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Monadnock Area Foster Parent Association
AUCTION
Saturday, Oct. 28th
2 pm • Preview 1 pm

Marlborough School
41 Fitch Court, Marlborough, NH

Gift Certificates • Gift Baskets
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Food & Bake Sale

Proceeds benefit area foster children

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“Now You Can Knit, What’s Next?” Class Saturday



Cynthia Nichols will lead a beginners’ knitting class at Harrisville Designs.

A knitting class for folks who know the basics and need to learn the next steps or need a refresher will be offered at Harrisville Designs on Saturday, October 21st.

“Now you can Knit, What’s Next?,” part two of a beginners’ knitting class, will focus on casting on, casting off, basic knit and purl patterns, other basic stitches such as “knit 2 together” and “slip slip knit,” and how to read patterns.

Participants are asked to bring some bulky or worsted weight yarn and needles to match for practice and are invited to bring any ongoing projects that could use some assistance to finish. Instructor Cynthia Nichols and the class will work together on those knotty questions to advance everyone’s knowledge.

The class will be held at Harrisville Designs at 4 Alley Lane. The cost is \$25. To register or for more details, call 603-827-3996.

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Congratulations!

The Cheshire Coalition for Tobacco Free Communities (the Coalition) and the Monadnock Alcohol and Drug Abuse Coalition (MADAC), in cooperation with the Cheshire County Sheriff’s Office visited 24 stores in Cheshire County to check retailer compliance with the Youth Access to Tobacco and Alcohol laws. Congratulations to the 22 retailers who did not sell tobacco or alcohol to our underage volunteers!

71.6% of Monadnock region students believe that it would “be easy” or “sort of easy” to get alcohol if they wanted some.
2015 Youth Behavioral Risk Survey

- Fitzwilliam Quick Mart
- Mr. Mike’s/Mobil(Fitzwilliam)
- Bottoms Up Discount Beverage (Fitzwilliam)
- State Line Grocery(Fitzwilliam)
- Harrisville Store(Harrisville)
- Marlborough Country Convenience Store
- Dollar General Store 13534(Swanzey)
- Market Basket(Swanzey)
- Mobil/Swanzey Neighbors
- Route 10 Mini Mart(Swanzey)
- T-Bird Mini Mart(Swanzey)
- T-Bird Mini Mart/Citgo(Swanzey)

- Minute Mart-Troy
- Riverside Grocery(Chesterfield)
- Global Montello Group Chesterfield
- Pierre Place(Chesterfield)
- Gilsum Village Store
- Mill Village Country Store(Stoddard)
- Mr. Mike’s(Stoddard)
- Sullivan’s Little Country Store
- Westmoreland Village Store
- Rte 12 Discount Beverage (Westmoreland)

71.8% of Monadnock region students believe that it would “be easy” or “sort of easy” to get tobacco if they wanted some.
2015 Youth Behavioral Risk Survey

The truth is that most youth are not getting their alcohol and tobacco from retailers.

2 out of 3 local teens get their alcohol and tobacco from home or the home of a friend.

For more information about initiatives to prevent youth substance use, including alcohol, tobacco and other drugs,

call MADAC at 719-4297 or the CCTFC at 354-6513 or visit www.drugfreenh.org.



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Free Gourmet Dinner

Immediately following our free seminar, entitled
“Stress, Hormones & Health” (The true cause of BELLY FAT)

Luca’s Mediterranean Cafe

10 Central Square, Keene, NH 03431
Tuesday, October 24, 6:00PM

FREE ADMISSION & FREE GOURMET MEAL!

You will learn how Hormone Imbalances can affect your sleep cycles, carbohydrate cravings, and fat burning - Why “Counting Calories” doesn’t work for belly fat - Learn the Biggest Mistake that people make with Exercise that prevents weight loss - WHAT REALLY WORKS for permanent loss of belly fat and bulges. Safely. Healthfully!
(Yes, this is for you men, too!)

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Dr. Gene Clerkin, DC
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Feel free to bring a guest! Call now! Seating is limited! Free Meal!

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Thanks so much.

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