

Cardinals Take Down Bears, 42-16, Friday Night

The Stevens football team returned home Friday night for a game against the Newfound Bears and earned a convincing 42-16 victory in front of their hometown fans.

Stevens wasted little time getting on the board. After holding Newfound to a three and out on the opening possession, the Cardinals would score on their first play from scrimmage on a 26 touchdown run by Richard Bell. Zach O'Brien added the conversion run for a quick 8-0 lead. Bell would score on a 2 yard run the next time Stevens had the ball. The extra point was no good. The Cardinals added to their lead on a 6 yard run by Zach O'Brien and Derrick Stanhope booted the extra point to make it 21-0. Bell would score his third touchdown of the night before the quarter would end, on a 12 yard run and after a Stanhope extra point, it was 28-0.

Derrick Stanhope would score his first varsity touchdown on a 4 yard run and tacked on the extra point to start the second quarter. Stevens would close out their scoring on a 77 yard touchdown connection from Henri Bourque to Parker Smith and extra point boot by Stanhope, who was 4 for 5 on his kicks for the night.

The Bears would score on a pair of 4th quarter touchdown runs and conversions to account for the final of 42-16. Stevens got some impressive runs



A team from River Valley Community College participated in the 25th Annual Valley Regional Golf Classic fundraiser held recently at Newport Country Club in Newport NH. The golf outing raised more than \$36,000 to provide access to primary care for children in our community. RVCC team members pictured from left are Ted Czechowicz, Ken Czechowicz, Andrew Thorell and Dr. James Wilton. In all, 26 teams were entered (Courtesy photo).

from freshman Keaghan McAllister, on the night. The Cardinals take to the road for a Saturday afternoon contest at Maryn Field as

they will take on the Newport Tigers. Game time is 1:30 p.m.

Got Sports?

Send us your news and photos

SPRING IS HERE

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

Maurice

AUTO TRUCK & TRAILER

(603) 542-7769 • www.mauriceat.com

2016 DIAMOND C 2PSAL10X77 \$1,695

2016 CORN PRO SB-1675 \$6,695

2016 CAM SUPERLINE 10-610LPDT \$4,958

Jack O'Sullivan, ABR®

Century 21
Highview Realty

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

Each Office Is Independently Owned And Operated

NH Bear Season Off to an Average Start; Hunters Asked to Refrain from Shooting Collared Bears

CONCORD, NH--The New Hampshire bear hunting season, which started September 1, is off to an average start in terms of harvest rate. The statewide harvest to date is estimated at 300 bears, but numbers are preliminary at this early point in the season. Despite low food abundance this summer, many critical fall bear foods have recently become available due to modest or above-average production.



© ALAN BREWER PHOTO

"We are seeing relatively strong crops of acorns, apples, cherries and blackberries in some regions of the state, which are providing more ample food sources for bears and abundant hunting opportunity," said Andrew Timmins, the New Hampshire Fish and Game Department's Bear Project Leader. "Bear harvests tend to be high in poor food years; they tend to moderate with increasing food abundance."

Timmins noted that bear hunters hitting the woods this fall are being asked to refrain from taking bears wearing radio collars. While the take of collared bears is legal, these bears have particular value to the Department, which prompts the request.

"Collared bears are used by the Department to monitor productivity and reproductive success, habitat use, denning phenology and social behavior," said Timmins. "There have been a number of bear studies in New Hampshire when the random harvest of collared bears was desirable. However, the objectives of this study differ, and these radioed animals become increasingly

important to our management interests the longer they survive and provide annual data."

According to Timmins, the number of collared bears in New Hampshire is very low. There are currently only 10 collared bears out of an estimated 6,100 bears in the state. "A considerable amount of time and effort is invested in monitoring a study population of 10-12 bears, and their long-term survival is important to our under-

standing of bears; therefore we hope hunters will pass on taking collared bears," said Timmins. "Given the strong statewide bear population and our relatively long bear season, we hope this will be seen as a reasonable request and greatly appreciate hunter consideration."

Timmins reiterates that there is no law against the taking of a collared bear and that in the event a collared animal is taken, the Fish and Game Department is very interested in documenting any such take during the registration process, and in recovering the telemetry collar.

For more information on bear hunting in New Hampshire, visit www.huntnh.com/hunting/bear.html.

603-542-6900

Collision Pro LLC

143 Charlestown Rd. • Claremont, NH 03743

SHS Field Hockey Goes To 5-1

The Stevens Field Hockey team lost its first game of the season, falling to Mascenic on Monday, 1-0. But, the team bounced back on Friday, defeating Newport at home, 4-0. This week the Cards host Hopkinton on Tuesday and then Newport on Thursday.

SHS Boys Soccer Team Wins Two

The SHS Boys Soccer Team dropped two more in the win column last week, defeating Newport on Tuesday, 9-0, and Winnisquam, 11-0, on Thursday. The team faces Windsor and Mascoma Valley this week.

SHS Girls Soccer Team Scores Pair Of Wins

The SHS Girls Soccer Team scored two wins last week, defeating Bishop Brady on Tuesday, 3-2, and Laconia, 5-0, on Thursday. The Red Birds have three games this week, taking on Newport, Windsor and Monadnock.



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

**2 Pleasant Street
Historic Downtown
Claremont**

sugarriverbarbers.com

Inspiration/Entertainment

The First Days Of School

By Priscilla Hull

We're a couple of weeks into school now and maybe have a little time for reflection.

How many readers remember their first few days of school? Were you all happy and excited? Were you a little nervous? We all have experiences that taste of fear, not really fear, but a bit of trepidation that maybe Mama or Daddy or a big sister or brother won't be right there to meet us after school. It happens, you know!

I know a little boy who experienced just that. Daniel lives such a happy life. Mama and Dada always right there to provide for him, to comfort him and to rejoice with him through thick and thin. His is a happy, fun-filled life. He was eager for school, aunts, uncles, Grammy all encouraging him. It was bound to be a good experience.

Then the great day came. Off to school, smiles and happiness; great anticipation made the first day perfect! Right after school, as promised, there were Mama and Dada smiling and happy to see their precious one sitting on the bench waiting with a big smile on his face! It was a great reunion, hugs and endless talk about the experiences of the day.

Day two! Off to school, the same happy boy. After school, Daniel walked towards the group of waiting parents where Mama said she would be waiting, but did not see her right away. Suddenly, there she was! She hadn't forgotten! As Daniel raced toward her, he said, "I was looking around saying, she must be somewhere!" What a great thing to have a Mama and a Dada to depend on. They'll never let him down, he is secure in the awareness of their strength and presence!

In our Christian faith, we too, have someone to depend on. He will always be ready to meet us. He will always be ready to rescue us. There is no need for fear because we can always look around and say, "He must be somewhere!"

He is just a whisper away. He'll always meet us before a flicker of time goes by! He's always there with a hug to be with us through all the exciting and the scary moments of our lives.

Fear not, for I am with you, be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand. Isaiah 41:10

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

Review: The Monkees 2016 Album "Good Times"

By Bernadette O'Leary



I first discovered The Monkees when I was 12-years-old, back in 1986. Although it had been a while since their debut, I became an immediate fan of their off-beat humor and incredible talents. Now, many years later, they are back with a new album titled "Good Times."

I received my copy of "Good Times" once it was released and wasted no time in listening to it. I didn't know what to expect, but I knew it would be good. Well, it wasn't just good; it was fantastic. The songs sounded fresh, but with enough of their classic sound to take me back to the good ol' days of my teenage years. This amazing mixture of new and classic sound is yet more evidence of the amazing talents these fine men possess. The music, the lyrics, and their signature voices will rock you now just like they have since the 60's. Or, as was said by Micky Dolenz in one of their episodes of their classic TV show, it'll sure keep your foot tappin'!

I know Davy Jones is looking down on them with a huge smile on his face, proud of his three brothers. I give this album the full 5 Crosses possible for my reviews, and I highly recommend it to every music lover out there. If you were already a Monkees fan, you'll fall in love with them all over again. If you weren't, you certainly will be.

Get your copy of "Good Times" today, and be sure to check out my personal favorite on it, "You Bring the Summer". Finally, I want to say thank you to The Monkees for keepin' us rockin' all these years! Let's dance on!

Bernadette O'Leary, a regular contributor to the e-Ticker News and contributing editor of special features, is a writer from the Central Plains and administers "This Catholic's Christian View on Facebook", a page dedicated to Christian views and inspirational art and stories:

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

<https://www.facebook.com/Bernadette-OLeary-1047720395262832/?fref=ts> and may also be reached at etickernews.bernadette.oleary@gmail.com and followed on Twitter at https://twitter.com/BOLeary_ETicker.



Entertainment



SILVER SPRING, MD--Destination America announced that "Mountain Monsters" has been greenlit for season five slated to premiere in Spring 2017. Production begins this month on the monster hit that follows a band of hardcore hunters and trappers, known as the Appalachian Investigators of Mysterious Sightings (AIMS), as they try to prove that Bigfoot exists in hill country.

The fourth season finale of "Mountain Monsters" on April 16, 2016 ranks as Destination America's #1 telecast ever among HH, P2+, and M25-54 in L+3 delivery..."

The AIMS team is back! The Appalachian Investigators of Mysterious Sightings team, known as AIMS, is back out to prove the existence of bigfoot and other undocumented creatures, while making us laugh and reminding us why it's so great to be redneck! We can't wait for the new season, and we're eager for them to bring us all the excitement, fun, laughter, and even education about each creature and location. To paraphrase our friend Wild Bill himself, we're "gonna get us some" new episodes of monsters! *~Bernadette O'Leary*

"Mountain Monsters" is produced by American Chainsaws for Destination America with Colt Straub, Duke Straub, Royal Malloy, Russell Geyser and Jay Bluemke as executive producers. For Destination America, Cathy Garland is executive producer, Jane Latman is general manager, and Henry Schleiff is group president of Investigation Discovery, Destination America, and American Heroes Channel.

About Destination America

As the only network that celebrates the people, places, and stories of the United States, Destination America is an inclusive network targeting adults 25-54 and is available in 56 million homes. The network's original series showcase the curiosity and adventurous spirit at the heart of being American, with original series like *Paranormal Lockdown; A Haunting; Mountain Monsters; Ghost Brothers; Ghost Asylum*, and more.

Calendar Of Events

Kid Stuff Family Funfest

ENFIELD, NH--*Kid Stuff* magazine is hosting the 1st Annual Kid Stuff Family FunFest on September 24 at Whaleback Mountain in Enfield, NH, from 10:00 a.m. until 3:00 p.m.

This is a free event, with a donation to The Haven of a toiletry or non-perishable food item. Otherwise, entry is \$5.00 per car. Among the highlights; magician Andrew Pinard, Vertical Dreams climbing walls, Upper Valley Bounce House, Upper Valley DJ, L.L Bean demos, free family yoga, King Arthur samplings, CCBA fitness obstacle course, dance demos, a ton of make and take crafts, great shopping, a food court and much more.

Penny Sale At Senior Center

CLAREMONT, NH--The 4th Annual Penny Sale at the Claremont Senior Center will take place on Sunday, September 25. Doors open at 11:00 a.m., drawings start 1:00 p.m. Event includes 250 prizes, door prizes, 50 / 50 raffle and food concession.

Comedy Night Fundraiser In Springfield Oct. 8

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

Steen has been performing stand-up comedy for 25 years and owns the comedy franchise, "Headlines," with his Headlines club based in Manchester, NH. Steen has also performed for Late Night with David Letterman and on Comedy Central. Scalia is based in Boston and has performed across North America for 20 years. He has participated in several

comedy festivals across the U.S. and also acts, writes and directs. Sloan has been performing comedy for 15 years across New England and is a regular at the Boston Comedy Festival and Laugh Your Ashville off Festival.

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

"I wanted to do something different and fun to raise money for our schools. Comedy seems like a great way to bring people together, laugh and relax. So book your baby-sitters and join us for a funny night out on the town," said organizer Meredith Kelley. The event will also feature a silent auction with various adventurous and handy gift baskets, raffle prizes and other fundraising activities.

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

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.

Cornish Historical Center

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

Caregiver Support Group

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

dementias.

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

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.

Sugar River Civil War Round Table

CLAREMONT, NH--The Sugar River Civil War Round Table meets 1st Monday of each month, 7:00 p.m., at the Earl M. Bourdon Center.

Bereavement Support Groups

NEW LONDON, NH-- Loss is an inevitable part of life, but no one needs to go through it alone. Lake Sunapee Region VNA & Hospice (LSRVNA) offers several bereavement support groups to help community members grieve well.

"People at Work" is a support group specifically for widows and widowers. It meets on the second Wednesday of every month from 5:00 to 6:30 p.m. at LSRVNA. A second "People at Work" group was recently added to the schedule and is held on the third Sunday of each month from 2:00 to 3:30 p.m. at the Claremont Senior Center.

"Widow to Widow" is a group that allows women to gather in a supportive environment to learn about the grief process. It meets on

the first Monday of every month from 10:00 a.m. to 12:00 p.m. at LSRVNA.

Open to anyone wanting to learn about the process of grieving and the pathway to healing, "Pathways to Healing" meets on the third Tuesday of each month from 5:00 to 6:30 p.m. at LSRVNA.

There is no fee for any of these bereavement groups. For more information or to RSVP, contact Deb Dumond at 526-4077 or ddumond@lakesunapeevna.org.

Senior Center Walking Club

CLAREMONT, NH--Social walking is good for the soul and your health. Come join the fun at the Claremont Senior Center, Inc., 5 Acer Heights Rd., Claremont, from 6:30 - 7:30 p.m. Meet at the center. Walk the avenue and about (Maple Ave.). Walk your own pace and for as long as you can. No pressure.

Homecoming OUTLOUD!

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

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

Am I Aware?

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

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

Comprehensive information for parents, educators, school administrators, healthcare providers, elected officials, and first respond-

ers; led by Toni Maviki, LGBT Special Emphases Program Manager and Transgender Education Coordinator at the VA.

A veteran and transwoman, Maviki is an advocate for LGBTQ rights. She has presented to many youth groups, partnered with a variety of community organizations, and conducted diversity workshops for multiple police departments as well as the Massachusetts Police Academy.

Silsby Free Public Library News

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

September @ the Library

Every Tuesday @ 10:30 am- Storytime for Toddlers/ PreK

Thursday, Sept. 22nd @ 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!

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

Wednesday, September 21st @ 7 p.m.- Brewing in New Hampshire: An Informal History of Beer in the Granite State from Colonial Times to the Present: Glenn Knoblock explores the fascinating history of New Hampshire's beer and ale brewing industry from Colonial days, when it was home- and tavern-based, to today's modern breweries and brew pubs. Unusual and rare photos and advertisements document this changing industry and the state's earliest brewers, including the renowned Frank Jones. Brought to us by NH Humanities to Go.

For more information, contact the library at 603-826-7793 or email at silsby@charlestown-nh.gov

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.

Book Signing In Windsor

WINDSOR, VT--A book signing for "The Vermont Ghost Experience", a new book by Vermont author, Joseph Citro, will be held at Arabella Gallery, 65 Main St in Windsor, VT, on September 24th from 6:30 to 7:30 p.m. The book was illustrated by Robert W. Brunelle.

Citro is Vermont's resident expert on unexplained phenomena and bizarre historical events and has authored 15 books.

Christ Community Church Open House

PLAINFIELD, NH--Christ Community Church would like to invite you to an Open House on September 25 beginning at 9:00 a.m. Bring your whole family. It's casual. The morning will begin with coffee and pastries at 9:00 a.m. The church service begins at 10:30 a.m. Afterwards, we hope you stay for a delicious ham Sunday dinner. Please RSVP at 603-675-5673 so they can plan for enough food. They are located at 1259 Route 12A in Plainfield.

THE CLAREMONT
OPERA HOUSE



AS SEEN ON BROADWAY AND AROUND THE WORLD!
BEATLEMANIA
NOW Appearing
A LIVE ON STAGE TRIBUTE TO THE BEATLES



ONE NIGHT ONLY

“EXTRAORDINARY!”
—THE NEW YORK DAILY NEWS

“BEST TRIBUTE BAND
ON THE PLANET!”
—PAT DICICCIANO
LEGENDARY PROMOTER OF
THE BEATLES IN 1965

NEXT FRIDAY 9/23

ALICE
IN WONDERLAND

Special
World Under Wonder
Adaptation



TWO SHOWS

FRI. 9/30 + SAT 10/1

THE CLAREMONT
OPERA HOUSE



THE CLAREMONT
OPERA HOUSE



plus

IT TAKES COURAGE
10/21

ARMY JAZZ AMBASSADORS
11/5

COMEDIAN BOB MARLEY
11/11

CLARA’S CRACKED CHRISTMAS
12/3 + 12/4

CLAREMONT’S GOT TALENT 3
2/2017

and more . . . claremontoperahouse.org

Tickets on Sale Now: 603-542-4433

**4TH Annual
*Penny Sale***

.1

Sunday

.1

September 25, 2016

Doors Open 11:00 AM

Drawings start 1:00 PM

*Sponsored by and held at the
Claremont Senior Center, Inc.*

5 Acer Heights Rd.

Claremont, NH

~ ~ ~ ~ ~ ~ ~

250 Prizes

.1

Door Prizes

.1

50 / 50 Raffle

Food Concession

WEST CENTRAL BEHAVIORAL HEALTH
AFFILIATE OF THE DEPARTMENT OF PSYCHIATRY, GEISEL SCHOOL OF MEDICINE AT DARTMOUTH



**Visit
HANNAFORD CLAREMONT
during September**

BUY THIS BAG...



WE GET A BUCK!

**Purchase this bag in September, and
West Central Behavioral Health will receive \$1!**

Funds benefit West Central Behavioral Health's community mental health programs in Claremont, Newport, and Lebanon.
Questions, contact WCBH at 603-448-0126, x2180, ngagnon@wcbh.org.

Claremont Farmers Market Held Thursdays

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

2016 Summer In The Paddock In Charlestown

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

Beatlemania Now At COH Sept. 23rd

CLAREMONT, NH--Beatlemania Now is an amazing concert experience as seen on Broadway and Around The World.

February 11th, 1964, witnessed The Beatles' first ever concert in America, at the Coliseum Arena in Washington, DC, to the delight of throngs of screaming fans. After being chosen from among the most elite Beatles Tribute Bands in the World, Beatlemania Now celebrated the 50th Anniversary of that historic event by performing live-in-concert to another "sold-out" crowd, at that very same Coliseum Arena, 50 years to the day later, on February 11th, 2014.

Beatlemania Now is a must experience for all ages, Friday, Sept. 23, 8:00 p.m. Tickets can be purchased in person at the Opera House box office, by phone at 603-542-4433, the night of the show, or online at claremontoperahouse.com.

Ticket prices range from \$25 to \$35, plus facility and handling fees. Five dollar discounts available for seniors, students, and members of the armed forces. One free child, age 10 or younger admitted free with parent.

United Way Sponsors Coats For Community

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

"This is a community service that SCUW has been pleased to offer those in need of coats, boots, hats, mittens and blankets during the cold winter months," said Executive Director Dawn Ranney. "Free Coat Friday will be held in Newport on the Town Common on October 14th and in Claremont in the parking lot of Claremont Savings Bank on Broad St, October 21st from 8:00 a.m.-3:00 p.m. Donations will also be accepted at Free Coat Fridays throughout the month."

Ranney added, "On behalf of United Way of Sullivan County, I want to extend my thanks to all of those who make this community endeavor possible with their outpouring of support and caring."

Conservation Commission Open House

CORNISH, NH--The Cornish Conservation Commission invites all interested community members to an Open House on Wednesday,

Sept. 28th, at 7:00 p.m. at the Town Offices (second floor). There will be a short presentation on the history, funding sources, recent projects completed and a primer on how to place a conservation easement on your property. This will be followed by a question & answer session and soliciting your ideas for future projects. Refreshments will be served.

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

(as of 9/14/2016)

These events take place every month, except on holidays. For more information or to verify a date, call 603-526-4077 or visit www.lakesunapeevna.org

Every Tuesday & Thursday

BLOOD PRESSURE CLINIC IN NEW LONDON

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

Every Wednesday

BLOOD PRESSURE CLINIC IN NEWPORT
Rite Aid

51 S Main St, Newport
11:00 a.m. – 1:00 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

Every Thursday

FOOT CLINIC IN NEW LONDON

Lake Sunapee Region VNA & Hospice
107 Newport Rd, New London
9:30 a.m. – 1:30 p.m. by appointment only
\$25 fee
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

1st Monday

BLOOD PRESSURE CLINIC IN NEW LONDON

Council on Aging
37 Pleasant St, New London
9:30 – 10:30 a.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

BLOOD PRESSURE CLINIC IN LEBANON

Lebanon Senior Center
10 Campbell St, Lebanon
10:00 a.m. - 12:00 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

FOOT CLINIC IN NEW LONDON

Lyon Brook Community Association
332 Parkside Rd, New London
9:30 a.m. - 2:00 p.m.
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

FOOT CLINIC IN PLAINFIELD

Philip Read Memorial Library
1088 Route 12A, Plainfield
1:00 – 4:00 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

1st Tuesday

BLOOD PRESSURE CLINIC IN NEWPORT

Newport Senior Center
76 S Main St, Newport
10:45 a.m. – 12:00 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

1st Wednesday

BLOOD PRESSURE CLINIC IN CANAAN

Mascoma Senior Center
1166 US Route 4, Canaan
9:00 a.m. – 12:00 p.m.
Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

FOOT CLINIC IN CLAREMONT

Claremont Senior Center
5 Acer Heights Rd, Claremont
8:30 a.m. – 3:00 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

FOOT CLINIC IN LEBANON

Lebanon Senior Center
10 Campbell St, Lebanon
10:00 a.m. – 2:00 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

1st Thursday

BLOOD PRESSURE CLINIC IN CLAREMONT

Claremont Senior Center
5 Acer Heights Rd, Claremont
10:30 a.m. – 12:00 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

1st Friday

FOOT CLINIC IN NEW LONDON

Council on Aging
37 Pleasant St, New London
9:30 a.m. – 12:30 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

2nd Monday

BLOOD PRESSURE CLINIC IN CHARLESTOWN

Charlestown Senior Center
223 Old Springfield Rd, Charlestown
12:00 – 1:30 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

FOOT CLINIC IN CHARLESTOWN

Charlestown Senior Center
223 Old Springfield Rd, Charlestown
11:00 a.m. – 4:00 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

2nd Tuesday

BLOOD PRESSURE CLINIC IN CLAREMONT

Earl Bourdon Centre
67 Maple Ave, Claremont
10:00 – 11:30 a.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

BLOOD PRESSURE CLINIC IN GRANTHAM

Grantham Methodist Church
418 Route 10 South, Grantham
11:15 a.m. – 12:00 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

2nd Wednesday

FOOT CLINIC IN CLAREMONT

Claremont Senior Center
5 Acer Heights Rd, Claremont
8:30 a.m. – 3:00 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

2nd Thursday

BLOOD PRESSURE CLINIC IN GRANTHAM

Grantham Town Hall
300 Route 10 South, Grantham
10:30 – 11:30 a.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

FOOT CLINIC IN GRANTHAM

Grantham Town Hall
300 Route 10 South, Grantham
11:00 a.m. – 1:30 p.m. by appointment only

\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

2nd Friday

BLOOD PRESSURE CLINIC IN CLAREMONT
Sugar River Mills
7 Heritage Dr, Claremont
11:30 a.m. – 12:30 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

FOOT CLINIC IN NEW LONDON

Council on Aging
37 Pleasant St, New London
9:30 a.m. – 12:30 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

FOOT CLINIC IN CLAREMONT

Sugar River Mills
7 Heritage Dr, Claremont
12:00 – 3:00 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

3rd Monday

BLOOD PRESSURE CLINIC IN LEBANON
Lebanon Senior Center
10 Campbell St, Lebanon
10:00 a.m. - 12:00 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

FOOT CLINIC IN CHARLESTOWN

Charlestown Elderly Housing
107 Lovers Lane Rd, Charlestown
1:30 – 3:30 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.

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

3rd Tuesday

BLOOD PRESSURE CLINIC IN DANBURY
Danbury Community Center
15 High St, Danbury
10:00 a.m. – 12:00 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

BLOOD PRESSURE CLINIC IN NEWPORT

Newport Senior Center
76 S Main St, Newport
11:15 a.m. – 12:15 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

FOOT CLINIC IN CLAREMONT

Marion Phillips Apartments
243 Broad St, Claremont
1:00 – 4:00 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

3rd Wednesday

BLOOD PRESSURE CLINIC IN GOSHEN
Goshen Parish Hall
Route 10, Goshen
10:45 - 11:45 a.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

FOOT CLINIC IN CLAREMONT

Claremont Senior Center
5 Acer Heights Rd, Claremont
8:30 a.m. – 3:00 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

3rd Thursday

BLOOD PRESSURE CLINIC IN BRADFORD

Bradford Senior Center
134 E Main St, Bradford
11:00 a.m. – 12:00 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

BLOOD PRESSURE CLINIC IN CLAREMONT

Claremont Senior Center
5 Acer Heights Rd, Claremont
11:00 a.m. – 12:00 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

3rd Friday

BLOOD PRESSURE CLINIC IN CLAREMONT

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

BLOOD PRESSURE CLINIC IN NEWPORT

Maple Manor Apartments
44 Maple St, Newport
12:45 – 1:30 p.m.
Provided by Lake Sunapee Region VNA & Hospice.
Free and no appointment needed.

FOOT CLINIC IN WARNER

North Ridge Community Room
26 North Rd, Warner
9:30 – 11:30 a.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

4th Monday

FOOT CLINIC IN NEWPORT

Newport Senior Center
76 S Main St, Newport
9:00 a.m. – 2:30 p.m. by appointment only
\$25 fee
Provided by Lake Sunapee Region VNA & Hospice.
Doctor's order required for those with diabetes or circulation problems.
Call 603-526-4077 for appointment.

4th Monday in Feb, Apr, Jun, Aug, Oct & Dec

FOOT CLINIC IN NEWPORT

Maple Manor Apartments
44 Maple St, Newport
1:00 – 4:00 p.m. by appointment only
\$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

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

Call 603-526-4077 for appointment.

4th Monday in Jan, Mar, May, Jul, Sep & Nov

FOOT CLINIC IN CORNISH

Cornish Town Hall
294 Town House Rd, Cornish
1:00 – 4:00 p.m. by appointment only
\$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

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

Call 603-526-4077 for appointment.

4th Tuesday

BLOOD PRESSURE CLINIC IN CORNISH

Cornish Town Hall
294 Town House Rd, Cornish
11:15 a.m. – 12:15 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

BLOOD PRESSURE CLINIC IN CLAREMONT

Marion Phillips Apartments
243 Broad St, Claremont
1:00 – 2:00 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

4th Wednesday

BLOOD PRESSURE CLINIC IN WARNER

Warner Senior Center
49 W Main St, Warner
10:30 a.m. – 12:00 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

FOOT CLINIC IN NEWPORT

Newport Senior Center
76 S Main St, Newport

8:30 a.m. – 3:00 p.m. by appointment only
\$25 fee

Provided by Lake Sunapee Region VNA & Hospice.

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

Call 603-526-4077 for appointment.

4th Thursday

BLOOD PRESSURE CLINIC IN PLAINFIELD

Plainfield Town Hall
110 Main St, Plainfield
11:30 a.m. – 1:30 p.m.

Provided by Lake Sunapee Region VNA & Hospice.

Free and no appointment needed.

4th Friday

FOOT CLINIC IN WARNER

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

Provided by Lake Sunapee Region VNA & Hospice.

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

Call 603-526-4077 for appointment.



Out For A Stroll...

***e-Ticker News* columnist and reporter Les St.Pierre had some unexpected company in the yard of his Claremont home last week as a family of deer showed up for a leisurely visit.**

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



HABANERO
SPONSOR:



KEADY
FAMILY PRACTICE



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

OCTOBER 1
2016



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!

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

Armond J. Sylvester, 56

Armond J. Sylvester, 56 of Springfield, VT, passed away Thursday (September 15, 2016) surrounded by his loving children at the home of his daughter, after courageously battling an illness for many years.

He was born in Claremont, NH, on September 1, 1960, the son of Octave and Ramona (Davis) Sylvester and had been a lifetime area resident. He will be remembered for his vast knowledge of computers and lifelong friendships that he made over the years at the Springfield Moose Lodge. In his earlier years he enjoyed traveling and later was an avid computer gamer and also enjoyed photo shopping and restoring old photos. He had a passion for reading and shared that passion with his family. He will always be remembered for his sarcastic wit, sense of humor, quick comebacks and lived by the motto “tell it like it is.” Family was very important to Armond. He was a loving son, father, grandfather, brother and “Newt” to his siblings.

He is survived by his mother, Ramona Sylvester, a son, Gary Wheeler, and his wife, Karen, three daughters, Christina Sylvester, Vanessa Perry and her husband, John, Amber Sanderson and her husband, Michael, eight grandchildren,

Crimson, Taylan, Amaya, Haily, Destiny, Arianna, Tristan, Sophia, a sister, Pat, 4 brothers, Joe, Dennis, Mike and Ricky as well as several nieces and nephews.

He was predeceased by his father, Octave Sylvester.

Friends may call at the Roy Funeral Home, 93 Sullivan Street, Claremont, NH on Monday evening from 6 – 8 pm. Graveside Committal Services will be held at 2:00 pm on Wednesday (Sept. 21) at St. Mary’s Cemetery.

You are invited to share a memory of Armond with the family or leave a message of condolence in the family guest book at

www.royfuneralhome.com.

Gary D. Johnson, 67

Gary D. Johnson, 67, of Sunapee, NH, passed away on September 10, 2016.

He was born in Claremont, NH, on June 13, 1949, and attended

St. Mary’s parochial school.

He had a career in the fire service spanning nearly 40 years. His career began in the Sunapee Fire Department as a volunteer. He then became a permanent firefighter in Durham, NH and later a captain in the Lebanon, NH department. He worked at the Vermont Fire Academy as an instructor/coordinator, and later served as Chief in Pittsfield, NH. Gary also worked at the NH Fire Academy in various capacities since April of 1981.



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

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



Each Office is Independently Owned And Operated

“The true primary-care provider is Mom.”

-Dr. Sam Given

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

DOCTOR **SAM'S**
EYE CARE



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

He is survived by his wife, Kathleen, and three children, Paul Johnson and daughter-in-law, Kim Tieu of Oakland, CA, Valerie Johnson and son-in-law, Michael Brown of Fort Collins, CO and Stephen Johnson of Rochester, NH; granddaughter, Makaylah and grandson, Austyn; a sister, Mary Tillson and her husband, Larry; two brothers, George Johnson and Roland Johnson Jr and his wife, Mary Beth, as well as several well-loved nieces and nephews.

Gary had a wonderful gift for humor, and was an articulate speaker and inspiring instructor to young recruits. He loved his family, the fire service, and the endless possibilities of each new day.

A memorial service was held at the Fire Academy on Monday morning.

Joanne M. Tourangeau, 61

Joanne Marie Tourangeau, 61, of Claremont, NH, passed away peacefully on Saturday, September 10, 2016, at DHMC with her loving husband by her side.

She was born in Claremont, NH, on August 25, 1955 to Edward George Kosotsky and Marion Antoinette (Hewel) Kosotsky. Raised in East Lempster, NH, as her parents owned and operated the Chatterbox Store and Esso Gas Station, Joanne attended the Goshen-Lempster Cooperative School and graduated from Newport High School. She then went on to earn a Bachelor of Arts degree in English/Writing with a minor in Education from the University of Bridgeport (CT) where she met her future husband, Bob.

She has worked as a Postmaster's Leave Replacement in East Lempster, a substitute teacher in Naugatuck, CT, and Sullivan County, NH, and as a residence assistant for Sullivan County Rehabilitation Center. She served for a short time as an officer of Off Broad Street Players.

Her hobbies and interests have included writing, reading, historical research, doll and plush animal collecting and decorating. Joanne was predeceased by her parents and her brother, Edward Joseph Kosotsky. She is survived by her husband, Robert Francis Tourangeau, Jr. of Claremont, sister-in-law, Jean Kirk and husband, Bruce of Naugatuck, CT, sister-in-law, Judy Tourangeau of Naugatuck, CT, nieces, nephews, two great nieces and two great nephews, many aunts, uncles, and cousins.

A memorial service will be held at Stringer Funeral Home, 146 Broad Street in Claremont on Friday, September 30th, at 11AM. Interment will follow in St. Mary Cemetery.

Donations may be made in her memory to the Sullivan County Humane Society, 14 Tremont Street, Claremont, NH 03743.

Residence For Newly Released Inmates To Open In Manchester

MANCHESTER, NH--After more than two years of effort, Dismas Home of New Hampshire is set to open its first residence for persons coming out of prison. A ribbon cutting ceremony is scheduled for 2:30 p.m. on Tuesday, September 20, for the facility which is located on Manchester's west side and will house seven formerly incarcerated women. The focus will be on providing a safe and supporting environment that fosters dignity and demands accountability as residents work their way back into society.

The Dismas Home of New Hampshire organization was founded in 2014 by Jack and Julie McCarthy of North Sutton in response to the high recidivism rates they witnessed through their volunteer work in the state prison. They adopted a model in use in over 20 states that seeks to create a sense of community among former inmates in an alcohol and drug-free environment while enabling them to secure employment and become productive citizens. The experience in other

states suggests that an average length of stay of five to seven months for residents can be expected once in the program and after an initial adjustment period.

The McCarthys brought to the Dismas Home Board of Directors a small group of professionals that has enabled the non-profit organization to establish the relationships and gain the funding and support to open the first home. Assistance from St. Anselm College and the NH Council of Churches, Manchester, has been a critical part of this effort. Student volunteers and interns from St. Anselm have proven extremely helpful in setting up the initial home.

The home will be supervised by professional staff and volunteers on a 24x7 basis and has the latest in security systems to ensure a safe environment.

Random alcohol and drug testing of residents will be part of the regular house operations to ensure adherence to house rules. It is expected that in addition to students from area colleges, local churches will provide many volunteers to assist with evening communal meals that are a key element of the Dismas Home model.

Organizations such as the Catholic Medical Center and Hope for NH Recovery have committed

to assisting Dismas Home residents in getting the health care and supportive services needed to aid in their reentry to society. It is estimated that the state will save \$35,000 annually for each former inmate who is not returned to prison. Individuals and organizations interested in aiding the Dismas Home effort are encouraged to contact the organization through its web site at www.dismashomenh.org.



Claremont Fire Dept. Log

Sunday, September 11

1032- Engine 1 responded to South St. for a MVA.

1633- Engine 1 responded to Acer Heights for a MVA.

Monday, September 12

1310-Engine 1 responded to School St. for a first in medical call.

1435-Ladder 1 responded to Lincoln Heights to assist GCA.

1825- Engine 1 responded to Lincoln Heights for a 911 hang up.

1848- Engine 1 responded to Langseth Ave. for a smoke investigation.

1954- Engine 1, Ladder 1, Engine 3 responded to the Claremont Manor for a box alarm.

Tuesday, September 13

1447- Engine 1, Ladder 1 responded to Elm St. for a box alarm.

1530- Engine 1 responded to Zotto Lane for an odor investigation.

1802- Utility 1, rescue boat 1 responded to the Ct. river for mutual aid.

Wednesday, September 14

1231- Engine 1 responded to the Claremont Manor for a medical call.

1918- Engine 1 responded to Heritage Dr. for a medical call.

2153- Engine 1 responded to Green St. for a medical call.

Thursday, September 15

1255- Engine 1 responded to Water St. for a person stuck in the elevator.

Friday, September 16

1051- Engine 3 responded to Bond St. for CO detector sounding.

1350-Call to Water St. for a person stuck in elevator.

Saturday, September 17

0104- Ladder 1, Rescue 1 responded to Bible Hill for a MVA.

1210- Ladder 1, Rescue 1 responded to Washington St. for a MVA.

Sunday, September 18

0707- Engine 3, Ladder 2, Engine 1 responded to Burger King for a box alarm.

Social News

Claremont Senior Center, Inc. News

By Claire Lessard, Executive Director

Café Claremont Menu: Tuesday - September 20 ... Soup, slow roasted beef, potatoes, vegetables, dessert. Thursday - September 22 ... Fish chowder, homemade Salisbury steak & gravy, potatoes, vegetable, dessert. Menu subject to change!

Stay healthy, get vaccinated! Coming Wednesday - September 21 (9:30 AM - 12:30 PM) 2016 Flu Clinic sponsored by Lake Sunapee Region VNA & Hospice. Will bill: Medicaid, Medicare and Medicare Replacement Plans or \$30 cash / check. Bring you ID card(s). Available for ages 19+. Questions, call (603) 526-4077.

Members invited to attend a By-Laws Review Session on Wednesday - September 21 at 3:00 PM.

Members concerned with preventing falls at home are urged to get practical advice on Thursday - September 22 - 10:00 AM at Summercrest (Senior Living Community) 169 Summer St. - Newport, NH.

Come to our Annual "Big" Penny Sale on Sunday - September 25. Doors open 11:00 AM. Drawings start at 1:00 PM. 250 Prizes, door prizes, 50/50 Raffle and Food Concession.

Adult Coloring open to public every Monday (1:00-3:00 PM). Grab your crayons, colored pencils, markers and come on over to the center. Some supplies provided. Bring your personal coloring book to share your finished pages. Members free. Non-members \$1.00.

Join our Walking Club every Wednesday (5:30-6:30 PM). Social walking is good for the soul and your health. Meet at the center to walk the avenue and about (Maple Ave.). Walk at your own pace and for as long as you can. No pressure.

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

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

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

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

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

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

The Claremont Senior Center...It's "The Place Where You Want To Be!"....Monday - Friday (9:00 AM - 3:00 PM) and for any of our public events! Call (603) 543-5998.

Visit our website (cnhcs.org.)