

Paul Silva Reflects Upon A Championship Season

By Les St.Pierre
e-Ticker News

CLAREMONT, NH--It's been just over a week now since Paul Silva coached his Stevens High School Cardinals to a New Hampshire Division III championship. In that time, and over the Thanksgiving Day break, he has managed to take the time to look back on that historic November 19, 2016 date, a date 48 years in the making.

"Well, I think the city and school have been obviously waiting for a championship for a long time," Silva, the Stevens High head football coach, said in an e-mail account over the weekend in reference to the Claremont school's last gridiron championship in 1968. "Ever since I got involved in football at the Claremont Middle School level back in 2001, I have hoped that one day I could help be part of a state championship football team."

Silva's tenure as the head football coach at Stevens began in 2011 when he took over the reigns and instantly had him wondering what in the world was he getting into as the Cardinals went through a 3-6 season. "That was a tough season after losing our quarterback, Logan Batchelder, to a broken leg in our first game," Silva recalled.

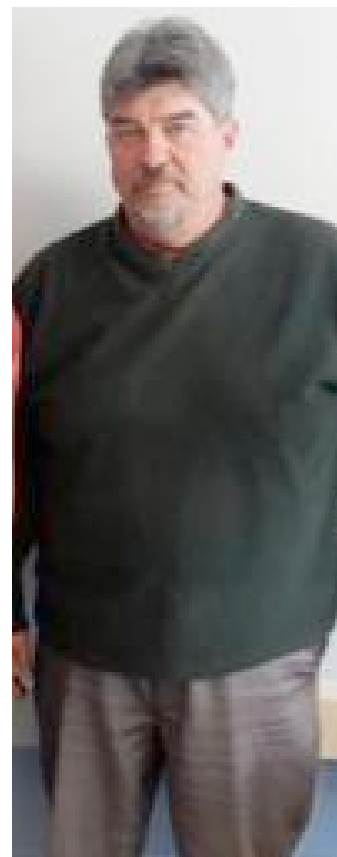
The program, under Silva's tutelage, rallied, however, bouncing back to record a 5-4 record in 2012 eventually losing to Somersworth in the playoffs. The following season the Red-birds won the Western Conference championship, defeating Newport, finishing 8-3 losing at

Bow in the Division III state championship game. Another struggling season came in 2014 with Stevens sporting a 2-6 record. Last year Stevens went 6-3 losing again at Bow in the playoffs. Finally, in 2016, Silva and his 39-member football squad hit paydirt finishing 9-2 with a long sought after state championship.

Prior to making his commitment to pursue a football championship at Stevens Silva spent 23 years in the banking business, making what he called a "career change" in 2004. "I worked overnight at Walmart for two years while I coached," Silva continued. "I was fortunate enough to go to work for Stevens High School in 2006, and am still there today. I work in our online learning center, setting up students and monitoring their progress toward earning credits through Virtual Learning Academy. Not every student is successful in a traditional classroom setting, so this gives them an alternative and it is very rewarding to see a student find success through their online efforts."

Silva also is the head coach in baseball at Stevens, since 2007, and assists in the basketball program.

To be sure, Silva would be the first to point out he, alone, is not wholly responsible for



Coach Paul Silva
(File photo)

bringing Stevens its latest school championship. He has had a lot of help along the way.

"My coaching staff is one of the big reasons we won the state championship," the sixth-year head mentor explained. "I really am not sure everybody truly understands how much work goes into preparation for just a single game. Driving to see our opponents play and taping those games, hours of film work, and writing out all the plays on paper so the scout team can see them and run them in practice are just a few of the things they do each week, and that is in addition to the practices and the games themselves! You simply can not win at this level if you are not prepared."

Silva went on to heap piles of praise upon his defensive coordinator, Erik Anderson. "He has done a fantastic job with this group of players over the four years we have been together,"

the Stevens coach wrote. "He gets the best out of our players. He works magic, as we have often been outsized on both sides of the ball these past few years. His game plans and in-game adjustments are the best in the division. Erik is often my soundboard and I can't thank him enough for his friendship and willingness

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Silva, from B1

to listen.”

Another member of the coaching staff drawing high praise from the head coach is Josh Duford, Silva's offensive coordinator, who took over the play calling last year. “He understands how to attack the defense and how to best utilize the players we have,” the head coach emphasized. His play for play-calling is unrivaled in the division.”

Matt Bean, too, cannot escape Silva's praise. The assistant line coach played for Silva for four years. “His enthusiasm and energy are contagious and he does a such a great job working with the young players and calls our jayvee defense,” Silva reported, in lauding the third member of his staff. “We are very fortunate to have him. I could go on and on all day about these three. Not only are they great coaches, they are also great friends and that makes each season so much more enjoyable.”

But, no matter how great the coaching is, Silva knows he couldn't get it done without the players on the field executing the plays. “This season is really about the 39 players who dedicated themselves to their goal in June of winning a state championship and they did it!” Silva proudly boasted. “I can't really say enough about how hard they worked and what a pleasure it was to get to be at practice every day with them. You look at some of the numbers players like Richard Bell, Henri Bourque, Zach O'Brien and Parker Smith put up, and you can see we had some very talented players. There are the linemen, Brendan Bean, Aidan Cahill, Joe Desilets, Chris LaFont, Nick O'Brien, and Nick Stone who do not get the notoriety, but work in the trenches to open holes and stop the opposition each week. My hats off to everything they do, and they do it very well. Seniors Zach Stanhope and Nick LaCaillade solidified our secondary all year, making big tackles all season and in the championship game. A coach can only put 11 players on the field at a time, so there are always players who have important roles, but may not be every game starters. The contributions of seniors like Chris Beckleman, Braydon Burt, and Tim Heighes on special teams, filling in where needed, and who have played four years were vital to the success of our team. All 39 players had a role in what transpired on



Saturday and I will always be grateful for everything they did this year.”

Still, there is one person Silva reported who would, perhaps, be the proudest of all in the wake of this latest football championship and that is his dad, Ralph, a former coach at Stevens who passed away three years ago. “I know he would be proud of not only me, but every one of the players for their hard work and dedication in achieving their goal of a

state championship,” Silva, the son, stated. “Not every son gets to follow in his father's footsteps, much less gets to work hand and hand with him, as I did. I will cherish that always! It was his passion for coaching and educating our young adults

that led me to pursue this field. I know now why he did what he did and I hope someday I can make an impact on this world like he did. It was a very special day, and while he may not have been here in person, I believe he was in spirit.”

Lastly, Silva has been so enthused with the fan base in Claremont he was no short on words in acknowledging those who came out to support the team this season and upon the team's arrival back in town following their triumph over Interlakes/Moultonborough at the University of New Hampshire that glorious Saturday afternoon.

“I have said for years now,” Silva explained, “we have one of the biggest and best fan bases in the division. When we travel, and I mean anywhere we go, no matter how far, we often outnumber the team hosting us. It is a great feeling to have that support! The crowd we had at UNH was nothing short of amazing! To see that sea of red behind us in the stands supporting us was really something to behold. There are no fans more willing to support their team than our fan base!

“It was quite a sight we witnessed in returning to Claremont after the game Saturday and seeing how many people took the time out of their day to welcome these kids home. I think the kids began to realize just what their accomplishment means to this wonderful community.”

Silva's reflection upon bringing home the title was wrapped up with this final notation. “I love this city, and I love Stevens High School,” Silva exclaimed. To bring this state championship back to Claremont means a great deal to me, and to this team!”

Stevens High Cardinals Championship Roster

Number Player Grade Ht. Wt. Off. Def

2	Parker Smith	12	6'3"	190	WR	S
4	Zach O'Brien	12	6'1"	210	RB	LB
5	Richard Bell	12	5'10"	200	RB	LB
7	Zach Stanhope	12	5'11"	150	WR	S
21	Nick LaCaillade	12	5'7"	150	WR	CB
34	Chris Beckleman	12	6'1"	125	WR	DB
44	Braydon Burt	12	5'11"	150	WR	LB
56	Tim Heighes	12	5'10"	160	G	DT
57/9	Nick O'Brien	12	6'1"	205	G/TE	DE
66	Chris LaFont	12	5'11"	190	T	DE
3	Alex DeVre	11	5'8"	160	RB	LB
50	Hunter Durkee	11	5'9"	220	T	DE
51	James Aiken	11	5'11"	210	G	DT
52	Joe Desilets	11	5'7"	210	G	LB
53	Brendan Bean	11	5'10"	200	G	DT
63	Aidan Cahill	11	6'0"	215	C	DT
64	Nick Stone	11	5'11"	270	T	NG
12	Henri Bourque	10	6'0"	165	QB	S
32	Josh Stithen	10	5'9"	195	TE	DE
33	Derrick Stanhope	10	5'6"	130	WR	CB
43	Karsten Kleyensteuber	10	5'7"	140	WR	S
55	Logan Sibert	10	5'6"	155	G	DT
69	Isaiah Forrest	10	5'11"	230	T	DT
6	Alex Taylor	9	5'7"	120	WR	CB
8	Quentin Bicknell	9	5'9"	170	QB	LB
13	Cole Foss	9	5'6"	140	WR	CB
17	Matt Jones	9	5'6"	125	WR	CB
24	Keaghan McAllister	9	5'7"	160	RB	LB
25	Lucas Mudge	9	5'6"	120	WR	CB
39	Josh Cutler	9	5'11"	155	TE	DE
54	Alex Simoneau	9	5'8"	210	T	DT
58	Logan Steadman	9	5'8"	205	G	DT
59	Hunter Paradis	9	5'8"	210	T	DT
62	Greg Billiel	9	5'10"	255	T	DT
71	Dustin Lallo	9	5'8"	180	G	DE
72	Tucker Derosier	9	5'5"	190	C	DE
74	Shawn Alexander	9	5'6"	220	T	LB
75	Mike Gaspar	9	5'8"	195	T	DT
77	Phil Mason	9	6'4"	335	T	NG

More Post-Season Honors At Stevens

By Les St.Pierre
e-Ticker News

CLAREMONT, NH--The success of the fall sports season at Stevens High School in Claremont has taken yet another meritorious advancement upon the recent announcement that the boys varsity soccer head coach, Jason Stone, has been selected the New Hampshire Division III Coach of the Year.

Stone's honor comes at the heels of an earlier announcement that Doug Beaupre was picked to collect Athletic Director of the Year. The Stevens golf, bowling, field hockey and boys and girls soccer teams all participated in post-season playoff competitions and the football team brought home a state championship enabling Stevens to take pride in a very successful fall season.

Stone piloted his boys team to a championship game confrontation against Hopkinton only to fall short in a 1-0 defeat. The Cardinals dropped their very first game of the season and lost their final regular season game winning 14 consecutive games in between. The Redbirds then went on to win three playoff games before going down in defeat in the finals.

The Stevens head coach was a member of the 1993 Stevens team that went to the semi-finals. Stone was trying to win the first state championship in boys soccer at Stevens since 1989.

Stone has completely turned around a down-spiral in the boys program going 6-10, 13-5, 10-6, 10-6, and 14-2 in regular season play during his five-year tenure.

"We have a lot of returning players," Stone reported earlier in the year. "We only lost one starter from last year and that has been our main ingredient for our success this year.

They've all been there playing together for eight years now. We got to work more on details this year rather than working from scratch." Stone keep himself busy in the Claremont Youth Soccer program. So busy, in fact, he recently resigned as President. "I underesti-

mated how busy I was," he said. "That youth thing has 300 kids. That's a lot of teams and kids to take care of but, as long as the kids can have fun, I will continue to have a part." His two boys, Oliver and Parker, are keeping the sport alive and well in the Stone household playing in the elementary level. Stone has also started an Under 10 indoor team in Grantham.

"A good feeder system is important," the Stevens coach explained. "The kids will be ready when they get to the high school level. That's what makes my job at the high school fun."

The post-season honors did not stop at Stevens with Stone's award. Noah Spaulding, a forward on Stone's near-championship squad, earned First Team All-State honors. Spaulding, a junior, drew heaps of praise from Keene State head coach Rick Scott, who attended all three championship games at Southern New Hampshire University on a recruiting mission. Spaulding had 33 goals along with 21 assists. Teammates Ethan Sweet and Logan Bonneau, both seniors, merited Second Team honors.

Tri-state Snowmobile Weekend In Jan.

CONCORD, NH--It's time to start making plans for the New Hampshire-Vermont-Maine reciprocal snowmobile weekend, coming January 27-29 (Friday through Sunday). The tri-state event gives snowmobile enthusiasts a chance to explore new trails in northern New England.

"This weekend is one of the highlights of the winter for many resident and non-resident riders," said N.H. Fish and Game Major John Wimsatt, who coordinates Snowmobile and

Off-Highway Recreational Vehicle enforcement, registration and safety education for NH.

Following are the ground rules for the weekend:

All snowmobiles legally registered in New Hampshire may operate in Vermont and Maine during the reciprocal weekend. All other Vermont and Maine snowmobile laws and rules must be complied with, including Vermont's mandatory liability insurance, safety education certification (if born after 7/1/1983), and youth operation requirements.

All snowmobiles legally registered to ride in Vermont and Maine may operate on New Hampshire trails during the three-day open weekend. To be legally registered in Vermont, snowmobiles must display, pursuant to Vermont law, a valid Vermont Association of Snow Travelers, Inc. Trails Maintenance Assessment, also known as the Trails Pass. All other New Hampshire laws and rules regarding the operation of snowmobiles must be adhered to, such as speed limits, youth operation standards, etc.



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Inspiration

Accepting Others Sets Us All Free

By Priscilla Hull

We see tributes to all people these days. In the sixties it was Black Panthers, Grey Panthers, Power to the People. Today we read that Black Lives Matter, Blue Matters, ALL lives Matter, wear a safety pin if you'll stand up for the marginalized. Yes, all of these causes matter.

There is one special kind of person who absolutely makes a difference in all of our lives. They are, of course, our veterans. No longer are the front line men and women blamed for the awfulness of war. We've come a long way and we seem to finally begin to recognize/acknowledge the sacrifices our veterans have made for us and the sacrifices our troops are making for us. Remember, though, that there are others, all first responders and front liners who move forward for us.

Our veterans and troops currently serving are deserving of great respect. I am going to tell you a story of a funeral at which I officiated. The wife had died. Both husband and wife had been "Army Nurses". They served together for years. As I said, she had died and I had the privilege of officiating at her services. In a military funeral, at the end of the civilian service of committal or burial, taps are played and then a flag ceremony. The flag ceremony is very special. Two members of the service are present, they unfold then they re-fold the flag. Each fold of the flag has a certain significance and it never varies. The flag is then presented to the spouse or significant survivor.

At this particular funeral which I mentioned, the husband was not well, and chairs were set up for him and others. He sat when he came to the site. As her casket was carried to the gravesite, this gentleman stood and held a salute until the casket was resting above the grave. He then resumed his seat as I finished the service of committal. He stood and saluted as taps were played and the flag ceremony completed. It was probably the most moving ceremony I've officiated. It was beautiful and I admire this man for his dedication and love for wife and country.

I hope that we can all keep the image of a man honoring his wife, a fellow, veteran. As we remember this picture, let us also remember the men and women who have served our country. Let us not worry whether they are red, brown, yellow, black or white. Let us not worry if their religion is ours or different. Let us not worry about their orientation and beliefs. Once we know in our minds that they are all the same, let us learn to remove those boundaries from all people in our community and beyond. Let us accept all children, men and women as our own, looking at them with hopes of love and justice for the world. Then we shall be free!

But thanks be to God, which giveth us the victory through our Lord Jesus Christ.
1 Corinthians 15:57

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

Coffeehouse on Dec. 9th At West Unity Community Church

WEST UNITY, NH--The West Unity Community Church is hosting a Coffeehouse on Dec. 9th at 7:00 p.m. at the church. Please join them for a night of fun and music and Christmas carols. The book of Psalms reminds us to sing praises to his name. The coffeehouse is an open mic setting and all are welcome. For more info. call Dale Vittum at 542-5939 or check out our Facebook page.



Entertainment/Inspiration

One-on-One: Countryside Chat with Bernadette O'Leary & Andrea White w/Tender Heart Wildlife Rehab

Bernadette O'Leary with animal rescuer from Tender Heart Wildlife Rehab, Andrea White

Before my latest adventure for One-on-One: Countryside Chat on the Road, a friend put me in contact with Andrea White, owner and operator of Tender Heart Wildlife Rehab in Berryville, AR. I had the honor of meeting her during my trip through Arkansas, and we discussed the struggles and the joys faced by an animal rescuer.

One of the biggest struggles faced by animal rescuers is financial. Many rescuers put their own money into their work, and their love for these animals can be quite expensive. Between food, medical supplies, shelter, and other supplies, finances are often depleted quickly. This requires the rescuer to reach out to the community for assistance so that they can continue helping sick and injured animals, as well as baby animals who have lost their mothers and need to be raised until they are big enough to survive on their own. Donations are a huge help, but one of the ways Andrea obtains the funds needed is through wood burnings that she can then sell (as pictured). She gives of herself by spending time and energy creating these works of art for the sake of the animals, not keeping anything for herself.

The goal of Tender Heart Wildlife Rehab is to treat the animals and release them back into the wild. This requires a great deal of hard work and time, which can truly take a toll on the rescue workers. From seeing the suffering of the animals to feeding baby animals every few hours throughout the night (up to 13 at a time for animals which are born in large numbers such as possums), it can quickly become an overwhelming job that leaves one exhausted physically and emotionally. However, Andrea will be the first to tell you that it's well worth the heartache, exhaustion, and hard work when you see one of the animals you helped running free back into the wild once released. It is easy to see that being an animal rescuer is one of the toughest jobs you'll ever love.

While visiting with Andrea, she told me many stories about her work. She told me about deer she previously helped and how rescues are no longer allowed to take in deer because of diseases. She also told me about a bunch of baby possums she was tending to and hoping to release soon. Her stories were full of joyful releases and heartbreaking losses, which are all part of her job. This line of work is a labor of love, and you can be a part of it.

Andrea's wood burnings are for sale. You can call her at the number listed on the advertisement that I am including with this article, or you can find her and her organization on Facebook and online for more information. Please do contact her. I own some of her work, and I plan on getting more. These items make a great keepsake to look at and remember how your money went to save a precious creature in need. If you simply want to make a financial donation that is tax deductible, you can do that too. Contact her today for more information. Unfortunately, because this is a hospital, we cannot have contact with the animals. Human contact is not allowed by rescue agencies due to the need for them to still maintain a healthy separation from humans once they are released back into the wild. However, you and I can still help from a safe distance through our financial support from purchasing wood burnings or by making tax deductible donations.

I was truly unprepared for the emotional rollercoaster this visit would take me on. I have included a small quote below from one of our conversations to give you an idea of why. On one hand, I'm inspired and overjoyed to see the work Andrea does and to know that there are others like her who tend to the least of God's creatures. I believe we are created and given this world with the job of being good stewards of all within it, including each other. #LoveOthersWell.

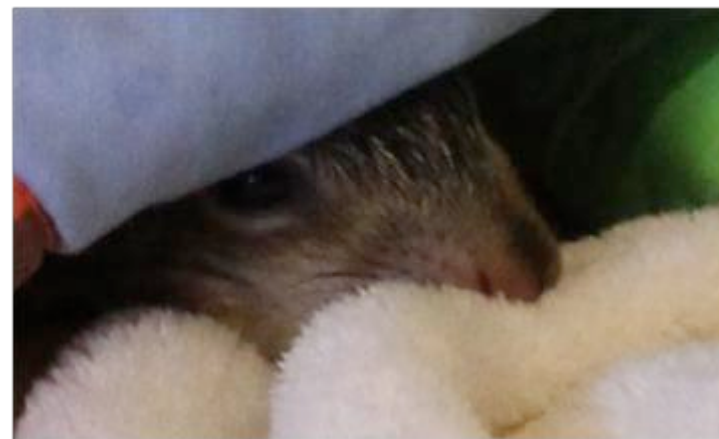


(Continued on page B6)

Rehab, from B5

"The little mouse that was caught by a cat died. One of the emaciated bunnies has died and another is not doing well at all. I will be surprised if it survives the night. The other two bunnies are still on pretty shaky ground but holding their own for the time being. This is the reason the general public needs to get babies to licensed and trained rehabbers as soon as they are found, and not three days later when they decide they just can't get them to eat and it's not working. Once they are so severely dehydrated and emaciated, it is near impossible to save them. Please pray for these babies. Even when there is nothing we can do, it's never too late to turn to God for healing! He can still work miracles!" ~ Andrea White, Tender Heart Wildlife Rehab

See Animal Release Videos: Andrea White's Youtube Channel: https://www.youtube.com/channel/UC_aslpWY-MHnw6YJGCdCKIQ



Tender Heart Wildlife Rehab
213 Bunch Springs Rd.
Berryville, AR 72616
(870) 350-4189
Owner/Operator: Andrea White



Call for assistance with injured wildlife. Please DO NOT try to tend to the animal yourself. Contact a wildlife rescuer right away.



To make donations or purchase wood burnings please call us at the number above. All proceeds go to the care and release of wildlife. Tender Heart Wildlife Rehab is a 501c3 non-profit organization, so donations are tax deductible.

Entertainment



Handmade Wood Burning Kitchen Spoons

Created by Andrea White from Tender Heart Wildlife Rehab in Berryville, AR. See my article on them in November. She creates woodburnings in many different products to raise money for the rescue organization. High quality! Please see the post on my page for her and see how you can help her save the lives of injured wildlife.

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- 3. Send me a private message in Facebook or Twitter with "Win 11.30"*
- 4. Text "Win 11.30" to 405-332-3353.*

Drawing will be held 11/30 and winner announced 12/1.

Calendar Of Events

Upcoming VRH Events

December

2nd-- LUAS Holiday Bazaar | 8:30-12 Dunning Street Entrance Lobby at VRH

3rd-- Sweet Talk for Living with Diabetes | 9:00-12 Dunning Street Entrance, Buckley Conference Rm

Brownsville Christmas Bazaar

BROWNSVILLE, VT--The famous Brownsville Christmas Bazaar will start at 9:00 a.m. and go until 2:00 P.M. at the West Windsor Town Hall (Route 44 & Brownsville Hartland Rd.) on Dec. 3rd. At 11:00 a.m., the ladies of the United Methodist Women's group will be offering a delicious lunch, including homemade soups and sandwiches as well as Christmas and other "fancy" and "favorites" home baked cookies.

Rev. William (Bill) Sheldon, retired pastor of the Brownsville Community Church, will be on hand signing copies of his new book, "Flap of His Sandals".

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.

Silsby Free Public Library News

CHARLESTOWN, NH--Fall story hours are back at the Silsby Library. Join the fun on Tuesdays at 10:30 for stories and a simple

craft. In November we will investigate leaves, hibernation, germs, and Thanksgiving. Lap sitters, toddlers, preschoolers and their caregivers are welcome for stories and a simple craft. And, remember to sign your little ones up for NH's 1000 Books Before Kindergarten.

Calling all creative bakers! Get out you gingerbread recipes, bake and decorate a gingerbread house and drop it off between December 5 and 10 for the library gingerbread house contest. Kids and adults are welcome to submit houses. Winners will be selected by patron vote.

Find all of our new book titles on Library-Thing! The log-in is Silsbyfpl, and the password is 03603.

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.

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 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.

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.

Annual Pecan Sale Sponsored By Catholic Daughters

CLAREMONT, NH--The annual Pecan Sale sponsored by the Catholic Daughters is now underway. It includes 12 oz plain mammoth or chocolate covered pecans & \$8.00/bag; cinnamon glazed pecans \$8.00/bag; glazed pecans \$8.00/bag; caramel pecan clusters \$8.00/bag.

Also available are 16 oz plain mammoth pecans \$10.00/bag; pecan rolls \$4.00 each; walnuts \$8.00/bag roasted; salted jumbo cashews \$8.00/bag; tin, 7-way nut assortment, \$20.00.

Contact Arline Marro 542-5933.

Checks are payable to Catholic Daughters #892.

www.etickernewsoclaremont.com

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.

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

Story Time At Fiske With Duncan McDougal

CLAREMONT, NH--On Thursday, Dec.1st, at 3:45 p.m., the Fiske Free Library will present a Story Time with Duncan McDougal, CLiF founder and presenter. Hear stories by Duncan and take the opportunity to look at the books which were purchased by Fiske Free Library to add to the collection with a CLiF grant thanks to Maple Avenue School. The books will be on display in the Gilmore room through out the day. This program is free and open to the public. Books may be checked out from the display.

For additional information or questions about this program, drop by the Children's Desk or call 542-7017. This program is sponsored by CLiF (Children's Literature Foundation)

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 Centre.

Holiday Bazaar And Chowder Luncheon With 6th Annual Baking Competition

Dec 3rd, 10am - 2pm and Dec 4th, 11am-2pm
At Union Church Hall, 133 Old Church Road, Claremont, NH

Chowder Luncheon served 11am-2pm

The Holiday Bazaar features a variety of gingerbread houses, baked goods, crafts, berry bowls, kitchen items, knit items, toys, vendors, and attic treasures. Luncheon includes homemade fish and corn chowder, assorted sandwiches, and delicious desserts. This year's fantastic gingerbread house display will feature decorated houses for sale in a variety of sizes.

Also, West Claremont Center for Music and the Arts will be holding their Annual Baking Competition, a community celebration of deliciousness! Baked goods will be for sale, and for \$2 you can sample all the entries and vote

for the winner. Prizes will be awarded to the winners. To sign up to be a competitor visit wcc-ma.org/bakers, or contact melissa@wcc-ma.org. Handicapped Accessible. To sign up to be a handmade vendor (\$10 fee) contact unionchurchnh@gmail.com.

Gingerbread House Decorating

Saturday, December 10th,
Morning Session: 10am - 12pm
Afternoon Session: 1:00pm - 2:00pm
Reserve your house by: December 7th

Join us for this delightful holiday tradition filled with gingerbread, candy, and fun! Houses and candy are provided, \$12 per house (when registered in advance) or \$15 for walk-ins. Make sure to reserve your house by emailing unionchurchnh@gmail.com (best), or calling 802-738-0678 (leave a message with you name, ph #, and number of houses you would like) to guarantee a spot, last year we sold out! Discounts available upon request for families purchasing 2 or more houses. This event is open to all, and is held at Union Church Hall, 133 Old Church Rd, Claremont, NH.

Christmas With The Firehouse 6

December 18th, 2pm
At Union Church Hall, 133 Old Church Road
Claremont, NH

Enjoy Holiday and Christmas favorites with some dixie twists, brass, and a side of banjo. Plus of course some Dixieland tunes! Local favorites the Firehouse Six Dixieland Band will charm you with their musical wit and variety. The decorations will be hung, making this a unique and festive event. This event is open to all, with donations gratefully accepted. Presented by the West Claremont Center for Music and the Arts, wcc-ma.org for more info.

Sing! A Joyful Christmas

December 22nd, 6:30pm

Bring your voice for favorite sacred and secular holiday music with local musicians Kirsten Becker, piano; Angela Biggs, Soprano; and Melissa Richmond, flute. From mangers and wise men, to nutcrackers and dancing reindeer. Special guests and cookies will make this an event to remember. Admission is by freewill donation.

Hosted by the West Claremont Center for Music and the Arts, wcc-ma.org for more info.



Welcome in the 2016 Christmas Season!

at the

*The Area Choir's
63rd Concert Series*

Please join us at

South Congregational Church

58 South Main Street ★ Newport, NH

Saturday ★ December 3 ★ 7:30pm

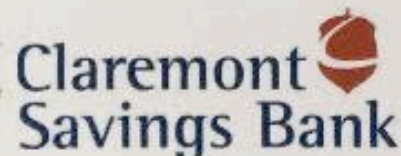
Sunday ★ December 4 ★ 3:30pm & 7:30pm

David Chaves, Director of Music

Rob Hicks, Accompanist

Admission is free

Generous sponsors of this year's performances are:



**Mascoma
Savings Bank**

*The Area Choir wishes to thank South Congregational Church
and all the individuals and businesses in our communities
without whom these concerts would not be possible!*



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 5-7pm
	Fridays	10am-2
	Saturdays	3-5pm

Drawing to be held on December 26th @ 5PM

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



WEST CLAREMONT
CENTER FOR MUSIC
AND THE ARTS



HOLIDAY BAZAAR

& CHOWDER LUNCHEON

BAKER'S COMPETITION & COOKIE WALK

DECEMBER

3RD SATURDAY @ 10AM-2PM
4TH SUNDAY @ 11AM-2PM

UNION CHURCH PARISH HALL
133 OLD CHURCH RD CLAREMONT NH
603.542.7209 / WWW.WCC-MA.ORG



HANDICAPPED ACCESSIBLE
E-MAIL UNIONCHURCHNH@GMAIL.COM
FOR INFO/VENDOR SPACE

Holiday Bazaar and Luncheon benefits Union Church and Baker's Competition and Sale benefits WCCMA's Community Program.



GINGERBREAD HOUSE DECORATING

December 10th, 2016
10AM-12PM & 1:00PM-2:00PM



\$12 PER
HOUSE
WITH REGISTRATION
CANDY PROVIDED
\$15 WALK-IN

RSVP
BY 12/7/2016
802-738-0678
UNIONCHURCHNH
@GMAIL.COM

Union Church Parish Hall
133 Old Church Rd Claremont NH

Blood Pressure and Foot Clinics provided by Lake Sunapee Region VNA & Hospice

(as of 10/25/2016)

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. 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 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

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 CANAAN

Mascoma Senior Center
1166 US Route 4, Canaan
9:00 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.

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
11:00 a.m. – 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
10:00 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.

Become A 4-H Leader

Do you have a skill or passion that you would like to share with a group of young people? 4-H, the youth educational program of UNH and Cooperative Extension is always looking for adults willing to mentor a club. Clubs can consist of as little as five members; learn a skill on any subject matter, and need only meet once or twice a month during the school year. Educating youth on topics like hunting, fishing, raising animals, growing & preserving food, cooking, sewing, knitting, healthy living, community service, robotics to rockets, the sky's the limit!

Please contact laurie.field@unh.edu or call 863-9200 for more information.

Photos With Santa Dec. 10

CLAREMONT, NH--Santa is coming to town! He will be at the Claremont Rent-A-Center in the Market Basket Plaza on Dec 10 from 10:00 a.m.-2:00 p.m. Kids, families and pets welcome to visit with Santa and get their picture taken. Photos will be printed while you wait, or you can have the electronic version e-mailed to you. Prices are as follows: 4x6, \$5; 5x7, \$7; e-mailed image, \$7. Yummy treats will also be available. To benefit Sullivan County Humane Society.

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.etickernewsoclaremont.com

George E. Lambert, 52

George Ernest Lambert, 52, Megan Place Claremont, NH, died suddenly on November 26th, 2016, at his camp in Ascutney, VT.

He was born on April 4, 1964, in Peterborough, NH the son of George and Thelma (Durgin) Lambert.

He worked as a mechanic for Osram Sylvania in Hillsboro, NH, for 26 years before retiring.

George married Kymberly Desharnais on December 31, 1989; they shared 28 years together. They were the love of each other's lives.

The family includes his wife Kym; two sisters, Georgette Poland of Deering, NH and Terrine Ladue of Manchester, NH; Mother in law, Barbara; many sister and brother in laws; 26 nieces and nephews. also he is pre-deceased by his beloved dogs Jamie and Mikke who he can now be free to play with again.

Visiting hours will be held at Stringer Funeral Home in Claremont on Wednesday, Nov. 30th from 6 to 8 PM.

A gathering will be held in May.

Donations can be made to the local animal shelter in his name.

James V. Alexander, 22

James Vincent Alexander, 22, of Lilac

Lane in Claremont, NH, died unexpectedly Friday, November 25, 2016 at his home.

He was born on December 23, 1993, in Cuyahoga Falls, OH, the son of Jack Alexander and Jenn Lantz.

James was a graduate of Stevens High School the Class of 2012 and was working for Lepage Bakeries / Flower Foods / Country Kitchen in the shipping and receiving department.

The family includes his father Jack Alexander of Claremont; his mother Jenn Lantz who he called "Mommifer" and her fiancé Randy Yanick of Springfield, VT; his grandmother Shirley; two brothers Jack Alexander II and his fiancé Michelle Wormwood and Brett Hull; one sister Aubrey Alexander and her boyfriend Devin McIntyre and their children Kaidyn Alexander, Killian Rabun, Malachi McIntyre and Lenore McIntyre. Also many aunts, uncles and cousins.

Calling hours will be held on Tuesday afternoon November 29th from 1 to 3 pm at the Stringer Fu-

neral Home, 146 Broad Street, Claremont NH.

Funeral service will be held at the Funeral Home at 3 PM with Priscilla Hull officiating.

Sandra C. Neil, 59

Sandra Charlene Neil, 59, of Claremont, NH, died on Monday, November 21, 2016, at Dartmouth Hitchcock Medical Center in Lebanon. She was born in Canaan, NH, on October 24, 1957, the daughter of Arthur F. and Ruth (Harris) Seymour.

Sandy had worked for Encore Shoe, Ameri-



Ann Jacques
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-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**
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(603) 543-2020

9 Dunning St, Claremont

(we're right there by the hospital)



can Brush, and Elm Wood. She also volunteered at the Sullivan County Humane Society.

The family includes her husband, Richard Neil of Claremont; a daughter, Jaime Robie and her husband, Bruce of Claremont; a son, Shawn Neil and his wife, Carrie of Unity; four grandchildren, Kayla, Mike, Aiden and Jazmyn; two brothers, Arthur Seymour and his wife, Brenda of Unity and Donald Seymour and his wife, Jody of Newport; five sisters, Virginia Estes of NC, Stephanie Dion of TN, Julie Sablock of Claremont, Sharon Finan of Claremont, and Kathleen Joyce of Hillsboro; also many nieces and nephews.

She was predeceased by her parents, two brothers, Robert Finan and Stuart Seymour and a stepfather, Horace Kingsbury.

In lieu of flowers, donations may be made in Sandy's memory to the Sullivan County Humane Society, P.O. Box 111, Claremont, NH 03743.

The Stringer Funeral Home is in charge of arrangements.

Claremont Fire Dept. Log

Monday 11/21:

5:59 PM: Engine 3 responded to Washington St. for a report of a motor vehicle accident.

9:33 PM: Engine 3 responded to Krista Place for a report of a smoke alarm sounding.

Tuesday 11/22:

7:19 AM: Engine 3 responded to Grove St. for a medical call.

11:23 AM: Engine 3 responded to Elm St. for a report of an oil spill.

4:16 PM: Engine 3, Ladder 2, and Engine 1 responded to Winter St. for a Box Alarm.

5:58 PM: Engine 3 responded to Sullivan St. for a report of someone stuck in an elevator.

Wednesday 11/23:

7:52 AM: Engine 3 responded to Plains Rd. for a medical call.

8:17 AM: Engine 3 responded to Hillside Terrace for a lift assist.

12:47 PM: Engine 3 responded to Washington St. for a motor vehicle accident.

Thursday 11/24:

8:23 PM: Engine 3 responded to Royce St. for a medical call.

Friday 11/25:

6:31 AM: Engine 3 responded to Stone Ave. for a medical call.

Social News

Claremont Senior Center, Inc. News

By Claire Lessard, Executive Director

Just before Christmas it's time to buy and/or take out Christmas projects for decorations or gifts. Come work on these projects with others on Tuesdays - November 29, December 6 and 13 (1:00 - 3:00 PM) at the center in the Mozden Room.

Café Claremont Menu: Tuesday - November 29 ...Soup, homemade macaroni & cheese, baked ham, vegetables, dessert. Thursday - December 1 ... Soup, pork pot pie with popovers, dessert. Menu subject to change!

Free Seminar - Open to the Public! Beasley & Ferber (The Elder and Disability Law Firm) Friday - December 2 (1:00 - 3:00 PM / 6:00 - 8:00 PM). Attorney Edward Beasley will help you create a trust to shelter your assets from nursing home spend-down, plan for end-of-life decisions, see how you putting assets into your children's names can be catastrophic, learn about possible defects in your existing revocable trust and make sure it is up to date. Special guest Chuck Stephen will present financial planning tips. For more info or to register, call: 1-800-370-5010

AARP Tax Preps will again be held at the center every Friday starting February 3, 2017. "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 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 every Monday at 10 AM brings you through an hour of gentle, relaxing yoga. Class uses chairs to accomplish the poses doing just what you can. \$5.00 fee 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.

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

Any business that would like to put a Business Card size ad in our monthly newsletter is welcome. Cost is \$200.00 per year (12 inserts).

Reminder that during winter months, the center is closed on days of unsafe weather conditions and when schools are closed. Watch WMUR-TV for closing!

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.)