

Claremont Confidential

By Les St.Pierre



Coach, Player, Coach

When is a loss a good thing for an aspiring athletic team? Probably never, you might say. But then again, maybe, just maybe, a loss could be just what a team might need to bring it down a peg, to expunge any sense of over-confidence it may encompass.

Stevens High soccer fans can well relate to such a happening. Take, for instance, October 10, 1989, when the Cardinals boys team dropped a 3-1 setback to Hanover High. The Cards went on to win the rest of their games to finish the regular season with a 13-1 record. It was after that Hanover game when winning coach George Merrill cried out, "It was the worst thing we could have done!"

Merrill, piloting a school that had already garnered six state championships in the sport, had a feel for the game like no other. He knew the aura, the chemistry, all the intangibles that worked uniformly to bring a team together. He knew Ray Bernard's Redbirds would become a force to be reckoned with on down the line, that they would not take the defeat lying down, and, oh boy, was he ever right. The two teams would meet again in November in the semifinals and after 80 minutes of regulation time,

20 minutes of overtime, and 10 minutes of sudden death overtime, Stevens would upend the Marauders in a shootout. The rest is history. Stevens would defeat Oyster River, 2-0, in the finals and bring home the school's second title, the first coming in 1976.

Can the same be said of this season's boys soccer team at Stevens? Will a last game loss inspire the local booters to rise up off their stunning 6-0 defeat to Hopkinton on October 20 and propel them to another state championship?

"It was the best thing that could have happened to us," reported Stevens coach Jason Stone in a Saturday afternoon interview in reference to his club's loss to the visiting Hopkinton team. Stevens had dropped its very first game of the regular season and then gone on to win 14 in a row before the losing shutout to bring the final regular season slate to a 14-2 showing. "It wasn't fun. We never had anything going. It's not an excuse or anything, but we had a little bit of a hangover from the Bernard Cup Game (a 2-1 emotional win). It was hard to come back just two days later. Hopefully, there is a little bit of a sting left. It brought us back down to earth."

The 1976 championship team had Billy Scott, an All-New England player, and Gary Lawrence, an All-American goaltender, as its star leaders and the 1989 squad was led by Cory Belden. Belden was the Connecticut Valley League's top scorer managing to find the

back of the net no less than 24 times in regular season play. He scored at least one goal in every single game he played, including the playoffs, except the championship contest. Of course, you need more than just one or two players to capture a state flag, but there always is that one or two that gets the rest of the team fired up. Stone has no such player this year.

"We need that one person, actually," he claimed during the interview. "We have a couple who may lead by example, but no stand-

out. Ethan Sweet is always serious and working hard. Mitch Paquette is our most focused leader on the field. Noah Spaulding is amazing with the ball. It is amazing how fast he does things. I have never seen anyone like him, but he can't do it by himself. We are a funny group, not a hoop and holler and screaming before the game kind of guys.

They are intense, but not outwardly expressive. That is not a bad thing, as long as they let it go out on the field. As long as we have a couple of guys who keep each other accountable, that will help us a bit."

Stone played for Bernard in 1993, the last time a Stevens squad made it as far as the semifinals. "I'm often thinking to myself, 'What would Coach Ray do right now?'," Stone uttered. I think he is certainly the guy who started me thinking I might want to be a coach. He got my mind focused there. His intensity

(Continued on page B2)



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Stone, from B1

was my favorite part. He let us know if we weren't getting to the ball. He wasn't mean, just being intense. We wouldn't step out of line. When he said step to the line, you jogged up there. You didn't walk! Stone added it is Rob Johnstone of Lebanon fame who he considers his mentor in the finer points of the game. "I learned most of my running a good practice from him," the fifth-year Stevens coach added, "and having an actual system of play." Stone spent six years as a jayvee coach under Johnstone. "I am 0-1 in state championship play," the Stevens coach laughed, explaining he took over the head coaching job for one game when Johnstone was disqualified from coaching that one particular game. "I'd like to improve on that!"

Stevens assistant coach Jon Root is a direct link to that championship team of 1989. Root was the starting goaltender and pivotal in every game they played. "I wish I could nominate him (Root) for Assistant Coach of the Year, but they don't have that award," Stone pointed out. "We are constantly bouncing things off each other. He loves those kids and he loves the program. He is so fired up every game. He would jump into that goal if I could play him. The kids see it. They love his intensity. It is good to have that connection to what Stevens used to be, through him, through the Bonneau's, or through me." Stone then related the story of Root walking away with tears in his eyes when the Cardinals recaptured the Bernard Cup two days prior to their last loss.

It is anyone's guess what is in store for these Redbirds as they advance into the playoffs. "It was a great way to end the season, even with the loss," Stone stressed. "It has a positive side, I guess. I do know I have had subs gaining more game time than starters. They have had a lot of playing time over the season. That will come in handy, especially next year. Those kids got a ton of varsity game time experience."

Stone and his assistants have turned the Stevens boys soccer program completely around in the five years Stone has been at the helm. Records of 6-10, 13-5, 10-6, 10-6, and 14-2 thus far this season, are proof positive

the program is in an uphill climb. However, the Cardinals have dropped their first round playoff games in the past two years and want to escape that cruel hex this time around, to be sure. The number 2-seeded Redbirds will face a number 15 seeded Sanborn team Thursday at Monadnock Park. Stone was quick to point out Sanborn has played most of the top eight teams in the division while Stevens has only played Fall Mountain and Hopkinton. "They (Sanborn) are not a true 15 seed," Stone said, "and we are not a true number 2 seed. We cannot take them lightly."

Sanborn is 6-10. Should Stevens win Thursday, the Cardinals would again play at home on Sunday against the Fall Mountain-Campbell winner. The semifinals are slated to be played at Laconia and finals will be at Southern New Hampshire University.

"I want to win that first one so bad!" Stone exclaimed, hoping to eliminate the curse of the past two years, including a loss to Sanborn. "Two years ago Sanborn stuck their flag into the ground right here. That got my gut wrenching. I hope they do it again. We're ready!"

SHS Field Hockey Season Comes To An End After Strong Season

The Stevens Field Hockey team ended up being ranked 5th in its division. The Playoffs started this past week, and the Cardinals played last Wednesday in their first round of playoffs and won 2-1 against Bow who was ranked 12th. "Elyse Scott and Jennie Morey each scored a goal. It was a great win," said Coach Patty Deschaine.

"We went to Pelham Sunday for our Quarter Final game but lost 2-0. We played well. We ended our season 11-5. I'm a very proud coach," added Deschaine.

SHS Girls Soccer Regular Season Ends At 9-7

Stevens played Conant and Stevens won 4-1 last week. Jazmyn Griffin had 3 goals and 1 assist. Sierra Meunier had the other goal for Stevens. Kelsey Belisle had 3 assists. Amber Duford had a couple of saves in goal for Stevens. The Senior Night game gave the Cardinals a record of 9-7 on the regular season.

Cards Take 60-0 Win On Senior Night

The Stevens Cardinals football team hosted the Fall Mountain Wildcats on Friday night at Barnes Park and came away with a 60-0 victory on Senior Night. Prior to the game, the seniors for the Spirit team and football team

(Continued on page B3)



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Football, from B2

were honored for their four years of participation. Alexis Parlman was the lone senior recognized for the Spirit team. The football team had 10 seniors playing in their last regular season home game. Parker Smith, Zach O'Brien, Richard Bell, Zach Stanhope, Nick LaCaillade, Chris Beckelman, Braydon Burt, Tim Heighes, Nick O'Brien, and Chris LaFont were all recognized prior to the game. The seniors would all have a part in the victory.

It didn't take long for the Cardinals to score, as on their second possession of the game, Richard Bell would account for all 63 yards, as he capped the drive with a 23 yard touchdown run. Henri Bourque ran in the conversion and it was 8-0. On their next possession, Bourque would find Parker Smith on a crossing pattern for a 24 yard touchdown. The conversion kick was missed. It was Bourque again to Smith on the next drive, for a 26 yard touchdown pass. Richard Bell booted the extra point. Bell would add his second touchdown of the game before the first quarter ended when he took a toss 14 yards for a touchdown. Derrick Stanhope split the uprights with his extra point kick and Stevens lead 28-0 after a quarter.

The Cardinals would score 3 more times before the half. Parker Smith went 3 of 5 in his first action at quarterback, with his final completion a 26 yard scoring toss to Zach O'Brien. O'Brien would add the extra point kick, as well. Bourque, back at his normal quarterback spot on the next drive, hit Chris Beckelman in stride for his first varsity touchdown, a 26 yard catch and run. Stanhope would add his second extra point kick. The final score of the first half came on a 10 yard run from senior lineman Nick O'Brien. The extra point kick was no good and at the half it was 48-0 Stevens.

The Cardinals got everybody into the game in the second half, scoring a single touchdown in the third quarter and another in the fourth quarter. Senior Zach Stanhope scored on a 26 yard run, and Alex DeVre scored his first varsity touchdown on a 10 yard run to close out the scoring.

Six of the ten seniors scored on the evening as Bell, Smith, Stanhope, Beckelman, Zach O'Brien, and Nick O'Brien all scored touchdowns. Nick LaCaillade had a fumble recovery, Tim Heighes chipped in with a team high 3 tackles, Braydon Burt rushed twice for 25 yards, and Chris LaFont had his first varsity carry, a 4 yard run in the 4th quarter.

The Cardinals moved to 6-1 on the season and will travel to Monadnock next Friday night to take on the 7-0 Huskies, with a first round home playoff game going to the winner.

Monarchs Edge Thunder, 4-3, In Overtime

GLENS FALLS, N.Y. – Cory Ward scored with 3.8 seconds remaining in overtime to give the Manchester Monarchs a 4-3 win over the Adirondack Thunder on Friday night at the Glens Falls Civic Center.

The Monarchs (2-1-0-1) and Thunder (2-0-1-0) have now played overtime in two of their first three meetings, with 12 game remaining between the North Division rivals.

The Monarchs opened the scoring when Alex Guptill netted his 2nd goal of the season at 18:14 of the first period. Guptill took a cross-slot pass off the backhand of Matt Leitner, and beat Thunder goaltender, Mason McDonald, low glove for the ice breaker and a 1-0 Monarchs lead.

The Thunder evened the score when Mathieu Brodeur netted his 1st goal of the season at 5:29 of the second period. The Monarchs were on the penalty kill when Joey Diamond received an extra two minutes after a fight, and the Thunder took advantage quickly with Brodeur sending the puck off a Manchester stick past Monarchs goaltender, Colin Stevens, to level the score, 1-1.

Adirondack grabbed the lead when Brett Pollock scored his 1st goal of the season at 8:11 of the middle frame. Pollock took a slap-pass from the right point off the stick of Alex Wall, and redirected the shot into an open cage behind Stevens, making the score, 2-1.

The Monarchs tied the game when Joe Pendenza netted his 2nd goal of the season at 17:03 of the second period. After huge hit by Tony Turgeon in the right corner that caused a turnover, Pendenza redirected a pass from Justin Agosta that trickled through McDonald, making the score, 2-2.

Pendenza got back to work with :10 seconds remaining in the second period, netting his second goal of the night and 3rd on the season. The Monarchs held the puck in the Thunder zone on a strong forecheck, and Pendenza took a pass from Agosta in the slot, skated to his forehand, and roofed a wrist shot over McDonald's glove, sending the Monarchs into the third period with a 3-2 lead.

The Thunder tied things up when Brian Ward netted his 2nd goal of the season at 3:46 of the final period. Ward skated in on Stevens on a partial breakaway and at the last minute, David Kolomatis lifted Ward's stick, but the puck fooled Stevens, and slid past his right pad, tying the score, 3-3.

Cory Ward ended the game when he netted his 2nd goal of the season with 3.8 seconds remaining in the overtime period. After extended offensive-zone time while playing 3-on-3, Pendenza sent a shot on McDonald that flipped into the air, where a crashing Ward punched the puck home for the game-winner.

The Monarchs are back in action Friday, Oct. 28 (7 p.m.), when they host the Cincinnati Cyclones for the first time in franchise history.



Monarchs goaltender, Colin Stevens, is at the center of the action in Friday's game against the Thunder (Courtesy photo).

Entertainment

One-on-One, Countryside Chat on the Road

Mothman Festival

By Bernadette O'Leary

For anyone and everyone who wonders what unknown creatures might exist, West Virginia has a smorgasbord of them to choose from. From Bigfoot to Mothman, there is no shortage of stories and accounts from locals of creatures not documented by science. In fact, there is even a festival dedicated to one of them: the Mothman Festival. Whether you believe in such things or not, you are guaranteed to have a good time and find a lot of people ready to tell you their tales. You'll also find products dedicated to all of these x-creatures. From artists, to researchers and authors, to celebrities, you'll find a vast array of fun, information, and merchandise to satisfy your souvenir needs.

My loyal readers know that I only review or promote celebrities, authors, and artists who I respect. Such is the case here. The main attraction that drew us to this year's Mothman Festival was the appearance of celebrity monster hunters, the AIMS team (Appalachia Investigators of Mysterious Sightings), from Destination America channel's Mountain Monsters. This group of hillbilly monster hunters is a regular on family night in our house, and we were honored for this chance to meet them in person. I wasn't a bit surprised to see that they were every bit as friendly and fun in person as they are on their show. We had a very nice, brief talk with them as they signed autographs, and they were kind enough to pose for a picture with me. I watched as they stood up to greet fan after fan as those fans passed on the sidewalk nearby. These were even the ones not in line to meet them, but were rather simply passing by. Additionally, as we were about to leave, I saw my 10-year-old son standing alone and looking sad. He explained that he had been too shy to say hello or to get his own picture of the team signed. My husband and I immediately asked one of the event staff members if they could help him out, and they jumped into action. Once Buck (my son's favorite team member) heard that Michael needed his picture autographed still, my husband said he saw Buck hop up, pen in hand, ready to sign. Finally, after losing our camera and realizing it was left in the AIMS team's tent, my husband returned for it and found that Jeff, the group's researcher, had kept it safe for me. According to my husband, Jeff had even said he was considering getting my card from one of the people there to call and let me know where the camera was. Now that was truly kind of him, especially considering the hundreds of people who were there to see them. Thank you, Jeff, for keeping an eye on my camera! Thank you, Buck, for the way my husband described you jumping into action to help to make my boy so happy. My son and I later joked about how you must have looked truly like the "husky ninja" that your team calls you: poised and ready to sign that picture once you caught sight of it. Trapper, it was great to see you on your feet and healing. We will keep on praying for your continued healing. Wild Bill, my husband (who suffers from PTSD after an on-base shooting he went

(Continued on page B5)



Bernadette O'Leary, a regular contributor to the e-Ticker News and contributing editor of special features, is a writer from the Central Plains and administers "This Catholic's Christian View on Facebook", a page dedicated to Christian views and inspirational art and stories: <https://www.facebook.com/This-Catholics-Christian-View-673629202670889/?fref=ts>. She may also be found at her new page: <https://www.facebook.com/Bernadette-OLeary-1047720395262832/?fref=ts> and may also be reached at etickernews.bernadette.oleary@gmail.com and followed on Twitter at https://twitter.com/BOLeary_ETicker.

Entertainment

Festival, from B4

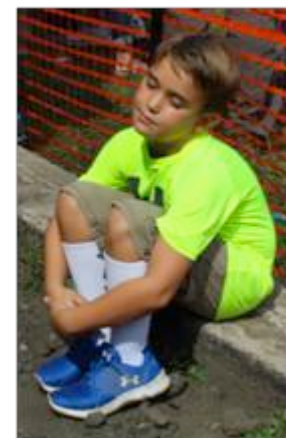
through while serving in the Army) truly enjoyed the brief talk you two had. I hadn't seen him smile like that in a long while, and it means the world to me that he got that chance. Huckleberry and Buck, thanks for the laugh when my scooter got stuck in the sand under the tarp. That was rather embarrassing, but it was laugh-worthy.

The kindness and the obvious love and devotion these fine men have for their fans were simply fantastic. They treated each and every one like friends, and I could see how this made each person feel like this team was just as happy to meet them as they were to meet the team. In fact, one event staff member even told me that they had wanted to shut down the line, only to be told by the AIMS team that they didn't want to do that. They were going to stay until everyone who wanted an autograph got one. That was the first time I'd seen a celebrity do that, and it further showed their dedication to their fans. Be sure to check these guys out on Destination America when they return next spring. I have no doubt you'll like them as much as my family does.

I also met many colorful attendees, as shown in the pictures. Among them were bikers, families, people in costumes, and one in particular: a child by the name of Gabe Smith. This young man was very well behaved for the two hours we were in line to meet the AIMS team. However, he had enough at one point and gave into boredom. I had to laugh when I saw him sit down on the ground and heard him say, "I wish I was bad so we couldn'ta come." His mother saw me laughing and gave me permission to take his picture and share this with you. Of course, I'm sure that once he saw the AIMS team, the boredom quickly went away. I didn't see them again after this, but I'd love for his mother to let me know how it went.

There were fun activities and a great many souvenirs to buy (of which this journalist bought way too many). I purchased many books and pieces of art, and I will be writing reviews on them soon. So, if you enjoy the more unusual topics such as x-creatures, keep an eye out for those. So far, I couldn't be happier with all of them, and some of the names I'm sure you will recognize from TV. I want to extend a personal thank you to all of these authors, artists, and the AIMS team for taking the time to speak with me, as they each had many other people wishing to speak with them.

Truly, I cannot express enough just how nice everyone was at this festival. I hope to make it next year, and I recommend that you do as well. Even if you don't believe in x-creatures, you'll have a fun time looking around, meeting people, and letting your imagination soar to the Heavens with questions like "What if?"



Inspiration/Entertainment



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

Calendar Of Events

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.

Special Polish Events In October

CLAREMONT, NH--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.

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.

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

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!

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.

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.

Overeaters Anonymous Meetings

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

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

Staged Reading In Hartland VT

HARTLAND, VT--Staged reading of "It Can't Happen Here" by Sinclair Lewis, Thursday, Oct. 27th, at 7:00pm, Damon Hall, Hartland, VT. This dramatic reading is a joint effort of the Windsor Public Library and Hartland Public Library. Join us for this informal reading of a modern adaptation of Sinclair Lewis' 1936 play that imagines the rise of fascism in America. Free and open to the public.

For more info about this event, please call Windsor Public Library at 802-674-2556.

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Patient Appreciation & Community

Wellness Fair

Saturday, October 29

9 AM — 1 PM



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Flu Shots, Tours, Music

Costumes Encouraged

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Friday, October 28

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Ps 108: 6

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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.

Program On Frauds, Scams To Be Presented In Lempster

LEMPSTER, NH--ON Monday, Oct. 24, a program on frauds and scams will be presented by AARP of NH at the Lempster Meetinghouse, 112 Lempster St. at 7:00 p.m. Don't lose your money to identity theft, investment fraud or other types of scams. Get your questions answered by an AARP Fraud Fighter. The event is free and all are welcome. Sponsored by the Friends of the Miner Memorial Library. Contact 863-5023.

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.

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 Monster Dash 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. YMHFA, a National Council for Behavioral Health program,

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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. 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

Christmas Craft Fair In Lempster

LEMPSTER, NH--The Annual Country Christmas Craft Fair will be held on Saturday, Nov. 5, 9:00 a.m. - 2:00 p.m. at the Lempster Community School, Rt. 10. There will be local crafts, food, raffles and a hot lunch will be served. Sponsored by the Lempster Historical

Society. Contact 863-8113 for more information.

Upcoming Events At WCCMA

Multicultural Buffet
 Oct 29 @ 5:30 PM – 6:30 PM, \$10 for Adults, \$5 for 13 and under
 Union Episcopal Church, 133 Old Church Rd, Claremont

A delicious buffet meal featuring dishes from around the world (and our backyard). reser-

The Number One Interview Question

What is the number one question in an interview??? It is the “tell me about yourself” question and it is almost a guarantee in EVERY interview. It’s how employers like to start conversations. But that’s the key here – It’s a potential EMPLOYER asking the question, not some stud or hottie standing next to you at a bar. With that said, your answer must remain professional and relevant to your work style. The interviewer wants to hear a quick, 1-2 minute summary of your professional experience and an explanation of why you are the best candidate. Start off with a summary of your professional experience in a sentence or two. Then, highlight your biggest accomplishments, especially during your most recent work experience. Wrap up by describing how your unique combination of experience and accomplishments applies to the position, and how you would benefit that company.

While potential employers want to know about you, as a person, what they’re really after is what you can do for them. Telling them about how you discipline your kids or your interests in the “Home Shopping Network” may make you stand out, but not in a good way.

A well-prepared self-introduction will set the tone and direction of the rest of the interview. Take this opportunity to impress your interviewer right from the start because, remember, you can never make another first impression.



603-542-9675
 nhclaremont@westaff.com
 131 Broad Street, Claremont, NH 03743
www.westaff.com

tions appreciated: melissa@wcc-ma.org. Presented by the West Claremont Center for Music and the Arts. More info at: wcc-ma.org

The Art of the Duo: Kinan Azmeh and Dinuk Wijeratne
 Oct 29 @ 7:00 PM – 8:00 PM, by donation
 Union Episcopal Church, 133 Old Church Rd,
 Claremont

Syrian clarinetist Kinan Azmeh and Sri Lankan pianist Dinuk Wijeratne offer a beautiful, and at times haunting performance of their original compositions. Presented by the West Claremont Center for Music and the Arts. More info at: wcc-ma.org.

1,000 Books Before Kindergarten Program At Fiske

CLAREMONT, NH--Families are invited to join the 1,000 Books Before Kindergarten Program at Fiske Free Library. The 1,000 Books Before Kindergarten program is a nationwide challenge that encourages parents and caregivers to regularly read aloud to their children. By reading just one book a night, families can reach the 1,000-book goal in three years and provide their children essential early literacy skills.

Research shows that the most reliable predictor of school success is being read to during early childhood. Reading to children from an early age can help close the vocabulary gap and prepare children to enter kindergarten with the skills they need to succeed. Most importantly, sharing books with children promotes a lifelong love of books and reading.

The 1,000 Books Before Kindergarten program is available to all Families with children between the ages of birth and five years. Registration is open. For more information call the library at 542-7017, drop by the Children's desk or visit our website,

www.claremontnh.com/residents

This program is free of charge.

“Winter Fling” Craft Fair

CLAREMONT, NH--"Winter Fling" Holiday Craft Fair, Saturday, Nov. 5; sponsored by and held at the Claremont Senior Center, Inc. 5 Acer Heights Rd. Featuring area crafters,

food concession and our famous "Cookie Sale".

“Youth Mental Health First Aid” Training

Similar to First Aid and CPR, ‘Youth Mental Health First Aid’ teaches individuals how to help young people experiencing mental health challenges or crises.

WHO: UNH Cooperative Extension in Grafton and Sullivan County and up to 30 participants, including anyone having regular contact with youth ages 12 to 18 such as teachers, school staff, after school providers, coaches, faith leaders, parents and other caring citizens.

WHAT: Youth Mental Health First Aid Training

The eight-hour (two four-hour sessions) education program introduces participants to the

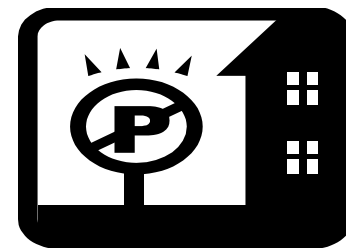
unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Hands-on, engaging activities are used to demonstrate how to respond to a possible mental health concern or crisis and how and when to connect young people to professional, peer, and self-help care.

WHEN: Thursday and Friday, December 1 and 2, 8:30 a.m. to 12:30 p.m.

WHERE: Lempster Community School, 29 School Rd, Lempster, NH.

WHY: Mental health challenges – such as depression, anxiety, psychosis and substance use – are common in the United States. In fact, more than one in five American adults will have a mental health problem in any given year. 75% of those challenges begin between the ages of 14 – 24. The National Council for Behavioral Health certifies individuals through-

WINTER PARKING BAN



PER CLAREMONT CITY ORDINANCE #247, A WINTER PARKING BAN WILL BE IN EFFECT FROM NOVEMBER 1, 2016 THROUGH APRIL 15, 2017.

NO OVERNIGHT PARKING WILL BE ALLOWED ON CITY STREETS BETWEEN MIDNIGHT AND 7:00 AM.

Scott W. Sweet
 Director of Public Works

CLAREMONT MUNICIPAL CEMETERIES FALL MAINTENANCE

All flowers (real & artificial), vases, and/or valuable items placed in municipal cemeteries must be removed before November 1, 2016. After that date said materials will be removed by cemetery personnel.

Scott W. Sweet
 Director of Public Works

out the nation, including UNH Cooperative Extension, to provide Youth Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses.

For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org.

REGISTER: Go to the UNH Cooperative Extension website for more info, and to register: https://www.events.unh.edu/RegistrationForm.pm?event_id=22520.

Sponsored by: National Council for Behavioral Health; Project AWARE, Initiative of Office of Student Wellness at the NH Department of Education; the NH Chapter of the American Foundation for Suicide Prevention; UNH Cooperative Extension.

Handling the Holidays After a Loss

A two-session program to learn how to proactively manage the holidays after losing a loved one

November 3 & 10

5:30-7:00pm

Lake Sunapee Region VNA & Hospice

107 Newport Road, New London

RSVP by calling 526-4077

11th Annual Craft Fair To Benefit LSRVNA Hospice Care

Featuring food, music, cookie walk, raffles and crafters

November 5

9:00am-2:00pm

Kearsarge Community Presbyterian Church

82 King Hill Road, New London

Call 526-4077 for more information

Time of Remembrance

An annual event to celebrate the lives of individuals in the LSRVNA Hospice program and community who died this past year

November 8

6:00pm

Kearsarge Community Presbyterian Church

82 King Hill Road, New London
RSVP by calling 526-4077

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.

etickernews@gmail.com

FREE TIRE DISPOSAL DAY IN THE CITY OF CLAREMONT



PLEASE TAKE PRIDE IN OUR COMMUNITY

AFTER A HUGE SUCCESS THIS PAST EARTH DAY, THE CITY OF CLAREMONT IS HOSTING ANOTHER FREE TIRE DISPOSAL DAY IN NOVEMBER, 2016

WE ARE ASKING OUR RESIDENTS TO COME TOGETHER WITH THE COMMON GOAL OF CLEANING UP THE CITY OF USED TIRES

CLAREMONT CITIZENS MAY DROP OFF CAR AND/OR LIGHT TRUCK TIRES (LESS THAN 20"- WITH OR WITHOUT RIMS) FOR

FREE!

WHEN: SATURDAY, NOVEMBER 5, 2016 - 8:00 AM - 4:00 PM

WHERE: TRANSFER STATION - 875 WASHINGTON ST.

(businesses are not eligible to participate - residents must have a transfer station decal)

Hallowesta

Claremont Parks & Recreation is getting ready for another Halloween celebration this year! Ghosts, goblins of all ages, get your costumes ready and join us for trick or treating on Pleasant St. & Opera House Square and a parade to Broad Street Park. We will do costume judging with trophies and snacks!

Monday, October 31st Halloween Night! Schedule of Events:



Trick or Treating on Pleasant St. & Opera House Sq. - 3:30 PM - 4:45 PM



Parade line up at Daddy's Pizza - 4:45 PM



Parade leaves for Broad Street Park - 5:00 PM



Costume Judging Contest - 5:15 PM



Places to Visit (look for)

- Aaron's
- Clark Mortenson Insurance
- Triple Play
- Jenkins
- Claremont Fire Dept.
- One Last Life
- Century 21 High View Realty
- Pleasant St. Restaurant
- Meng Cheng
- Stepping Stones
- Mobil
- Chamber of Commerce
- American Plate Glass
- West Central
- City Hall
- Tremont House of Pizza
- Out of the Ordinary
- Pathways
- Changes
- Family Dollar
- Rite Aid
- Daryl's Watch & Jewelry
- Cumberland Farms
- Claremont Police Dept.
- Violets Book Exchange
- Wheelock Travel
- Kit 'N Kaboodle
- Keady Family Practice
- Revolution Cantina
- Claremont Farmers Market
- Claremont Parks and Rec. Dept

Costume Contest Categories:

- ☒ Scariest
- ☒ Funniest
- ☒ Best Group Costume
- ☒ Cutest
- ☒ Best Overall
- ☒ Most Creative

- Jozach Jewelers
- Pleasant St. Auto Works
- Java Cup
- Taverne on the Square
- TLC Family Resources
- Real Steel Fitness
- Sanel Auto Parts
- Sulco. Corporation
- Hutchins Paint
- Edward Jones
- Town & Country Realty
- Planned Parenthood
- Tax Workroom
- NAPA
- Simply Sweet Creations
- Community Dental
- Wolf & Bee's Tatoo
- Country Pleasantries
- Family Fun Zone Bounce House
- Reed Optical
- Citizens Bank
- The Crescent St. Close Shop
- NH Democratic Party HQ
- Bank of NH
- Elks
- Sullivan County Humane Soc.
- Jamaican Cook Shop
- Farro Deli
- Heart of Claremont
- Farmers Market



The event listed on this flyer is a City of Claremont

Please call the CSBCC at 542.7019 with any questions.

"Winter Fling" Holiday Craft Fair



**Sponsored by and held
at the Claremont Senior Center, Inc.
5 Acer Heights Rd. - Claremont, NH**

Saturday - November 5, 2016

(9AM - 2PM)



Featuring . . .

**Area Crafters
Food Concession
and our Famous "Cookie Sale"**



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

Charlestown Church Network News

CHARLESTOWN, NH--The Charlestown Church Network is sponsoring a Musical Thank-offering at the Charlestown Town Hall (2nd floor) on Friday evening, Oct 28, at 6:30 PM. Entitled "Soli Deo Gloria", this gathering of musicians from six local congregations will offer about 20 songs of Praise and Thanksgiving to the Lord of the Harvest, Jesus. Doors open at 6:00 PM. Attendants will be on hand to advise about parking in the immediate area. Ushers will be available for assisting with climbing the stairs. (We regret that the 2nd floor theater and stage are not handicap-accessible).

Everyone is welcomed to join the Assembly. The program is designed to run about one and a half hours. It will feature a variety of contemporary and traditional numbers with solos, duets, small ensembles, instrumentals, as well as hymns to be sung by the entire Assembly.

The event is free to the public and no donations will be solicited or accepted. Instead, the music heard is intended as the offering.

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

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.

www.etickeernewsoclaremont.com

www.facebook.com/etickeernews



**Comedian
BOB MARLEY
Returns to the
Opera House stage
Friday
November 11
8pm**

**ONE
NIGHT
ONLY**



MEDIUM

An Evening with
LAUREN RAINBOW
"Messages from Spirit"
Saturday, October 29, 2016 7:30pm
Claremont Opera House
www.claremontoperahouse.org
www.laurenrainbow.com



**STARDANCER STUDIOS
HOLIDAY DANCE SPECIAL**
December 3 & 4

BEATLEMANIA



NOW
"Extraordinary!"
"NY Daily News"

RESCHEDULED DATE
FRIDAY OCTOBER 28, 8pm

Tickets & info at: claremontoperahouse.org • 1-603-542-4433

**COH CLAREMONT
OPERA HOUSE**

ADULT BEVERAGES AVAILABLE FOR SALE BEFORE THE SHOW AND DURING INTERMISSION



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

Sullivan County

Humane Society



Benefit Dinner



at

The Common Man

November 15th, 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.etickeernewsoclaremont.com

Gordon Scott, Sr., 84

Gordon Scott, Sr., 84, of Claremont, NH, died at home surrounded by his family after a long period of declining health. He was an ever-loving husband and a fiercely devoted father, and is survived by Lynda, his wife of 38 years, and their children: Lyndon (Adrienne) Scott, Myron (Ashley Beaulieu) Scott, and Cyndi (Adam) Scott.

He is also survived by his children from his first marriage: Patti (Herb) Leavitt; Nancy Scruton; Kathy Graham; Gordon (Candis) Scott, Jr.; Rick (Barbara Cannistraci) Scott; Donna (Charlie) Wilton; Randy (Amy) Scott; and former daughter-in-law, Bernadette (Jeff) Tyminski.

Gordon was blessed with many grandchildren and great grandchildren.

Gordon was born in Sutton, VT, to Myron and Priscilla (Judd) Scott. He is predeceased by his parents and all eight of his siblings, Alena, Ruth, Lillian, Frank, Blanche, Gilbert, Bessie, and Joel.

Gordon spent most of his working years as a lumber grader at Claremont Lumber before retiring from Woven Label.

Gordon possessed a green thumb and was also an accomplished hunter and fisherman. He imparted to his children a deep appreciation and respect for the natural world. He was a very pensive man who lived a life of integrity, knew not what it was to be idle, and was the

most hard-working individual that many had ever had the honor of meeting. The playful sense of humor and mischievous grin that Gordon retained until the very end will be dearly missed by all.

A celebration of Gordon's life will be held at the Claremont Savings Bank Community Center, 152 South Street, on Wednesday, October 26, from 3:30 PM to 6:30 PM. His cremains will be interred in the Scott family plot at Mountain View Cemetery in Claremont, NH, on a later date.

The Stringer Funeral Home is in charge of arrangements.

Suzanne M. Gaumont, 64

Suzanne Marie Gaumont, 64, of Claremont, NH, died on October 11, 2016, at her home. She was born in Claremont, NH, on June 15, 1952, the daughter of Bernard and Mary Towle.

She enjoyed reading, playing Bingo, walking and spending time with family and friends. The family includes her son, Harvey Gaumont, of Claremont; six grandchildren; two sisters, Kathleen and Mary; six brothers, Peter, Terry Marty, Danny, Robert and Bernie; and many nieces and nephews.

She was predeceased by her parents and her infant brother, Stephen.

A celebration of life was held at the CSB Community Center in Claremont on Saturday, Oct. 22.

Corinne L. Olson, 54

Corinne L. Olson, 54, of Sullivan Street in Claremont, NH, died Thursday (October 13, 2016) at Dartmouth Hitchcock Medical Center in Lebanon, NH, following a period of failing health.

She was born in Easton, PA, on September 4, 1962, the daughter of James A., Sr. and Jean E. (Roberts) Payette and had been an area resident for many years. Corinne had been employed as a bartender by the Polish American Citizens Club. Her interests included, collecting clocks, reading Stephen King books, dancing and karaoke. She will be missed by all who knew and loved her. Members of her family include

a son, Scott Rhoades, Claremont, NH; a daughter, Sarah Parrish, Claremont, NH; six grandchildren, her mother, Jean Payette, Phillipsburg, NJ; her stepmother, Gleora "Cleo" Payette, Claremont, NH; two brothers, James A. Payette, Jr., New Bloomfield, PA; Clarence Payette, Claremont, NH; three sisters, Frieda Goins, Clarksville, TN; Crystal Hawkins, Claremont, NH; Gleora Fisher, Goshen, NH; a half sister, Dawn Rodriguez, Phillipsburg, NJ; two step sisters, Ann Cogle, Orford, NH; Pauline Cogle, Claremont, NH and several nieces and nephews.

She was predeceased by a brother, George A. Payette and a niece, Erica Lynn Anderson. There will be no visiting hours.

Graveside committal services will be held at 4:30 on Tuesday (October 25) in Berlin Corner Cemetery, Berlin, VT.

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

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

Edward T. Roberts, 77

Edward T. "Skip" Roberts, 77, of Charlestown, NH, died on Sunday, October 16, 2016, at his home.

He was born in West Warwick, RI, the son of Edward Roberts Jr. and Evelyn (Blade) Roberts.

Skip had worked for the Fall Mountain School District.

He was a member of the Bellows Falls Moose Lodge. He was an avid fisherman and enjoyed all sports New England. He loved animals. He became friends with everyone that he met.



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Each Office is Independently Owned And Operated

The family includes his wife, Sharon (Stratton) Roberts whom he married on September 2, 1994; four daughters, Debbie Leipprandt, Jodie Barrette, Tanya Roberts and Wendy Balam; three stepsons, Wayne Croteau, Randy Croteau and Shawn Croteau; one sister, Cynthia Brown; many grandchildren and great grandchildren.

A memorial service was held on Friday with Priscilla Hull officiating.

Sophie Chandler, 94

Sophie Chandler, 94, died on Saturday October 15, 2016, at the Elm Wood Center in Claremont, NH.

She was born in Claremont on August 2, 1922, the daughter of Afanasi and Alexandria (Warzine) Obymako.

She married Arnold Chandler in 1942; he died in 1997.

She had worked for Dartmouth Woolen Mill and Tambrands.

The family includes two sons, Arnold Chandler Jr of Hopkinton, and James Chandler of Charlestown; four grandchildren, Ethan Chandler, Seth Chandler, Aaron Chandler, and Sarah Chandler; six great grandchildren; one brother, Paul Obymako; two sisters, Rose Fisher, and Lillian Lawrence; and many nieces and nephews.

She was predeceased by a brother, Michael Obymako; three sisters, Mary Siwek, Hope Porter, and Olga Obymako.

A graveside service was held in St. Mary's Cemetery on Friday, October 21st, at 1 PM with Pastor Scott Kearns officiating.

In lieu of flowers donations may be made to Grace River Church.

Elva H. Melcher, 89

Elva H. Melcher, 89, formerly of Lincoln Heights in Claremont, NH, died Tuesday (October 18, 2016) at Elm Wood Center in Claremont, NH, following a period of failing health.

She was born in Charlestown, NH, on October 27, 1926, the daughter of Fred and Nora (Stevens) Hall and had been a lifetime area resident. Elva had been employed as a shoe stitcher by International Shoe, Sunapee Shoe and Sportwelt Shoe. She was also involved in the foster grand parenting program.

She was the widow of Dean Melcher who died in 1970.

Members of her family include four sons, Donald Melcher and his wife, Cindy, Burlington, VT; Richard Melcher and his wife, Vivian, Cocoa, FL; Wayne Melcher, Charlotte, NC; Alan Melcher and his wife, Debbie, Claremont, NH; two daughters, Linda Cowdrey, Windsor, VT; Anna Benware and her husband, Daniel, Claremont, NH; nine grandchildren, several great grandchildren and several nieces and nephews.

She was predeceased by two brothers, Arthur Hall, Robert Hall, four sisters, Lelia Brown, Eunice Salmon, Alta Nichols, Ruth Vadney and a grandson, Brandon Melcher.

Funeral Services were held on Friday at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH. Interment followed in Mountain View Cemetery.

You are invited to share a memory of Elva with the family or leave a message of condolence in the family guest book at www.royfuneralhome.com. Arrangements have been entrusted to the Roy Funeral Home and Cremation Service.

Claremont Fire Dept. Log

Sunday, October 16

1135 E1 responded to Main St for a motor vehicle accident.

1636 E1 responded to Slab City Rd for power lines down.

2122 E1 responded to Craigue Hill Rd for a threat to burn.

Monday, October 17

1338 E1 responded to Elm St for a medical call.

Tuesday, October 18

0919 E1 responded to Lincoln Heights for a medical assist.

1848 E3 responded to Bond St for a medical call.

2104 E3 responded to Holly Hill Rd for a medical call.

Wednesday, October 19

1017 Utility 1 and Boat 1 responded to Ferry Landing Rd to assist another agency.

“The true primary-care provider is Mom.”

-Dr. Sam Giveen

Most of the time, a doctor can't help anything until Mom decides something isn't right. She makes the first move and calls the doctor. Dr. Sam attributes any success he and his staff have with kids to that vital first step. Yay, Mom.

DOCTOR **SAM'S**
EYE CARE



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

1612 E1 responded to Central St for a medical call.

2123 E3 responded to Myrtle St to assist the police dept.

Thursday, October 20

1855 E3 responded to River Rd for a motor vehicle accident.

2126 E3 responded to Juniper Hill Rd for a medical assist.

Friday, October 21

1202 E3 responded to Heritage Dr for a medical call.

1445 E3 responded to Chestnut St for an alarm sounding.

Saturday, October 22

0558 E3, L2 responded to a box alarm on Washington St.

1211 E3, L2, E1 responded to a box alarm on Hanover St.

1343 E3 responded to a box alarm on Hanover St.

1351 L2 responded to a motor vehicle accident on Washington St.

Halloween Program At The Philip Read Memorial Library

PLAINFIELD, NH--Story Teller Simon Brooks will get us ready for Halloween with Fright Night Tales at the Philip Read Memorial Library, Sunday, Oct. 30 at 4:00 p.m.

Brooks will start with stories for everyone and after a refreshment break we'll gather for more bone-chilling tales for older children and adults.

Appropriate for children 5+, tweens, teens and adults. For information: 675-6866 or mary.king@plainfieldlibraries.org.

“Raise The Woof” Benefit

CLAREMONT, NH--A night of stand-up Comedy! Sullivan County Humane Society is bringing "Raise the Woof" to Claremont! Join us at Stevens High School on Broad St. on Nov. 5 for a night of laughter and fun! Doors open at 7:00 p.m.; the show starts at 8:00 p.m. Tickets are \$20 and can be purchased in advance at the shelter or any of the humane society events or at the door. Visit <http://www.woofraise.com/> or call 542-3277 for more details.

Social News

Claremont Senior Center, Inc. News

By Claire Lessard, Executive Director

Our Annual “Winter Fling” Holiday Craft Fair will be held on Saturday - November 5. We still have a few tables available. Join the fun...come or call the center for a registration form!

Café Claremont Menu: Tuesday - October 25 ...Soup, Octoberfest cabbage with kielbasa, potatoes, dessert.. Thursday - October 27 ... Soup, marinated beef tips, roasted potatoes, vegetable, dessert will be provided by Pine Rock Manor with a short informational presentation about the manor! Menu subject to change!

Upcoming trip on December 1...Norman Rockwell’s “Home for the Holidays” ... a visit to the picture perfect New England village of Stockbridge, MA at the Red Lion Inn. \$101.00 per person. Come to the center and check out the details!

“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), Mahjonn (instructions given) or just socialize. Bring a snack to share and bring your own beverage.

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.

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. Mahjonn, 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. Mahjonn & 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!

The Claremont Senior Center...It’s “The Place Where You Want To Be!”....Monday - Friday (9:00 AM - vents! Call (603) 543-5998.

Visit our website (cnhcs.org.)

UPCOMING EVENTS



Multicultural Buffet

Saturday, Oct 29 @ 5:30–6:30 PM

\$10 for Adults

A delicious buffet meal featuring dishes from around the world (and our backyard).

reservations appreciated: melissa@wcc-ma.org



The Art of the Duo: Kinan Azmeh and Dinuk Wijeratne

Saturday, Oct 29 @ 7:00–8:00 PM

Syrian clarinetist Kinan Azmeh and Sri Lankan pianist Dinuk Wijeratne offer a beautiful, and at times haunting performance of their original compositions.

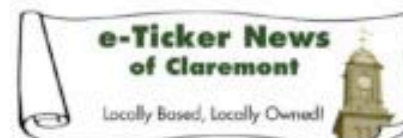


The Bach Tree: Workshop for Musicians

Sunday, Oct 30 & Monday, Oct 31

A workshop with internationally acclaimed and well-travelled musicians Dinuk Wijeratne and Nick Halley using the extraordinary Bach Canons as a foundation for performance, composition and improvisation.

133 Old Church Rd
Claremont NH
www.WCC-MA.org





The Claremont City Council will hold a public meeting on Wednesday, October 26, 2016, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA (Second Revision)

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

6:40 PM 5. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 22))

6. OLD BUSINESS

6:50 PM A. System Security Update

7:00 PM B. *Southwestern Community Services Presentation*

7:15 PM C. *Ordinance 550 Cemetery Policy – Motion to Re-Refer to Policy Committee*

7:20 PM D. Ordinance 549 Water & Sewer Rates – Second Reading – Public Hearing

7. NEW BUSINESS

7:40 PM A. Welfare Assistance Inspections Discussion

BREAK

8:05 PM B. Credit Card Status

8:15 PM C. Resolution 2017-16 Expend Airport Capital Funds for Airport Brush Clearing – Public Hearing

8:30 PM D. Motion to Apply for Local Water Source Protection Grant – NHDES

8:35 PM E. *2017/18 Budget Considerations*

8:50 PM 8. FUTURE AGENDA ITEMS AND DIRECTIVES

9:05 PM 9. CONSULTATION WITH LEGAL COUNSEL

9:15 PM 10. *NON-PUBLIC SESSION PURSUANT TO RSA 91-A:3,II(d) – REAL ESTATE*

9:30 PM 11. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, November 9, 2016, at 6:30 p.m. in the Council Chambers at City Hall.