

e-Ticker News Sports

Section B
January 14, 2019



The SHS Swim Team hosted its first meet of the season Friday evening. They will be hosting this Friday evening as well, with Kearsarge Regional High School and Lebanon participating (Courtesy photo).



The Lebanon/Stevens/Kearsarge cooperative team battled Pinkerton Thursday evening at the Akerstrom Arena at Kimball Union Academy. They lost a close one, 8-6 (Courtesy photo).

SHS Boys Varsity Basketball

12/14/18	Laconia	L 37 - 65
12/18/18	at Lebanon	L 21 - 70
12/21/18	at Oyster River	L 22 - 71
01/02/19	at Fall Mountain	L 52 - 54
01/04/19	Merrimack Valley	L 42 - 63
01/08/19	Hanover	L 55 - 85
01/11/19	Bow	L 32 - 79
01/15/19	at Newport	7:00 PM
01/18/19	at Hollis-Brookline	6:30 PM
01/25/19	at Coe-Brown Northwood	6:30 PM
01/29/19	Fall Mountain	7:00 PM
02/01/19	Plymouth	7:00 PM
02/08/19	at ConVal	6:30 PM
02/11/19	Newport	7:00 PM
02/15/19	at John Stark	6:30 PM
02/19/19	at Kearsarge	6:30 PM
02/26/19	Souhegan	7:00 PM
03/01/19	Kearsarge	7:00 PM

Got Sports? Send us your news, photos

SHS Boys Basketball Takes On Hanover, Bow in Court Action Last Week

The Stevens Boys basketball team played a pair of games this past week, hosting the Hanover Marauders and Bow Falcons at Frederick Carr Gymnasium.

On Tuesday evening the Cardinals jumped out early and led the Marauders after a quarter 19-14. Hanover had a monster second quarter, scoring 33 points, to take a 47-31 lead into halftime. The Marauders connected on 15 three point shots on the evening and would go on to a convincing 85-55 victory.

Josh Stithen scored a season high 18 points for the Cardinals while grabbing 8 rebounds. Owen Taylor scored a season high 11 points, and hauled down 11 rebounds, as well. Ethan Johnson chipped in with 6 points.

On Friday night the Bow Falcons came to Claremont and again Stevens would grab a lead after a quarter, 14-11. The Falcons would take charge from there and go on to a 79-32 victory. Owen Taylor bettered his season high from Tuesday as he tossed in 12 points, to go with 5 rebounds. Derrick Stanhope added 8 points.

The junior Cardinals also hosted Hanover and Bow this past week. On Tuesday night Hanover won a close contest 45-38. Austin Gauld led Stevens with 11 points. Alex Taylor had 9 points and grabbed a game high 12 rebounds. Brennan Huntoon chipped in with 8 points.

On Friday evening the Falcons defeated the Cardinals 60-39. Alex Taylor scored 11 points and hauled down 10 rebounds. Austin Gauld added 10 points and Cooper Moote and Reeve Wilkinson chipped in with 5 points each.

Both teams will look to get into the win column on Tuesday evening when they travel to take on their rivals, the Newport Tigers. The JV game begins at 5:30, with the varsity game at 7:00.

World Snow Day Jan. 20

CLAREMONT, NH—Hosted by Sleboggan Club of New England (SCNE) and Arrowhead
(Continued on page B2)

SHS Girls Varsity Basketball

12/07/18	at Souhegan	W 62 - 29
12/11/18	Kearsarge	L 24 - 39
12/14/18	at Laconia	L 29 - 44
12/18/18	Lebanon	L 14 - 54
12/21/18	Oyster River	L 45 - 47
01/02/19	at Fall Mountain	L 41 - 50
01/04/19	at Merrimack Valley	L 47 - 51
01/08/19	at Hanover	L 17 - 80
01/11/19	at Bow	L 30 - 45
01/15/19	Newport	7:00 PM
01/18/19	Hollis-Brookline	7:00 PM
01/25/19	Coe-Brown Northwood	7:00 PM
01/29/19	Fall Mountain	5:30 PM
02/01/19	at Plymouth	6:00 PM
02/08/19	ConVal	7:00 PM
02/12/19	at Newport	7:00 PM
02/15/19	Timberlane	7:00 PM
02/19/19	at Kearsarge	5:00 PM

Lebanon-SHS-Mt. Royal Ice Hockey (Boys)

12/12/18	Alvirne-Milford	L 3 - 8
12/15/18	at Somersworth-Coe-Brown	W 4 - 1
12/19/18	Goffstown	L 3 - 6
01/02/19	Kingswood	W 5 - 4
01/05/19	Merrimack	W 5 - 2
01/07/19	John Stark	L 0 - 4
01/12/19	at Kingswood	7:30 PM
01/19/19	St. Thomas Aquinas	2:00 PM
01/23/19	at Berlin	6:00 PM
01/25/19	at Oyster River	6:00 PM
02/02/19	at Dover	2:00 PM
02/06/19	Spaulding	3:40 PM
02/09/19	at Portsmouth-Newmarket	10:45 AM
02/13/19	Berlin	6:00 PM
02/16/19	at Merrimack	4:40 PM
02/20/19	at Keene	8:00 PM
02/23/19	Winnacunnet	5:30 PM

Lebanon-SHS-Kearsarge Ice Hockey (Girls)

12/12/18	at Bedford	W 10 - 4
12/15/18	Oyster River-Portsmouth	L 1 - 9
12/18/18	at ConVal-Conant	W 9 - 0
12/22/18	Concord	L 2 - 4
12/28/18	Berlin-Gorham	L 0 - 2
01/05/19	at Exeter	L 0 - 10
01/08/19	at Bishop Brady-Trinity-West	8:00 PM
01/10/19	Pinkerton	L 6 - 8
01/12/19	Bishop Guertin	W 9 - 4
01/18/19	Keene-Mon-Fall Mountain	6:20 PM
01/26/19	at Berlin-Gorham	4:00 PM
01/30/19	at Keene-Mon-Fall Mountain	4:00 PM
02/05/19	Manchester Central	5:50 PM
02/09/19	at Souhegan	5:50 PM
02/12/19	Hanover	4:50 PM
02/19/19	Kingswood	5:30 PM
02/23/19	St. Thomas-Winnacunnet	3:10 PM

Snow Day, from B1

Recreation Area, Sunday, Jan. 20. Children ages 4-14 will receive World Snow Day bibs, 50% of lift tickets for tubing, skiing, and snowboarding. There will be medals awarded in Sleiboggan Cross Races (helmets required). Raffle items, discount coupons, and other prizes. Perhaps an attempt at the World Sleiboggan Speed Record. To participate, helmets will be required and the weather conditions must be appropriate; 10:00 a.m. – 4:00 p.m.

Monarchs Fall Short

WORCESTER, MA— Nic Pierog and Drake Rymsha each scored, but the Monarchs were topped, 4-2, by the Worcester Railers Sunday evening at the DCU Center.

The Monarchs (18-17-1-1) outshot the Railers (16-16-3-2), 27-26, but allowed three 2nd period goals and lost, 4-2.

Railers forward Matthew Gaudreau potted his seventh goal of the season and broke the scoreless tie 1:39 into the second period. Gaudreau received a pass from Nick Sorkin in the slot and cut across the crease of Monarchs

goaltender, Charles Williams before slipping it past his pad to make the score, 1-0.

Worcester extended its lead to 2-0 at 8:00 of the middle frame.

The Monarchs answered just 1:02 later, at 9:02 of the second period, when Pierog caught a pass from Michael Doherty, before deking Railers goaltender Mitch Gillam and scoring his team-leading 17th goal of the season.

At 18:02 of the second, the Railers regained their two-goal lead and made the score, 3-1.

Just before the midway point of the third period, Rymsha walked into the high slot and took a low wrist shot that found its way under Gillam's pads to cut the deficit to 3-2.


Worcester sealed the win when David Quenneville scored an empty-net goal to give the Railers a 4-2 lead at 19:07.

The Monarchs return to action Jan. 16 at 7:00 p.m., taking on the Reading Royals.

603-542-6900



143 Charlestown Rd. • Claremont, NH 03743



***"A vintage feel,
with modern appeal."***

**2 Pleasant Street
Historic Downtown
Claremont**

sugarriverbarbers.com

Inspiration

Remember

By Priscilla Hull

When families and friends get together, they often spend time discussing the funny times they've experienced together.

"Remember when the doctor told Mom she could no longer shovel snow?" Always followed by giggles and laughter. "So she solved the problem by hoeing it." Mom was never one to let others do what she could do ago, solving the problem of no shoveling she got out a hoe and cleared the path to the garage with a hoe!

"Remember when we went to Fort Kent, Maine in a blizzard?" Seemed like the thing to do at that time. It seems a little foolish now. We learn from these memories.

Some of the memories are just fun! Like flying kites from the cliffs overlooking the Hudson River! We did that and lost the kite because eventually the pull was so great that it snapped the string. By that's time the kite had become just a point in the sky!

Other memories are more poignant. We remember travels and the people we met on those travels. We remember a relative or friend who has left us through death. At first we cry and feel lonely. Eventually we feel a little less lonely, but we manage to remember the joy of the relationship and we are grateful for the memories.

There are more things to remember. Have the flower catalogues started to arrive at your house? These bring memories that under the ice and snow there is life and sometime soon, we hope, those little signs of life will begin to push themselves through the dark, cold earth and bring the beauty of color back to our world.

Bring on the flower catalogues! Show us that we do have warm weather and sunshine coming! We've earned it. While I love seeing the skiing and tubing at Arrowhead, I like to think of the season ahead; time in the garden, walking in the sunshine, relaxing on a sunny day watching clouds travel overhead.

Then, we'll remember the cold and ice and snow and, well, smile that as the world changes around us, so we change. We'll remember lives that had passed on and how we loved and enjoyed them. We'll remember the good times and the fun times and what a blessing life is to us!

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

1 Peter 5:1

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



Calendar Of Events

CHARLESTOWN PARKS AND RECREATION COMMITTEE RECREATION NEWS

OFFICER ELECTIONS: The Recreation Committee will elect new officers at the January 15, 2019, meeting.

BASEBALL SIGNUPS: Please visit the Town Office at 233 Main Street, Charlestown, during normal business hours, to sign up for baseball season. Evening/Saturday signups will be announced in March.

RISE AND YOGA: by Krystal Boivin. Rise and Yoga will continue. All fitness levels welcome! Bring a friend! Tuesdays 5:30-6:00 AM. At the Charlestown Old Town Hall, 29 Summer St., Charlestown, NH. Suggested donation \$15. www.krystalboivin.com - Facebook: @boivinkrystal - Instagram: @krystal-boivin.yoga

RECREATION COMMITTEE MEETING: The next Recreation Committee meetings will be on Tuesday, January 15, 2019, at 6:00 pm at the Recreation Committee Office, 216 Main St., Charlestown. The meeting is open to the public.

CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE

Please continue to check the Facebook page for all announcements and upcoming events.

Overeaters Anonymous Big Book Meetings

CLAREMONT, NH—Overeaters Anonymous Big Book Meetings are held at Valley Regional Healthcare in Claremont on Wednesdays from 3:30-4:30 p.m. in the library. Please use Dunning Street entrance.

Send news and photos to
etickernews@gmail.com



The cast of characters of Mike Cirre's original play, "Dining with Disaster", are Nurse Scratchit, The Bulk, She-Ra-Ra, Trionic Woman, Trionic Man, Wonderous Woman, Superguy, Supergal, and Alex Thurlo (Courtesy photo).

New Dinner Theater Show by OBSP

CLAREMONT, NH—Off Broad Street Players are continuing their long-held tradition of producing entertaining dinner theater shows during the dreary months of winter. The group's first show of 2019 will be Dining with Disaster, an original comedy by OBSP member, Mike Cirre. He has penned a wild and hilarious script about aging superheroes living together in a quirky senior care facility. Mirroring the style of the many successful dinner theater shows that have been produced by OBSP over the years, the show is a classic of adult humor for ages 18 and older.

Julie Richardson, director, has worked with her veteran cast of dinner theater actors, well-known to local audiences and expert at the improv and bawdy humor that has been so successful in past shows. Cast members are Kara Lee, Brian Bevacqua, Jessica

Warkentien, Leslie Peabody, Mike Grace, Bob Tourangeau, Robin McNamara, Scott Magnuson, Trudee Bacon, and Mike Cirre.

Show dates are Friday and Saturday, Jan. 25 and 26. Tickets are \$25 which includes a roast pork roast dinner and the show. Cocktails will be available at 6pm, with dinner and the show beginning at 6:30. Please plan to arrive in time to be seated before show time or you risk having to wait until the first intermission to enter the room.

Tickets must be purchased in advance by Wednesday January 23 at the Claremont Elks Lodge, 54 Summer Street. Call 603-542-9802 for their open hours.

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breastfeeding mothers. Claremont La Leche League Claremont La Leche League will be meeting on the 3rd Thursday of the month at the TLC Family Resource Center, 109 Pleasant Street:

Mornings, from 9:30—11:00 a.m., evenings, 5:30—7:00 p.m. LLL Leaders are trained and accredited through LLLI to offer help to parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. A leader will be available to answer your questions.

Assistance, information, and support are also available via telephone, email, and the LLLI website. ClaremontLLL@gmail.com, Jess (603) 630-0184, Zadiah (603) 306-9892; they may also be found on Facebook.

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.

Join the Boy Scouts

CLAREMONT, NH—If you have a young man going into 6th grade and is 11 years old that you think needs an advantage in life, then have them consider becoming a Boy Scout. Boy Scouts learn valuable skills in leadership, team building and self-reliance. Boy Scouts that earn the rank of Eagle have a high likelihood of becoming successful in life and stay active in their communities. When the school starts, Troop 38 of Claremont, NH, meets every Thursday 6:30-8:00 p.m. at St. Mary's church gymnasium. Join us for a good time and new adventures. Contact Alex Herzog, Scoutmaster of Troop 38, at claremontscout@gmail.com for more info or come and join us at one of our upcoming meetings.

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.

www.facebook.com/etickernews

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.

CDA Education Contest

Art, Essay, Computer Art, Poetry, Music and Photography are the categories included in the Education Contest sponsored by the Catholic Daughters of the Americas. Any student, boy or girl, in grades 4-12, is eligible to enter the contest. There are 3 divisions according to grade level and a student may enter more than one category. Awards are given for each division in each category. The 2018 themes are "Here I am Lord, I come to do Your will" Psalm 40 or "Doing my best to do good."

Here is an opportunity for students to apply their talents, their lively imagination and freedom of thought. Applications are due by February 1, 2019. Applications and rules may be obtained from Arline Marro, CDA Education Chair, (603) 542-5933.

Strength and Balance Exercises in Newport

NEWPORT, NH—Lilyan's Legacy Exercise Class in Newport. Strength and Balance Exercises as taught by Dr. Lilyan Wright. Volunteer-led exercises in the new downstairs activity area of the Newport Senior Citizen Center. Held Tuesdays and Thursdays, 9:30 to 10:30 AM. Spring 12-week session begins January 8. Join us at any time.

No charge for the class, but a voluntary, one-time, donation is made to the Senior Center. Exercises are centered around a chair, utilize weights (provided), and are easily adaptable to personal capability. No registration required.

Questions? Contact Pris, 603-863-7970.

Budget Discussion Draft 2 - Revenues and Warrant Articles
Delegate election / appointment

Free Book Available with Diversity Readings Passport

CLAREMONT, NH—Children can receive a free book after attending three diversity readings with new passport program. The passports are free and can be picked up at any diversity reading event offered through the Understanding Diversity and Inclusion through Children's Literature series.

The next book in the series will be "Stand Tall, Molly Lou Melon" by Patty Lovell. Join the Claremont School District and Rural Outright, a community program of TLC Family Resource Center, on Thursday, Jan. 17, at 3:15 p.m. The free reading and discussion will be held at Fiske Free Library in Claremont. The readings are free and open to the public.

Be yourself like Molly Lou Melon, no matter what a bully may do. Molly Lou Melon is short and clumsy, has buck teeth, and has a voice that sounds like a bullfrog. She doesn't mind. Her grandmother has always told her to walk proud, smile big, and sing loud, and she takes that advice to heart.

Additional readings will also be held on Thursday, Jan. 17 at:
TLC Family Resource Center, 109 Pleasant St. in Claremont, at noon
Claremont Soup Kitchen, 53 Central St. in Claremont, at 3:45 p.m.

The diversity reading series is a collaboration between Rural Outright and the Claremont School District. This is the second year of the series, which will include a reading and discussion of a new book exploring a different topic of diversity every month over the next year.

TLC Family Resource Center supports and strengthens all families, children, and youth of Sullivan and Lower Grafton counties with a wide-range of free programs, support groups, and education. The Rural Outright program serves LGBTQ+ youth, their families, and allies with peer support groups, educational series, and events throughout the area. For more information, please email ruralNHoutright@gmail.com or visit www.tlcfamilyrc.org.

"The Wizard of Oz" to be Presented at COH

CLAREMONT, NH—Bogovich Dance Company of Marlborough presents "The Wizard of

Oz" at the Claremont Opera House on Saturday, Jan. 19, at 6:00 p.m. General Admission tickets are available by phone at 603-542-4433 or in person at the Opera House Box office in City Hall Complex at 58 Opera House Square, Claremont.

Every year, Tamara Sheppard, owner of Bogovich Dance Company, goes to costumer, Linda Shepard, with ideas of what she would like to do. This year Sheppard wanted a large poppy dress that would take up the whole stage.

She wanted to blow up the poppy scene really big, she said. At their performance in Keene recently you could hear the audience's exclamations of "oohs, Aaah's, and Wow's," said Sheppard. After the show big, bright eyes asked Shepard, "How did you make it?? The answer was, "Other than the fact that she had to move all the furniture out of her living room and used 30 yards of fabric to construct it and she was encased in the center of bright red for weeks, she knew they'd never understand." She also put her special touches on the Lion and his mane, the Tin Man, the Scarecrow, Dorothy and her ruby slippers, Oz, Glenda's crown, the poppy dress and hat, eleven other poppy hats around her, Mayor Munchkin, soldier, and parts of the monkeys, tornadoes, and their masks and the rainbow scene. With the help of Marissa Thurston and Meaghan Blanchard pulling up the reins, they were able to get it all done.

Tween / Teen Game Olympics

NEWPORT, NH—Looking For Something To Do On A Friday Night? Save the Date:
4-H Tween / Teen Game Olympics
When: Friday, January 18, 2019

Who: For all youth ages 11 and up (4-H membership not required)
Cost: Free
Time: 6pm to 8pm
Location: Newport, NH - Please call the 4-H office to learn more @ 603-863-9200.

Youth ages 11 and up are encouraged to join the FUN! Bring a friend or two along for the fun, 4-Her or not. Enjoy some hot chocolate, cookies and snacks. Connect with friends; join in some indoor games, participate in some outdoor games on the ice, and skating (skates are available to borrow).

Come play games like Giant Jenga, Giant

Connect 4, Uno, Spoons, games on ice and more! Prizes will be awarded to top players. Call or email the Sullivan County 4-H office and let us know your plans! 603-863-9200 or email to:Robin.Luther@unh.edu.

Sat. - Jan. 19, 5:00 -6:30 p.m.
Adults \$10 / under 10 \$6. Open to the public.
Pot Luck Dinner & Movie
Sun. - Jan. 20 - 1:00 p.m.
All welcome!
Questions: Call (603) 543-5998

Senior Center Events

www.facebook.com/etickernews

CLAREMONT, NH—Roast Pork Dinner

DISCUSSION & SIGNING with Thomas Farmen



BESSIE'S STORY - Watching the Lights Go Out is an inspiring story about a charming, brave, chocolate Lab who gradually loses her eyesight. The author leads the reader from the unexpected diagnosis of terminal blindness for his beloved four-year-old pet through the two-and-a-half year transition to sightlessness. In the process, Bessie unwittingly becomes an expert mentor and teacher for the high-wire act of growing older with grace and optimism.

WWW.BESSIESSTORY.COM

Saturday, January 26 @ 1 pm

Unity Town Hall
713 2nd NH Turnpike
Unity, NH 03743

SPONSORED BY THE UNITY FREE LIBRARY

Bingo at the Charlestown Memorial VFW Post 8497 Post Hall

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. Eight regular games, four two-part games, and three special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, a carry-over cover-all game also paying off in 50#'s or less or a consolation of \$150, plus the final Jackpot game paying \$150. All regular and special games are now on PAPER. Bingo 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.



Ann Jacques
Licensed in NH / VT, Sales Associate
Multi-Million Dollar Producer
REALTOR®



Highview Realty
42 Summer Street
Claremont, New Hampshire
03743
Office (603) 542-7766 Ext. 204
Toll Free (800) 269-2414
Cell (603) 543-7720
Fax (603) 543-0163
annjacques1@comcast.net

Got news? Send news items and photos to etickernews@gmail.com



Lake Sunapee Region VNA & HOSPICE

603.526.4077

REV. DEC. 13, 2018

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 Meriden Congregational Church 12:00 – 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	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 9:00 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	BLOOD PRESSURE CLINIC CSB Community Center, Claremont 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
3rd WEEK of the month	BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am	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 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 Lebanon Senior Center 10:00 am – 2:00 pm	FOOT CLINIC Warner Pharmacy 9:30 am – 12:00 pm
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 FOOT CLINIC Lebanon Senior Center 10:00 am – 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	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: LakeSunapeeVNA.org

WRAP Program Seeks Participants for Upcoming Program

LEBANON, NH — A new Wellness Recovery Action Plan (WRAP) program will be held on Saturdays, from 10 a.m. to 2 p.m., at the Dartmouth-Hitchcock Women's Health Resource Center, 9 Hanover St. in Lebanon. The program runs from Saturday, Jan. 19 to Feb. 23.

The WRAP Program is being offered by Healing Arts: Dartmouth-Hitchcock Women's Health Resource Center.

The cost for the six-week program including materials is \$48 per person. All classes to be paid in full before the class begins (there is still time, participants may join the class for the second session (January 26)!

Scholarships are available from donations made to the WHRC Scholarship Fund. Many insurance plans are now offering reimbursement to their subscribers for participation in our health care classes. Call your employer or insurance company to find out if you are eligible.

Wellness Recovery Action Plan (WRAP) provides a structure for developing a personalized daily living plan with the goal of optimal emotional wellness. Create positive changes and increase your enjoyment of life. Learn to effectively manage a variety of situations, including sadness, substance abuse, panic attacks, diabetes, arthritis, and weight loss. Increase your health and well-being by developing your personal action plan today!

The Facilitators Lindsay Dean and Lisa Lovell use WRAP as part of their own self-management program and are excited to bring it to the Women's Health Resource Center. A recent participant said, "I don't need to go to 20 different classes, [WRAP] will help me with everything!"

**In case of bad weather, class cancellations will be made on the day of the class by 8:30 a.m.

Space is limited. To register, please call (603) 650-2600.

Roller Derby 101
 Want to be a skater or ref?
January 27th
March 27th
May 5th
Claremont, NH
@ 3 pm

Visit twinstatederby.com for more info and find the event on Facebook!

Photo by John Foster - Lazy Lobo Photo

@TwinStateDerby on social media

TWIN STATE DERBY



— *62nd Annual* —
**PRESIDENT'S
AWARDS**

Claremont Opera House
January 18, 2019
6:30-9:00PM

Recipients

Young Professional - Matt Mooshian Model Youth - Madeline Ferland
NonProfit - Claremont Maker Space
Business - New Hampshire Industries Citizen - Tom Liveston

TICKETS AVAILABLE AT WWW.GREATERCLAREMONTNH.ORG

\$15 ADULTS \$7 STUDENTS

Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in “real time,” as they are released by funeral homes. We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewsclaremont.com

Lynne M. Young, 58

Lynne Marie Young, 58, passed away Wednesday, January 9, 2019, peacefully at her home surrounded by her family, after a courageous battle of cancer.

She was born in Claremont, NH, on September 14, 1960, the daughter of Raymond and Velma (Shute) Stearns. Her family includes her husband of 31 years, Bruce Young; her son, Brandon Young, and his wife, Jamie Young, of Claremont, NH, and her beloved grandchildren Autumn, Brianna, Kayleigh, Brandon, and Kirsten. She is also survived by her sister Elaine Brodeur.

Lynne worked as a Home Maker for Connecticut Valley Home Health Care for 18 years, then the company switched to Lake Sunapee VNA where she continued for another two years before she became ill. She was preceded in death by her daughter, Brandy L Young in 2017, and her brother Gary R Stearns in 2009.

Lynne will be remembered as a loving wife, mother, Grammy, sister, aunt and friend to many.

A special thank you to Hospice for making Lynne's final days comfortable and peaceful.

At Lynne's request there will be no funeral services.

The Stringer Funeral Home is in charge of arrangements.

Wayne W. Hutchinson, 70

On Sunday, January 6, 2019, Wayne William Hutchinson, loving husband, father, and grandfather passed away at the age of 70. Wayne was born May 18, 1948, in Springfield, VT to Margaret (Bell) and Harry Hutchinson.

Wayne was a mechanical engineer for several companies, including Digital and Thermal Dynamics. He also served as a volunteer firefighter in Windsor and Springfield, VT. Wayne had a passion for service and he also loved birds, cooking and watching sci-fi movies. He was an avid fan of Star Trek. Wayne was known for his infectious smile and his kind compassionate spirit.

Wayne was preceded in death by his father Harry, mother Margaret, and two brothers.

His family includes his wife of 50 years, Sharon Hutchinson; six children: Kirk Hutchinson, Carrie Hutchinson, Sarah Hall, Tracie Waris, Holly Hoyt, and Mark Hutchinson; two sisters; and 18 grandchildren.

A funeral service was held on Thursday, January 10, at The Church of Jesus Christ of Latter Day Saints 5431 US Route 5 Ascutney,

VT.

In lieu of flowers please be kind to your neighbor and perform an act of service in the spirit of Wayne.

The Stringer Funeral Home is in charge of arrangements.

Irene L. Cummings, 83

Irene Lillian Cummings, 83, formerly of Cornish, NH, and more recently Heritage Drive in Claremont, NH, died Monday (Jan. 7, 2019) at Sullivan County Healthcare in Unity, NH, following a brief illness.

She was born in Hanover, NH, on April 21, 1935, the daughter of John W. and Dorothy L. (Hackett) Moore. She lived in Piermont, NH, and attended the first four grades there. She then moved to Claremont where she attended Way School, Stevens Junior High School and graduated from Stevens High School in 1953. Irene worked at Woolworth and International Shoe after high school. Later she worked for the Eagle Times and at Claremont Woven Label for 16 years. She was then employed by Developmental Services of Sullivan County

“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.

DOCTOR **SAM'S**
EYE CARE



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

retiring in 1993 due to a disability. She was a member of the Windsor Legion Auxiliary, Post #25 and the Women of the Moose Chapter #629 in Claremont, NH. She enjoyed going out to eat with her friends, Ellie Contois and Patty Hunt. Irene also liked knitting, reading, Sudoku and socializing.

She was predeceased by her parents, her husband, Jon Cummings, a grandson, Jerome Hoisington, a sister, Janet Howard and her longtime companion, William Tierney.

Members of her family include a daughter, Brenda Kinney, Newport, NH; six sons, Danny Hoisington and his wife, Cheryl, Claremont, NH; Thomas Hoisington, Manchester, NH; Paul Hoisington, Sophia, NC; Randy Hoisington and his wife, Laurie Peltier, Claremont, NH; Kevin Hoisington and his wife, Kathy, Randleman, NC; Timothy Hoisington and his wife, Melissa, Concord, NH; 14 grandchildren, two great granddaughters, one great grandson, a sister, Debra Brayton, Enid, OK and aunts, nieces, nephews and cousins.

Funeral Services were held on Friday (Jan. 11) at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH with the Rev. Scott Kearns, officiating.

Committal Services will be held at the convenience of the family.

The family suggests that in lieu of flowers, memorial contributions be made to Women's Supportive Services, 11 School Street, Claremont, NH 03743.

You are invited to share a memory of Irene 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.

Mark A. Ferland, 58

Mark A. Ferland, 58, of Claremont, NH, died Thursday (Jan. 3, 2019) following a period of failing health.

He was born in Claremont, NH, on November 26, 1960, the son of Roger E. and Margaret "Peg" (Murphy) Ferland and had lived in Claremont all his life. Mark had been employed at Leo's Market in Claremont doing various jobs, but the one he was famous for was peeling potatoes in the deli. He was a very good natured guy who always had a "hello" for anyone who greeted him as well as his smile that could light up a room. Mark had an indelible sense of humor and if you took the

Claremont Senior Center, Inc.

By Claire Lessard, Executive Director

Meals: Tuesday - January 15...Soup, fried catfish, rice pilaf, vegetable, dessert. Thursday - January 17...Soup, BBQ chicken quarters, mashed potatoes, vegetable, dessert.

Members asked to donate some of their "best desserts" of any kind for our upcoming Roast Pork Dinner - Saturday - January 19 (5:00 - 6:30 PM). Adults \$10 / Under 10 - \$6.00. Open to public!

Sunday at the Center" - 1:00-4:00 PM for members and bona fide guests! Play pool, work on a puzzle, card games (Hand & Foot card game most popular). Bring a snack to share and your own beverage!

Movie and pot luck dinner planned for Sunday - January 20 - 1:00 PM.

Tai Chi sessions on Tuesday - January 15 (1:00 - 2:00 PM) and Wednesday - January 16 (6:00 - 7:00 PM). Both sessions held in Mozden Room. Cost is \$5.00 per person.

Foot Clinic will be on January 16 (8:30 AM - 4:00 PM) sponsored by Lake Sunapee Region VNA & Hospice. Appointments, call (603) 526-4077. Cost is \$25 per visit.

Free Blood Pressure Clinic sponsored by Lake Sunapee Region VNA & Hospice on January 17 (11:00 AM - 12 Noon) in Mozden Room.

Silver Sneakers every Monday at 1:00 PM in Mozden Room. Cost \$2.00.

Items still needed from our "Donations List" ... Bottled water and disinfectant hand wipes. Yellow lined paper (8 1/2" x 11") and any monetary donations would greatly help with the monthly Newsletter. Thank you so much to all who recently donated items. Your response to this program has been great! A full list of other needed items is available at the front desk and also found in January Newsletter.

Still looking for a person to maintain our "lending library."

"Volunteers" needed to help with dusting, mopping, sweeping, vacuuming! If you can help the center an hour or several per week give the center a call. Seniors Bingo for center members 55 years of age and older every Wednesday at 1:00 PM. Sale of cards stops at 12:50 PM. No cards sold after that time! NO Bingo on Wednesday - December 26. See you all on January 2.

Bingo every Thursday night run by the Croydon Ladies Auxiliary, Inc. Doors open 4:30 PM. Refreshments available. Games start at 6:30 PM. Per NH State law, 18 years of age required for admission!

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.

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

Fun things to do at the center: Pool (Monday - Friday). - 9:00 AM. Exercise - Tuesday & Thursday - 10:00 AM. Coloring on Mondays 1:00 PM. Members free. Non-members \$1.00. Ping Pong - Monday & Wednesday - 10:00 AM. Bridge on Thursday - 1:00 PM. Mahjonn on Friday - 1:00 PM. Knitters on Friday - 12 Noon. 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; also board room.

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!

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

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).

time to listen to him, he would put a smile on your face as well. He was a NY Yankee fan and if you wore anything associated with any other team, he would be the first to kid you about it. Mark also enjoyed swimming, bowling, playing basketball and singing as well as being a huge WWE fan.

He was predeceased by his parents.

Members of his family include seven sisters, Diana Rouleau, Auburn, NH; Pauline Simino, Claremont, NH; Catherine Grasta, Webster, NY; "Maggie" Saracino, Claremont, NH; Deborah Richardson, Charlestown, NH; Mary Bigwood, Chester, VT; Martha Lewellyn, Claremont, NH; two brothers, Peter Ferland and Charles Ferland, both of Claremont, NH as well as many nieces, nephews, great nieces and nephews as well as numerous friends he had made throughout his life.

A Celebration of Mark's Life was held at the Claremont Senior Center, 5 Acer Heights, Claremont, NH on Saturday, Jan. 12.

In lieu of flowers, the family suggests that memorial contributions be made to the local Chapter of the Special Olympics, The Claremont Cool Cats, C/O Beth Lemieux, 519 Jarvis Hill Road, Claremont, NH 03743.

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

SATURDAY, JANUARY 26
CANTABILE CONCERTS IN JANUARY
First Congregational Church, Lebanon

Sunday, January 27
 3:00 p.m.
 Norwich Congregational Church

Tickets at the door or online at <http://www.-cantabilewomen.org/>

Directed by Kathy Sherlock-Green and accompanied by Jeanne Chambers, Cantabile women's chorus will be presenting "Person, Place or Thing". The concert includes classical works, traditional tunes, and folk songs, including *Object Lessons* by Matthew Harris, *Linden Lea* by Ralph Vaughn Williams, and *Gwyneth Walker's Now I Become Myself*.

Got news? Send news and photos to

etickernews@gmail.com



The Claremont City Council will hold a public meeting on Thursday, January 17, 2019, at 6:30 p.m. in the *John Goodrich Room of the Sugar River Valley Regional Technical Center, 111 South Street*. **NOTE: DIFFERENT LOCATION.**

AGENDA (Revised)

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. REPORT OF THE SECRETARY
Minutes of August 9, 2018, City Council/School Board Meeting
- 6:36 PM 4. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
- 6:45 PM 5. ANNOUNCEMENTS
- 6. NEW BUSINESS
- 6:50 PM A. School Board Proposed FY20 Budget/Default Budget Update
- 7:10 PM B. Legislative Strategies for Funding
- 7:40 PM C. Energy Initiatives
- 8:00 PM D. Discussion on Diversity/Racism
- 8:20 PM E. Action Steps
- 8:30 PM 7. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, January 23, 2019, at 6:30 p.m. in the Council Chambers at City Hall.



The Claremont City Council will hold a public meeting on **Wednesday, January 23, 2019**, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA

- | | | |
|---------|-----|---|
| 6:30 PM | 1. | PLEDGE OF ALLEGIANCE |
| 6:32 PM | 2. | ROLL CALL |
| 6:34 PM | 3. | AGENDA CHANGES |
| 6:35 PM | 4. | MAYOR'S NOTES |
| 6:40 PM | 5. | CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23)) |
| | 6. | OLD BUSINESS |
| 6:50 PM | A. | Ordinance 564 - Renewable Energy – First Reading |
| | 7. | NEW BUSINESS |
| 7:05 PM | A. | Ordinance 565 Establish Board of Assessors – First Reading |
| 7:20 PM | B. | City Manager Search Discussion |
| 7:40 PM | 8. | FUTURE AGENDA ITEMS AND DIRECTIVES |
| 7:55 PM | 9. | CONSULTATION WITH LEGAL COUNSEL |
| 8:00 PM | 10. | ADJOURNMENT |

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, February 13, 2019, at 6:30 p.m. in the Council Chambers at City Hall.

Claremont Fire Dept. Log

Sunday, January 6th

0403: Engine 1 Responded to Lincoln Heights for a Medical Call
 1016: Engine 1 Responded to Rachael Place for a Medical Call
 1327: Engine 1 Responded to Veteran's Park Road for an Illegal Burn
 1636: Engine 1 Responded to Washington Street for Smoke in the Building
 1733: Engine 1 Responded to Main Street for a Medical Call
 2119: Ladder 1 Responded Mutual Aid to Windsor for a Structure Fire

Monday, January 7th

0806: Engine 1 Responded to Washington Street for a Motor Vehicle Accident
 0823: Engine 1 Responded to North Street for a Motor Vehicle Accident
 1626: Ladder 2 and Engine 1, Responded to Pleasant Street for a Box Alarm

Tuesday, January 8th

0015: Engine 1 and Ladder 2, Responded to Elm Street for a Box Alarm
 1943: Engine 1 Responded to River Road for a Motor Vehicle Accident

Wednesday, January 9th

0636: Engine 3 Responded to Old Church Road for a Power Line Down
 0700: Engine 3 Responded to Main Street for a Tree Down
 0727: Engine 3 Responded to Summit Road for Wires Down
 0750: Utility 1 Responded to Hanover Street for Wires Down
 0757: Engine 3 Responded to Thrasher Road for Wires Down
 0756: Utility 1 Responded to Winter Street for Wires Down
 0810: Engine 1 Responded to Hanover Street for Wires Down
 0851: Engine 1 Responded to Hanover Street for Wires Down
 0852: Utility 1 Responded to Chestnut Street for Wires Down
 0853: Utility 1 Responded to Hanover Street for Wires Down
 0859: Car 1 Responded to Wheelock Road for Wires Down
 0920: Car 1 Responded to Lilac Lane for Wires Down
 0928: Utility 1 Responded to Old Church Road

for Wires Down
 0946: Utility 1 Responded to Plains Road for Wires Down
 1015: Utility 1 Responded to Langseth Avenue for Wires Down
 1020: Utility 1 Responded to Maple Avenue for a Transformer Explosion
 1030: Utility 1 Responded to Pine Avenue for Wires Down
 1035: Car 2 Responded to Barton Street for Wires Down
 1044: Car 1 Responded to Edwin Avenue for Wires Down
 1106: Car 2 Responded to Lafayette Street for Wires Down
 1118: Car 2 Responded to Slab City Road for Wires Down
 1151: Utility 1 Responded to Byrd Avenue for Wires Down
 1152: Utility 1 Responded to Maple Avenue for Wires Down
 1130: Car 2 Responded to Windy Hill Road for Wires Down
 1154: Utility 1 Responded to Elm Street for Wires Down
 1241: Brush 1 Responded to Bonneau Road for Wires Down
 1306: Ladder 1, Rescue 1, and Utility 1, Responded to Elm Street for a Motor Vehicle vs. Pedestrian
 1734: Engine 1 Responded to Mann Court for a Medical Call
 1821: Engine 1 Responded to North Street for an Odor Investigation
 1900: Engine 1 Responded to Lincoln Heights for an Odor of Propane
 1918: Engine 3 Responded to Bowker Street for a Medical Call
 2007: Engine 1 Responded to Hanover Street for Wires on a Residence

Thursday, January 10th

0000: Engine 1 Responded to Pleasant Street for a Medical Call
 1013: Utility 1 Responded to Red Water Brook Road for Wires Down
 1049: Engine 1 Responded to Half Mile Road for Wires Down
 1133: Utility 1 Responded to Hanover Street Road for a Tree in the Roadway
 1204: Engine 1 Responded to Charlestown Road for a Motor Vehicle Accident
 1252: Engine 1 Responded to Lafayette Street for Wires Down
 1444: Engine 1 Responded to Beechmont Street for CO Alarm Activation

1636: Engine 1 Responded to Myrtle Street for a Motor Vehicle Accident
 1733: Engine 1 Responded to Heritage Drive for a Medical Call

Friday, January 11th

1012: Engine 1 Responded to Roberts Hill Road for a Medical Call
 1157: Engine 1 Responded to Ainsworth Road for a Public Assist

Saturday, January 12th

1946: Engine 1 Responded to Meadow Street for First in EMS
 2149: Engine 1 Responded to Tutherly Avenue for an Odor of Propane

Jamie Townsend Art Exhibit Ongoing through February



CLAREMONT, NH—Jamie Townsend Art is now available for viewing in the Claremont Opera House John D. Bennett Atrium Gallery. Viewing is available during the shows at the Claremont Opera House or by stopping in at the business office for access to the gallery on the 5th floor during business hours.

Got news? Send news and photos to

etickernews@gmail.com



Sullivan County Humane Society
would like to serve you
an All-You-Can-Eat
homemade

Spay-ghetti Dinner
Saturday, March 2nd
4pm ~ 7pm



At the Claremont Country Club
Located off of Maple Avenue

Dinner Includes: Your choice of sauce (neutered
or un-neutered), Spaghetti, Bread, Salad And Dessert!
(Drinks not included, can be purchased at bar)



Tickets, \$10 each Kids under 6
eat free with Adult ticket

Sponsored in part by:
Claremont Country Club
All proceeds to benefit SCHS



Tickets can be purchased with these three options:

1. online www.pinnaclestrive.com/index.php?n=schs_spay_ghetti_dinner_2019
2. top at the shelter @ 14 Tremont St
3. at the door, the night of the dinner.

For more info visit us @ sullivancountyhumanesociety.org

The Psychology of Entertainment: TV, Film, and Music

By Bernadette O'Leary

"What the hell are you thinking?!" "You like what?!" These are the reactions when most people hear about how much I love a particular TV show. Whereas this author was practically born into this world a nun, the TV show that I am referring to is brutal, crass, and blatantly gruesome. I will reveal the program later, but first, we will look at the why more closely.

The "entertainment" industry is all over the place on the Liberal/Conservative spectrum. One can find anything from G-rated to practically X-rated on one channel now. There is literally something for everyone if one only takes the time to look for it. I do not have pay stations for this exact reason. With two children, I didn't want them seeing most of what was on those channels.

I did a few reviews over time of ABC's *Once Upon a Time*. In spite of its cancelation, it remains one of my favorite programs on TV, and it is much more my speed. This particular show where literary characters come to life touches a part of each of us where our inner child eagerly awaits learning what ever happened to Snow White, Robin Hood, and Rumpelstiltskin. The characters we came to know in fairytales and books from our youth are like old friends returning to us after all these years, and it's just in our nature to reach out for that comfort and familiarity that we felt in our early years. This show offered a sense of innocence, peace, and hope that is rare to find in today's world. The idea that true love is not only real but is also obtainable to even the most damaged among us inspires us to live life to the fullest and to strive for finding that for ourselves. In this world that is so hard and brutal, we long for something more. We desire the purity and joy that we had as children, when everything was so full of wonder and awe. We lose that as we grow up, but our hearts never forget it. If our hearts long for the innocence of youth, why then do we not see more of this type of show? The answer is simple: because we also yearn for something else... something more intense.

Although we need innocence within our lives, and that is filled by shows like ABC's former hit *Once Upon a Time*, the adult within us won't stay quiet for long. We long for something intense... something that makes us feel alive and intelligent. Crime dramas and "who-done-its" fill this need for us. For me, it's CBS's *Criminal Minds*. We get to watch as something horrible happens, hear the evidence, and then try to solve the crime as the show progresses. We feel like detectives trying to solve a mystery, and this energizes us. This makes us feel smart and important. When we guess right, the resulting ego boost is like a natural high, and we feel like we can take on the world.



No mystery can daunt us. No puzzle can perplex us. This feeds our pride and our ego. This genre of show also gives us excitement and mystery in our life. We can immerse ourselves into this imaginary world as long as it is on, only to escape it safely and unharmed when it is over.

This brings us to our third and final segment, where I reveal the show that surprises people to hear that I absolutely adore and why. The biggest pull of all for TV viewers... something neither innocent nor intriguing, but instead something much darker and arguably the largest pull of all

for our psyches: survival. My own guilty pleasure: AMC's *The Walking Dead*.

Our lives are full of struggles, and we long for ways to escape our woes. Programs such as *The Walking Dead* allow us to lose ourselves in a make-believe world full of dangers and struggles beyond our wildest imagination, and then emerge unscathed from them all. Perhaps we're a bit emotionally battered, but alive and ready to face the next threat head-on. This genre of program fills us with fear, suspense, drama, love, hate, and much more. It takes us on an emotional roller coaster ride that makes us laugh and cry. We fight to save the lives of our friends, support them as they lie dying, and cry when they are gone. Then, we return to the safety of our family and friends in the real world, battling nothing more deadly than another day at work or taking care of housework and children. Additionally, a character might remind us of a loved one. The struggles of fictitious friends in an apocalyptic world represent the struggles we have in our own life or society, and it offers a visual example of how we feel inside: the pain, the fear, and the joy of overcoming it all. When the struggle lingers, these shows fill us with hope and anticipation of where we'll find ourselves in the end. The relationships between the characters and the chance to go through the struggles with each one of them make the experience more real: we know them, love or hate them, and struggle with them.

Music offers these same escapes to a degree, but music has no images, and it plays on our memories. Sad songs remind us of past loves, while happy songs inspire us to love each other better or to climb that next proverbial mountain. Music is real life and triggers thoughts as we reminisce about what once was. TV and movies take us away, allowing us to travel to other worlds and other realities that are not possible in real life.

The entertainment industry banks on our emotions and dreams. The best adventures begin and end with us being safe at home on our couches, while our fictitious friends leave us for another week of real life. We can visit them more often if we record them or buy them on DVD, but no matter how we choose to experience the world they offer, we will always be able to step away if needed. We cannot do that in reality. Therein lie the benefits of entertainment.