 10, 7:30 p.m. The "Spirit of Johnny Cash" name resulted from fans telling him that he was channeling Johnny Cash's spirit. Random strangers would come up to Ford and say, "Did anybody ever tell you that you look like Johnny Cash?" After hearing this for a while Ford started replying "You're the first one today."

This is what country music is all about - the music of Johnny Cash. The Nashville music press has hailed this show as a "must see to believe." Ford is incredible as Johnny Cash.

Ford bears an amazing resemblance to Cash, both vocally, and physically. Ford and his Cash Band have, in fact, been invited to play in Nashville, as the first Cash tribute band to be formally asked to do so, after Johnny's death. Ford stated he didn't intentionally set out to be a Cash tribute singer, but people are demanding that he does so.

Ford is the only Johnny Cash Tribute Artist to be endorsed by John's Brother, Tommy Cash. "You have my brother's voice. John would be proud." said Tommy Cash. Cash and Ford have also agreed to join ranks and perform together for select shows.

Ford's performance as a Johnny Cash Tribute Artist is exceptional, his striking resemblance to Cash in appearance, persona, and voice, elevates him to a class of his own. The "Spirit of Johnny Cash" returns to Claremont Opera House, Saturday, March 10, 7:30 p.m. Tickets \$22 can be purchased online at www.claremontoperahouse.org, by calling 603-542-4433 or in person in the Claremont Opera House Box office in City Hall at 58 Opera House Square.

Program on Benjamin Franklin Coming to COH

CLAREMONT, NH--"Benjamin Franklin: America's First Citizen", will be performed at The Claremont Opera House on April 6 at 10:00 a.m.

Patrick Garner, 20-plus year Broadway, television, and movie veteran, brings to life the nation's favorite founding father, the man who tamed lightning and conquered crowns, to demonstrate how a life of self-discipline, inquiry, public service and a genuine love of life led to international fame and the gratitude of a nation. This 45-minute performance is recommended for ages 5 and up.

Garner's work in children's books led him to found his own company, HISTORY'S ALIVE!, to help students not merely learn history but learn from history. Now in its 10th year, and seventh year associated with Theatreworks USA, Garner travels the country with his shows about Thomas Edison, Lewis & Clark, Ben Franklin, The Wright Brothers (& Sister!), Houdini, Archimedes and American Tall Tales. This will be Garner's third time at Claremont Opera House. Students, teachers, and even the Mayor, Charlene Lovett, have been entertained and educated by Garner's performances. For information on tickets, please call the opera house at 603-542-0064; cost: \$5 for children and adults. Schools should call opera house to reserve spaces.

> Send news and photos to etickernews@gmail.com

Bingo in Charlestown

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

primary fundraiser for its various scholarships and

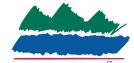
sponsorships. Food and drinks are available.

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.

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www.lakesunapeevna.org

603.526.4077 REV. DEC. 15, 2017 FOOT & BLOOD PRESSURE CLINIC SCHEDULE MONTHLY **TUESDAY FRIDAY MONDAY** WEDNESDAY **THURSDAY BLOOD PRESSURE CLINIC** BLOOD PRESSURE CLINIC **FOOT CLINIC BLOOD PRESSURE CLINIC BLOOD PRESSURE CLINIC Newport Rite Aid** COA, New London Claremont Senior Center Lake Sunapee VNA COA, New London 11:00 am - 1:00 pm 9:00 am - 12:00 pm 10:30 am - 12:00 pm 9:30 am - 1:00 pm **FOOT CLINIC** Lebanon Senior Center **Newport Senior Center Claremont Senior Center** 10:00 am - 12:00 pm **FOOT CLINIC** 10:45 am - 12:00 pm 8:30 am - 3:00 pm Lake Sunapee VNA Mascoma Senior Center, Canaan WEEK **FOOT CLINIC** 9:30 am - 1:30 pm 9:00 am - 12:00 pm **Plainfield Library** of the month **Lebanon Senior Center** 1:00 - 4:00 pm 10:00 am - 2:00 pm**BLOOD PRESSURE CLINIC BLOOD PRESSURE CLINIC FOOT CLINIC FOOT CLINIC BLOOD PRESSURE CLINIC** Lake Sunapee VNA **Claremont Senior Center** Lake Sunapee VNA Sugar River Mills, Claremont Charlestown Senior Center 9:00 am - 12:00 pm 9:30 am - 1:30 pm 11:30 am - 1:00 pm 8:30 am - 3:00 pm 11:00 am - 1:00 pm Bourdon Centre, Claremont **FOOT CLINIC FOOT CLINIC** 10:00 - 11:30 am **Grantham Methodist Church** COA, New London Charlestown Senior Center WEEK 11:15 am - 12:00 pm 10:00 am - 4:00 pm Sugar River Mills, Claremont of the month 12:00 - 3:00 pm **BLOOD PRESSURE CLINIC BLOOD PRESSURE CLINIC BLOOD PRESSURE CLINIC BLOOD PRESSURE CLINIC BLOOD PRESSURE CLINIC** Lake Sunapee VNA Sutton Baptist Church **Bradford Senior Center** CSB Community Center, Claremont **Lebanon Senior Center** 9:00 am - 12:00 pm 11:00 am - 12:00 pm Claremont Senior Center 9:00 - 11:00 am 10:30 am - 12:00 pm 10:00 am - 12:00 pm Goshen Parish Hall **Danbury Community Center** 10:00 am - 12:00 pm Maple Manor Apts, Newport **Newport Rite Aid FOOT CLINIC FOOT CLINIC Newport Senior Center** 3:15 — 4:00 pm North Ridge, Warner **Charlestown Elderly Housing** 11:00 am - 1:00 pm 11:15 am - 12:15 pm **WEEK** 12:30 - 3:00 pm **FOOT CLINIC FOOT CLINIC FOOT CLINIC** of the month Marion Phillips Apts, Claremont Claremont Senior Center Lake Sunapee VNA 1:00 - 4:00 pm 8:30 am - 3:00 pm 9:30 am - 1:30 pm **FOOT CLINIC BLOOD PRESSURE CLINIC FOOT CLINIC BLOOD PRESSURE CLINIC BLOOD PRESSURE CLINIC** Warner Pharmacy **Newport Senior Center** Warner Senior Center Plainfield Town Hall Lake Sunapee VNA 9:30 am - 12:00 pm 9:00 am - 3:00 pm 10:30 am - 12:00 pm 11:30 am - 1:30 pm 9:00 am - 12:00 pm Cornish Town Hall These events take place every month, FOOT CLINIC **FOOT CLINIC** except on holidays. Foot Clinics are by Lake Sunapee VNA Marion Phillips Apts, Claremont **Newport Senior Center** appointment only and cost \$25. **WEEK** 1:00 - 2:00 pm 8:30 am - 3:00 pm 9:30 am - 1:30 pm For more information or to verify a date, call 603-526-4077 or visit of the month

Hope For Recovery Services, Meetings

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

MONDAYS

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

TUESDAYS

- ☐ 11am-12pm All Recovery Peer Group
- ☐ 2-3pm All Recovery Peer Group
- ☐ 4-5pm Art & Journaling in Recovery WEDNESDAYS
- ☐ 12-1pm Alcoholics Anonymous A 12
- Step Program

 ☐ 2-3pm All Recovery Peer Group
- ☐ 6:30-8pm Greater Sullivan County Survivors of Suicide Loss (3rd Wednesday of the month)

THURSDAYS

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

FRIDAYS

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

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

info@recoverynh.org or call 603.287.7919.

Arrowhead Work Sessions

CLAREMONT, NH--The Arrowhead Recreation Club is in need of volunteers for the upcoming season. "We are short of people in a number of areas do to people moving out of the area and other conflicts, so if you can help we would greatly appreciate it," said Chuck Allen of the Arrowhead Recreation Club. Operational Needs include Ski shop – get trained on fitting bindings for skis and snowboards in the renal 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.

Best contact method is by email; arrowhead@arrowheadnh.com or leave a phone message at (603) 542-7016.

Workplace Wellness

Being healthy at home and in one's personal life is becoming one area of focus for many companies across the United States. However, we often forget about keeping ourselves well throughout the working day. With an estimated \$576 billion lost in the U.S. economy due to illness, disability, and workers' compensation (Forbes, 9/12/12), the need for staying healthy at work is at an all-time high. We have some tips for staying health-conscious in the workplace.

Take breaks. Stress causes an incredible amount of illness and can also distract workers, making workplace injuries much more likely. Taking a breather between projects will also boost productivity. Take a quick walk outside or lay your head down for a moment in order to reduce workplace stress.

Eat healthier and drink water. It is very easy to hit your favorite burger joint at lunchtime or even to skip lunch due to a heavy workload. However, these habits cause our bodies to function poorly, effectively lowering productivity. That extra time you spent at your desk without eating a proper meal can slow you down for the rest of the afternoon. Drinking lots of coffee and sugary drinks at work can also make your work suffer when you crash. When your body is working well, your work will improve greatly.

Get enough rest at night. A huge loss in productivity is caused by presenteeism, the concept that people are at work but are not working to their full potential due to exhaustion, illness, or other problems. Getting enough sleep at night can improve health, help you lose weight, and improve focus dramatically. You will feel less stressed and will be able to accomplish more on a full night's rest.

Keep your work area clean. Germs are everywhere and are very easily transferred. Keep hand sanitizer at your work station as well as some antibacterial wipes that you can use to clean up at least once a month. Your mouse, keyboard, and phone can harbor contaminants, and wiping them clean from time to time will help to keep preventable sicknesses away.

Stay home when you are not well. If you are sick, coming in to the office can be a catastrophe, as you can infect the rest of your colleagues. It is tempting to come in to work and suffer through the day so as not to fall behind or use up valuable sick days, but this is inconsiderate and will end up reducing your team's productivity in the long run, as more people could miss days from catching your illness. Take the time to get better at home.

Managers should be aware of the various pitfalls at work that can lead to an unhealthy staff. Encourage your team to have healthy habits and give them some slack to be able to take the time they need to be well. This will cause productivity to soar and will lead to a happier staff that will work well together and have less unnecessary stress.



Kerri Emmons 603-542-9675

Keri.emmons@westaff.com 131 Broad Street, Claremont, NH 03743

www.westaff.com

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.

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.

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.

TLC Program Offerings

CLAREMONT, NH--First and third Friday of every month the Rural Outright Diversity Club for transgender and gender non-conforming people meets from 6 to 8 p.m., at TLC Family Resource Center, 109 Pleasant St., in Claremont. 14 years and older. This is a casual meet and greet with conversation and activities. Come meet other transgender and gender non-conforming folks to share experiences, resources and struggles.

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

www.tlcfamilyrc.org/rural-outright-events-calendar.

CLAREMONT, NH--First and third Saturday of every month the Caring Adults Peer Support (CAPS), sponsored by Rural Outright, meets at 10 a.m. at the TLC Family Resource Center,

109 Pleasant St., in Claremont. This is an opportunity for parents, educators and other caring adults to discuss challenges and best practices for supporting LGBTQ children of any age. For more information, contact Neil at neilpierceallen@gmail.com.



Elks Celebrating 150th Anniversary...

The Benevolent and Protective Order of Elks will be celebrating its 150th Anniversary on February 16. The Claremont Lodge #879 celebrated this landmark event with a dinner dance on Saturday, February 10th. The Benevolent and Protective Order of Elks is one of the premier Charitable and Patriotic organizations in the United States. Over the past 150 years, The Elks have made more than \$6 billion in donations. Last year alone, The Elks donated \$323 million in cash, gifts, and volunteer hours to their communities. Since its inception, The Claremont Elks Lodge #879 has made over \$2 million in charitable contributions to benefit the citizens of Claremont. In 2017, Claremont Elks members have given approximately 14,000 volunteer hours to the community. Ongoing programs include: The Hunter Scholarships, which awards \$16,000/annually to four Stevens High School graduates; Copper Cannon Camp, which provides an all expenses paid opportunity for deserving children to attend summer camp (30 children from Claremont attended in 2017); The St. Joe's Award Banquet; The annual Soccer and Hoop Shoots for children 8-12 years old; Christmas Dinner/Turkey Baskets for deserving families (51 baskets were delivered in 2017); Drug Awareness Programs; and Veterans Dinner, among others. If you would like more information regarding The Elks, visit Elks.org or stop into The Claremont Elks Lodge #879 on the corner of Pleasant and Summer Streets, Claremont (Bill Binder photo).



WHEN: Saturday, February 24th, 2018
WHERE: Claremont Senior Center, 5 Acer Heights Road,
Claremont, NH 03743
TIME: 9am-2pm

What a great event we have planned for you!! TWENTY super vendors are going to be there. Uptown Bakery & Custom Cakes By Tami will have lunch items, drinks, & desserts for sale.

Thirty-One *Northern Light Etching* *Chloe & Isabel* *Herbalife* *Scentsy*

LuLaRoe *Silverware Art* *Perfectly Posh* *Jamberry Nails* *Angel Bones*

Pearl Gurls *It Works* *Victoria's Artisan Gifts & Bead Shop* *Paparazzi*

Up Town Bakery & Custom Cakes By Tami *Prouty 50/50 Raffle & Bake Sale Table*

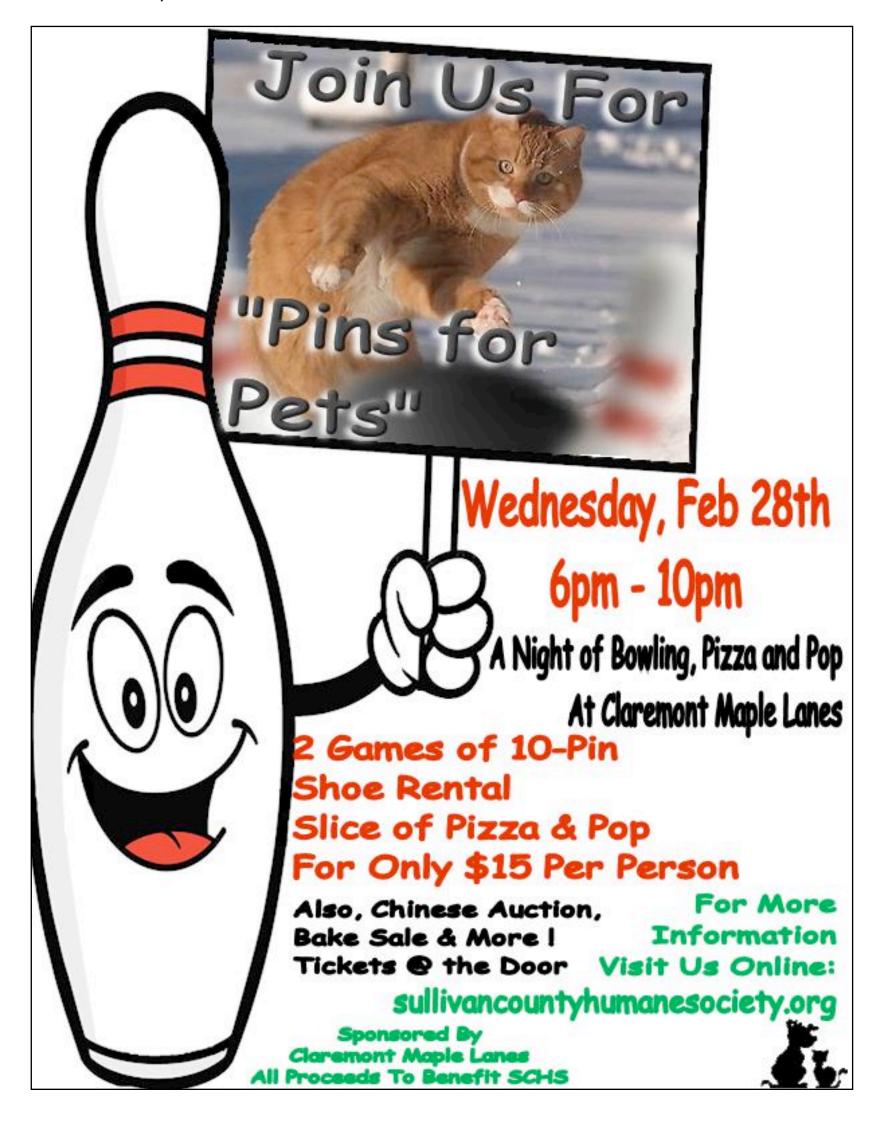
DoTerra Essential Oils *Zen Massage & Body Works* *Liberty Mutual Insurance*

Tupperware



This event is sponsored by Shining Star Events...Helping to support small businesses, vendors, & crafters. SHOP LOCAL, BUY LOCAL







Sullivan County Humane Society
Would Like to Serve You
An All-You-Can-Eat
Homemade

Spay-Ghetti Dinner Saturday, March 3rd



5pm ~ 8pm

To Be Held At The Claremont Country Club Located on Maple Avenue

Dinner Includes:

Your Choice of Sauce; Neutered (Vegetarian), Or Un-Neutered (Meatballs)



Enriched or Gluten Free Noodles Salad, Garlic Bread, And Dessert!

Tickets \$10 Each
Kids Under 6 Eat Free
With Adult Ticket

Stop in to purchase your tickets today or @ the door!

For More Info Visit Us @: sullivancountyhumanesociety.org

Sponsored In Part By Clarement Country Club All Proceeds To Benefit SCHS



ART MIXER

OPEN STUDIO @ WCCMA



3RD SAT OF MONTH: 1-3PM

@133 OLD CHURCH RD CLAREMONT

\$15 NONMEMBERS \$10 FOR MEMBERS Monthly open studio sessions. All creative mediums are welcome. Hosts skilled in painting, drawing, crochet, sewing, jewelry, photography, graphic design, and more. Bring your project and materials. Best for adults and ages 12 and up.

More info: wcc-ma.org





I'll Write a Book! Everybody's an Expert

By Bernadette O'Leary

I personally know at least a dozen people who have written books. From inspirational to educational and mystery to comedy, my friends have covered the literary spectrum. I too have jumped on the bandwagon in hopes of being published: inspirational, children's stories, mysterious, and informative. That is in addition to my work here in *e-Ticker*. There are tons of writers out there today, and it seems there are new books being released every day. Why is this?

The answer is actually quite simple. We live in the information age where technology has opened doors for many of us, allowing us ways to do greater research, share our thoughts more, and learn things faster. The problem is not as much in finding the information as it is in finding accurate information. Everyone has an opinion, and everyone thinks they know everything. So, how then do we know what to trust while researching for our own writing?



First of all, stay clear of search results online that are controlled by the general public. People often believe they know more than they really do. Make sure your sources are verifiable and reliable. Even then, compare the information you find with multiple sources of the same quality that span the political spectrum for more balanced data. If seeking public opinion, do your own research from a location that hosts a variety of different people as your targeted sample audience. The key is to ensure a proper variety within your sample that represents your market fairly.

Secondly, make sure your topic is one you are truly passionate about. The more enthusiastic you are about the subject matter, the more your passion will come through in your final product. This will allow your message to shine through better to the readers and create the same passion in them.

Whether it is parenting, cooking, entertainment, or something altogether different, you might have something to share. Proper research allows you to find out more about your passion and to share it with others. Sometimes, it even teaches us something new that we can then use to make our project better, or it changes our mind through some great revelation, leading our project down a different and better path.

What are you passionate about? What great piece of information would you like to leave behind when you're gone? Whatever it is, do it. Get yourself a package of cookies, sit at your laptop, and share your passion with the world.

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

Clifford F. Knight, Sr., 94

Clifford Fred Knight, Sr., 94, formerly of Mulberry Street in Claremont, NH, died Thursday (Feb. 8, 2018) at Woodlawn Care center in Newport, NH, following a period of failing health.

He was born in South Acworth, NH, on January 5, 1924, the son of Rhodes S. and Irene J. (Hall) Knight and had been a lifetime area resident. Clifford was a US Army Veteran of World War 2, serving in the South Pacific. He had been employed at Green Box Company in North Walpole for 20 years, he then worked for 12 years as a dairy farmer then at Can Am for two years and retired from Dorr Woolen Mill in Guild, NH in 1996 after 13 years.

He was the widower of Dorothy Y. (Pitkin) Knight who predeceased him on September 17, 2005.

Members of his family include three sons: Clifford F. Knight, Jr., Lempster, NH; Richard Knight, Charlestown, NH; Olney Knight and his wife, Lisa, Claremont, NH; two daughters, Elizabeth King, Claremont, NH; Virginia Patnaude, Portsmouth, NH; 12 grand-children, Trixie and her husband, Scott, Timothy and his wife, Robyn, Loretta, BillieJo, Charley, Richard, Jr., Samantha, Olney, Jr., Meagan, William, Candie, Susanette, 23 great

grandchildren and 19 great great grandchildren.

He was predeceased by a granddaughter, Theresa Knight, a sister, Geneva Smolen, two brothers, James Knight and Olney Knight.

Funeral Services will be held at 7:00 pm on Friday (Feb. 16) at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH with the Rev. Donna Leslie, officiating.

Interment will be later in the spring in the Acworth Cemetery.

Friends may call at the Roy Funeral Home on Friday evening from 6 pm until the time of services. You are invited to share a memory of Clifford with the family or leave a message of condolence in the family guest book at www.royfuneralhome.com.

Dr. Rene R. LaPlante

Dr. Rene R. LaPlante of Brattleboro, VT, died on Sunday, February 4, 2018. He was born in Claremont, NH, on January 4, 1929, the youngest of 13 children of Oscar F. and Adelia Gregoire LaPlante.

Ray was educated in the Claremont, NH, school system, the University of New Hampshire and the New England College of Optometry in Boston, MA. After graduation, he spent two years in the U.S. Army in the capacity of an Optometrist.

Ray moved to Brattleboro in 1958 and was in practice until he retired in 1998. He cared deeply for the welfare of his patients and nothing pleased him more than to be greeted by them after he retired. He was active in local organizations and he served on the BUHS Board of Education for seven years. He was a past President of the Lions Club; a past Exalted Ruler of the local BPOE; a past President of the Vermont Optometric Association, and served two terms on the Vermont State Board of Optometry, serving as President in his last term.

Ray was an avid outdoor person and enjoyed gardening, downhill and cross-country skiing, snowshoeing, golf, hunting and fishing.



-Dr. Sam Giveen

At Doctor Sam's Eye Care, everything is right up front. From eye exams to glasses to contact lenses to whatever treatment you need, our prices are as comfortable as our chair-side manner. Visit

Doctor Sam's and see for yourself.

(603) 543-2020 9 Dunning St, Claremont (we're right there by the hospital) One of his youthful stunts involved skiing off the roof of his parents' home during a particularly snowy winter. Ray loved music and knew the lyrics of many old songs. While driving his daughters to school, he would serenade them with show tunes and then try to convince them they were songs that he had written. Most of all, Ray enjoyed bringing laughter into the lives of his patients, family and friends with a seemingly endless supply of bad puns, humorous stories and shaggy dog tales.

Ray was predeceased by his brothers, Harry, Leo, Wilfred, Arthur, Ernest, Edward, William and Henry LaPlante; and his sisters, Eva LaPlante, Alice (LaPlante) Giguere, Diana (LaPlante) Webb, and Leona (LaPlante) Denis.

He is survived by his beloved wife of 60 years, Darlene Blodgett LaPlante; his daughters Raelene LaPlante and Alison LaPlante Schoales; his son-in-law David Schoales; his granddaughters Molly and Emily Schoales; his great grandson William Burrall and his brother-in-law Dalton Blodgett. He is also survived by many nieces and nephews.

Ray was much loved and will be deeply missed.

A Liturgy of Christian Burial was celebrated at St. Michael's Roman Catholic Church on Friday, February 9th, with Fr. Justin Baker, Pastor, celebrant. Committal rites and burial followed in Meetinghouse Hill Cemetery.

In lieu of flowers, please make donations in memory of Dr. Rene R. LaPlante to The Gathering Place, 30 Terrace Street, Brattleboro VT 05301 (www.gatheringplacevt.org) or Thompson House, Attn: Activities, 80 Maple Street, Brattleboro VT 05301.

To sign an online guestbook with messages of condolence please visit www.atamaniuk.com.

Sharon Lee Shannon, 66

Sharon Lee Shannon, 66, of Albany, NY, died Friday (Feb. 3, 2018) at St. Peter's Hospital in Albany, NY, following a brief illness.

She was born in Winchester, MA, on June 30, 1951, the daughter of Walter A. and Doris (Crocker) Berg. She was a graduate of Weymouth (MA) High School, Class of 1970. Sharon married Terry O. Shannon on June 25, 1988. Sharon held many jobs throughout her lifetime which included bartender, construction flagger, secretary and caterer and was a pastry chef at Woodbine Cottages in Sunapee, NH. She loved cooking, gardening, trivia,

Social News

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

The AARP Tax Aide every Friday till April 13. Call center for an appointment (603) 543-5998. Our twice a week dinners welcomes members (\$4.00) as well as non-members (\$5.00). Menu for Tuesday - February 13... Soup, sloppy joes, corn, chocolate pudding. Thursday - February 15... Birthday / Valentine Celebration...Soup, pot roast, bed of mashed potatoes, mixed vegetables, birthday cake.

The following is sponsored by Lake Sunapee Region VNA & Hospice: Foot Clinics - Wednesday - February 14,21 (8:30 AM - 4:00 PM). Cost \$25.00. Free Blood Pressure Clinic - Thursday - February 15 (11:00 AM - 12 Noon). For appointments, call (603) 526-4077.

Our next Senior Men's Breakfast will be Monday - February 12, 2018. Doors opens 8:00 AM, breakfast served 8:15 AM, guest speaker 8:45 AM. Menu: Pancakes, sausage or bacon, juice, coffee. Members \$2.00, non-member guests \$3.00. Come to or call center to sign-up! American Red Cross Blood Drive on Feb. 19 (12 noon-5:00 PM).

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

Our "Vendors / Crafters Corner" welcomes any type of business or crafter to rent an 8 ft. table for \$15 in our entrance lounge. Only one vendor / crafter per date!

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

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

Knitters on Fridays (12 noon-3:00PM). Bring your lunch. If you are not a member 3 visits allowed then membership is required. Come check this out!

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

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

Give someone a great gift for a birthday, anniversary, any celebration or occasion with a \$5.00 gift certificate for a Tuesday or Thursday lunch at the center. Membership certificates also available for \$20.00.

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

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

We are still collecting aluminum can tabs!

Rentals available for weddings, hourly, one-day, funeral receptions and our board room has an 8 persons capacity.

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

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.)

church and most of all her family. Sharon had been a member of the Church of Latter Day Saints since 1966.

Members of her family include her husband of 29 years, Terry O. Shannon, her children, John Martino and his wife, Lynn, Michael Martino and his wife, Jennifer, Jennifer Mason, Matthew Martino, Molly Mortensen and her husband Mark, Terry's children whom she considered her own, Patrick Shannon, Dwayne Shannon and his partner, Richard Grant and, 15 grandchildren, two great grandchildren.

She was predeceased by her parents, a sister, Barbara Libby, brothers, Walter Berg and Carl Berg, son in law, Rozwell Mason, Sr

Funeral services were held on Saturday (Feb. 10) at the Church of Jesus Christ of Latter Day Saints on Route 5 in Ascutney, VT. Interment followed in Mountain View Cemetery in Claremont, NH.

The family suggests that in lieu of flowers, contributions be sent to Roy Funeral Home, PO Box 1187, Claremont, NH 03743 to help the family with expenses.

You are invited to share a memory of Sharon with the family or leave a message of condolence in the family guest book at www.royfuneralhome.com.

Got news and photos?

Send to

etickernews@gmail.com



The Claremont City Council will hold a public meeting on <u>Wednesday</u>, <u>February 14, 2018</u>, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA

- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. REPORT OF THE SECRETARY
 Minutes of January 3, 6, 10, 24, and 30, 2018, 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

7:10 PM A. Ordinance 559 Establish Maple Avenue School Zones – Second Reading – Public Hearing

10. NEW BUSINESS

- 7:25 PM A. Audit Report
- 7:55 PM B. Resolution 2018-22 Capital Reserve from Sale of City-Owned Property Public Hearing

BREAK

- 8:20 PM C. Motion to Change Classification of a Portion of Half Mile Road from Class V to Class VI Public Hearing
- 8:30 PM D. Resolution 2018-23 NHDES Drinking Water Asset Management Planning Grant Public Hearing
- 8:35 PM E. Water and Sewer Rates
- 9:05 PM 11. COMMITTEE REPORTS
- 9:10 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:15 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:15 PM 14. NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(a) PERSONNEL REVIEW
- 9:30 PM 15. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, February 28, 2018, at 6:30 p.m. in the Council Chambers at City Hall.