

## Cardinals Defeat Kearsarge In Exciting 44-32 Win

The Stevens football team took on the Kearsarge Cougars on Homecoming weekend at Barnes Park on Friday night. The Cardinals came away with an exciting 44-32 victory.

Before most of the crowd had settled into their seats, the two teams had combined for 5 touchdowns and 34 points. By the time the first quarter had ended there was 42 points on the scoreboard and Stevens had a 22-20 lead.

The Cardinals won the toss and elected to receive. It did not take long to start lighting up the scoreboard, as on the Cardinal's first play from scrimmage, Henri Bourque dropped a perfect pass into the waiting arms of Parker Smith, who raced 66 yards for the touchdown. Richard Bell ran in the conversion for an 8-0 lead. The Cougars All-State running back Justin Norris came into the contest with 1,208 yards rushing in just 4 games. He would show the Stevens fans just how he accumulated those yards on their first series. Norris streaked 64 yards on the third play from scrimmage for Kearsarge, setting the tone for a wild first quarter of action. The conversion failed and it was 8-6.

Stevens would score on their next possession on a 5- yard touchdown run by Richard Bell. The conversion was no good. It would take just the ensuing kickoff for Kearsarge to score as Norris took a lateral and bounced off a tackler to sprint 80 yards for the touchdown return. The conversion was no good and it was 14-12 Stevens. Not to be outdone, the Cardinals would

(Continued on page B2)



Racers in Saturday's Valley Regional Healthcare 5K & Kids Race, part of the Fall Festival, make their way down Water Street in Claremont at the beginning of the event. For race results, go to <http://www.barttiming.com/summer/results16/chilli16-1.pdf> (Bill Binder photo).

Got  
Sports?

Send  
us your  
news and  
photos

**SPRING IS HERE**

Stop in & see our fantastic selection of trailers, carports & auto parts!

**Maurice**

AUTO TRUCK & TRAILER

(603) 542-7769 • www.mauriceat.com

|                               |         |
|-------------------------------|---------|
| 2016 DIAMOND C2PSAL10X77      | \$1,695 |
| 2016 CORN PRO SB-1675         | \$6,695 |
| 2016 CAM SUPERLINE 10-610LPDT | \$4,958 |

Jack O'Sullivan, ABR®

**Century 21**  
Highview Realty

42 Summer Street  
Claremont, New Hampshire 03743  
Business (603) 542-7766 Ext. 208  
Mobile (603) 252-7822  
jack@century21highview.com  
jackosullivan.net

Each Office Is Independently Owned And Operated

## Football, from B1

answer on their first play after the Cougar kickoff. Bell took the handoff off the left side and outran the Kearsarge defense for a 79-yard touchdown run. Zach O'Brien added the conversion run for a 22-12 lead. It was Norris again answering for Kearsarge before the end of the quarter as he took off on a 66 yard touchdown run, and after a successful conversion pass, the action-packed first quarter came to a close with Stevens holding on to a 22-20 lead.

Kearsarge would take their first lead of the game on a long pass completion for a touchdown. The conversion was no good, but the Cougars were on top 26-22. Stevens would answer with a 10-yard touchdown run by Henri Bourque. Bourque connected with Zach Stanhope for the conversion to put the Cardinals back on top 30-26. Kearsarge would score on a touchdown pass on the final play of the half, but the conversion failed and it was a 32-30 lead for the Cougars at the half.

Stevens defensive coordinator Erik Anderson made some defensive adjustments at the half and they would prove to be instrumental in the second half. The Cardinals shut out the Cougars in that half, and would hold Norris, who rushed for over 200 yards and scored 3 touchdowns in the first half, to just 34 yards rushing on 8 carries in the second half!

After Kearsarge would down a punt at the Stevens one yard line, the Cardinals were looking at a two point deficit and 99 yards between them and a go ahead touchdown. Undaunted, Stevens would drive those 99 yards for the go ahead score and a lead they would not relinquish. Freshman Keaghan McAllister had a big 32-yard run on a third down play deep in Stevens territory for a big first down. Bourque would cap the drive with a 19-yard scoring strike to Parker Smith. The conversion was no good and after three quarters Stevens had a 36-32 lead. Richard Bell would add his third touchdown of the day on a fourth quarter 1 yard run and added the conversion to account for the final of 44-32.

Offensive Coordinator Josh Duford directed an attack that rolled up 526 yards of offense on the night. Bell would finish the game with 172 yards rushing and the 3

touchdowns. Bourque topped the century mark, as well, with 101 yards rushing and a touchdown. He also completed 11 of his 20 passes for 182 yards with a touchdown and an interception. Smith hauled in 6 passes for 126 yards and two touchdowns.

Stevens will enjoy a bye week, before traveling to Meredith on October 16th for a showdown with the 4-1 Lakers of Inter-Lakes/Moultonborough. That will be a noon start.

## Stevens Boys Soccer

The Stevens Boys Soccer team beat Monadnock Thursday night, 6-0; goal by Noah Spaulding assisted by Ethan Sweet, Noah Spaulding assisted by Colin Lewis, Ethan Sweet assisted by Drew Grenier, Coby Hussey assisted by Logan Bonneau, Noah Spaulding assisted by Logan Bonneau, Drew Grenier unassisted penalty kick. Tanner Durkee had 4 saves.

"Conditions got very slick as the night went on. Game got a bit physical, we needed a game like that," said Coach Jason Stone.

The team played a tough one against Kearsarge on Saturday night, dropping another one into the win column, 3-0, at home. The team is now 10-1.

This week the Cardinals face Conant and Hillsboro.

## Stevens Girls Soccer

Stevens played Inter - Lakes Thursday with Stevens winning, 2-0. Jazmyn Griffin scored both goals in the second half. The first one on a penalty kick and the second one with about 9 minutes left assisted by Sydney Miller. Amber Duford had 7 saves in goal for Stevens.

The Cards hosted Kearsarge on Saturday, taking away win, 2-1. The team is now 8-3.

This week the Red Birds play Hopkinton and Fall Mountain.

## Stevens Field Hockey

The Stevens FH team traveled to John Stark Wednesday and came back with their 7th win of the season. The score was 5-0. Coach Patty Deschaine said she "was very pleased with my team's performance." She was able to put all players in the game, including a few JV players she brought up.

All 5 goals were scored in the first half.

Junior Elyse Scott scored the first goal 3:24 into the game. Four minutes later, Sophomore Ashlee Brown found the back of the cage from a pass by Senior Rebecca Moody. Ashlee Brown scored another goal 13:49 left in the half which was assisted by Elyse Scott. Elyse scored her second goal unassisted with 7:49 to go. The final goal of the half and the game was made by Sophomore Sophie Foote, unassisted.

The Cardinals hosted Kearsarge Friday, finishing up with another strong win, 4-0 and putting them at 8-1. This week the team faces Hopkinton, Monadnock and Pembroke.



*"A vintage feel,  
with modern appeal."*

**2 Pleasant Street**

**Historic Downtown**

**Claremont**

[sugarriverbarbers.com](http://sugarriverbarbers.com)

**603-542-6900**

**Collision Pro** LLC

143 Charlestown Rd. • Claremont, NH 03743

# Inspiration/Entertainment

## The Shepherd And The Sheep

By Priscilla Hull

This story is adapted from an article that comes online from the United Church of Christ, but I like it and have added my own twist to it.

There was a shepherd in Spain who had the responsibility of tending to a thousand or more sheep. He fell asleep one night and the sheep all wandered away into the nearby town. The sheep just wandered through the town bleating and waking the residents. The local police extended their duty of protecting the residents and rounded up the sheep to protect them and return them home!

The sheep all were safely restored to their field. End of story? No, not really. The town folk discussed what should happen to the shepherd, to the police, to the sheep! Each one saw the action from their own perspective. None considered the perspective of the others. There was anger and frustration on all sides with blame laid in the lap of the sleepy shepherd, the wandering sheep, and the overzealous police who felt they were doing their job, to protect the public. Each side had a valid point. The shepherd was tired, he fell asleep on many other nights and the sheep stayed put. The sheep were restless and just looking for some fresh grass to graze. The police? Well, they were trying to keep the town safe. You can't have stray sheep just wandering around eating gardens, lawns, flowers and shrubs.

Finally they all went to the smartest person in town and asked who was at fault. His response surprised the people. The shepherd was not entirely at fault. We all are allowed a time of repose to keep ourselves fresh and healthy.

The sheep weren't at fault, they had eaten up most of the grass and food and were hungry so they moved on

The police weren't at fault either. They were doing their job in the best way they knew. They wanted to protect both the sheep and the townsfolk. Sometimes decisions are difficult for others to understand. Sometimes, we make decisions that require instant action and then we We need to consider all aspects of our life. We need to rely on the one who knows all and sees all. When we rely on our Maker, we will make the right decisions because He knows our every need and acts on our behalf.

The one who keeps you will not slumber. The Holy One will neither slumber nor sleep. - Psalm 121:3-4

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



*Sidewalk Prophets CD  
For King & Country Bracelet*

*How to Enter: Choose 1 or all!*

- 1. Follow me on Twitter or Facebook.*
- 2. Email "Win 10.31" in subject line to [etickernews.bernadette.oleary@gmail.com](mailto:etickernews.bernadette.oleary@gmail.com)*
- 3. Send me a private message in Facebook or Twitter with "Win 10.31".*
- 4. Text "Win 10.31" to 405-332-3353.*

*Drawing will be held 10/31 and winner announced 11/1.*

# Entertainment

## Review: Ken Gerhard's "A Menagerie of Mysterious Beasts"

By Bernadette O'Leary

Cryptozoologist and author, Ken Gerhard, is known for his books (including "Encounters with Flying Humanoids" and "Big Bird!: Modern Sightings of Flying Monsters") and for his research of unknown and undocumented creatures. He is also known for his appearances on such TV shows as "Monster Quest" and "Ancient Aliens" where he gives expert testimony that is based on years of experience. One of the reasons Mr. Gerhard is so widely renowned for his work is because he offers both sides of the evidentiary coin. His factual and detailed coverage and accounts that he shares are based on evidence and documented history, rather than opinion and bias. His many readers and those who watch him on television appreciate this dedication to the field of cryptozoology and the search for truth.

His latest book, "A Menagerie of Mysterious Beasts", released 2016, adheres to his high standards of "just the facts please" while introducing us to a wide variety of intriguing x-creatures. Using both historical accounts and modern reports, Mr. Gerhard guides us through a detailed tour of a wide array of unknown and undocumented beings. Many of the creatures he introduces us to were even unknown by this journalist, who has studied x-creatures for over 30 years (since around the age of 10).

Whether or not one believes in the existence of such creatures as Bigfoot or the Lochness Monster, one should always seek truth. This requires even the most skeptical among us to desire further research when evidence supports the need for it. This world is as yet vastly unexplored, so the truth is we would be arrogant to claim that we know all that is out there. Such creatures as the giant squid and gorillas are large animals that were only discovered within recent times. So, the question is not "Is it real?" as much as the question should be "Is it possible?" Additionally, the question of "How nutty is this topic?" should be "Is there enough sufficient evidence to warrant further research?"

The search for truth must always move forward, and it will with people like Ken Gerhard at the wheel. As one of the leading experts in cryptozoology, he continues to demand that facts outweigh propaganda. He reminds us that this is a serious field of research which seeks to find out more about this world, its history, and all that dwell within it. As he wrote in my copy of his book, "The seemingly impossible is merely a further extension of the familiar."

I highly recommend "A Menagerie of Mysterious Beasts" for anyone and everyone who ever wondered "What's that noise?" while camping or sat staring up at the sky speculating what wonders can be found there. This world in which we live is vast and holds so many mysteries. It boasts majestic creatures, and it keeps us amazed. New creatures, including large ones, are still being discovered, and this book illustrates the possibilities wonderfully. I give it the full 5 Crosses available, and I suggest that you go out immediately and buy this book. Also check out Ken Gerhard's other books.

Until next time, my friends, love others well... and stay curious. It is with one final thought that I leave you this week: what will we discover next?



**Bernadette O'Leary with  
Cryptozoologist and Author, Ken Gerhard**

*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).*

## Calendar Of Events

### Ribbon Cutting At Valley Primary Care Oct. 19

CLAREMONT, NH--A ribbon cutting will be held at the newly-renovated Valley Primary Care, 7 Dunning Street, Claremont, on Wednesday, Oct. 19, from 5:15 to 6:15 p.m. A part of Valley Regional, Valley Primary Care brings under one roof "warm and comprehensive care for everyone in the family," said VRH. Pediatric providers, Dr. Shirley Tan and Dr. Corinne Sullivan, make up the team for the youngest patients, while Dr. Eric Knight tends to the medical needs of the rest of the family. The ribbon cutting ceremony will begin at 5:30 p.m. Tours of the offices will be available, and light refreshments will be served.

Valley Regional is grateful to Dr. Robert Cricco, Claremont Savings Bank, Sullivan County United Way and Osgood Construction for their generous contributions toward this project, said VRH.

Valley Primary Care is accepting new patients; call 542-6700 for more information or to make an appointment.

### Fall Programs At The Fiske

CLAREMONT, NH--Story Times at Fiske Free Library returns once again. Story Time will be held on Mondays, through 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, through 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 Falling 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.

### First Night Button Design Competition In Claremont

CLAREMONT, NH--Sugar River Rotary would like to invite local youth to join in a friendly competition to showcase their artistic talents in a First Night Button Design contest. Art will have to be done on paper and no larger than 8"x11" with name, age and contact phone number on back.

The art will be judged by Claremont-Sugar River Rotary and will be used to create buttons for First Night and used for specials at selected establishments. All submissions can be dropped off at the following locations: Mascoma Savings Bank, Claremont Savings Bank Community Center and Myers Maple Lanes. All entries must be received no later than October 15.

### 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.

### TLC's Born To Run 5K

CORNISH, NH--Get out in the color and kick off the Columbus Day weekend by supporting TLC Family Resource Center's 6th Annual Born to Run timed 5K, Town House Road, Cornish, on Oct. 8. TLC has the same mission to promote strong families and prevent child abuse and neglect. Register online now at <https://tlc-family-resource-center.networkforgo.com/events/728-tlc-family-resource-center-6th-annual-born-to-run-5k>. Only \$25 to register. There is also a Free Kids' Pumpkin Patch Dash. For questions, call 603-542-1848 x322.

### 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.

## 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

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! 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)

## 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](mailto:LadyBossClub@gmail.com).

## Annual Maxfield Parrish Vintage And Collectibles Print Sale

PLAINFIELD, NH--The Annual Maxfield Parrish Vintage and Collectibles Print Sale will be held on Saturday and Sunday, Oct. 8 and 9, from 10:00 a.m. to 5:00 p.m., at the Plainfield Town Hall, Route 12A. This is your chance to buy vintage Maxfield Parrish prints, books, collectibles, and Parrish-related merchandise from a large assortment. Overstock sale on selected items. Admission is \$1.

Sponsored by the Plainfield Historical Society for the benefit of the Maxfield Parrish Stage Set Fund.

For information, please email [info@phsnh.org](mailto:info@phsnh.org).



## YOU'RE INVITED TO JOIN US FOR LUNCH!

**WIDEX UNIQUE™**  
LIVE LIFE LARGE

**When:** Wednesday, October 19, 2016

**Where:** Valley Regional Hospital  
Buckley Conference Room  
243 Elm Street  
Claremont, NH 03743

**Time:** 12:00 pm — 2:00 pm

Learn how you could be hearing your very best! If you are noticing that you are having difficulty hearing, take the time to experience the UNIQUE hearing aids by Widex.

Meet Gabrielle Simone from Widex USA as she shares information about your hearing health.

This complimentary event includes lunch catered by Valley Regional Hospital's Culinary Services, under the new leadership of David Goodman\*.

Hosted by: Wendy Rasmussen, MS, CCC-A, Audiologist

**RSVP by October 13, 2016. Space is limited.**

Please call **(603) 574-4884** today for reservations to this complimentary event!

*\*Please let us know of any dietary restrictions when making your reservation.*



243 Elm Street  
Claremont, NH 03743  
(603) 574-4884

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

# 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

+++++

**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**



**Saturday - November 5th, 2016**

**at**

**Stevens High School - Broad St Claremont**



**Sullivan County Humane Society  
Fundraiser**

**Doors Open at 7pm | Show at 8pm**

**Tickets: \$20 & can be purchased  
in advance from SCHS or at the door**

**More information: 542-3277**



[www.woofraise.com](http://www.woofraise.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.

Oct. 3 Program: Guns of the Civil War.

## 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).

## 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.

## 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.

## 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.

## 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 Season Ends Oct. 6

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.

## 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 accepted at Free Coat Fridays throughout the month.

## 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 eve-

nings, 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.

## Patient Appreciation & Community Wellness Fair At VRH

CLAREMONT, NH--A Patient Appreciation & Community Wellness Fair will be held at Valley Regional Hospital on Saturday, Oct. 29, from 9:00 a.m. to 1:00 p.m. Free health screenings, snacks, flu shots, tours and music, costumes encouraged. Free give-a-ways, win an iPad. Visit with community organizations. Start location of the Claremont Sugar River 5K Run/Walk.

## Free Youth Mental Health First Aid Training

You are more likely to encounter someone — friend, family member, student, neighbor — in an emotional or mental crisis than someone having a heart attack. YMHA, a National Council for Behavioral Health program, teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour course, but it is ideally designed for adults who work with young people, ages 12-18.

Presented by UNH Cooperative Extension Youth & Family Field Specialists: Thom Linehan, Ed.D. & Gail Kennedy, MSW. Hosted by Cheshire and Sullivan County 4-H, Saturday, Oct. 29, 8:30 a.m. - 5:00 p.m., Walpole Primary School, 8 Bemis Lane, Walpole, NH. No fee but pre-registration is required. Register by October 26:

[https://www.events.unh.edu/RegistrationForm.pm?event\\_id=21935](https://www.events.unh.edu/RegistrationForm.pm?event_id=21935).

For more information, call 603-863-9200.

## Hope For Recovery Services, Meetings

CLAREMONT, NH--Peer- based recovery services, 169 Main St Claremont, NH, (603) 287-7919, include:

- Peer coaching & support
- All Recovery Meetings
- 12 -step fellowship
- Volunteer opportunities
- Community Outreach & advocacy
- Telephone Recovery Support
- Sober events

### Meetings

Monday  
 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

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

Thursday  
 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

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

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

Send news and photos  
[etickernews@gmail.com](mailto:etickernews@gmail.com)

# Women's Night Out

**Panel discussion of women's health**



Join our medical staff for a panel discussion over a glass of wine.

**Tues. Oct. 18 | 5-7PM**

**Buckley Rm at Valley Regional Hospital**

**Featured Topic:**

## Women's Breast Health

With VRH nurses and practitioners

Wine & Hors D'oeuvres served.

***Limited seating for this free event.***

***RSVP required by Oct. 16***

### **RSVP:**

Online via Eventbrite; look for

Women's Night Out

On VRH's Facebook page, under Events

Or contact Brooke at 543-5610

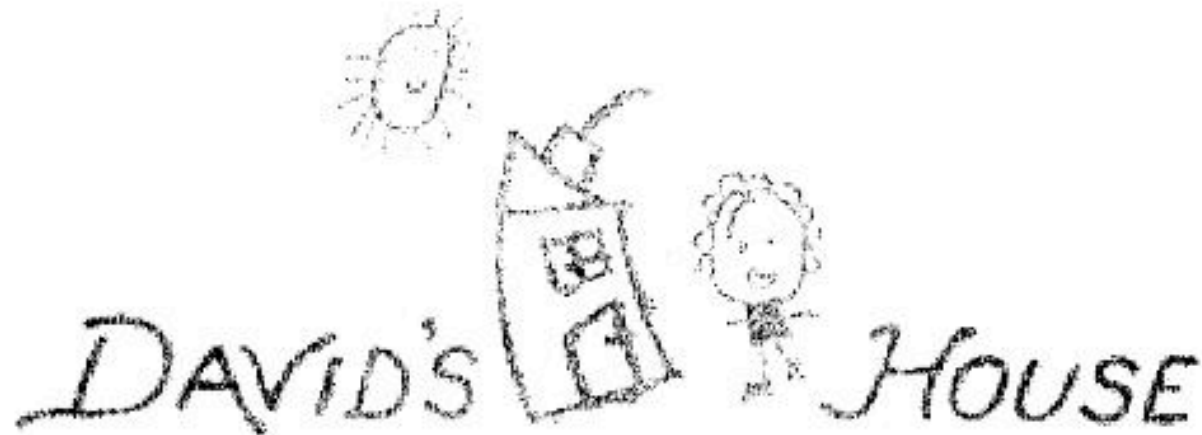
email [brooke.salls@vrh.org](mailto:brooke.salls@vrh.org)



Valley Regional  
Healthcare

# 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



**The Claremont City Council will hold a public meeting on Wednesday, October 12, 2016, at 6:30 p.m. in the Council Chambers of City Hall.**

### AGENDA

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. REPORT OF THE SECRETARY  
Minutes of July 27, August 3, 9, 24, September 9, 14, 26 and 28, 2016, City Council Meetings
- 6:40 PM 5. MAYOR'S NOTES
  - A. Proclamation for Dr. Alicia Harvey-Smith, former President, River Valley Community College
  - B. Leaf Pick Up and Free Tire Day
- 6:50 PM 6. CITY MANAGER'S REPORT
- 7:05 PM 7. APPOINTMENT TO BOARDS AND COMMITTEES
- 7:10 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 22))
- 9. OLD BUSINESS
  - 7:25 PM A. Ordinance 550 Cemetery Policy – Second Reading – Public Hearing
  - 7:40 PM B. Police Facebook Progress Report
- 10. NEW BUSINESS
  - 7:50 PM A. Motion to Approve Updated Investment Policy
  - 7:55 PM B. Motion to Re-Approve Identity Theft Prevention Policy
  - 8:00 PM C. Economic Revitalization Zone
  - 8:10 PM D. Resolution 2017-11 Adopting Hazard Mitigation Plan Update – Public Hearing
  - BREAK
  - 8:35 PM E. Ordinance 549 Water & Sewer Rates – First Reading
  - 8:50 PM F. Resolution 2017-12 Raise and Appropriate Funding for Recreation Efficiency Study – Public Hearing
- 9:05 PM 11. COMMITTEE REPORTS
- 9:10 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 9:25 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 9:40 PM 14. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, October 26, 2016, at 6:30 p.m. in the Council Chambers at City Hall.

# 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.

## 2016 Flu Vaccination Clinics

Here is the 2016 schedule of free public flu vaccination clinics at Dartmouth-Hitchcock Medical Center. If you have any questions about getting a flu shot this year, for yourself or another family member, please contact your own primary care physician or other provider directly.

Weekend Clinics for all Adults & Children  
 Sunday, October 9, 8:00 am - 1:00 pm  
 Saturday, November 12, 8:00 am - 1:00 pm  
 Park in the DHMC main entrance parking lot and go to the Information Desk. There will be signs and volunteers to direct you. Adults and children 9 and older who are not afraid of needles will be immunized in the Auditoria. Children less than 9 years of age, or afraid of needles, will be immunized at reception 3D.

Aging Resource Center Flu Clinics  
 Thursday, October 13, 9:00 am - 4:00 pm  
 Monday, November 14, 9:00 am - 4:00 pm  
 The Aging Resource Center is located at 46 Centerra Parkway, 2nd Floor, Lebanon, N.H.  
 Directions.

Canaan Area Flu Clinics - Canaan Hall  
 Thursday, October 27, 4:00 - 7:00 pm  
 Mascoma Area Flu Clinics - Enfield Community Center  
 Thursday, October 20, 4:00 - 7:00 pm  
 Orford Area Flu Clinics - Orford Congregational Church  
 Thursday, October 13, 4:00 - 7:00 pm

*Union Church*  
*Harvest Festival*

*Saturday October 8th 2016*

*Servings 5:00, 5:45, 6:30*

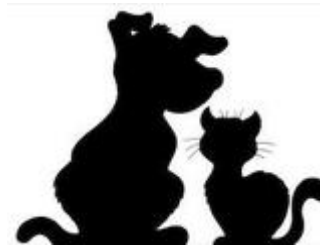


*Norwegian Meatballs*  
*Mashed Potatoes*  
*Squash Cole Slaw*  
*Rolls Homemade Pies*

*Handicapped Accessible*  
*133 Old Church Rd.*  
*Claremont, NH*  
*For Reservations : 603.542.7209*

*Adults \$10*  
*Children under 12 \$5*  
*Preschoolers \$FREE*

**Sullivan County  
Humane Society**



**Benefit Dinner**



*at*

**The Common Man**

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

**5 to 9 pm: \$30 / ticket**

**\$10 of each ticket is donated back to  
the Humane Society!**

-  Each ticket includes 1 three course meal from a pre-set menu & 1 non-alcoholic beverage
-  Many silent auction items the night of the event

**Call 542-3277 for Dinner Tickets!!**

Remembering Loved Ones...

## Life Tributes

### Obituaries May Be Found On Our Website

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

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

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

#### Leatrice M. Butterfield

Leatrice May Butterfield of Claremont, NH, passed away on September 29, 2016, at the Sullivan County Healthcare in Unity, NH. She was born in Wolfeboro, NH on April 17, 1926 the daughter of Clifton Simms Sr. and Elsie (Banfill) Simms.

Leatrice was a loving mother and friend that stayed home to raise her children. She also did in-home day care for many years. She was the mother that everyone had wanted for themselves.

Her family includes her husband, Milford Earl Butterfield whom she married on June 5, 1946; their four children, Lois Dube and her husband, James of Claremont, Jean Gagne and her husband, Douglas of Claremont, James Butterfield and his wife, Theresa of Rochester and Dale Butterfield and his wife, Robin of Claremont; eight grandchildren, Mike Dube, Amy Dube, Jennifer Gagne Finch, Jessica Gagne Cloutier, Lynn Butterfield, Cathy Butterfield Peabody, Corey Butterfield and Nicole Butterfield Bravo; eleven great-grandchildren, Jordan and Madylin Dube, Emma Kate, Braxton and John Finch, Caleb and Hunter Peabody, Katelynn, Cierra, Haleigh and Cohen Butterfield; three sisters, Ruth and Loretta both of California and Jane of Florida.

She was predeceased by her parents and siblings, Bob, Tink, Alice, Dolly, Clifton Jr., and infant sisters, Lois and Jean.

Visiting hours will be held at the Stringer Funeral Home, 146 Broad Street in Claremont on Tuesday evening, October 4th, from 6 to 8 PM. Funeral service will be held at the Union Episcopal Church in Claremont Wednesday, October 5th at 11 AM with Janet Lombardo officiating. Burial will be held in West Claremont Burying Ground.

In lieu of flowers, donations may be made in her memory to the Sullivan County Healthcare, Friends of Activities, 5 Nursing Home Drive Unity, NH 03743.

#### Loretta I. LaClair, 87

Loretta I. LaClair, 87, of Claremont, NH, died on September 28, 2016, at Valley Regional Hospital.

She was born in Norwalk, CT, on March 5, 1929, the daughter of Edward and Doris (Albee) Lewis.

Loretta was a graduate of Stevens High School in the class of 1947.

She had worked for the Sullivan County Nursing Home and private nursing as a Certified Nurses Aid for 37 years and retired in 1991.

She was member of the Civil Air Patrol. The family includes her children, Lorelei Chapin, George Small, Jody Small, Johnathan Small, Peter Small and Dale LaClair; thirteen grandchildren and several great grandchildren. She was predeceased by her first husband, George E. Small who died on July 19, 1960; her second husband, Raymond E. LaClair who died on March 20, 1970.

A graveside service will be held in Mountain View Cemetery in Claremont at a later date.

#### Ronald G. Ferland

Ronald George Ferland, born March 13, 1930 in Coventry, VT. He graduated from St. Mary's High School in 1948. He served in the Air Force during the Korean Conflict in the 1950s. Upon his discharge from the military, he started working for Joy Manufacturing in Claremont. He worked for Joy for over 30 years as a machinist. Prior to retiring, Ronald worked for Mal Tool and Engineering in North Charlestown.

Ronald lived in North

Charlestown for most of his 86 years. A farmer all of his life, one of the greatest pleasures Ronald had was raising, training and riding his Arabian horses. His love for horses was one of the great pleasures in his life. He enjoyed trail rides on back roads and through woods trails. He was able to ride on a few competitive trail rides with his daughter, which he enjoyed immensely. He loved that his horses were being ridden and competed in disciplines that they excelled at.

Ronald was very proud of his children's and grandchildren's accomplishments. He followed them diligently and supported them throughout his life. Ronald enjoyed watching his grandchildren play in sporting events. He was an enthusiastic fan and was proud of their individual successes. He was also an avid Patriots football fan and spent many hours watching his team play on Sunday afternoons.

Ronald was known for his sense of humor. One of Ronald's favorite things to do was to tell a funny story or a really good joke. He loved it when his grandchildren answered his teasing with funny responses of their own.

Ronald is survived by his three children Theresa Blaisdell, Lunenburg, VT, Linda Ferland, Charlestown, NH and Bruce Ferland and his wife, Heidi of Charlestown, NH. He is also survived by nine grandchildren: Melissa Abbott, Angela Potter, Jessica Blaisdell, Cedric Blaisdell, Steve Blaisdell, Zachary Ferland, Jocelyn Ferland, Jordan Ferland and Morgan Ferland, his great-granddaughters, Reilly Blaisdell and Alexa Potter. Ronald is also survived by his sisters, Roseanne LaCasse, Jackie Fleming and Louise Kangas and several nieces and nephews.

Ronald was predeceased by his wife, Carol Adair, his parents, Donat and Bertha Ferland, and his siblings, Lillian Brasaw, Richard Ferland and Anita Ferland.



**Ann Jacques**  
Licensed in NH / VT, Sales Associate  
Multi-Million Dollar Producer  
**REALTOR®**

**Highview Realty**  
42 Summer Street  
Claremont, New Hampshire 03743  
Office (603) 542-7766 Ext. 204  
Toll Free (800) 269-2414  
Cell (603) 543-7720  
Fax (603) 543-0163  
[annjacques1@comcast.net](mailto:annjacques1@comcast.net)




Each Office is Independently Owned And Operated

Funeral services were held at the Stringer Funeral Home on Saturday morning, October 1st. Burial followed in St. Mary Cemetery.

### Edward R. Pratt, 62

Edward R. Pratt, 62, of Mulberry Street in Claremont, NH, died Wednesday (September 28, 2016) at Valley Regional Hospital, following a period of failing health.

He was born in Waterbury, CT, on October 3, 1953, the son of Irving and Dorothy (Paris) Pratt and had been a longtime area resident. Edward was a graduate of Stevens High School, Class of 1971 and attended UNH. He had been employed as a mail sorter by the US Postal Service in White River, Jct., VT. Edward had also been employed by Holsum Bakery, Holson-Burnes and Dartmouth Woolen Mill. He enjoyed bowling, playing horseshoes, bingo, listening to music, especially the Beatles. He was a fan of the Boston Red Sox and New England Patriots and also enjoyed watching the 3 Stooges.

Members of his family include his wife, Jennifer (Rice) Pratt, Claremont, NH; a daughter, Hillary Perron and her husband, Sean, Gonic, NH; a granddaughter, Katharyne Perron, three brothers, Richard Pratt and his wife, Eleanor, Shelburne, VT; Roger Pratt and his wife, Sandra, Claremont, NH; Robert Boynton and his wife, Traudi, Springfield, VT; two sisters, Shirley Stowell and her husband, Robert, Newark, NY; Linda Nelson and her husband, Alfred, Claremont, NH; and numerous nieces and nephews.

Funeral services were held on Saturday (Oct. 1) at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH, with Deacon Paul Boucher of St. Mary Parish, officiating.

Committal Services will be held at a later date in Union Cemetery.

You are invited to share a memory of Edward with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com).

Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

### Cody D. Lafont, 25

Cody Douglas Lafont, 25, passed away unexpectedly on Sunday, September 25,

2016, and was greeted by his Bumpa, John McEachern.

Cody was born on July 21, 1991 in Lebanon, NH, to Tracy (Tessier) McEachern and Kenneth LaFont. Cody worked for Sinclair Machine Products in Claremont, NH, his family's business, and was the shipping supervisor. Cody loved animals and leaves behind his pup, Maverick and his Chocolate Siamese kitty, Rickie Bobbie. He had a fondness for New England sports teams and racing. He enjoyed hunting and fishing. He also had a love for Mini Coopers, particularly the one he drove.

Cody leaves behind his loving family. In addition to his parents, he leaves stepfather, Aaron Fitzherbert, Ascutney, VT, his stepmother, Melissa LaFont, Claremont, NH, one brother, Tanner Fitzherbert, Unity, NH, two sisters, Britany Green, Gainsville, GA & Hailee Lafont, Claremont, NH, stepbrother Bryan Zeller, Avon, NY and stepsister, Alisha Sharp, Sodus, NY. Maternal Grandmother Sharlene McEachern, Windsor, VT and maternal grandfather, Douglas Tessier, Newport, NH. Paternal grandmother, Viola LaFont, Claremont, NH.

Also left behind was his Uncle Chad, Aunt Kristin, Uncle Andy, Uncle Mark, Aunt Sara, Aunt Brooke, Aunt Lindsay, Aunt Sheila, Aunt Gloria and many other family members including cousins who loved him. Cody will be missed by his special friends Brette, Logan, Tyler, Dylan and Anthony. He shared a special bond with each one.

He was predeceased by his paternal grandfather, Armand LaFont, and uncle, Richard LaFont.

A Mass of Christian Burial was celebrated on Friday (Sept. 30) at St. Mary's Church with the Rev. John Loughnane, Pastor of All Saints Parish in Charlestown, NH, officiating. Interment followed in St. Mary's Cemetery.

In lieu of flowers the family suggests that memorial contributions be made to Lost My Way Animal Shelter, 21 Hartford Street, Claremont, NH 03743 or CHaD, 1 Medical Center Drive, Lebanon, NH 03756.

You are invited to share a memory of Cody with the family or leave a message of condolence in the family guest book at [www.royfuneralhome.com](http://www.royfuneralhome.com).

“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.

DOCTOR **SAM'S**  
EYE CARE



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

## Claremont Fire Dept. Log

### **Sunday 9/25:**

6:44 PM: Brush 1 responded to Congress St. to assist the police department.

### **Monday 9/26:**

5:15 PM: Engine 3 responded to Royce St. for a well-being check.

6:00 PM: Engine 3 responded to Main St. for an illegal burn.

8:44 PM: Engine 3, Ladder 2 and Engine 1 responded to box alarm #572.

11:15 PM: Engine 3 responded to Girard Ave. to assist Golden Cross Ambulance.

### **Tuesday 9/27:**

10:05 AM: Engine 3 responded to Washington St. for an alarm sounding.

### **Wednesday 9/28:**

8:27 AM: Engine 3 responded to Washington St. for a motor vehicle accident.

9:07 AM: Engine 3 responded to Washington St. for an alarm sounding.

10:20 AM: Engine 3 responded to Broad St. for a possible medical call.

10:56 AM: Engine 3 responded to the Maple Ave. for a smoke investigation.

11:10 AM: Engine 3 responded to Water St. for a medical call.

4:47 PM: Engine 3 responded to Washington St. for a motor vehicle accident.

6:24 PM: Engine 3 responded to Charles St. for an illegal burn.

### **Thursday 9/29:**

1:09 PM: Engine 3 responded to Main St. for a motor vehicle accident.

2:25 PM: Engine 3 responded to the intersection of Mulberry St. and Sullivan St. for a report of fluids leaking from a vehicle.

### **Friday 9/30:**

1:58 PM: Engine 3 responded to River Valley Community College for a report of a vehicle leaking gas.

6:59 PM: Engine 3 responded to Pheasant Lane to assist the police department.

### **Saturday 10/1:**

12:54 AM: Ladder 1 and the on call companies responded mutual aid to Hanover for a 4 alarm structure fire.

1:22 AM: Engine 3 responded to East Green Mountain Rd. for a medical call.

6:31 AM: Engine 3 responded to Hanover St. for a medical call.

11:49 AM: Engine 3 responded to Broad St. for a motor vehicle accident.

9:17 PM: Engine 3 responded to Girard Ave. to assist Golden Cross Ambulance.

## Social News

### Claremont Senior Center, Inc. News

**By Claire Lessard, Executive Director**

A tremendous "Thank You" is extended to all who in any way made our 4th Annual "Big" Penny Sale held September 25 a great success!

Café Claremont Menu: Tuesday - October 4 ... Monthly Meeting ... Soup, Yankee pot roast, potatoes, vegetables, dessert. Thursday - October 6 ... Soup, chicken pot pie with carrots, celery & potatoes, dessert. Menu subject to change!

Members are urged to take advantage of the Diabetes Support Group which meets every 3rd Friday of each month (Sept. to June) (11:00 AM - 12 Noon) at Valley Regional Hospital Library in Claremont.

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.

Our Walking Club will continue a few more weeks on Wednesday (5:30-6:30 PM). 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.

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 at [cnhcs.org](http://cnhcs.org).



Let Sullivan County Humane Society help wrap you in warmth this winter!

## Home Heating Raffle

**\$500** credit to the company of your choice towards oil, propane, kerosene, pellets or wood

**\$5 per ticket or 3 for \$10**

Stop in to purchase your tickets today!

14 Tremont St, Claremont NH

|        |            |                 |
|--------|------------|-----------------|
| Hours: | Tuesdays   | 5-7pm           |
|        | Wednesdays | 4-7pm           |
|        | Thursdays  | 10am-2<br>5-7pm |
|        | Fridays    | 10am-2          |
|        | Saturdays  | 3-5pm           |

**Drawing to be held on December 26<sup>th</sup> @ 5PM**

Be sure to follow us on Facebook as we'll be announcing the lucky winner on our page!