

Brave Racers Reach The Peak In Claremont

By Kelly Burch
e-Ticker News

CLAREMONT - About 100 participants swam through a mud pit, slid down a massive and soapy slip and slide, wrangled the monkey bars and climbed Arrowhead Mountain not once, but twice Saturday at the annual Reach the Peak obstacle course race in Claremont.

"It was fun," said Michelle Lavigne of Claremont, who ran the race for the first time. "Definitely a challenge, but it was fun."

making it to the top, participants looped again to the bottom, tackling a series of obstacles in the field behind Claremont Middle School, including monkey bars, a wall to climb over, and a slip and slide. After another trip through the mud pit, it was time for most difficult obstacle - scaling the face of Arrowhead.

All in all, the race covered about 3.5 miles. A free 1-mile race for kids under 10 took place just before the main race.

"It's such a fun day," said Justin Martin, Supervisor of Recreation Programs for the Cl-



Left: Racers were all smiles at the start of the competition; above: The climbing wall (Photos, courtesy of Patty Deschaine).

remont Parks and Recreation Department, who helped organize the event. "We make a lot of people very happy. It's challenging, but really it's all about the fun. It's a fun day."

The race has been happening for more than
(Continued on page B2)

Racers began at the base of Arrowhead, scaling a mud pile and sliding through tunnels that submerged them in another mud pit before ascending the mountain for the first time. After

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Reach, from B1

five years, but this year the course was reimagined with the help of the race committee and Bud Marro, a community center employee who frequently runs obstacle races.

“We wanted to keep it fresh and new,” said Martin.

Blanc & Bailey Construction, Inc., was instrumental in sponsoring the event and helping with the construction, most of which took place Friday.

“[Owner and President] Matt Blanc was our go-to guy, along with the whole company,” said Martin. “Without them none of this would have been possible.”

He pointed to one obstacle - tires hanging from a frame that participants had to pass through.

“Something like that looks simple but it takes a long time to make.”

There were many more volunteers that helped the event run smoothly. The Claremont Varsity and Junior Varsity Soccer teams and Field Hockey Team had students manning the obstacles and helping participants navigate the course. Hannaford supplied much-needed water along the course, as well as fruits and refreshments for finishers. All together, about 50 volun-

teers contributed to Reach the Peak.

About 90 racers were preregistered for the event, with a few more registering on Saturday morning, Martin said.

This was the first year that the Community Alliance was not part of the event, and the Parks & Recreation department took full control. Proceeds from the event benefit programming for the Parks and Recreation Department.

Judging by the smiling yet exhausted faces at the finish line, the race was a great success.

SHS Boys Soccer

8/26/16 Hosted Derryfield; Derryfield, 3; SHS, 0. Cardinals host Fall Mountain on Tuesday and face Franklin on Friday on the road.

SHS Girls Soccer

8/26/16 Hosted Monadnock, winning 5-0. Red Birds host Hillsboro-Deering on Thursday.

Mud was the order of the day at Reach The Peak in Claremont (Photos, courtesy of Patty Deschaine).

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Twin Valley Hockey Sisters Programs For Girls

Looking for a great program for your daughter? Twin Valley Hockey Sisters is a program devoted to helping girls learn hockey as well as boosting confidence and team building skills. Twin Valley also has co-ed Learn to Skate and Learn to Play Programs for the little ones. Very family friendly way to start a great sport. And did you know SHS students can play High School hockey at Lebanon now? Both boys and girls can play now that there is a co-op for hockey. To visit their website to learn more or to register, go to www.twinvalleyflyers.com.

Claremont Elks Soccer Shoot

CLAREMONT, NH--The Claremont Elks BPOE #879 Soccer Shoot will be held in September. Open to Girls and Boys, ages 4-13 as of 8/1/2016, from: Charlestown, Claremont, Cornish, Newport and Unity.

Date: September 11th, at Monadnock Park (track field)

Time: 10:00 a.m. Sign up

10:30 a.m. Competition Begins

Questions: Lodge 542-9802

Lee Miller 558-0133 (cell)

Winners move on to State Shoot on October 15th, 2016 in Portsmouth, NH. State Winners move on to Area One Shoot on November 4-6, 2016 in Burlington, VT.

New Hampshire Hunting Seasons Start September 1

CONCORD, NH.--New Hampshire's hunting seasons kick off on September 1 with the opening of black bear and gray squirrel seasons. Archery seasons for turkey and white-tailed deer get underway September 15. The statewide resident Canada goose hunt runs September 1-25, 2016.

Highlights of New Hampshire's hunting seasons can be found in the newly published 2016-17 New Hampshire Hunting and Trapping Digest, which includes New Hampshire hunting season dates, bag limits, check station locations and more. Hunters and trappers can pick up a free copy from Fish and Game or their local license agent when they buy their

license, or view it online at

www.huntnh.com/hunting/publications.html.

Looking ahead, the much-anticipated regular firearms deer hunting season opens on November 9. Both the archery and regular firearms seasons for deer continue to end one week early in WMU A. Check the 2016-17 Hunting Digest for Wildlife Management Unit (WMU)-specific either-sex deer hunting regulations.

Following is a general overview of New Hampshire's fall hunting seasons (please be sure to consult the Digest or visit the Fish and Game website at www.huntnh.com for additional information):

2016 New Hampshire Hunting Seasons

- WHITE-TAILED DEER:
 - Archery: September 15-December 15 (ends December 8 in WMU A)
 - Youth Deer Weekend: October 22-23, 2016
 - Muzzleloader: October 29-November 8, 2016
 - Firearms: November 9-December 4, 2016 (ends November 27 in WMU A)
- BLACK BEAR: Starts September 1 (end varies by WMU)
- GRAY SQUIRREL: September 1-December 31
- SNOWSHOE HARE: October 1-March 31 (bag limit varies by WMU)
- RUFFED GROUSE: October 1-December 31
- MOOSE: October 15-23 (by permit only)
- FALL TURKEY:
 - Shotgun turkey: October 10-16 (certain WMUs)
 - Archery turkey: September 15-December 15 (closed in WMU A)

A notable change this year is that the fall turkey shotgun season has been extended from 5 to 7 days (October 10-16, 2016) by adding a weekend at the end of the season. See a summary of other changes for 2016 at www.huntnh.com/newsroom/news.html?news=445. More details are provided in the Digest.

If you need a Hunter Education class, don't delay. Register online at www.huntnh.com/hunting/hunter-ed.html.

Apprentice hunting licenses are an option for people age 16 and older who want to try hunting, but have not taken Hunter Education. It

allows hunting under the guidance of a licensed hunter age 18 or older. The option remains popular. In 2015, a total of 597 individuals (413 men and 184 women) took advantage of the apprentice license program in New Hampshire, hunting everything from deer to migratory waterfowl. Apprentice licenses are available only at Fish and Game headquarters. Visit www.huntnh.com/hunting/apprentice.html.

As the fall hunting seasons begin, Fish and Game urges hunters not to use natural urine-based deer lures. These products can potentially spread Chronic Wasting Disease (CWD), a neurological disorder that is always fatal to white-tailed deer and moose. Synthetic lures are suggested. Do your part and help our deer herd. Learn more at www.huntnh.com/wildlife/cwd.

NH hunting licenses and permits can be purchased online anytime at www.nhfishandgame.com.

Small Game Hunter Surveys

CONCORD, NH--Small game hunting seasons will soon be underway, and hunters are being asked to take part in two NH Fish and Game Department surveys. Participants have a chance to win a quality firearm. Winners from last year's survey participants were noted at the August meeting of the NH Fish and Game Commission. The Small Game Survey winner was Ronald Hamel of New Gloucester, Maine, and the Grouse Wing and Tail Survey winner was Michael Amicangioli of Dover, NH. If you hunt small game, please take part in these surveys: Small Game Survey -- This annual survey provides Fish and Game biologists with distribution, abundance and trend data on the state's small game populations. Fill out and send in your survey form post-marked by April 14, 2017, and you could win a firearm generously donated by Sturm, Ruger & Co., Inc. The survey form is available at www.huntnh.com/surveys/small-game.html. To request a paper survey, call (603) 271-2461 or email wildlife@wildlife.nh.gov

Small Game Survey -- This annual survey provides Fish and Game biologists with distribution, abundance and trend data on the state's small game populations. Survey is available NH Fish and Game Department headquarters (11 Hazen Drive), Concord, NH Monday - Friday, 8:30 AM - 4:00 PM. Packets may be picked up and delivered to the licensing office on the first floor.

Inspiration/Entertainment

Look To Strengthen - Look For Strength

By Priscilla Hull

As we travel on this journey called life, we each gather our own impressions and our own experiences. Even two people experiencing a sunset will see different colors in it. This makes me think of the blind men and the elephant. Each one felt a different part of the elephant and described the elephant as they experienced it in his own way. One man felt a leg and described the elephant as a great pillar. Another felt the tail and described it as a piece of rope. Yet another touched the belly and said that the elephant was an impenetrable wall. The fourth man touched an ear and told the rest that the elephant was like a very large fan. One more touched the elephant's trunk and said that the elephant was like a large tree branch!

You see, as each one touched a different part, he could describe only what he felt. It wasn't until a man with vision came along and explained how the parts, when brought together, made a whole image which is nothing at all like the pieces each man felt. Now, this man with vision could describe to the five men that the elephant actually was all of this, but more. The legs are firm and powerful to make the elephant move with ease from one place to another. The tail is, in fact, like a rope used to brush flies off the body. The elephant is like a wall and is difficult to get around or over. The large, leathery ears are fans that cool the face and the trunk is like a branch in that it waves in the air as it seeks new feeding places.

It took the man with vision to describe and put together the pieces of the elephant so that the blind men could create in their minds what an elephant is. As we travel through life, it often takes someone with vision to give us the strength to get through our daily experiences. We often become stuck on a single point, a leg, an ear, a trunk so that we don't see the whole picture. We are weak and human and a stronger person with vision often gives us the strength to see the whole picture - the truth.

Luke 22:32 When you have turned back, strengthen your brothers and sisters.

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

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. Send 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*

Inspiration/Entertainment

Review **Christian Rock: Winter Jam Tour 2016**

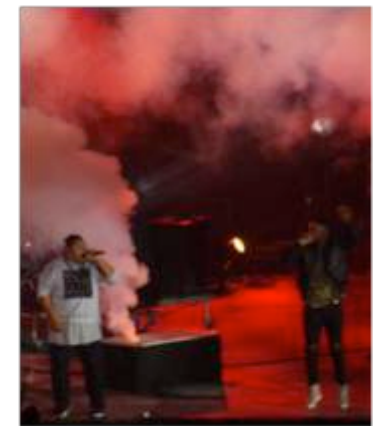
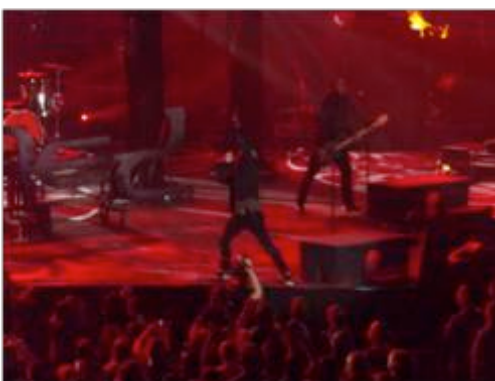
Rockin' out with the finest! Winter Jam 2016 can be summed up easily: Heavenly Rock. For King and Country, Matthew West, Crowder, Red, Lauren Daigle, KB, Tedashii, Trip Lee, Newsong, Sidewalk Prophets, Stars Go Dim, and We Are Messengers came out swingin' for God's Word and brought the house down in the process.

I took my children with me to cover this event. They are ages 10 and 15. While there, I saw people ranging in age from toddlers to elderly, and they were all dancing and worshipping together as one Christian family from all branches of the Christian family tree. Didn't matter whether you were Catholic, Baptist, Assembly, etc. All that mattered was that we were all there to praise as one, and that was precisely what we did. This event truly had something for everyone. From the soothing sounds of Lauren Daigle and Matthew West, the Rock Country of Crowder, and the hard rockin' Red, the music grabbed you by the soul and moved you. Prefer Rap? No problem! Artists like Tedashii had you covered there too.



Many of the artists left the stage to interact with their fans. The most memorable for me was when Matthew West made some kids from a small town very happy. As he left the stage to interact with his fans, he saw numerous kids holding signs up for one of his songs. So, he took one of the signs from one of the children and motioned for all of them to follow him as he paraded around the coliseum with them all holding up their signs. After returning to the stage, he spoke with them at length and had them join him for a song. This act of kindness in including these kids in his performance helped to create a memory that they will never forget, and it is the exact reason why so many people flock to Christian Rock. You are all one big family in Christ when you are at one of these events. It was enough to bring tears of joy to this journalist's eyes every time I recall it, even now.

This fabulous event may be over for 2016, but you still have a chance to check it out for yourself when it returns in 2017. Want to see more? You can purchase a Winter Jam DVD by visiting <http://2016.jamtour.com/>. I happily give this event 5 Crosses. These artists are real people with loving hearts that shine with God's grace. I cannot possibly describe the electricity and love that filled that building, shining in all directions and leaving no darkness. Worried about what your kids listen to but think they won't like Christian music? Think again. There is truly something for everyone in Christian music. Whether Rock, Rap, Metal, or Country, the message is supportive, uplifting, and bursting with reminders that the listener matters in every way. There are no negatives, and I highly recommend it to anyone and everyone who loves music. Aren't sure if you like Christian Rock? Try it. It will grab you from the start and leave you wanting more.



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: <https://www.facebook.com/This-Catholics-Christian-View-673629202670889/?fref=ts>. She may also be found at her new page: <https://www.facebook.com/Bernadette-OLeary-1047720395262832/?fref=ts> and may also be reached at etickernews.bernadette.oleary@gmail.com and followed on Twitter at https://twitter.com/BOLeary_ETicker.

Calendar Of Events

Springfield Humane Society Giant Yard Sale

SPRINGFIELD, VT--The Springfield Humane Society is having a giant yard sale the week-end of Sept. 3rd and 4th from 9:00 a.m. to 2:00 p.m. at the shelter (401 Skitchewaug Trail, Route 143, Springfield VT) to benefit the animals. Rain or shine, incredibly low prices, even for a yard sale! Something for everyone.

Lake Sunapee VNA Announces New Venue For Summer Fundraiser

NEW LONDON, NH--Lake Sunapee Region VNA & Hospice (LSRVNA) will hold its 2016 summer fundraiser – A Time To Care – in the beautiful and newly renovated Draper Room at the Center at Eastman in Grantham on Wednesday, Sept. 14, at 5:30 p.m. Tickets are \$75 and proceeds benefit the vital home care and hospice services provided by LSRVNA, a locally-based non-profit organization serving the community since 1970. Sponsorships at a variety of levels are also available and are very important to the event's success.

"We are delighted to be able to celebrate in such a lovely location and hope community members who have not yet seen the new Center will take this opportunity to do so. We also look forward to welcoming guests from throughout our service area, which spans the Lake Sunapee, Upper Valley and Connecticut Valley regions of NH," said Cathy Raymond, LSRVNA Development Officer.

The event features wonderful food samplings from area restaurants, East Bay Jazz Ensemble and a special presentation. For tickets and information, contact Cathy Raymond at 603-526-4077 or craymond@lakesunapeevna.org.

W.U.C.C. Coffeehouse Sept. 9

WEST UNITY, NH--Treat yourself to an enjoyable evening at the W.U.C.C. Coffeehouse

(West Unity Community Church) Sept. 9th from 7:00 to 10 p.m. Local talent, good music, refreshments. Come and enjoy a fun night of song and fellowship.

The church is located at 596 W. Unity Rd. It is an open mic night so bring your guitar and sing along with us or just come and enjoy the night.

For more info. call Dale Vittum at (603) 542-7791.

6th Annual Six In The City Memorial Walk

CLAREMONT, NH--The sixth annual Six in the City 10K: Memorial Walk will be held Saturday, September 17, at 10:00 a.m., at the Claremont Visitors Center, North St. Registration will be from 9:00 to 10:00 a.m.

The Six in the City 10K: Memorial Walk is a fundraising event to benefit the Darlene Kay Neilsen Paulette Memorial Foundation, established to honor the memory of Dar who died September 20, 2010 from the effects of lung cancer.

The first year's walk in 2011 was all about Dar and included members of her immediate family and close friends. They realized there are many people in the community who did not know Dar but would like to participate as a way to honor the memory of their own loved ones who had died. To encourage participation and support others in their grief, the Foundation began offering commemorative T-shirts with the names of those being remembered printed on the back as a memorial honor roll.

Whether a loved one died recently or long ago, by accident, illness or otherwise, if someone is participating in the Walk and wants them remembered, all they need to do is make the request by going to the Darlene Kay Neilsen Paulette Memorial Foundation on Facebook and clicking on the "Events". Either send a Message or post a request. The Darlene Kay Neilsen Paulette Memorial Foundation is a young non-profit hoping to raise money to help families who are caring for a terminally ill loved one by doing good deeds and helping them with incidentals not covered by insurance, as well as thoughtful gifts and niceties. The Foundation hopes to expand its Good Deeds Projects to include welcome baskets for newborns, putting together packs of essentials for the homeless, collecting and donating food

and other necessities in support of local animal rescue organizations.

The Six in the City: 10K Memorial Walk is not a "cancer" walk. It is not a run. It is not a race. It is a six-mile memorial walk which starts and ends at the Visitor's Center Green off North Street (behind the Common Man Inn) in Claremont. Registration for the Walk is free. T-shirts and hooded sweatshirts are available in either red or gray. T-shirts are \$20.00 and hooded sweatshirts are \$35.00. Names for the memorial and shirt orders must be submitted by no later than midnight September 5th. All shirts are picked up at Registration the morning of the Walk.

Not on Facebook? Have questions? Need further information? Feel free to contact Barbara (Neilsen) Paronto by email at learhill@gmail.com, or by calling or texting (603) 504-5052.

SummerFest Concert Rescheduled

CLAREMONT, NH--Due to scattered severe storms, the Draw the Line concert on August 13th at Arrowhead was cancelled and rescheduled for next month. The event is part of the Summerfest benefit series for Arrowhead.

The show has been rescheduled, same time, for Saturday, September 10th, at the Visitor Center Green in Claremont. All tickets already purchased will be honored for the rain date.

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. 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. Following Flew-Z is Roadhouse. For more information, visit

<https://www.facebook.com/CCGSUMMERFEST2016/?fref=ts>.

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.

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 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.

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.

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 LadyBossClub@gmail.com.

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.

Next meeting of Sugar River Civil War Round Table will be 7:00 p.m., Monday, Sept. 12.

Please note the change of day is for this meeting only. The program will be a speaker presentation by Nancy Miville: The Star Spangled Banner - A Flag and an Anthem.

Bereavement Support Groups

NEW LONDON, NH-- Loss is an inevitable part of life, but no one needs to go through it alone. Lake Sunapee Region VNA & Hospice

(LSRVNA) offers several bereavement support groups to help community members grieve well.

"Clay Mosaics: Exploring Emotions of Grief" is part of the 2016 Art & Bereavement series. This two-part workshop will be led by artist Chris Bowditch and bereavement counselor Deb Dumond and will be held on September 8 and 15 from 5:00 to 7:00 p.m. at LSRVNA in New London. No prior art experience is necessary.

"People at Work" is a support group specifically for widows and widowers. It meets on the second Wednesday of every month from 5:00 to 6:30 p.m. at LSRVNA. A second "People at Work" group was recently added to the schedule and is held on the third Sunday of each month from 2:00 to 3:30 p.m. at the Claremont Senior Center.

"Widow to Widow" is a group that allows women to gather in a supportive environment to learn about the grief process. It meets on the first Monday of every month from 10:00 a.m. to 12:00 p.m. at LSRVNA.

Open to anyone wanting to learn about the process of grieving and the pathway to healing, "Pathways to Healing" meets on the third Tuesday of each month from 5:00 to 6:30 p.m. at LSRVNA.

There is no fee for any of these bereavement groups. For more information or to RSVP, contact Deb Dumond at 526-4077 or ddumond@lakesunapeevna.org.

Free Nutrition Class For Kids

CLAREMONT, NH--Julia Berkowitz of the Geisel School of Medicine at Dartmouth is working with Catherine Baker, a fellow second year student at Geisel School of Medicine, to implement a new nutrition education program in Claremont for children Grade 1- Grade 5. The program is open to any family who is interested. The program will include food tasting, food to take home, and other fun educational activities. They will be hosting this program at the One-4-All Facility, 169 Main St., every other week from 9:30-11:30 a.m., with their first session beginning on Saturday, September 3rd, at 9:30 a.m.

There will also be an opportunity to set up appointments with a pediatrician at VRH; those will be free when participating in this program.

Email Julia or Catherine with any questions at: Julia.l.berkowitz.med@dartmouth.edu or Catherine.m.baker.med@dartmouth.edu.

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 www.lakesunapeevna.org

Every Tuesday & Thursday
BLOOD PRESSURE CLINIC IN NEW LONDON
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
\$25 fee
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
\$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 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 LONDON
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
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.
Call 603-526-4077 for appointment.

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 & Hospice.
Free and no appointment needed.

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
\$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 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 & Hospice.
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.

Silsby Free Public Library News

CHARLESTOWN, NH--School is in and the coolness of Fall is approaching! In order to help us stay active and healthy before the winter time blues, the library will be hosting a series of programs for Late Summer and Fall that focuses on the health of the community with hikes and walks around the town. The fun won't stop there either! Be sure to look at more of these programs and others through the Fall and year! In addition, be sure to come check out the fascinating history of beer in New Hampshire on September 21st! It is sure to leave to thirsting for more information!

Parents: Don't forget about signing up for New Hampshire's 1000 Books Before Kindergarten. Research shows that children that develop a love of reading early on perform better in school. For every time a child reaches a 100 book milestone, the library will give a certificate and prize. Stop by the library and ask how!

Find all of our new book titles on Library-Thing! The log-in is Silsbyfpl, and the password is 03603. The complete catalog is viewable at <https://silsby.follettdestiny.com>. Also be sure to like us on Facebook for the latest news and events.

September @ the Library

Every Tuesday @ 10:30 am- Storytime for Toddlers/ PreK

Friday, September 2 @ 12:00 noon- Adult Coloring Club

Monday, September 5- Labor Day: Library closed

Thursday, September 8th and 22nd @ 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!

Thursday, September 15th @ 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 trail heads. September 15 Reservoir Lot Trail – meet at trail head off North Hemlock Road just up and across the

road from Blueberry Hill Road. Please wear proper attire, sunscreen, and insect repellent. Upcoming Hiking Charlestown locations: October 13: Connecticut River State Forest Trail – meet at trail head at end of East Street Ext.

November 17: Halls Pond trail – meet trail head on Peter Hill Road which is off Halls Pond Road which is off the Borough Road

Wednesday, September 21st @ 7 p.m.- Brewing in New Hampshire: An Informal History of Beer in the Granite State from Colonial Times to the Present: Glenn Knoblock explores the fascinating history of New Hampshire's beer and ale brewing industry from Colonial days, when it was home- and tavern-based, to today's modern breweries and brew pubs. Unusual and rare photos and advertisements document this changing industry and the state's earliest brewers, including the renowned Frank Jones. A number of lesser-known brewers and breweries that operated in the state are also discussed, including the only brewery owned and operated by a woman before the modern era. Brought to us by NH Humanities to Go.

For more information, contact the library at 603-826-7793 or email at silsby@charlestown-nh.gov

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 fund-raiser for its various scholarships and sponsorships. Food and drinks are available.

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 Held Thursdays

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 In Charlestown

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

Place of Productivity

For many of us, we are bound to our desks 8+ hours out of the day, 5 days a week. The typical American has a little more than 16 waking hours per day, meaning that 50% of our workdays we spend at a desk. It is important that this space be a work environment that harbors and promotes productivity so we can get the most work done in the time we have. Here are some tips for making your space as functional and productivity-friendly as possible:

There is almost nothing more difficult than trying to streamline your thoughts when your desk is a cluttered mess. Have you ever tried running through waist-high mud? Discard any memos, Post-its, or other unnecessary items, and develop a system for organizing incoming papers and papers for current, future, and completed projects.

With the usage of electronics in our lives and work place, we are beginning to have our desk overrun by power cords, phone chargers, USB cords, etc. It is becoming a wired jungle! To keep these wire weeds at bay, start by rearranging your desk so that the appropriate cords are closest to the electronic they are paired with. It doesn't make much sense to run your phone cord across your desk when you could just move the phone closer and save the cord space. Don't be afraid to experiment with different work station arrangements. Many people have tried and raved about swapping out their office chair for an exercise ball a few days a week. Try working from a different side of your office every few months to change your outlook. Brighten up the color palette in your space to breathe new life into your surroundings. Bring in pictures of your friends and family, or a few shots from a recent trip you just took.

The opportunities to create just the right space for your productivity are endless. Take the time to put your own personal touches on your space, dedicate time to yourself and your projects, and free yourself from wire entrapments and cubicle clutter.



Ann Milan
603-542-9675

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131 Broad Street, Claremont, NH 03743

www.westaff.com

“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 congchrch@myfairpoint.net (yes, leave out the “u”) or call (603) 826-3335 with questions and to receive the brochure by email or USPS.

Register for all or part of the season.

River Theater Co. 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 required 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.

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

Beatlemania Now At COH Sept. 23rd

CLAREMONT, NH--Beatlemania Now is an amazing concert experience as seen on Broadway and Around The World.

February 11th, 1964, witnessed The Beatles' first ever concert in America, at the Coliseum Arena in Washington, DC, to the delight of throngs of screaming fans. After being chosen from among the most elite Beatles Tribute Bands in the World, Beatlemania Now celebrated the 50th Anniversary of that historic event by performing live-in-concert to another “sold-out” crowd, at that very same Coliseum Arena, 50 years to the day later, on February 11th, 2014.

Beatlemania Now features Graham Alexander on left handed bass guitar, vocals and piano, formerly of “Rain A Tribute To The Beatles” on Broadway and “Let It Be”, on Broadway. Beatlemania Now members Scot Arch and Graham Alexander were chosen and

filmed against green screen backdrop for use as John and Paul in The Beatles Rock Band game.

Recapture the excitement, the mood and the frantic intensity as Beatlemania Now performs live-on-stage against a backdrop of stunning images which evoke memories of some of the most turbulent decades of modern times... the 60's and 70's. Flashback to historic moments of space exploration, protests in the streets, the raging war in Vietnam, “Flower Power” and “Peace and Love”... in the lives and deaths of Martin Luther King Jr., John F. Kennedy and Robert F. Kennedy, and the politics of Lyndon B. Johnson and Richard M. Nixon, as Beatlemania Now, through five costume changes, meticulously performed incredible note-for-note renditions of Beatles' classics from throughout their entire career.”

Beatlemania Now is a must experience for all ages, Friday, Sept. 23, 8:00 p.m. Tickets can be purchased in person at the Opera House box office, by phone at 603-542-4433, the night of the show, or online at claremontoperahouse.com. Ticket prices range from \$25 to \$35, plus facility and handling fees. Five dollar discounts available for seniors, students, and members of the armed forces. One free child age 10 or younger free with parent.



Beatlemania Now will be appearing at the Claremont Opera House on Sept. 23.

Fatal Crash Sunday, I-91, Weathersfield

WEATHERSFIELD, VT--At 9:33 a.m. Sunday, Vermont State Police responded to a report of a car that had crashed in the median and was on fire on I-91, at mile marker 49N, in Weathersfield, VT. Alexander Romanow, 79, Brick, NJ, had been traveling north in a 2006 Chevrolet Tahoe. The Tahoe veered into the median and struck several trees and then caught fire. Alexander was trapped in the drivers seat and could not get out. Alexander's wife, Jane Romanow, had suffered a broken femur but was able to get out of the vehicle. Passerbys attempted to extricate Alexander, but the fire was too large and they could not get him out. He was pronounced deceased at the scene. Jane was transported by Golden Cross Ambulance to Valley Regional Hospital in Claremont and later transported to Dartmouth Hitchcock Medical Center.

Agencies responding to the scene included Weathersfield Police, West Weathersfield Fire, Ascutney Fire, Thetford fire, and the VT Agency of Transportation. The passing lane of the highway was closed for six hours during the crash investigation. Hillside Towing removed the vehicle. The investigation is ongoing, but it is believed that the cause of the crash was due to the operator falling asleep.



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Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in "real time," as they are released by funeral homes.

We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewsoclaremont.com

Frances P. Way, 81

Frances P. Way, 81 of Claremont NH, passed away peacefully on August 23, 2016, after a long and courageous battle with cancer, surrounded by her loving family.

She was born May 27, 1935, in Bellows Fall, Vt, the daughter of Edward and Pearl Griffin. She grew up in Alstead, NH, graduating from Vilas High School and then attended and graduated from Northampton Commercial College. After graduation she worked as an accountant at Eastern States in Springfield, MA, eventually returning home to raise a family.

After her return, she worked at local retail businesses, eventually retiring in 1992 from a 20-year career with the US Postal Service.

During her retirement she enjoyed spending winters in Florida with her sisters, helping those in need, especially the elderly and gardening. She never missed one of her beloved Celtics games.

She was predeceased by her parents and husbands Thomas Dupell II and Edward Way, along with her brothers: Harvey Griffin, Sanford Griffin and sister Mabel Griffin.

She is survived by her children and their partners, Thomas and Deborah Dupell of Walpole, Edward Dupell of Unity, Deborah

Martin and Brian Lavoie of Claremont, Diane Mispel, Patricia and Al Hutchins of Charlestown

Six grandchildren; Thomas Dupell, Patrick Dupell, Tara Martin, Albie Hutchins, Ben Hutchins and Shia Castor along with two great grandchildren; Jonathan and Nora Dupell. Members of her surviving family include sisters Alberta Moore and Beverly Moore along with many beloved nieces and nephews.

Please join us for graveside services on Saturday September 3, at 11:00am at the Pine Grove Cemetery in Alstead, NH.

There will be a celebration of her life immediately following at Vilas Pool, one of her favorite spots in Alstead.

Donations may be made in her memory to; The Willows of Windsor, Residential Care Home, Activities Dept. 121 State Street, Windsor Vt. 05089 c/o Mary Naumann.

Lois Wragg, 61

Lois "Dotty" Wragg, 61, of Plainfield, NH, passed away on Saturday, August 20, 2016, at Dartmouth Hitchcock Medical Center.

She was born in Norwalk, CT, on September 23, 1954 the daughter of Hugh "Bud" and Lois (Smith) Dean.

Dotty enjoyed camping, traveling with her husband and spending time with her family including her beloved dog, Ziggy.

She is survived by her husband, Jay F. Wragg whom she married on October 26, 1974; they were happily married for 41+ years; her son, Corey Wragg of Claremont; her daughter, Lisa Tucker and her husband, John of Enfield; four grandchildren, Torin Wragg, Micheyla Wragg, Elle Wragg and JJ Tucker; her brother, Brian Dean and his wife, Cindy of Redding, CT; her sister, Cindy Filep and her husband, John of Trumbull, CT; sister-in-law's, Cheryl Watson and her husband, Richard and Dee Meeker and her husband, Bruce; brother-in-law, Gregg Wragg and many aunts, uncles, nieces, nephews, great nieces and great nephews.

She was preceded in death by her parents and her father and mother-in-law, George and Jacqueline Wragg.

A funeral service was held at the Stringer Funeral Home on Saturday.

“Our screws don't fall out.”

-Dr. Sam Given

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

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EYE CARE



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

In lieu of flowers, donations may be made in Dotty's memory to the Upper Valley Human Society, 300 Old Route 10, Enfield, NH 03748.

Claremont Fire Dept. Log

Sunday, August 21

1848 E3, L2 responded to Pleasant St for a possible medical problem.

2021 E3 responded to Summer and Broad for a car vs pedestrian.

2110 Car2 responded to Chestnut St for a public assist.

Monday, August 22

1928 E3 responded to Trinity St for a medical call.

2110 E3 responded to Opera House Square for a fire on a lamp post.

Tuesday, August 23

1337 E1 responded to Broad and Water for a motor vehicle accident.

1637 E1 responded to Sullivan and Laurel for wires down.

Wednesday, August 24

0121 Utility 1 responded to Stevens St for a public assist.

1724 E3 responded to Charlestown Rd for a low hanging wire.

1817 E3 responded to Kinney Place for an alarm sounding.

2210 E3 responded to Main St for the ambulance.

Thursday, August 25

1540 E3 responded to Palmer St for an illegal burn.

1943 E3 responded to Washington St for a medical assist.

2335 E3 responded to North St for a medical call.

Friday, August 26

1225 E3 responded to Sullivan and Mulberry St for a fire alarm sounding.

1503 E3 responded to Hillside Terrace to assist the ambulance.

1513 L2 responded to Jarvis Hill Rd for a medical call.

E3, L2, E1 responded to River Rd for a box alarm.

Saturday, August 27

0844 E3 responded to Sullivan St for a natural gas leak.

1839 E3 responded to Gold St for a medical call.

Social News

Claremont Senior Center, Inc. News

By Claire Lessard, Executive Director

We have "new air conditioning" in our entrance lounge and Owens Hall. Come check it out at our weekly Thursday night BINGO!

Still looking for more volunteers to help with the remaining windows that need to be washed!

Café Claremont Menu: Tuesday - August 30 ... Salad, broccoli & chicken Alfredo, garlic bread, dessert. Thursday - September 1 ... Appetizers, baked mac & cheese, tomatoes, dessert. Menu subject to change!

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.

Our Annual Penny Sale is coming on Sunday - September 25. Brand new items now being accepted. Also welcome are Gift Certificates, craft items and cash prizes!

Looking way ahead....our 4th Annual "Winter Fling" Holiday Craft Fair will be held on Saturday - November 5. Invitations were mailed August 24 to area crafters. If you do not receive an invite in the mail and would like to join the fun, call the center!

"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 for a very relaxing hour.

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).

24th Annual "Glory Days Festival" In White River Junction

WHITE RIVER JUNCTION, VT--Glory Days Festival celebrates its 24th year as a family oriented, fun-filled, two- day festival of the railroading and transportation modes of the past, present and future. The event is scheduled for Saturday and Sunday, September 10 and 11: Saturday, 10:00 a.m. to 4:00 p.m.; Sunday, 10:00 a.m. to 2:00 p.m. Free admission.

The Festival events include: evening photo shoot(\$), dinner train(\$), excursion train rides(\$), LEGO train show, model train show, children entertainment, main stage music performances, food, engine displays, and tractors. Saturday excursions are a 45-minute ride departing on the hour beginning at 10:30 a.m., and Sunday excursions are an hour and half ride departing at 10:00 a.m. and 12:00 p.m. Excursion tickets: Saturday \$10.00/person and Sunday excursion \$15/person. Excursion tickets are sold at the festival or on-line at www.hartfordrec.com.

The Children's Stage will feature dazzling performers, and the Main Stage will come alive with musicians from around New England. A Murder Mystery Train excursion will be held on Saturday night.

For details, contact Hartford Area Chamber of Commerce. For More Information, please visit: www.vtglorydaysfestival.com

This event is produced by the Hartford Parks and Recreation Department.

Ready, Aim, Fire!

The newly formed 1st NH Light Artillery Battery Civil War re-enactors fire a Parrott cannon at Musterfield Farm's Farm Days celebration Saturday in North Sutton. Sam Hector and Eric Hector of Claremont can be seen at the center near the gun (Photo courtesy of Nancy Miville).



Glory Days Festival celebrates its 24th year as a family oriented, fun-filled, two- day festival of the railroading and transportation modes of the past, present & future (Courtesy photo).

