

Lebanon Police Annual Golf Tournament

LEBANON, NH—Join Us! Donate! Be a Sponsor! These are ways you can be a part of our Annual Child Health and Community Programs Golf Tournament on Thursday, July 25, 2019 at the Lake Morey Resort in Fairlee, VT. For over 27 years, the Lebanon Police Department

has raised funds through the golf tournament to support our youth and community programs.

Last year, the monetary donations raised allowed us to continue our popular Rape Aggression Defense (RAD) Program, purchase public relations giveaways and bike helmets for kids, provide pizza for CCBA Middle School Lock-Ins, and purchase ice cream for the Ice Cream Patrol, to name a few.

Raffle donations and participation from the corporations, local businesses, and individuals in the Upper Valley have made this tournament a success each year, as well as a fun time for those participating. This year we are proud to partner again with Mascoma Bank and Tasco Security as our shirt and golf ball sponsors. We are excited to have their sponsorships and look forward to others supporting our child health and community programs.

The 2019 Registration and Sponsor Form can be found at <https://lebanonnh.gov/1036/Annual-Golf-Tournament>. The cost is \$440 per team which includes green fees, cart, lunch, and a shirt. There are also multiple sponsorship levels. The deadline for registering a team is June 27, 2019.

If you would like additional information, please contact Officer Peter Begin at peter.Begin@lebanonnh.gov, or Administrative Assistant Haley Tucker at haley.Tucker@lebanonnh.gov.



Newport Recreation Happenings

AM Exercise, Pickleball and Table Tennis

Move and groove! Great for the body and mind. Get your body moving, your heart pumping AND meet some new friends! We offer classes for all ages and we don't leave out the senior generation.....Stop by the Rec to try a class for your Mom, Dad or Grandparent. First class is free!

Teen Adventure Trips

Ages 12-16 few spots are still available to adventure with PJ this summer (Red Sox, Laser Tag, Bromley, Hampton, Go-Kart, and Canoe).

Hike

Does your child have lots of energy and like to climb? PJ will be taking kids hiking at various mountains in our area (Sunapee, Ascutney, Monadnock and Moosilauke)

Adult Softball (drop-in)

Sundays at 10:30 until June 16. \$2.00 per player. Contact: Ray 306.6007

Bill Halleck Mile

Friday, May 31, at 6:00 at the Track. Show your support to our local athletes and take some laps around the Track in memory of Bill, long time track coach and local healthy spirit...proceeds to benefit our Track teams.

Six in the Stix (& Short Stix 5K)

The Six in the Stix trail race and our new option, the Short Stix (5k), in the Newport town forest encompasses everything that makes running in the woods such a great sport. The race starts and finishes next to the football field of the Newport High School. Once in the woods you will be treated to either 6 or 3 miles of classic NH trails (sweet downhill singletrack and a climb or two!) Proceeds to benefit the Richards Elementary PTO and Team Pinnacle. Look to register at www.wnhtrs.com

BOOTCAMP

Adult

Monday, Wednesday, Friday at 5:00am, June 17-Aug 23

Monday, Tuesday, Thursday at 5:30pm, June 17-Aug 22

Teen (Grades 7-College) Monday, Wednesday, Friday at 6:30am, June 17-Aug 9

New Hampshire Fisher Cats vs Trenton Thunder

Friday, June 21st @ 6:35pm EST
Northeast Delta Dental
Stadium, Manchester, NH
Purchase Deadline: June 1

CHARLESTOWN RECREATION COMMITTEE RECREATION NEWS

MAY 2019

CHARLESTOWN TOWN POOL: The Town Pool will be open on June 15. The hours are 11am – 7pm.

BABE RUTH GIRLS SOFTBALL SUMMER LEAGUE: 12U (no older than 12 by 12/31/18). Please register at the Town Office. \$75.00 per player.

BABE RUTH BOYS BASEBALL LEAGUE: Ages 13-16. Please register at the Town Office. \$75.00 per player.

CRAFT FAIR AND FLEA MARKET: The CREC will be hosting a craft fair and flea market at the Fort No. 4 on Saturday, July 20, 9am – 3pm. This is the same day as the Charlestown Town Wide Yard Sale Day. Vendors, please message on the Charlestown Recreation Department Facebook page for details.

RECREATION COMMITTEE MEETINGS: The June CREC meetings will be on June 4, and June 18 at 6:00 pm at the Recreation Committee Office, 216 Main St., Charlestown. The meeting is open to the public.

CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE

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

SHS Baseball Claims the Kirby Cup

The Stevens baseball team wrapped up their season this past week with a pair of games on the road. On Wednesday the team traveled to

(Continued on page B2)

Baseball, from B1

Lebanon and on Friday made the short trek to Walpole to take on the Fall Mountain Wildcats at gorgeous Hubbard Complex.

The Cardinals had a tough afternoon at Lebanon on Wednesday as the Raiders scored 13 runs, only 6 of which were earned, to win the game 13-4. Stevens banged out 10 hits but it was not enough. Owen Taylor led the way going 3 for 3 with a double, and 2 runs scored. Josh Stithen had a hit, an RBI, and scored a run. Gabe Miller had a hit and RBI, as did Ethan Johnson, and Keaghan McAllister lined an RBI single to center field, recording his first varsity hit, to drive in the final Stevens run.

On Friday Night at Walpole, the Cardinals found themselves playing for the Annual Kirby Cup, as well as a spot in the Division II tournament. Stevens needed to win their game, and scoreboard watch, hoping for either a Pembroke loss versus Merrimack Valley, or a Souhegan loss to Con Val, to make the dance. Stevens took care of their business as Derrick Stanhope tossed a 5 hit shutout for a 4-0 Cardinal win, however both Pembroke and Souhegan were victorious, as well, and the Cardinals missed the playoffs, and their season came to a close.

Stevens would take the early lead as they scored a pair of runs in the second inning. Trey Theriault and Owen Taylor opened the frame with singles. Josh Stithen drove in Theriault with a sacrifice fly to center field, before Gabe Miller singled to right scoring Taylor. Stevens added to their lead in the fourth inning. Cam Macia, Theriault, and Taylor all singled to load the bases, with Macia scoring the lone run of the inning on a bases loaded walk to Stithen. The Cardinals scored their final run in the seventh inning on back to back walks to Alex Taylor, and Ethan Johnson, and a two out RBI single from Theriault. Stanhope kept the Wildcats off the board all night, scattering 5 hits, walking 4, and striking out 5 Fall Mountain batters for his 4th win of the year, and 2nd shutout. Stevens will be taking care of the Kirby Cup for the next year after their win. This is the 5th time Stevens has won the Cup, which evens the series at 5 wins apiece.

SHS Softball Roundup

04/13/19	at Merrimack Valley	L	0 - 12
04/17/19	Pembroke	L	2 - 3
04/19/19	Plymouth	L	3 - 4
04/22/19	at Hanover	W	19 - 2
04/24/19	Fall Mountain	W	14 - 2
04/29/19	at John Stark	L	0 - 6
05/01/19	Lebanon	W	22 - 2
05/02/19	ConVal	W	12 - 0
05/11/19	Newport	L	7 - 8
05/13/19	Hanover	W	15 - 3
05/13/19	at Newport	L	2 - 14
05/15/19	Hollis-Brookline	L	5 - 6
05/16/19	at Windsor	W	16 - 5
05/17/19	at Kennett	L	3 - 15
05/18/19	at Bow	W	9 - 8
05/22/19	at Lebanon	W	21 - 0
05/24/19	at Fall Mountain	L	0 - 1

SHS Lacrosse Roundup

04/12/19	at Lebanon	L	1 - 13
04/17/19	at Milford	L	1 - 21
04/19/19	at Laconia	L	1 - 17
05/01/19	Kearsarge	L	0 - 17
05/06/19	at Hopkinton	L	0 - 21
05/07/19	Trinity	L	2 - 22
05/08/19	Bishop Brady	L	4 - 15
05/10/19	Inter-Lakes-Moultonborough	L	1 - 20
05/13/19	at Gilford	L	0 - 19
05/17/19	Pelham	L	4 - 25
05/22/19	at Campbell	L	1 - 21
05/23/19	at Monadnock	L	0 - 23
05/24/19	Plymouth	L	1 - 15

Send us your Sports news, photos

Riley Adams Homers Again in 8-5 Fisher Cats Loss

MANCHESTER, NH—Despite another impressive day at the plate from Riley Adams, the New Hampshire Fisher Cats (Blue Jays Double-A affiliate) fell 8-5 to the Hartford Yard Goats (Colorado Rockies Double-A affiliate) on Sunday afternoon at Delta Dental Stadium in front of 6,594 fans.

Adams, the No. 28 prospect in the Blue Jays system according to MLB.com, went 2-for-3 with an RBI single, a walk, and a 438-foot two-run homer, his second long ball in as many games.

The Fisher Cats started the scoring in the bottom of the second inning. Santiago Espinal reached second on a two-base throwing error, and came home two batters later after an RBI single by Adams.

The series concludes on Monday, Memorial Day with a 3:35 p.m. game.



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Inspiration

Remember

By Priscilla Hull

Today is Memorial Day, a day celebrated for more than 150 years as a way to remember those men and women of the armed forces who gave their lives during the all too many wars and conflicts which have been fought through many years. The Civil War took more American lives than any previous conflict and brought about the establishment of national cemeteries. In 1869, General George Logan declared May 30 a day of remembrance when citizens would decorate the graves of the soldiers with flowers and other remembrances.

The early days of Decoration Day, as it was called, was celebrated at different days in the southern states, with May 30 being the established as a state holiday day in the northern states. Following the First World War, it was established universally through the United States as May 30. At that time Memorial Day celebrated those who had died in any war. In 1968 the Monday Holiday Act was passed and Memorial Day was declared to be on the Monday preceding May 30. Poppies were passed out to help us remember the fallen.



The mood of Memorial Day is a mixed bag. With the original intent was to decorate the cemeteries in honor of those who died serving, it was a somber day of remembrance. In Claremont, the Veterans of Foreign Wars, I believe, place American flags on all veterans buried in our cemeteries. Visit one of the cemeteries and you will see flags spaced throughout the rows. It is a beautiful sight to see. There are ceremonies and parades, 21 gun salutes and of course, the laying of a wreath for all those unknown lost.

We also celebrate the freedom which these faithful have given us. Then, following the seriousness of the day we go home, or to family or friends and we begin the summer season of barbecues and enjoying the warmth of summer. Many begin their garden planting. All of this reminds us of the mighty price that we and the world, through the ages, have paid for the lifestyle we live, the freedoms that we enjoy and we pray, each year that this will be the year that peace comes to our world. We hope that we have seen the end of war and strife. We pray that we will one day soon find that elusive peace where we live in harmony in a world where there is no more war and our precious young people will not be torn from their families. Think Peace!

They will beat their swords into plowshares, and their spears into pruning hooks. Nations will not take up the sword against other nations, and they will no longer train for war.
Isaiah 2:4

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

Calendar Of Events

Community Garden Plant Sale

UNITY, NH—The Sullivan County Community Garden, run by the Sullivan County Conservation District, is having their second annual plant sale on June 15th from 9:00 a.m. until 12:00 p.m. It will be up at the garden, located before the county home on the right side of the road behind the pond. There is a sign on the road.

There will be a variety of different plants, so please tell your friends and family and stop on by. While your there feel free to tour the gardens and the area.

We will be there rain or shine.

The Newport Opera House Association Announces Two Upcoming Artistic Opportunities for Young People

NEWPOR, NH—The Newport Opera House Association is pleased to announce two upcoming artistic opportunities for young people: its third annual Summer Drama Camp and its first ever Play Writing Festival to celebrate the anniversary of the rebuilding of the Corbin Covered Bridge.

NOHA's Play Writing Festival will be open to young people in grades four to seven from local communities. "It's a wonderful way for young people to learn about the history of our town, and participate in the arts at the same time," said Amy Bailey, Executive Director of NOHA.

Six winners will be selected; three from students in grades 4 & 5, and three from students in grades 6 & 7. Winning plays will be staged at the Newport Opera House and performed on Friday, October 11. Plays should be approximately 5 pages long and should focus on either the history of the bridge, a personal experience at the bridge, or a fantasy about the bridge. Plays are due by June 30. The Festival is open to young people from all communities.

NOHA is also pleased to present its third an-

nual Summer Drama Camp. Summer Drama Camp gives young people ages 7-14 the chance to put on their own show! This year's show will be The Jungle Book: Kids.

Camp runs from July 29-August 9, weekdays from 10am-4pm. Campers will learn lines, songs, scene structure, build their own simple props and costumes, and play theater games, all while working on team-building skills and improving self-confidence. Camp culminates with two performances for the public on August 9.

Camp costs \$100 for the full two weeks. Registration forms are available at www.newportoperahouse.com.

For more information about either of these activities, call the Newport Opera House at 863-2412 or email them at info@newportoperahouse.com.

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.

Vendors, Entertainers, Sponsors Sought for Rural PRIDE

CLAREMONT, NH— Sponsors, entertainers and vendors are wanted for Rural PRIDE 2019 which will be held on Saturday, June 15, from 12:00 to 3:00 p.m., at Barnes Park in Claremont.

Rural PRIDE 2019 is presented by Rural Outright, a community program of TLC Family Resource Center. Sponsors include Mascoma Bank and PFLAG NH.

We are seeking vendors who are interested in having a booth at Rural PRIDE. There is no cost for the booth. Vendors are responsible for their own tents, tables and chairs. Set up is one hour before the event starts.

Rural Outright is also seeking entertainers to perform at the event — music, magic, dancing, drag queen, balloon making, etc. The act must be family friendly and rated for all age levels. And, we are seeking sponsors to sponsor Rural PRIDE 2019 and make it possible for members of the LGBTQ+ community and allies to

enjoy the event at no cost. Benefits levels begin at \$10 go to \$500.

For more information or to sign up to be a vendor, entertainer or sponsor, please visit tlcfamilyrc.org/ruralpride.html.

TLC Family Resource Center supports and strengthens all families, children, and youth of Sullivan and Lower Grafton counties with a wide-range of free programs, support groups, and education. The Rural Outright program serves LGBTQ+ youth, their families, and allies with peer support groups, educational series, and events throughout the area.

Overeaters Anonymous Big Book Meetings

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

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.

Help Available for Advance Directive Documents

WINDSOR, VT—Thinking about completing an Advance Directive as a loving gift to your family? Advance Directives (AD) are legal documents that allow you to decide what type of medical care you want if you ever become unable to speak for yourself.

Mt. Ascutney Hospital offers free individual sessions for assistance in completing this important document. Our AD Clinics are being held the 2nd and 4th Wednesday of the month in Windsor from 1:00-3:00 p.m. The Clinics are led by Linda Wilson, APRN, DNP. Make an appointment by calling (802) 674-7483.

There is an additional AD Clinic in Woodstock at the Thompson Senior Center every 2nd Monday of the month from 1:00-3:00 p.m. Make an appointment by calling (802) 457-3277.

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.

Croydon Ladies Auxiliary Bingo

CLAREMONT, NH--The Croydon Ladies Auxiliary is sponsoring bingo every Thursday. Held at the Claremont Senior Center, 5 Acer Heights off Maple Avenue in Claremont. Doors open at 4:30 p.m. and games start at 6:30 p.m.

Food and drinks available. Open to those 18 and older. Call Sandy at 543-7118 for more

information.

All paper games.

Kids: Music with Friends for Infants, Toddlers & Preschoolers
Friday mornings, ongoing
10:00-10:45am

Library Arts Center Annex
15 Main St.
Newport, NH

Experience making music with your children & friends in this class designed for young children and their caregivers. Music will come to

life as everyone Sings, Dances, Drums & Claps for Fun, experimenting with voices, instruments & movement. For infants, toddlers & preschoolers, with a caregiver. *Pre-registration encouraged, but drop-ins are welcome. Find out more at libraryartscenter.org.

Open Studio Art Group
Wednesday mornings, ongoing (through May 29th)
9:00 am - 12:00 pm
Library Arts Center
58 N. Main St.

Happy Memorial Day

Westaff would like to thank all who have served.

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Happy Memorial Day!

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Newport, NH

Price: \$8.00 to \$12.00 —\$8 members/\$12 non-members

Looking for a time to work on current projects? Be inspired to work in a studio environment alongside other area artists in this drop-in group that meets on a weekly basis. The class facilitator is available for light guidance. All mediums are welcome. No prior experience is necessary. Please bring all supplies you will need for your projects. To find out more, call the Arts Center at 603.863.3040, or visit libraryartscenter.org.

Save a Stray 5K June 22

NEWPORT, NH—SCHS Save a Stray 5K-June 22 A 5K run/walk fundraiser to benefit the Sullivan County Humane Society will take place at 10:00 a.m. in Newport. A \$50.00 cash prize will be awarded to the top male and female finishers. Awards will be given to the top three male and female age groups. Free T-shirts for the first 100 registered participants. Post-race festivities include a BBQ, raffle prizes and award ceremony. Come join in the fun!

Dogs are welcome! We welcome your four legged friends to walk with you. However, dogs must be leashed and start at the back of the pack.

Location: Robert C. Haservlate Park on Corbin Rd., Newport NH. Course is an out and back which runs through the historic Corbin Covered Bridge. Questions? Email laurie_waterman@comcast.com.

To register, go to: <https://pinnaclestrive.com>.

For more information on our fundraising campaign and event details, go to our website: sullivancountyhumanesociety.org and click on the Save a Stray 5K link.

\$20.00 pre-registration

Same day registration opens at 8:30 and costs \$25.00.

Claremont Farmers Market

CLAREMONT, NH—The Claremont Farmers' Market has fruits, vegetables, canned and baked goods, flowers and plants, crafts, POP (Power of Produce) kids activities, weekly entertainment, and other events. It accepts the EBT card, with the Granite State Market Match, up to \$10 free for fruits and

vegetables. It is now at the Broad Street Park, Saturdays, from 10:00 a.m.-1:00 p.m. through September 14.

For more information contact Debbie Tardiff, Coordinator, by emailing her at claremontfarmersmarketnh@gmail.com. Vendors still welcomed.

Arrowhead Roundup

Work Session, Annual Meeting, Board of Directors and Help

** Work Sessions are every Saturday from 9:30 a.m. to 1:00 p.m.

** Looking to add people to the Board of Directors. Not looking for operational people but advisory help in all areas of the organization, if interested contact us.

** The Annual meeting is Tuesday, May 28th, 6:30 p.m., at Arrowhead; public welcome to attend. Will have election of officers, presenting the annual report, a general overview and time for questions and answers.

** We are very short of help and support people, so need people for public relations, marketing, recruitment, mechanical maintenance, heavy equipment knowledge and anyone with a skill or who just wants to help. If you want to learn more or wish to join us, please contact us.

SATURDAY, JUNE 1 BIRD WALK IN CLAREMONT

8:00 am - 10:00 am

Moody Park - 152 Maple Avenue, Claremont NH

Join Naturalist Wendy Ward and UNH Cooperative Extension Forester Dode Gladders for a morning walk where we expect to see and hear a variety of bird species. This walk will explore the trails and habitats of Moody Park. Binoculars, bug spray and good hiking shoes/boots recommended. Remember to bring water and a snack.


We will meet at the entrance to Moody Park on Maple Avenue in Claremont, 0.8 mile west of Route 11. For those with GPS units: N 43.3641, W 72.3640.

TUESDAY, JUNE 4 ZUMBA

Tuesday Nights 6:30-7:30 p.m.

Come to the Plainfield Community Baptist Church (1094 Route 12A) every Tuesday night for an hour of fun! Liz Burdette, a licensed Zumba instructor with seven years experience leads us in the latest ZUMBA moves. An hour of dancing for only \$6! And your first night is free.

Come and see for yourself. Tuesday nights 6:30-7:30pm at the church with the white sign... Plainfield Community Church.



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thecottagebythebrook@gmail.com

Bingo at the Charlestown Memorial VFW Post 8497 Post Hall

CHARLESTOWN, NH--Bingo is held Wednesdays at the Charlestown Memorial VFW Post 8497 Post Hall, 365 Lovers Lane Road in Charlestown, NH. The regular games start at 6:30 p.m. with Early Birds games commencing at 5:00 p.m. Eight regular games, four two-part games, and three special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, a carry-over cover-all game also paying off in 50#'s or less or a consolation of \$150, plus the final Jackpot game paying \$150. All regular and special games are now on PAPER. Bingo is the VFW Post 8497's primary fundraiser for its various scholarships and sponsorships. Food and drinks are available.

Newport Historical Society Museum Hours

NEWPORT, NH--Interested in local history? Come visit the Newport Historical Society Museum, 20 Central St., Newport, NH. Located in the 1837 Nettleton House, the museum has two floors of annually changing displays to wander through. Open Sundays (except holiday weekends), from 10AM to 2PM, and by appointment by calling 603-863-1294. The museum is free, heated, air-conditioned, and handicapped accessible.



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Lake Sunapee Region VNA & HOSPICE

603.526.4077

REV. MAR. 29, 2019

MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

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



Bring your pooches big and small to our annual dog wash event. Meet our team as we soak, scrub, and polish your pet to perfection. Raffle prizes and baked goods available.

A minimum 5.00 donation per pet is appreciated.

Scrubbing Butts Dog Wash

Saturday June 8, 2019

Tractor Supply

419 Main St.

Claremont, NH

9:30-12:30

*This event happens rain or shine



Autographed Ledger Photo & Autographed Danny Gokey CD

To enter:

1. Follow me on Twitter and/or "Like" my Facebook Page.
2. Send email with "5/31" in subject field to etickernews.bernadette.oleary@gmail.com
3. "Like" drawing posts on Facebook and Twitter.
4. Send me a private message on Facebook or Twitter with "5/31"

Choose only one way to enter or all four and enter each week.



SCHS
Save a Stray 5K
Post Race BBQ, Raffle Prizes, Age Group Prizes
and Prize for overall Male and Female finishers!
RUN/WALK

Saturday, June 22nd, 2019

Robert C. Hasevlat Memorial Park • Newport

8:30 AM (Race Day Registrations) | **RUN STARTS AT 10:00 AM**

\$20 PRE-REGISTRATION FEE | \$25 SAME DAY REGISTRATION FEE

KIDS 12 & UNDER FREE • TO REGISTER TO RUN, WALK, OR SUPPORT A PARTICIPANT THROUGH PLEDGING, VISIT OUR WEBSITE:

sullivancountyhumanesociety.org

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To benefit the Sullivan County Humane Society

Past • Shots



The Colonial Hotel in Claremont, Burgee's Garage on Washington Street, Broad Street Park
(Photos courtesy of Merle Boardman).



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

Houghlene Wallace, 87

Mrs. Houghlene (Lucy) Wallace, age 87, formerly of Claremont, NH, passed away peacefully at her home in St. Cloud, FL, on Thursday, May 16, 2019.

Lucy was born in Unity, NH, on December 24th, 1931, to William Champagne and Lena Valley Champagne. She is survived by her husband of 69 years, John Wallace, daughter Barbara Cooper Bey and her husband Andre of St. Cloud, FL, daughter Terry Wallace and her partner Debra Bell of St. Cloud, FL, daughter Janet Osgood and her husband Kurt Osgood of Unity, NH, son John Wallace of Pittsfield MA, son Barry Wallace and his wife Lisa of St. Cloud, FL, and son James Wallace and his wife Dina of St. Cloud, FL. Twelve grandchildren and eighteen great-grandchildren.

Never afraid to take a risk because “you can’t know unless you try.” Loved immensely by her family for her strength and uniqueness. She prided herself in being a hard worker. Being an honest person and always doing the right thing. She found joy in the simplest of pleasures. Her Sunday rides ending with a hamburger and an ice cream. Watching Sci-fi next to her favorite character Groot and laughing so hard at her own jokes that inevitably you found them funny as well.

After her retirement, she developed a passion for hiking. Finding a sense of accomplishment as much as she found a piece of

herself. Although she explored most of the trails throughout southern Vermont and New Hampshire, no place meant as much to her as Mount Tom in Woodstock, VT. Her favorite path, “the criss-cross trail” winding its way to the top where she would sit and reflect on the beauty she was a part of. Looking out over the village, past the green mountains, the Connecticut River and onto the horizon. A place where she wanted to be for all of eternity.

Visiting hours will be on Wednesday evening, June 5th, at the Stringer Funeral Home, 146 Broad Street in Claremont from 6 to 8 PM. A prayer service will be held on Thursday morning, June 6th, at 11 AM. Burial will follow at the West Claremont Burying Grounds.

Doris D. Taylor, 88

Doris D. Taylor, 88, formerly of Claremont, NH, died Thursday (May 9, 2019) at Sullivan County Healthcare in Unity, NH, following a brief illness.

She was born in Northfield, MA, on August 1, 1930, the daughter of Everett E. and Gladys

(Streeter) Doolittle. She was a graduate of Northfield High School, Class of 1948. On March 1, 1951, she married Vernon R. Taylor. He predeceased her on August 22, 1999. Doris had been employed as an administrative assistant by Connie Jackson at Claremont Travel until her retirement in 1992.

Members of her family include a son, Earl Taylor and his wife, Carol, Harmony, NC; two grandchildren, Adam Taylor and his wife, Shannee, Nick Taylor and his wife, Krista, four grandchildren, Meagan, Molly, Alex and Owen, a brother, Edward E. Doolittle, Northfield, MA; one sister, Marjorie Gould and her husband, Roger, Northfield, MA; and several nieces and nephews. She was predeceased by a sister, Irene M. Doolittle and a sister in law, Ethel Doolittle.

A memorial service will be held at 7:00 pm on Tuesday (June 11) at the Roy Funeral Home. Friends may call at the funeral home from 6 – 7 pm prior to the service.

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

“Eyes love dark green. So do I.”

-Dr. Sam Giveen

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

DOCTOR **SAM'S**
EYE CARE



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

Alfred Asher Nelson, 82

Alfred Asher "Al" Nelson, 82, of Chase Street in Claremont, NH, died Thursday (April 25, 2019) at the Nathan Adelson Hospice in Las Vegas, NV, after a brief period of failing health. He was born in Claremont, NH, on February 8, 1937, the son of Thomas J. and Martha E. (Davis) Nelson and had been a lifetime Claremont resident. "Al" attended North St. School and graduated from Stevens High School, Class of 1957. While at Stevens he participated on both the track and football teams both of which he was very proud of and often shared stories of his high school days. "Al" joined the National Guard while still in high school and in 1958 he enlisted in the US Air Force. He was stationed at Castle Air Force Base in California for 2 years and Elmendorf Air Force Base in Alaska, where he maintained survival kits for planes. While in Alaska he was stationed with one of his favorite cousins, Henry Courtemanche. He was very proud of his service and loved shared stories of his military experiences.

In his younger years "Al" enjoyed playing soccer, basketball and skiing. In 1962 "Al" worked as a machine operator at Claremont Woven Label. He then became employed at Bryant Computer Products in Springfield, VT. He then worked for VT Research for 5 years. "Al" then began his 32-year career at Sturm Ruger, retiring in 2005. On October 12, 1968 he married the former Linda Ann Pratt at St. Mary's Church in Claremont; they had recently celebrated 50 years of marriage. He was a life member of the Claremont Moose Lodge where he and Linda enjoyed many Saturday nights dancing with the "Rowdy Bunch". He was also a life member of American Legion Post 29 where he served as a member of the Funeral Honors Honor Guard.

"Al" was a good husband, father and grandfather. He was so proud of his children and granddaughters. He and his son Mark were in "Indian Guides" together when Mark was young. While Elizabeth took dance lessons at Jenkins, he never missed her recitals. He also was proud to attend all of their school functions, events and graduations. He later went on to attend his granddaughters' special events with great pride and pleasure. He was a fan of the Boston Red Sox and New England Patriots. He also enjoyed watching westerns, listening to Elvis Presley, Patsy Kline and other 50's music. He was always a kind, gentle and

generous man with a great sense of humor. One of his biggest joys was handing out dollar bills to little children after getting their parents' permission to encourage them to save money in their piggy banks. "Al" always liked a good steak, good cigar and an occasional glass of Crown Royal.

Members of his family include his wife, Linda Ann Nelson, Claremont, NH; a son, Mark A. Nelson and his partner, Diana Van Alstyne, Keene, NH; a daughter, Elizabeth S. DeCelle and her husband, Richard A., Newport, NH; two grandchildren, Allyson E. DeCelle, Bethany R. DeCelle, a niece, Wendy J. Harrison, Deland, FL; nephews, Thomas N. Harrison and his wife Kimberly, and their sons, Gunnar and Kenton, Glenwood, FL; Paul K. Harrison, Andover, NH and many cousins that he was very close to and were special to him.

He was predeceased by his parents, an infant son, Preston A. Nelson, a sister, Marjorie A. Harrison and her husband Paul S., Deland, FL.

A Memorial service will be held at 1:00 pm on Saturday, June 1, at the Roy Funeral Home with the Rev. Deacon Paul Boucher, officiating. Committal with military honors will follow in Union Cemetery. Friends may call at the funeral home on Friday (May 31) from 6 – 8 PM.

In lieu of flowers, the family suggests that memorial contributions be made to the Nathan Adelson Hospice, 4141 Swenson St., Las Vegas, NV 89119, Lake Sunapee VNA/Hospice, 107 Newport Road, New London, NH 03257 or Stevens High School Scholarship Fund, 175 Broad Street, Claremont, NH 03743.

You are invited to share a memory of "Al" with the family or leave a message of condolence in the family guest book at www.royfuneralhome.com. The family also invites you to bring a written memory of "Al" to the services so that they may compile a book of remembrance.

Maureen V. Poirier, 78

Maureen Virginia Poirier, 78, formerly of Claremont, NH, passed away May 20, 2019 at the Sullivan County Health Care in Unity, NH. She was born in Boston, MA, on December 31, 1940, the daughter of John J. and Katherine V. (Manning) Riordan.

Maureen was a local realtor with J & M Realty for many years and worked at Holson Burnes Company, also at the Sullivan County Nursing Home.

The family includes four children, Selena Williams and her husband Bill of Sparks, NV, Diane Friend and her husband Michael of Claremont, NH, Michael Poirier and his wife Kimberly of Plainfield, NH, Suzanne Smith and her husband Mark of White River Junction, VT; six grandchildren; 1 great grandchild; one brother, Paul Riordan of Dedham, MA; one sister, Carol McDevitt of Mills, MA.

There will be no calling hours or funeral service. Burial will be at the convenience of the family.

In lieu of flowers, feel free to make a donation in Maureen's name to the Sullivan County Health Care facility in care of the MacConnell Alzheimers Dementia Care Unit.

The Stringer Funeral Home is in charge of arrangements.

Dorothy L. Smolnik, 89

Dorothy Laramie Smolnik, 89, of Claremont, NH, died on May 19, 2019, at the Sullivan County Health Care after a long period of declining health.

Dorothy was born on November 15, 1929, to Eugene and Leona (Charest) Laramie in Detroit, MI. She also lived in California for some time before making Claremont her home.

Dorothy graduated from Stevens High School in the class of 1947. Joining the workforce until 1949, when she married Zigmund Smolnik on February 12, 1949. She then went on to work as a bookkeeper-accountant for Montgomery Ward, H.P. Welch Trucking, Joy Foundry and finally Joy Manufacturing where she retired in 1987 to care for her husband who passed away in 1988.

Her retirement years were filled with adventures with her grandkids and later her great grandchildren. She loved traveling to the Lakes Region for day trips and weekends with grandchildren in tow. As the years went on, she loved following her grandchildren and great grandchildren either on a sporting field, a stage or a school concert. She was proud of the fact that she was able to follow the accomplishments of her children, grandchildren and great grandchildren. For over 50 years she boasted she had probably witnessed more sporting events from her backyard near right field of Barnes Park for the 68 years she had lived there. She was also a very dedicated volunteer at the Claremont Senior Center where she loved spending time at the front desk or at the Library organizing books.

Dorothy left this world knowing she would reunite with her husband, Zigmund, her mother and father, her brothers, Gene, Bob and Ron Laramie and many other friends and relatives. Dorothy leaves behind her favorite daughter, Nancy Smolnik Richardson and her partner, Larry McElreavy and her kids, Amy Tenney and her partner, Steve, and Meg Tenney and her husband, Josh; her favorite son, Mark Smolnik and his wife, Ruth, and Mark's kids, Ryan Smolnik and his wife, Leigha, and Benjamin Smolnik and fiancé, Clarissa, Mark's step kids, Michael and Christy Chamberlain; great grandkids, Austin and Camden Burt, Charles and Caroline Cloud, Ryleigh Smolnik, Lucas and Avery Smolnik and one on the way.

A service was held at the Stringer Funeral Home on May 24. Burial followed in St. Mary Cemetery.

In lieu of flowers, we are asking anyone wishing to make a contribution to the Claremont Senior Center, 5 Acer Heights, Claremont, NH 03743.

Col. Richard J. Beland, 82

Col. Richard J. Beland (USAF Ret.), age 82, was granted freedom from Parkinson's Disease on May 10, 2019. In the end, he was surrounded with love from his family and caregivers.

Dick was born April 29, 1937 to the late Eddie and Ida Beland, in Claremont, NH. He graduated from Stevens High School where he was an excellent student and one of the most gifted athletes in the history of the school. He matriculated to Brown University and achieved that same success. Dick earned a Bachelor of Arts degree in International Relations, was a member of Delta Upsilon Fraternity and an inductee into the Brown Key.

After graduating college, he made two big commitments – one to a nurse from Yale–New Haven, Sonja, and one to the USAF. He started as a navigator and then was selected for pilot training. He spent 10 years training students to fly, briefly interrupted by a tour in Vietnam, where he flew 290 combat missions. The next four years, he had the privilege of serving as an Advance Agent for Support and Security for Air Force One, serving under Presidents Carter and Reagan.

His dream assignment was a four-year tour to Germany. He was a member of the NATO Flight Safety Group, which afforded him the

opportunity to attend conferences in Europe hosted by each nation.

After 30 great years in the Air Force, Dick retired in 1989. Dick and Sonja spent most summers at their cottage in Peacham Pond, VT, and continuing their passion of travel to destinations around the world.

Following his Air Force career, Dick lived a life of service. With his faith as his cornerstone, he served as a Lector and Usher at Langley Chapel. He found some of his greatest joy as an Exchange Club Member in Poquoson. He walked many hundreds of miles as a member of the Peninsula Pathfinder Volksmarch Club. He was on the Board of Zoning Appeals in Poquoson for 18 years, with eight of them as Chairman.

Left to cherish his memory are his loving wife of 60 years, Sonja; his two sons, Jeff and Scott & his wife Kim; his grandson, Zachary; his sister Janyce Nugent and husband Dean and their son Sean; his niece, Debbie and nephew, Rick and wife Cindy; and Uncle Buster. And, many wonderful friendships developed over his blessed life.

The family is very grateful for all the loving hands that cared for him at Dominion Village of Poquoson.

A funeral mass was held on Saturday, May 18, at Langley AFB Chapel, Interment was to be at Arlington National Cemetery with full military honors.

In lieu of flowers, memorial contributions may be made to SEVA GRREAT, www.adop-tagolden.com (his love of animals), or Poquoson Volunteer Rescue Squad. Online condolences to claytorrollins.com.

Rest in peace, my dearest husband, amazing father, beloved brother and friend. "Off you go into the Wild Blue Yonder." You have been cleared for take-off.

Claremont Fire Dept. Log

Sunday, May 19

1548 E1 responded to Bond St for an alarm sounding.

1552 E3 responded to Second St for a propane leak.

1813 E1 responded for the ambulance on Broad St.

2006 E1 responded to Bond St for an alarm sounding.

2025 E1 responded to a medical call on Spruce St.

2028 E3 responded to Chestnut St for a telephone pole sparking.

2038 E3 responded to Manor Dr for a water problem.

2103 E1 responded to Pearl St for an alarm sounding.

2105 E3, E1 responded to Washington St for a water flow alarm.

2257 E1, E3, L2, E2, responded to Chestnut St for a structure fire.

Monday, May 20

1120 E1 responded to Washington St for a motor vehicle accident.

1331 E1 responded to a medical call on Washington St.

1657 L2, E1 responded to Elm St for a box alarm.

1717 E1 responded to a medical call on Central St.

Tuesday, May 21

0334 E1 responded to a medical call on Sims St.

1236 E1 responded to a well-being check on Olympus Pl.

1441 E1 responded to Main St for an alarm sounding.

1813 E1 responded to Sullivan St to assist with entry.

2109 E1 responded to a medical call on Cardinal Ln.

Wednesday, May 22

0333 E1 responded to a medical call on Pleasant St.

1222 E1 responded to Broad St for people stuck in an elevator.

2032 E1 responded to Main St for a motor vehicle accident.

2344 E1 responded to a medical call on Heritage Dr.

2345 E3 responded to a medical call on Sullivan St.

Thursday, May 23

0925 E1 responded to Industrial Blvd for a box alarm.

1337 Utility 1 responded to Skyline Terrace for an illegal burn.

1647 E1 responded to Washington St for a motor vehicle accident.

1939 E1 responded to a medical call on Summer St.

Friday, May 24

1550 E1 responded to a possible medical call on Pleasant St for.

1728 E1 responded to a medical call on Washington St.

2307 E1 responded to Washington St for an alarm sounding.

Saturday, May 25

1140 E1 responded to Washington St for a motor vehicle accident.

1232 E1 responded to Winter St for an open 911 line.

1704 E1 responded to a possible medical call on Main St.

2144 E1 responded to Ridge Ave for an alarm sounding.

Paving Work in Sunapee

SUNAPEE, NH—Stagecoach Road from Route 103B to the intersection of Youngs Hill Road will be paved during August/September of 2019. Prior to completing the paving work, the Highway Department will construct necessary drainage improvements on Stagecoach Road from Route 103B to Stagecoach Lane. The aforementioned section of Stagecoach Road will be closing beginning on or about Monday June 3rd through on or about June 17th to allow the department to safely complete the drainage improvements.

Access for residents that own/rent houses that are immediately adjacent to that section of Stagecoach Road will be maintained from the Stagecoach Lane end of the project. Please seek an alternate route to access Route 103B from Stagecoach Road, or to access Stagecoach Road from Route 103B (i.e. School House Lane or Hells Corner Road), while this section of Stagecoach Road is closed.

If you have questions, you may contact Scott Hazelton at this contact information: (603)763-2212 scotth@town.sunapee.nh.us.

TUESDAY, JUNE 4

Plainfield/Cornish Energy Committees' Meeting, 7:00 p.m. at the Meriden Library

The Joint Energy Committees of Cornish and Plainfield will meet to discuss actions for reaching the goal of 100% renewables for electricity by 2030.

Join us and learn along with us as we progress in this effort. We are continuing to work on renewable energy projects, solar siting, tabulating energy use, and learning about new technologies.

Claremont Senior Center, Inc.

This week's newsletter from the Center is full of "Thank You's" and information of upcoming events. It will also include the Clip Me activity list for your fridge magnet we promised you last week. So, please read the whole letter. It has a lot to offer you!!

Our first Thank You goes to Ken Simoneau who, along with Ann Davis, Carol Wilson, Denise and Tom Livenson, Deb and Gary Bedard and Alberta Marro, put on a fabulous turkey dinner on Saturday, May 18th. Bravo everyone!! Great event!!

Our next Thank You goes to Shirley LaClair and her sister Dory Haslam. Their work in the Center gardens has made a difference in the beauty of those gardens. What a difference a little attention can make!!

The Center has been graced with and thankful for the services of Jim Contois. He has' along with Tom, been keeping the Center looking marvelous. And all the tables and chairs are lined up so nicely! Thank You, Jim and Tom.

A quick Thanks to Merle for vacuuming the pool room. Aha! You didn't think that anyone saw you sneak into the pool room! Dan, our regular vac guy, has been on vacation. All the pool crew take very good care of that room from top to bottom. Thanks!

There are a number of members who are proud of our Center and work hard to keep it looking nice. Thanks to these behind-the-scenes members.

We have new receptionists! Thank You for your smile and time to greet and serve all who enter our doors.

Last but never least is a Thank You to all our new members who have joined in the past few weeks-Heidi and Mike McFadden, Lynda and Chet Howard, Claudia Zombeck and Ann Leonhard. We hope you participate in the activities that make you happy. Welcome!

Lunches: Tuesday, May 28th-Chicken Stew over a biscuit, Apple Crisp. Thursday, May 30th-Salad, American Chop Suey, Gingerbread with Cream.

Our June calendar is full of things for you to participate in. Here are a few of the events happening.

June 4th- Lottery Raffle drawing after lunch. Get your tickets now!

June 5, 12, 19-Foot Clinic.

June 6th- Blood Pressure 10:30-12 noon.

June 9th- Pancake Breakfast - \$5-Open to the Public.

June 15th-Roast Beef Dinner- 5-6:30 -Adults-\$12, 10 and under \$8, Open to the Public.

June 17th- Senior Men's Breakfast-Open to the Public

June 23rd-Pampered Chef Party-1PM-Open to the Public

June 24th-Kearsarge Indian Museum and Telephone Museum Bus Trip, Warner, NH. The exhibits will include docent tours of both Museums. Free for members, \$10-non-members, Gift shops, bus leaves at 9AM. Lunch at a restaurant between museum visits. Cost is not included. Sign up at the Center or call. 603-543-5998. Limited to 30 participants.

Clip Me Activity List. Monday-Pool, Coloring-1-3PM, Ping-Pong-1-3PM

Tuesday-Silver Sneakers-10:45-11:45, Exercise-Owens room-10-11AM

Game Night-6-9PM, Bring a snack.

Wednesday-Senior Bingo-55 and older, No Cards After 12:50. Lunch.

Thursday-Exercise-Owens Room-10-11AM, Lunch, Bridge-1PM.

Beginners welcome. Game Night-6-9PM

Friday-Chair Yoga-10:30-11:30 AM. Knitting-Noon-3PM. Bring your

Lunch, Mahjongg-1PM. We teach!

Sunday-1-4PM. Sunday at the Center. Members and Guests. Games, Pool, Puzzle, Cards, TV, Bring a Snack to Share.

Well, that's it for this week. Try our trial membership for a month to see what you are missing. Sometimes just having a place to go to talk and have fun will help a lot. Join us! Claremont Senior Center, 5 Acer Heights Road, Claremont, NH 543-5998, Smoke Free.