

## Cards Take The Chamber Challenge Cup, 20-14

The Stevens football team traveled to Newport on Saturday afternoon to take on the Tigers. The Chamber Challenge Cup was on the line for the annual game.

Stevens wasted little time denting the scoreboard as on their second play from scrimmage, Zach O'Brien took the handoff and raced 59 yards for a touchdown. The conversion failed but it was a 6-0 Stevens lead. The lead was short lived, however, as Newport answered on the ensuing drive to score and after the kick was good, the Cardinals trailed 7-6. Newport would add another TD, and extra point, in the second quarter and went into halftime with a 14-6 advantage.

The Cardinals made some adjustments at half time, to what they were seeing, and came out fired up for the second half. Stevens controlled the Newport running game but could not get in the end zone until late in the third quarter. After Richard Bell stripped the ball from a Newport ball carrier, O'Brien pounced on it deep in Newport territory. Two plays later, off a nice play action fake, Henri Bourque found a wide open Parker Smith in the end zone for a 7 yard touchdown pass. Bell bulled his way into the end zone for the two point conversion and the game was tied 14-14.

The game stayed that way until late in the fourth quarter. O'Brien would score his

(Continued on page B2)



2016 Springfield Hospital Golf Tournament champions: Rich Lane, Chris Garvey, Tim Kangas, Rick Marasa (Courtesy photo).

## Golf Tournament Benefits Springfield Hospital

SPRINGFIELD, VT--The 16th annual Springfield Hospital Challenge at Okemo Valley Golf Club on Thursday, September 15, was an excellent golf outing and a successful fund raiser, reported organizers.. This year's tournament proceeds exceeded \$20,000 and will support the Hospital's upcoming installation of solar power.

25 teams of golfers competed for awards

and raffle prizes. 40 sponsoring organizations underwrote the tournament, which included a box lunch, dinner buffet, complimentary refreshments on the course, and a gift to every golfer of a stainless steel thermos. Tournament sponsors were Black River Produce, The Common Man, H.P. Cummings Construction, Griffin Construction, IPG Employee Benefits

(Continued on page B2)

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**Cards, from B1**

second touchdown of the day, on a 29 yard run, to cap a 12 play, 77 yard drive. The Cardinals converted three times on third down to keep the drive alive. The conversion failed and it was 20-14 with 5 minutes to go in the game. Newport had a couple of opportunities in Stevens's territory late in the game but the Cardinals defense held and they came away with a huge comeback win.

Bourque completed 13 of his 25 pass attempts for 157 yards and a touchdown. Parker Smith hauled in 6 of those passes for 64 yards and a touchdown. O'Brien finished his day with 87 yards on just 5 carries and the two touchdowns, and also had a big day on the defensive side of the ball, as well.

The Cardinals brought home the Challenge Cup, and will also return home for a Friday night game against the Cougars of Kearsarge at 7PM. It will be Homecoming, as well.

In the Chamber Cup Food Drive Challenge, it was Newport topping Claremont, collecting the most goods; Paul Brown won the Tiger Pride Award.

**Golf, from B1**

Specialists, Joseph Architects, Kinney Drugs Foundation, Richard Marasa MD, NFP, Springfield AutoMart, and Springfield Printing Corporation. Club professional, Michael Santa Maria, and the Okemo staff took very good care of the golfers and helped make the event an overall success.

Team and individual winners were:

A flight

1st Place Low Gross  
Rick Marasa, Tim Kangas, Rich Lane, Chris Garvey

2nd Place Low Gross  
Shannon Gaulin, Chris Gautreau, Rick Bazluke, Darren Solomon

1st Place Low Net  
Steve Birge, Jack Cassidy, Rich Skrocki, Dan Tricarico

2nd Place Low Net  
Lucie Garand, Dan Soucy, Kevin Theissen, Eric Warren

B flight

1st Place Low Gross  
Joe Greene, Mark Blanchard, Mark DeVarney, Brian Tarbox

2nd Place Low Gross  
Keith Hanatow, Alex Kozokowki, Todd Watkins, Jim Tromblay

1st Place Low Net  
Steve Ankuda, Deke Dexter, Curt Lindamood, Peter MacGillivray

2nd Place Low Net  
Jason Noyes, Gabe Buskey, Travis White, Tyler Stearns

Closest to the Line Joe Greene  
Longest Putt Tim Kangas

**SHS Field Hockey Goes To 6-1**

The Stevens Field Hockey team topped Newport last week, 6-2, putting the Red Birds at 6-1 on the season.

Jennie Morey had 3 goals, 2 in the first half. Emily Mudge and Hailey LaClair assisted with 2 goals. The third goal by Jennie was unassisted. Sophie Foote, Scotlyn Daignault, and Rebecca Moody each with 1 goal, Elyse Scott assisted Sophie Foote and Marion Lovett assisted Scotlyn Daignault.

Stevens travel to John Stark today.

**SHS Boys Soccer Team At 8-1**

After losing the first game of the season, the Stevens Boys Soccer Team has been perfect and is 8-1 on the season. Last week the Cards defeated Windsor, 7-0, and Mascoma Valley, 5-3. This week they take on Monadnock and Kearsarge.

**SHS Girls Soccer Wins 2 More**

The SHS Girls Soccer Team scored two more wins last week as it continued its winning ways, going to 6-3 on the season and beating Windsor, 10-2, and Monadnock, 7-2. This week the team faces Inter-Lakes on the road and Kearsarge at home.

**Ruffed Grouse, Woodcock Seasons Start October 1**

CONCORD, NH--The hunting season for ruffed grouse – New Hampshire's most sought-after upland game bird – starts October 1 and runs through December 31. Karen Bourdeau, Fish and Game's Small Game Project Leader, notes that better than 60% of small game hunting effort in New Hampshire is directed towards ruffed grouse, and that over half of that effort takes place in the North Country. Hunting for woodcock, another popular upland game bird runs from October 1 through November 14.

Learn more about grouse and woodcock hunting in New Hampshire, and view the Small Game Summary Report that depicts detailed graphs by region, at [www.huntnh.com/hunting/birds.html](http://www.huntnh.com/hunting/birds.html). Hunt safe, thank landowners, respect wildlife, and enjoy life in New Hampshire's wonderful outdoors, said NHF&G officials.

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The Claremont Elks Lodge #879 recently held its Annual Soccer Shoot for boys and girls in Claremont (Courtesy photo).

## Elks Sponsor Annual Soccer Shoot In Claremont

CLAREMONT, NH--The Claremont Elks Lodge #879 held its Annual Soccer Shoot on September 11th. The shoot was open to girls and boys between the ages of 4 -13 from the towns of Charlestown, Claremont, Cornish, Newport and Unity. This year's Soccer Shoot was a tremendous success due to the generosity of all the volunteers and the community's support. Stevens High School's Boys Soccer Team and Coach Jason Stone were on hand to assist the participants, as well as Emilee from the Girls Soccer team. Claremont Parks and Recreation approved the use of the soccer field at Monadnock Park, and parents from all eligible townships traveled to Claremont, allowing the kids to participate.

The following winners move on to the State Soccer Shoot on October 16th sponsored by the Portsmouth Elks Lodge at the Portsmouth

High School.

Girls: U8- Baily Morin  
U10- Gianna Bovell  
U12- Jaci Menard  
U14- Annika Ratcliffe

Boys: U8- Kasey Morin  
U10- Jayce Aldrich  
U12- Mason Ferland  
U14- Robert Raymond

The Elks Lodge #897 would like to thank all who volunteered or participated in this year's Soccer Shoot. Your time, effort and generosity is greatly appreciated.

## Young Athletes Program Being Offered

CLAREMONT, NH--Special Olympics Young Athletes is hosting a Fall term of the Young Athletes Program (YAP) from October 1st to November 19th on Saturdays from 9:00 to 10:00 a.m. at the CSB Community Center. YAP is a free, weekly drop-in sports play program for children with and without disabilities; ages 2 - 7. The program is designed to address developing motor skills and hand-eye coordination through play and friendly, fun sports skills lessons. (No YAP session on November 5th).

Direct any questions to: Beth Lemieux, [lemgang@comcast.net](mailto:lemgang@comcast.net), 603-558-1712. Practice Coaches: Jan Millette, [jmillette@sau6.org](mailto:jmillette@sau6.org), and Patricia Peters, [pasp59@gmail.com](mailto:pasp59@gmail.com).

# Inspiration

## The Fall Of The Year

By Priscilla Hull

Ever wonder why we call Autumn "Fall"? According to Mirriam-Webster, it is the season when leaves fall from trees! The word "Autumn" is defined as the season between summer and winter, also by Mirriam-Webster. So there we have it until we look at the first definition, same source, of "Autumn". That is a bit more direct. It is thus defined as "the latter part of someone's life or of something's existence."

This is a pretty clear and reasonable description of the third season of the year. (No, I'm not counting Mud Season). Just a couple or more days ago we entered the season of Autumn. It came suddenly upon us as a chilly, rainy, Friday with a little sun around midday. Later in the day in my delayed walk with Abby, my little dog, I enjoyed a crisp breeze and lots of beautiful leaves to look at. This is the season of the latter part of a year. It might be a good time to look back on the year past and think about what has transpired in our lives. Have I accomplished all that I wanted to this year? Well, not quite, but I have a little more time to do so. Have I made good use of my time this year? I might hope so, but if not, I still have a little more time to catch up! Have I done anything to make the world a better place for all to live? That is the hard one, my friends. I might have, but where is the proof?

It seems that as the world spins around the sun, nothing changes. Unless, and this is the important part of life for many, unless we look at what has been given to us in the world. In the season of Fall, God, if that's what you have accepted as the Creator of our world, and I have, God has taken all the colors of spring and summer and thrown them into a barrel, mixed them up and dispersed them through the countryside. The striking colors of chrysanthemums include purple, yellow, red and white. More striking the colors of leaves make carpets of gold, red, orange for our feet to trample. Look at the sky on a breezy day in Fall. Leaves seem to float by and impress upon us the vitality of summer. God does that for us! He makes everything new and beautiful, so when we move from one season to the next, the ending becomes less important than the beginning. A new season, a new beginning.

What can I do to make the season a new beginning? How can I make the season that says the latter part of a year's existence a new beginning, not just for me, but for all? Look at Fall. Find the newness and pursue the new life that comes from the old!

Ecclesiastes 3

- 1 For everything there is an appointed time, and an appropriate time for every activity on earth:
- 2 A time to be born, and a time to die; a time to plant, and a time to uproot what was planted;
- 3 A time to kill, and a time to heal; a time to break down, and a time to build up;
- 4 A time to weep, and a time to laugh; a time to mourn, and a time to dance.
- 5 A time to throw away stones, and a time to gather stones; a time to embrace, and a time to refrain from embracing;
- 6 A time to search, and a time to give something up as lost; a time to keep, and a time to throw away;
- 7 A time to rip, and a time to sew; a time to keep silent, and a time to speak.
- 8 A time to love, and a time to hate; a time for war, and a time for peace.



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

# Inspiration/Entertainment



## Review: Needtobreathe's 2016 Album *Hard Love*

By Bernadette O'Leary

Needtobreathe is one of the biggest names in the Christian music industry. Rockin' the Word for approximately 16 years, Needtobreathe has helped shape the face of Christian music, and they aren't showing any sign of slowing down now.

Their new album, *Hard Love*, is a phenomenal addition to their music repertoire. It makes you want to get up and dance, while also inspiring you to close your eyes and just get lost in the sound of God's love flowing through their humble words. This album will move you and help you through those difficult days in a way that only good music can.

I purchased my copy from Cracker Barrel, and I'm glad that I did. Copies sold at Cracker Barrel locations contain two bonus tracks, and they are well worth the trip to your closest Cracker Barrel.

*Hard Love* delivers the incredible sound we have come to expect from these talented artists. Each word is filled with God's Word and God's loving message, designed to uplift and lead those who seek Him. It's clear that their efforts have been inspired, and I recommend this album to young and old alike. Even if you don't think you like Christian music, this is one of the groups that just might change your mind.

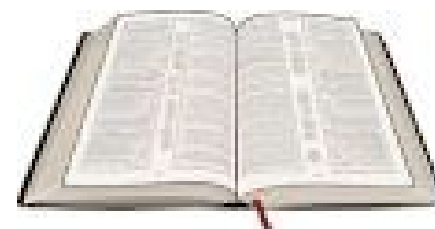
I give this album 5 Crosses. Go right out and get yours today, and be sure to check out my two personal favorite tracks, *Testify* and *Happiness*. You'll find yourself uplifted and inspired through your day, and you'll be glad you bought this album.

*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 page: <https://www.facebook.com/Bernadette-OLeary-1047720395262832/?fref=ts> and may also be reached at [etickernews.bernadette.oleary@gmail.com](mailto:etickernews.bernadette.oleary@gmail.com) and followed on Twitter at [https://twitter.com/BOLeary\\_ETicker](https://twitter.com/BOLeary_ETicker).*



## Program On Biblical Job At West Unity Community Church

WEST UNITY, NH--So you think you have it rough?? Join us to read about a man called Job. Starting October 4th on Tuesday evenings at 7:00 p.m. West Unity Community Church, West Unity Road, Unity, NH. For more information, call Judi at 543-0955.



## Calendar Of Events

### Mt. Ascutney Hospital Schedules Free Flu Clinics

WINDSOR, VT--Flu season is fast approaching and Mt. Ascutney Hospital and Health Center (MAHHC) has announced its annual schedule of free flu clinics.

"For the past several years, MAHHC has been offering free flu shots to our community each fall in preparation for the winter flu season," said Gay Landstrom, Interim President and CEO at MAHHC. "Last year, we administered over 2,000 shots, free of charge, during flu clinics at MAHHC in Windsor and at Ottawaquechee Health Center in Woodstock. Thousands more shots were given during regular patient visits at the Hospital and at on-site clinics at locations such as King Arthur Flour, Harpoon Brewery, Simon Pearce, Historic Homes of Runnemedede, and the Ascutney House, among others."

The hospital has scheduled the free flu clinics for several dates this fall. There will be one held on Tuesday, Sep. 27, from 5:00 to 7:00 p.m. at Ottawaquechee Health Center in Woodstock. The full schedule is available at:

<http://www.mtascutneyhospital.org>.

### Fall Programs At The Fiske

CLAREMONT, NH--Story Times at Fiske Free Library returns once again. Story Time will be held on Mondays, October 3 – October 31 at 3:45 p.m. for ages 4 – 6. There will be several stories read and coloring pages to give to each child or a simple craft to go. Each week will have a different theme, all with a fall accent. On Tuesdays, October 4 – October 25, Toddler Activity Time will be held for children birth – 36 months. Meet at 10:30 a.m. There will be activities, finger plays, simple songs and nursery rhymes. Also, a story or two will be read. There will not be a specific theme, it will be mostly the same each week, but with a slight variation. On Friday, October 21, we will present Christine Alstrom, a local children's and YA author. She will read from her children's book "How Do You Catch a Fal-

ling Star". Hear her read from her book and then take the opportunity to talk to her about how she became an author and what her writing process is. Maybe you are writing a book and would like to hear what she says about being an author. Maybe you'll get some ideas for yourself.

These programs are free. There's no registration necessary. Walk-ins are welcome. Call 542-7017 for questions, or drop by the Children's Desk. All Children's programs in 2016 are sponsored by the Friends of Fiske Free Library.

### Local McDonald's Restaurants To Hold Statewide Fundraiser For NH Association Of Chiefs Of Police

On October 5, McDonald's Restaurants of New Hampshire are spearheading a fundraising effort to raise \$50,000 for the New Hampshire Association of Chiefs of Police. From 4 to 8 p.m., McDonald's customers can lend their support by purchasing a meal at their local New Hampshire McDonald's. A percentage of that evening's sales will be donated directly to the New Hampshire Association of Chiefs of Police. All 57 McDonald's locations in the state of New Hampshire are participating.

During the October 5th fundraiser, a local area police officer and a cruiser will be on site at each McDonald's from 4 to 8 p.m. The officers will meet and greet families and children in addition to providing educational tips and information to customers.

### Special Polish Events In October

CLAREMONT, NH--Tuesday, October 6, 6:30 pm, Polish Cooking Class, St Joseph Church, 58 Elm Street, Claremont, NH: Cooks will demonstrate the preparation of several Polish recipes & the audience will be able to taste the results at the end of the evening. A \$6 donation is requested to cover the cost of food served. Please call Sharon Wood at 603-542-6454 or Arline Marro at 603-542-5933 to register ahead of time so that enough food can be prepared.

Saturday, October 15, 6:30 pm, Dozynki (Polish Harvest Festival), St Joseph Church, 58 Elm Street, Claremont, NH:: following the 5:30 Mass (Please note the change in Mass

time from past years) The menu includes kielbasa, golumbki (stuffed cabbage) pierogi, and hot dogs priced at \$12 a plate for adults and \$6 for children. Polish gift items will be also be offered for sale. Tickets will be sold at the church following Masses at St Joseph Church in October, by calling 542-6454 or 542-5933, or at the door.

Wednesday, Oct. 26 to Sat. Oct 29, Polish Menu at The Old Courthouse, Main Street, Newport, NH; Order from a carefully prepared menu of traditional and contemporary Polish dishes; Greeters from St Joseph Church, Claremont, will be wearing Polish folk costume to welcome & visit with diners. For reservations call the restaurant at 603-863-8360.

Sunday, October 30, 10am, Mass and Coffee Hour, St. Joseph Church, 58 Elm Street, Claremont, NH: Mass will feature hymns sung in Polish, followed by Coffee Hour in the church hall with traditional Polish pastries, a sing-along of favorite Polish folk songs and storytelling. Free and open to the public; donations accepted. Information: 603-542-6454 or 542-5933.

### BAYADA Hospice Presents BAYADA Foundation 5K Family Run/Walk

NORWICH, VT--BAYADA Hospice Presents the BAYADA Foundation 5K Family Run/Walk, an exciting family fun event with great music and a nice 5K route through scenic Norwich, VT, on Saturday, Oct. 1st. All proceeds will go to the BAYADA Foundation Hospice Fund.

The BAYADA Foundation Hospice Fund is a non-profit organization focused on helping hospice patients and families in need, providing financial assistance for hospice patients and their families who are experiencing financial distress and need help due to the circumstances of their terminal diagnosis. The Hospice Fund awards financial assistance for individual and family assistance, funeral and burial assistance, memorial service, bereavement activity, wish fulfillment, caregiver transition and educational activity and has provided hospice care for the Claremont community. Race time: 9:00 a.m.; registration: 7:30 a.m.

For more information and/or to register, visit <https://www.eventbrite.com/e/bayada-foundation-5k-family-walkrun-tickets-26064763409>, or call 802-526-2380 or send an email to [tocdionne@bayada.com](mailto:tocdionne@bayada.com).



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**Meetings**

**Monday**

**Thursday**

9:30 - 10:00 Coffee Talk  
 10:00 - 11:00 All recovery meeting  
 1:00 - 2:00 Journaling  
 3:00 - 4:00 All recovery meeting

9:30 - 10:00 Coffee Talk  
 10:00 - 11:00 All recovery meeting  
 1:00 - 2:00 Self-care Meeting  
 3:00 - 4:00 All recovery meeting

**Tuesday**

9:30 - 10:00 Coffee Talk  
 10:00 - 11:00 All recovery meeting  
 1:00 - 2:00 We Ccovery & Pastries  
 3:00 - 4:00 Hope not Dope meeting

**Friday**

9:30 - 10:00 Coffee Talk  
 10:00 - 11:00 All recovery meeting  
 1:00 - 2:00 Life skills meeting  
 3:00 - 4:00 All recovery meeting

**Wednesday**

9:30 - 10:00 Coffee Talk  
 10:00 - 11:00 All recovery meeting  
 12:00 - 1:00 AA meeting (Dave)  
 3:00 - 4:00 All recovery meeting

**Sunday**

9:00 am Pancake Breakfast followed with  
 an All Recovery meeting at 10:00 am

# Polish American Heritage Month 2016



**Thursday Oct 6**  
**Polish Cooking Class**  
**6:30 pm**  
\$6 (suggested donation)  
includes tasting after class

Reservations:  
603-542-6454  
603-542-5933

**Saturday Oct 15**  
**Dozynki**  
**Polish Harvest Festival**  
6:30pm, after the 5:30 Mass  
Kielbasa, pierogi, golumpki  
beverage, dessert  
**\$12 (adult) \$6 (child)**  
Advance tickets available  
603-542-6454  
603-542-5933

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**Wed-Sat, Oct 26-29**  
**The Old Courthouse**  
30 Main Street, Newport, NH  
**Polish Menu Week**  
Reservations:  
603-863-8360

**Sunday Oct 30**  
**10am Mass**  
Hymns Sung in Polish  
**11 am Coffee Hour**  
Polish pastries & babka  
**Free, donations welcome**

**St. Joseph Church**  
**58 Elm St. Claremont, NH**





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*Saturday October 8th 2016*

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## Time To Sign Up For Chili Cook-Off, Other Events

CLAREMONT, NH--Calling all chefs, bakers and runners! The registration period to sign up for the Chili Cook-Off and the 5K Road Race, part of the Fall Festival on Saturday, October 1<sup>st</sup>, has opened.

Residents, businesses and nonprofit organizations are invited to participate in the Annual Chili Cook-Off, sponsored by the Claremont Parks and Recreation Department. Register online at [www.claremontparks.com](http://www.claremontparks.com) or call the Claremont Parks & Recreation Department to enter your favorite chili. The deadline to register your chili both online and through the office is Tuesday, September 27<sup>th</sup>. If you like good chili, come tease your taste buds and cast your vote for the best chili at the Fall Festival! Cook-Off tasting fees: \$5.00 adults; \$3.00 children; no fee for chili chefs. The chili tasting begins at 10:30 a.m. and will end at 2:30 p.m., followed by awards.

If you feel you need to work up an appetite in order to consume all that wonderful chili, then sign up for the popular Chili Cook-Off 5K Road Race. This year the 5K is sponsored by Valley Regional Hospital. Runners will receive a complimentary ticket to the cook-off. Pre-registration is available until September 30<sup>th</sup> for \$15.00. Same day registration begins at 7:30 a.m. and is \$20.00. Kids' Race begins at 8:30 a.m. followed by the Valley Regional Hospital 5K Road Race. The race begins on Water Street at 9:00 a.m. The race course can be viewed on [www.Mapmyrun.com](http://www.Mapmyrun.com)

For further information about the Chili Cook-Off and 5K Road Race, please call the Parks & Recreation Department at 603-542-7019.

## Skateboard, Scooter Competition In Sunapee

SUNAPEE, NH--The Sunapee Police Department and the Police Benevolent Association are sponsoring the 1st Annual Skateboard and Scooter Competition on Sunday, October 2, from 10:00 a.m. - 1:00 p.m. at the Sunapee Skateboard Park on Route 11. The registration fee is one (1) nonperishable food item to be dropped off at the Police Department with the registration form. You can find the Registration Form on the Police Department's webpage under "Police Department Press/Activity

Information". Drop your food item in the box in the building's foyer and the registration form in the drop box, also in the foyer.

Please contact Chief David Cahill at 763-5555 if you have any questions.

## Comedy Night Fundraiser In Springfield Oct. 8

SPRINGFIELD, VT--Springfield, VT's Elementary School PTA has organized a Comedy Night Fundraiser on October 8th, 8:00 p.m. at the Springfield High School located at 303 South Street in Springfield. This is an 18 years and older event. The comedians performing are Rob Steen, Mark Scalia and Jody Sloan.

Tickets are \$20 each and available by emailing [ptacomedy@gmail.com](mailto:ptacomedy@gmail.com); via PayPal on our Facebook page at Springfield Schools PTA Comedy Night; or for purchase at Kelley Sales and Service, Springfield Cinemas 3 and Tina's Hallmark all in Springfield.

The event will also feature a silent auction with various adventurous and handy gift baskets, raffle prizes and other fundraising activities.

Proceeds from this event will support Springfield's elementary schools to supplement purchase of supplies, school activities and other special events. Special thanks to event sponsors: Kelley Sales and Service and Gurney Brothers Construction, both of Springfield, VT.

## HopStop Family Shows In Claremont

Revels North

One-liner: Revels North transports audiences with traditional Québécois music and dance.

Sat., Oct. 1 - 3:00 PM

Free

Claremont Savings Bank Community Center  
Claremont, NH

Live music and dance from the rousing Québécois tradition fill this sampler of scenes from Revels North's annual holiday performance. In the folk tale of The Flying Canoe, lumberjacks in the northern forest go on an exciting journey home for one night, making magic and mischief along the way. Local performers will play and dance, with the audience joining in.

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Karim Nagi

An introduction to the wonders of Arab music and dance.

Sat., Nov 12 - 3:00 PM

Free

Claremont Savings Bank Community Center  
Claremont, NH

The sights and sounds of Arabic culture come to life for young children and families when Karim, a native of Egypt, takes the stage. Audience members will get an introduction to numerous instruments including the duff, tabla and mijwiz, and traditional Arabian dances. Join Karim for this free-flowing journey where music and dance remove all borders—audience help will be needed along the way!

About the HopStop Family Shows: Held in both Hanover and Claremont, NH, children ages 3 and up enjoy free performances designed to entertain and introduce young children to the world of dance, music, theater and storytelling. These performances are participatory, so come ready to sing, dance and clap along—bring the whole family! Since November 2014, the Hopkins Center has brought the popular free monthly family performance series, HopStops, to Claremont, NH. Through a new partnership with the Claremont Parks and Recreation Department and West Claremont Center for Music and the Arts, the Hop offered six free Saturday-afternoon interactive performances to over 300 people.

## Annual Karaoke Contest For David's House

NEWPORT, NH--Valley Music Entertainment and Friends will be presenting their Annual Karaoke Contest for David's House at the Newport Moose Lodge #1216 on October 15. Contest begins at 6:00 p.m., with practice beginning at 4:30 p.m. Cost: \$5 at the door and additional \$10 to enter the contest. Door and other prizes and raffles.

All proceeds go directly to David's House which supports families with children receiving treatment through CHaD. Last year's event raised over \$2,000 for CHaD and organizers hope to meet and pass that amount this year.

For more information, please contact Shirley at 603-826-5663 or 477-8112.

## YMCA's Diabetes Prevention Program Begins Oct. 18

SPRINGFIELD, VT-- Springfield Medical Care Systems is pleased to once again offer the YMCA's Diabetes Prevention Program. This program is based on the landmark National Diabetes Prevention Program led by the National Institutes of Health, in collaboration with the CDC, which showed that lifestyle changes and modest weight reduction can prevent or delay the onset of type 2 diabetes among those with pre-diabetes. This program is led by trained lifestyle coaches and helps participants learn healthier eating, exercise and lifestyle habits.

The Vermont Department of Health reports that almost one in ten Vermont adults (7%) have diagnosed diabetes; it is the seventh leading cause of death in Vermont. Adult Diabetes prevalence in Windsor County is 8% and Windham County is 9%, as reported in the Vermont Behavioral Risk Factor Surveillance System. 2011-2012.

Diabetes often leads to other serious health complications. The good news is preventing and managing diabetes can help avoid or delay these health problems. The upcoming YMCA Diabetes Prevention Program can help. Classes will be held at the Springfield Health Center, 100 River Street, Springfield, VT, beginning October 18th, 10 am - 11 am.

Sign up today by contacting our Sarah Doyle at the SMCS Community Health Team office by calling 802-886-8946, or email [sdoyle@springfieldmed.org](mailto:sdoyle@springfieldmed.org)

## 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.

## Andrew Merzi At Taverne On The Square Sept. 30

CLAREMONT, NH--Playing at Taverne on the Square in Claremont, September 30, 7:00 to 10:00 p.m.: Andrew Merzi plays acoustical, Folk/Country/Alternative rock. Hailing from New Hampshire and growing his talent in Nashville, Merzi is back touring in New England. Growing up in Wilmot, NH, and picking up a guitar at 8, he has mastered a unique and pleasing combination of voice and instrument crossing genres and making the experience transforming.

If you enjoy the sounds of artists like Sounds like Ryan Adams, Paul Simon, John Hiatt, John Mayer, Amos Lee then you will love Merzi. Recording CDs and having several songs available, one can listen to samples by going to, <http://www.andrewmerzi.com/info> or <https://www.reverbnation.com/andrewmerzi>.

## 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](mailto: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.

## 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.

"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](mailto:ddumond@lakesunapeevna.org).

## 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 5:30 - 6:30 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.

## Homecoming OUTLOUD!

NEW LONDON, NH--GLSEN New Hampshire is hosting its annual Homecoming OUTLOUD! on Oct. 8 at Colby-Sawyer College in New London, from 10:00 a.m. to 9:00 p.m.

New Hampshire school Gay-Straight Alliances and all-inclusive clubs are invited to join organizers at Colby-Sawyer College as they spend the day at free workshops on topics such as supporting GSA's, holding GLSEN Days of Action at schools, and other topics. Check out their Facebook page for more information.

[www.facebook.com/etickernews](http://www.facebook.com/etickernews)

CLAREMONT'S 19TH ANNUAL  
**FALL**   
**FESTIVAL**  
& CHILI COOK-OFF



HABANERO  
SPONSOR:



**KEADY**  
FAMILY PRACTICE



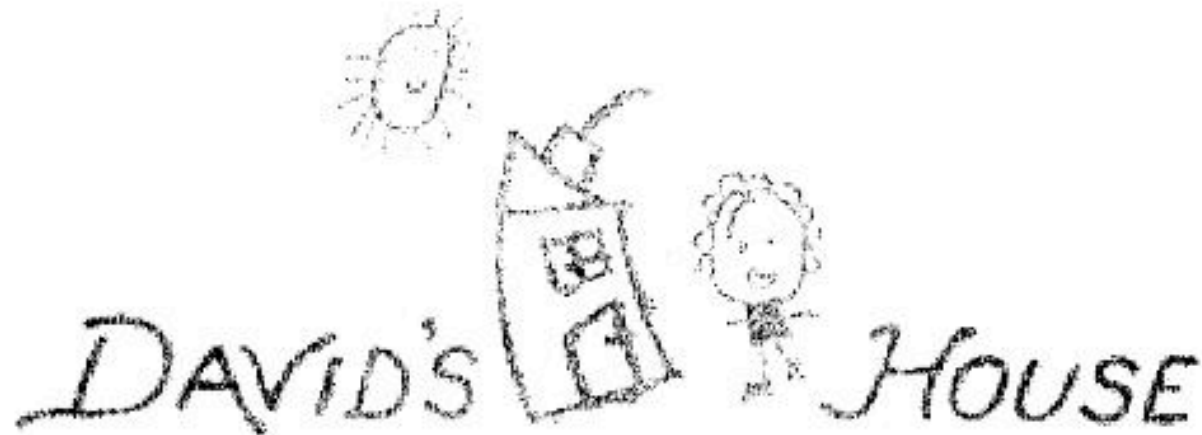
10:00 AM - 3:00 PM  
VISTOR CENTER GREEN  
VENDORS & LIVE MUSIC  
VALLEY REGIONAL HEALTHCARE 5K & KID'S RACE

OCTOBER 1  
**2016**

GCCC: [WWW.GREATERCLAREMONTNH.ORG](http://WWW.GREATERCLAREMONTNH.ORG) 603-543-1296 PARKS & REC: [WWW.CLAREMONTPARKS.COM](http://WWW.CLAREMONTPARKS.COM) 603-542-7019

# Valley Music And Friends Present Their

Annual Karaoke Contest for



At the

**NEWPORT MOOSE LODGE #1236**

**October 15<sup>th</sup>, 2016**

Contest starts at 6pm

Practice will start at 430pm

\$5.00 at the door and additional \$10.00 to enter contest

**Door Prizes, Raffles and great prizes**

All Proceeds go directly to David's House

# CLAREMONT HOPSTOP FAMILY SHOWS



**REVELS NORTH**  
TRADITIONAL DANCE  
AND MUSIC FROM  
QUÉBEC

sat **OCT 1 3 pm**

CSB COMMUNITY CENTER  
152 SOUTH STREET

**FREE**

**For children ages 3+ with accompanying adult!**



WEST CLAREMONT  
CENTER FOR MUSIC  
AND THE ARTS

*Part of the Hop's Community  
Venture Initiative.*

More info: [hop.dartmouth.edu/online/communityventure](http://hop.dartmouth.edu/online/communityventure) • 603.646.2010

# AN ADAPTATION OF ALICE IN WONDERLAND

**COH**  
CLAREMONT  
OPERA  
HOUSE

By Eva Le Gallienne  
& Florida Freibus  
Adapted from  
Lewis Carroll

This adaptation  
Directed by  
Sean Edward Roberts



Friday Sept. 30 @ 7pm  
Saturday Oct. 1 @ 7pm  
Tickets: \$10 at the door



The United States Army Field Band

**AZZ**  
**Ambassadors**

The Musical Ambassadors of the Army  
Washington, DC

GET YOUR TICKETS AT  
The Eagle Times Business Office  
or The Opera House Box Office

**Free Concert!**

The Military's Most  
Traveled Musicians

**SAT. NOVEMBER 5 7:30pm**

**MEDIUM**



An Evening with  
**LAUREN RAINBOW**  
"Messages from Spirit"  
Saturday, October 29, 2016 7:30pm  
Claremont Opera House  
[www.claremontoperahouse.org](http://www.claremontoperahouse.org)  
[www.laurenrainbow.com](http://www.laurenrainbow.com)

## BEATLEMANIA



**NOW**

"Extraordinary!"  
"NY Daily News"



**RESCHEDULED DATE**

**FRIDAY OCTOBER 28, 8pm**

Tickets & info at: [claremontoperahouse.org](http://claremontoperahouse.org) • 1-603-542-4433

**COH**

**CLAREMONT  
OPERA HOUSE**

ADULT BEVERAGES AVAILABLE FOR SALE BEFORE THE SHOW AND DURING INTERMISSION

## 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.

## Am I Aware?

CLAREMONT, NH--A free two-part training on Transgender/Transsexual issues, focusing on living, learning, and working together respectfully will be offered on Monday, Oct. 17 & Monday, Oct. 24, 5:30-7:30 p.m.; Claremont Savings Bank, 145 Broad Street, Claremont. RSVP: [liza@tlcfamilyrc.org](mailto:liza@tlcfamilyrc.org) 603 542-1848.

This program is made possible by a grant from the Vermont Community Foundation obtained through the Veterans Education and Research Association of Northern New England (VERANNE).

Comprehensive information for parents, educators, school administrators, healthcare providers, elected officials, and first responders; led by Toni Maviki, LGBT Special Emphases Program Manager and Transgender Education Coordinator at the VA.

## Silsby Free Public Library News

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

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

For more information, contact the library at 603-826-7793 or email at [silsby@charlestown-nh.gov](mailto:silsby@charlestown-nh.gov).

## Upcoming Sunapee Events

Some upcoming community events for the Sunapee Fire & EMS Department:

October 9- the annual Fire Prevention Week open house at the Safety Services Building, 10 am - 1 pm.

October 12- Blood Drive at the Safety Services Building, noon- 8 pm. Make an appointment on line at [redcrossblood.org](http://redcrossblood.org).

October 14- come see Sunapee represented at the annual Claremont Fire Prevention Week parade.

## 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.

## 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 "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](mailto: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.

## United Way Sponsors Coats For Community

NEWPORT, NH--United Way of Sullivan County is pleased to be collecting warm clothing again this year for area residents. Beginning September 1st, there will be drop-off locations throughout Newport, Claremont and Sunapee. They include: Claremont Savings Bank, Broad St. and Washington St. locations; Lake Sunapee Bank and Sugar River Bank and Newport, Sunapee locations; Valley Regional Hospital; Sullivan County Homecare; Lanzara Chiropractic; Keady Family Practice and Sturm Ruger. Hubert's Department Store will be participating by donating new clothing again this year. Those wishing to donate can also call the SCUW office at 543-0121 and arrange a pick-up or drop-off at the office at 169 Main St. in Claremont. Any gently used warm articles of clothing are accepted and appreciated. Organizers find the greatest need is for children's clothing from newborn through grade school age and larger adult coats and sweaters.

Free Coat Friday will be held in Newport on the Town Common on October 14th and in Claremont in the parking lot of Claremont Savings Bank on Broad St, October 21st from 8:00 a.m.-3:00 p.m. Donations will also be ac-



cepted at Free Coat Fridays throughout the month.

## Blood Pressure And Foot Clinics Provided By Lake Sunapee Region VNA & Hospice

(as of 9/14/2016)

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](http://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 NEW LONDON

Council on Aging  
37 Pleasant St, New London  
9:30 – 10:30 a.m.

Provided by Lake Sunapee Region VNA & Hospice.  
Free and no appointment needed.

### 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 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.

### 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.

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

### FOOT CLINIC IN NEW LONDON

Council on Aging  
37 Pleasant St, New London  
9:30 a.m. – 12:30 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 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 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.

**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.

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 NEW LONDON**  
Council on Aging  
37 Pleasant St, New London  
9:30 a.m. – 12:30 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.

**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 CLAREMONT**  
 CSB Community Center  
 152 South St, Claremont  
 10:30 a.m. – 12:00 p.m.  
 Provided by Lake Sunapee Region VNA & Hospice.  
 Free and no appointment needed.

**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 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.

**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.

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.

## **Rubber Ducky Race Fundraiser Announced For Meriden Congregational Church**

Rubber Ducky Race 2016 Fundraiser for Meriden Congregational Church is planned for Sunday, Oct. 2. Fun for all ages (especially kids & grandkids). 1st Ducky down the stream wins! 1st Place: \$100; 2nd Place: \$50; 3rd Place: \$25

Where: Plainfield School parking lot  
 When: Sunday, October 02, 12:00 Noon (buy tickets), 1:00 PM (Race)

Duckies are \$5 each or 5 Duckies for \$20 (you do not get to keep the duckies...).

On the day of the race get tickets in the Plainfield School parking lot and watch the race from the Townsend Bridge!

Tickets are available before the event at the Meriden Congregational Church parish house - 5 Mitchell Drive, Meriden, NH 03770 (no need to be at the race).

Proceeds will go to the missions and ministries of the church.

[www.etickernewsoclaremont.com](http://www.etickernewsoclaremont.com)

Remembering Loved Ones...

## Life Tributes

### Obituaries May Be Found On Our Website

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

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

[www.etickeernewssofclaremont.com](http://www.etickeernewssofclaremont.com)

#### Cecelia D. LaBree, 29

Cecelia Dawn LaBree, 29, of Claremont, NH, died on September 19, 2016 at her home.

She was born in Claremont, NH on November 20, 1986 the daughter of James Michael LaBree and Penny Ann Sargent. Cecelia was a graduate of Stevens High School in the class of 2005.

The family includes her mother, Penny LaBree of Claremont; her sister, Corina LaBree; her grandmother, Marilyn Sargent; her fiancé, Esteban Irrizary, and aunts, uncles and cousins.

She was predeceased by her father, James LaBree in 1993.

A graveside service was held in Mountain View Cemetery in Claremont on Monday, Sept. 26, with Priscilla Hull officiating.

In lieu of flowers, donations may be made in her memory to the Stringer Funeral Home, 146 Broad Street, Claremont, NH 03743 to help with funeral expenses.

**We archive past issues of the e-Ticker on our website**

## Accident Claims Life Of Walpole Woman

WESTMORELAND, NH--On September 24, at approximately 7:48 p.m., Troopers from Troop C responded to a single vehicle rollover on Route 12 in the Town of Westmoreland, just north of Capron Road.

The preliminary investigation revealed that Lorrie J. Valentine, 52, of Walpole, NH, was traveling northbound on Route 12, in a silver 2001 Mitsubishi Eclipse when she lost control of the vehicle. The vehicle crossed over the southbound lane and went off the roadway, striking an embankment and flipping over. Valentine was the only occupant of the vehicle and sustained fatal injuries as a result of the crash.

The crash remains under investigation.

The New Hampshire State Police were assisted on scene by the Westmoreland and Keene

Fire Departments. The Walpole Police Department and New Hampshire DOT also assisted with detouring traffic while Route 12 was closed for approximately 2 1/2 hours.

Anyone with information regarding this incident is encouraged to contact Trooper Noah Sanctuary by phone at (603) 223-8494 or by email at [noah.sanctuary@dos.nh.gov](mailto:noah.sanctuary@dos.nh.gov).



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(we're right there by the hospital)

## Lebanon Officers Received Commendations For Life Saving



**Left to right: Chief Richard Mello, Corporal Michael Wright and Sergeant Richard Norris (Courtesy photo).**

LEBANON, NH--During the Wednesday, September 23rd, City Council Meeting, two Lebanon Police Officers were awarded Commendation Bars for Life Saving. On August 12, 2016, Sergeant Richard Norris and Corporal Michael Wright responded to a residence in the City for a report of a male subject who had overdosed and was not breathing. The officers responded and quickly assessed the patient to find that he was not breathing and had no pulse. Norris and Wright acted quickly to administer CPR and shortly thereafter were able to detect a pulse and restore breathing. The Lebanon Fire Department responded to administer NARCAN and further treatment.

Chief Richard Mello presented the awards to Norris and Wright while thanking them for their life saving actions. Norris has been with the Lebanon Police Department since 2007 and Wright since 2005. Both serve in the department's patrol division.

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## Social News

### Claremont Senior Center, Inc. News

By Claire Lessard, Executive Director

Café Claremont Menu: Tuesday - September 27 ... Chef's Choice (American Chop Suey). Thursday - September 29 ... Kitchen favorites (Baked Ham). Menu subject to change!

Adult Coloring open to 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 (5:30-6:30 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.

"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.

Membership dues - \$20 per year. Persons 50 years of age or older invited and welcome to become new members or renew your membership!

Several types of rentals available for weddings, hourly, one-day, funeral receptions and board room (8 person capacity). First come, first served!

Our Annual "Winter Fling" Holiday Craft Fair will be held on Saturday - November 5. An invitation is extended to area crafters. Join the fun...come or call the center for a registration form!

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.)



## Nice Day For A Ride...

Jim Fitch of the Fitch Family Farm in Cornish, NH, is seen here driving his team of horses while giving wagon rides at the River View Farm in Plainfield, NH on Sunday (Les St.Pierre Photo).

## World Under Wonder Presents "Alice In Wonderland"

CLAREMONT, NH--COH continues its collaboration with World Under Wonder with their 2nd production on the Proscenium stage. Directed by WUW creator, Sean Roberts, World Under Wonder presents its premier youth focused production of "Alice in Wonderland" September 30th and October 1st at 7:00 p.m. Tickets are \$10 for adults and \$5 for those under 18.



## Haynes Dairy Wins Sullivan County Conservation Award

CLAREMONT, NH--Every year, the Sullivan County Conservation District recognizes farms, organizations or individuals in Sullivan County that practice or promote the conservation of fertile soil, clean water, and other important natural resources. This year's award winners are John and Beth Haynes of Claremont, who together own and operate the Haynes Dairy Farm.

John and Beth Haynes are 3rd generation farmers. They purchased their 130 acre farm from John's parents in 1991. Committed to organic practices, the Haynes Dairy pastures their cows and uses rotational grazing to keep the fields healthy. Fertilizer for the fields comes almost entirely from the cows. Their Holstein herd is managed by focusing on preventative health, in which the animals are given good feed, fresh air and plenty of exercise. They also receive herbal supplements including echinacea, calendula, garlic and probiotics. The Haynes take pride in raising healthy, happy cows.

For 25 years, the Haynes Dairy has continually improved their family business. Conservation practices supported by the USDA NRCS

include the installation of an in-ground liquid manure tank that allows the capture and recycling of nutrients from the manure back onto the grasslands, a gravel pad for bale storage, creating a road network through the fields to minimize soil compaction and erosion during field operations, and transitioning all of the farm land and cattle to organic production. The Haynes Dairy has been certified Organic since 2007. Milk from the farm is sold to Organic Valley, which has recognized the Haynes Dairy with multiple Gold Awards for milk quality.

Thinking ahead, John and Beth Haynes are also in the process of completing an agricultural easement that will protect the agricultural and conservation values of their land for future farmers. Thanks to ongoing efforts by the Upper Valley Land Trust and the NRCS, the Haynes farm will soon be protected by an Agricultural Land Easement, ensuring that the pastures and soils John and Beth have managed so well will remain healthy and ready for the next generation.

The Haynes' will be presented with the 2016 Sullivan County Cooperator of the Year award at the NH Association of Conservation Districts

Annual Meeting banquet, which takes place on October 13th at the Common Man in Claremont. Tickets to the banquet may be purchased for \$20 until Friday, September 30th. For more information, please contact Lionel Chute, the Sullivan County Conservation District Manager, at 542-4891 or [conservationdistrict@sullivancountynh.gov](mailto:conservationdistrict@sullivancountynh.gov).

### Business Planning At The Fiske

CLAREMONT, NH--A 10-week course on Getting Started: Business Planning will be offered at the Fiske Free Library, Tuesday evenings, from Oct. 18-Dec. 20, 5:30 to 8:30 p.m.. Free for residents and current or prospective business owners of Claremont. Registration is required. Contact Michelle Miller at 617-532-0248 or [mmiller@cweonline.org](mailto:mmiller@cweonline.org). Presented by the Center for Women & Enterprise.

Course will explore topics such as assessing the financial and market viability of your business concept, learning how to market yourself and your business, options for start-up funding, networking and more.



**The Claremont City Council will hold a public meeting on Wednesday, September 28, 2016, at 6:30 p.m. in the Council Chambers of City Hall.**

*AGENDA (Revised)*

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. MAYOR'S NOTES  
*A. Proclamation for Dr. Alicia Harvey-Smith, former President, River Valley Community College*
- 6:40 PM 5. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 22))
6. NEW BUSINESS
- 6:50 PM A. Ordinance 549 Water & Sewer Rates – First Reading
- 7:05 PM B. Downtown Parking Study
- 7:25 PM C. Truck Route Study
- 7:45 PM D. Operations Efficiency Review of the CSB Community Center Discussion
- BREAK
- 8:15 PM E. Motion to Accept and Expend \$10,857.60 New Hampshire Highway Safety Grant for Claremont DWI Patrols
- 8:25 PM F. Motion to Accept and Expend \$11,066.40 New Hampshire Highway Safety Grant for Claremont STEP Program
- 8:35 PM G. City Code of Conduct and Boards/Commissions By-Laws
- 8:55 PM 7. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:10 PM 8. CONSULTATION WITH LEGAL COUNSEL
- 9:25 PM 9. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, October 12, 2016, at 6:30 p.m. in the Council Chambers at City Hall.