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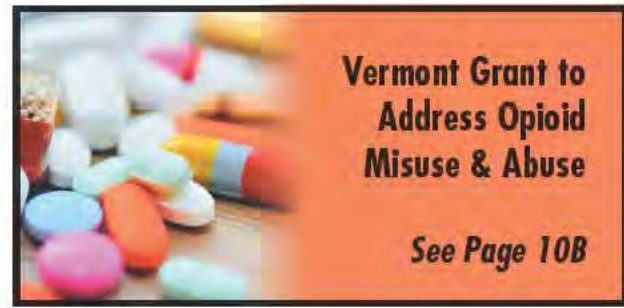
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Vermont Grant to Address Opioid Misuse & Abuse

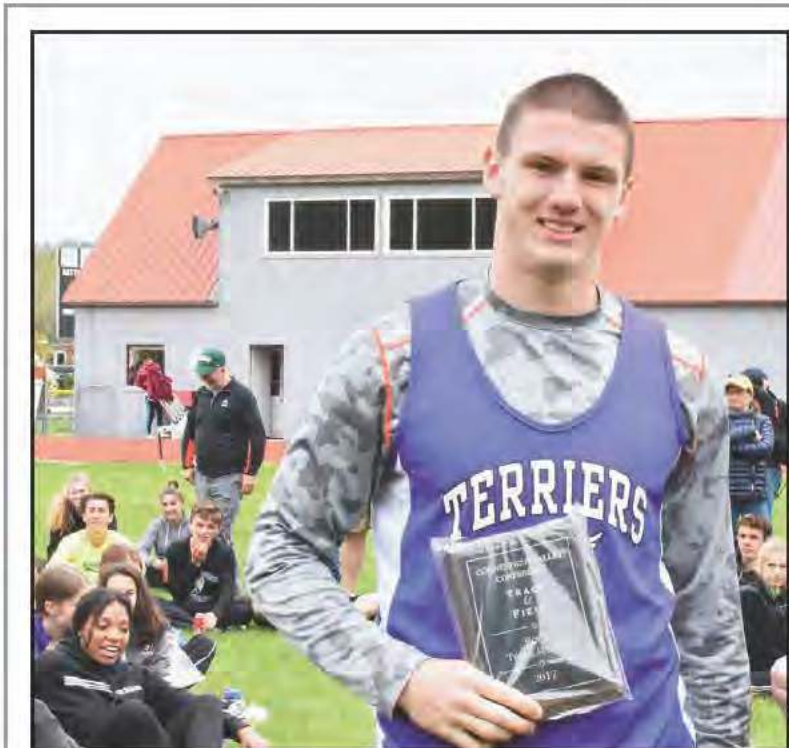
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BF Trackmeister

Bellows Falls' D J Snide was named as the Boys Trackmeister in the 2017 Connecticut Valley Conference Track Meet. Snide won both hurdle events and was third in the Long Jump and 6th in the 100 meters as he led the Terriers to a strong third-place finish. A full round up of the 2017 CVC's and how area teams fared can be found on our sports page on 1B.

PHOTO BY DOUG MACPHEE



Apple Blossom Cotillion

LEFT: Katherine Moulton was crowned as the 61st Apple Blossom Queen.

RIGHT: Katherine is pictured with her court and their escorts.

PHOTOS BY MARIE LAPLANTE. MORE PHOTOS ONLINE AT WWW.VERMONTJOURNAL.COM

Saxtons River fishing derby

SAXTONS RIVER, Vt. - Youthful anglers gathered Saturday, May 6 in spite of the rain for the annual Saxtons River Recreation Area fishing derby. Prizes sponsored by J & H Sporting Goods in Bellows Falls were awarded as follows:

Ages 4 to 6: first fish caught, Calvin Sargent; largest Breanna Podwin; first five caught, Bobby George.

Ages 7 to 10: first, Peter Sargent; largest and first five, Madison Duby.

Ages 11 -14: first, Gabriela Beayon; largest, Trenton Fletcher; first five, Patrick Barber.

The law office of Raymond Masuccio was also a sponsor. This year's derby was directed by Samantha Fletcher and overseen by Linda Holmes Furgat and Sherri Arvin Mallan. The Vermont Fish and Wildlife Department's Bennington hatchery stocked the pond.



Fishing derby winners, left to right, Gabriela Beayon, Peter Sargent, Calvin Sargent, Bobby George, Breanna Podwin, Madison Duby and Patrick Barber. Not pictured: Trenton Fletcher.

PHOTO PROVIDED

Condition of village sidewalks discussed

BY JOEL SLUTSKY

The Shopper

BELLOWS FALLS, Vt. - The deterioration of sidewalks in the Village of Bellows Falls continues to be a major point of concern among select and trustee boards and area residents. The issue was broached again at a May 9 trustee meeting. Interim Municipal Manager Shane O'Keefe stated that the cost of a concrete sidewalk with granite curbing for Oak Street is \$22,600, and the Select Board members will visit the site and consider this at the next meeting June 6. O'Keefe stated that should the Select Board approve the Oak Street sidewalk, the cost of Hadley and Oak street renovations will be over half of the budgeted amount for sidewalks.

Trustee member Evelyn Weeks asked if the town submitted a grant application for sidewalks as had been discussed at a previous meeting. O'Keefe disclosed that the grant application was put in for the stairs leading to the square but was not successful.

Select Board Chair Lamont Barnett stated that at a budget meeting November 19, 2016, the Select Board increased the sidewalk budget line item from \$20,000 to \$50,000, adding that "this is not nearly enough."

Two agreements in particular relegated the responsibility of village sidewalks to the Town of Rockingham. In September 1981, a joint board agreement facilitated the orderly transfer of Village

streets and bridge maintenance to the Town of Rockingham. Additionally an agreement at a January 16, 2007, joint board meeting stated, in part, "The maintenance and replacement of sidewalks in the Town of Rockingham Falls, Vermont, will become the responsibility of the Town of Rockingham until the year 2050 when further negotiations may be indicated."

Villager Deborah Wright stated that the sidewalks should be an item on the joint board agenda for May 30 and maintained that the Select Board is not taking care of the sidewalks in Bellows Falls. Wright stated the \$50,000 budgeted for the sidewalks and with the costs noted for just Hadley and Oak streets, the Board can see how much these cost are and \$50,000 is not enough. Wright continued, "For years the Select Board has not taken care of the Bellows Falls sidewalks. The cost of just doing Oak Street indicates what it will take to make the village walkable again. The budget for sidewalks is \$50,000 and will be the same for next year adding that the Select Board has a significant fund balance." Wright added that wheel chairs and walkers can't get through the broken concrete. At a previous meeting village resident Andrew Smith noted that there are a significant number of sidewalks that are now considered hazardous adding that this issue has been "kicked down the road for years" and it costs more each year. O'Keefe responded by noting that the Select Board had doubled to \$50,000 a previously budgeted amount of \$25,000 a year for sidewalks. O'Keefe stated that the Se-

lect Board's heart is in the right place when it comes to sidewalks and pedestrian concerns.

Manager's Report: The water/wastewater project on Chase, Hadley and Oak streets has been awarded to Nott's Excavating and will start on June 1. O'Keefe stated that a letter is being distributed to all homes informing them of the start date. He related that the letter also is informing homeowners that should they wish to upgrade their own connections at the same time as this construction is going on, this could save them a considerable amount of money due to the fact that the road would be opened up. The letter states that the homeowner is responsible for all costs from the curb to their connection. The Route 5 North project has started and a temporary pipe is in place. Pipe bursting is scheduled to begin next week and the board members will be invited to view this process at some point. O'Keefe read a certificate awarded to the Bellows Falls Water Department from Vermont Rural Water Association for 25 years of continuous membership with this association.

Finance Office Fund Balance: O'Keefe stated that there was a prediction of a \$240,000 fund balance in March, 2016. However, the audit for FY2016 showed a fund balance of \$139,000. The trustees included a \$58,000 deficit in the FY2017 budget that was approved by the voters at the 2016 annual village meeting. O'Keefe clarified that this budgeted deficit along with the change in municipal manager expenses, overtime in the police department and other

pre-paid expenses left very little in the fund balance.

FY2017 YTD Budget Status: O'Keefe noted that being 83.4 percent through the fiscal year; over 100 percent of revenues were received. Expenses are at 89 percent in the General Fund, 84 percent in the Fire Department, and 88 percent in the police department. O'Keefe reported that the water and wastewater funds were in good shape. Wright asked O'Keefe if he had an estimate of any funds that would be left over that could go toward the fund balance. O'Keefe continued that no matter what funds remain, there is still the \$58,000 budgeted deficit to consider and that all village departments are holding back on spending wherever they can. Wright stated that she believes this question will be asked at Village Meeting and whether the 2-cent increase being requested to replenish the fund balance could be dropped back to 1 cent. O'Keefe noted that the fund balance should be over \$300,000 and the Village is in a tough spot and will do his best to answer all questions.

Other Business: Trustee member Colin James reminded everyone that the annual village meeting is Monday, May 15, at 7 p.m. to vote on the budget, and Tuesday, May 16, to elect Village officials at the Masonic Temple, from 9 a.m. to 7 p.m. James extended his thanks to outgoing board member Evelyn Weeks. Weeks stated that she has enjoyed her time on the board and found it very rewarding.

The complete minutes of the meeting can be found at www.rockbf.org and watched at www.fact8.com.

"Grow a row" for community members in need

BY MARY ELLEN CANNON

The Shopper

LANGDON, N.H. - Mary Lou Huffling, director of Fall Mountain Food Shelf and Friendly Meals, asks home gardeners to grow an extra row of vegetables or fruit to help supply folks in need with fresh food. She appreciates the wonderful contributions of commercial growers in the area. In July 2016 she posted to Facebook: "We're beginning to get fresh produce from local farmers and we're so grateful! People love it and it's so good and healthy for people. Pet's Stand in Walpole has been very generous this year as in

years past..."

She hopes for fresh food this season. Produce can be brought to Fall Mountain Food Shelf at 122 Route 12A, beside the Langdon town offices, on Wednesday, Friday, or Saturday from 10 a.m. to 4 p.m. or to the Friendly Meal site at the Alstead, N.H., fire station Tuesday or Thursday from 11 a.m. to 1 p.m.

Container gardening or joining a community garden effort are options when yard space doesn't fit for a garden. Working people use the food shelf, as low-paying jobs may not suffice to feed family. Elderly citizens who find it hard to stretch their budget as prices rise use the

food shelf. The Feeding America organization posts statistics on food insecurity. Its statistics show in Windham County, Vt., 43,858 people are 12.7 percent food insecure; in Windsor County, Vt., 56,150 people are 12 percent food insecure; in Cheshire County, N.H., 76,430 people are 10.5 percent food insecure; and in Sullivan County, N.H., 43,135 people are 9.6 percent food insecure. Food insecurity is the concept that at times there may not be enough food in a home.

Orchard Hill Breadworks at 121 Settlers Road in Alstead sponsors fundraising pizza nights on Tuesdays starting at 5 p.m. in the sum-

mer. The profits from Pizza Night on June 20 go to the Fall Mountain Food Shelf. Pizza dough, sauce, and cheese are provided. You bring your own toppings. Gluten free dough is an option. Noah Elbers, Orchard Hill Breadworks owner, bakes pizzas in a wood-fired oven.

Volunteers run Fall Mountain Food Shelf and Friendly Meals. No admin-



Fall Mountain Food Shelf.

PHOTO BY MARY ELLEN CANNON

istrative costs are incurred. Fall Mountain Food Shelf arose out of a request in the late 1970s from a child wellness clinic in Charlestown, N.H.

Check the New Hampshire Food Bank at www.nhfoodbank.org and the Vermont Food Bank at www.vt-foodbank.org for information on other food pantries. Dial 211 to connect with trained information and referral specialists.

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BF Village voters pass budget

BY JOEL SLUTSKY
The Shopper

BELLOWS FALLS, Vt. - Approximately 60 voters of the Village of Bellows Falls passed the major budget article at a May 15 Bellows Falls Cor-

poration Annual Meeting at the Bellows Falls Opera House. The Village of Bellows Falls currently has 1,852 registered voters. The vote for the budget was conducted by a standing count and narrowly passed by a 30 to 26 margin. The budget amount

affirmed was \$1,998,070 with \$1,941,290 to be raised by taxes. The vote result takes effect beginning July 1, 2017 through June 30, 2017 will result in a 6 cent tax increase to villagers.

A second budget article to replenish the unrestricted fund balance, which would have raised taxes by 2 additional cents for the general fund, was defeated, again by a standing vote by a 43-6 margin. Interim Municipal Manager Shane O'Keefe explained that the unrestricted balance request was partially due to the village's obligation to make payment to Trans-Canada.

A major point of contention voiced by some voters at the meeting was the budget of the police department, particularly the overtime amount accrued and the hiring of a tenth police officer. A tenth police officer for the Bellows Falls Police Department is an effort to have two officers on duty at all times and to increase the safety in the village.

Police Chief Ron Lake stated, "I have been here nine years, if I could stop the crime in the village I would; just last Friday we took 200 hits of heroin off the streets." Lake continued, "If we ignore the drug issue it'll really break loose."

The meeting featured appreciation awards to retiring trustee member Evelyn Weeks and Town Attorney Ray Massucco for their service to the town.



Interim Municipal Manager Shane O'Keefe, Trustees Steve Adams, Stefan Golec, Colin James, Evelyn Weeks.

PHOTO BY JOEL SLUTSKY

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Springfield Farmers Market found new location

SPRINGFIELD, Vt. - The Springfield Farmers Market will be opening for the 2017 season Saturday June 3 from 10 a.m. to 1 p.m. in a new location. The market has been in the People's United Bank parking lot in downtown Springfield for several years, but will now be setting up on a grassy area between the Robert S. Jones building and Nortrax on lower Clinton St. in Springfield. This is also near the trailhead of the Toonerville Trail. The Springfield Farmers Market will be at this new location every Saturday except for Alumni Day June 17, the market will also go to the downtown area for Market Madness and to Riverside Middle School

for the Vermont Apple Festival.

The market has had many customers mention they would like to see us on grass and vendors had been hoping to find a location that would have grass and plenty of parking for customers. This location has both. The entrance to the parking lot is on the south end of the Robert S. Jones building and has plenty of room for market customers and people using the trail. There are benches for folks to relax and visit, the market will also have canopy covered table and chairs where customers can set and enjoy food items they have purchased at the market or just relax.

Vendors will be offering a wide range of local farm fresh products including pork and grass fed beef

products, fresh maple syrup, honey, eggs, roasting chickens, old fashioned sour cream doughnuts, a variety of baked goods including artisan breads, maple scones, pies and cookies, catered foods. There will also be an assortment of specialty pickles and preserves including Quince jam and jelly. Other offerings will be perennials, garden art, and an assortment of hand-crafted items including kitchen helpers such as aprons for children and adults, pot holders and crocheted dish cloths.

As the summer goes on some vendors will be having a large assortment of local produce including peas, large scallions, cucumbers, blueberries and much more.

Building integrity through service

BROWNSVILLE, Vt. - American Heritage Girls & Trail Life USA for boys help youth to acquire skills that will assist them in all areas of life while combining character, leadership & friendship building with outdoor adventure.

Surrounding area families have discovered a new scouting program for their daughters & sons called American Heritage Girls (AHG) and Trail Life USA (TLUSA) for boys. AHG & TLUSA are faith-based charac-



Trail Life USA for boys helps our youth acquire skills that assist them in life. PHOTO PROVIDED

ter development programs for girls & boys ages 5 to 18, dedicated to the mission of building women and men of integrity through service to God, family, community and coun-

try. The second-in-Vermont American Heritage Girls and second-in-Vermont Trail Life USA for boys will be hosting an informational meeting about AHG & TLUSA on May 20 beginning at 4 p.m. with activities followed by a barbecue at 6 p.m. at the Brownsville Community Church, West Windsor (Brownsville), VT.

With programming that puts an emphasis on service, faith and fun, girls and boys choose from more than 200 Badges, participate in service projects, and are challenged by leadership opportunities and outdoor experiences. Troops are led by Adult Volunteers who facilitate the AHG/TLUSA Programs while encouraging Girl & Boy Leadership. Organizations like churches, schools and civic organizations charter AHG & TLUSA Troops to achieve their youth ministry goals.

"Now more than ever, families are seeking faith-based activities for their daughters & sons to complement their values and instill leadership and servant hearts through service to their community," says Patti Garibay, American Heritage Girls Executive Director and Founder.

Troop Coordinators, Amanda French (AHG) and Scott Duffy (TLUSA), can be reached at aafrench1@gmail.com and artisans@rockledgefarm.com.

Pastor Christian Huebner can be reached at bcchurch@myfairpoint.net.

The Brownsville Community Church is located on the Brownsville-Hartland Road, between Albert Bridge School and the Brownsville Town Hall. The church phone number is 802-484-5944, the email address is bcchurch@myfairpoint.net and you can visit the Brownsville Community Church at www.brownsvilleumc-vt.org.

For more information, visit American Heritage Girls at www.americanheritagegirls.org and Trail Life USA at www.traillikeusa.com.

PROM TIPS

1. Talk with your child and calmly explain your feelings about him/her drinking alcohol or using illicit drugs, including marijuana.
2. Take stock of the alcohol in your house.
3. Give your children the unconditional option of calling you at any time if he or she needs a safe ride home or for help or advice.
4. Know who is driving - encourage seat belt use.
5. Communicate your concerns to other parent's and school officials.
6. Stay up for your Prom-Goers return home.
7. Encourage healthy alternatives to alcohol use.
8. Strongly encourage your Prom-Goer to attend BRACC's 12th Annual After-Prom Event at Okemo Mountain's Solitude Recreation Center.

Please help protect your son or daughter's bright future by ensuring a safe, alcohol and drug free season of celebrations.



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Drug awareness awards

SPRINGFIELD, Vt. - Recently, Springfield Elks Lodge #1560 held their annual "Drug Awareness Poster Contest" awards assembly at Union St. School with Chairman Jim Kirkwood making the presentations. The



Fr. l to r; Cameron Page, Alexander Moye, Michael Coleman, Hollee Martinez, Summer Steinberg and Jaydah Rogers. In back are Elks members Gloria Gunn, Chairman Jim Kirkwood, Exalted Ruler Vicki Siliski and Eugene Siliski. PHOTO PROVIDED

theme of this years contest was, "Just Say No" to Drugs.

Each year the Elks Club asks the students at Union St. School to make posters and the Elks make a contest out of them. Some of these posters will be published in an Elks coloring book that will be included in the Halloween bags in the fall, which the Elks present to all elementary students in Springfield. This year sixty-one students participated in the contest from grades three through five.

The winners are as follows; overall first place winner was fourth grader Michael Coleman who was awarded \$25 and a new bicycle with a helmet. For the girls the first place winner was Hollee Martinez and she was awarded \$25. There is only one bike given out each year to the top contestant. Second place for the girls was Summer Steinberg and Alexander Moye for the boys. They each received \$15 for their effort. Third place for the girls was Jaydah Rogers and Cameron Page for the boys; they received \$10 each.

Unsung hero is Vanessa Sterns

SPRINGFIELD, Vt. - Springfield School Districts, 5th grade teacher, Vanessa Sterns was awarded by the Vermont Urban & Community Forestry Program



Vanessa Sterns in Montpelier accepting "Unsung Hero" award with Ann Hazelrig, Chair of Urban Forestry in the background. PHOTO PROVIDED

as 2017 Vermont Tree Steward under the category of "Unsung Hero." Ann Hazelrig, Chair of Urban Forestry Council recognized Mrs. Sterns for her hard work and success.

She was nominated by a school colleague, "Vanessa brings the love of tree's and the earth to her students both inside the classroom and through her outdoor science class."

At the podium as Sterns accepted her award she said, "We need to support our children, Go Green, No Screen." Sterns in her generosity of acknowledging others,

recounted a time she had a class out at Muckcross Park and she felt, "the kids were getting chatty and I thought a little unruly." Vanessa apologized to Michael Quinn a former middle school science teacher (visiting with her class) when he told her, "they are enjoying themselves."

Sterns recalled, "I remind myself of his words whenever I take my students out into the community."

Her work is inspiring, as she facilitates Union Street School in preparing the garden of raised beds for spring.

BF American Legion installs new officers

BELLOWS FALLS, Vt. - American Legion Post #37, held their nominations and voted in their "new officers" for 2017-18. The American Legion is an organization of veterans and families from all walks of life, serving those that had served our country during periods of war and peace. Bellows Falls Post #37 reaches out to our veterans from the Rockingham, Vt. and North Walpole region. Newly appointed officers include; Ernest "SMOKEY" Aumand as Commander, Todd Novak as 1st Vice Cmdr. and Children and Youth (Halloween / Christmas), Linda Perham as Adjutant, Richard Boucher as Finance Officer, William "TJ" Smith



L to R TJ Smith, Richie Boucher, Todd Novak and Smokey Aumand. PHOTO BY STEVE HAYES

as Service Officer, Richard Landry - Sgt.-At-Arms, Carol Spaulding - Chaplain, Doug Roberts - Historian and Scholarships, and Kevin Vancor - as our Athletic Officer (Legion Baseball).

Outgoing Commander - Gerry Barbary, Commander Smokey Aumand, Ernest "Turk Aumand" - Became a member in 1947, and Ric Aumand of the 'Sons of the American Legion.'

Those interested in learning more about the American Legion, their charities, and community activities or would like information on membership; please call the post at 802-463-9700.



BF Women's Club Tea

The Bellows Falls Woman's Club held a high tea on May 7, transforming the lobby and anti-room of the Hotel Windham into a tearoom for the afternoon. Refreshments included select tea, punch, savorys, and sweets, prepared and served by club members. Shown enjoying the event are Judy Condon, Liz Harty, Emily Lisaj, Gerry Harty, Wendy Harty and Rev. Alison Andrea Jacobs. Background harp music was performed by Walden Witham. Proceeds from the tea, and a raffle of Shop and Dine Local certificates, were earmarked for the club's high school scholarship, given to a graduating student of Bellows Falls Union High School entering the field of nursing or other health care field.

PHOTO PROVIDED

HCRS' employment services program receives international award

SPRINGFIELD, Vt. - Health Care and Rehabilitation Services (HCRS), Vermont's second-largest community mental-health agency, provides an award-winning employment program for individuals with disabilities.

The Zero Project, which locates models worldwide that improve the lives of those with disabilities, recognized the State of Vermont as the number one DS Supported Employment Program in the world. The core philosophy of supported employment in Developmental Services is the belief that people with cognitive disabilities can contribute to the workforce when provided individually tailored supports and thoughtful job matches. This notion sets Vermont far apart from other states and

countries where individuals often go into sheltered workshops or congregate work groups that isolate them from the regular workforce and real jobs in the business community.

At HCRS, person-centered thinking and supports are the basis of all its services. HCRS consistently finds quality job placements and is committed to the varied vocational needs of the people they support. With a quality job match, a person gains self-esteem and validation by working alongside members of their community; this creates lifelong friendships, which foster true community integration and natural supports. Earning money empowers individuals' choices on where and how to live their life as well as contributing to the State's overall tax base. All these

benefits to the individuals being supported as well as their communities make supported employment a great investment for everyone. Without the DS Supported Employment programs like those at HCRS, individuals with Development Disabilities would be unemployed and not have the quality of life they desire and deserve; by working they are a valued part of each community in which they live.

In late February, Vermont's Department of Disabilities, Aging, and Independent Living traveled to the United Nations in Austria to receive the 2017 Zero Project award. This recognition is based on Vermont's rapid progress in integrating people with disabilities into the workforce. Vermont's employment program

for individuals with disabilities is well known. Many other states and countries come to Vermont to learn about the principles that guided the establishment of this program including employment, decent work, and meaningful vocational education and training of persons with disabilities.

Today, about 1260 Vermonters with developmental disabilities are working. HCRS' employment rate for individuals who receive developmental disability services is 58 percent, as compared to the national average of 35 percent.

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New protections for pregnant workers

REGION - A law just passed in Vermont that will provide protections for employees experiencing healthy, uncomplicated pregnancies who need workplace accommodations such as having access to water, access to a chair, longer or more frequent restroom breaks, or avoiding heavy lifting.

"Everyone benefits from laws that support a fair work-family balance," said Vermont Attorney General TJ Donovan, whose office will enforce the new law in the private sector. "For decades, Vermont employers have been doing a great job accommodating workers with disabilities. Applying that same positive mindset to helping out expectant or new mothers makes sense and is the right thing to do."

Vermont joins nineteen other

states (including Washington, D.C.) in passing similar legislation, and currently, at least seven states have similar bills pending.

Advocates for maternal and child health were in full support of this protection. "Reasonable accommodations in the workplace for pregnancy, or a pregnancy-related condition, enable moms-to-be and new moms to stay at work. The March of Dimes is very pleased that Vermont lawmakers have supported this important legislation," said Abby Rogers, March of Dimes Director of Advocacy and Government Relations for the Northeast Region.

Under this new law, Vermont employers must provide reasonable accommodations to workers with pregnancy-related conditions, unless the accommodation imposes an

undue hardship on the business. A worker's pregnancy-related condition does not need to rise to the level of a disability in order for the employer to accommodate them.

"Three-quarters of women entering the workforce will be pregnant and employed at some point in their lives. The majority of pregnant women in Vermont are employed during their pregnancies, and the majority of those pregnancies are healthy and uncomplicated," stated Cary Brown, Executive Director of the Vermont Commission on Women. "Sometimes a simple accommodation can make the difference between being able to continue working and having to take time off, and the strength of Vermont's economy depends on women's ability to remain in their jobs and support their families."

Lead sponsor of this legislation, Representative George Till, of Jericho, an OB/GYN physician, commented, "In providing prenatal care to thousands of Vermont women over the years, I have seen far too many pregnant women for whom an employer would not make a reasonable accommodation. I've seen people fired for asking for a completely reasonable accommodation. I've seen people too afraid to ask for an accommodation because they feared losing their job just for asking. I look forward to telling these women that Vermont law now protects them."

Vermont Commission on Women is a non-partisan state commission working to advance rights and opportunities for women and girls. For more information, please visit women.vermont.gov.



Under this new law, Vermont employers must provide reasonable accommodations to workers with pregnancy-related conditions.

STOCK PHOTO

Red Sox raffle 2017 —



Boston Red Sox raffle tickets support the Episcopal Church in Proctorsville. STOCK PHOTO

PROCTORSVILLE, Vt. - Are you ready for the red hot Red Sox? Buy your raffle ticket and get ready for two great seats behind home plate. The winning tickets give you a choice of games: Cleveland on August 3 or Baltimore on August 26. Best bet is to buy 6 tickets. The raffle is to support Gethsemane Episcopal Church

in Proctorsville. The drawing will be on July 15 at the church. The tickets are available at the church on Depot St. during their yard sale on May 27, or Sunday mornings. They will also be available at Greven Field on game days or calling Barbara Dickey 802-226-7187 or Mary Springer 802-484-7431.



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Stephanie Thompson and Elyse Crossman are recognized for their community contributions

REGION - Stephanie Thompson of the Springfield Prevention Coalition and Elyse Crossman of the Greater Claremont Chamber of Commerce are two of the 11 young leaders that will be recognized for their contributions to the Upper Valley by Vital Communities at the sixth annual Heroes & Leaders Celebration on Wednesday, May 24, at the Quechee Club in

Quechee, Vt. The annual dinner, which benefits the Leadership Upper Valley program of Vital Communities, honors community members who have made significant positive impacts in the region.

"The young leaders we're honoring this year are passionate about building the Upper Valley community—and their accomplishments are truly inspiring," said Vital Communities

Executive Director Tom Roberts. "From addressing the region's opiate epidemic, to bringing aquaponics into schools nationwide, to strengthening the local economy, these young leaders represent a range of approaches toward a common goal: community. We're so pleased to recognize these eleven and know there are many more young leaders making our region a better place to live,

work, and play every day." Attorney Markell Ripps, Board member and past chair of Upper Valley Young Professionals and a Vital Communities board member and graduate of Leadership Upper Valley, will provide closing remarks for the evening. A limited number of tickets are still available. Learn more and reserve seats at VitalCommunities.org/HeroesAndLeaders.

Start talking about retirement

REGION - If you ask people what creates stress in their lives, money is often at the top of the list. Stress in America: Paying With Our Health found money was a somewhat or a very significant source of stress in the lives of 64 percent of Americans, primarily parents, younger generations, women, and lower-income households:

"Significant sources of money-related stress reported by Americans include paying for unexpected expenses (54 percent said very or somewhat significant), paying for essentials (44 percent said very or somewhat significant) and saving for retirement (44 percent said very or somewhat significant)."

In many cases financial stressors are exacerbated by a lack of communication. After examining the answers of 1,800 Americans who are in relationships, NerdWallet.com determined lack of communication, in tandem with a failure to save and too-conservative investment choices, has contributed to many couples'

lack of retirement readiness:

"It's fun to think about what the future may hold - to a point. Three out of four (76 percent) Americans in a relationship where at least one partner is saving for retirement say they've discussed general retirement planning issues, such as at what age they want to retire, where they want to live, and what they want to do. But, the conversation seems to trail off when it comes to calculating the specifics."

In other words, we tend to skim the surface when talking about retirement and never delve deeply enough into the topic to develop an actual plan that will help make retirement a reality. For instance, do you know how much your spouse/partner is setting aside for retirement? Does he or she know how much you're saving? NerdWallet.com and the 2016 Retirement Confidence Survey (by Employee Benefit Research Institute) found:

- 21 percent of Americans have no idea how much their spouse/partner has saved for retirement.
- 21 percent of Americans have not told their spouse/partner how much they have saved for retirement.
- 43 percent of Americans don't consult with their spouse/partner before making trading decisions.

- 52 percent of Americans have not determined how much they need to save to retire comfortably.

America may be the home of the brave but we're not very courageous when it comes to talking about finances. Last year, Time Magazine reported, "Most Americans would rather have a talk about the birds and the bees than any conversation related to finances."4 If you're one of them, and a life goal is retiring comfortably, then you need to reconsider your position.

Americans actually talk about money a lot in general conversation. Think about it. How many times have you talked about tuition, the cost of food or gas, income, interest rates, taxes, the economy, stocks, banking, loans, or a similar topic? People talk about money all the time. However, when the conversation turns to specifics, they often get uncomfortable.

Even if conversations about money trigger discomfort, it's important for couples to have them. It can help to set some ground rules. For example, you may want to:

- Share a list of discussion points
- Sit together without any distractions, such as smart phones or televisions
- Let each person speak for a specific period of time (two to three

minutes)

- No one should use blaming language or name calling (focus on 'I' statements rather than 'you' statements)

- Listen and share your understanding of what's being said

- If tempers flare, take a break

The goals of the conversation, and it may take several conversations to reach these goals, are to develop a shared vision for retirement and a plan for achieving it. You'll need to talk about how much you have saved already, how much you need to save (this may require you to examine spending patterns and identify ways to save), how you want to invest those savings, the sources of income you'll have during retirement (Social Security, pensions, etc.), and when and how you'll generate income during retirement.

If discussing money is an issue, then engaging a neutral third party to lead the discussion may help. A good candidate is your financial advisor, particularly if he or she has experience with retirement planning.

Once you have set goals and expectations for retirement, determined how much money will be needed, shared how much money you are saving, learned how much your spouse or partner is saving, and talked about how your savings are invested, you can work with your financial advisor to develop a retirement plan. Remember, having a plan is not enough. You must implement the plan to reach your goals!

This article was written by Kevin Theissen, Principal and Financial Advisor with Skygate Financial Group in Ludlow. www.skygatefinancial.com

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LOCAL HISTORY

BY RON PATCH

Ron Patch is a Chester native, Chester Historical Society president, and a lifelong antiques dealer.

He can be reached at 802-374-0119 or email knotz69@gmail.com

Remembering Veontha White

Back in March I was contacted by Ken and Karen Dion of Connecticut. Karen had questions about paintings she found in Ken's sister's house in Pittsfield, Massachusetts. Ken's sister, Joanne Adams, had passed away last June and the Dions were cleaning out Joanne's house.

Karen told me they found some Veontha White paintings and Irina Ohl paintings in Joanne's home. Both Veontha and Irina were Chester artists. It seems Joanne had visited Chester several times and purchased these paintings directly from the artists.

The Dions were happy to donate these paintings to the Chester Historical Society when I explained we didn't own any Veontha or Irina paintings. Steve Lavoie and I met the Dions May 6 at the historical society. They were pleased to have these paintings where they could be appreciated.

The subject of this article is Veontha Ward Cook White. Much of the information for this story was provided by Melody Cassista, Veontha's daughter.

Veontha Pauline Ward was born in North Poultney, Vermont in 1917. Veontha's roots run deep in Vermont. The Wards were original settlers in Poultney about 1775.

Veontha was educated at the Troy Conference Academy in Poultney, which later became Green Mountain College, where she had a couple semesters in art classes. It was here that she studied piano with Helen Hosford Bixby Kilborn. Her higher education was at Castleton Normal School, which is now Castleton University.

She began teaching all eight grades in a one-room schoolhouse in Poultney. From there she taught in public schools in Cavendish and Proctorsville, Vt.

Veontha was a pianist, associate church organist and gave piano lessons for over 30 years. She played the trombone in the Chester Brass Quintet, the Grafton Coronet Band and played in several Weston Playhouse productions.

With her first husband, Winston Cook, she started an oil business on High Street in Chester and raised three children, Melody, Milan and



Veontha White, Sugarhouse in Autumn.

PHOTO PROVIDED

Ken Cook. I grew up on High Street and knew the family well. Melody married Jon Cassista, also of High Street. I knew the Cassista family equally as well.

Veontha comes from a long line of artists including her grandmother and aunt. She began painting in 1968 in a group of outdoor lessons at the Chester Art Guild, at that time located at the old grist mill in the Depot. She shared her artistic passion with local school children giving demonstrations in oil and her palette techniques.

Veontha exhibited in both juried shows and solo shows around New England. Her love for Vermont is seen in all of her works. She painted outdoor scenes of brooks, meadows, mountains and farm buildings. These were the scenes that she could best relate to as a Vermonter. She also painted a few winter scenes. In the Dion donation is one of her winter scenes.

She was chairman of the Chester Art Guild and a member of Southern Vermont Art Center in Manchester, Saxtons River Art Guild, West River Artists, Inc. of Weston, Chaffee Art Center in Rutland, and Springfield Art and Historical Center. Veontha was also a member of Mizpah Chapter No. 40 of the Eastern Star in Chester.

Veontha received many awards in

local shows and galleries and in 1974 took First Place in the Fine Arts Division of "Vermont Mother of the Year."

As I mentioned before, I knew Veontha and her family well. At least twice a day I would ride my bike or walk past her house. I remember on summer days hearing the piano as I passed by. Those of us who knew her are fortunate. Those that did not know her can gain insight through her paintings.

Veontha's Guiding Light: Written in her own words, "Each of us is a child of God, infused with a bit of the Divine. If that special spark happens to be in the artistic realm, we are admonished to develop and share that gift - thereby enriching the lives of those around us, and indeed, all mankind."

The photo with this article is one of the paintings donated to the historical society by the Dions. It is one of the nicest Veontha paintings I have seen.

The next meeting of the Chester Historical Society is Thursday, May 25, at 7 p.m. at the Academy Building. The monthly slideshow will include both Veontha White and the Irina Ohl paintings recently donated by the Dions.

There is a rumor about that I am not a Chester native but from New Jersey. Ayuh.

The Power of Water, Part II

BELLOWS FALLS, Vt. - On Wednesday, May 24 at 6:30 p.m., Chris Glennon of the Bellows Falls Historical Society will give a presentation at Rockingham Library on The Power of Water, Part II specifically focusing on the period from 1850 -1900. During this time, a new mode of transportation, the railroad, was coming to Bellows Falls. The engineering blueprints for the rail-

road tunnel had been drawn up. The idea of Bellows Falls becoming an important railroad hub was taking off. In addition, the presence of the canal, an inexpensive water power source, the lumber and paper industries (existent and coming), and Bellows Falls' "Under the Hill" location prompted an industry explosion. And behind this growth lies the powerful enchantress - the Connecticut River, the draw of water with all her charms

for opportunity for the adventurous. An exhibit about the former mills of Bellows Falls will be on display as well. This free & open to the public program is the second in a two-part series on The Power of Water. For more information, call 802-463-4270, email programming@rockinghamlibrary.org, visit www.rockinghamlibrary.org, or stop by the Library at 65 Westminster St.

History beyond Ethan Allen

BELLOWS FALLS, Vt. - On Wednesday, April 19, State Historic Preservation Officer Laura Trieschmann spent the day in Bellows Falls. She was invited by Robert McBride, Director of the Rockingham Arts and Museum Project (RAMP) to tour Bellows Falls to view the Connecticut River petroglyphs, Vilas Bridge, Robertson Paper Mill, Waypoint Center and on overview of downtown neighborhoods. The tour was followed by a roundtable brown bag discussion and downtown walking tour.

The conversation touched on many areas of interest from Certified Local Government (CLG) funding to the importance of paper document preservation during natural disasters such as Hurricane Irene in 2011. The topic of roadside markers created a lively conversation which caused local historian John Leppman to comment, "The verbosity of roadside markers is inversely proportional to the significance of the historic places they are in."

Trieschmann reflected on the notion that the recent past can be as important historically as the Civil War era. "We need to move beyond Ethan Allen here in Vt. A lot of history remains to be told and we need to gather this information while we can still celebrate it, creating an inventory while the players are here to tell their stories."

In particular she was referring to a new National Parks Service Northeast Region initiative identifying historically significant properties related to Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) history in Vt.

Trieschmann shared that a marker has been erected between the State House and the Supreme Court in Montpelier to commemorate these equality milestones. But a key reason for her visit to Bellows Falls was to learn more about the Andrew's Inn, which served as a travel destination for gay men and women, from as far away as New York and Boston to find safety and acceptance during the 70s and 80s. The Inn was located in the former Windham Hotel, now home to Popolo Restaurant.

HB Lozito, Executive Director of

Green Mountain Crossroads, has been working on the Andrew's Inn Oral History Project since 2015, gathering the stories of men and women who experienced the Andrew's Inn firsthand. According to Lozito, "When you think about it, Vermont has been a leader in the LGBTQ movement. This building is really important. What happened here is important and the history is in danger of being erased. The Andrew's Inn was the only place of its kind."

For more information, contact RAMP at 802-463-3252 or email ramp@sover.net.



French and Indian War comes to No. 4

CHARLESTOWN, N.H. - Fort at No. 4 was the north-most and west-most town within the British colonies until the end of the "French and Indian War?" Did you know that "Number 4" was the first stop on the "Crown Point Road"? 2017 French and Indian War Encampment weekend begins Saturday, June 3 at 10:00 a.m. - 4:30 p.m. and continues on Sunday, June 4 10:00 a.m. - 3:00 p.m. Call 603-826-5700 or visit www.fortat4.org for more information. Fort at No. 4 is located 267 Springfield Road (NH Route 11).

PHOTO PROVIDED

American Legion

Post #37

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5:30 PM TO 7:00 PM

May 19th
Prime Rib

Hosted by the
American Legion Baseball Team

Dinners are \$13/person
which includes coffee/tea & dessert

Reservations are held until 6:30 pm

The Friday Night Dinner Committee wishes to thank all those who support our dinners and programs. See you again at next season's Friday Dinners!

Antiques Estate Sale - Saturday, May 27th

at Chester Historical Society, 230 Main Street, Chester
9:00 a.m. Sharp! No early birds.

Partial contents of an area estate including: clean 4-door oak ice box, rosewood spinet desk, several document/storage boxes in old paint, Glenwood parlor stove, Hoosier cabinet painted green, several early radios including Atwater Kent some with exterior speakers, stoneware, baskets, early Iver Johnson bicycle for parts, one wooden wheel, head badge, seat and early horn, nice multi-drawer spice cabinet, tools, wooden wheelbarrow with original stenciling, Harness makers vice, books, odd chairs, old water pump, fishing tackle, trunks, jelly cupboard with remnants of green paint, old sleds, bureaus, tables and much more yet to be unpacked.

Expect surprises. Everything is in as-found condition. This is a tag sale, not an auction.

State historic sites opening soon

REGION - Many Vermont State-owned Historic Sites will be opening on May 27; two in our region are the President Calvin Coolidge State Historic Site in Plymouth and Old Constitution House in Windsor. For special events information: <http://historicsites.vermont.gov/events>. Join the Vermont State Historic Sites on Facebook.

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Letters to the editor cont.

Dear Editor,

The RK Remembers team, for Relay for Life wants to put out a very grateful thank-you to all the donors for the prizes that you were so very kind and generous to donate for our Benefit Bingo last Tuesday evening, May 9.

We had a Wonderful turnout and a fun night. We made for the Cancer

Society an amazing \$1,147.75 and we are so thankful for all the donations and to everyone that came out to help us help fight cancer. It is appreciated and we love you all.

Thank you,
RK Remembers Team!

Dear Editor,

The parents of the Project Graduation Committee for the Black River High School 2017 seniors would like to thank Ludlow American Legion Post 36 for hosting a Texas Hold'em and the Vermont Journal for advertising the event. Also, we would like to thank the Rotary Penny Sale for allowing us to have a food table at their event. The two events have helped us raise just over \$800 to go towards Project Graduation, which

is an event the parents throw for the graduating senior class that is drug and alcohol free. Anyone who would like to donate write a check to Project Graduation and send it to Black River High School. Thanks for supporting our seniors.

Sincerely,
The Project Graduation Committee, Susan Barton (chair)

Dear Editor,

The families of Charlotte Jameison Edgar would like to thank the following for bringing together a beautiful memorial service on Friday, May 5:

Reverend William Freeman for the generosity of his talents and personal insight, in his commemorative sermon, the musicians Julane, Judy, Kristen, and Olivia, Nancy Davis and Stephanie Rowe for their planning in the preparation of the Unitarian Church, along with assisting that day, Cheryl and Diane at Ches-

ter Flowers for their stunning dual arrangements that were so appropriate in Charlotte's remembrance, a poignant keepsake and consolation for her twin brother.

In addition, the Fullerton Inn for their great buffet and atmosphere, and tribute Artistry Monuments and Jeff and Kirby from the Town of Chester for their professional detail at North Street Cemetery.

With thanks,
Nancy, Don, Laurie, and Caroline

Dear Editor,

May is Foster Care Month, a time to celebrate the hundreds of foster and kinship foster families in Vermont who provide safe, nurturing homes for children while they can't be at home. It is with deep appreciation that the Family Services Division of the Department for Children and Families thanks them for their gen-

erosity, caring, and willingness to "answer the call," no matter when it comes.

Thank you for all you do to keep children safe, support parents, and help families stay connected! You help us keep local kids local by opening your hearts and homes to children in need. Without you, children would have to live outside of their communities and away from all that's familiar.

We'd like to take this opportunity to let you know about our need for more foster families for children of all ages and experiences, including:

Infants, toddlers and teens, siblings who want to stay together, children with complex medical needs, LGBTQ youth, teens transitioning from foster care to living on their own.

If you are not sure that providing foster care is for you, you might consider providing respite care. It's much like foster care but for shorter periods of time (e.g., a few hours, a day, a weekend, or a week or two). Respite provides foster parents with breaks so they can get things done, relax, and re-energize.

For more information about becoming a foster parent or respite provider, please contact at 802.257.2888 or visit us at www.fostercare.vt.gov.

Sincerely,
Michelle Colburn
Resource Coordinator
DCF, Family Services
Battleboro District Office

Dear Editor,

Consolidation does not equal savings

ACT 153, which encouraged but did not mandate school district consolidation was passed by the legislature in 2009 (taking effect in 2010). It was promoted as a way to save large amounts of money, create efficiency and improve our educational system "for the children." ACT 46, which goes further by mandating consolidation and is currently being implemented in our towns, was sold with the same bold claims.

Here's some experience from my area that might shed some light on what we can actually expect to result from consolidated school districts...

In 2011, Windsor Southwest Supervisory Union (WSWSU) had an average of 1000 students in four schools and a total budget of \$1,649,536. This was just prior to the act 153 state mandates that took Financial Services, Special Education and Transportation away from locally controlled school boards and put them under the purview of the Supervisory Unions (S.U.).

In 2012-13, WSWSU and Rutland Windsor South S.U. came together to form a new Two Rivers Supervisory Union (TRSU) through the ACT 153 merger law. Today, TRSU has a total enrollment of about that same 1000 students, though now encompassing six schools: Green Mountain Union HS, Cavendish Town Elementary School, CAES, Mount Holly, Black River HS and Ludlow Elementary School. (During the merger, WSWSU's Flood Brook Union School left to join another new Regional Educational District connected to Manchester, Vermont.)

Let's compare budgets. Remember the 2011 budget for WSWSU's 1000 kids was \$1,649,536. Today, the total budget for FY 2016 at TRSU — the same number of kids, albeit for two more physical schools — is \$5,352,093.

Now, the massive increase in the S.U. budget can be partially

explained by the cost shift of services from locally controlled schools to the Supervisory Unions. But, given that shift, you would think there would be a corresponding decrease in the budgets of the local schools. This is not the case. The budgets of these schools are either staying close to level funded or they are increasing by a few percentage points.

Savings? No. Not at all. An examination of fiscal services (accounts payable, accounts receivable and payroll) offers one example of the difficulty of finding efficiency in centralizing and consolidating school services.

In 2011, Cavendish Town Elementary School was the last hold out, doing their financial services "in house" rather than outsourcing to the S.U. The cost per student for financial services was \$224.06. CTES was using a local control, decentralized, distributive power model of doing business. But today, TRSU is spending \$431.72 per student — nearly double what it was when done locally. This is the new consolidated and centralized model of doing business!

One could easily jump the gun and blame school board members and administrators for the absence of cost savings, but not so fast! School boards are told quite clearly, by highly paid, "expert" consultants that they must comply with the edicts coming out of the Vermont Agency of Education. These edicts have the full force of law as enacted by the legislature and signed by the governor and they cost money.

So what we are seeing is a loss of local control regarding how to spend money efficiently as it is shifted away from local boards to the S.U. — another level of expanded bureaucracy — while spending is being driven higher by an even further removed central authority in Montpelier passing along mandates. It's the worst of all worlds.

Hold tightly to your wallets Vermonters. The taxman is coming.

Sincerely,
Stu Lindberg,
Former member of the Cavendish Elementary School Board

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sports



THIS AND THAT

BY BILL MURPHY

The Vermont Journal & The Shopper

Most everyone who reads this column is probably following the Celtics in their bid to make some noise this spring in the NBA Play-offs. They are a good example of a team that has met expectations.

Every team in every sport has a level of performance that defines the sum of their collected parts. I have followed sports closely for over 60 years and there isn't a year that passes by, without me learning something new. Despite how much attention one plays to a teams potential, there is always an exception to that potential.

Predictions are thrown out at nearly every level of play in every sport from high school through the pros. There are favorites and then there are favorites. The reason I use the Celtics as an example in 2017 is first of all forecasters saw them finishing first or second in their division and either second or third in their conference. The Celtics finished first in both their division and their conference. Does this mean they overachieved in the regular season?

There is a certain corner of the sports world that said the Celtics were able to finish where they finished, because they were incredibly focused and that Coach Brad Stevens was able to get his team to play harder than everyone else, most every night because they were not pacing themselves but, they would have less in the tank left come play-off time than many of their competitors.

Well... The Celtics have advanced to the Eastern Conference Finals. Just about everyone in their right mind, forecast in the fall, that Cleveland and Golden State would meet in the NBA Finals. That still might not happen, but that's our point...

Predictions, expectations, potential? They are all relative. Relative to how they play out.

Most in the know would say the Celtics have reached the highest level they possibly can in 2017. They accomplished all that they reasonably should. Team executives can take a bow today, but building the next champion never stops. This bit was written six hours before the ping-pong balls bounced to determine the Celtics draft fate for 2017. Danny Ainge had a few hours to smile before going back to work.

The main reason for writing this piece today was to deal with the word potential. How many people or teams have been damaged or even destroyed by the potential label someone put on them? Potential is something that has to be given time to develop and although teams or individuals might carry the label on the surface, will the needed intangibles fall in place to make the label come true?

On the other hand, will the team or individual that is labeled dead in the water, rear its head above water and prove someone wrong in a different way.

Here is where the Celtics are the example again. Coach Brad Stevens preaches that you lay things down every day and do your best and worry about today's outcome. Generally you will win most of the games you should win (as opposed to suppose to win) and lose the games you should lose. Come to play every day and prepare to be the best team or individual you can be each day.

I think that is what competitive sports is all about anyways. Feel free to contact us about our columns or sports news on this page at bmurphy@vermontjournal.com.

BF boys third in 2017 CVC Championships

BY BILL MURPHY

The Shopper

BELLOWS FALLS, Vt. - The CVC's are about as good as it gets during the regular track season. Bellows Falls, Fall Mountain, Springfield and Green Mountain are area schools which compete in the fifteen school extravaganza and strong performances in the annual get together mean you are recognized as one of the best around in your event. The Bellows Falls boys turned in the top showing of our area teams last Saturday garnering a strong third place in the competition.

Schools of all size compete each spring in the CVC's and some of the large area schools tend to dominate the competition, but anytime our locals can keep up with the big boys, it tends to play out well come State Championship competition time. Keene won the boys meet this year with 127 points. They were followed in order by Lebanon 80, Bellows Falls 74, Brattleboro 64.5, Hanover 61, Monadnock 48.5, Newport 44, Kearsarge 41.5, White Mountains 24, Hartford 20, Fall Mountain 19, Thetford 17, Stevens 17, Springfield 15.5 and Windsor 4. BF's DJ Snide was the track meister as the meet's top male performer, as a result of winning the two hurdles events and placing third in the Triple Jump and sixth in the 100 meters.

Lebanon won the girls half of the meet by a little over their fierce rival Hanover 105-96.5. Brattleboro was third scoring 93 with Monadnock just behind with 91, making for a lively competition between the top four schools. Keene placed fifth, 5.5 points ahead of Bellows Falls 73.5-68 with Hartford 47, White Mountains 31.5, Thetford 27, Fall Mountain 23, Kearsarge 20, Proctor Academy 6, Stevens 5, Windsor 4.5 and Green Mountain 2 rounding out the field.

Shane Clark and Reno Tuttle were the biggest contributors besides Snide for the Terrier boys. Clark won the Javelin and was fourth in the Triple Jump and Tuttle was second in the Discus and third in the Shot Put.

Fall Mountain was led in the Boys Meet by Steven Walker, who was two spots behind Snide in third in the 110 Hurdles and Stuart Latham, who was fourth in the Pole Vault. Springfield placed a pair of athletes in the money in the High Jump as Elijah Pianka and Cadence Wheeler were second and third to lead their effort.

BF Coach Tim Eno feels his boys team is driving on all cylinders and hopes they can keep competing at this level. He told us, "I have found anytime the boys can compete in the top three or four in the CVC's, it puts us in good place competing for the state title. I know Woodstock and Thetford have good teams, but this performance stands out if we can

keep it up."

The BF girls had Molly Kelly in the winners circle in the High Jump and were also supported by a second and a third from Keri Ticino (in the Pole Vault and Javelin respectively) and Abbe Cravinho placed third in the Long Jump and Jaden Lubbert added a third in the Pole Vault.

The Fall Mountain girls had a brilliant performance in the money in the 100 where Madison Parrot turned back a strong challenge to defend her title. Coach Rick Elliott said that, "Parrot's record breaking performance was a highlight of the season."

Elliott also noted that, "this year has been a great demonstration of growth by so many athletes. The influx



CVC Trackmeister DJ Snide on his way to capturing first place in the 110 Hurdles in the 2017 CVC Championships. Note his enthusiastic teammates cheering him on in the background.

PHOTO BY DOUG MACPHEE

of youthful enthusiasm by many freshman has been infectious. The leadership and performances from the more tenured athletes has modeled our expectations."



BF's Abbe Cravinho finished third in the CVC's in the Long Jump.

PHOTO BY DOUG MACPHEE



BF's Shane Clark captured first place in the Javelin at the 2017 CVC meet last Saturday.

PHOTO BY DOUG MACPHEE



Fall Mountain's Joslin Gilbo performed at a high level Saturday at the annual CVC Meet gaining a fifth place finish in the Shot Put.

PHOTO BY DOUG MACPHEE



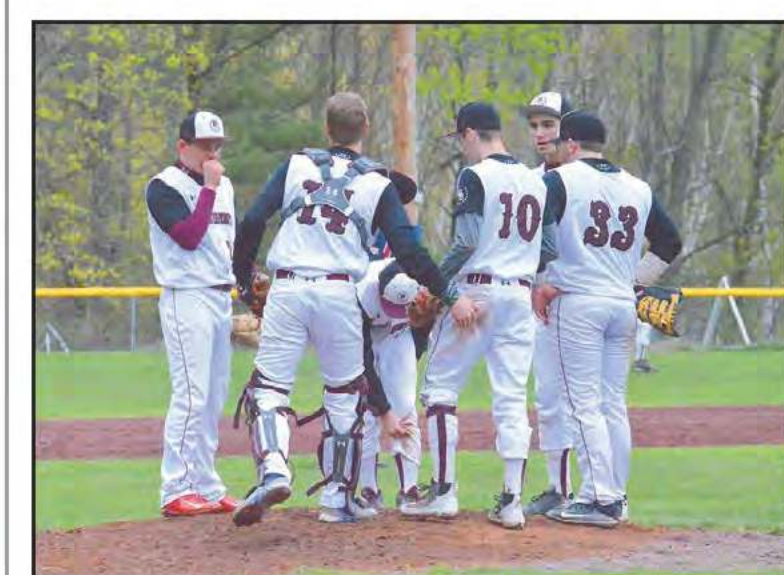
Fall Mt's Stuart Latham puts points up in the 2017 CVC Track and Field Meet with a 4th place finish in the Pole Vault.

PHOTO BY DOUG MACPHEE



There was some strong competition atop the Weight Events at the 2017 CVC Track and Field Meet. BF Sophomore Reno Tuttle placed finish in the Shot Put.

PHOTO BY DOUG MACPHEE



BR vs GM Softball

The Black River boys have a team huddle on the mound.

PHOTO BY MICHELLE RIVARD



Springfield softball

Springfield's Head Coach Softball Andy Bladyka is shown here conferring with his pitcher Hannah Crosby and catcher Cassidy Otis during Saturdays nights win under the lights in Springfield over Green Mt 8 to 5 in inclement weather. The Cosmos win was Bladyka's 200th in the Green and White colors.

PHOTO BY DOUG MACPHEE



Charlestown youth

Tristin Parker helped bring Charlestown to victory with a win of 11 to 0.

PHOTO BY KRISTEN PAKER



BF's Molly Kelly won the High Jump with a personal best of 4' 10" Saturday in the CVC Track Meet held at Fall Mountain.

PHOTO BY DOUG MACPHEE

arts & entertainment

Memorial Day weekend pig roast and square dance

WESTON, Vt. - The Weston Community Association, in association with the Farrar Park Association, Weston Women's Club and the Inn at Weston, is pleased to host the tenth sort-of-annual Memorial Day weekend pig roast and square dance, to be held on Sunday, May 28, 5 to 7 p.m.

The event takes place at the Weston Green, with dancing on Park Street and the musicians performing under the portico of The Weston Playhouse. The Green is located on Route 100, in the center of Weston.

Dinner is being prepared by "Sugar Bob" Hausslein



Mary Barron and Marcos Levy perform with the Cold River Band.

PHOTO PROVIDED

and crew. Pulled pork barbecue plates, including sides, soft drinks and dessert, will be served beginning at 5 p.m. with discounts for children. Hot dogs and other menu choices will also be available. Wine and beer will be available for purchase, courtesy of the Inn at Weston.

Music for listening or square dancing, provided by the Cold River Band, will be performed from 5:00 to 6:45 p.m. Try your hand (or feet) at square dancing!

Everyone's invited. Mark the calendar. Bring the family! Bring your friends!

Tens of thousands of people enjoy events each year at Weston Community Association properties, including the Playhouse, Museums (Farrar-Mansur House, Old Mill and Craft Building), and Cold Spring Brook Park. In this, the Association's 95th year of community service, we again invite everyone to join us and celebrate with friends, family, and neighbors.

Broadway musical, "Cats" featured in Ludlow auditorium

LUDLOW, Vt. - FOLA (Friends of Ludlow Auditorium) will present its second streamed Broadway musical, "Cats" on Saturday, May 20 at 7 p.m. in the Ludlow Town Hall Auditorium.

Cats is a musical composed by Andrew Lloyd Webber, based on Old Possum's Book of Practical Cats by T. S. Eliot, and produced by Cameron Mackintosh. The musical tells the story of a tribe of cats called the Jellicles and the night they make what is known as "the Jellicle choice" and decide which cat will ascend to the Heaviseide Layer and come back to a new life. Cats introduced the song "Memory."

Directed by Trevor Nunn and choreographed by Gillian Lynne, Cats first opened in London in 1981 and then with the same creative team on Broadway in 1982. The London production ran for 21 years and the Broadway pro-



From the Broadway musical "Cats."

PHOTO PROVIDED

duction ran for 18 years, both setting new records.

As of 2016, Cats is the fourth-longest-running show in Broadway history, and was the longest running Broadway show in history from 1997 to 2006 when it was surpassed by The Phantom of the Opera. Cats is the sixth-longest-running West End musical. It has been performed around the world many times and has been translated into more than

20 languages.

Some of the "cats" in the musical are Gus, An elderly actor, known as "the Theatre cat," Busstopper Jones - A fat cat respected by all, as the upper-class "St. James's Street Cat," Grizabella - a former "glamour cat," ostracised by the Jellicles, who has lost her sparkle and now only wants to be accepted. Jellylorum - a queen who watches out for the kittens; Jemima - a kitten. She becomes the first cat to accept Grizabella; Jennyanydots - the old Gumbie cat. She sits all day and rules the mice and cockroaches at night, forcing them to undertake helpful functions and creative projects, to curb their naturally destructive habits; and Old Deuteronomy - the elderly Jellicle Leader.

The musical event is free and open to everyone; donations are appreciated. For information, call 802-228-7239 or visit the FOLA at www.fola.us.

Wounded Veterans Walk/Run

Saturday, May 27th, 2017

Sara Stryhas & The American Legion invite runners AND walkers to participate in a 5k/10k

Proceeds to be donated to the Wounded Warrior Project (WWP) to help injured service members

Time: Registration at 10 a.m. Race Begins at 11 a.m. **Location:** Check-in at Ludlow American Legion Parking Lot where race will begin. 133 Main Street, Ludlow, VT 05149

Registration: Adults \$20/Students & Seniors (65+) \$10 Payable by cash or check made out to WWP

Student perspectives in the SHS arts festival

SPRINGFIELD, Vt. - Celebrate spring with the annual Springfield High School Arts Festival May 18, from 5:30 to 8:30 p.m. The event showcases student perspectives on the theme of "Old and New," and features student work in the visual arts, on display from 5:30 - 7 p.m. in the high school cafeteria, as well as musical performances in the au-

ditorium from 7 - 8:30 p.m.

Visual arts students will explore the theme in drawings, paintings, photography, sculpture, and mixed media. The music department will take the opportunity to honor the memory of beloved former Springfield music teacher Isabella Erickson by dedicating a new marimba, purchased through donations in her

name, and the 4.5 octave instrument will play a prominent role in a piece written specifically for this occasion. Entitled "Restless," the work is a concerto for Marimba, Snare Drum, Timpani and Band, composed by SHS graduate Nicolas Chlebak.

A digital display featuring written memories of Mrs. Erickson from

former students, colleagues and friends will run in the lobby.

Admission is free; donations to the Springfield High School music program or to the Erickson Musical Memorial Fund are gratefully accepted. SHS student activity groups will have refreshments and snacks available for purchase.

Local Rockingham artists participate in VT Crafts Council Open Studio Weekend

REGION - Visitors and residents of Rockingham will have the opportunity to view artist/artisan studios as they stroll the historic downtowns of Bellows Falls and Saxtons River during the Vermont Crafts Council Open Studio Weekend on May 27-28 from 10 a.m. - 5 p.m.

"We're organizing a local effort in conjunction with the highly successful VT State Craft Weekend to draw attention to the unique artistic offerings to be found in Bellows Falls," said Rockingham Arts and Museum Project (RAMP) founding director, Robert McBride. "We've spent over a decade integrating artists and the arts in the organic revitalization of downtown Bellows Falls, and are proud of the integral role artists play in sharing their talents with the community."

Participating artists include Robert McBride, Phyllis Rosser, Chris Sherwin of Bellows Falls; Clare Adams

and Jeanette Staley of Saxton's River; Ailyn Hoey, Mark Goodenough of Rockingham; and ceramists Virginia Wyoming and Nancy Calicchio of Westminster West.

Additionally, the work



Project Space 9 in the Exner Block.

PHOTO PROVIDED

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uuspringfieldvt.org

of these artists will be on display from May 8 - June 4 at the Flat Iron Building, 51 The Square, Bellows Falls. The Flat Iron is the designated information center for the weekend. Brochures are located there including maps and listings of local eateries and businesses. Look for yellow balloons and placards that indicate arts venues open to the public.

"The Art of the Resistance" is the installation at Project Space 9 Gallery located at 9 Canal Street in the Exner Block (circa 1905), renovated 15 years ago to provide ten affordable live/work spaces and six retail spaces with a focus on the arts. Project Space 9 is wheelchair accessible. Please call 802-463-3252 in advance to make arrangements.

The Flat Iron is also wheelchair accessible. Contact them at 802-460-0357 to make arrangements. There is plenty of all-day parking at the Amtrak train station, a walk that crosses over the oldest chartered canal in the United States (1792) just two blocks from the downtown square.

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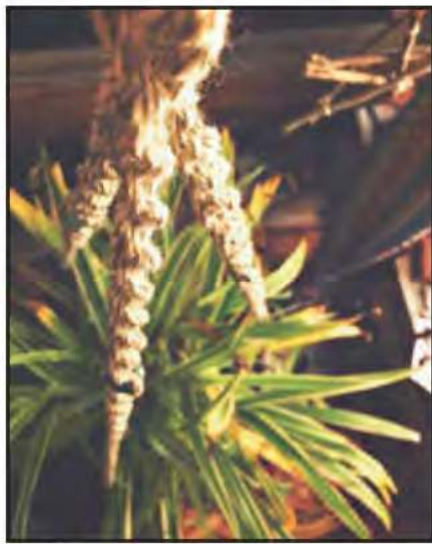
arts & entertainment

Macrame plant hanger class

CHESTER, Vt. - The Community Art Garden will be hosting a sip and create event Friday, May 26 from 7-9 p.m. Bring your beverage of choice and come learn how to macrame plant hangers. This skill is a fun and easy way to give your home a bohemian look and make space by getting your plants up off the floor or shelf. Local artist, Amber Paris, will lead the class.

Pre-register at: <http://www.com->

munityartgarden.com/classes .A minimum of five people will be necessary to run this class. The Community Art Garden is located at 295 Main Street, Chester VT in the Moon Dog Cafe building. For more information, contact: Emily Burkland, owner/director-theartgardenvt@gmail.com Amber Paris, instructor-amberlparis@gmail.com.



Make a macrame plant hanger at the Community Art Garden. PHOTO PROVIDED

Join in a relaxed Family Fun Day

SPRINGFIELD, Vt. - Family Fun Day will be held at the Springfield Community Center on May 20 from 10 a.m. to 1 p.m. Families with young children are invited to join a relaxed day of fun, including learning activities, raffle prizes, music and a burrito lunch.

Parenting is a challenging job! Family Fun Day will provide an opportunity for parents to recognize the learning opportunities they provide their children in every day

interactions. Families will choose three fun activities with the facilitation support of local experts. Activities to include: cooking with kids, tumbling time, art of zentangling, yoga, zumba, and reading rocks.

This event is being brought to our communities through the collaborative efforts of Building Bright Futures, Windham Northeast Supervisory Union, Springfield Area Parent Child Center, Edgar May Recreation Center, Springfield Medical Care

System, Vermont Department of Health, Association of Springfield Area Churches, Springfield Town Library, Rockingham Free Public Library, and Springfield Art Gym.

To register visit the Springfield Area Parent Child Center Facebook page. For more information call the Springfield Area Parent Child Center 802-886-5242. There is a suggested donation. Scholarships are available.

Over the Hill Poker Run

REGION - The River Valley Ridge Riders Over the Hill Poker Run will meet at 9:30 a.m. on Saturday, May 20. Meeting location is at the Springfield Health and Rehab on Chester Road. The ride will leave at 10 a.m. and travel to the Gill Odd Fellows Home in Ludlow then to Elm Wood Nursing and Rehab Center in Claremont, N.H. The end will be at the Cedar Hill Health Care Center be-

tween Windsor and Ascutney on Route 5. There will be coffee and donuts at the start and food at each stop.

Put on by the River Valley Ridge Riders. The event is free to view and free to participate. No sign up fee. For more information contact Ed Foster at 802-885-9607 or call 802-738-2259.



Over the Hill Poker!

STOCK PHOTO

Seventh annual May Festival —

SPRINGFIELD, Vt. - Join us for Springfield's seventh annual May Festival on Saturday, May 20. Beginning at 9:00 a.m., the festival features the popular plant sale table (along with free advice), arts and crafts vendors, flea market tables, and an indoor art

show and sale. There will be music throughout the day by the Springfield Stringers (George Ainley and Friends), John Hitchcock, Jay Doucette, and strolling minstrel, Matt Meserve. Homemade food is available in the "Café." They will have coffee, muffins, and quiche in

the morning and a variety of delicious homemade chili and cornbread for lunch.

This free event is at the Unitarian Universalist Church in Springfield, 21 Fairground Road. Festival Hours are from 9 a.m. to 3 p.m. See you there! www.uspringfieldvt.org.

Hicks and Goulburn – UK musicians at Mount Holly Library

BELMONT, Vt. - Folk, ragtime, jazz, classical, original material – this is what you should expect from Hicks and Goulburn, the UK musicians on Sunday, May 28. The red hot fingerpicking of internationally

renowned guitar virtuoso Steve Hicks will leave you slack jawed and open mouthed. Combined with the soaring vocals of award winning singer songwriter Lynn Goulburn, Hicks and Goulburn, are well loved on the UK

folk and acoustic scene. Be prepared for top-notch musicianship, wide variety of songs and instrumentals. Mt. Holly Town Library is located on 26 Maple Hill Road, Belmont, Vermont. Event starts at 4 p.m.

New comedy opens Springfield Community Players season

SPRINGFIELD, Vt. - A new comedy, "The Savannah Sipping Society," will open the 2017 season for the Springfield Community Players. This hilarious, yet touching play by the team of Jessie Jones, Nicholas Hope and Jamie Wooten, is set for performances on June 2, 3, 9 and 10.

The play is the story of four strong southern women, each facing a critical point in her life, who are drawn together by fate—and an impromptu happy hour—and decide to reclaim the enthusiasm for life they have lost through the years. Over the course of six months, filled with laughter, hilarious misadventures and the occasional liquid refreshment, these

middle-aged women successfully bond and find the confidence to jumpstart their new lives.

The cast includes Sara Vitale of Athens as Randa Covington, a perfectionist facing unexpected unemployment. Trilby Whitcomb from Bellows Falls plays Dot Haigler, who is recently widowed and living in a new city. Kay Burge from Springfield takes on the role of Marlaface Mosley, an earthy and boisterous good ol' Texas gal, who has come to town to start a new career after divorcing her tom-cattin' husband. Robin McNamara from Springfield plays Jinx Jenkins, a makeup artist who wants to start a sideline as a life coach, with



The Savannah Sipping Society. PHOTO PROVIDED

her three new friends as her first clients. She also faces a challenge in taking care of her older sister who is sinking into dementia.

The play will be performed at the Players Studio at 165 South St. Curtain is at 7:30 p.m. and doors open at 7 p.m. Tickets can be reserved by calling 802-885-4098.

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Andria Donohue, RN, Ludlow Health Center
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Georgina Snyder, RN
Mountain Valley Medical Clinic Nursing Staff
Stacey Gomez, RN, Surgical Services
Linda Simoneaux, RN, The Windham Center
Erin Waysville, RN, The Childbirth Center
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outdoor news

Okemo Valley Golf Club Men's League results

LUDLOW, Vt. – The Okemo Valley Golf Club Men's League gathered for their first week of competition on May 9. The cloudy and chilly conditions did not dampen the spirits of the players kicking off the 2017 season of league play. Grabbing top honors in the team-of-four scramble for the night was Huntley's Wealth Management. Clemente Delarosa, Jason Koponen, John Boehr and Mark Huntley shot a 6-under-par 29. Second place went to Bensons Chevrolet. Scott Howard, Derek Karner, Trevor Benson and John Goffinet shot a 4-under-par 31. Finishing in third place was Built Rite MFG. Dave Higley, John Smith, Ken Guy and Jake Pierce shot a 4-under-par 31. Closest to the pin winners were Derek Karner on the 4th hole, and Rich Russo on the 8th hole.



Okemo Valley Golf Club Men's League played May 9.

PHOTO PROVIDED

Results: 1st Huntley Wealth Management score 29/15 pts. 2nd Bensons Chevrolet score 31/13 pts. 3rd Built Rite MFG. score 31/11 pts. 4th UBS score 32/10pts. 5th Skygate Financials score 33/9pts. 6th Diamond Realty score 33/8 pts. 7th Knight Tubs score 33/7 pts. 8th Honey Dew Man score 34/6 pts. 9th Green Mountain Appraisals score 34/5 pts. 10th Strahas Builders score 37/4 pts.

Vt. Fish & Wildlife offers new tool to combat invasives

REGION – Now that spring has sprung, Vermonters can get ahead of the curve in curbing the spread of invasive plants that crowd out native plants, consume their resources, and compromise water quality. The Vermont Fish & Wildlife Department is providing opportunities for landowners, boaters and anglers to assist the state in combatting these unwelcome species. A new resource

gives Vermonters information about how to easily identify invasive species and provides recommendations for removing them or preventing their spread. The LIEP program (Locate-Identify-Evaluate-Prevent) is an online tool landowners, boaters, anglers, and concerned citizens can use to prevent the spread of invasive species.

"Everyone who loves the outdoors

should take responsible and usually easy actions to protect Vermont's landscape and important habitats," said Dave Adams, a Fish & Wildlife biologist who works with private landowners to improve habitat. "Being aware and educating yourself is the first and most important step in controlling invasive species."

Information about the LIEP program and resources for preventing the spread of invasive species is available at vtfishandwildlife.com.

Vt. Trail Projects to receive over \$540,000 in state grants

REGION – Governor Phil Scott announced the Vermont Department of Forests, Parks and Recreation (FPR) is awarding \$547,571 in grant money from the Recreational Trails Program to help fund 14 significant trail projects across Vermont.

"Vermont's outdoor recreational opportunities add to the quality of life, and draw tourists from around the world to our beautiful state," said Gov. Scott. "These grants play an important role in supporting trail projects throughout the state, and I appreciate the

Department's work to continue this program."

This year's grant awards will go towards the following projects in our region:

Town of Killington: 5.3 miles of new mountain bike trails in the Green Mountain National Forest.

Green Mountain Club: Butler Lodge historic renovations and puncheon replacement along ridge top of Mt. Mansfield at Profanity Trail junction and at Eagle Pass.

VAST: Winter grooming of the statewide VAST trails system.

field, VT: New grooming equipment to maintain Skitchewaugh's trail system of snowmobile trails.

Grant funds are made available each year through the federal Recreational Trails Program for municipalities and nonprofit organizations to build and maintain public recreational trails.

For more information on the Recreational Trails Program, visit the Recreation Trails Program website at fpr.vermont.gov/recreation/grants/ or contact program administrator Sherry Winnie at sherry.winnie@vermont.gov or 802-760-8450.

"Poop on Cancer" cow plop contest

SPRINGFIELD, Vt. – Calvary for A Cure, a team of the Windsor County Relay for Life will be holding their 3rd Annual "Poop on Cancer" cow plop contest on Saturday May 20 at 9 a.m. at Dolloff Acres in Springfield. Tickets for squares

are available at Tina's Hallmark in the Springfield Shopping Plaza or from a member of the Calvary for A Cure Windsor County Relay for Life team.

Not sure how a Cow Plop Contest works? A grid will be made on one of the Dolloff fields and the cow will take

to the field at 9 a.m. Whichever square the cow "plops" in determines the winner. The grand prizewinner will receive \$150 and all other proceeds will go toward the fundraising efforts of Calvary for A Cure. Get your tickets today and help finish the fight against cancer.

Vt. Wildlife course for educators

WOODBURY, Vt. – Vermont's popular fish and wildlife summer course for teachers and other educators will be held July 16 - 21, 2017. The hands-on field course that gets educators out into Vermont's streams, forests and wetlands with some of the state's leading natural resource experts will take place at the Buck Lake Conservation Camp in Woodbury.

Now in its 32nd year, "Wildlife Management for Educators" is a one-week, three-credit graduate course taught by Vermont Fish & Wildlife, and other Agency of Natural Resources (ANR) staff through Castleton University.

"Wildlife resources are important to all Vermonters in one way or another," says Fish & Wildlife's Education Manager Alison Thomas. "If educators can get connected with the outdoors and in turn expose their students, then many of these students will be able to make informed decisions about Vermont wildlife and their habitat needs when they become adults."

"This course is unique in that it helps non-formal, pre-service educators, as well as pre-kindergarten through twelfth grade teachers from any discipline - math, language arts, physical education, or history - improve their instructional strategies and make their lesson plans more relevant to their students."

"Course participants will include other ANR staff members as well, which provides a valuable opportunity for educators to not only learn from, but also work with Agency staff."

"This course is hands-on and experiential," added Thomas. "The course continues to evolve and incorporate new environmental education ideas and activities. But, we also continue to do traditional programs that have been part of the week for 31 years. It's a great mix of new and old with all of it being incredibly helpful and memorable."



PHOTO PROVIDED BY VT FISH & WILDLIFE

Vermont Fish & Wildlife's summer course for teachers and other educators will be held July 16-21 at Buck Lake in Woodbury. The course gets educators into Vermont's streams, forests, and wetlands.

There is a cost for tuition for the course with credits. Books, food and overnight facilities are included. A limited number of partial scholarships are available. A course description and schedule of activities are available from the Vermont Fish & Wildlife Department's website at www.vtfishandwildlife.com. You can also contact them by calling (802) 371-9975 or emailing Alison.Thomas@Vermont.Gov.

Buck Lake Conservation Camp in located east of Route 14, north of Woodbury Village.

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AUTOMOTIVE

LIBRARIES CONT.

TUESDAYS CONT.

songs and finger plays. Session includes playtime, an activity and a story time. Free and open to all. TFN

LUDLOW, Vt. - Fletcher Memorial Library, 88 Main St. for "Crafty Tuesdays" for kindergarten through grade six, 3-4 p.m. Call Sacha at 802-228-3517 or email skrawczykvt@gmail.com to register for programs. May 23, Dr. Seuss Hat pencil holder and Truffala tree pencils. Do you like "The Cat in the Hat" or "The Lorax?" Then this craft is for you! May 30, Soaring Dragons. Dragons are magical creatures that soar through the sky. Today we will make our own shimmering dragons that will fly! TFN

SPRINGFIELD, Vt. - Springfield Town Library storytime, 43 Main St., 10 a.m. Stories, songs, and activities for the

youngest readers. TFN

WESTMINSTER, Vt. - Westminster Fire & Rescue Department monthly meeting on the first Tuesday at 7 p.m. Rescue training is on the second Tuesday and combined drill on the third Tuesday. More information found at www.westminsterfireandrescue.org. TFN

WEDNESDAYS - WESTON, Vt. - Come and enjoy a story hour with friends at the Wilder Memorial Library! 11 a.m.-noon. Call Sacha at 802-228-3517 or email skrawczykvt@gmail.com to register for programs. TFN

LUDLOW, Vt. - Weekly toddler and pre-school story time with a weekly theme, music, and activity. 10:30-11:30 a.m. at the Fletcher Memorial Library. Best suited for ages 5 and younger. Call Sacha at 802-228-3517 or email skrawczykvt@gmail.com to register for programs. TFN

WINDSOR, Vt. - Preschool

and Toddler Storytime every Wednesday from 10:30-11:30 a.m. Windsor Public Library, 43 State Street. Each week features a theme, music stories and a craft. www.windsorlibrary.org. 802-674-2556. TFN

THURSDAYS - ROCKINGHAM, Vt. - Join the genealogy group at Rockingham Free Public Library every Thursday, 10:30 a.m.-12:30 p.m. when genealogy enthusiast Wayne Blanchard takes you on a quest to discover your family roots. If you own a laptop, please bring it along. Many free databases are available at the library. Beginners and seasoned genealogists are welcome. Free and open to the public. For details, call 802-463-4270, email programming@rockinghamlibrary.org or go to www.rockinghamlibrary.org. TFN

FRIDAYS - CHESTER, Vt. - Storytime at Whiting Library from 10: 30-

11 a.m. Come and listen to a story every Friday with your children. Call 802-875-2277. TFN

ROCKINGHAM, Vt. - Minecraft Club at the Rockingham Library every Friday from 3:30 p.m. - 4:30 p.m. A limited number of library computers are available. Registration is recommended if you will need to use a library computer. If you are joining the club with your own laptop and Minecraft account, you do not need to sign up. TFN

WEEKLY - BRATTLEBORO, Vt. - The Brooks Memorial Library, 224 Main St, Brattleboro, has a new display outside the children's room that explores the process of writing and illustrating the children's book, "Did Tiger Take the Rain?" by Bellows Falls author and artist C. W. Norris-Brown. The display will remain up until May 27. Hours are Monday through Wednesday 10 a.m.-9 p.m., Thursday-Friday 10 a.m.-

6 p.m., and Saturday, 10 a.m.-5 p.m. For more information, visit http://brookslibraryvt.org/. 802-254-5290. TFN

MEETINGS

TUESDAYS - SPRINGFIELD, Vt. - The Steampunk Society event committee meeting at the Hartness House Inn at 6 p.m. located at 30 Orchard Street. TFN

FOURTH FRIDAYS - BELLOWS FALLS, Vt. - Monthly Coalition meetings Friday, May 26, June 23, 12-1:30 at Parks Place. Lunch and good company provided. TFN

SUPPORT GROUPS

SUNDAY, JULY 16 - BELLOWS FALLS, Vt. - The Connecticut Valley Ostomy & IBD support group (COG) aims to bring people together who are managing with inflammatory bowel disease or who have had an ostomy of any type. No cost to attend. It is run by Margaret Heale (802-376-8249) a local certified Wound, Ostomy and Continence Nurse Specialist. Summer BBQ, Fall Gathering, and Winter Potluck at Mrs. Heale's residence. **Summer BBQ** - Sunday, July 16 at 12:30 p.m. **Fall season** - Friday, Sept. 8, at 5 p.m. **Winter potluck** - Sunday, Dec. 3, at 12:30 p.m.

MONDAYS - SPRINGFIELD, Vt. - NAMI Vermont Connection Recovery

Support Group is a mental illness support group. It provides a forum to share experiences and learn about opportunities and challenges regardless of diagnostics. HCRS, CRT Room, 390 River St. Meets every Monday from 1 - 2 p.m. Info: call 800-639-6480 or visit www.namivt.org. TFN

BELLOWS FALLS, Vt. - Overeaters Anonymous Meeting from 7 - 8 p.m., 44 School Street, Bellows Falls 05101 Please call 802-376-3507. TFN

TUESDAYS - LUDLOW, Vt. - A YMCA diabetes prevention program will be offered on Tuesdays at the United Church of Ludlow, 46 Pleasant St, 2-3 p.m. This is a year-long lifestyle change program. Reduce your risk of developing Type 2 diabetes through healthier eating and exercise habits. Free and open to the public. Register by Monday, May 22, at 802-886-8946. TFN

SPRINGFIELD, Vt. - Breast Feeding Support Group 2nd and 4th Tuesday at the Springfield Hospital Library Level D. 12 - 2 p.m. It is free and no registration is required. For more information call Erin at 885-7511. TFN

LUDLOW, Vt. - Co-Dependents Anonymous meets on Tuesdays, 6:30-7:45 p.m. in the basement of the Fletcher Memorial Library, 88 Main St. in Ludlow. Find out more about CoDA at coda.org. For more information regarding this meeting, contact Sarah E.


at sarahcoda2016@gmail.com. TFN

WEDNESDAYS - LONDONDERRY, Vt. - Weekly clean and sober 12-Step Meeting. Support Group meets at Neighborhood Connections next to the Londonderry Post Office at 5:30 p.m. every Wednesday. TFN

THIRD WEDNESDAY - ASCUTNEY, Vt. - Twin State Depression Support Group meets at Martin Memorial Hall, Lower Level (Handicap Accessible), 5259 Route 5, Ascutney, (near Exit 8 off I-91) at 6:30 p.m. Have you been diagnosed with depression? Have not been diagnosed but think you may be depressed? Have a friend or family member who has depression? Then this group is for you! Support, empathy, sharing, education, confidentiality, peer-led. Contact TwinStateDSG@gmail.com or 641-715-3900 (extension 650055#). TFN

THURSDAYS - SPRINGFIELD, Vt. - Mental health peer support group, 2-3:30 p.m. at the First Congregational Church, 77 Main St. The group's goal will be to provide a safe and healthy environment for people to give and receive support around mental health issues. The group is free and open to the public. Call Diana Slade at 802-289-1982. TFN

SPRINGFIELD, Vt. - TOPS (Take Off Pounds Sensibly) at Huber Building, 80 Main St. Weigh-in starts at 8 a.m. and the meeting begins at 9 a.m. TFN



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AUTOMOTIVE

roots on the river

BELLOWS FALLS, Vt. – Newcomers, fan favorites, and veteran singer/songwriters have lined up to light the stage at this year's Roots on the River Festival to be held Friday, June 9, through Sunday, June 11.

The event will feature the return of popular headliner Hayes Carll on Saturday night, flanked by an eclectic mix of musical entertainment throughout the weekend of Southern Vermont's premiere music festival.

"We are thrilled to have Hayes return to the Roots stage," Ray Massucco, Vermont Festivals LLC promoter, said. "Our festivalgoers love Hayes, and Hayes loves our unique festival!"

Last year's popular expanded Full Gospel Hour Show on Sunday at the Rockingham Meeting House will continue, featuring Nashville-based festival veteran Mary Gauthier, hosting the lively, unforgettable event that is equally popular with locals and out-towners as well.

"Mary has joined us since 2000, stirring the crowd with her passionate lyrics and mesmerizing melodies," Massucco said.

Massucco also announced this year's non-profit beneficiary is the Bellows Falls Bike Project. Buy tickets from them, and they keep 50 percent of the proceeds.

The first two days of the festival take place under the Big Tent at the Rodeway Inn on Friday and Saturday, with early birds gathering at Donovan's in Bellows Falls on Thursday night to set the tone for the festivities.

Friday's lineup will include first time appearances by Ian Foster from Newfoundland, a singer/songwriter with the heart of a storyteller and poet, and Betty Soo, who hails from Austin, Texas. Woodsmith & Hersch will perform on Friday. Dan Weber, a three-times Roots veteran, newcomers Birds of Chicago and the fabulous Bill Kirchen will round out Friday's show.

On Saturday, we welcome Roger Marin, who has faithfully played at every Roots festival, along with three-time performers The Meadows Brothers! The day's lineup also includes Chester native The Suitcase Junket, who has appeared with Rusty Belle, RotR newcomer Ghosts of the American Road, Brooklyn-born singer/songwriter Dayna Kurtz, and the energetic and engaging Boxcar Lilies.

New England based folk quartet Rani Arbo & Daisy Mayhem will return for the first time since 2004, and long-time favorite Hayes Carll will top off the evening after a five-year hiatus.

Saturday also features our specially staffed Youth Tent, with games, crafts, and healthy snacks, so parents can let the kids play in easy view of the concert area.

The festival winds down on Sunday with one of its most popular venues, the landmark Rockingham Meeting House. "The Full Gospel Hour Show was overwhelmingly successful last year," Massucco said. "So we are building on it this year by popular demand!"

Joining Gauthier at the Meeting House are The Meadows Brothers, The Boxcar Lilies, and Dayna Kurtz.

"The Sunday Meeting House show is already at slightly over 50 percent of capacity, and always sells out, so if you are interested, purchasing your tickets early is advised. The Sunday show is the only one with limited seating," Massucco said.

The festival is smoke-free, and family and pet friendly, so

make this weekend an outing for everyone to enjoy. Children's tickets and Saturday family ticket packages will be available at the gate. There is also a Deluxe Weekend package, including admission to the venues 30 minutes early on Friday and Saturday, and 15 minutes early on Sunday, with guaranteed seating all three days.

Deluxe Ticket holders are invited to visit a catered hospi-

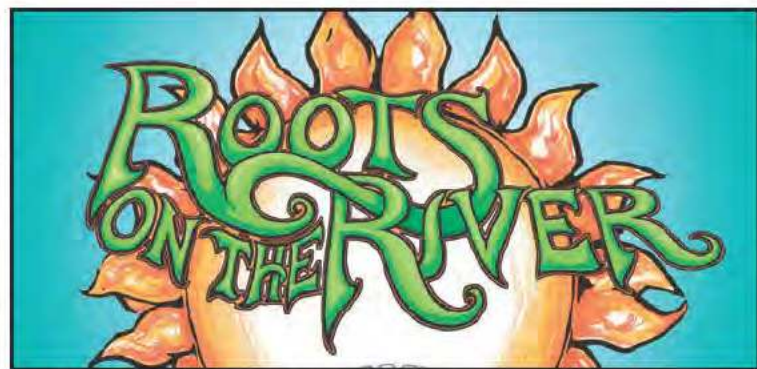
ality tent on Friday from 3:30 p.m. to 9 p.m. to meet and greet with artists. They also receive a discount on RotR merchandise and souvenirs, reserved parking at the Rodeway Inn, and a going away bash at Donovan's on Sunday with food, music, and door prizes.

There is a limited number of Deluxe Tickets for guaranteed seats under the big tent, so plan to come early or bring a small lawn chair or blanket. Vendors

will be on-site to provide food and beverages, and no glass is allowed at the venue.

"There is expanded rough camping for the first time this year," Massucco said. "Lots of open field camping on site."

For more information, and to purchase tickets, please go to www.rootsontheriver.com, or call 802-460-3333.



The Roots on the River Festival is coming Friday, June 9 - Sunday 11. PHOTO PROVIDED

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Vermont House gives preliminary approval to Paid Family Leave

REGION - The Vermont House on May 2 gave preliminary approval to the Paid Family Leave insurance bill on a voice vote.

The bill, H.196, enables Vermonters to take time off from work to care for an infant or an elderly relative without balancing that family need against the necessity of a paycheck. It creates a Family Leave Insurance Program within the Department of Labor that will provide employees with up to six weeks of paid family leave through modest employee contributions.

"This bill is an important measure in protecting the rights of employees and strengthening families and communities" said General, Housing, and Military Affairs Committee Chairwoman, Representative Helen Head. "It gives Ver-

monters economic security and makes our state an even more attractive place to live, work, and raise a family. This bill safeguards the interests of Vermont workers as well as the economy of the state as we work to ensure a strong and healthy future for the next generation of Vermonters."

"We are prioritizing legislation that ensures Vermonters are on the path forward to a healthy future and strong economy," noted House Speaker Mitzi Johnson. "Paid family leave is a crucial insurance plan for Vermonters. This bill bridges the economic gap new parents and caretakers of elderly relatives face when they are forced to choose between caring for their family and earning a paycheck. In addition to allowing parents time with their new child, this bill relieves pres-

sure on both the scarce infant care resources and the cost to the state of our child care subsidies."

"Additionally, paid family leave is important benefit to the small businesses that make our economy strong. As a small business state, Vermont competes with other cities and states that have more opportunities for higher wage work. A statewide family leave insurance program will help attract and retain young professionals and families. This bill will also reduce turnover costs that small businesses face and will stabilize and grow our Vermont small businesses" said Assistant Majority Leader and small business owner, Representative Tristan Toleno.

The bill will now move to the Senate for consideration.

Vermont awarded a \$2 million federal grant to address and prevent opioid misuse

REGION - Governor Phil Scott joined Senators Patrick Leahy and Bernie Sanders, and Congressman Peter Welch in welcoming a \$2 million federal grant to increase access to opioid misuse prevention, treatment and recovery services for Vermonters.



Opioid abuse in Vt. to be addressed with grant. STOCK PHOTO

In a letter to Gov. Scott, U.S. Health and Human Services Secretary Tom Price said the funding is the first of two rounds as provided for in the 21st Century Cures Act. The funds will be allocated through the State Targeted Response to the Opioid Crisis Grants administered by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Governor Scott said he and the state's health officials welcome this critical support for Vermont's prevention, treatment, recovery and enforcement efforts. "We are taking a comprehensive approach, and this funding will help strengthen our ability to effectively address the opioid crisis in our state," said Gov. Scott. "I appreciate the commitment of Secretary Price, and the indispensable work of our congressional delegation, to helping Vermont and the nation confront these considerable challenges."

The grant will be used to enhance Vermont's public and nonprofit partnerships, increase peer recovery support for Vermonters with opioid abuse disorders, build community education programs and implement programs to stop diversion of prescription drugs for illicit use.

In a joint statement, Sens. Leahy and Sanders, and Rep. Welch said, "This new funding will strengthen efforts already underway in Vermont

to address the opioid crisis. Our state, like so many others, faces extraordinary challenges resulting from an influx of heroin and fentanyl on a scale that we have never seen before. In Washington, we are fighting to commit the resources needed to address this crisis head-on, and to support smart policies that reduce the demand for these drugs. We look forward to working with Governor Scott and his team to help those in need. We owe it to Vermonters to get this right."

According to the HHS letter, grants are being awarded to all 50 states, the District of Columbia, four U.S. territories and the free associated states of Palau and Micronesia. The amounts are based upon rates of overdose deaths and unmet need for opioid addiction treatment.

In 2016, there were 106 accidental and undetermined opioid-related fatalities in Vermont - a 41 percent increase from 2015. Since 2010, opioid-related deaths have more than doubled.

In January, Gov. Scott established the Opioid Coordination Council and appointed a Director of Drug Policy Prevention, Jolinda LaClair, to lead and strengthen Vermont's response to the opioid crisis through enhanced coordination between state and local governments.

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