



Claremont's Marathon Man...

Claremont resident Michael Demars took on the Boston Marathon and terrible weather conditions last Monday, meeting his personal goal of finishing in under three hours, recording a time of 2:52:53. Last year his time was 3:01:12, 72 seconds off his target time, for Demars a time that was disappointing. He already has his eyes set on next year. "I still need to beat my Boston personal record from 1996. Next year I'll try again; 2:45:11 or bust!" he told the *e-Ticker News*. "My marathon PR was actually my first one, Marine Corps in 1995 where I ran 2:35:00. I went to Boston the following spring and ran 2:45:12. Three times since at Boston I have not beaten that. I aim to do so." Demars owns CCI Managed Services (formerly Competitive Computers) at 160 North Street in Claremont, established in 1987 (Courtesy photo).

SHS Varsity Baseball Team Defeats Mascoma in Near Freezing Conditions

Makes Comeback after Loss to Huskies

The Stevens baseball team traveled to Monadnock on Wednesday afternoon, and dropped a very tough 3-2 decision to the Huskies.

The Huskies trailed 2-0 entering the bottom of the 6th inning but would end up scoring 3 unearned runs and hold on to get the come from behind win.

Ethan Johnson, making his first varsity start, pitching into the 6th, kept the Monadnock hitters off balance all day, going 5 1/3 innings, allowing 4 hits, walking 3, and striking out 3.

Stevens would open the scoring in the first inning on a Brendan Bean RBI single to left, driving in Drew Grenier. Bean would end up scoring the second run in the 3rd inning coming around on a throwing error.

Alex Taylor had two hits on the day, while Bean, Aidan Cahill, and Trey Theriault recorded hits for the Cardinals, as well.

On Friday afternoon, the Cardinals again hit the road, this time for a game with the Mascoma Royals.

The game was played in less than ideal conditions, with both teams battling wind and near freezing temperatures, but Stevens would return home with their first victory of the season, after defeating Mascoma 7-1.

Derrick Stanhope pitched an outstanding game, going the distance, giving up just 4 hits, walking 2, and striking out 7.

Stanhope and catcher Aidan Cahill were on the same page all game, consistently keeping the Royals off balance with a crisp fastball and a sweeping curve ball.

Stanhope also had a pair of hits, including a double, to go with his complete game pitching performance. Drew Grenier also had two hits, and he scored 2 runs, as well. Trey Theriault had a hit and an RBI on a sacrifice fly. Alex Taylor scored twice for Stevens. Aidan Cahill and Tyler Bonneau had the other hits for the Cardinals.

Stevens will play twice on their vacation week, as they travel to Newfound on Tuesday, for a 4PM contest with the Bears. This game has been moved from the originally scheduled date of Wednesday at 4PM, due to impending inclement weather. Stevens will finish the week at Franklin on Friday for a 4PM game.



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SHS Varsity Girls Tennis and JV Baseball braved the cold and wind as they hosted events Friday afternoon (Courtesy photos).

SHS Softball

- 4/13/18 Laconia W 8 - 4
- 4/18/18 at Monadnock W 14 - 4
- 4/20/18 at Mascoma W 13 - 1
- 4/25/18 at Newfound 4:30 p.m.
- 4/27/18 Hanover 4:30 p.m.

SHS Lacrosse

- 4/20/18 at Milford L 4 - 16
- 4/27/18 at Lebanon 4:30 p.m.

SHS Girls Tennis

- 4/20/18 at Milford L 4 - 16
- 4/27/18 at Lebanon 4:30 p.m.

Springfield Wrestlers Wrap Up Season With Wins at 3-6 States

The young grapplers in grades 3-6 showed their stuff on Saturday, April 14, in Essex, VT.

While Noah Markwell brought home a 2nd place trophy, his younger brother Seth battled through six matches for a hard-won 4th place award. Third-place winners include Dillan Lacasse and Dmitri Jasinski; tak-

ing the 5th place spot on the podium were Kaleb Little and Armando Stettner. Garrett Brickey fought hard for a 6th place medal. Adding their best efforts to the day were Zandria Colburn, Mitchell Shaw, Austin Tewksbury, and John Jasinski.

Coaches Don Beebe and Floyd Buck Jr said they were very excited by the work of each and every wrestler; there has been much im-

provement over the season, and the potential of the team is great, they noted.

The K-2 wrestlers wrap up their season on April 21st at their own State Championship in Saint Johnsbury.



Dillan Lacasse was a third-place winner (Kelly Stettner photo).

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Inspiration

Fill the Need

By Priscilla Hull

I will be bold and say that winter is over! There now that I've said it, I feel better! Time to look forward to summer things, like planting a garden! Let's be ridiculously positive and say that this summer will be warm and sunny with just enough rain to keep our gardens happy! If you could, what would you plant in your garden? I'd grow more tomatoes, lettuce, cucumbers, all kinds of squash and herbs. There's more, but to me these are the essentials. Oh, yes, carrots, radishes and splashes of colorful flowers!

I always plant more than I can eat. In years past I would can and freeze to my heart's content. But now, I wouldn't use it all up. So what can I do with all that left over produce?

Very soon school will be out. We have a large number of children who receive breakfast and lunch at school. Luckily the Claremont Soup Kitchen has been offering lunches to some of these kids. It's called Summer Lunch Program. Pretty clear what the intent is. Trinity Episcopal Church has sponsored a backpack program for some to get through the weekends. The need is great. How can we, in this country of wealth and plenty have such a major problem with feeding kids and what can we do to help?

There are opportunities to help. There are opportunities to fill the need of hungry children in our neighborhood. When we ran the weekend kitchen at the Congregational Church, we had people with gardens who brought in their surplus produce, some brought eggs too! We would use both in our menus, but we also gave out the produce to our guests. What a blessing that food was. I hope it was clear to the donors that we appreciated every piece that came in.

There are other needs to be filled. Help with sports teams, reading in class rooms, taking seniors to medical appointments or shopping. Serving in the Soup Kitchen. This summer find a way you can fill the need! You'll never have a more rewarding job and talk about the pay! It is more than you can imagine!

Thanks to you who are already participating in programs to fill a need! Call or stop in to one of the helping agencies in your home town, ask what you can do to help!

Thanks to my friend, Deb, for thoughts on this essay!

"Ask not what your country [city] can do for you, ask what you can do for your country." John F. Kennedy, 35th president of the United States of America.

And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'
Matthew 25:40

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



Calendar Of Events

Safety Awareness in the Food Environment (S.A.F.E.) Offered in Charlestown

CHARLESTOWN, NH--Mary Saucier Choate, UNH Cooperative Extension Field Specialist, will be teaching a S.A.F.E. class on Wednesday, April 25, from 10:00 am - noon at Peaceful Harvest Homes, 144 Paris Ave. in Charlestown, NH.

S.A.F.E. reviews critical food safety and sanitation concepts such as personal hygiene, preventing cross-contamination, and controlling time and temperature. S.A.F.E. workshops provide food safety training for new employees and refresher information for more experienced staff. The two-hour workshop uses practical discussion and hands-on demonstrations to help participants apply safe food handling practices in the workplace. S.A.F.E. participants receive a certificate of attendance. Pre-registration is required as space is limited. There is no cost for this workshop.

To register, please contact the Grafton County office at 787-6944 or e-mail teresa.locke@unh.edu. For information on scheduling a S.A.F.E. class at your facility, contact Mary at 787-6944 or mary.choate@unh.edu.

Upcoming Events: Newport Schools

Parent Focus Group

Monday, April 30th 4:30 light dinner, 5:00-6:00 pm Focus Group

Free and open to all. New London Hospital and Valley Regional Hospital 2018 Community Health Needs Assessment. We value your opinion to share your thoughts about health and wellness in our community. All participants will be offered a light dinner and a \$25 VISA card as a thank you. RSVP to Robin Caissie at 603-542-1837

Mind in the Making series.

Successful learners have skills that others lack. Children need to be able to manage their

emotions, focus their attention, and control their behavior as much as they need to learn their alphabet. Can these skills really be taught? Absolutely!

Newport School District is offering a free seven-session course which will offer practical ways parents and providers can help children to achieve these important skills through their daily routines at home and in the classroom. When: Tuesdays May 1st through June 12th 6:00-7:30 pm

Where: Towle School, 86 North Main Street, Newport

Presented by: Darlene Ayotte, Special Education & Student Services Coordinator, Richards School & Darcy Mitchell, Associate

Professor of Child Development at Colby-Sawyer College
Supervised Activities for Children.
Light Dinner Provided

Be entered into a \$100 gift card raffle each time you attend.

Professional Development credits available

To register, contact Darlene Ayotte: dayotte@sau43.org or 603-863-3710 x9440

Kinship Care Coffee

Tuesday, May 8 8- 10 AM (every 2nd Tuesday of the month)

Towle School building, 86 North Main St, Newport

Peer support for relatives and other adults raising a loved ones child

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

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131 Broad Street, Claremont, NH 03743

www.westaff.com

Kinship Care Coffee

Tuesday, June 12 8- 10 AM (every 2nd Tuesday of the month)

Towle School building, 86 North Main St, Newport

Peer support for relatives and other adults raising a loved ones child

Amplified Arts Announces 2018 News, Productions

CLAREMONT, NH—The Academy, Amplified Arts early career artists program will start the year with a co-production with Rural Outright, a program of TLC. “The Laramie Project” opens on April 27th and will include a discussion to follow each performance. “The Laramie Project” is set in and around Laramie, WY, in the aftermath of the murder of 21-year-old Matthew Shepard. To create the stage version of “The Laramie Project”, the eight-member New York-based Tectonic Theatre Project traveled to Laramie, recording hours of interviews with the town's citizens over a two-year period, using the actual words from the transcripts to create a portrait of a city forced to confront itself.

For more information about the 2018 season as well as other arts offering at Amplified Arts, check out AMP's website at www.amplifiedart-snh.com and find them on Facebook, twitter and instagram.

Amplified Arts is located at 31 Pleasant Street in Claremont; 603-856-5424.

Low Cost Rabies Clinic

CLAREMONT, NH--Low cost rabies clinic! On Saturday, April 28, Sullivan County Humane Society will be holding a rabies clinic for dogs and cats from 9:00 a.m.-noon at the Claremont Senior Center, 5 Acer Heights Road. Shots are \$10/each. No appointment necessary. By law, shots will be good for three years with proof, in the form of a rabies certificate, of previous vaccination, otherwise it is a one-year shot.

Questions? Please call 542-3277.

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.

Send news and photos to

etickernews@gmail.com



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Bingo in Charlestown

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

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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REV. MAR. 21, 2018r

MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

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

Young Talent Takes the Stage at 4-H Fashion Revue

CLAREMONT, NH—Fashion shows are a vital part of the clothing industry, but they are not exclusive to big name designers or cities like Paris or New York. Sullivan county 4-H members took part in their very own fashion show on April 14th on the stage of the Claremont Middle School. The show was produced to show case 4-H members work in the sewing and fashion selection projects.

Prior to the show, youth met with an evaluator who spoke with them about their construction techniques, as well how the garment looked on the member, details such as color, fit and accessories.

Each member wrote their commentary for the revue and practiced their walks and turns. “The Fashion Revue program allows 4-Hers to develop leadership and public speaking skills while learning to sew” said Robin Luther, 4-H Program Manager.

“A Symphony of Fashion” was the show theme selected by teen 4-H member Rosie Johnson. She also took responsibility for creating the stage design, program cover art work and writing all scene introductions. Emcees for the evening show were Cayla Carpia of Claremont and Ashley Putnam, Caleigh Plunkett and Hailey King of Fun 4-H in Charlestown. At the conclusion of the show, top-scoring participants returned to the stage to be recognized.

Advanced sewers earning the opportunity to have their garments evaluated at the state level and to model in the state show were Caleigh Plunkett and Ashley Putnam of Charlestown. Anna O’Hara of Claremont and Rosie Johnson of Lebanon, were also invited to model their garments at the state show on May 19th at Manchester Community College. In the consumer division, known as Fashion Selections, Cayla Carpia, Claremont and Skye Robicheau, Plainfield were selected to compete at the state level. Additional top scorers recognized were, Angelina Baker (Bunny Bunch) and Anna Gnatek (Fun 4-H) at the intermediate level, Hana Bundy and Madeline St. Pierre of Fun 4-H at the Novice level and Anthony Baker of the Bunny Bunch in Aprons & Items.



Cayla Carpian was one of the many participants at the 4-H Fashion Show (Courtesy photo).

Albert Bridge Students Help Raise Money for Independence Day Celebration

The fifth and sixth graders at Albert Bridge School recently took part in an art contest. The winning artwork will be displayed on the front of the official Independence Day Celebration tee-shirt. The students will be selling the shirts to support the two-day Independence Day festivities taking place on July 3rd & 4th that are enjoyed by many throughout the region.

The concept that the children were to depict is “West Windsor Volunteer Fire Department – Sixty Years of Answering the Call” which is the theme of this year’s parade.

The IDC Committee selected the finalists and, at their monthly meeting, members of the West Windsor Volunteer Fire Department selected the winner, Savannah Underhill, a sixth grader at Albert Bridge School. Patricia Harris, 5th & 6th grade teacher at ABS, coordinated the contest.

Corporate sponsorship of the two-day event is new this year and the generous sponsors to date, to name a few, include Holiday Inn Club Vacations / Mt. Ascutney Resort, Seth Warren Real Estate, Leland Company, DLX, 4 Generations, Dark Horse Realty, Kurtzhalz Excavation, Parris Hill Farm Alpacas, Tami’s Head Lines, Pizza Chef, Snap Dragon Inn and Doolittle’s Print Serve. All the supporting corporate sponsors will be listed on the back of the IDC tee-shirt.

The tee-shirts will be available for purchase approximately May 1st at the school. The shirts will also be available for purchase at the July 3rd and 4th celebrations. The price for an adult shirt is \$15 and children’s shirts are \$10. To pre-order shirts or for purchases after school closes for summer recess, contact Linda Ley at leys@ParrisHillFarm.com.

Checks made payable to the Brownsville IDC can be sent to Brownsville Independence Day Celebration, PO Box 37, Brownsville, Vermont 05037.

Left to right: Savannah Underhill, Patricia Harris and West Windsor Volunteer Firefighter, Chuck Kurtzhalz (Courtesy photo).





**Come to the
Residential Solar Forum
May 3rd, 2018**

5:30 to 8:30 p.m.

**Sugar River Valley
Technical Center**



111 South Street, Claremont, NH 03743



The City of Claremont and ACTS Now* are collaborating to present the Residential Solar Forum to educate local residents about financing and installing solar energy systems or participating in community solar projects.

Registration Required. Either Register through Eventbrite at: <https://www.eventbrite.com/e/residential-solar-forum-tickets-45115911907>

or call 603-504-2851. (Admission Free with ticket or phone call) Registration closes on April 27th.



*Action Collaborative for Transition to Sustainability Now (ACTS Now) is a local citizen's group.

Mission Statement: To engage, educate, and empower local citizens to build ecologically and economically sustainable and socially just, resilient and loving communities through managing our resources equitably and honoring that of the Divine in all.



Join Us for our

108th Annual Spring Breakfast

First Congregational Church
72 Pleasant Street
Claremont, New Hampshire 03743

Saturday, April 28, 2018
7:00 a.m. to 10 a.m.

Menu includes:

Pancakes (Buttermilk, Blueberry and Gluten-free)

Real Maple Syrup

Scrambled Eggs

Bacon or Sausage

Donut or Muffin

Juice

Hot Coffee or Tea



Adults: \$7.00
Children 2-12: \$5.00
Under 2: Free

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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: 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 neilperceallen@gmail.com.

Caregiver Support Group

SPRINGFIELD, VT--A Caregiver Sup-

port 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 Associa-

tion, 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.



Sullivan County Humane Society

RABIES CLINIC

Dogs & Cats welcome!

\$10.00 per shot

April 7 & 28, 2018

9 – Noon

First come, first serve

at the

Claremont Senior Center

5 Acer Heights, Claremont

Shot will be good for 3 years with proof of a previous vaccination. Otherwise it will be a 1 year shot.



**Sponsored by the Springfield Animal Hospital
and the Claremont Senior Center**

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.etickeernewsclaremont.com

Paul H. Greenwood, SR., 65

Paul Henry Greenwood, Sr., 65, of Claremont, NH, died on Thursday, April 19, 2018.

He was born in Nashua, NH, on October 8, 1952 the youngest of 11, son of Clifford Greenwood and Jeanette Forest.

Paul was a man of all trades. He had a deep love for the outdoors and often spent most of his time outside.

His passion was his grandchildren. Family was very important to him.

He is survived by his wife, Carolyn (Thurber) Greenwood; son, Paul Greenwood Jr and his wife, Heather; three daughters, Philora Loring and her husband, David, Teri Tie and her husband, Kyle and Keri Greenwood; grandchildren, Damien, Amber and her boyfriend, Shawn, Camden, Ashton, Christian, Alaina, Caiden, Aaron and his wife, Victoria, Joshua and his girlfriend, Lauren, Khodee, Kaleb, Emma, Chloe, Mason and Myla; great grandson, Liam; four brothers, Eugene Greenwood and his wife, Sandi of Maine, Raymond Greenwood and his wife, Peggy of Belmont, Ellsworth "Butch" Greenwood and his wife, Carol of VT and Alfred Greenwood of Laconia; three sisters, Lorena Herbert of AL, Theresa Hammond and her husband, Jim of Franklin and Mary Greenwood of FL; many nieces, nephews and cousins. He was predeceased by his parents, his first wife, Constance Susee; two brothers,

Clayton "Sonny" Greenwood and Leo Greenwood and one sister, Bernice "Bunny" Lord.

Visiting hours will be held at Stringer Funeral Home, 146 Broad Street in Claremont on Friday, April 27th, from 6 to 8 PM. A memorial service will be held at the Church of the Good Shepherd, 11 Park Street in Newport, NH on Saturday morning at 11 AM, with Pastor Earl Dionne officiating. Burial will be held at a later date in the East Unity Cemetery.

The Stringer Funeral Home is in charge of arrangements.

Norman E. Foisy, 83

Norman E. Foisy, 83, of Manchester, NH, died April 17, 2018, at the Hillsborough County Nursing Home in Goffstown, NH.

He was born in Claremont, NH, on April 21, 1934, the son of Edward J. and Florence (Lamothe) Foisy. Norman was a resident of Manchester since 1939 and graduated from Manchester West High School in 1952. He retired in 1999 from the City of Manchester where he worked as a clerk in the City Library

and previously worked for BGP Insurance and Moreau's.

Norman was preceded in death by his parents, a brother Richard and longtime companion, Ronald Bellemare.

A graveside service was held at St. Mary Cemetery in Claremont on Monday, April 23rd, with Very Rev. Father Shawn Therrien officiating.

Norman E. Bresett, 79

Norman E. Bresett, 79, of Washington, NH, died Monday (April 16, 2018) at Monadnock Community Hospital in Peterborough, NH, following a sudden illness.

He was born in Claremont, NH, on August 26, 1938, the son of John and Alta (Hal) Brette and had been a lifetime area resident. Most recently, Norman had been employed at the Transfer Station by the Town of Washington, NH. He had previously worked at Sturm Ruger in Newport, NH and Customized Structures Inc., in Claremont, NH. He enjoyed spending time with his friends, fishing and ice

“Eyes love dark green. So do I.”

-Dr. Sam Giveen

Dark green, leafy veggies like spinach, collard greens and kale are good for your eyes. Eat a diet rich in dark, leafy greens, and it can go a long way toward preventing macular degeneration. Call it tasty preventive medicine. Just start early. Eat your dark greens.

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

DOCTOR **SAM'S**
EYE CARE



fishing on Highland Lake in Washington. Norman helped his friends produce maple syrup for more than 50 years and was always ready to lend a helping hand to anyone who needed it. He will be sorely missed by all who knew and loved him.

Members of his family include a son, Todd Bresett, and his wife, Lisa, Sanford, ME; a daughter, Heather McNamara, and her husband, Dennis, Claremont, NH; four grandchildren, Kyle Bresett, Zach Bresett, Samantha Brower, Michael McNamara; a brother, Francis Bresette, Des Plains, IL; a sister, Shirley Be-tourney, Claremont, NH, and several nieces and nephews.

He was predeceased by a brother, Leon Bresette, and three sisters, Alice Johnson, Alta Sanville and Clara Boyer. A Memorial Service was held on Saturday (April 21) at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH with Rev. Scott Kearns officiating.

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

Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

Claremont Fire Dept. Log

Sunday, April 15

0859 E3 responded to Windsor Rd for a motor vehicle accident.

1040 E1 responded mutual aid to Unity for a fire alarm.

1609 Car 2 responded to Myrtle St for a public assist.

1741 E3, L2 responded to a box alarm on Winter St.

Monday, April 16

1343 E3 responded to East Green Mountain Rd for a tree on wires.

1400 Utility 1 responded to Alden Rd for a tree on wires.

1402 Car 2 responded to Maple Ave for a tree that fell on a shed.

1419 Car 2 responded to Chestnut St for a tree on wires.

1435 E3 responded to Winter St for wires down.

1427 E3 responded to Spring Farm Rd for wires down.

1448 E3 responded to Osgood Ave for wires down.

Social News

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Election of Board of Directors will be held at the monthly meeting on May 8. If you cannot make this meeting you can obtain an Absentee Ballot either on our web (cnhcs.org) or pick one up at the center!

Menu for Tuesday - April 24... Soup, BBQ chicken, potato salad, vegetable, dessert.
Thursday - April 26...Soup, shepherd's pie, dessert. Twice a week dinners welcomes members (\$4.00) as well as non-members (\$5.00). Membership dues cards may be checked, so have yours ready!

"An Ounce of Prevention" will be presented after lunch on April 24 by Lake Sunapee Region VNA & Hospice. Program promotes wellness and helps individuals 'age in place' safely and independently.

Sullivan County Humane Society will be holding a Rabies Clinic on April 28 in the Mozden Rooms. Call (603) 477-1189 for more info!

Coming soon...a Turkey Dinner on Saturday - May 12. Mark your calendar!

Are you looking for a new hearing aid assistance? Contact Valley Regional Hospital's Audiology Department (603) 542-1878 for new "Hear - Up" program.

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.

Tai Chi Classes coming this Fall. An informational session is scheduled in August.

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.

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! 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/friends also.

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 on 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).

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.)

1608 E3 responded to Hanover St for a tree on wires.

1657 E3 responded to Red Water Brook Rd for wires down.

1717 E1 responded to Benjamin Pl for a medical call.

1811 E3 responded to Heritage Dr for a propane leak.

2337 E3, L2, E1 responded to a box alarm on Pleasant St.

Tuesday, April 17

1400 E3 responded to Main St for a medical call.

1519 E3 responded to Hanover St for a tree on wires.

Wednesday, April 18

1306 E3 responded to Broad St for a medical call.

1440 E3 responded to an open 9-1-1 call on Bessie Ave.

Thursday, April 19

0617 R1, L1 responded to a motor vehicle accident with entrapment on Chestnut St.

1651 E1, L2, E1 responded to a box alarm on Manor Dr.

1752 E3 responded to a medical call on Lindy Ave.

1950 E3 responded to Lafayette St for a medical call.

Friday, April 20

0228 E3 responded to North St for an alarm sounding.

1111 E3 responded to an alarm sounding on Elm St.

1142 E3 responded to a motor vehicle accident on Pleasant St.

1537 E3 responded to Hanover St for a tree on wires.

1801 E3 responded to a medical call on Bowen St.

1846 E3 responded to check a burn pile on Hanover St.

1855 E3 responded to Roberts Hill Rd for an illegal burn.

Saturday, April 21

0225 E3 responded to Manor Dr for a medical call.

1649 E3 responded to Myrtle St for a well being check.

CONSTRUCTION NOTICE

The City of Claremont will be re-constructing a portion of Main Street from Opera House Square to Union Street. This will include the roadway, all utilities, sidewalks and miscellaneous items.

The project's schedule will begin on Monday, May 7, 2018 and is expected to continue into November, 2018.

Hours of work: 6:30 AM - 5:00 PM (Monday - Friday)

This construction will affect pedestrian and vehicular traffic. Motorized vehicles will be restricted to just one lane in work areas, therefore, minor delays are to be expected.

At times, through traffic may be routed around the project site via a de-tour route. If at all possible, the traveling public should seek alternate routes.

The contractor or engineer will post updated traffic and pedestrian flows on a weekly basis. This information may be found on the City of Claremont's WEB site - click onto "residents" (green bar) - drop down & click onto "Main Street Reconstruction Project."

Access to local businesses and residences will be maintained throughout the project.

The project team appreciates your patience, understanding and cooperation to help maintain a safe environment during construction.

For questions or concerns during construction please call Scott Ozana, McFarland Johnson, Inc., (603) 762-3681. For after hour emergencies please contact the Claremont Police Department @ (603) 542-9538.

Saving Lives

By Bernadette O'Leary

This week, I'm dedicating a piece to animals in need of help. My children and I recently found a mother cat with her new kittens, and people were full of suggestions for what to do, as well as what not to do. The warnings included such things as not taking them to our local Animal Welfare, with claims that they would only be euthanized. This was blatantly untrue, and it led me to write this article. I am here to set the record straight and educate people.

It's important to note that not all animal welfare locations are high-kill shelters. For example, the one in my hometown of Stillwater, OK is very low-kill. For many years now, they have only euthanized animals that were too sick to save or were too aggressive to adopt out. There are also many shelters that are completely no-kill. Additionally, the goal of shelters is not to simply kill animals. The goal is to find the animal's rightful owner, or to find the animal a new home. The people who work in shelters, for the most part, are animal lovers themselves, and they are simply out to find animals to kill.

I'm incredibly proud of Stillwater's Animal Welfare and Human Society locations. I interact with them fairly often, and their level of dedication to the community and the animals they serve is beyond compare. The biggest

mistake most people make is assuming all shelters are high-kill, and this is a dangerous mindset. When you find an animal, but are too afraid to contact the proper authorities, you risk that animal not getting back to the family it loves. Also, if you give the animal away, you risk breaking the laws of your state, such as in Oklahoma. Then, if the owner finds out that you had their baby and sold it or gave it away, you risk legal trouble.

It's important for everyone to educate themselves on their local laws and the practices of their local Animal Welfare and Human Society. Don't just assume to know, and don't go by what others say. People can be, and often are, misinformed, especially when they had "a friend" who worked or volunteered for the given agency. Likewise, educate yourself on local agencies and rescues that help specific types of animals, including wildlife, such as Berryville, Arkansas's Tender Heart Wildlife Rehab. The more you know, the better you can help an animal in need.

As an animal lover myself, I can't imagine being unable to help a suffering animal get the help it needs.

Cuddle Buddies

Trusting Babies

Best Friends

They are not just animals. They are not property. They are family.

Our lives depend on you. If abandoned, we starve to death. We are domestic, not wild. We cannot survive on our own.

You are our world. If you give us up, we feel sad, lost, scared, lonely, and devastated. We miss you and wonder where you are and why you left. We love you.

We are a life-long commitment. We love you always. Won't you please do the same for us? End abuse. End puppy mills. Give older animals a chance. Adopt. Don't Shop.

#AdoptDontShop #AnimalWelfare #AnimalRights #GiveAnOlderAnimalAChance

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Tender Heart Wildlife Rehab
 213 Bunch Springs Rd.
 Berryville, AR 72616
 (870) 350-4189
 Owner/Operator: Andrea White

Call for assistance with injured wildlife. Please DO NOT try to tend to the animal yourself. Contact a wildlife rescuer right away.

To make donations or purchase wood burnings please call us at the number above. All proceeds go to the care and release of wildlife. Tender Heart Wildlife Rehab is a 501c3 non-profit organization, so donations are tax deductible.



Claremont HopStop FAMILY SHOWS



FREE
for the whole family!

Sat • April 28 • 3 pm

Alissa Coates

Children's music

CSB Community Center
152 South St.

For ages 3+ with accompanying adult! Doors open at 2:30 pm; no tickets required.

HOP HOPKINS CENTER
FOR THE ARTS



Part of the Hop's Community Venture Initiative which provides new opportunities for Upper Valley residents to create, access and explore the arts.

More info: hop.dartmouth.edu/online/communityventure • 603.646.2010



WEST CLAREMONT
CENTER FOR MUSIC
AND THE ARTS

5TH ANNUAL

*Spring
Tea
& Luncheon*

MAY 5TH SATURDAY 12PM
UNION CHURCH PARISH HALL
133 OLD CHURCH RD CLAREMONT NH
ADULT \$15 / 13 & UNDER \$10



FOR TICKETS & INFORMATION VISIT
WCC-MA.ORG

