### e-Ticker News Sports

Section B August 8, 2016

## All Out Trail Run At Moody Park Aug. 20

CLAREMONT, NH--The Claremont Parks and Recreation Department has announced that The All Out Trail Run at Moody Park will be held on Saturday, August 20th. The All Out Trail Run is part of the Western New Hampshire Trail Running Series and is 1 of 9 races on the series. The Western NH Trail Running Series is a collective group of trail events that range in distance from 5K to 12.5K. All of the races offer a taste of the amazing natural beauty that exists here in the Upper Valley Region of NH/VT. These races are designed to be fun for everyone, from the beginner trail runner that just wants to veer off the pavement and try something new all the way to the seasoned trail racer.

"We are excited about this year's race," said Claremont's Parks and Recreation Director, Mark Brislin. "We have done a lot of trail improvements at Moody Park over the past two summers. I think runners will be amazed by the improvements from last year's race to this year's race," he added. This event offers multiple terrains, varying trail surfaces and plenty of challenge for racers of all skill levels. From narrow winding trails to steep uphill climbs, this course will offer it all.

The All Out Trail Run will begin at 9:00 a.m. with a Kids' Race starting at 8:30 a.m. All run-

ners are welcomed and you do not need to have participated in another race from the series to take part in this great race. The race distance is approximately 5 miles long. Preregistration is \$15 and race day registration is \$20.

For more information or to register, please visit www.claremontparks.com.

### Time To Sign Up For Reach The Peak

CLAREMONT, NH--It's almost time to get down and dirty! That is, for the 2016 Reach The Peak event, which combines mud pools, climbing and other physical challenges. Reach the Peak is set to take place on August 27 at the Arrowhead Recreation Area off of South Street in Claremont. Claremont Parks and Recreation Department and Arrowhead Recreation Group are teaming up again to host this vigorous test of endurance and stamina.

The event is open to adults and children who are 11 years or older on the day of the event. There will be a free one-mile kids' course (for ages 10 and younger) Cost to participate: Individuals, \$45 for pre-registration and \$50 on race day; team or family of four, \$140 for pre-

registration and \$150 for race day registration. A family of four (4) must include one or both parents and two or three children age11 and older (maximum of four members).

The event is limited to 500 participants. Race day registration will be available the day of the event, starting at 8:00 a.m. For more information or to register, please visit <a href="https://www.reachthepeaknh.net">www.reachthepeaknh.net</a>.

### VT Shocks NH With 50-2 Victory Over Granite State

CASTLETON, VT--New Hampshire's 15year string of victories in the Shrine Maple Sugar Bowl came to a shocking end on Saturday as Vermont won in a blowout, 50-2.

"We had come from 18 different schools; we bonded like I've never bonded with a team before," Stevens High linebacker and New Hampshire co-captain Collin Belt told the *Concord Monitor*. "It just didn't translate onto the field. It was a rough night."







### Champs!

The River Dogs, undefeated for the regular season at 12-0, won the Claremont Men's Modified Softball League Championship Thursday. They beat the Rockford Peaches, 18-4, and finished the season with a record of 15-0 (Courtesy photo).

### **Run The Gauntlet For Springfield Wrestlers**

SPRINGFIELD, VT--The 2nd annual "Color Gauntlet" Wrestling 5K takes place on Saturday, October 1st, on a scenic, out-and-back course on the Toonerville Trail along the Black River in Springfield, VT.

This fun "color run" is a family-friendly untimed 5K run or walk.

"Gauntleteers" will be festooned with colored cornstarch powder along the course. Upon returning to the start/finish line, participants can purchase delicious lunch items from the Outnumbered Grill, who will be donating the proceeds of all sales to the wrestling team.

Participants may begin to arrive at 9:30 a.m. at the registration table at 290 Clinton St in Spring-

field, VT, SRDC's parking lot next to Nortrax, the John Deere tractor dealership. The starting whistle blows at 11:00 a.m.

Registration fee includes a "Color Gauntlet" Wrestling 5K t-shirt, sunglasses, and a bag of colored powder. The fee is \$35.00, up to and including race day.

Children 10 and under are free but will not receive a souvenir t-shirt, sunglasses, or color powder (these items can be purchased separately on the day of the race). All proceeds will help fund tournament entrance



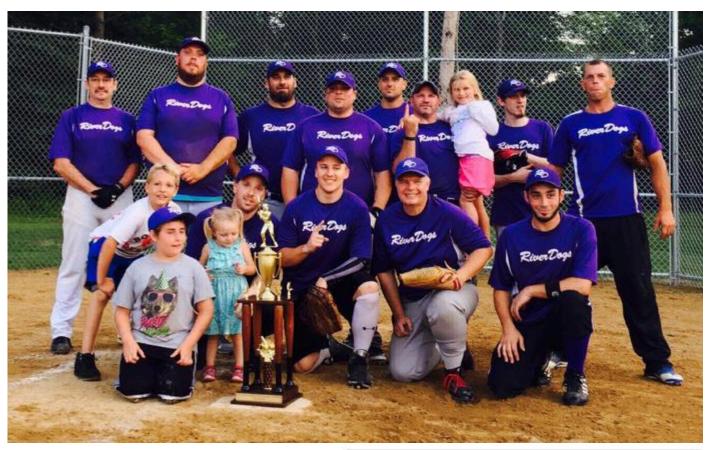
fees, wrestling gear, and wrestling equipment for the Springfield, VT, Wrestling Team, a non-profit organization supporting a thriving local youth wrestling program for boys and girls in grades K-12.

Register online at active.com (search for "color gauntlet springfield vt") or through the Springfield Parks & Rec Department at 139 Main

Street, Springfield VT 05156.

For information on the team or questions about the Color Gauntlet, please leave a detailed message at (802) 738-0456 or email Event Coordinator Angela Ferland at datapsox@gmail.com.







"A vintage feel, with modern appeal."

2 Pleasant Street
Historic Downtown
Claremont

sugarriverbarbers.com





### Youth Gun Safety Event ...

The Sullivan County Sportsmen Club held a youth gun safety and shooting day at the Charlestown gun range on Saturday, Aug. 8. Sixteen

local youths, ages 10-15, learned about gun safety and got a chance to experience what it feels like to actually shoot a gun. To begin the day, Mike Sylvester, a manufacturing engineer from Sturm Ruger firearms, instructed the kids in all aspects of gun safety. Gun safety was the order of the day for the rest of the day. All the kids got a chance to fire different rifles at targets and shotguns at clay pigeons. Left: Shooting the rifles; right: Mike Sylvester coaches Bryce Bahara on using a shotgun. Bahara hit his clay pigeon on this try (Bill Binder photos).

### Rowdy Tellez Homers Twice In Fisher Cats Win

MANCHESTER, NH--Rowdy Tellez ripped two home runs, driving in four runs, as the Fisher Cats finished up a 5-1 homestand with a 7-4 win over Erie on Sunday afternoon at Northeast Delta Dental Stadium.

Jeremy Gabryszwski (7-8) picked up his second win of the homestand, matching a seasons-best with seven innings. He allowed three runs, all unearned, on six hits. He walked four and struck out four.

New Hampshire heads out on the road for the next week, beginning the trip with a game in Bowie, Maryland on Tuesday night against the BaySox, the Orioles Double-A.



Valley Regional Hospital GOLF CLASSIC

Join the cause
Be a Sponsor
Be a Player
Donate a Prize

Friday, Aug. 26 | Newport Golf Club | Register at VRH.org

Proceeds will support access to primary care.

\*\* Valley Regional Healthcare

### Inspiration



**Showdown in Oklahoma: Update** 

#### By Bernadette O'Leary

I previously wrote about an issue in Oklahoma that received nationwide attention. The issue was one of religious liberty and religious protection. A Satanic group had sought permission from the city of Oklahoma City to desecrate Christian symbols in public. The outrage was over the appearance today that non-Christian religions' icons and beliefs are protected under the law from hateful speech and practices, such as burning a Quran or creating a cartoon that seems to mock Muhammad, but Christian symbols are not.

I heard back from Mayor Mick Cornett's office regarding the situation. Sadly, I still have not heard back from Governor Mary Fallin's office. A representative from the Mayor's office, Kristy Yager, Director of Public Information and Marketing, spoke with me at length, both over the phone and in person, regarding the issue. She told me that the Mayor's office had received numerous complaints about this issue. She was obviously regretful over not only the issue itself but also over the fact that there is nothing the city itself can do.

According to Ms. Yager, federal laws prevent the city from denying any religious entity the right to protest or hold assembly so long as it does not promote violence and is not violent itself or otherwise physically harmful. When I asked her about the apparent double standard between rights of non-Christian faiths vs. Christian faiths, she assured me that should a Christian faith request a permit to hold public assembly that is not physically harmful to others, as the Satanic group did (even desecrating something sacred to another faith, such as the Muslim faith), the city would have to approve that request just like they had to for the Satanic group.

Here is my concern, and one that many of you share: Christian faiths normally do not do such things, and when it does happen, there are riots and calls for people to be jailed. One example is the video that was blamed for the Benghazi attack on September 11, 2012. The video supposedly portrayed Islam in a bad light and was blamed for leading to riots that killed four Americans: Ambassador Stevens, Information Officer Sean Smith, and two CIA operatives, Glen Doherty and Tyrone Woods, both former Navy SEALs. After this, our leaders called for the creator of that video to be jailed.

The city of Oklahoma City and even the state of Oklahoma itself are not the problem. The problem exists in laws within our nation that are not truly equal. Ms. Yager is correct in her statement that the city had no real say in this matter. Where then does this lead us? That's easy. We have to contact our elected officials on every level and insist that the laws be changed. Federal and state laws must be changed to protect all religions. While we must be allowed to live our faith and practice as we choose, those practices must not be hateful in speech or deed. Yes, freedom of expression is vital in our country. However, our Constitution only protects peaceful protest and expression. When things are desecrated and destroyed, or words are full of hate and promote acts of destruction, those are in no way peaceful. The "peaceful" part of protest and expression has to return to the public square. It is time to bring back common sense to our nation's laws.

Bernadette O'Leary, a regular contributor to the e-Ticker News and contributing editor of special features, is a writer from the Central Plains and administers "This Catholic's Christian View on Facebook", a page dedicated to Christian views and inspirational art and stories:

<a href="https://www.facebook.com/This-Catholics-Christian-View-673629202670889/?fref=ts">https://www.facebook.com/This-Catholics-Christian-View-673629202670889/?fref=ts</a>. She may also be found at her new page:

<a href="https://www.facebook.com/Bernadette-OLeary-1047720395262832/?fref=ts">https://www.facebook.com/Bernadette-OLeary-1047720395262832/?fref=ts</a> and may also be reached at <a href="https://www.bernadette.oleary@gmail.com">etickernews.bernadette.oleary@gmail.com</a> and followed on Twitter at <a href="https://twitter.com/BOLeary">https://twitter.com/BOLeary</a> ETicker.

### Inspiration/Entertainment

### My Birthday = You Get the Gifts!

My biggest drawing ever! Win items from just a few of my personal favorites: Christian Rock groups Red, Newsboys, Audio Adrenaline, We Are Messengers, For King and Country, and Family Force 5! Also, DVDs starring Robert Carlyle! Check them out online today if you're not familiar with them. You'll be glad you did.



Drawing to be held 8/31/16

Newsboys Bracelet, For King and Country Necklace, Signed Audio Adrenaline CD, 2 Red CDs, Matthew West CD, Signed We Are Messengers CD, Signed Family Force 5 CD, Before Beauty (Book by Brittany Fichter), And 2 Robert Carlyle Movies (Flood & Ravenous)!



To Enter. (Choose 1 or all 4!)

- 1. Click "Like" on this post on Twitter or FB.
- 2. Sened me a private message on Twitter or FB with 'Birthday Win" and your name.
- 3. Text 'Birthday Win" and your name to 405-332-3353
- 4. Email "Birthday Win" and your name to etickernews. bernadette. oleary@gmail.com

### Calendar Of Events

### Annual Claremont Lollipop Carnival August 12th

CLAREMONT, NH--The Claremont Parks and Recreation Department is excited to announce that the Annual Lollipop carnival will be held on Friday, August 12th, at Barnes Park from 4:00-8:00 p.m. This year's event will feature a midway of games where participants can earn tickets to redeem at the prize table, a special magic performance by Dylan Tenney, multiple food vendors selling food, and more!

"This event has been a staple in the Claremont community for years," said Mark Brislin, Parks and Recreation Director. "We have seen participant numbers drop over the last few years, and so we decided to revamp the event with a new start time later in the day to allow for more families to come and enjoy the event," said Brislin. "Other improvements participants can look forward to are exciting carnival-type midway games where children can earn tickets and redeem them at the end of the evening from the prize tent and an expansion of food vendors where families can come and have an affordable night out," explained Brislin. Participants will still enjoy other popular events from past years such as the cake walk, pie eating contests and the naming of the King and Queen of the Lollipop Carnival."

To play the games at the event, you will need to purchase lollipops at the event. One bag of 10 lollipops cost \$1 and it will cost between 2-5 lollipops to play each game. For upto-date information and a schedule of events, please be sure to visit the Claremont Parks and Recreation website at <a href="https://www.claremontparks.com/">www.claremontparks.com/</a>.

<u>www.ciaremontparks.com</u>/.

### Celebrate NH Eat Local Month With Acworth Village Store

SOUTH ACWORTH, NH--Throughout the month of August, the Acworth Village Store

joins with 63 partners throughout the state to highlight New Hampshire Eat Local Month, a month-long celebration of local food and New Hampshire farmers and producers.

"All month long, we hope to inspire you to eat more locally grown, raised and made foods, meet the farmers, growers and chefs behind your food and learn new skills that keep you eating locally throughout the year," said Jen Risley of New Hampshire Farms Network.

New Hampshire Eat Local Month is a state-wide celebration of farmers and local food producers throughout the month of August. Promotion of this year's NH Eat Local Month is paid for in part with funds provided by the New Hampshire Department of Agriculture, Markets & Food and is in collaboration with New Hampshire Farms Network and Seacoast Eat Local. Find more information at <a href="https://www.nheatlocal.org">www.nheatlocal.org</a> and <a href="https://www.facebook.com/nheatlocal">www.facebook.com/nheatlocal</a>.

NH Eat Local Month also coincides with National Farmers' Market Week, honoring farmers' markets all across America.

As part of the NH Eat Local Month festivities, the Acworth Village Store is also celebrating their First Annual Locavore Festival on August 28th from 10am-4 pm, at 1068 Route 123A, South Acworth, NH.

### **Senior Center Walking Club**

CLAREMONT, NH--Social walking is good for the soul and your health. Come join the fun at the Claremont Senior Center, Inc., 5 Acer Heights Rd., Claremont, from 6:30 - 7:30 p.m. Meet at the center. Walk the avenue and about (Maple Ave.). Walk your own pace and for as long as you can. No pressure,

### First Annual Acworth Locavore Festival

ACWORTH, NH--The Acworth Community Project is proud to announce plans for an exciting event planned for August 28 from 10:00 a.m.-4:00 p.m.: the First Annual Acworth Locavore Festival. It is a fundraiser for the Acworth Village Store, a community owned and operated general store located at 1068 Rt. 123A in South Acworth. The event will be held in the back field of the Village Store.

What is a Locavore Festival? It's a public event to showcase local food and beverage producers and local "farm to table" restaurants which will connect local food lovers and consumers to what is being locally grown and produced.

Anyone having questions should please contact Linda Lacasse at 603-835-2486 or email <a href="mailto:linda@lacasseenterprise.com">linda@lacasseenterprise.com</a> and anyone interested in advertising in the Festival Booklet can contact Judy Aron at 603-835-2188.

The Acworth Village Store is open Monday-Saturday from 7:00 a.m.-7:00 p.m. and Sundays from 8:00 a.m.-7:00 p.m. The phone number there is 603-835-6547. They offer many services, including an ATM and a US Post Office.

### Silsby Free Public Library News

CHARLESTOWN, NH--Find all of our new book titles on LibraryThing! The log-in is Sils-byfpl, and the password is 03603. The complete catalog is viewable at <a href="https://silsby.follettdestiny.com">https://silsby.follettdestiny.com</a>. Also be sure to like us on Facebook for the latest news and events.

#### August @ the Library

Monday, August 15 @ 4 p.m.- Origami Paper Cranes: Come into the library to learn how to make origami paper cranes in honor of Obon Day, the Japanese custom of ancestor remembrance. For Ages 8 to 80+

Thursday, August 18 @ 9 a.m.- Hiking Charlestown: Join us for a series of hikes that feature the trails and nature of Charlestown! Jim Fowler will be our guide for this fun trail as we meet at the Great Meadow Trail head at Lower Landing. Please wear proper attire, sunscreen, and insect repellent.

Thursday, August 25 @ 9 a.m.- Roaming Readers: In an effort to be active before the winter months, the library is starting a book club that meets on the 2nd and 4th Thursdays of the month. Join us in front of the library as we walk our beautiful stretch of town and discuss the latest books we have been reading. Make sure to wear comfortable sneakers!

Friday, August 26 @ 1 p.m. -Yoga for Adults: Lauren from Ahimsa Yoga Center in Claremont, will be here to talk about the benefits of yoga and to provide a lesson. Please bring a mat or towel, bottled water, and self! Another great way to stay active and healthy.

# ARE YOU NEW TO MEDICARE? JOIN US



### "Welcome to Medicare" Workshops

- Hospital Insurance
- Medical Insurance
- Rx Drug Coverage
- Medicare Supplements
- Medicare Advantage
  - Preventing Fraud & Abuse

Please Join Us On:

August 23rd at 1:30PM

### **Sullivan County ServiceLink (ADRC)**

224 Elm Street Claremont

For Information and to Register (required)



Call:

603-542-5177



LOCAL HELP FOR PEOPLE WITH MEDICARE

Funding for Sullivan County ServiceLink Aging and Disability Resource Center (ADRC) is provided in part by New Hampshire Department of Health and Human Services and the U.S. Administration for Community Living.



# Claremont Savings Bank Community Regeneration Days!

Computer Recycling
\*Claremont location only

Secure Document Shredding

Local Non-Profit
Collections

FREE!

Main Office
August 6<sup>th</sup>
8-10 AM
145 Broad Street
Claremont, NH

Springfield
August 13<sup>th</sup>
8-10 AM
85 Main Street
Springfield, VT

# Donations Being Accepted For St. Mary Gigantic Yard Sale

CLAREMONT, NH--St. Mary Parish will be holding its annual Gigantic Indoor Yard Sale, St. Mary's Gym, Saturday, on Sept. 10, from 8:00 a.m. to 2:00 p.m. Proceeds will benefit St. Mary's Parish.

Donations for the yard sale will be accepted in the gym during the following dates/times:

Monday, August 22 (3 pm - 7 pm) Wednesday, August 24 (3 pm - 7 pm) Saturday, August 27 (9 am - 1 pm) Monday, August 29 (3 pm - 7 pm) Wednesday, August 31 (3 pm - 7 pm) Saturday, September 3 (9 am - 1 pm)

The following items **will be** accepted: tools, small furniture, small appliances, glassware, china, dishes, pots/pans, Christmas items, crafts, toys, books, jewelry, pictures/frames, tapes/movies/CD's, puzzles, linens to include drapes & bedding, home decorative items, etc.

The following items will **not** be accepted: large appliances, large furniture, mattresses, luggage, broken items, rugs/carpeting, clothes, shoes, exercise equipment, skis/poles, ski boots, typewriters and computers.

Please contact Norma Limoges at 542-2916 for additional information.

### LSRVNA To Help Sponsor Cornish Fair

Join Lake Sunapee Region VNA & Hospice at the 2016 Cornish Fair on August 19, 20 and 21. Fair highlights include:

Animals galore 4-H Events

Dairy Show

Daily Show

Flying High Frisbee Dogs

**Chain Saw Artists** 

Bingo

Art Show & Sale

Food

Midway Rides & Games

Helicopter Rides

Parade

... and so much more, including a free blood pressure/Ask-A-Nurse Clinic sponsored by LSRVNA & Hospice all three fair days from 12:30 to 4:30 p.m. Visit <a href="http://www.cornishfair.org/">http://www.cornishfair.org/</a> for complete details. Contact them at 603-526-4077 or

www.lakesunapeevna.org for more information.

### Summer Concert Series At Union Church

CLAREMONT, NH--Join the West Claremont Center for Music and the Arts this summer for a fantastic program of music traditions from around the world. All concerts are by donation, and held at the historical Union Church at 133 Old Church Rd, Claremont, NH. For more information, visit wcc-ma.org.

#### Melissa Richmond and Angela Biggs The Passion & Turmoil of German Classical Saturday, August 20th, 7pm

An exploration of rich German compositions for flute, voice, and chamber ensembles of the Classical and Romantic eras.

### Overeaters Anonymous Meetings

CLAREMONT, NH--Overeaters Anonymous meets from 3:00-4:00 p.m. on Saturday afternoons at the Grace River Church in Claremont. They will be using the big book of Alcoholics Anonymous.

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NEWPORT, NH--OA 12 & 12 meetings held on Sundays from 12:30-1:30 p.m. at Millie's Place, 45 John Stark Hwy., in Newport.

### **Cornish Historical Center**

CORNISH, NH--The Cornish Historical Center, on School Street is open Saturdays during the warm months, from 9:00 a.m. to noon.

### **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, VT.

### **Lady Boss Club**

CLAREMONT, NH--The Lady Boss Club, a group of women-owned businesses in the Greater Claremont and Upper Valley areas, is welcoming new members. They meet at the Java Cup every second Tuesday, from 5:30 to 7:30 p.m. In the Hanover area, members meet every Wednesday 5.30-7.30 p.m. at the Howe library, Hanover.

Meetings are free and open to the public.

The Lady Boss Women Entrepreneurial Club is a community to help local women- entrepreneurs with their ideas/businesses development and networking. For more information, contact <a href="mailto:LadyBossClub@gmail.com">LadyBossClub@gmail.com</a>.

### Sugar River Civil War Round Table

CLAREMONT, NH--The Sugar River Civil War Round Table meets 1st Monday of each month, 7:00 p.m., at the Earl M. Bourdon Center.

### Clinics By Lake Sunapee Region VNA & Hospice

Blood Pressure and Foot Clinics provided by Lake Sunapee Region VNA & Hospice (as of 8/1/2016)

These events take place every month, except on holidays. For more information or to verify a date, call 603-526-4077 or visit <a href="https://www.lakesunapeevna.org">www.lakesunapeevna.org</a>

Every Tuesday & Thursday BLOOD PRESSURE CLINIC IN NEW LON-DON

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:00 a.m. – 12:00 p.m. Free and no appointment needed.

Every Wednesday

BLOOD PRESSURE CLINIC IN NEWPORT Rite Aid 51 S Main St, Newport 11:00 a.m. - 1:00 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

**Every Thursday** 

FOOT CLINIC IN NEW LONDON

Lake Sunapee Region VNA & Hospice

107 Newport Rd, New London

9:30 a.m. - 1:30 p.m. by appointment only

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

1st Monday

**BLOOD PRESSURE CLINIC IN LEBANON** 

Lebanon Senior Center

10 Campbell St, Lebanon

10:00 a.m. - 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN NEW LONDON

Lyon Brook Community Association

332 Parkside Rd, New London

9:30 a.m. - 2:00 p.m. \$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

FOOT CLINIC IN PLAINFIELD

Philip Read Memorial Library

1088 Route 12A, Plainfield

1:00 – 4:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

1st Tuesday

**BLOOD PRESSURE CLINIC IN NEWPORT** 

**Newport Senior Center** 

76 S Main St, Newport

10:45 a.m. – 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

1st Wednesday

**BLOOD PRESSURE CLINIC IN CANAAN** 

Mascoma Senior Center 1166 US Route 4, Canaan

9:00 a.m. - 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN LEBANON

Lebanon Senior Center

10 Campbell St, Lebanon

10:00 a.m. – 2:00 p.m. by appointment only

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

FOOT CLINIC IN CLAREMONT

Claremont Senior Center

5 Acer Heights Rd, Claremont

8:30 a.m. - 3:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

1st Thursday

**BLOOD PRESSURE CLINIC IN CLAREMONT** 

Claremont Senior Center

5 Acer Heights Rd, Claremont

10:30 a.m. - 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

1st Friday

BLOOD PRESSURE CLINIC IN NEW LON-

DON

Council on Aging

37 Pleasant St, New London

10:30 - 11:30 a.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN NEW LONDON

Council on Aging

37 Pleasant St, New London

12:30 – 3:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

2nd Monday

**BLOOD PRESSURE CLINIC IN** 

**CHARLESTOWN** 

Charlestown Senior Center

223 Old Springfield Rd, Charlestown

12:00 – 1:30 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN CHARLESTOWN

Charlestown Senior Center

223 Old Springfield Rd, Charlestown

Call 603-526-4077 for appointment.

11:00 a.m. – 4:00 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

2nd Tuesday

**BLOOD PRESSURE CLINIC IN GRANTHAM** 

Grantham Methodist Church

418 Route 10 South, Grantham

11:15 a.m. – 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

**BLOOD PRESSURE CLINIC IN CLAREMONT** 

Earl Bourdon Centre 67 Maple Ave, Claremont

10:00 - 11:30 a.m.

Provided by Lake Sunapee Region VNA &

Free and no appointment needed.

Hospice.

2nd Wednesday

FOOT CLINIC IN CLAREMONT

Claremont Senior Center

5 Acer Heights Rd, Claremont

8:30 a.m. – 3:00 p.m. by appointment only

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

2nd Thursday

**BLOOD PRESSURE CLINIC IN GRANTHAM** 

Grantham Town Hall

300 Route 10 South, Grantham

10:30 – 11:30 a.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

FOOT CLINIC IN GRANTHAM

Grantham Town Hall

300 Route 10 South, Grantham

11:00 a.m. – 1:30 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

2nd Friday

**BLOOD PRESSURE CLINIC IN CLAREMONT** 

Sugar River Mills

7 Heritage Dr. Claremont

11:30 a.m. – 12:30 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN CLAREMONT

Sugar River Mills

7 Heritage Dr, Claremont

12:00 - 3:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

3rd Monday

**BLOOD PRESSURE CLINIC IN LEBANON** 

Lebanon Senior Center

10 Campbell St. Lebanon

10:00 a.m. - 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN CHARLESTOWN

Charlestown Elderly Housing 107 Lovers Lane Rd, Charlestown

1:30 – 3:30 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

3rd Tuesday

**BLOOD PRESSURE CLINIC IN DANBURY** 

**Danbury Community Center** 

15 High St. Danbury

10:00 a.m. - 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

**BLOOD PRESSURE CLINIC IN NEWPORT** 

Newport Senior Center

76 S Main St, Newport

11:15 a.m. – 12:15 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

FOOT CLINIC IN CLAREMONT

Marion Phillips Apartments

243 Broad St, Claremont

1:00 – 4:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

3rd Wednesday

**BLOOD PRESSURE CLINIC IN GOSHEN** 

Goshen Parish Hall

Route 10, Goshen

10:45 - 11:45 a.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN CLAREMONT

Claremont Senior Center

5 Acer Heights Rd, Claremont

8:30 a.m. – 3:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

3rd Thursday

BLOOD PRESSURE CLINIC IN BRADFORD

**Bradford Senior Center** 

134 E Main St, Bradford

11:00 a.m. – 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

BLOOD PRESSURE CLINIC IN CLAREMONT

Claremont Senior Center

5 Acer Heights Rd, Claremont

11:00 a.m. – 12:00 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

3rd Friday

**BLOOD PRESSURE CLINIC IN NEWPORT** 

Maple Manor Apartments

44 Maple St. Newport

12:45 – 1:30 p.m.

Provided by Lake Sunapee Region VNA &

Hospice.

Free and no appointment needed.

FOOT CLINIC IN WARNER

North Ridge Community Room

26 North Rd, Warner 9:30 - 11:30 a.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

4th Monday

FOOT CLINIC IN NEWPORT

**Newport Senior Center** 

76 S Main St, Newport

9:00 a.m. - 2:30 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA &

Hospice.

Doctor's order required for those with diabetes

or circulation problems.

Call 603-526-4077 for appointment.

4th Monday in Feb. Apr. Jun. Aug. Oct & Dec

FOOT CLINIC IN NEWPORT

Maple Manor Apartments

44 Maple St, Newport

1:00 – 4:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

4th Monday in Jan, Mar, May, Jul, Sep & Nov

FOOT CLINIC IN CORNISH

Cornish Town Hall

294 Town House Rd, Cornish

1:00 – 4:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

4th Tuesday

BLOOD PRESSURE CLINIC IN CLAREMONT

Marion Phillips Apartments

243 Broad St, Claremont

1:00 - 2:00 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

**BLOOD PRESSURE CLINIC IN CORNISH** 

Cornish Town Hall

294 Town House Rd, Cornish

11:15 a.m. – 12:15 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

4th Wednesday

**BLOOD PRESSURE CLINIC IN WARNER** 

Warner Senior Center

49 W Main St, Warner

10:30 a.m. – 12:00 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

FOOT CLINIC IN NEWPORT

**Newport Senior Center** 

76 S Main St, Newport

8:30 a.m. - 3:00 p.m. by appointment only

\$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

4th Thursday

**BLOOD PRESSURE CLINIC IN PLAINFIELD** 

Plainfield Town Hall

110 Main St, Plainfield

11:30 a.m. – 1:30 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

4th Friday

FOOT CLINIC IN WARNER

Warner Pharmacy

11 East Main St, Warner

9:30 a.m. – 12:00 p.m. by appointment only \$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

Doctor's order required for those with diabetes or circulation problems.

Call 603-526-4077 for appointment.

### Amplified Arts To Present "Pints & Playwrights"

CLAREMONT, NH--Now, after the recent successful launch of its early career arts program called "The Academy" and its production of "The Importance of Being Earnest", Amplified Arts' latest series, dubbed "Pints & Playwrights", brings "staged-ish" reading of classic plays into bars and restaurants around Sullivan County.

"Prints & Playwrights" will present Shake-speare's "A Midsummer Night's Dream" at Time Out Americana Grill on Mulberry St. on Aug. 25 at 6:30 p.m. The aim is to provide an open and informal production featuring anyone (18+) who likes creative and somewhat informal theatre in intimate spaces. These productions run about one hour and 45 minutes and involve little in the way of stage dressing or costume, however, don't let that fool you...

So come out to this all-ages show, grab a drink and/or dinner and let them spin you a tale or two. There is no charge for the show, just pay what you will and tip your server, of course.

For more information, please email amplifiedartsnh@gmail.com.

### Woodsmen's Competition

CORNISH, NH--The Sullivan County Chapter of the New Hampshire Timberland Owners Association (NHTOA) and the Cornish Fair Association will sponsor the 53rd annual Woodsmen's Competition starting at 8:00 a.m., Saturday, Aug. 20, at the Cornish Fair Fairgrounds, Townhouse Road, Cornish. Registration starts at 8:00 a.m. The competition starts at 9:00 a.m. in the horse ring.

Entry is \$5 for each event. Paid registrations received by Thursday, Aug. 18, cost \$4.

Events include: chainsaw steeplechase, world vs. New Hampshire chainsaw steeplechase relay, chainsaw speed sawing free-forall, two-person crosscut sawing, Jack and Jill crosscut sawing, two-person log roll, wood chopping, double-bit ax throwing, bucksaw sawing and tree felling.

Contestants must provide their own safety gear, including safety chaps, hardhats and safety glasses. Chainsaws will be provided for the steeplechase event.

Prize money will be awarded. Unique trophies will be given to the contestants who accrue the most points.

More information is available from Jim Zullo at (603) 863-2422.

### **Bingo In Charlestown**

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. Twelve regular games, six special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, and a progressive game from \$800 - \$1,800, plus the final game with a guaranteed prize of \$225 make up the Wednesday evening benefits. It is the VFW Post 8497's primary fundraiser for its various scholarships and sponsorships. Food and drinks are available.

Visit us at www.etickernewsofclaremont.com

### **Aerosmith Tribute Band At Arrowhead**

CLAREMONT, NH--The next concert at Arrowhead is on Saturday, Aug. 13th. There will be three performers, Flew-Z, Roadhouse and the headliner, the Aerosmith tribute band Draw The Line.

Draw The Line, hailing from Boston, is an Aerosmith Tribute Band, the only officially endorsed Aerosmith tribute band. Aerosmith singer Steven Tyler singled out Draw The Line as the best of the Aerosmith tribute bands. If you love Aerosmith, this is a show you don't want to miss, said organizers. Check out the Draw the Line Web site at;

http://www.drawtheline.net/ and their Facebook page at https://www.facebook.com/DTL20/

There are two local opening bands for Draw the Line, starting at 3:00 p.m.

First up is Flew-Z, out of Newport, NH. This high energy, hard driving, classic rock cover band offers a focus on Van Halen, Aerosmith and more. Come see Kyle, Logan, Eric, and Alec rock the Summerfest stage.

Flew-Z Facebook page.

https://www.facebook.com/Flewzband/home

Following Flew-Z is Roadhouse. This a rock band that will make you smile. They are an assembly of musicians that are up there on stage rockin' the house simply because they love to do it. Band Members: Lisa (Lead Vocs), Keith (Lead Guitar, Vocs), Ron (Bass Guitar, Vocs) and Gozzy (Drums)

Roadhouse Facebook page.

http://www.facebook.com/rockfromroadhouse

Experience all three of these performances on Saturday, Aug. 13th, at the Arrowhead Recreation Area in Claremont across from the CSB Community Center. The beer/wine garden will be available to those 21+, food and there will be other specialty vendors, crafts for kids and more on site. Gates open at 2:00 p.m. Music starts at 3:00 p.m. Admission is \$15. Kids 12 and under free. Tickets available at the gate, at Arrowhead, Claremont Chamber of Commerce or order online at

#### www.claremontsummerfest.com.

Bring your chairs, picnic lunches, blankets and pop-up tents (no glass bottles, coolers, backpacks or alcohol); insulated bags with ice packs OK. All bags will be checked at the gate.

Next concert after this will be on Saturday, Aug. 27th, at the Visitor Center Green. It will

be Kashmir, the #1 Lead Zeppelin Tribute Band.

### Croydon Ladies Auxiliary Sponsoring 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.

#### **Claremont Farmers Market**

CLAREMONT, NH--The Claremont Farmers and Artisans Market will be held every Thursday through October 6th, from 4:00-7:00 p.m. (rain or shine); they only call the market for lighting. A strong selection of vendors with more added weekly; music featured as well.

#### 2016 Summer In The Paddock

CHARLESTOWN, NH--Join us for the 4th Annual Season of Summer In The Paddock on North Main Street in Charlestown. The Farmers & Artisans Market will run for 15 weeks on Saturdays, 9:00 a.m. to 1:00 p.m., starting June 25, and again offer affordable vendor fee "packages" to encourage strong weekly commitments from current and new vendors. Potential vendors are encouraged to stop by the Charlestown Congregational Church for a brochure of policies and fee schedules. Email <a href="mailto:congchrch@myfairpoint.net">congchrch@myfairpoint.net</a> (yes, leave out the "u") or call (603) 826-3335 with questions and to receive the brochure by email or USPS.

River Theater Co.

Register for all or part of the season.

**Fall Acting Classes** 

CHARLESTOWN, NH--River Theater Company of Charlestown will be offering youth theater classes beginning in September. The class session is eight weeks long and will meet Thursday afternoons from 4:30 to 6:00 p.m. at the Charlestown Town Hall. The class is open for children age 8 to 12. Registration is re-

quired and the cost is \$75. However, RTC never turns children away due to finances and scholarships are available for those in need.

The class will be taught by River Theater Company Vice President, Michael Wright, with assistance from experienced River Theater alumni. "River Theater Company tends to produce shows that have many roles for children," said Wright. "In the past, most of the children learned the basics of stagecraft while in rehearsal for a show. The goal of this class is to give kids a chance to learn and practice those skills outside of the rehearsal process. This makes the process more fun and less stressful." Wright has been directing River Theater productions for close to 10 years and most recently directed their production of "Oliver!" at the Claremont Opera House.

This class introduces beginning acting techniques and cultivates skills that enable kids to be confident and comfortable on stage. However, the benefits of taking an acting class go far beyond comfort on stage. Acting classes help children to communicate with others, build confidence, relieve stress and tension through creative expression.

For more information and to register for the class, please email <u>rivertheater@yahoo.com</u>.

### **Paddle With A Purpose**

SPRINGFIELD, VT--On Thursday, Aug. 18th, join Laurie Callahan on behalf of the Connecticut River Watershed Council with your kayak to Paddle With A Purpose: Survey the North Springfield Lake to search for invasive water chestnut plants. Details: 9 a.m.-12:30 p.m.; Paddle with a Purpose: Water Chestnut Survey/Pull - VT (This event was originally scheduled for August 30th, but the date was "moved-up" because of the group's findings in July. August 30th will be a "rain date", if needed, for this newly scheduled August 18th date).

Where: North Springfield Reservoir, Springfield, VT.

Pre-register by contacting Callahan at 802-258-1877 or <a href="mailto:therivermist@hotmail.com">therivermist@hotmail.com</a>. Join her and the Connecticut River Watershed Council to ensure that this waterbody is free of water chestnut. Launch location at Army Corps of Engineers recreational area TBD.

A confirmation email prior to August 18 with where to meet, what to wear and bring will be shared with registered participants.



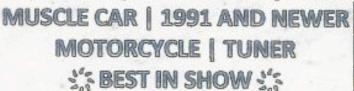


Sunday, August 28<sup>th</sup>, 2016 9am – 2pm 135 Maple Ave. Claremont, NH (rain date september 18<sup>th</sup>, 2016)

Show cars \$10.00 (Driver and 1 Passenger)
Visitors \$5.00 | Kids 12 and under are free!
Registration 9AM – 12 Noon | Trophies awarded @ 2PM

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## DJ | DOOR PRIZES | FOOD | 50/50 RAFFLE ## Proceeds to benefit

CLAREMONT SENIOR CENTER For information call Ron (603) 542-5798



### Claremont School District's Annual Back to School Festival

Saturday, August 27, 2016 10:00am - 12:00 pm

Monadnock Park ~~~ Rain or Shine

Made possible through generous donations by

Walmart Karl Collise Memorial Fund National Field Representatives



For more information:

Courtney Porter

Claremont Middle School Social Worker

603-543-4250 x226 or 603-558-5760

cporter@sau6.org



Remembering Loved Ones...

### Life Tributes 700



#### **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.etickernewsofclaremont.com

#### Eleanor B. Parmelee, 99

Eleanor B. Parmelee, 99, died on August 2, 2016, just five days shy of her 100th birthday.

She was born in Claremont, NH, on August 7, 1916, the daughter of Edward and Elsie (Benjamin) Burke.

Eleanor was a 1934 graduate of Stevens High School.

She married her husband, Roy B. Parmelee on September 16, 1939; he died on June 15, 1984.

She was a member of the Methodist Church, Woodmen Chapter #26 OES Post Master, PM & AP Association and the LUAS.

Eleanor got her nursing training at the Nashua Memorial Hospital in 1938. She had worked at the Claremont General Hospital and then at VNA for many years. She was a secretary at the Towles Home until she retired in 1978.

She is survived by a goddaughter, Nancy Ciardelli of Burlington, VT, and good friend, Doris Foster of Charlestown.

She was predeceased by her parents and husband.

A Funeral Service was held at the Stringer Funeral Home on Friday with Priscilla Hull officiating. Burial followed in the West Claremont Burying Ground.

#### Bruce A. Bunnell, 64

Bruce A. Bunnell, 64, of Clearwater, FL, and formerly of Claremont, NH, passed away on Sunday, May 29, 2016 at Morton Plant Hospital from heart and liver failure after a year long battle with cancer.

He was born in Claremont, NH, on August 10, 1951, to the late George I. Bunnell and Harriet M. Smith Bunnell. Bruce worked locally at Dorr Woolen Mill, Caplan's Dusting Co., New

England Herb Co. and as a house painter. Bruce had a deep affection for animals and in his younger years, there was always a dog at his heels. An avid outdoorsman, Bruce had a strong connection with nature and spent a great deal of time camping, fishing and hunting. His love of the ocean led him on many deep sea fishing adventures and finally to Florida

the tropical scenery of Florida's gulf coast.

Surviving members of his family are his sisters, Ann Bunnell, Gloria Maloy and Martha Zabielski and his brothers, David and Kenneth Bunnell. Also surviving are his five children, Brian, Lori, Belinda, Mellissa and Ian. Surviving are also his 12 grandchildren, several aunts, uncles, nieces, nephews, cousins and some very good friends.

Bruce was predeceased by both parents, his sister Janice, his brother Gus (Leo) and his





-Dr. Sam Giveen

It's all in the details. When you buy eyeglasses from Doctor Sam's, they typically cost less and they're better made—right down to screws that stay just where they are. It's no-nonsense, straight-

forward attention to detail that makes Dr. Sam who he is—and makes his patients very happy.



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

There will be a short graveside service in St. Mary Cemetery on Plains Road in Claremont on Saturday, August 13, at 11:00 a.m. Immediately following will be a pot luck Celebration of Life at the top of Moody Park under the Pavilion from 12pm-3pm.

You are invited to share a memory of Bruce with the family or leave a message of condolence in the family guest book at <a href="https://www.royfuneralhome.com">www.royfuneralhome.com</a>

### NH State 4-H Horse Show 2016

Seventy NH 4-H equestrians along with 25 Teen Leaders and many parents, leaders and chaperones recently participated in the NH 4-H Horse Show held at the Cheshire Fairgrounds in Swanzey. Exhibitors participated in typical horse show classes such as Equitation, which is judged on the rider and Trail, which is judged on the horse's ability to be a good trail mount. In addition, exhibitors and teen leaders took a written quiz and competed in a horse judging contest.

On Friday, the exhibitors and teen leaders settled the horses into their stalls, decorated the barns and participated in opening ceremonies followed by the horse judging contest and the quiz. Saturday show classes were followed by an ice cream social and fun and games, including stick horse jousting and the barnyard Olympics.

Sunday included more horse show classes and the closing ceremonies when champions were recognized, and the 24 members and 8 alternates chosen to represent New Hampshire as exhibitors or Teen Leaders at the New England 4-H Horse Show held at the Big E in West Springfield MA in September were announced. Several Sullivan County 4-H Equestrians will be on the New Hampshire team traveling at Eastern States: Hannah and Jessica Hastings will compete, Adam Barry was selected as an alternate and Jazmyn Durgin will attend as a 4-H teen leader.

The 3-day event was the highlight of the show season for many who qualified earlier to represent their county at the State Show. Exhibitors had the choice of driving their horses in front of a cart, showing in hand where they lead the horse to demonstrate the training and agility of the horse or riding their horses English or western (See photo, page B19).

### Social News

### **Claremont Senior Center, Inc. News**

#### By Claire Lessard, Executive Director

A volunteers' meeting (for our annual and NEW volunteers) will be held Monday – August 8 (6:30 PM) in the Owens hall at the center regarding our 5th Annual Car Show on Sunday - August 28 (9:00 AM - 2:00 PM). Show cars \$10 (driver and 1 passenger), Visitors \$5 / Kids 12 and under are free! Registration 9:00 AM - 12 Noon. Trophies awarded at 2:0 PM. DJ, door prizes, food, 50/50 Raffle. Come join the fun!

Our "free lunch" winner for attending our monthly meeting on August 2 was Marilyn Gilbert.

Come join the fun for Adult Coloring. Open to the public every Monday (1:00-3:00 PM). Grab your crayons, colored pencils, markers and come on over to the center. Some supplies provided. Bring your personal coloring book to share your finished pages. Members free. Non-members \$1.00.

Join our Walking Club every Wednesday (6:30-7:30 PM). Social walking is good for the soul and your health. Meet at the center to walk the avenue and about (Maple Ave.). Walk at your own pace and for as long as you can. No pressure.

Café Claremont Menu: Tuesday - August 9 ... Appetizers, cold meats & cheese platters, salads, dessert. Thursday - August 11 ... Soup, roast pork, potatoes & gravy, vegetables, apple sauce, dessert. Menu subject to change!

Free Blood Pressure / Blood Sugar Clinic - Thursday - August 18 (11:00 AM - 12 Noon). Followed by "Healthier You Series" (12:30 - 1:30 PM). Topic: "The Truth About Treating Joint Pain & Staying Mobile with Some Help" Both programs sponsored by the Lake Sunapee Region VNA & Hospice.603). Call 526-4077.

"Sunday at the Center" (1:00-5:00 PM) continues for members and bona fide guests! Play pool, games, ping-pong, work on a puzzle, card games (Hand & Foot card game most popular), Mahjongg (instructions given) or just socialize. Bring a snack to share and bring your own beverage.

Upcoming trips...New England goes Country with one of today's hottest upcoming stars Jimmy Lehoux Band - October 18 at the Common Man Inn in Plymouth, NH. \$91.00 per person. Norman Rockwell's "Home for the Holidays" ... a visit to the picture perfect New England village of Stockbridge, MA - December 1 at the Red Lion Inn. \$101.00 per person. Come to the center and check out the details!

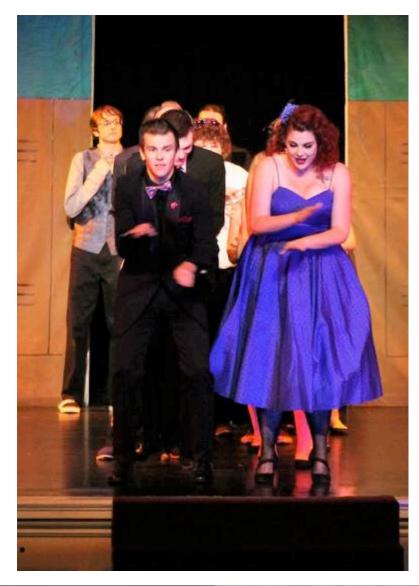
Chair Yoga class guided by Charleigh Robbalard of the Ahimsa Yoga Center in Claremont brings you through an hour of gentle, relaxing yoga. Class uses chairs to accomplish the poses doing just what you can. Join us every Monday at 10:00 AM. Fee of \$5.00.

Seniors Bingo for center members 55 years of age and older every Wednesday at 1:00 PM. Come have lunch! Sale of cards stops at 12:50 PM. No cards sold after that time!

Senior Game Night every Tuesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required. Mahjongg, Hand & Foot card game and Pool are popular but other games are available. Attendees should bring a snack to share!

Pool 9:00 AM - 3:00 PM Monday to Friday. Exercise sessions - Tuesday & Thursday - 10:00 AM. Ping Pong - Wednesday & Friday - 10:00 AM. Bridge on Thursday - 1:00 PM. Mahjongg & Knitters - Friday - 1:00 PM. Non-members welcome but must sign in. Three visits allowed before membership is required.

The Claremont Senior Center...It's "The Place Where You Want To Be!"....Monday - Friday (9:00 AM - 3:00 PM) and for any of our public events! Call (603) 543-5998. Visit our website (cnhcs.org.).





Horse Qualifying Show participants: Sullivan County team members competing at the State 4-H Horse Show were (L-R) Adam Barry, Abby Patten, Anna Avery, Jasmyn Durgin, Kylee Peck, Olivia Jameson, Jessica and Hannah Hastings (Courtesy photo).



"Grease" Rocks The COH



The Repertory Theatre Company presented "Grease" at the Claremont Opera House on Friday and Saturday, Aug. 7 and 8. Both performances drew over 200 people each night to enjoy the singing and dancing by these very talented performers.

**Photos By Bill Binder** 

### **Claremont Fire Dept. Log**

#### 7/31

1238 E3 to Washington St for a public assist 1649 E3 to Washing ton St for a motor vehicle accident

1655 E3 to Elm St for an illegal burn

#### 8/1

0430 E3 to South St for an alarm sounding 1042 E3 to Washington St for an alarm sounding

#### 8/2

0458 E3 to North St for wires arching 1953 E3 to Heritage Dr for an alarm sounding 8/3

0950 E3, L2,E1 to Maple Ave for a box alarm 1048 E3 to Heritage Dr to check the wellbeing of a resident

1908 E3 to Winter St for a medical call

0658 U3 to arrowhead for an illegal burn 8/5

1131 E3,L2,E1 to Winter St for a box alarm 1334 E3 to Pearl St to check the wellbeing of a resident

1605 E3 to Washington St for a motor vehicle accident

2216 E3 to Thrasher Rd for wires down

#### 8/6

2210 E3 to Laffeyette St for an electrical problem

### **Accident With Injury**

SPRINGIFIELD, VT--At approximately 9:30 p.m., Sunday, August 7th, Springfield Dispatch received multiple calls regarding a single vehicle rollover accident that had occurred on the Chester Road in the area of the Church of Christ.

Initial investigation found that Travis Tyrrell, 18, of Chester, lost control of his 2015 Ford F150 and hit the ditch just west of the Church of Christ causing the vehicle to become airborne and rolling over upon re-contact with the ground, and coming to a final rest back on its wheels.

Tyrrell and his passenger, a 20-year-old male, were transported to Springfield Hospital with non-life threatening injuries. Neither operator nor passenger was seatbelted.

Anyone who may have any additional information regarding this accident is asked to contact Officer Steven Neily at 802-885-2113.



The Claremont City Council will hold a joint public meeting with the Claremont School Board on <u>Tuesday</u>, <u>August 9</u>, <u>2016</u>, at 6:00 p.m. in the John Goodrich Room of the Sugar River Valley Regional Technical Center, 107 South Street. **NOTE: DIFFERENT TIME AND LOCATION.** 

#### **AGENDA**

6:00 PM 1. PLEDGE OF ALLEGIANCE

6:02 PM 2. ROLL CALL

3. NEW BUSINESS

6:05 PM A. School District Overview

6:35 PM B. City Overview

7:05 PM C. Discussion of Issues that Negatively Impact both Entities

7:35 PM D. Formulate Priorities and Next Steps

8:00 PM 4. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, August 10, 2016, at 6:30 p.m. in the Council Chambers at City Hall.



The Claremont City Council will hold a public meeting on Wednesday, August 10, 2016, at 6:30 p.m. in the Council Chambers of City Hall.

#### **AGENDA Revised**

6:30 PM 1	l.	PLEDGE OF ALLEGIANCE

6:32 PM 2. ROLL CALL

6:34 PM 3. AGENDA CHANGES

6:35 PM 4. REPORT OF THE SECRETARY

Minutes of July 13 and 27, 2016, City Council Meetings

6:35 PM 5. MAYOR'S NOTES

6:40 PM 6. CITY MANAGER'S REPORT

6:55 PM 7. APPOINTMENT TO BOARDS AND COMMITTEES

7:00 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 22))

#### 9. OLD BUSINESS

7:15 PM A. Ordinance 548 Franklin St. Parking Lot – Second Reading – Public Hearing

7:30 PM B. Water & Sewer Rate Study Discussion

#### 10. NEW BUSINESS

7:45 PM A. Resolution 2017-7 Special Events Budget – Public Hearing

8:00 PM B. Resolution 2017-8 Funding for Reach the Peak Event – Public Hearing

BREAK

8:30 PM 11. COMMITTEE REPORTS

8:35 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES

8:50 PM 13. CONSULTATION WITH LEGAL COUNSEL

9:05 PM 15. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, August 24, 2016, at 6:30 p.m. in the Council