

Cardboard Sled Race Feb. 15th

CLAREMONT, NH—The annual Cardboard Sled Race and pancake breakfast are coming up on February 15th; get started on designing and making your sleds now! Categories are youth, adult, family and business.



Rules are basically the same as in the past, cardboard and tape only, no tape on running surface, wax the running surface. Make it sturdy and colorful and costumes are encouraged. Challenge your friends, neighbors and other businesses. Pricing structure has changed a little, \$10 for one person, \$15 for two and \$20 for 3 or more."

Visit the Arrowhead website for more details. arrowheadnh.com.

Fundraising benefits the Arrowhead Recreation Area.

Time to Register for the Pigskin 5K Walk/Run

CLAREMONT, NH—Kickoff your Super Bowl Sunday, Feb. 2, by joining the fun at the annual 5K run/walk event before the game!

Kids Fun Run - Starts at 10:30 AM - No registration required, just show up and take part; free to all.

The Pigskin 5K is a recreational 5K run/walk event put on by the Claremont Parks & Recreation Department with the help from volunteers in the community. All proceeds from the event benefit the Claremont Savings Bank Community Center.

The race course is certified through USATF.

Check-in/Registration on race day is from 8:00 - 10:45 a.m. Check-in and race start is located at The Claremont Savings Bank Community Center. All ages/abilities welcome.

Register at https://apm.activecommunities.com/claremontparksandrec/Activity_Search/crown-point-pigskin-5k-road-race-2020/6056.

SHS Boys Basketball

12/20/19	at Laconia	L 26 - 69
01/03/20	Oyster River	L 26 - 56
01/07/20	at Fall Mountain	L 39 - 54
01/10/20	at Merrimack Valley	L 34 - 55
01/17/20	at Bow	L 38 - 71
01/21/20	Newport	L 38 - 48
01/28/20	Lebanon	07:00 PM
01/31/20	Coe-Brown Northwood	07:00 PM
02/04/20	Fall Mountain	05:30 PM
02/07/20	at Plymouth	06:00 PM
02/12/20	at Hanover	06:30 PM
02/14/20	ConVal	07:00 PM
02/18/20	at Newport	07:00 PM
02/21/20	John Stark	07:00 PM
02/25/20	Kearsarge	05:30 PM
02/28/20	Laconia	07:00 PM
03/03/20	at Souhegan	06:30 PM
03/05/20	at Kearsarge	06:30 PM

SHS Girls Basketball

12/13/19	Souhegan	W 64 - 26
12/18/19	at Kearsarge	L 41 - 44
12/20/19	Laconia	L 38 - 45
01/03/20	at Oyster River	W 69 - 36
01/07/20	at Fall Mountain	L 38 - 58
01/10/20	Merrimack Valley	W 54 - 46
01/17/20	Bow	L 40 - 50
01/21/20	at Newport	W 58 - 46
01/24/20	at Hollis-Brookline	L 49 - 58
01/28/20	at Lebanon	06:30 PM
01/31/20	at Coe-Brown Northwood	06:30 PM
02/04/20	Fall Mountain	07:00 PM
02/07/20	Plymouth	07:00 PM
02/12/20	Hanover	07:00 PM
02/14/20	at ConVal	06:30 PM
02/18/20	Newport	07:00 PM
02/21/20	at Timberlane	06:30 PM
02/25/20	Kearsarge	07:00 PM

Lebanon-Stevens-Kearsarge Girls Ice Hockey

12/14/19	ConVal-Conant	W 10 - 0
12/18/19	Bedford	W 12 - 0
12/20/19	at Oyster River-Portsmouth	L 0 - 1
01/02/20	at St. Thomas-WNC-DOV	L 1 - 4
01/04/20	at Berlin-Gorham	T 3 - 3
01/11/20	Exeter	W 5 - 2
01/14/20	Bishop Brady-Trinity-West	T 3 - 3
01/16/20	Pinkerton	W 3 - 2
01/24/20	at Keene-Mon-Fall Mountain	W 3 - 0
02/01/20	Berlin-Gorham	06:20 PM
02/04/20	Keene-Mon-Fall Mountain	06:40 PM
02/08/20	at Hanover	07:10 PM
02/11/20	at Man. Central-Memorial	04:30 PM
02/15/20	Souhegan	05:10 PM
02/25/20	at Kingswood	07:00 PM

Lebanon-Stevens-Mount Royal Boys Ice Hockey

12/18/19	at Alvirne-Milford	W 5 - 0
12/21/19	Somersworth-Coe-Brown	L 2 - 3
12/23/19	at Goffstown	L 3 - 7
01/11/20	at Merrimack	L 1 - 6
01/13/20	at John Stark	W 3 - 1
01/25/20	at St. Thomas Aquinas	L 0 - 1
01/29/20	Berlin	04:00 PM
01/31/20	Oyster River	07:30 PM
02/05/20	at Winnacunnet	08:45 PM
02/08/20	Dover	03:10 PM
02/12/20	at Spaulding	07:00 PM
02/15/20	Portsmouth-Newmarket	07:10 PM
02/16/20	at Kingswood	02:00 PM
02/19/20	at Berlin	06:30 PM
02/22/20	Merrimack	06:40 PM
02/26/20	Keene	04:50 PM

Springfield Wrestlers Battle in Essex

SPRINGFIELD, VT—Springfield wrestlers hit the mats in Essex, VT, the weekend of Jan. 18–20, starting Friday night and ending Sunday evening. High schoolers battled on Friday night for the opportunity to earn a spot in the varsity tournament on Saturday; all but two



Dmitri Jasinski takes the gold (Chester Clark photo).

made it through, with Brandon Bennett securing a respectable 3rd place spot on the podium. Bryan Stafford and Cole Wright each chalked up a win on Friday night, and he and Tim Amsden each emerged the victor in a couple of exhibition matches. David Rigney and Logan Webster are honing their skills with every match, and Trenton Rumrill was showing great promise before a shoulder injury put him out for the tournament.

On Sunday, the K-8 wrestlers rolled into town to take the gym by storm; for many of the K-6 kids, this was their first tournament ever.

* Securing gold medals were 5th grader Dmitri Jasinski and 2nd grader Ben Moore.

* 2nd place winners were 1st grader Logan Mills, 2nd grader Jay Mouser, 3rd grader Carter Brown, and 5th graders Jayden Armstrong and Braydon Rumrill.

* 3rd place medals went to 1st grader Jace Preston, 2nd grader Emily Rogers, 3rd grader Irvin Barbour, and 5th grader Seth Markwell.

* 4th place went to 4th grader Tristan Perry, and 5th graders Garrett Brickey and Jonathan Lake.

* 5th place went to kindergartener Michael Blanchard and 5th grader Mitchell Shaw

Kindergartener Sam Wright also battled hard, but had to step out after his first match due to illness. His double-leg takedown of his opponent left his coaches and the spectators wowed.

Junior high showing was strong, with 7th grader Dillan Lacasse leading the pack with a 1st place medal; 7th grader Noah Markwell earned 2nd place, while 8th grader Marshall Simpson landed a respectable 3rd place. 7th grader John Jasinski worked his way to 4th place, and classmate Hunter Ferland battled to 6th.

A very long weekend featured tons of excellent progress and strong work from every wrestler; each gave his all on the mats, leaving Head Coach Don Beebe and the rest of the coaching crew happy yet inspired to hit the practice mats that much harder.

On Saturday, Jan. 25th, the JH & HS team headed to Vergennes - stay tuned to the action via FaceBook on the team's page: <https://www.facebook.com/SpfldVTWrestling/>.

Newport Tops SHS Boys in Varsity Basketball Action

Big Win for Jr. Cards, 60-30

The Stevens Boys Varsity and JV basketball teams played a single game this past week but it was against their rival, the Newport Tigers.

In varsity action this past Tuesday evening, Newport carried a 13 point lead heading into the 4th quarter, but the Cardinals would rally to cut the lead to 8 points, energizing the hometown fans packed into Frederick Carr gymnasium, but the Tigers would hold on for a 48-38 victory.

Tyler Bonneau paced the Cardinals with 10 points. Clayton Wadsworth added 9 points, and also hauled down 10 rebounds.

In the JV contest, Jai-Lique Ribeiro led all scorers with 18 points to lead the junior Cardinals to a 60-30 win over the Tigers.

The Stevens JV 2 team played a pair of games this past week, as they traveled to Sunapee on Thursday afternoon and then headed to Langdon on Friday for a game with the Wildcats. On Thursday the Lakers defeated the Cardinals 45-20. Austin Jones had a team high 8 points for Stevens. Ronald Winship had 3 points. On Friday, the Cardinals rallied late to give the Wildcats a scare but Fall Mountain held on and recorded the 38-26 win. Evan Lee had a team high 10 points for Stevens.

The Cardinals will have a pair of home games this coming week as they host the Lebanon Raiders on Tuesday night and will welcome the Bears of Coe-Brown Bears on Friday evening. The JV games will begin at 5:30, and the varsity games will follow at 7:00.

Back-and-Forth Game Ends in 3-3 Tie For No. 20 Dartmouth at Colgate

By Pat Salvas
Courtesy of Dartmouth Sports

HAMILTON, NY—Despite a goal and an assist from both Drew O'Connor and Cam Strong, the No. 20 Dartmouth men's hockey team played to a 3-3 tie Saturday at Colgate.



The Big Green (10-6-4, 7-4-2 ECAC Hockey) had three different one-goal leads in the game, but each time the Raiders (8-10-6, 6-3-3 ECAC Hockey) managed to pull even with no team finding the back of the net for a fourth time in 65 minutes of action.

It was the sixth overtime game of the season for Dartmouth, who now boasts a 1-1-4 mark in the extra frame.

For the second straight night, it was Strong who got the Green on the board first, netting his fourth of the year at 10:08 for the only marker of the opening period. Freshman defenseman Brock Paul picked up his first career point with an assist on the play, while Erik Urbank had the other.

Dartmouth remains on the road in New York next weekend for another pair of ECAC Hockey games at Rensselaer and Union. Both are set for 7 p.m. puck drops and can be heard on DartmouthSports.com with Rob Kennedy providing the radio play-by-play.

Inspiration

Need to Win?

By Priscilla Hull

We all have the innate desire to win at whatever we attempt. When we watch our kids win, we get excited for them and we congratulate them, call Grammy and Grandpa and telling them the wonderful news.

Our granddaughter wins the spelling bee! We call everyone we know or we post on FB the exciting news. I'm no different! When I was in high school in New Jersey, I had the great idea that if I tried out for all state band or orchestra on three instruments I'd be sure to take first chair on one of them. (Bassoon, b-flat Clarinet and E-flat clarinet. The E-flat was a sure bet, nobody else played it.) so that's what I did!

My Dad, a man of infinite wisdom said to me once, "You don't have to take first chair on anything. Just do your best and we'll still love you."

When I go to kids sports games and see one team taking advantage of another weaker team, I am upset. It doesn't matter if you win by one point or twenty, but it matters to the losing team, especially at very young ages. They're just learning to play. One of the best games I have seen this year was a game where one team didn't have enough kids to make a team. So the coaches met and asked for volunteers to play for that team. Sure enough, boys volunteered and they played. Well, it was a scrimmage game, so it really didn't matter who won. The kids played hard, the ref and coaches took time to stop the game and explain what was happening. Most important, all the kids were happy.

We are learning about life, no matter what our age, we're all just learning! So take time to stop the game and explain what is happening. Everyone will be better off. Do the best you can, that's all the coaches did in that game. Help others through the hard times of life. Accept mistakes for just what they are - mistakes - and move on.

I have competed well; I have finished the race; I have kept the faith!
2 Timothy 4:7

Priscilla Hull is the Lay Leader of the First United Methodist Church in Claremont, NH.





5th Annual Dessert Event Hosted by the Acworth Silsby Library

**Sunday, Feb. 16 2-4PM
at the Acworth Church on the Hill**

**The Library is hosting its annual event for lovers of desserts
and this year it is not just chocolate**

**Bakers of all ages welcome, bring us your favorite dessert to share.
Non-bakers: join us for tasty desserts and good company**

We will have raffles and free books left from our Book Sale

**If you are bringing a dessert, please call the Library at
835-2150 or email us at acworthlibrary@myfairpoint.net, so we can plan**

Calendar Of Events

Sullivan County 4-H STEampunk 2020 Challenge

February 4, 2020

Newport Middle High School

6:00pm- 8:00pm

Don't Count Your Chicken Before They Hatch!

Design and build a unique invention that will complete a simple task in an overly complicated way. You'll link together simple machines and quirky uses of common items in a chain reaction that uses gears, levers, pulleys, rolling balls, falling dominoes and whatever else you can dream up!

All youth ages 8-18 are invited with a parent or coach. For more information and complete rules visit <https://unh.app.box.com/s/fpbq8fk-bcce94cxj5r71rshh48ydxim>.

To register, please email Lynn Brewer (lyn.brewer@unh.edu) at the Sullivan County 4-H office.

Milk and Cheese Please

February 29, 2020

Newport Middle High School

9:00am-2:00pm

Come learn about several different kinds of cheese, how cheese is processed, where cheese comes from, handwashing, food safety, knife cutting skills, nutrition and cooking!

There will be door prizes, games and kids will cook their own lunch. It's also a great place to practice some ideas that youth can use at this spring's Grilled Cheese Challenge at the NH Makers' Expo on April 25th.

Open to all youth ages 8-18 (Youth ages 8-11 need to be accompanied by an adult). Youth do not need to be a 4-H member of an existing 4-H club in order to participate.

To register, please email Lynn Brewer (lyn.brewer@unh.edu) at the Sullivan County 4-H office by February 21st.

Croydon Ladies Auxiliary Bingo

CLAREMONT, NH—Croydon Ladies Auxiliary Inc. Bingo, every Thursday night. Doors

open at 4:30 p.m. and games start at 6:30 p.m.

Kitchen open for supper and snacks.

Pink Diamond and 6 Spot Bingo tickets for chances to win lots of jackpot money. Three raffles each week to win scratch tickets, free plays and gifts.

The winner take all pays out between \$600 and \$900 each week.

Held at the Claremont Senior Center at 5 Acer Heights Road in Claremont.

Questions? Call Sandy at 603-543-7118.

Painting the Portrait in Watercolor with artist Robert O'Brien

CLAREMONT, NH—The human portrait will be explored in this watercolor workshop. Students will learn to paint a portrait with all of its nuances and subtleties in watercolor using a layering process. Other mediums are welcome. Students will paint from photo references.

The instructor will paint, as a demonstration, a finished portrait, and will explain each step of the painting process as a morning demo. Students will paint in the afternoon and are encouraged to bring reference photos of a favorite portrait subject. A critique and class discussion will be held at the end of the session.

The class is open to all abilities though some drawing experience is recommended.

No materials are included in the cost of the class. For a list of materials, please email brendan@claremontmakerspace.org

Workshop Fee:

Member

\$110

Non Member

\$120

Instructor Robert O'Brien

Born 1954, in Rochester, NY, Robert O'Brien has been painting in the watercolor medium for over forty years. Since moving to Vermont in 1977, he has focused his work on landscape and architectural studies. Vermont, with its distinct four season climate, provides the artist with a wealth of subject matter and ever changing light effects.

The artist finds beauty in the ordinary, subtle reminders of everyday life in rural New England. In his own words, he is driven "to capture the vanishing landscape in my paintings" before they disappear forever as a result of the

steady hand of "progress".

Since 1998, O'Brien has traveled often to Southern France. The region's sun-splashed landscape and timeless quality of light has added a new dimension to the artist's paintings.

To register, please go here:

<https://claremontmakerspace.org/events/#/event/2020/2/1/painting-the-portrait-in-water-color>.

Claremont Makerspace, 46 Main St.

Saturday, Feb. 1, 10:00 a.m. to 4:00 p.m.

Kinship Raising Support Group

NEWPORT, NH—A support group in Newport for kinship raising family member's kids is meeting 10:00 a.m. to noon every other Friday. Meetings held at the old Towle School, 86 North Main Street. Learn more at New Hampshire Grandparents raising Grandchildren on Facebook; check the page for updates or call Stacey Hammerlind at 802-478-0844.

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 Main Entrance on Elm Street.

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, Zariah (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.

Arrowhead Seeks Volunteers

CLAREMONT, NH—Arrowhead is all-volunteer and has a critical need for winter time volunteers this season; please consider volunteering. “Just give us whatever time you can, it really will make a big difference,” said Chuck Allen of the Arrowhead Recreation Club.

Special hours, school vacation weekday periods 12-4PM in February.

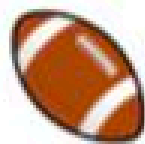
The best contact is email; you can also leave a Facebook or phone message. email: arrowhead@arrowheadnh.com - best contact method.

Phone: (603) 542-7016 - Leave a message.

Got News?

Send news and photos to

etickernews@gmail.com



Claremont Senior Center and
Stevens High School Class of 2020



“Soup”er Bowl Cook-Off!



February 1, 2020
12:00 - 3:00 P.M.



Entry Fee - \$10

Admission Fee - \$5

**Senior Center
Member Fee - \$4**

**Claremont Senior
Center**

5 Acer Heights Rd

Claremont, NH 03743

Come celebrate the noble arts of soup-making and football at the second annual **Claremont Senior Center “Soup”er Bowl Cook-Off!**

Attendees will be given the opportunity to sample a variety of chowders, soups, and stews and then vote for their favorites. The winners will be awarded a special prize!

**Proceeds Benefit the
Stevens High School
Class of 2020 and
Claremont Senior
Center**

**For Entry Information
Contact Robin Tymula
at rtymula@sau6.org**

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.

SATURDAY, FEBRUARY 22

Cold Comfort: Winter Wildlife Adaptations Working Woodlands Workshop 10am-12pm

Location: Forest Center at Marsh-Billings-Rockefeller NHP, Woodstock, VT

Vermont wildlife knows how to get creative when it comes to the winter months. Join NPS Science Communication Specialist Ed Sharron to learn who is active and who is hibernating during these harsh winter months. NPS Science Communication Specialist Ed Sharron will begin with an indoor discussion that explores how animals meet their basic winter needs for food, water, and shelter. Then, head outside for a snowshoe hike investigating different habitats. Event open to all ages!

Please dress appropriately for outdoor activity, and bring a water bottle and snowshoes if possible. Adult and children's snowshoes are available if needed. Event will continue snow or shine! Co-sponsored by Vermont Coverts and the Vermont Woodlands Association. Please pre-register as space is limited. Call (802) 457-3368 x 226, or email us at leah_marshall@partner.nps.gov. Be sure to tell us how many are coming.



Lake Sunapee Region VNA & HOSPICE

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REV. NOV 25, 2019r

MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="font-size: 2em; font-weight: bold;">1st</div> <div style="background-color: #0070C0; color: white; padding: 5px; font-weight: bold;">WEEK</div> <div style="font-size: 0.8em;">of the month</div>	<p>BLOOD PRESSURE CLINIC COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 – 11:00 am Newport Senior Center 10:45 am – 12:00 pm</p>	<p>FOOT CLINIC Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Plainfield Libray 12:00 – 4:00 pm</p>	<p>BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm</p> <p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>FOOT CLINIC COA, New London 9:30 am – 1:00 pm</p>
<div style="font-size: 2em; font-weight: bold;">2nd</div> <div style="background-color: #0070C0; color: white; padding: 5px; font-weight: bold;">WEEK</div> <div style="font-size: 0.8em;">of the month</div>		<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 – 11:00 am Bourdon Centre, Claremont 10:00 – 11:00 am Grantham Methodist Church 11:15 am – 12:00 pm (Apr-Dec) Sugar River Mills, Claremont 1:00 – 2:00 pm</p> <p>FOOT CLINIC Bourdon Centre, Claremont 8:00 am – 12:00 pm Sugar River Mills, Claremont 12:30 – 2:00 pm</p>	<p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm</p> <p>FOOT CLINIC Charlestown Senior Center 9:00 am – 4:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>FOOT CLINIC COA, New London 9:30 am – 1:00 pm</p>
<div style="font-size: 2em; font-weight: bold;">3rd</div> <div style="background-color: #C00000; color: white; padding: 5px; font-weight: bold;">WEEK</div> <div style="font-size: 0.8em;">of the month</div>	<p>BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 – 11:00 am Bradford Senior Center 11:00 am – 12:00 pm Newport Senior Center 11:00 am – 12:30 pm Marion Phillips Apts, Claremont 1:00 – 2:00 pm</p> <p>FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am Marion Phillips Apts, Claremont 1:00 – 4:00 pm</p>	<p>FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC Claremont Senior Center 11:00 am – 12:00 pm</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	
<div style="font-size: 2em; font-weight: bold;">4th</div> <div style="background-color: #0070C0; color: white; padding: 5px; font-weight: bold;">WEEK</div> <div style="font-size: 0.8em;">of the month</div>	<p>FOOT CLINIC Newport Senior Center 9:00 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 – 11:00 am Cornish Town Hall 11:15 am – 12:30 pm</p> <p>FOOT CLINIC Lebanon Senior Center 10:00 am – 2:00 pm</p>	<p>FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm</p>	<p>BLOOD PRESSURE CLINIC CSB Community Center, Claremont 9:30 – 11:00 am Plainfield-location varies 11:30 am – 1:30 pm</p> <p>FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm</p>	<p>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</p>

Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

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

www.etickernewsoclaremont.com

Rosealma Lihatsh, 98

Rosealma (Rose) Lihatsh, 98, of Concord, NH, was called Home by her Savior Jesus on Wednesday, Jan. 8, 2020, surrounded by her loving family and friends. She was born to Alberta and Philip Bedard, (the eighth of 11 children) on October 1, 1921. She was the beloved wife of Moses Lihatsh who predeceased her in January 1985. She was also predeceased by all of her 10 siblings. Rose was a tireless worker and had several occupations. She was employed in various jobs throughout her life primarily in the Claremont NH, area, working as a factory assembler; a waitress at Cote's Restaurant, and as a housekeeper at Valley Regional Hospital from which she retired in the late 1980s. Rose enjoyed homemaking and taking care of her family as well as caring for her elderly parents. She excelled in cooking, housekeeping, sewing / tailoring clothes for her daughters, crewel embroidery, home decorating and hosting dinners for friends and extended family. After retirement and right up until the day before she passed, Rose crocheted afghans for family, friends and neighbors, often saying “I hope people will remember me with the afghans I made for them”.

Rose loved visiting with people, talking, laughing and sharing life stories.

Rose leaves behind her daughter Beverley and son-in-law Sidney Pelletier of East

Hartford CT; daughters Linda and Karen Lihatsh with whom she resided in Concord, NH; sisters-in-law Cecile Bedard of Alexandria, NH, and Stacia Lihatsh of Springfield, VT. She also leaves many nieces and nephews living in various states and in Quebec, Canada, whom she dearly loved and was always delighted to see. Rose also cherished the friendships she made while living in Claremont and also in Florida, Connecticut and most recently in Concord, NH. Rose looked forward to playing card games with her friends and appreciated those praying with her, listening to all of her stories, and that they welcomed her to be a part of their lives. For this reason the family wishes to thank Carol Walton, Nancy and David Spitzer, Julie and Perk Perkins, Pam Moran, Amy St. Pierre, Nancy Gifford and Donna, Pastor Josh Owens, Pastor Pat Testerman, Dan DeHart, and her nieces and nephews who took time to visit her in her most recent years. All ministered to her in their own ways with generosity of kindness and patience. She was very fond of her medical team, Lee Wald PA and Dr. Amir Alawaneh, and we sincerely thank them for

their wise counsel and support. The family would like to thank all who supported them on Rose's last day and in the days that followed.

For many years, she read Our Daily Bread and her Bible every morning, which comforted her and encouraged her to share her faith with others. So, in lieu of flowers, contributions may be made in her memory to Our Daily Bread Ministries, PO Box 2222, Grand Rapids, MI 49501-2222.

A celebration of her life will be held Feb. 15 at Faith Community Bible Church, 334 North Village Rd (Rt 106) Loudon, NH. Visitation at the church begins at 10 AM, followed by her service at 11 AM. Should there be a severe winter storm during that scheduled date, we will reschedule her celebration of life to another date in the next month or so.

Darby E. LaBerge, 62

Darby E. LaBerge, 62, of Borough Road in Charlestown, NH, died at his home on December 11, 2019, after a battle with cancer.

“Safety glasses are your friend.”

-Dr. Sam Giveen

All kinds of common eye injuries can be prevented just by wearing safety glasses. That's what Dr. Sam will tell you. Does he sound like your dad? Sometimes. But your dad had some good advice. And so does Dr. Sam. See for yourself.

DOCTOR **SAM'S**
EYE CARE



(603) 543-2020

9 Dunning St, Claremont

(we're right there by the hospital)

Darby was born in Springfield, VT, on June 22, 1957, the son of Donald and Rena (Still) LaBerge. He lived his life in Charlestown, NH, where he enjoyed his passion for hunting and fishing. Deep sea fishing was his big lore. He worked many jobs in his life and was talented in anything mechanical and was an exceptional carpenter to include plumbing. Excavating was another passion. He had an eye for looking at a job and envisioning the outcome. In high school Darby was an exceptional soccer player. He went to Florida and played semi-pro soccer and was offered a spot on a professional soccer team. This would have meant being away from home for years and because of his love for New Hampshire, he turned down the offer.

Members of his family include three sisters, Gladys McDonald, Cross Junction, VA; Gale Gantt, Charlestown, NH; Janet LaBerge, Pembroke, MA; two brothers, Victor Pearce, Brownsville, ME; Donald Pearce, GA; nephews, Thomas Gantt, Edward McDonald, Raymond Macie, nieces, Katherine McDonald Anderson, Alyssa Parkhurst.

He was predeceased by his parents and a brother and sister.

There will be no visiting hours. A Celebration of Darby's Life will be held from 1 – 4 pm on Saturday, Feb. 22, at the VFW, 150 Charlestown Road Claremont, NH.

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

Victor Ferland, 59

Victor (Vic) Ferland, 59, of Grantham, NH, passed away peacefully at home Thursday, January 16th, 2020.

He was born on January 5th, 1961, in Newport, VT, and attended Stevens High School. Vic was a skilled finish carpenter who perfected his craft for nearly 25 years working for himself, and Skyline Design. Vic was passionate about music, playing drums in numerous bands since the age of 12. He was a fan of racing, football, and family game nights. Vic enjoyed family camping trips and going for long rides on his Harley. Vic was always there for his friends and family when a helping hand was needed.

Vic was a family man and a great friend. He is survived by his former wife, Sandi Hastings Ferland and kids, Crystal Tarr, Nichole Hast-

ings, Justin Hastings and his wife Naomi, and Daniel Ferland. He is also survived by his siblings: Simone Drainville, Christine Gibbs, Edmond Ferland, and Terry Ferland. He is survived by many loving grandchildren: Joe Tarr and his fiancée Cecelia Arrison, Tapanga Corcoran and her husband Ben, Felicity Tarr, Elizabeth Hastings, Brianna Hastings, and Caitlin Hastings. Vic comes from a large family, leaving behind many cousins.

Vic was predeceased by his parents, Alice Ferland and Henry Ferland, and his son, Mathew Ferland.

Calling hours were held on Thursday, January 23rd, at Stringer Funeral home, 146 Broad Street, Claremont, NH.

In lieu of flowers, donations can be made to the attention of Stringer Funeral Home.

Jane Miller

Jane Miller, of Claremont, NH, died peacefully at Sullivan County Nursing Home on January 19, 2020, at the age of 86.

She was born on November 17, 1933, in Westbrook, ME. The daughter of Stephen and Ava (Hatch) Percy. She attended Oxford HS in Oxford, ME, and later moved to Greenfield, MA, to live with her older brother Stephen. On September 1, 1956, she married Rodney Miller Sr. They were married 27 years and raised four sons. Some of Jane's fondest memories are of the many weekends spent with her young sons and friends camping at Rand's Pond in Goshen, NH. In 1987, a blind date led her to meet Norman Gassett of Springfield, VT. They enjoyed 24 years of close friendship, church suppers, turkey raffles, and travel to many different 'ports of call' through Norm's service in the US Navy. Jane had a passion for knitting beautiful afghans for family and friends. She was famous for her delicious baked beans, quick wit, and always drew a smile when she drove away saying 'I'll keep it under 100!'

She was preceded in death by her parents, her brother Stephen Percy Jr., Rodney Miller Sr. and Norm Gassett.

She is survived by her four sons: Rodney Miller Jr. and his wife Sylvia of Claremont, NH; Terry Miller and his wife Paula of Unity, NH; Lee Miller and his wife Joanne of Claremont, NH; Scott Miller and his wife Jen of Claremont, NH; three nieces, one nephew, 14 grandchildren and 14 great-grandchildren.

Per Jane's wishes, there will be a private viewing for family.

In lieu of flowers, memorial gifts may be made to the Sullivan County Humane Society, 14 Tremont Street, Claremont, NH 03743.

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

Claremont Fire Dept. Log

Sunday 1/19/2020 – Saturday 1/25/2020

Sunday 1/19:

3:17 AM: Engine 1 responded to Summer St. for a water heater problem.

4:17 AM: Engine 1 responded to Sullivan St. for Box Alarm #0182.

6:46 PM: Engine 1 responded to Broad St. for a medical call.

Monday 1/20:

7:39 AM: Engine 1 and Engine 3 responded to Chestnut St. for a structure fire.

1:45 PM: Engine 1 responded to Pleasant St. for a pedestrian that was struck by a motor vehicle.

1:50 PM: Engine 3 responded to Summer St. for a report of a wire down.

2:56 PM: Engine 1 responded to Windy Hill Rd. for a motor vehicle accident.

5:57 PM: Engine 1 responded to East Green Mt. Rd. for a medical call.

10:24 PM: Engine 1 responded to Lincoln Heights for a medical call.

10:28 PM: Engine 3 responded to Pleasant St. for a report of an alarm sounding.

11:00 PM: Engine 1 responded to Pearl St. for a medical call.

Tuesday 1/21:

10:03 AM: Engine 1 responded to Broad St. for a motor vehicle accident.

11:14 AM: Engine 1 responded to Pleasant St. for a motor vehicle accident.

2:59 PM: Engine 1 responded to Heritage Dr. for a suicidal subject.

4:23 PM: Engine 1 responded to Spring St. for a suicidal subject.

4:30 PM: Engine 1 responded to Elm St. for a medical call.

4:47 PM: Engine 1 responded to Front St. for a carbon monoxide issue. Engine 3 later responded to provide additional manpower.

Wednesday 1/22:

10:21 PM: Engine 1 responded to North St. for a medical call.

Thursday 1/23:

7:54 AM: Engine 1 and Ladder 2 responded to Royce St. for Box Alarm #312

10:44 AM: Engine 1 responded to Sugar River Drive for a report of an alarm sounding.

1:03 PM: Engine 1 responded to Heritage Drive for a well-being check.

5:08 PM: Engine 1 responded to Sullivan St. for a possible fire.

5:20 PM: Engine 1 responded to Walnut St. for a suicidal subject.

Friday 1/24:

4:56 AM: Engine 1 responded to Sullivan St. for a medical call.

7:12 AM: Engine 1 responded to Chestnut St. for a medical call.

6:44 PM: Engine 1 and Engine 3 responded to Sullivan St. for a possible fire.

11:25 PM: Engine 1 responded to Main St. for a medical call.

Saturday 1/25:

3:06 AM: Engine 1 responded to Hanover St. for a medical call.

3:24 AM: Engine 3 responded to Bailey Ave. for a possible electrical fire.

8:21 AM: Claremont Fire was toned to Oakwood Park for a medical call but was cancelled prior to responding.

1:14 PM: Engine 1 responded to Bellevue Ave. for a medical call.

10:24 PM: Engine 1 responded to Bible Hill Rd. for an odor of smoke in a residence.

11:15 PM: Ladder 1 responded Mutual Aid to Newport for a structure fire.

FRIDAY, JANUARY 31**Reading Area Community Blood Drive**

Appointments available (and eligibility requirements) at redcrossblood.org or by phone at 1-800-733-2767, Zip Code 05037

Noon until 5:00PM

Mt Ascutney Holiday Inn and Resort, The Ballroom

485 Hotel Road, Brownsville, VT

For assistance making an appointment, email lanie@sbfvt.org.

Everyone is welcomed.

Claremont Senior Center, Inc.

Do you have cabin fever yet? Are the walls closing in on you? Have you watched Family Feud too much? Well, have we got walls for you!!! Our walls contain friendly people, meals, pool, puzzles, cribbage, chess, knitting(any needlework), bingo, exercise and occasionally, a person leaning against a wall. Come on over. Change your view! You can even watch Family Feud on our TV is you wish.



A lot of seniors don't realize we are open Tuesdays and Thursdays 6PM-9PM for game night. We play

Hand and Foot(like Canasta), cribbage, Mexican Dominoes, Pool or you can sit and knit with your friends..sort of a girls night out. Also, we accommodate our members and guests by opening on Sundays-1PM-4PM. On all game nights, please bring a snack to share.

How many of you love a good, hot, bowl of soup..especially on these frosty, cold days? Well, this event is just for you! On Sat., Feb.1st, we will be hosting the "Soup"-er Bowl Cook-off. The event starts at 12PM and last until 3PM. If you wish to show off your best soup, chowder or stew, enter it for a fee of \$10. The public admission is \$5., \$4 for Center members. Bring your taste buds because you will be sampling some of the best soups, chowders and stews around. And no dishes to do! The winners will take home a special prize. The proceeds will benefit the Stevens High School Class of 2020 and the Claremont Senior Center.

Are you ready for some football??? Come watch the big game at our Super Bowl Party Sun., Feb.2nd. Bring your guests and a favorite game snack to share. Starts at 5PM. Game time 6:30PM.

Still hungry? Lots of food in this letter. Here is the menu for Tuesday and Thursday. Tuesday-Jan. 28th -Soup, Pulled Pork Sandwich, Cole Slaw, Brownie with Whipped Cream and Chocolate Sauce. Thurs. Jan. 30th -Soup, Homemade Salisbury Steak, Egg Noodles, Gravy, Vegetable, Pudding. All fresh ingredients.

The Claremont Country Quilters meet the first Wednesday of the month in Mozden 2. Time-10AM-2PM. Members Free, non members-\$1. Program: Paper Piecing. For more information, please call the Center with your name and phone number.

New programs. Cribbage-Mondays-1PM-3PM, Chess-Thursdays-1PM-3PM. Corn Hole-Wednesdays-4PM-6PM. Bring your funny-bones. There's bound to be a laugh.

Quick Takes: The AARP Tax Service for seniors will be available from Jan. 31st-April 10th. Call the Center to make an appointment with the receptionist. Sign up early.

Foot Clinics-Thurs. Feb. 6th, Wed. Feb.12th and Feb. 19th.

Blood Pressure: 10:30 Thurs. Feb. 6th and Thurs. Feb. 20th -11AM-Noon.

We are already planning the Summer and Fall events. So far, we have a Spring Fling Craft Fair, a Penny Sale and concerts lined up. And the dinners, of course.

Thought for the Week: You can't have a better tomorrow if all you think about is yesterday. Have a warm week everyone. Don't let the walls get too close.

Laughter and lively conversation always welcome here.

Claremont Senior Center, 5Acer Heights, Claremont, NH, (603)543-5998. Smoke Free.

Open Daily-9-3, Tuesday and Thursday-6-9, Game Night, Sundays-1-4. Members and invited Guests.