

St. Joseph's Sports Night Postponed

CLAREMONT, NH—Due to concerns about the corona virus and people gathering at social events, the 64th Annual St. Joseph's Sports Night, scheduled for March 18 at 6:00 p.m., has been postponed.

A new date remains to be selected at this time.

Claremont Marathoner Looks to Compete in Several Events as He Contemplates Schedule Changes Effecting Race Dates

By Phyllis A. Muzeroll
e-Ticker News

On Friday, officials announced that the 2020 Boston Marathon has been postponed due to the escalating coronavirus outbreak.

"The historic 26.2-mile race from Hopkinton to Copley Square — initially slated to take place on Monday, April 20 — will now be held on Monday, Sept. 14, Boston Mayor Martin J. Walsh, Gov. Charlie Baker, Boston Athletic Association CEO Thomas Grilk, and President and CEO of John Hancock Marianne Harrison said at a joint press conference," reported WHDH.

After days of discussion, Walsh said the decision to postpone the race was made in an effort to safeguard against and protect the city from the spread of the coronavirus.

"Walsh called the postponement a 'very big undertaking' and said that he hopes the September event will help businesses recover.

"Walsh urged the public not to run along the route on April 20, stressing that roads will be open and emergency crews will not be readily available because they will be tied up with combatting the coronavirus."

Meanwhile, Claremont resident and marathoner Mike Demars was processing the information about the postponement and what it meant for him personally.

"I just watched the news conference on WMUR," Demars told the *e-Ticker News* on Friday. "Is it a coincidence that I've completed 12 marathons and the next one is lucky number 13? You decide.

"It doesn't come as a great surprise in the current environment to have this race officially postponed. Despite the fact that this virus is not a significant risk to healthy runners, it can be fatal to the very frail and elderly. So the concern is with spreading it. I personally think we have gone way past the point of containment and that most of us are likely to get it sooner or later. That doesn't scare me, but I am concerned about how an overwhelmed healthcare system will deal with this. Mostly I am concerned with the economic impacts this

is having. The harm being done to the economy is unprecedented in modern times and I think that will have grave impacts on most of us. In the end, a few days feeling ill will be nothing compared with the loss of jobs and prosperity caused by fear

and the overreaction that followed." Demars added, "I am signed up for Boston, but it was actually my 'plan B' this year as I continue to pursue completion of the 6 world major marathons. London is on April 26. So right now I'm still waiting to see what happens with that. In all likelihood it will also be postponed or cancelled but that has not yet been decided.

"As for running Boston in September, that looks like a conflict with my acceptance into the Chicago Marathon that is scheduled for October 11. If I run Boston on September 14, it will be at a casual pace. Racing that distance twice in 3 weeks would be a sure recipe for lousy performances and I'd probably get injured.

"It's frustrating to be running 80 miles a week preparing for a race and have events like this cancelled. But I remain grateful that I can do this and look forward to things getting back to normal again soon."

Last year, Demars recorded his second fastest Boston time, placing 696 of the over 30,000 that ran; 27th in his division (Male 45-50) and 9th overall for the State.

Editor's note: Shortly after our initial interview, Demars contacted us to say, "I just learned that the London marathon has been postponed until October 4. So now I have three world marathons on two continents in three weeks."



Mike Demars
(File photo)

Statement from the New Hampshire Fisher Cats

MANCHESTER, NH - The New Hampshire Fisher Cats, Double-A affiliate of the Toronto Blue Jays, have released the following statement regarding Opening Day:



"With the announcements from Major League Baseball and Minor League Baseball regarding the delay of Opening Day, the 2020 Fisher Cats season will not begin on April 9 as originally scheduled.

"The safety and security of fans, employees and personnel is our top priority, and the Fisher Cats will continue to follow the guidance of Major League Baseball and Minor League Baseball, as well as local, state, and federal officials.

"We hope to have more information on the start of the 2020 season as soon as possible."

The **NHIAA** released a statement on Friday, March 13, that "All NHIAA Tournament games are **SUSPENDED** until further notice."

The **Ivy League** has canceled all spring sports activities, ending the sports season for the **Dartmouth** athletic program.

To the Winners Go the Trophies

Divisional Basketball Champions Bring An- nual Tournament to Rousing Conclusion

CLAREMONT, NH—In what might have been one of the few sporting events held in New Hampshire on Saturday — and maybe the last to be played for some time, given season cancellations and suspensions — six youth basketball teams emerged as champions of the annual Twin State Valley Basketball Tournament.

Over the course of 10 days, 44 teams played 76 games at the Claremont Savings Bank Community Center and Stevens High School. The finals were held at the CSBCC, which echoed to the encouraging shouts and raucous cheers of the bleachers-filling fans.

—Eric Zengota

Photos

by

Eric

Zengota



5/6 Girls. Claremont Middle School Eagles defeated Hartford, 25-11.



3/4 Boys. Springfield Cosmos outscored Hartford Blue, 21-13.



7/8 Boys. Claremont Middle School Eagles A topped Springfield Cosmos, 22-18.



3/4 Girls. Claremont All Stars beat Green Mountain Raptors, 21-13.



7/8 Girls. Hopkinton Hawks edged out Claremont Middle School Eagles, 33-30.



5/6 Boys. Hanover Heat bested Upper Valley Thunder A, 40-14.

Fire Ices Police at 2020 CHaD Battle of the Badges Hockey Classic Snide Caps Off 8th Season as Top Team Fire Fundraiser



Inspired by his CHaD Buddies, Hannah and John, firefighter Michael Snide of the Claremont Fire Department raised \$8,500 to support programs and services for the youthful patients at Children's Hospital at Dartmouth.

On top of that, Team Fire won the game last Friday, routing Team Police, 9 to 4. Snide's contribution to the hard-fought match included an assist for Fire's second goal, his first assist in eight years playing for CHaD.

Although the game was played in an arena empty of fans due to COVID-19 concerns, more than \$12,000 of the event total of \$192,000 "and counting" was donated during the game by the estimated 12,000 fans watching the WMUR livestream. In 13 years of CHaD hockey fundraising, the grand total has reached \$2.7 million.

You can still donate to CHaD in Snide's name via

https://secure3.convio.net/dhmc/site/TR/CHaD/CHaDHockey?px=1022723&pg=personal&fr_id=1430

Story and photo by Eric Zengota



Screen caps via wmur.com livestream service

Inspiration

The Need to Grieve

By Priscilla Hull

Grief is a necessary part of life. So often when a loved one dies, people say things like he's in a better place or it is such a relief to know that he's not suffering any longer. While those statements might be, and often are true, it does nothing to reassure the one living that they will be ok. It just removes them further from their beloved. Whether it is a mother, father, spouse, child, grandparent or friend who has died, we all have the need to mourn because someone we loved and depended on is no longer there. That person can never be replaced because each of us is unique in our own way.

Elizabeth Kubler Ross explained the steps of grief as denial, anger, bargaining, depression and acceptance. In actual fact, there is no timeline to grieving. It does not come in an orderly fashion that we can prepare for. We can get bogged down in any one of the stages. We can also transition between any of the stages, traveling backward as well as forward. In fact, years after the loss, we can periodically return and experience the loss in many different ways. The complexity of grief is not simply categorized into neat compartments. Denial often appears before the actual death occurs. I'm thinking that when a loved one is sick with cancer, heart disease, trauma or any other life-threatening condition, it is common to deny that death is approaching. It is a refusal to accept the finality of death. Not uncommon. Even, when death comes, we can deny the fact of death for a time until we do accept that death has occurred. We do not usually return to denial, except in our despair, but even then we do realize that death has occurred.



With anger, we can become angry at the person who died, or God, or the doctors and other attendants. The anger does recur even years later! Who wants to grow old alone, or lose a child or parent. Bargaining again, is usually before death occurs and is something between a survivor and some spiritual, or other being whom we think is in control. Depression is scary for some. Some hide the depression well, at least the outward signs of depression. We may not cry in front of others, but save our tears for when we are alone and unobserved. Other signs of depression we can be aware of, such as lack of interest, lack of energy, loss of appetite, loss of sleep. These are common signs of depression. Finally there is acceptance, according to Kubler Ross.

However, even when we think we have accepted the death, the grieving remains and takes considerable energy. I have people whom I've attended to ask if the grief ever goes away and my answer from my own experience as well as the experience of others is simply no, it does not go away. We carry that grief around with us, tucked into a part of our heart or psyche, ready to surface with a memory, a song, a smell, a sunset or any other reminder.

While grieving can, and often is a very lonely process, it does help. It brings back the joyful times with the loved one. It brings back something that lives forever in our life. The grief, as long as it doesn't consume our life, is a comfort. We know that the loved one will be a part of our life as long as we allow them.

Be aware of the grief, acknowledge the importance of grief and don't be alarmed when it resurfaces months, years later. It is all a part of the process of life.

But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope.
1 Thessalonians 4:13

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

Calendar Of Events

A Note to our Readers

As you can imagine, with the corona virus situation changing daily, we are getting more and more cancellations for all kinds of events—social, civic and school-related. As such, we are doing our best to keep things up to date. As this situation remains very fluid, some notices may come in after we have published. We will update things as we get them. Consequently, the number of flyer announcements and calendar events will be shrinking for a while.

Cone Automatic Machine Company Charitable Foundation Scholarship Program Now Accepting Applications

CLAREMONT, NH—The Cone Automatic Machine Company Charitable Foundation scholarship program will continue for the coming school year 2020-2021. This scholarship is available to the children or grandchildren of former employees of Cone-Blanchard Machine Company having a minimum of five years of continuous service with Cone-Blanchard Machine Company who meet the eligibility requirements.

Eligibility Requirements, Terms of Award Payments, and applications may be obtained by writing to Cone Automatic Machine Company Charitable Foundation (mailing address) P.O. Box 65 Claremont, NH 03743.

Completed applications must be postmarked no later than May 11, 2020. Scholarship awards will be announced in June 2020.

SATURDAY, MARCH 21

**Maple Sugar Shack Open House
10am-2pm**

**Location: The King Farm (128 King Farm
Rd, Woodstock, VT)**

Are you curious how Vermont's famous maple syrup is made? Come find out at our sugar shack open house!

On March 21st from 10am-2pm, we will be boiling sap at the King Farm and you are welcome to join. See how tree sap is transformed into sweet amber syrup and even sample some as it cooks!

To register or learn more call (802) 457-3368 x222 or email us at emma_beck@partner.nps.gov.

COH Welcomes Beatlemania

CLAREMONT, NH—Claremont Opera House welcomes Beatlemania Again, the World's premier Beatles stage show, on Saturday, March 28, 8pm.

It was one of the most important events in the history of show business. On February 7, 1964, when Pan Am Yankee Clipper Flight number 101 carrying four British musicians landed at New York's Idlewild Airport. Within 48 hours the Beatles were performing on the Ed Sullivan Show capturing 73 million viewers.

"BEATLEMANIA AGAIN", relives the Music, the Magic and the Mania of the Beatles live on stage. The show chronologically traces The Beatles career from their debut on the Ed Sullivan Show in 1964, to their psychedelic era and the release of the mind blowing Sgt. Pepper album, to their last -ever live concert on the rooftop of Apple records in 1969.

BEATLEMANIA AGAIN takes audiences on a musical journey back in time featuring over 30 of The Beatles greatest hits performed live on stage. In addition, the show features 3 amazing costume changes throughout the performance as well. To add to the authenticity, "BEATLEMANIA AGAIN" uses the same musical instruments that the Beatles used in the 1960s such as Hofner Bass Guitars, Rick- enbacker Guitars, Gretsch Guitars, Vox Amplifiers and Black Oyster Pearl Ludwig Drums.

The show has excited audiences throughout the United States and Canada, and has shared the stage with highly talented artists such as BJ Thomas, The Grass Roots, The Lovin Spoonful, Chubby Checker, The Turtles, Max Weinberg and many more!

Act I: The Ed Sullivan Years captures the energy and excitement of the Beatles live performances with the original sounds of the albums. Act one's authenticity is showcased by actual instruments and amplifiers used by the

Beatles. The look is astonishing with the fine tailored black velvet suits.

Act II: The Sgt. Pepper Era, suddenly becomes psychedelic and flower power is busting out all over. The production wardrobe features vibrant Sgt. Pepper silk costumes, authentic makeup and facial accessories.

Act III: The artistic versions of the four lads begin to change. Their songs are the hippie's anthems. Performing hits from 1968 to 1970, Beatlemania Again, brings to the stage the charisma and emotion that was hidden behind the walls of Apple and Abbey Roads studios. Relive "Beatlemania" with the National Touring Beatles Stage Show "BEATLEMANIA AGAIN"

Tickets to this nostalgic trip can be purchased online at www.claremontoperhouse.org, by phone at 603-542-4433 or in person at the Claremont Opera House Box office in City Hall Complex at 58 Opera House Square, Claremont, NH.

Program on 'River Bugs' to Include Lab Stations, Other Fun

SPRINGFIELD, VT—The Black River Action Team invites everyone to stop in at the Springfield, VT, High School on Saturday, March 21st, between 9 AM and 1 PM for an informal introduction to the wonderful, wet, and wild world of "river bugs."

Free and open to the public, this event will feature not only a fun open house for everyone, introducing you to the little critters that inhabit our stream beds, but also several lab stations set up for folks who would like to do a little citizen science and sort samples of preserved river bugs from some of the BRAT's water quality monitoring sites around the Black River watershed.

For details on the bug hunt and open house, contact BRAT Director Kelly Stettner at blackrivercleanup@gmail.com or leave a message at (802) 591-0101 and she'll get back to you.

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.

RVAPL Potluck Dinner Fundraiser

CHARLESTOWN, NH—River Valley Animal Protection League Potluck Dinner Fundraiser is planned for Saturday, March 21. Please come out and support the shelter at this fun event that includes raffles, cake auction, door prizes and games.

When: POSTPONED, NEW DATE TO BE ANNOUNCED

Where: Held at the VFW on Lovers Lane in Charlestown NH. Everyone welcome! Call for more info: 603-826-3061

Paint Nite! Unleash your Inner Artist

Support the River Valley Animal Protection League by joining us at the Sumner House Restaurant in Charlestown NH.

When: POSTPONED, NEW DATE TO BE ANNOUNCED

When you buy a \$45 ticket, \$15 will be donated to the shelter!

Arrive at 5:15pm to order food and drinks before the event, painting starts at 6:30pm. No previous painting experience necessary!

Register at <https://www.yaymaker.com/events/10163512>

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breast-

feeding 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.

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, APRIL 11 COMMUNITY LOW COST RABIES CLINIC & MICROCHIPPING, 9-11 a.m.

Meriden Fire Station. Cost is just \$15.00 for each procedure.

Sponsored by the Upper Valley Humane Society.

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.

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 demen-

tias. 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.

WEDNESDAY, TUESDAY, MARCH 24 Welcome to Medicare!

Do you have questions about Medicare? We can help!

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. The remaining current workshop date Tuesday, March 24th. The workshop is scheduled from 1:30 PM to 4:30 PM.

All workshops are held at 224 Elm Street, Claremont, NH.

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.

Send us your news and photos



Sullivan County Humane Society



**Photos with the
Easter Bunny!
Saturday, April 4th 2020**

10-2

at

Big Lots!

216 Washington St, Claremont

**Kids
Pets &
Families
Welcome!**



Photos Available:

4x6 for \$5

5x7 for \$7

**Emailed copy
for \$7**

Photos by Priority Pets Photography

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

Peter P. McCusker, 68

Peter Pedersen McCusker, 68, passed away on Tuesday, March 10th at home with his family.

He was born on August 7, 1951, the son of John W. and Mable (Pedersen) McCusker. Pete was a graduate of Stevens High School in the class of 1969. He was also a graduate of Concord Technical College.

Pete worked many years at Valley Regional Hospital, Dartmouth-Hitchcock Hospital and most recently Whelen Engineering.

He was a self-taught musician. He was a drummer, since the age of 13 and played with many area bands. He played his drums everyday until his illness prevented him from doing so. He was passionate about music. He also was an avid reader and a collector of books.

Pete was a friendly, kind and compassionate per son with a wonderful sense of humor. He will be greatly missed by all who knew him.

Survivors include his wife of 43 years, Karen (Weed) McCusker; a son, Jon McCusker and his wife, Nenette; a daughter, Alison McCusker; granddaughters, Joannie and Margarette (Maggie) McCusker; his sister, Randi Rhodes and her husband, Pastor Gary Rhodes of Vershire, VT. He is also survived by several nieces and nephews.

Per Peter's request, there will be no visiting hours.

A Mass of Christian Burial was celebrated in St. Mary's Church in Claremont on Monday, March 16th, with the Very Rev. Shawn Therrien officiating. Burial followed in West Claremont Burying Ground.

In lieu of flowers, donations in his memory may be made to the Fiske Free Library, 108 Broad Street, Claremont, NH 03743.

The Stringer Funeral Home is in charge of arrangements.

Carolyn M. Prudhomme, 89

Carolyn M. (McKenzie) Prudhomme, 89 years young, passed away Thursday, March 5, 2020 after a brief illness.

She was predeceased by her husband (Norman) and son (Denis).

Born May 9, 1930 the daughter of Leon and Rose (Michaud) McKenzie, where she spent most of her life and was married to Norman for 56 years. Carolyn was an avid golfer for over 50 years at the Claremont Country Club where she enjoyed the ladies league, played in many tournaments there and throughout the state and assisted in the Dody's Kids golf program.

She always loved to cheer on Phil Mickelson. She was a devout Catholic at St Mary's Church in both Dover and Claremont. Carolyn was an ace card player, puzzler, movie buff and loved the daily word scramble.

Survived by her sister Jacqueline Dunn of Salt Lake City, UT; many dear relatives and friends and devoted daughter Andrea Prudhomme with whom she lived in Dover.

A Mass of Christian Burial will be held this spring at Old St. Mary Church.

In lieu of flowers, donations are appreciated to Hyder Family Hospice House, 285 County Farm Road, Dover NH 03820.

The Stringer Funeral Home is in charge of arrangements.

Rose A. Drapeau

Rose A. Drapeau passed away peacefully on March 4, 2020. She was born in Winooski, VT, on Feb. 17, 1920, to Eugene and Alice (Companion) Granger. The third of eight children, the family moved to Claremont, NH, when Rose was a child. At the time of her death she was the last remaining member of her family.

“Safety glasses are your friend.”

-Dr. Sam Givéen

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)



She was preceded in death by her husband, Henry Drapeau. The couple married following his service in WW II and settled in Claremont, NH, where they resided for most of their lives. Rose attended St. Mary's school and was employed for many years by both Dartmouth Woolen and Door Woolen companies. She was excellent at sewing, knitting and crafts, and enjoyed card games with family. She was a loyal Red Sox and Patriots fan.

She is survived by Ronald Drapeau and his wife Patricia of Naples, FL, Courtney Fry and husband Thomas and their children Jack and Maggie of Guilderland, NY, Philip Drapeau and his wife Tracy and their children John and Henry of Arlington, MA, and many nieces and nephews.

A Catholic Prayer Service will be held at 11:00 am on Saturday (April 11) at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH.

In lieu of flowers the family suggests that memorial donations may be sent to Cedar Hill Continuing Care Community, 49 Cedar Hill Dr., Windsor, VT 05089.

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

Claremont Fire Dept. Log

Sunday, March 8

0805- Engine 1 responded to Washington St. for an electrical issue.

1115- Engine 1 responded to Sullivan St. for a medical call.

1258- Engine 1 responded to Laurel St. for an odor investigation.

1530- Engine 1 responded to Monarch Lane for a medical call.

1827- Engine 1 responded to Pleasant St. for an illegal burn.

Monday, March 9

1323- Engine 1 responded to Washington St. for a medical call.

1513- Engine 1 responded to Maple Ave. for a MVA.

1716- Engine 1 responded to Winter St. for a medical call.

2217- Engine 1 responded to Camden Ave. for a medical call.

Tuesday, March 10

Claremont Senior Center, Inc.

Special Notice -The VNA has cancelled the foot and blood pressure clinics until May.

DRINK YOUR WATER!! When it's empty, fill it again. Stay Hydrated. We would like to thank those who are ill or have symptoms refraining from visiting the Center. We do have a couple of things we will tell you about later that may help. First things first.

Because we realize many of our Seniors are shying away from social gatherings, we are making our meals available for drive up pick-up. Please make a note as to how this will work. On Tues. Mar. 17th, the Irish meal pick-up will be available at the back kitchen door between Noon and 12:30PM. Knock on the door. Your meal will be ready for you. The daily meals can be picked up at the back door also. The Turkey Dinner will be available at the left side door to the Mozden Room after 5PM. Walk-ins are also served. The Eagle Times publishes our menus and there is always a menu at the reception desk and in the Senior Newsletter. Please call the day before the meal day. Senior Center-(603) 543-5998. We hope this will help. Of course, meals will be served as usual in the dining room.

You'll be dancing the Irish Jig all the way home after dining at the Center on Monday, March 17th, at 11:45. Ken and the volunteers will be serving you an Authentic Irish Feast complete with all the fixings including Irish Desserts. Cost for this meal is \$10. We have seen some of the plans and they are delicious. Don't miss this one.

SPECIAL NOTICE: There will be NO Sunday at the Center for March 22nd.

Our Men's Breakfast will be served on Monday, March 23rd, at 8:15AM. Our cooks have switched up the menu. This time you will be enjoying bacon and pancakes over easy. Coffee and juice are included. We heard there is a speaker in the works. Members-\$2, non-members-\$3. Sorry, girls.

Gobble, Gobble. Yup. Ken has been out chasing turkeys. And he's caught enough for his fabulous, gravy dripping Turkey Dinner. Served on Saturday, March 21st, from 5PM-7PM. Join us for Oven Roast Turkey, Gravy, Mashed Potato, Vegetable, Cranberry Sauce, Rolls, Beverage, Silverware, Napkins, and our Members Homemade Desserts. Adults-\$10, Children 10 and under-\$6. Take outs and walk-ins available. Please call by Friday, March 20th, so we can have your order ready.

Still eating. Here is the menu for Tuesday and Thursday. Tuesday, March 17th-St. Patrick Dinner. Corned Beef & Cabbage with all the fixings, Traditional Irish Desserts, Chocolate Biscuits or Lemon Pudding. The cost for this meal is \$10. Thursday, March 19th- Birthday Dinner: Soup, Oven Baked Ham, Applesauce, Sweet Potato, Beets, Birthday Cake w/Ice Cream. Members-\$4, non members-\$5. Meals are served at 11:45AM. Take outs available. Please call ahead.

As you may know, we have been playing Chess on Thursdays-1PM-3PM. We would like to see a few more people play. We don't bite or yell and we do teach. It's a quiet game, but that doesn't mean you can't hear the laughter from the room. Also, Corn Hole could use some more male players. We play on Wednesdays from 4PM-6PM. If you have ever played horse-shoes, you're golden. We will be moving outside soon.

Quick Takes: Foot Clinic-March 18th. Blood Pressure March 19th-11Am-Noon.

Thought for the Week: Each day comes with its own gifts. Untie the ribbon.

Have a good week everyone. At least we can see some grass. Time to check out the lawn mower or go to the Men's Breakfast instead.

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 Thursdays -6-9, and Sundays 1-4.

1550- Engine 1 responded to Sullivan St. for a tree down.

2124- Engine 1 responded to Summer St. for an alarm sounding

2309- Engine 1 responded to Pleasant St. for an overdose.

Wednesday, March 11

0331- Engine 1 responded to Heritage Dr. for a medical call.

0735- Engine 1 responded to Crown Point Cabinetry for a box alarm.

1034- Engine 1 responded to Main St. for a check-the-well-being.

1159- Engine 1 responded to Lafayette St. for a check-the-well-being.

1212- Engine 1 responded to Paddy Hollow Rd. for a MVA.

Thursday, March 12

0946- Engine 1 responded to School St. for a fuel spill.

Friday, March 13

0138- Engine 1 responded to Water St. for a box alarm.

0650- Engine 1 responded to Main St. for a MVA.

1439- Engine 1 responded to School St. for an alarm sounding.

1617- Engine 1 responded to Half Mile Rd. for a tree down.

1658- Engine 1 responded to Main St. for lines down.

2103- Engine 1 responded to Mulberry St. for a medical call.

Saturday March 14

1706- Engine 1 responded to Main St. for a medical call.

1745- Engine 1 responded to Winter St. for an illegal burn.

1854- Engine 1 responded to forty-second St. for an electrical problem.

FRIDAY, APRIL 10

**Raising Monarchs: Lessons in Caring
Grantham Garden Club, Grantham Town
Hall**

April 10, 2020, 9:30 -11:30am

What leads us to care for living things and what do we learn from such experiences? Consider the answers to these questions with Dawn Dextraze as she shares the lessons she has learned while raising monarch butterflies over the past 3 years.



Special Meeting

The Claremont City Council will hold a public meeting on Monday, March 16, 2020, at 5:30 p.m. in the Council Chambers of City Hall.

AGENDA

5:30 PM 1. PLEDGE OF ALLEGIANCE

5:32 PM 2. ROLL CALL

5:34 PM 3. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))

4. NEW BUSINESS

5:45 PM A. Determination of City Council Protocols during COVID-19 outbreak

6:15 PM B. City Council interface with interagency governmental updates on COVID-19

6:25 PM C. Other pertinent COVID-19 discussion

6:35 PM 5. CONSULTATION WITH LEGAL COUNSEL

6:40 PM 6. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, March 25, 2020, at 6:30 p.m. in the Council Chambers at City Hall.



The Claremont City Council will hold a public meeting on Wednesday, March 25, 2020, 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. CITY MANAGER'S REPORT
- 6:45 PM 6. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
7. OLD BUSINESS
- 6:55 PM A. Legislative Updates
- 7:00 PM B. Connecticut River Conservancy Request Regarding Erosion – Public Hearing (City Manager)
- 7:10 PM C. Ordinance 573 Planning Board Creation – Second Reading – Public Hearing
8. NEW BUSINESS
- 7:20 PM A. Auditors
- BREAK
- 8:00 PM B. Adverse Childhood Experience Reporting Team (City Manager)
- 8:10 PM C. Police Department Update (Koloski)
- 8:20 PM D. Twin State Properties Discussion (City Manager)
- 8:35 PM E. Resolution 2020-18 Accept and Expend One Time Monies from State of NH for Arrowhead Upgrades and Opera House HVAC – Public Hearing (City Manager)
- 8:45 PM F. Resolution 2020-19 Accept and Expend FAA Environmental Assessment Grant for Airport Runway Project – Public Hearing (City Manager)
- 8:55 PM G. Earth Day/Tire Day (Mayor/City Manager)
- 9:10 PM H. Minutes Discussion (Councilor Matteau)
- 9:25 PM 9. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:30 PM 10. CONSULTATION WITH LEGAL COUNSEL
- 9:35 PM 11. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, April 8, 2020, at 6:30 p.m. in the Council Chambers at City Hall.



Fears and run on Stores hit Nationwide

By Bernadette O'Leary

People nationwide are in a state of panic over the spread of the coronavirus and Covid-19, which is a disease that can be caused by the coronavirus. The mass hysteria caused by this outbreak has reached extreme levels and has been addressed by public organizations, directors of events venues, politicians and more. However, the panic continues. With that in mind, let us break it all down carefully and look at it in a way that is both rational and easy to understand.

Is this a serious problem? Yes, the coronavirus can be quite dangerous, especially for the elderly, the very young (children and babies), those with compromised immune systems (cancer, autoimmune disorders, etc.), and those suffering chronic medical conditions. Even so, it does not have to be more severe than it has already

been. There are ways to protect against and address it.

How can we protect ourselves against coronavirus? Numerous medical officials have publicly stated that touching your face can transfer it to you. Regular handwashing and the use of hand sanitizer will help keep your hands clean. If you cough, or sneeze, cover your mouth and nose. If done by hand, wash or sanitize your hands thoroughly afterward. If done using a tissue, dispose of it properly and wash or sanitize your hands afterward. Using a mask can help prevent it from spreading to others if worn by the infected, and it will help if you are near someone who is infected who coughs. However, you still want to sanitize your hands, as it will not prevent that form of transmission.

To address this situation rationally, familiarize yourself with the signs of coronavirus: fever, cough, sore throat, fatigue, difficulty breathing. Not everyone will display symptoms, and those who do might only exhibit them to a small degree. It affects everyone differently. If you are feeling unwell, stay away from others, but see a doctor immediately. Diligence and self-restraint are vital and cannot be stressed enough. If you are feeling ill stay home unless you are going to a doctor, and return straight home after the doctor visit. Others who are high-risk can catch it quickly, and for them, contracting this illness can prove far more severe. For them, it could be fatal.

Rushing to the store and emptying shelves of supplies is not the answer. Such hysteria only prevents others in need from obtaining the same necessities for themselves and their families. In two weeks, most people can be sustained sufficiently with one bulk pack of toilet paper, two for larger families. One large bottle of hand sanitizer and one bottle or package of hand soap should also suffice, but undoubtedly no more than two unless you have a large household. Likewise, buying out the grocery store is unnecessary. The quarantine period is two weeks, so half or less than half of a standard one-month supply of groceries will suffice.

The most important things to remember are cleanliness, education, and cooperation. Keep your hands clean. Learn the symptoms and treatments. Finally, be respectful of others' efforts to take care of themselves and their loved ones as you do the same. If each person remembers these three helpful hints, we can each do our part to reduce the spread and cut down on the complications caused by the coronavirus.