# e-Ticker News Sports

**Section B** August 1, 2016

### 3 Area **Athletes** Chosen For Shrine Game

CLAREMONT, NH--The New Hampshire Team for the Shrine Maple Sugar Bowl Game will include three local players, one from Stevens and two from Newport. Collin Belt, from SHS, will be playing as will Stephan Nix and Christian Lawrence from Newport. SHS

Collin Belt, from SHS, and SHS Football Coach Paul Silva (File photo).

Football Coach Paul Silva has been chosen as an Assistant Coach for New Hampshire.

The game will take place on Saturday, Aug. 6, and will be held at Castleton University's Spartan Field, Castleton, VT. This year's game will be the 63rd matchup. The parade begins at 3:00 p.m.; the game at 5:30 p.m.

### **Youth Firearms Safety Course To Be Offered**

Course, sponsored by the Sullivan County Sportsmen, Old #4 Rod, Gun and Snowmobile Club and NRA Foundation will be held on Saturday, August 6th, from 9:00 a.m. to 12:00 noon at the Old #4 Shooting Range. This is an introduction to shooting

CLAREMONT, NH--A Youth Firearms Safety

sports, for ages 10-15. Refreshments will be provided. Preregistration is required.

For more information and to register, contact Don Clarke at 603-542-5277 or donclarke03@ Comcast.net.

### 2016-2017 Hunting **Rule Changes**

CONCORD, NH--Looking ahead to the state's fall hunting seasons, New Hampshire

hunters should be aware that certain rules have changed as a result of this year's biennial rulemaking review. Following is a summary of some of the major changes.

Highlights of the 2016-2017 New Hampshire **Hunting Rule Changes:** 

Changes to general baiting regulations: Several changes were made to wildlife baiting regulations, particularly regarding the application process for bait permits and submission deadlines. See a summary of these changes

### www.huntnh.com/newsroom/news.html?news=

Deer Season: The number of either-sex days during the muzzleloader and regular firearm seasons has changed in several wildlife management units (WMUs). See the muzzleloader and regular firearms either-sex deer season dates listed by WMU at

#### www.huntnh.com/hunting/deer.html.

In addition, the number of Special Unit L antlerless only deer permits was increased from 500 to 750, each with 1 tag, and were available for purchase online only. 2016 Special Unit L permits are now sold out.

A total of 4,000 Special Unit M permits were also offered this year, coming with 2 tags at a cost of \$36 (Special Unit M permits are still available - see

www.huntnh.com/hunting/deer-um-permits.htm

Bear: The basic bear hunting season framework did not change, but it was clarified that dogs shall not be run from bait and that bear guide tags are non-transferable between guides. Guides are also now allowed six com

(Continued on page B2)





#### Changes, from B1

mercial bait sites and up to two personal bait sites. However, additional regulations apply to the use of bear guide tags for bears taken over bait. Learn more about the bear hunting season at www.huntnh.com/hunting/bear.html.

Moose: The number of permits offered in the New Hampshire moose hunt lottery was reduced from 105 in 2015 to 71 in 2016. The Wildlife Heritage Foundation of New Hampshire was allowed to auction up to two permits (the auction closes August 5 -- learn more at <a href="http://nhwildlifeheritage.org/moose-permit-auction">http://nhwildlifeheritage.org/moose-permit-auction</a>), and one Hunt of a Lifetime moose permit may be issued.

Turkey: The fall turkey shotgun season was extended from 5 to 7 days by adding a weekend at the end of the season. The season will now run from October 10-16, 2016, in select WMUs.

Pheasant: Due to safety concerns, on in-

season stocking days the pheasant season will be closed statewide until noon. These closures will occur on Thursdays and Fridays, October 6-7, 13-14, and 20-21, 2016.

Fisher: Due to declining population trends in certain portions of the state, the statewide fisher bag limit was reduced from 10 to 5. Regional bag limits were also reduced to 3 in some parts of the state.

New Hunting Digest to Be Available in August

Hunting season dates for all game species are listed in the 2016-2017 NH Hunting and Trapping Digest, which will be available in late August at Fish and Game license agents, Fish and Game offices, or online at www.huntnh.com/hunting/publications.html.

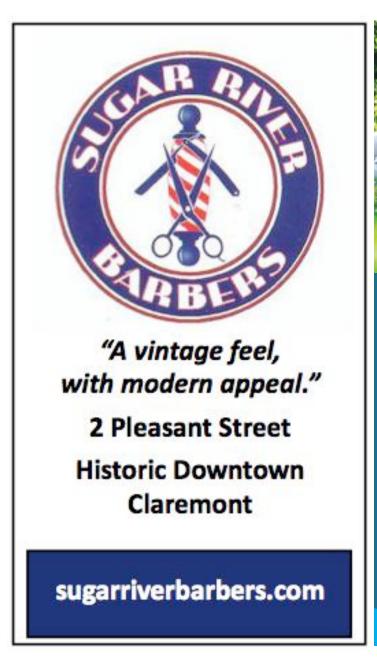
New this year, the digest will also include New Hampshire waterfowl hunting season dates.

For a complete and current list of all Fish and Game-related rules visit <a href="http://gencourt.state.nh.us/rules/state\_agencies/fis.html">http://gencourt.state.nh.us/rules/state\_agencies/fis.html</a>.

Got Sports? Send news and photos

to etickernews@gmail.com







### Inspiration/Entertainment



Part 2
"... 'Cept I Started Laughin'..."

I previously introduced you to a truly great man named Buster Brown: ex-military, biker, with great stories to tell. Today, we're going to visit him again. When we left him last time, he had just been run through the wringer with his mother after mouthing off to her, something you don't do to a Southern Momma. But why am I telling you more of his stories? Why should we care? First, let's listen to him talk about how he was just full of mischief. Then, I'll answer those questions.

"We were havin' a big party one night at my mom and dad's house. It was a holiday. Everybody was sleepin' on the floor. I snuck in, and my dad was afraid of snakes. Mom and dad slept in a King-size bed. I snuck up beside his side. I stuck my hand up underneath, and my dad was there snorin'. Now there was a lot o' real estate between them in that bed. Lotta real estate. And I touched his back, 'n I started slidin' my hand down his back like a snake would. And dad, screams 'Snake!' Jumps straight up, grabbed my mom, and both of 'em ended up right on the floor." Paused laughing. "an' everything woulda been fine." He paused laughing, and then continued, " 'cept I started laughin'." After another good laugh, he added, "One thing I did learn... Can't laugh at her. She didn't like that."



Buster was also in the Marines. He told us about an encounter with one of the men he met while in the military. "We were going through training. I had to train with this little bitty guy. I had my clique, ya know... 'N I picked on this little guy. Little bitty guy. I'd thump him behind the ears when he'd sit in front o' me. Picked on 'im 'n picked on 'im. I mean, this went on for weeks. Well, one day I guess I flicked on 'im a bit too hard, 'n he spun around 'n said, 'If you don't quit!' And I just looked at 'im. 'If I don't quit what?' He just turned around. I leaned over 'n said, 'I'll meet you behind the mess hall." He paused for a minute. "After lunch... I didn't even eat lunch. I was waitin'. I was gonna give this boy an Oklahoma a## whoopin'." He stopped, smiled, and nodded confidently. "He come out that back door of the mess hall, 'n he started cryin'. He said, 'I don't wanna fight you.' And I said, 'I don't care. You're gonna fight me, or I'm gonna whoop you.' That boy closed his eyes 'n went to swingin'." Buster shook his head, leaned back, and crossed his arms. "He never missed a lick. And I never got to block. That boy crawled up one side o' me and down the other three times! I was never so glad they pried that little boy offa me." He paused and laughed. "I damn sure didn't laugh that time." After I managed to stop laughing, I asked, "Do you know where he is today?" To which Buster answered, "I don't have a clue. I don't wanna know!"

With all the laughs, I want to leave off with the whole point of why I wanted to introduce you to this amazing man. It's true, he lived a life full of laughter and shenanigans, but he was and is more than just your run-of-the-mill, ornery Oklahoma redneck. He has lived a life that was also full of helping others.

We asked in Part 1, "What makes one a hero? Is it performing some grand deed that saves lives? Is it running into a burning building?" We answered with both yes and no. Those things do define a hero, but there is more. Buster was a Marine for many years, offering his life for our lives and our freedom. He was a bounty hunter for 15 years, chasing down and bringing to justice child molesters and rapists. He is currently part of a biker group that delivers toys to needy children for Christmas and stands up for children who are suffering from abuse or bullying. For these reasons, and because he also gives us the gift of laughter in a world that can be full of struggles, this man is a true American hero and great man. Sadly, he is now in very poor health and could use our prayers. I'm honored to have met this man and had the chance to hear his stories. So remember, as you love others well, think of this man who did (and continues to do) the same. And then start laughin'. Even if it gets you into trouble.

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:

<a href="https://www.facebook.com/This-Catholics-Christian-View-673629202670889/?fref=ts">https://www.facebook.com/This-Catholics-Christian-View-673629202670889/?fref=ts</a>. She may also be found at her new page:

<a href="https://www.facebook.com/Bernadette-OLeary-1047720395262832/?fref=ts">https://www.facebook.com/Bernadette-OLeary-1047720395262832/?fref=ts</a> and may also be reached at <a href="https://twitter.com/BOLeary\_ETicker">eticker</a>.

and followed on Twitter at <a href="https://twitter.com/BOLeary\_ETicker">https://twitter.com/BOLeary\_ETicker</a>.

## Inspiration/Entertainment

#### Let Peace Rule The Planet

#### By Priscilla Hull

It rained most of Sunday and then the Red Sox won, thanks to Dustin Pedroia! It shows me that good things happen in series and in good time.

In Ecclesiastes 3 we read:

1 For everything there is an appointed time, and an appropriate time for every activity on earth:

2 A time to be born, and a time to die; a time to plant, and a time to uproot what was planted; 3 A time to kill, and a time to heal; a time to break down,

and a time to build

up;
4 A time to weep,
and a time to laugh;
a time to mourn,
and a time to dance.
5 A time to throw
away stones, and a
time to gather
stones; a time to
embrace, and a time
to refrain from embracing;

6 A time to search, and a time to give something up as lost; a time to keep, and a time to throw away;

7 A time to rip, and a time to sew; a time to keep silent, and a time to speak.
8 A time to love, and a time to hate; a time for war, and a time for peace.

It is read often and Pete Seeger put it to music so it was kind of a theme for the search for peace in the turmoil of the 60s. We know that in the greater plan of Life our Creator has a place and a time for all our wishes. Sometimes we find it oh, so hard to wait for His plan to be known!

When a loved one is sick and dying, we feel guilty for praying for God to ease the pain. Yet, we must because we can't wish for this person to linger. So we pray for love, care, or peace.

Peace comes in many ways. Peace for our trials. Peace for lives of those in the throws of addictions or depression. Peace for families in

turmoil. Peace for the world. So when we pray for Peace, God, who sees and knows our needs, will hear and honor our prayers.

So let Peace rule the planet. Let Peace find it's way into our hearts. Let Peace ease the pain in our lives. "Let there be peace on earth and let it begin with me."

Priscilla Hull is the Lay Leader of the First United Methodist Church

### My Birthday = You Get the Gifts!

My biggest drawing ever! Win items from just a few of my personal favorites: Christian Rock groups Red, Newsboys, Audio Adrenaline, We Are Messengers, For King and Country, and Family Force 5! Also, DVDs starring Robert Carlyle! Check them out online today if you're not familiar with them. You'll be glad you did.



Drawing to be held 8/31/16

Newsboys Bracelet, For King and Country Necklace, Signed Audio Adrenaline CD, 2 Red CDs, Matthew West CD, Signed We Are Messengers CD, Signed Family Force 5 CD, Before Beauty (Book by Brittany Fichter), And 2 Robert Carlyle Movies (Flood & Ravenous)!



To Enter: (Choose 1 or all 4!)

- 1. Click "Like" on this post on Twitter or FB.
- 2. Sened me a private message on Twitter or FB with "Birthday Win" and your name.
- 3. Text "Birthday Win" and your name to 405-332-3353
- 4. Email "Birthday Win" and your name to etickernews.bernadette.oleary@gmail.com

### Calendar Of Events

# Annual Claremont Lollipop Carnival August 12th

CLAREMONT, NH--The Claremont Parks and Recreation Department is excited to announce that the Annual Lollipop carnival will be held on Friday, August 12th, at Barnes Park from 4:00-8:00 p.m. This year's event will feature a midway of games where participants can earn tickets to redeem at the prize table, a special magic performance by Dylan Tenney, multiple food vendors selling food, and more!

"This event has been a staple in the Claremont community for years," said Mark Brislin, Parks and Recreation Director. "We have seen participant numbers drop over the last few years, and so we decided to revamp the event with a new start time later in the day to allow for more families to come and enjoy the event," said Brislin. "Other improvements participants can look forward to are exciting carnival-type midway games where children can earn tickets and redeem them at the end of the evening from the prize tent and an expansion of food vendors where families can come and have an affordable night out," explained Brislin. Participants will still enjoy other popular events from past years such as the cake walk, pie eating contests and the naming of the King and Queen of the Lollipop Carnival."

To play the games at the event, you will need to purchase lollipops at the event. One bag of 10 lollipops cost \$1 and it will cost between 2-5 lollipops to play each game. For upto-date information and a schedule of events, please be sure to visit the Claremont Parks and Recreation website at <a href="https://www.claremontparks.com/">www.claremontparks.com/</a>.

### Silsby Free Library Programs

August 3-6: Soccer Sign Ups! Come to the library for early Soccer Sign Ups.

Tuesday, August 2 @ 10:30 a.m.- Storytime: Having a Ball with Sports

Join us as we have a ball reading some sporty stories and make a craft to take home!

**Wednesday, August 3** @ 5 p.m.- Magician Malik Haddadi!

Come join us with special guest Malik Haddadi as he shares his magic with us! Brought to us by the Kids, Books, and the Arts grants. Funding for the Kids, Books and the Arts event is provided by the Jack and Dorothy Byrne Foundation, CHILIS, Cogswell Benevolent Trust, and is supported in part by a grant from the NH State Council on the Arts & the National Endowment for the Arts as well as funds administered by the NH State Library and provided by the Institute of Museum and Library Services.

Friday, August 5 @ 10:30 a.m.- Going for the Gold Craft

# First Annual Acworth Locavore Festival

ACWORTH, NH--The Acworth Community Project is proud to announce plans for an exciting event planned for August 28 from 10:00 a.m.-4:00 p.m.: the First Annual Acworth Locavore Festival. It is a fundraiser for the Acworth Village Store, a community owned and operated general store located at 1068 Rt. 123A in South Acworth. The event will be held in the back field of the Village Store.

What is a Locavore Festival? It's a public event to showcase local food and beverage producers and local "farm to table" restaurants which will connect local food lovers and consumers to what is being locally grown and produced.

Anyone having questions about the event, or anyone having an interest in a sponsorship should please contact Linda Lacasse at 603-835-2486 or email

<u>linda@lacasseenterprise.com</u> and anyone interested in advertising in the Festival Booklet can contact Judy Aron at 603-835-2188.

The Acworth Village Store is open Monday-Saturday from 7:00 a.m.-7:00 p.m. and Sundays from 8:00 a.m.-7:00 p.m. The phone number there is 603-835-6547. They offer many services, including an ATM and a US Post Office.

The Organizing Committee for the Acworth Locavore Festival wants to offer their thanks for all that farmers and food producers do to provide healthy sustenance for the local community.

# Silsby Free Public Library News

CHARLESTOWN, NH--Summer Reading is coming to a close, a new school year is approaching, and the Fall season is right around the corner. In order to help us stay active and healthy before the winter time blues, the library will be hosting a series of programs for Late Summer and Fall that focuses on the health of the mind, body, and spirit. Starting this month, join us for our Hiking Charlestown, Roaming Readers, and Yoga for Adults programs. The fun won't stop there either! Be sure to look at more of these programs and others through the Fall and year!

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

August @ the Library

Friday, August 5 @ 12:00 noon- Adult Coloring Club

Monday, August 15 @ 4 p.m.- Origami Paper Cranes: Come into the library to learn how to make origami paper cranes in honor of Obon Day, the Japanese custom of ancestor remembrance. For Ages 8 to 80+

Thursday, August 18 @ 9 a.m.- Hiking Charlestown: Join us for a series of hikes that feature the trails and nature of Charlestown! Jim Fowler will be our guide for this fun trail as we meet at the Great Meadow Trail head at Lower Landing. Please wear proper attire, sunscreen, and insect repellent.

Thursday, August 25 @ 9 a.m.- Roaming Readers: In an effort to be active before the winter months, the library is starting a book club that meets on the 2nd and 4th Thursdays of the month. Join us in front of the library as we walk our beautiful stretch of town and discuss the latest books we have been reading. Make sure to wear comfortable sneakers!

Friday, August 26 @ 1 p.m. -Yoga for Adults: Lauren from Ahimsa Yoga Center in Claremont, will be here to talk about the benefits of yoga and to provide a lesson. Please bring a mat or towel, bottled water, and self! Another great way to stay active and healthy!

### LSRVNA To Help Sponsor Cornish Fair

Lake Sunapee Region VNA & Hospice has announced that it is a "proud sponsor of the 2016 Cornish Fair."

Join Lake Sunapee Region VNA & Hospice at the 2016 Cornish Fair on August 19, 20 and 21. Fair highlights include:

Animals galore

4-H Events

**Dairy Show** 

Flying High Frisbee Dogs

**Chain Saw Artists** 

Bingo

Art Show & Sale

Food

Midway Rides & Games

Helicopter Rides

Parade

Comedy Juggling

... and so much more, including a free blood pressure/Ask-A-Nurse Clinic sponsored by LSRVNA & Hospice all three fair days from 12:30 to 4:30 p.m. Visit

http://www.cornishfair.org/ for complete details.

Lake Sunapee Region VNA & Hospice is a non-profit health care organization serving residents of the Connecticut Valley, Lake Sunapee and Upper Valley regions of New Hampshire with nursing and medical care, private personal care services and hospice, all in the home you love. Contact them at 603-526-4077 or <a href="https://www.lakesunapeevna.org">www.lakesunapeevna.org</a> for more information.

## Summer Concert Series At Union Church

CLAREMONT, NH--Join the West Claremont Center for Music and the Arts this summer for a fantastic program of music traditions from around the world. All concerts are by donation, and held at the historical Union Church at 133 Old Church Rd, Claremont, NH. For more information, visit wcc-ma.org.

#### The Modernistics

Saturday, August 6th, 7pm

Join us for a toe-tapping show of Music and Dance from the Great American Songbook. Featuring acclaimed tap dancers and vocalists Ted and Pamela Powers, with Peter H. Bloom on flute and Mark Leighton on guitar.

Melissa Richmond and Angela Biggs

### The Passion & Turmoil of German Classical Saturday, August 20th, 7pm

An exploration of rich German compositions for flute, voice, and chamber ensembles of the Classical and Romantic eras.

# Overeaters Anonymous Meetings

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

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

#### **Cornish Historical Center**

CORNISH, NH--The Cornish Historical Center, on School Street is open Saturdays during the warm months, from 9:00 a.m. to noon.

# 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 Cen-

ter.

August 1st Program: Readings from soldiers' letters and veterans' memoirs.

#### **Caregiver Support Group**

SPRINGFIELD, VT--A Caregiver Support Group (formerly Alzheimer's Support Group) is available to help enhance the lives of individuals with Alzheimer's disease and other dementias.

Presented by Alzheimer's Association, Vermont Chapter, the Caregivers Support Group meets the third Wednesday of every month, 5:00 - 6:30 p.m. at Springfield Hospital Library, Level D, Springfield, VT.

#### **Lady Boss Club**

CLAREMONT, NH--The Lady Boss Club, a group of women-owned businesses in the Greater Claremont and Upper Valley areas, is welcoming new members. They meet at the Java Cup every second Tuesday, from 5:30 to 7:30 p.m. In the Hanover area, members meet every Wednesday 5.30-7.30 p.m. at the Howe library, Hanover.

Meetings are free and open to the public.

The Lady Boss Women Entrepreneurial Club is a community to help local women- entrepreneurs with their ideas/businesses development and networking. For more information, contact <a href="mailto:LadyBossClub@gmail.com">LadyBossClub@gmail.com</a>.

# The Power Of Mother Nature...

The force of Mother Nature on display at Moody Park in Claremont. Can you imagine the force needed to snap a tree like a matchstick? (Bill Binder photo).



# ARE YOU NEW TO MEDICARE? JOIN US



### "Welcome to Medicare" Workshops

- Hospital Insurance
- Medical Insurance
- Rx Drug Coverage
- Medicare Supplements
- Medicare Advantage
  - Preventing Fraud & Abuse

Please Join Us On:

August 23rd at 1:30PM

### **Sullivan County ServiceLink (ADRC)**

224 Elm Street Claremont

For Information and to Register (required)



Call:

603-542-5177



LOCAL HELP FOR PEOPLE WITH MEDICARE

Funding for Sullivan County ServiceLink Aging and Disability Resource Center (ADRC) is provided in part by New Hampshire Department of Health and Human Services and the U.S. Administration for Community Living.



Summer Adventure Week 2016

# AUGUST 15-18

9AM-NOON

Games, music, crafts & more surprising adventures!! For kids ages 5-12!

Go to www. graceriverclaremont.com or call Grace River at 603–542–2344 for more information

# Amplified Arts To Present "Pints & Playwrights"

CLAREMONT, NH--Now, after the recent successful launch of its early career arts program called "The Academy" and its production of "The Importance of Being Earnest", Amplified Arts' latest series, dubbed "Pints & Playwrights", brings "staged-ish" reading of classic plays into bars and restaurants around Sullivan County.

"Prints & Playwrights" will present Shake-speare's "A Midsummer Night's Dream" at Time Out Americana Grill on Mulberry St. on Aug. 25 at 6:30 p.m. The aim is to provide an open and informal production featuring anyone (18+) who likes creative and somewhat informal theatre in intimate spaces. These productions run about one hour and 45 minutes and involve little in the way of stage dressing or costume, however, don't let that fool you...

So come out to this all-ages show, grab a drink and/or dinner and let them spin you a tale or two. There is no charge for the show, just pay what you will and tip your server, of course.

For more information, please email amplifiedartsnh@gmail.com.

Amplified Arts, founded by Shelly Hudson, seeks to invigorate the community of artists located in Sullivan County by offering a nurturing environment for exploration of new works, artists' collaboration, training new talent and making the arts accessible to a wide spectrum of the general public, while also "amplifying" the creative economy by making Claremont and Sullivan County a destination for great art and entertainment.

# Woodsmen's Competition

CORNISH, NH--The Sullivan County Chapter of the New Hampshire Timberland Owners Association (NHTOA) and the Cornish Fair Association will sponsor the 53rd annual Woodsmen's Competition starting at 8:00 a.m., Saturday, Aug. 20, at the Cornish Fair Fairgrounds, Townhouse Road, Cornish. Registration starts at 8:00 a.m. The competition starts at 9:00 a.m. in the horse ring.

Entry is \$5 for each event. Paid registrations received by Thursday, Aug. 18, cost \$4.

Events include: chainsaw steeplechase, world vs. New Hampshire chainsaw steeplechase relay, chainsaw speed sawing free-forall, two-person crosscut sawing, Jack and Jill crosscut sawing, two-person log roll, wood chopping, double-bit ax throwing, bucksaw sawing and tree felling.

Contestants must provide their own safety gear, including safety chaps, hardhats and safety glasses. Chainsaws will be provided for the steeplechase event.

Prize money will be awarded. Unique trophies will be given to the contestants who accrue the most points.

More information is available from Jim Zullo at (603) 863-2422.

### **Bingo In Charlestown**

CHARLESTOWN, NH--Bingo is held Wednesdays at the Charlestown Memorial VFW Post 8497 Post Hall, 365 Lovers Lane Road in Charlestown, NH. The regular games start at 6:30 p.m. with Early Birds games commencing at 5:00 p.m. Twelve regular games, six special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, and a progressive game from \$800 - \$1,800, plus the final game with a guaranteed prize of \$225 make up the Wednesday evening benefits. It is the VFW Post 8497's primary fundraiser for its various scholarships and sponsorships. Food and drinks are available.

# Croydon Ladies Auxiliary Sponsoring Bingo

CLAREMONT, NH--The Croydon Ladies Auxiliary is sponsoring bingo every Thursday. Held at the Claremont Senior Center, 5 Acer Heights off Maple Avenue in Claremont. Doors open at 4:30 p.m. and games start at 6:30 p.m. Food and drinks available. Open to those 18 and older. Call Sandy at 543-7118 for more information. All paper games.

#### **Claremont Farmers Market**

CLAREMONT, NH--The Claremont Farmers and Artisans Market will be held every Thursday through October 6th, from 4:00-7:00 p.m. (rain or shine); they only call the market for lighting. A strong selection of vendors with more added weekly; music featured as well.

#### Clinics, Bereavement Support Groups By Lake Sunapee Region VNA & Hospice

(as of 7/18/2016)

These events take place every month, except on holidays. For more information on any of these events, call 603-526-4077.

1st Tuesday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE

#### CLINIC

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:00 a.m. – 12:00 p.m. Free and no appointment needed

### LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Newport Senior Center 76 S Main St, Newport 10:45 a.m. – 12:00 p.m. Free and no appointment needed

1st Wednesday LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC Rite Aid 51 S Main St, Newport 11:00 a.m. – 1:00 p.m. Free and no appointment needed

### LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Mascoma Senior Center 1166 US Rt 4, Canaan 9:00 a.m. – 12:00 p.m. Free and no appointment needed

LSRVNA FOOT CLINIC
Lebanon Senior Center
10 Campbell St, Lebanon
10:00 a.m. – 2:00 p.m. by appointment only
\$25 fee
Doctor's order required for those with diabetes

1st Thursday

or circulation problems

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Lake Sunapee Region VNA & Hospice

Call 603-526-4077 for appointment

107 Newport Rd, New London 9:00 a.m. – 12:00 p.m.

Free and no appointment needed

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Claremont Senior Center 5 Acer Heights Rd, Claremont 10:30 a.m. – 12:00 p.m.

Free and no appointment needed

LSRVNA FOOT CLINIC

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 Friday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Council on Aging 37 Pleasant St, New London 10:30 – 11:30 a.m. Free and no appointment needed

LSRVNA FOOT CLINIC

Council on Aging 37 Pleasant St, New London 12:30 – 3:00 p.m. by appointment only

\$25 fee

Doctor's order required for those with diabetes or circulation problems

Call 603-526-4077 for appointment

2nd Tuesday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:00 a.m. – 12:00 p.m

Free and no appointment needed

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Grantham Methodist Church Main St, Grantham 11:15 a.m. – 12:00 p.m.

Free and no appointment needed

2nd Wednesday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE

CLINIC Rite Aid 51 S Main St, Newport 11:00 a.m. – 1:00 p.m.

Free and no appointment needed

MEN AT WORK GRIEF SUPPORT GROUP Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 5:00 – 6:30 p.m.

2nd Thursday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:00 a.m. – 12:00 p.m. Free and no appointment needed

LSRVNA FOOT CLINIC

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

3rd Monday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Lebanon Senior Center 10 Campbell St, Lebanon 10:00 a.m. - 12:00 p.m.

Free and no appointment needed

3rd Tuesday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:00 a.m. – 12:00 p.m. Free and no appointment needed

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Danbury Community Center
15 High St, Danbury
10:00 a.m. – 12:00 p.m.

Free and no appointment needed

PATHWAYS TO HEALING GRIEF SUPPORT GROUP

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 5:00 - 6:30 p.m.

3rd Wednesday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE

CLINIC

Goshen Parish Hall Route 10, Goshen 10:45 - 11:45 a.m.

Free and no appointment needed

LSRVNA BLOOD PRESSURE/ASK-A-NURSE

CLINIC
Rite Aid
51 S Main St, Newport
11:00 a.m. – 1:00 p.m.
Free and no appointment needed

3rd Thursday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE

CLINIC

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:00 a.m. – 12:00 p.m.

Free and no appointment needed

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Bradford Senior Center Main St. Bradford

11:00 a.m. – 12:00 p.m.

Free and no appointment needed

LSRVNA FOOT CLINIC

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

3rd Friday

LSRVNA FOOT CLINIC

North Ridge Community Room

26 North Rd, Warner

9:30 – 11:30 a.m. by appointment only

\$25 fee

Doctor's order required for those with diabetes or circulation problems

Call 603-526-4077 for appointment

4th Monday

LSRVNA FOOT CLINIC Newport Senior Center 76 S Main St, Newport 9:00 a.m. – 2:30 p.m. by appointment only \$25 fee

Doctor's order required for those with diabetes or circulation problems
Call 603-526-4077 for appointment

4th Tuesday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:00 a.m. – 12:00 p.m. Free and no appointment needed

4th Wednesday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Warner Senior Center Main St, Warner 10:30 a.m. – 12:00 p.m. Free and no appointment needed

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Rite Aid 51 S Main St, Newport 11:15 a.m. – 1:00 p.m.

Free and no appointment needed

4th Thursday

LSRVNA BLOOD PRESSURE/ASK-A-NURSE CLINIC

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:00 a.m. – 12:00 p.m.

Free and no appointment needed

LSRVNA FOOT CLINIC

Lake Sunapee Region VNA & Hospice 107 Newport Rd, New London 9:30 a.m. – 1:30 p.m. by appointment o

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

4th Friday

LSRVNA FOOT CLINIC Warner Pharmacy 11 East Main St, Warner 9:30 a.m. – 12:00 p.m. by appointment only \$25 fee

Doctor's order required for those with diabetes or circulation problems
Call 603-526-4077 for appointment

# Concert Series Continues At Arrowhead

CLAREMONT, NH- Check out the Summerfest concert series at

www.claremontsummerfest.com. You can buy tickets online, at the gate or in advance at Arrowhead and the Claremont Chamber of Commence office. You can also get student and senior (65 and older) discounted tickets at Arrowhead and the Chamber office; kids under 12 are free. There will also be food and other vendors at each concert. Concerts are from mid- afternoon into the night.

Saturday August 13th – Draw The Line, Aerosmith Tribute Band, the only tribute band endorsed by Aerosmith

Opener: RoadHouse, a rock band that will make you smile.

August 27th – Kashmir, At the Claremont Visitor Center park

The nation's #1 Led Zeppelin tribute show, it is the most authentic representation of Led Zeppelin on the modern national touring scene.

Opener: Blabpipe Major influences are vast, ranging from early rock into the 80's and 90's.

# **Boston's Modernistics In Claremont**

CLAREMONT, NH--Boston's Modernistics will perform in Claremont on August 6 at the West Claremont Center for the Arts, at 7:00 p.m.

The Modernistics are the singing and tap dancing team of Ted and Pamela Powers, with the Peter H. Bloom on flute and Mark Leighton on guitar. Expect an evening of sizzling bebop tunes like *My Little Suede Shoes* by Charlie Parker, *Webb City* by Bud Powell, and *Tiny Capers* by Clifford Brown, plus up-tempo song and dance numbers from the *Great American Songbook*, including *Blue Skies, Let's Fall in Love, Top Hat, Sunny Side of the Street, Fly* 

Me to the Moon, and It Don't Mean A Thing If It Ain't Got That Swing.

#### 2016 Summer In The Paddock

CHARLESTOWN, NH--Join us for the 4th Annual Season of Summer In The Paddock on North Main Street in Charlestown. The Farmers & Artisans Market will run for 15 weeks on Saturdays, 9:00 a.m. to 1:00 p.m., starting June 25, and again offer affordable vendor fee "packages" to encourage strong weekly commitments from current and new vendors. Potential vendors are encouraged to stop by the Charlestown Congregational Church for a brochure of policies and fee schedules. Email congchrch@myfairpoint.net (yes, leave out the "u") or call (603) 826-3335 with questions and to receive the brochure by email or USPS.

Register for all or part of the season.

# Vacation Bible School In Plainfield

PLAINFIELD, NH--Christ Community Church in Plainfield, NH, is hosting a free vacation bible school event for families with children. The event is August 8-12, at the church in Plainfield. For more information regarding this program, please visit:

https://www.facebook.com/events/1251639741513678/.

# Plans Being Readied For Back To School Festival

CLAREMONT, NH--The planning process is in full swing as organizers prepare for the 2016 Back to School Festival.

This year's event will be held on Saturday, August 27, from 10:00 am-12:00pm at Monadnock Park. Set up will be begin at 8:00 a.m.

# Local Author's Book Available For Kindle

LEMPSTER, NH--William Murgatroy of Lempster, NH, has announced that his history /mystery novel that has been in print since January now is available on Amazon for Kindle E readers. It's titled *The Missing Mapmaker*, subtitled *A Journey Through Lempster*.



58 Opera House Square City Hall Complex Claremont, NH www.claremontoperahouse.org 603-542-0064





WEST CLAREMONT CENTER FOR MUSIC AND THE ARTS

2016 SEASON

WCC-MA.ORG



SUMMER CONCERT SERIES AT UNION CHURCH

SAT JULY 9

Qais Essar, rabab with Amit Kavthekar, tabla

Fusion classical Afghan and western music performed by innovative performers.

FRI JULY 29

Yankee Brass Band

Quicksteps, gallops, polkas, waltzes, popular overtures of the mid-19th century, and more on period brass instruments. BBQ dinner and dessert begins at 5:30

SAT AUG 6

The Modernistics

Join us for a toe-tapping show of Music and Dance from the Great American Songbook with tap dancing singing flute, and guitar.

SAT AUG 20

The Passion and Turmoil of German Classical

An exploration of rich German compositions for flute, voice, and chamber ensembles of the Classical and Romantic eras. Performed by Melissa Richmond and Angela Biggs

133 OLD CHURCH RD CLAREMONT NH / ADMISSION BY DONATION







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.etickernewsofclaremont.com

#### Horace A. Kingsbury, Sr., 84

Horace A. Kingsbury, Sr., 84, passed away at Franklin Regional Hospital on July 28, 2016; he was a lifelong resident of Westmoreland until March 2015 when he moved to the NH Veterans Home in He was born on June 11, 1932, Tilton. the son of Edward and Ellen Kingsbury. He was born again when he accepted Christ as his savior in September of 1994.

He served in the US Army from 1949 to 1953, with a tour of duty in Korea.

His family includes his children, Horace (Buster) Kingsbury, Jr of Palm City, FL, Mary Wilcox and her husband Brian of Henniker, Michael Kingsbury and Nancy Robinson of Jerome, AZ; his grandchildren, Jeremy Wilcox of Owasso, OK, Christopher Robinson and Michael Kingsbury of SC; his great grandson Phillip Wilcox of Owasso, OK; one sister Virginia Smith and her husband, Walter Sr. of Keene; several generations of nieces and nephews, step children, and step grandchildren.

He was predeceased by his first wife Opal LaClair; his second wife, Ruth Seymour; his brothers, George Kingsbury and Clarence Kingsbury; sisters Louise Wyman, Pauline Sharkey, June Pulkkinen and Helen Field.

Services will be held at Stringer Funeral Home, 146 Broad Street in Claremont on Sunday, August 7th, at 3:00PM. Visiting hours will be held from 2:00 to 3:00PM prior to the service. Burial will follow in the Unity Center Cemetery.

In lieu of flowers, donations can be made to NH Veterans Home, 139 Winter St., Tilton, NH 03276 or Sturtevant Chapel, 15 Washington Ave., Keene, NH 03431.

#### Gloria Burbank, 75

Gloria Burbank, 75, passed away in Greeneville TN, on July 19, 2016.

She was born on July 4, 1941 in Claremont, NH, and later was a graduate of Stevens High School in 1959.

She and her husband moved to Florida in 1984 and then retired to Tennessee in 1997. Early on Gloria worked in several banks. When she moved to Florida she owned and operated Morning Glory Ceramics in Orange City Florida for 12 years.

Gloria was very artistic and enjoyed quilting,

painting and many other crafts. She was an avid walker and loved to dance. She also enjoyed spending time with her family.

She is survived by her two sons and their spouses, Randy and Pamela Burbank and Cory and Sherry Burbank; grandchildren, Kaley Burbank Crum, Chelsey Burbank, Trey Burbank and Taylor Burbank; great grandson, Kayden Burbank, all of Greeneville, TN; a brother, Robert Simms and sister, Deborah Simms of Claremont, NH, and several nieces and nephews.

She was preceded in death by her husband of 54 years, Donald D Burbank, her parents, Robert C and Josephine L Simms and a sisterin-law. Gloria Simms.

A memorial service will be held at Stringer Funeral Home 146 Broad Street in Claremont on Saturday, August 6th, at 11:00AM.

Visiting hours will be held from 10:00AM to 11:00AM prior to the service. Burial will follow at the West Claremont Burying Ground.

www.etickernewsofclaremont.com



All kinds of common eye injuries can be prevented just by wearing safety glasses. That's what Dr. Sam will tell you. Does he sound like your dad? Sometimes. But your dad had some good advice.

And so does Dr. Sam. See for yourself.

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



#### William A. Charron, Sr., 80

William A. Charron Sr., 80, passed away on July 27, 2016, at Elm Wood Center in Claremont.

He was born in Rutland, VT, on April 14, 1936, the son of Adelard and Loretta (Regan) Charron. He was a 1955 graduate of Fair Haven High School. He had been a resident of Claremont since 1970.

He worked for Claremont-Concord Railroad as a laborer and section worker on the tracks for five years and retired due to disability in 1977. He was a former member of the Fair Haven Fire Department and 3rd Degree member of the Knights of Columbus, Loyal Order of Moose Lodge #1201, The Legion of the Moose #92 and the Fellowship of Moose; Action C.B. Club, Past President of Marion Phillips Tenants Association, and the Polish American Citizens Club.

He married his wife, Theresa Mary (Jones) Charron on January 11, 1997; she died on August 18, 2002.

His family includes one son, William A Charron Jr., four step-sons, David Webster, Cecil Webster, James Webster, and Irving Webster; one step-daughter, Carol Webster; two sisters, Maureen Charron of VT and Helen Perkins of NY; many nieces and nephews and his friends from Elm Wood.

A Mass of Christian burial was held on Saturday, July 30, at St. Joseph's Church with Father George Majka officiating. Burial followed at St. Mary's Cemetery.

In lieu of flowers donations can be made to Elm Wood Center, 290 Hanover St Claremont NH 03743. The Stringer Funeral Home is in charge of arrangements.

#### Paul W. Weaver, 69

Paul W. Weaver, 69, of Charlestown, NH, passed away on July 23, 2016, at his home. He was born in Randolph, VT, on July 29, 1946 the son of Kenneth L. Weaver Sr. and Evelyn M. (Schofield) Weaver.

Paul was a longtime resident of Charlestown, moving there with his family in 1950. He was a graduate of Charlestown High School in the class of 1965. He had worked for Tambrands for 32 years.

His family includes his wife, Carolyn J. (Aubin) Weaver whom he married on April 7, 1979; two sons, Michael C. Weaver and Ryan M. Weaver both of Charlestown; a brother,

David and his wife, Barb Weaver of Charlestown; a sister, Pauline and her husband, Dan McFadden of Charlestown. He was predeceased by his parents and one brother, Kenneth L. Weaver Jr.

A graveside service was held in Pine Crest Cemetery in Charlestown on Friday, July 29th, with Father Shawn Therrien officiating.

#### Philip S. Rock, 88

Phillip "Bo" S. Rock passed away on July 18, 2016, after a period of failing health. He was 88. He was a longtime resident of Paget Road in Cornish, NH. He was born on the family farm in Wheelock, VT, on July 27, 1927. His parents were John P. Rock and Sarah G. (Randall) Rock.

"Bo" served three years in the Army during the Korean Conflict, in the 380 AAA Gun Battalion. He was awarded 5 Bronze Stars and a Distinguished Unit Citation along with a Purple Heart. He was a lifetime member of the American Legion Post 22 in White River Junction, VT. He worked for many years as a self-employed carpenter as well as for various contractors.

He married Pauline "Polly" Blaine in Brownsville, VT, in October 1952.

He is survived by his sister, Phyllis McKenney of Claremont; and many nieces and nephews.

He was predeceased by his wife, Pauline; brothers, Cedric Rock, Russell Rock, John Rock and sisters, Margaret (Duval) Mace and Charlotte Brooks.

A graveside service was held at the Edminster Cemetery in Cornish on Friday morning, July 29th, with Rev. Dale Nicholas officiating.

2:05 AM: Engine 3 responded to Lincoln Heights to assist the ambulance.

4:00 PM: Engine 3 responded to the area of Tyler St. and Myrtle St. for a smoke investigation.

8:43 PM: Engine 3 responded to Bond St. for a medical call.

#### Wednesday 7/27:

3:22 AM: Engine 3 responded to Broad St. for a water problem.

1:21 PM: E3 responded to the intersection of Broad St. and Chestnut St. for a motor vehicle accident.

2:54 PM: E3 responded to Washington St. for a motor vehicle accident.

3:03 PM: Engine 3, Ladder 2, And Engine 1 responded to a Box Alarm on Broad St.

3:32 PM: Engine 3 responded to Broad St. for a report of an alarm sounding.

9:53 PM: Engine 3 responded to Girard Ave. for a medical call.

#### Thursday 7/28:

9:11 AM: Engine 3 responded to the intersection of Belding St. and Schmitt St. for a motor vehicle accident.

1:20 PM: Engine 3 responded to Bowen St. for a medical call.

1:30 PM: Engine 1 responded to Pearl St. for a medical call.

4:52 PM: Engine 3 responded to Washington St. for an alarm sounding.

7:00 PM: Engine 3 responded to Hanover St. for an alarm sounding.

9:41 PM: Engine 3 responded to Palmer St. for a smoke investigation.

#### Friday 7/29:

1:25 PM: Engine 3 responded to Main St. for a fire alarm sounding.

#### Saturday 7/30:

1:33 AM: Engine 3 responded to the area of Spruce Ave. for an illegal burn.

11:30 AM: Engine 3 responded to

#### **Claremont Fire Dept. Log**

#### Monday 7/25:

6:18 AM: Engine 3 responded to the intersection of Hanover St. and Dunning St. for a report of wires down in the road.

8:28 PM: Engine 3 responded to Hewitt Rd. for a smoke detector sounding.

11:52 PM: Engine 3 responded to Bond St. for a smoke detector sounding.

#### Tuesday 7/26:



Washington St. for a report of a motor vehicle that struck a bicyclist.

2:03 PM: Engine 3 responded to Maple Ave. to assist the ambulance.

2:40 PM: Engine 1 responded to a Box Alarm at the Sullivan County Nursing Home.

4:56 PM: Engine 3, Ladder 2, and Engine 1 responded to Washington St. for a possible electrical fire.

7:28 PM: Engine 3 responded to Heritage Dr. for an alarm sounding.

9:47 PM: Engine 3 responded to Block Ave. for an odor investigation.

11:38 PM: Engine 3 responded to Hanover St. for an odor investigation.

# River Theater Co. Fall Acting Classes

CHARLESTOWN, NH--River Theater Company of Charlestown will be offering youth theater classes beginning in September. The class session is eight weeks long and will meet Thursday afternoons from 4:30 to 6:00 p.m. at the Charlestown Town Hall. The class is open for children age 8 to 12. Registration is required and the cost is \$75. However, RTC never turns children away due to finances and scholarships are available for those in need.

The class will be taught by River Theater Company Vice President, Michael Wright, with assistance from experienced River Theater alumni. "River Theater Company tends to produce shows that have many roles for children," said Wright. "In the past, most of the children learned the basics of stagecraft while in rehearsal for a show. The goal of this class is to give kids a chance to learn and practice those skills outside of the rehearsal process. This makes the process more fun and less stressful." Wright has been directing River Theater productions for close to 10 years and most recently directed their production of "Oliver!" at the Claremont Opera House.

This class introduces beginning acting techniques and cultivates skills that enable kids to be confident and comfortable on stage. However, the benefits of taking an acting class go far beyond comfort on stage. Acting classes help children to communicate with others, build confidence, relieve stress and tension through creative expression.

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

### Social News

#### **Claremont Senior Center, Inc. News**

#### By Claire Lessard, Executive Director

Café Claremont Menu: Tuesday - August 2 ... Breakfast Type menu-baked eggs & bacon, French toast casserole, hash browns, fruit. Thursday - August 4 ... Soup, chicken & gravy, rice, vegetables, dessert. Menu subject to change!

Our Monthly Meeting will be on Tuesday - August 2 at 12:45 PM in the Mozden Room. Members who attend may win a free lunch in our "Free Lunch" drawing!

Another new program invites you to join our Walking Club starting Wednesday - August 3, 2016 (6:30-7:30 PM). Social walking is good for the soul and your health. Meet at the center to walk the avenue and about (Maple Ave.). Walk at your own pace and for as long as you can. No pressure.



Free Blood Pressure, Glucose & "Ask-A-

Nurse" Screenings on Thursday - August 4 (10:30 AM - 12 Noon) in the Mozden Room. Our 5th Annual Car Show will be held on Sunday - August 28 (9:00 AM - 2:00 PM). Show cars \$10 (driver and 1 passenger), Visitors \$5 / Kids 12 and under are free! Registration 9:00 AM - 12 Noon. Trophies awarded at 2:0 PM. DJ, door prizes, food, 50/50 Raffle. Come

"Sunday at the Center" (1:00-5:00 PM) continues for members and bona fide guests! Play pool, games, ping-pong, work on a puzzle, card games (Hand & Foot card game most popular), Mahjongg (instructions given) or just socialize. Bring a snack to share and bring your own beverage.

Upcoming trips...New England goes Country with one of today's hottest upcoming stars Jimmy Lehoux Band - October 18 at the Common Man Inn in Plymouth, NH. \$91.00 per person. Norman Rockwell's "Home for the Holidays" ... a visit to the picture perfect New England village of Stockbridge, MA - December 1 at the Red Lion Inn. \$101.00 per person. Come to the center and check out the details!

Chair Yoga class guided by Charleigh Robbalard of the Ahimsa Yoga Center in Claremont brings you through an hour of gentle, relaxing yoga. Class uses chairs to accomplish the poses doing just what you can. Join us every Monday at 10:00 AM. Fee of \$5.00 for a very relaxing hour.

Seniors Bingo for center members 55 years of age and older every Wednesday at 1:00 PM. Come have lunch! Sale of cards stops at 12:50 PM. No cards sold after that time!

Senior Game Night every Tuesday (6:00 - 9:00 PM) for members. Non-members welcome but must sign in. Three visits allowed before membership is required. Mahjongg, Hand & Foot card game and Pool are popular but other games are available. Attendees should bring a snack to share!

Pool 9:00 AM - 3:00 PM Monday to Friday. Hand & Foot Card Game on Monday - 1:00 PM. Exercise sessions - Tuesday & Thursday - 10:00 AM. Ping Pong - Wednesday & Friday - 10:00 AM. Bridge on Thursday - 1:00 PM. Mahjongg & Knitters - Friday - 1:00 PM. Non-members are welcome but must sign in. Three visits are allowed before membership is required

The Claremont Senior Center...It's "The Place Where You Want To Be!"....Monday - Friday (9:00 AM - 3:00 PM) and for any of our public events! Call (603) 543-5998. To keep up to date, visit our Web Site. Punch in cnhcs.org.



### Claremont School District's Annual Back to School Festival

Saturday, August 27, 2016 10:00am - 12:00 pm

Monadnock Park ---- Rain or Shine

Made possible through generous donations by

Walmart Karl Collise Memorial Fund National Field Representatives



For more information:

Courtney Porter

Claremont Middle School Social Worker

603-543-4250 x226 or 603-558-5760

cporter@sau6.org

