

## St. Joseph's Sports Night Winners Announced

CLAREMONT, NH—The 64th Annual St. Joseph's Sports Night will take place on March 18 at 6:00 p.m. The event will be held at the Claremont Senior Center; tickets are available at Marro Home Center and Stevens High School.

The student-athletes chosen for this year's honors are:

Best Male Athlete - Alex Taylor

Unsung Male Athlete - Sam Sweet

Best Female Athlete - Clara Avery

Unsung Female Athlete - Ellee Grenier

## Register Now for Spring Hunter Education Classes

CONCORD, NH – If you need to complete a hunter education class, sign up now to reserve space in a class this spring or summer. Whether you want to enroll in a classroom experience or would prefer to learn online, register at [www.huntnh.com/hunting/hunter-ed.html](http://www.huntnh.com/hunting/hunter-ed.html). Select "Find a Hunter Education Course," select a traditional or online class, then complete the registration to join. Walk-ins are accepted on a space-available basis, but there are no guarantees; pre-registration is highly recommended.

"Spring and summer are your best bets to be sure of getting into a course," says New Hampshire Fish and Game Hunter Education Coordinator Josh Mackay.

Hunter education is required in New Hampshire before a new hunter can purchase his or her first hunting license. If you are age 16 or older, a license to hunt is mandatory. To meet this requirement, the New Hampshire Fish and Game Department offers classes around the state. Participants must be at least 12 years old by the last day of the course to achieve certification in basic Hunter Education.

Hunters who purchased an Apprentice Hunting License last year must take Hunter Education before they can purchase a hunting license. The Apprentice Hunting License allows



The Cardinals had a basketball triple header Thursday afternoon/evening. The reserve boys started things off with a three point loss to Kearsarge, followed by a JV and Varsity girls sweep over Newport (Courtesy photo).

people to hunt under the guidance of an experienced hunter, without first taking Hunter Education. Learn more at [www.huntnh.com/hunting/apprentice.html](http://www.huntnh.com/hunting/apprentice.html).

For more information on Hunter Education in New Hampshire, visit [www.huntnh.com/hunting/hunter-ed.html](http://www.huntnh.com/hunting/hunter-ed.html), or call (603) 271-3214.

Hunter Education in New Hampshire is funded with Federal Aid in Wildlife Restoration by an excise tax on firearms, ammunition and archery equipment. Learn more at [www.huntnh.com/funding/wsfr.html](http://www.huntnh.com/funding/wsfr.html).

## Tokyo Marathon Canceled Due to Coronavirus

With the Tokyo marathon being canceled for this year because of the Coronavirus outbreak, Claremont marathoner Becky Pickul will be putting her plans on hold for a year. Only the elite runners and elite wheelchairs will be able to attend this year; other marathoners like Pickul will be able to enter next year's race.



## Weather Plays with SHS Basketball Schedule

The Stevens JV and varsity boys basketball teams had a postponement of their Newport games due to weather on Tuesday so had just a single game when they hosted the John Stark Generals this past Friday.

The Generals Christian Barr scored 18 points, including the 1,000th point of his career, in leading John Stark to a convincing 66-22 victory. Alex Taylor and Clayton Wadsworth each scored 6 points. Owen Taylor chipped in with 5 points.

The JV Cardinals had a halftime lead but the Generals hit some long range shots in the 3rd quarter and held on for a 48-40 win. Ty Theriault had 7 points and grabbed 10 rebounds. Brennan Huntoon also scored 7 points, while Kayden LaClair and Zach Bundy had 6 points. Trystan Lane added 5 points.

(Continued on B2)

**SHS, from B1**

The JV 2 boys concluded their season this past week with a pair of games. They traveled to Windsor on Tuesday evening and dropped a 58-28 decision. Carter Stevens led the Cardinals with 8 points, while Alex Geil and Korin Wheeler chipped in with 4 points apiece. On Thursday at home, the Cardinals welcomed Kearsarge to Claremont. Stevens rallied late to take one point lead but the Cougars scored a pair of baskets down the stretch to hold on in an exciting game, 34-31. Austin Jones connected on 4 three point shots to lead the team with a career high 15 points. Korin Wheeler scored 6 points, and Blake Pond and AJ Rozzell each scored 4 points.

The JV Team will host the Kearsarge Cougars on Monday at 4:30, while the varsity will head to Newport to take on the Tigers in a make-up of their scheduled game that was postponed this past Tuesday. Tip off will be at 7:00PM.

The boys and girls varsity teams will host the Cougars of Kearsarge on Tuesday evening in a varsity double header at Frederick Carr Gymnasium. The boys will play the opener at 5:30PM with the girls tipping off at 7:00PM, in a huge game, with both Kearsarge and Stevens looking for a playoff berth.

On Friday night, the Junior Cardinals will play the Laconia Sachems at home with a 5:30 start time, and the varsity boys will play at 7:00PM.

**Wild Comeback Effort Falls Just Short for Big Green in 65-62 Defeat**

**By Rick Bender  
Courtesy Dartmouth Sports**

HANOVER, NH—After falling behind by 17 in the first half, Dartmouth scrambled back and had a shot to win in the final seconds, only to see the potential game-winning shot roll off the rim as Princeton survived in Leede Arena on Saturday night, 65-62. The visiting Tigers (12-11, 7-3 Ivy) had 11 three-pointers, five by Jaelin Llewellyn, to hold off the Big Green (10-15, 3-7 Ivy), which got 27 points from junior Chris Knight, matching his career high.

Dartmouth plays its next two games on the road at Cornell and Columbia on Friday and

Saturday, respectively, both of which will be streamed live on ESPN+ at 7 p.m. each night.

**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	L 37 - 79
01/31/20	Coe-Brown Northwood	L 23 - 49
02/04/20	Fall Mountain	W 50 - 38
02/10/20	at Plymouth	W 41 - 38
02/12/20	at Hanover	L 20 - 63
02/14/20	ConVal	L 24 - 67
02/21/20	John Stark	L 22 - 66
02/24/20	at Newport	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

**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	L 3 - 5
02/04/20	Keene-Mon-Fall Mountain	W 9 - 3
02/08/20	at Hanover	L 1 - 3
02/11/20	at Man. Central-Memorial	W 8 - 1
02/15/20	Souhegan	L 3 - 4
02/17/20	at Bishop Guertin	L 0 - 6
02/19/20	at Concord	W 2 - 1
02/25/20	at Kingswood	07:00 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	L 38 - 62
01/31/20	at Coe-Brown Northwood	L 42 - 61
02/04/20	Fall Mountain	W 46 - 45
02/10/20	Plymouth	W 70 - 35
02/12/20	Hanover	L 40 - 79
02/14/20	at ConVal	L 38 - 43
02/20/20	Newport	W 52 - 47
02/21/20	at Timberlane	L 28 - 51
02/25/20	Kearsarge	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-Hopkinton	W 3 - 1
01/25/20	at St. Thomas Aquinas	L 0 - 1
01/29/20	Berlin-Gorham	L 1 - 5
01/31/20	Oyster River	L 1 - 2
02/05/20	at Winnacunnet	W 9 - 0
02/08/20	Dover	L 2 - 4
02/10/20	Kingswood	W 5 - 1
02/12/20	at Spaulding	W 4 - 2
02/15/20	Portsmouth-Newmarket	W 3 - 0
02/16/20	at Kingswood	L 1 - 3
02/19/20	at Berlin-Gorham	T 2 - 2
02/22/20	Merrimack	L 2 - 3
02/26/20	Keene	04:50 PM

# Inspiration

## Time in a Contemplative Chinese Garden

By Priscilla Hull

I just returned home from a week in Portland, Oregon. What a beautiful city! Mountains all around, Mount Hood, Mount St. Helen, Mount Adam and more distant Mount Rainier are all visible on a clear day. Luckily the clouds disappeared for the last two days so we could enjoy the mountains. Portland itself is clean and welcoming. The single drawback I noticed was much homelessness. Tent cities set up under bridges and on sidewalks.

The scenery surrounding the city is beautiful, but the single thing that stands out in my mind is a small oasis in the center of the busyness. That is the Lan Su Chinese Garden. It was developed and built around the turn of the 20th century. Built cooperatively with Portland's sister city in China, Suzhou. It is considered a scholar's Garden.

No matter where you stand and turn, there are vignettes of tranquility and peace. As we know, Chinese and others of oriental background seek quietude. Tranquility is never far away. Each area has a theme introduced with calligraphy on the gateposts at the entrance to the area. Each has a special focus and all include the senses and elements of the earth to be interconnected. To benefit from one element we must be connected to all. Therefore we saw in each area stone, water, plants and were exposed to aroma, visual beauty, sound and poetry.

Two line couplets introduce the visitor to each area. Each area also has a name. My favorite is "Listen to the Fragrance". You see, we must experience total immersion in the senses to appreciate the whole experience.



My favorite couplet is;  
 "Braving the snow myriad flowers come into blossom;  
 Leading the world, a single tree heralds the spring."

The visit was made complete with tea in the Chinese tea shop where we enjoyed steamed buns and baked tofu with traditional individual tea pots. Tranquil and lovely finish to a wonderful afternoon. In our lives, filled with contention, angst, fear, frustration, let us take time to "listen to the fragrance" and enjoy the wonders of creation finding peace and joy in all we experience.

Listen to the Fragrance.  
 Enjoy the Wonder.

From "Listen to the Fragrance"  
 Dr. Charles Q. Wu. Copyright 2006

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

## Calendar Of Events

### Windsor Blood Drive, Feb. 28

12:30-5:30pm at the American Legion, 4 Court Street in Windsor.

The Windsor Lions Club will be providing sandwiches and cookies. Please join us, sign up at the link below, or walk-in, and help save lives!

<https://www.redcrossblood.org/give.html/find-drive>.

### NAMI-NH Offers Free Class in Newport Area

#### *Family-to-Family Addresses Mental Illness Over 8 Weeks, Beginning March 4*

When someone in a family has mental illness, the entire family is affected.

The more we learn about mental illness -- depression, bipolar disorder, anxiety, schizophrenia, OCD and PTSD as well as other mood and anxiety disorders, the better we can cope with the difficulties that arise when one family member's reality is very different than everyone else's.

NAMI (National Alliance on Mental Illness) NH Chapter is presenting Family-to-Family in Newport, Wednesday evenings 6:00 to 8:30 PM beginning March 4. This free, 8-week course is designed for the families and friends of adults who have mental illness and addresses diagnoses, symptoms and behaviors, medication and treatment, communication, boundary-setting, advocacy and most important of all -- care for the caregivers.

Through weekly presentations, discussions and role-playing, Family-to-Family helps family members (and friends) of the individual with mental illness to understand the illness, cope better, worry less and be more productive in their interactions. Participants receive new handouts at each class which they are able to keep for future reference.

For more information or to register for this free, 8-week class, led by NAMI-trained family members, call Pat Whitney at 603-763-5054 or Kelly Burch at 603-454-8449.

### Three Comedians to Perform at COH

CLAREMONT, NH—Three comedians will fill the Claremont Opera House with a Night of Comedy on Saturday, Feb. 29. Comedians scheduled to appear include Tom Hayes, Jody Sloane and Rob Steen.

Hayes fell into the Boston Comedy Scene in its heyday in the 1980's along with such names as Stephen Wright, Lenny Clarke, Bobcat Goldthwait, Denis Leary, etc. Later came such names as Dane Cook and Louis CK. Along the way he rose to a Boston standard and headliner at prestigious Boston Clubs and clubs throughout New England. He has opened for such national acts as Jeff Dunham, Phyllis Diller, The Smothers Brothers, The Four Tops and The Four Seasons. His comedic style is a hilarious self-deprecating style mixed with improvisational and interactive audience participation.

Sloane is now a regular at esteemed comedy venues, including Headliners Comedy Clubs throughout New England, Gotham Comedy Club in New York City, Comix Comedy Club at Foxwoods, plus roadhouses, Elks Clubs and dives from Portland to New York.

Steen has been doing comedy for 25-plus years. He began as a street performer at the age of 12 in Boston MA. Using his juggling and improv skills he decided to try Stand-Up. Since then he has kept a full calendar of over 350 shows per year. He has also been featured on several TV shows, including The Late Show with Dave Letterman.

Tickets are \$23 and can be purchased in advance online at [www.claremontoperahouse.org](http://www.claremontoperahouse.org), by phone at 603-542-4433 or in person at the Opera House Box office in City Hall Complex at 58 Opera House Square. Tickets also available night of show.

Comedians may be subject to change. Beer and wine sales available before the show and during intermission from Sweet Fire BBQ.

**TUESDAY, FEBRUARY 25**  
**Mardi Gras Pancake Dinner**  
**SHROVE TUESDAY**  
**6:00 PM in the Parish House**  
**Meriden Congregational Church**  
**5 Mitchell Drive**  
**Meriden, NH**

A Festive Feast for family and friends, featuring sumptuous pancakes, oozing with

real maple syrup, complemented by luscious sausages, and fresh fruit, and topped off with ice cream. In the spirit of Mardi Gras, masks and costumes are encouraged, and everyone is welcome.

For more information, call (603) 469-3235, or e-mail [John@meridenucc.org](mailto:John@meridenucc.org).

### 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.

### 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 par

ents, 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](mailto: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](mailto:claremontscout@gmail.com).

## 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](mailto:arrowhead@arrowheadnh.com) - best contact method.  
 Phone: (603) 542-7016 - Leave a message.

**WEDNESDAY, FEB 26 AND TUESDAY, MARCH 24**

**Welcome to Medicare!**

Do you have questions about Medicare? We can help!



### CYBSA Baseball/Softball Evaluations

#### Youth Baseball League 2020

Open to Boys & Girls  
 Age cutoff date is April 30<sup>th</sup>, 2020

T-Ball: Ages 5-6  
 Rookies: Ages 7-8  
 Minors: Ages 9-10  
 Majors: Ages 11-12



#### Youth Softball League 2020

Open to Girls  
 Age cutoff date is December 31<sup>st</sup>, 2019

8U Softball: Ages 7-8  
 10U Softball: Ages 9-10  
 12U Softball: Ages 11-12

#### Youth Softball League Evaluations

8U Softball (Ages 7-8): Sat. Mar. 21 8:30 AM  
 10U Softball (Ages 9-10): Tues. Mar. 17 5:30 PM  
 12U Softball (Ages 11-12): Sat. Mar. 21 9:45 AM

#### Youth Baseball League Evaluations

T-Ball (Ages 5-6): No Evaluation  
 Rookies (Ages 7-8): Mon. Mar. 16 5:30 PM  
 Minors (Ages 9-10): Wed. Mar. 18 5:30 PM  
 Majors (Ages 11-12): Thurs. Mar. 19 5:30 PM



#### **Register for Baseball/Softball until March 21**

(A late registration fee of \$10 will be applied to payments made after March 21)

Cost: \$45.00 Residents; \$55.00 Non-Residents

Register Now Online @ [www.claremontparks.com](http://www.claremontparks.com)

Medicare can be confusing. Becky Rostron, the SHIP (State Health Insurance Assistance Program) Counselor at Sullivan County ServiceLink Aging and Disability Resource Center (ADRC), can help you understand your Medicare options.

"Welcome to Medicare" workshops are designed to help new Medicare enrollees make more informed choices about their Medicare benefits. Workshop dates are as follows: Wednesday, February 26th and Tuesday, March 24th. The workshops are scheduled from 1:30 PM to 4:30 PM. Attendees only need to attend one of the dates. All workshops will be held at 224 Elm Street, Claremont NH 03743.

Rostron will cover: Part A Hospital insurance, Part B Medical insurance, prescription drug coverage, Medicare Supplement plans, and strategies on how to protect yourself from Medicare fraud, errors, and abuse.

There is no charge, but registration is required. Please contact Sullivan County ServiceLink Aging and Disability Resource Center at 603-542-5177 or 1-866-634-9412 to register.

**SATURDAY, FEBRUARY 29  
HARTLAND FAMOUS  
ROAST BEEF SUPPER**  
4:30-6:30pm  
Hartland Congregational Church  
10 Station Rd.  
Cost: \$15 adults, \$7 children under 10.  
Menu: Prime rib, mashed potatoes, green beans, homemade rolls and pies.

Send us your news and photos

**Sullivan County Humane Society would like to serve you an all-you can eat, homemade**



# Spay-Ghetti Dinner

**SATURDAY MARCH 28 | 4-7 PM**

Claremont Country Club

**Dinner Includes**

Your choice of sauce,  
Spaghetti, Bread, Salad  
& Dessert!

Drinks available for purchase

**Stop in to purchase your tickets today or at the door!**

Visit [sullivancountyhumanesociety.org](http://sullivancountyhumanesociety.org)



**Tickets  
\$10 each**  
Kids Under 6 eat  
free with adult ticket



**SPONSORED IN PART BY CLAREMONT COUNTRY CLUB  
ALL PROCEEDS BENEFIT SULLIVAN COUNTY HUMANE SOCIETY**

## 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 29

Trees for Streams

Working Woodlands Workshop

S9-11am

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

Join us to learn about riparian buffers along our streams and their impact on water quality. Lisa Niccolai and Ron Rhodes will cover river restoration techniques and design, tree and shrub ordering and planting, potential funding sources, competition concerns, and survival rates.

Please pre-register as space is limited. To register or learn more call (802) 457-3368 x 226, or email us at leah\_marshall@partner.nps.gov. Be sure to tell us how many are coming. More information can also be found on our website:

<https://www.nps.gov/mabi/learn/nature/working-woodlands-workshops.htm>.

This event is co-sponsored by Vermont Coverts and the Vermont Woodlands Association.



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REV. NOV 25, 2019r

## MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1st</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 – 11:00 am Newport Senior Center 10:45 am – 12:00 pm	<b>FOOT CLINIC</b> Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Plainfield Libray 12:00 – 4:00 pm	<b>BLOOD PRESSURE CLINIC</b> Claremont Senior Center 10:30 am – 12:00 pm  <b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>2nd</b> WEEK of the month		<b>BLOOD PRESSURE CLINIC</b> 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 <b>FOOT CLINIC</b> Bourdon Centre, Claremont 8:00 am – 12:00 pm Sugar River Mills, Claremont 12:30 – 2:00 pm	<b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Charlestown Senior Center 11:00 am – 1:00 pm  <b>FOOT CLINIC</b> Charlestown Senior Center 9:00 am – 4:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	<b>FOOT CLINIC</b> COA, New London 9:30 am – 1:00 pm
<b>3rd</b> WEEK of the month	<b>BLOOD PRESSURE CLINIC</b> Lebanon Senior Center 10:00 am – 12:00 pm	<b>BLOOD PRESSURE CLINIC</b> 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 <b>FOOT CLINIC</b> North Ridge, Warner 9:30 – 11:30 am Marion Phillips Apts, Claremont 1:00 – 4:00 pm	<b>FOOT CLINIC</b> Claremont Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> Claremont Senior Center 11:00 am – 12:00 pm  <b>FOOT CLINIC</b> Lake Sunapee VNA 9:30 am – 1:30 pm	
<b>4th</b> WEEK of the month	<b>FOOT CLINIC</b> Newport Senior Center 9:00 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	<b>BLOOD PRESSURE CLINIC</b> Lake Sunapee VNA 9:00 – 11:00 am Cornish Town Hall 11:15 am – 12:30 pm  <b>FOOT CLINIC</b> Lebanon Senior Center 10:00 am – 2:00 pm	<b>FOOT CLINIC</b> Newport Senior Center 8:30 am – 3:00 pm	<b>BLOOD PRESSURE CLINIC</b> CSB Community Center, Claremont 9:30 – 11:00 am Plainfield-location varies 11:30 am – 1:30 pm  <b>FOOT CLINIC</b> 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: <a href="http://LakeSunapeeVNA.org">LakeSunapeeVNA.org</a>

claremontoperahouse.org



**SAVE THE DATE**  
**FEBRUARY 29**  
**SAVE THE DATE**

**C O H**  
CLAREMONT  
OPERA  
HOUSE

# COMEDY NIGHT

As seen on:  
**LATE SHOW**  
with David Letterman  
FOX abc



**TOM HAYES**



**ROB STEEN**



**JODY SLOANE**

Tickets: 603-542-4433 / Showtime: 8pm / Cash Bar Available

**CALLING ALL BAKERS!**



# Cupcake Wars



SPONSORED BY

**SATURDAY, MARCH 7 @ 11AM**  
**CSB COMMUNITY CENTER**  
152 SOUTH STREET CLAREMONT, NH 03743

**FREE & OPEN TO ALL HOME BAKERS, BUSINESSES/  
ORGANIZATIONS, AND YOUNG BAKERS!**

**VISIT [TLCFAMILYRC.ORG/ROEVENTS](http://TLCFAMILYRC.ORG/ROEVENTS)  
TO SIGN UP & FOR MORE INFO**

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a community program of TLC Family Resource Center



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

### Myron W. Domingue, 75

Myron Wilfred Domingue, 75, of Charlestown, NH, passed away on February 19, 2020, at his home.

He was born in Berkshire, VT, on March 15, 1944, the son of Wilfred H. and Bessie E. (Rice) Domingue.

He graduated from Hinesburg High School in 1962. He was a cook in the US Air Force, serving from 1965-1969. He enjoyed being in Panama and had served in Vietnam.

He had worked for M&W Soils Engineering for 29 years.

He was a member of the American Legion and the VFW. He enjoyed going to casinos and watching Nascar and all types of car racing.

Myron was a big fan of the Red Sox, Bruins, Patriots and Celtics.

He is survived by his wife, Judith (Burnham) Domingue whom he married on February 13, 1971; brother Larry Domingue and his wife, Donna of Sheldon, VT; sister, Janice Dusharm and her husband, John of Raleigh, NC; brother, Paul Domingue and his wife, Debbie of Seminole, FL; sister-in-law, Diane Stokas of Sarasota, FL; many nieces and nephews and beloved dog, Bonnie.

Visiting hours at the Charlestown Memorial Chapel, Main Street in Charlestown on Tuesday, Feb. 25th, from 4 to 6 PM with service at 6 PM. Burial to be held in the spring in Williamsville, VT.

The Stringer Funeral Home is in charge of arrangements.

### Natalia Brodeur, 56

On Monday, January 27th, 2020, Natalia “Natasha” Nikolayevna Brodeur of Claremont died at the young age of 56. She was on her way to work when a truck driver pushed her car off the interstate and she died in the crash.

Natalia was born on August 25th, 1963, in Frunze (now Bishkek) Kyrgyzstan to Nikolay and Valentina Yurostov. She moved to the United States in November, 2000. On January 21st, 2001, she became the dear sweet beautiful bride of Larry Brodeur and he became the luckiest and happiest man in the world.

On June 17th, 2005, Natalia proudly took the Oath Of Allegiance in Concord, NH, and became a U.S. citizen.

They lived in Charlestown, NH, until 2008 when they moved to Orchard Road in Claremont, NH. They celebrated their 19th wedding anniversary less than a week before she died. Natalia’s education most recently was an Associate Degree in Science in Nursing. She

was a Registered Nurse (RN). She received that degree with Honors in 2013 from River Valley Community College, Claremont, NH. She was a member of the Phi Theta Kappa Honor Society.

She earned a Bachelor Degree in Economics from the Kyrgyz State University, Bishkek, Kyrgyzstan, in 1988. Also a Diploma in Mathematics and Programming, Frunze Financial Technical College in 1983.

Natalia worked at the VA Hospital in White River Jct. VT, taking care of the dialysis needs of veterans. Prior to that she worked at Fresenius at Dartmouth Hitchcock Medical Center in Hanover and The Clough Center at New London Hospital. Her first job here was at Stryker Biotech, West Lebanon, in quality assurance.

She loved gardening and had a beautiful garden every year. It was always filled with many types of flowers and vegetables and she would enjoy spending hours working on them. Her mom helped her there. Natalia was an expert on everything in the garden. She also had many house plants and enjoyed every one of them, moving some of them outside in the

“Safety glasses are your friend.”

-Dr. Sam Given

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(we're right there by the hospital)

late spring and back into the house in late fall.

She was an expert on violets and had over a dozen different varieties. She would bring huge bouquets to the church, to friends and to work. She loved getting large pink carnations from her husband on her birthday.

Natalia was an incredible cook, making many Russian dishes along with other healthy meals and really great deserts. Her healthy soups, stews and salads were the best. She loved finding new recipes and sharing recipes with others who liked to cook. With her mom she cooked many meals for the church.

Wherever she went she made friends because of her wonderful, kind and compassionate personality. People always wanted to talk with her. She loved visiting friends and going to church with her mom, Valentina. She was very active in the church. She was the center and meaning of Valentina's life. She was everything to her husband Larry, the love of his life.

Natalia is survived by her mom Valentina and husband Larry of Claremont and sister-in-law Jane Brodeur of Cornish, NH. Also aunts, uncles, cousins and friends in Kyrgyzstan and Russia and Larry's relatives she met here. And very many good and close friends she made here.

She was preceded by her father Nikolay in 2001, uncle Leonid in 2006, aunt Marsha in 2011 all of Kyrgyzstan, her father-in-law Norman Brodeur in 2004 and her mother-in-law Reta Brodeur in 2018 of Claremont, NH. She also lost her cousin, Anna Yurastova of Kaliningrad, Russia, in 2018.

A service was held on January 30th at the Holy Resurrection Orthodox Church in Claremont, with the Rev. Andrew Tregubov officiating. Burial followed at Mountain View Cemetery.

### **Ronald G. Merrill, 70**

Ronald G. Merrill, 70, passed away February 15, 2020, at Elmwood Center in Claremont, NH.

He was born on December 9, 1949, the son Stanley T. Merrill and Alice Holden Merrill and lived in Charlestown, NH, until the age of 40; he then moved to Claremont where he lived the rest of his life, first at Sugar River Mills and recently at Elm Wood Center where he had been for six months. As a young man he loved to hunt, fish and played softball on his family team. Ron loved to deer hunt and was very proud of getting the biggest deer that anyone

in the family had ever gotten. It was a massive 8-point buck weighting 237 pounds.

His family includes two brothers, Gary W. Merrill, Sr. and his wife Sandra, Daniel D. Merrill and his wife, Midge; his sister, Sandra Merrill Hosking and her husband, John; sister-in-law, Arlene Merrill; and many nieces, nephews

and cousins.

He was predeceased by his parents, his brother, Stanley T. Merrill, Jr., and sister-in-law, Brenda.

A graveside service will be held in the spring at the Pine Crest Cemetery in Charlestown, NH.

## Claremont Senior Center, Inc.

We actually wrote this whole newsletter before we wrote the introduction. Some days it's easier to write down the things we want to remember before we forget them. As we looked out at the snow, we thought we saw a Spring bird. It may all in our head, but at this point, we'll take any solace from anywhere. Our activities are a reflection of the coming warm weather...Holiday cookie decorating, Spring fling Craft Fair, Penny Sale, Outdoor concerts. We feel warmer already!!

Desserts, desserts and more desserts! A warm thank you goes out to all the bakers who supplied the turkey dinner with a grand array of calories. But what a way to add a few ounces. Thanks also to all who volunteered their time to make our dinner a success. They came in to do anything from set tables, peel vegetables, cut desserts and clean up. Bravo!! Our next dinner will be on Sat. Mar. 21st-5PM-7PM.

To those of you who missed the last Cookie Decorating Class, run, hop, skateboard, use the bus, get a taxi to the Center and sign up. The class will be on Mon. Mar. 16th. The time will be announced later. Don't miss this one! It's a delicious way to spend an afternoon.

The Spring Fling Craft Fair is already filling up tables. The lunch menu is planned, the raffle baskets are being filled and our great volunteers will soon be calling for our bakers to make cookies for the cookie walk. Call (603) 543-5798 for an application and more information or to rent a table or two. We're looking forward to seeing all the wonderful handmade pieces you will bring us.

Our storeroom is very hard to move around in lately. It is becoming full of Penny Sale items. Good thing it is a fairly large room. You should see all the wonderful things that have been donated. We will find a nice space for your new or gently used item too. We can't wait for Sun, May 5th to put all the items on the tables. The raffle baskets are all decked out in wrap and bows. We are almost ready for you. Mark your calendars!

It's so nice to be in a place where everyone makes an effort to get along. With so many different personalities, you would think there would be clashes. But if there is, it takes about two minutes to forget about it. If you want to relax and get away from it all, we're here. We offer a variety of games, puzzles meals and conversation to help you forget about that egg you dropped on the floor, the blaring TV, the guy who pushed your car in the rear or the bill you got that you didn't count on. We'll understand, give you a laugh and a hug if you need one. All this and a free month to try us out. Join us.

Menu: Tues. Feb. 25th-Tossed Salad, Lasagna, Garlic Bread, Apple Bread Pudding. Thur. Feb. 27th-Soup, Bakes Pollack, Sweet Potato, Cauliflower, Cookie. Meals are served at 11:45 and are open to the public. Members-\$4, non members-\$5.

Quick Takes: Foot Clinics-March 5th, 11th and 18th. Blood Pressure- March 5th and the 19th.

Thought of the Day-Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do and the eyesight to tell the difference.

Have a good week everyone. We will be glad when the temperature makes up its mind.

Laughter and lively conversation always welcome here.

Claremont Senior Center, 5 Acer Heights Rd. Claremont, NH, (603)543-5998, Smoke Free. Open Daily-9-3, Also, Tuesdays and Thursday-6-9 and Sunday-1-4.



**The Claremont City Council will hold a public meeting on Wednesday, February 26, 2020, at 6:30 p.m. in the Council Chambers of City Hall.**

**AGENDA (Revised)**

- |         |     |   |
|---------|-----|---|
| 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.  | CITY MANAGER'S REPORT   |
| 6:50 PM | 6.  | APPOINTMENT TO BOARDS AND COMMITTEES<br>Council Appointment to Claremont Planning Board           |
| 6:55 PM | 7.  | CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23)) |
|         | 8.  | OLD BUSINESS  |
| 7:05 PM | A.  | Legislative Updates   |
| 7:10 PM | B.  | Change in Legal Office Assistant Position   |
|         | 9.  | NEW BUSINESS  |
| 7:20 PM | A.  | Welfare Update (City Manager)   |
| 7:35 PM | B.  | Resolution 2020-17 State Route Re-Designation/Truck Route – Public Hearing (City Manager)         |
| 7:50 PM | C.  | Connecticut River Conservancy Request Regarding Erosion (City Manager)                            |
| BREAK   |     |   |
| 8:15 PM | D.  | Funds Transfer (City Manager)   |
| 8:25 PM | E.  | Discussion of Process for Letters of Support from the Council (Council)                           |
| 8:40 PM | F.  | Discussion of Volunteer Recognition Process (Councilor Koloski/Mayor Lovett)                      |
| 8:40 PM | G.  | Ad Hoc Budget Council Sub-Committee (Councilor O'Hearne)  |
| 8:55 PM | 10. | FUTURE AGENDA ITEMS AND DIRECTIVES  |
| 9:05 PM | 11. | CONSULTATION WITH LEGAL COUNSEL   |
| 9:10 PM | 12. | NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(a) – PERSONNEL (CITY MANAGER/COUNCILOR O'HEARNE)     |
| 9:25 PM | 13. | ADJOURNMENT   |

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, March 11, 2020, at 6:30 p.m. in the Council Chambers at City Hall.