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Happy birthday Calvin Coolidge!

BY AIYANA FORTIN

The Vermont Journal

PLYMOUTH NOTCH, Vt. – For the first time in 20 years Tuesday, July 3, fireworks lit up the Plymouth Notch sky to kick off a two-day celebration of American independence and the birth of its 13th president, Calvin Coolidge. Coolidge is the only U.S. president born on Independence Day, and July 4 has been celebrated at his birthplace in Plymouth Notch for many decades. The President Calvin Coolidge State Historic Site attracted hundreds of visitors for the fireworks, naturalization ceremony, the final rounds of the Coolidge Cup National Debate Championship, and many other traditional and fun activities throughout the day.

The breathtaking fireworks show began at dusk, but only after an astounding portrayal of President Calvin Coolidge himself, by reenactor Tracy Messer.

Events began at 9 a.m. July 4 with a reading of the Declaration of Independence in the Plymouth Union Christian Church. At 10 a.m., the Coolidge Foundation and the United States Citizen and Immigration Services hosted an official naturalization ceremony. The American Legion Honor Guard, Post 31, from Rutland, Vt. presented the colors, led by U.S. Marshal John Curtis. Chairwoman of the Coolidge Foundation, Amity Shlaes, extended a warm welcome to

all. She recounted that President Coolidge supported immigration throughout his life, citing his words on immigration, our differences, and our strengths. “Whether one traces his Americanism back three centuries to the Mayflower, or three years of the steerage, is not half so important as whether his Americanism of today is real and genuine. No matter by what various crafts we came here, we are all now in the same boat.”

Jennifer Sayles Harville, great-granddaughter of Calvin Coolidge, performed the National Anthem, followed by the introduction of guests and remarks from Matthew Denhart, Coolidge Foundation executive director, who spoke of the importance of the contributions immigrants have made to founding and nurturing our society, and the beauty in our unity as a country. Coolidge recognized the importance of diversity and acceptance of disagreement and the necessity of respect for all opinions, especially if they differ from your own. Denhart concluded with a warm congratulations for the 20 immigrants, who hail from 11 different countries.

The Honorable J. Garvan Murtha of the U.S. District Court said a few words. “While the Declaration of



Members of the Vermont National Guard lay a wreath sent by the White House on President Calvin Coolidge's grave.

PHOTO BY AIYANA FORTIN

Independence enumerated that all men are created equal and endowed with certain unalienable rights, including the right to life, liberty, and the pursuit of happiness,” Murtha stated, “it does not guarantee reality.” The Constitution, a living document, established the ideal framework, but it is the compassion, civility, and freedom of our citizens that makes America great. There are no rights without duties, nor

freedoms without responsibilities. J. Murtha closed with an emphatic “Welcome my fellow American citizens. You are welcome here.”

The candidates took the Oath of Allegiance to protect and serve America above all else and were given certificates of citizenship. Bill Wiles, adjunct professor of English from Castleton University, led everyone in “America the Beautiful” and “God Bless America,” and John

Curtis, U.S. Marshal, led everyone in the Pledge of Allegiance.

The newly naturalized citizens immediately began celebrating with their families. It was a beautiful day for all who attended. “There are just so many things running through my mind right now,” Karin Ndzelen, originally from Cameroon, stated. “But mostly it’s freedom, another open door for opportunity for me, my family, my friends, and my country.”

Alex and Tamara Cameran from Canada, stated, “I grew up in a family of politicians, my father, my grandfather, my great-grandfather were all involved, and they taught me the importance of voting and of giving back to your country. We’ve lived here [in America] for 17 years, and now we’re finally able to give back to this incredible country we call home.”

Omar M. Palo from Somalia, stated what this day has meant to him and his family. “It means freedom. It’s good to be American.”

At noon, a delegation of the Vermont National Guard led a march to the Plymouth Notch Cemetery, where a wreath sent from the White House was placed at the president’s gravesite in a brief ceremony with members of the Coolidge family in attendance. President Coolidge’s

great-granddaughter Jennifer Sayles Harville performed the National Anthem, Taps was played by the National Guard, and members of the Coolidge family read selections from the speeches of President Coolidge.

At 2:30 p.m., the final round of the Coolidge Cup National Debate Championship took place in the Plymouth Union Christian Church, where the final two debaters argued for both sides of this year’s debate resolution: “For the United States, socialism would be a better economic system than capitalism for promoting the well-being of the average person.” The 2018 Coolidge Cup first prize award is a \$7,500 college scholarship. The Coolidge Cup is a national high school debate tournament that features top debaters from across the country.

The day, which had been filled with chances to explore the museum, enjoy a barbecue at the Wilder House Restaurant, experience cheese-making at the Plymouth Artisan Cheese Factory, enjoy performances by the Stringfield Springers old-time string band, play various traditional children’s games, and enjoy birthday cake, concluded with a speech by President Coolidge.

The Coolidge Foundation is proud to partner with the President Calvin Coolidge State Historic Site to host all of these exciting events. The Calvin Coolidge State Historic Site is open daily from 10 a.m. to 5 p.m. until Oct. 21.

Cavendish residents continue discussion on Tierney Road —

BY THOMAS FOSTER IV

The Vermont Journal

CAVENDISH, Vt. - The Cavendish Selectboard met Monday, July 10 to update residents on varying discussions that have been taking place at previous meetings. One of which is the debate on whether a local resident, Justin Savage, should be allowed to operate a small-scale stone quarry on his property on Tierney Road.

In previous meetings, those opposed to the Savage’s project were vocal with their concerns, and Tierney Road resident Linda Watson called for the Selectboard to take action. “We feel the Cavendish Selectboard has a duty to uphold the town plan,” she said, including that the Selectboard should be “protecting tax revenue.”

This statement came after she pointed out that residents of the road would be filing grievances if the quarry were allowed, in fear of a decrease in their property value.

However, Cavendish resident Carl Snyder made a counter argument. “The commercial business could bring more tax dollars to balance everything out.”

Additionally, he reflected on a previous incident in 1976 where someone wanted to open a larger stone quarry that was denied. “We lost potential jobs and stone that they were willing to donate,” he commented.

In the meantime, Linda Watson demanded that the Selectboard hold



Cavendish Selectboard continues to discuss Tierney Road quarry.

PHOTO PROVIDED

a special meeting next week and to get a written statement from Town Council by June 12. “Time is if the essence,” a resident stated.

Meanwhile, another resident felt upset with the situation. “Now we know who our neighbors are. All I hear is threats,” she had remarked.

The Selectboard continued to remain neutral in the situation and didn’t make any responses to the al-

leged threats and deadlines.

Other items that were discussed at the meeting was an update on the derelict building on 53 Depot Street. Town Manager Brenden McNamara updated the board by saying the owner agreed to tear down the building. More information on the meeting can be found at www.Cavendishvt.com where the minutes are posted.



Donate Life speaks to Ludlow Rotary Club

LUDLOW, Vt. - Matt Boger, a representative of the New England section of Donate Life, discussed the organ donation process that helps save lives to the Ludlow Rotary Club. He stressed that the process was totally voluntary and noted the large number of people who are in need of organ transplants. From left to right: Kyle Matulonis, Mary Crowley, Jill Tofferi, Jack Menzie, Paul Faenza, Suzanne Garvey, Kevin Barnes, Kim Lampert, Brett Wright, Alphonso Harris, Scott Murphy, Sharon Bixby, and Barbara Lemire.

PHOTO PROVIDED

Alecia Rokes named to Dean’s List

ANDOVER, Vt. - Dean’s List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to Alecia Rokes of Andover, Vt. in the Spring 2018 semester at LeHigh University.

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All press releases are **subject to space** and **may not include pricing information.**
Send images as a **JPEG.**

Free food and fun at Cavendish Baptist Church

CAVENDISH, Vt. - Can you only imagine a day like no other? It's coming. Free food and free fun! Bring your family; bring your friends. There will be Bible stories, songs, a cookout, and water games Tuesday, July 17 from 5 to 7:30 p.m. at the Cav-

endish Baptist Church, 2258 Main Street, Cavendish. Bring swimwear and a towel. Please RSVP by Saturday, July 14 to 802-226-7131 or email charlottesnyder@tds.net. Don't miss the fun, the cookout, and the making of great memories!



Enjoy a friendly water fight!

PHOTO PROVIDED

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Michael J. Kennedy to speak at Landgrove Meeting House

LANDGROVE, Vt. - On July 15 at 9:30 a.m. the Landgrove Meeting House is delighted to welcome Michael J. Kennedy who has graced our space before with his unique perspective. Widely known as a lauded educator, he also served for three years as a naval officer in an underwater demolition team and was officer-in-charge of a Gemini Space Capsule Recovery. His lifetime commitment to learning spans from the west to the east coasts, from grade

school teacher to department chair. At Chestnut Hill Academy in Pennsylvania for seven years, he taught English and became the department chair. Similarly at Pomfret School in Connecticut, he chaired the English department and was dean of faculty. While he now lives in New Hampshire, he had a house in Landgrove for 15 years and knows and loves the area deeply. Please join us for this special event, complete with fellowship, song, sharing, and a coffee hour afterward.

District governor presents plans for coming year

LUDLOW, Vt. - The Ludlow Rotary Club recently welcomed Venu Rao, the 2018-19 governor for Rotary's District 7870, a district that covers southern Vermont and New Hampshire. The district includes over 60 local Rotary clubs. During his address to the club, Rao stressed the importance of making the public aware of Rotary International's goals as well as its local and regional accomplishments. He outlined a number of ways each local club may achieve these objec-

tives and, in the process, gain new members. He also praised the LRC for ongoing local and regional contributions. LRC meets for lunch most Tuesdays at 12:15 p.m. at DJ's Restaurant. The LRC is small and is always looking to welcome new members. If you would like to attend a meeting and learn how you may Serve Humanity while enjoying the fun and fellowship of others, please contact any Rotarian or drop a note to Ludlow Rotary, P.O. Box 216, Ludlow, Vt.

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Song Fest at Weston Church

WESTON, Vt. - Song Fest followed by evening prayer at the Weston Community Church on the Hill will take place, Saturday, July 14 at 3:30 p.m. Songs led by musician and singer, Pat Connelly, with percussion by Joe Connelly. Evening prayer will be led by Pat. All are welcome. For more information, go to www.vtchurchonthehill.org.

PHOTO PROVIDED



Venu Rao and Jill Tofferi, LRC president.

PHOTO PROVIDED

Yoga Alliance announced their official recognition of Buddhaful Yoga

CHESTER, Vt. - Buddhaful Yoga is excited to announce the official recognition and approval by Yoga Alliance, the largest nonprofit credentialing organization of yoga teachers and schools in the world. Buddhaful Yoga's first 200-hour yoga teacher training session begins this September 2018 and offers students a unique, transformational experience through the ancient teachings of Hatha Yoga. This training program will run for nine weekends over the course of nine months and is in the process of being approved by Vermont Student Assistance Corporation for non-degree grants. The school also offers weekly yoga classes, eight-week yoga series, and opportunities to study privately with a knowledgeable and dedicated teacher.

Buddhaful Yoga was founded in 2013 by yogini and UVM graduate, Liza Eaton. Born and raised in southern Vermont, she has passionately studied yoga for 15 years. Liza completed her 500-hour certifica-



Try a yoga class.

STOCK PHOTO

tion in Hatha Yoga through Kripalu Center for Yoga and Health and is working on her Level 2 certification in Kundalini Yoga as taught by Yogi Bhajan. Buddhaful Yoga is located on the green at The Fullerton Inn, 40 The Common, Chester, Vt. For more information, call 518-763-1490 or go to www.buddhafulyoga.com.

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Help Chester Fireworks 2018

CHESTER, Vt. – It is that time of year again. We are just about two months away from the annual Chester fireworks. This year, they are scheduled for Saturday, Sept. 1 at McKenzie Field. At a recent town meeting, it was voted to donate \$2,500 toward the fireworks, which will cover almost half of the cost of \$5,500.

To make this year's fireworks possible, we need your help. This is truly a community effort and requires everyone's participation. Please mail or bring your contribution, large or small, to: TD Bank, P.O. Box 446, Chester, VT 05143. Make checks payable to Chester Fireworks.

This year's t-shirts will be available July 31 at Lisa's Market, Chester Hardware, and the night of the fireworks. All proceeds go to the fireworks. If you made a donation last year, your name is included on this year's t-shirt.

Also, we need volunteers Saturday to help with parking and collecting money. Help is also needed Sunday, Sept. 2 at 9:30 a.m. to pick up the debris on the field. If you can help, please call the Motel in the Meadow at 802-875-2626.



Help support Chester fireworks. STOCK PHOTO


BRAM fundraising dinner for preservation of the historic building

LUDLOW, Vt. - Tired of trying to figure out what's for dinner to-night? Give yourself a break. Treat the family to a night out at Willie Dunn's restaurant located at the Okemo Valley Golf Club at 89 Fox Lane in Ludlow. The Black River Academy Museum is holding a fundraiser there Thursday, July 19 from 5 - 8 p.m. Have a fabulous dinner with family and friends and a portion of all proceeds will be donated

to BRAM for the preservation and conservation of this historic building. This event is open to the public; everyone is invited. Hope to see you out on the patio eating a delicious meal, partaking in a cool summer drink, and enjoying serene mountain views.

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Ready-to-Go Meals! With a glass of wine of course!

Weston Playhouse presents “Fun Home”

BY AIYANA FORTIN
The Vermont Journal

WESTON, Vt. - The Weston Playhouse never fails to impress, bringing an incredible rendition of the 2015 Tony-Award winning musical, “Fun Home,” to their Second Stage at Walker Farm. The acclaimed Weston founding director, Malcolm Ewen, an incredible cast and production crew take the audience on an emotional rollercoaster and journey of self-discovery, based on a true story.

The matinee performance July 7 saw a full house in the state-of-the art and brand new Walker Farm Theatre, an innovative and intimate space, where the audience surrounds the stage on three sides, the live band plays from the back, and the flexible and minimalist set design provided an immersive experience for all.

The lights rise on Alison Bechdel, a 43-year-old lesbian cartoonist looking back on her life to find answers. Her memories take the audience through three stages of her life, from when she was young and wanted to play airplane with her dad, when she created a commercial for the Bechdel Funeral Home with her brothers, which they affectionately referred to as the “Fun Home,” and it highlights Alison's unwillingness to be just like all the other girls.

This early stage of Alison's life also highlights the tension in her family, a neurotic father with secrets and a temper, a patient mother who's trying to do what's best for her children and keep the family together, and other supporting characters who bring the story to life.

Alison's time in col-



Small Alison and Bruce at the diner. PHOTO BY HUBERT SCHRIEBL

lege is a unique experience marking her growth and exploration into a new aspect of her identity. When she finds out her father's secret, it is devastating. Shortly thereafter, her life changes forever.

The play closes with Alison reuniting with her past and her memories, and putting a closing touch on an emotionally tumultuous journey for the characters and the audience, many of whom were dabbling their eyes and cheeks at the climax of the performance.

Andrea Prestinario, the actress portraying adult Alison, indicates that she had seen “Fun Home” on Broadway three years ago and while the general plot spoke to her as a queer woman, she was ill-prepared for the transcendent experience for her personally. She was excited to take on the role and bring this story to the Weston theater for more to enjoy its message. It offers an im-



Alison reflects on memories of pleasing her father. PHOTO BY HUBERT SCHRIEBL

mersive experience and communicates the universal importance of family, honesty, love, and empathy.

The play also stars Caitlin Kinnunen as college-aged Alison, Ava Vercellone as young Alison, David Bonanno as Bruce Bechdel, and Susan Heafner as Helen Bechdel. The cast is rounded out with Holly Rose Gould, Adam Shonkwiler, Emmett Smyth, and Ryder Scott. Set designer Howard C. Jones, lighting designer Stuart Duke, Mara Blumenfeld, and many others made this production not only possible but a huge success.

The show will continue to be on stage until July 28 at Walker Farm, 705 Main Street in Weston, with showtimes at 7:30 p.m. Tuesday through Saturday, 2 p.m. Wednesday and Saturday, and 3 p.m. Sunday. Tickets can be purchased from the box office 802-824-5288 or at www.westonplayhouse.org.



Rotary feeds the crowds

LONDONDERRY, Vt. - This past Saturday, the Wantastiquet Rotary was out in full-force feeding the post parade participants and viewers. Hamburgers and hot dogs were served. Many thanks to the community that supported us! The crew pictured were from left to right: Joel Kuhlberg, Bill Elio, Bill Fike, President Tom Widger, Buzz Seelet, and Skip Raymond. Not pictured: Dick Dale and Bob Rice.

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Local artists’ works on display at the Custer Sharp House

LONDONDERRY, Vt. - The Londonderry Arts and Historical Society will exhibit the works of local artists from Aug. 3 to Sept. 1 at the Custer Sharp House, 2461 Middletown Road, Londonderry. Exhibit hours are Saturdays and Wednesdays, 10 a.m. – 2 p.m. There will be an artists’ opening reception Aug. 3, 5-7 p.m.

If you would like to exhibit, please contact Garrison Buxton at 917-602-2153 or email garrison@adhocart.org. Receiving dates for submissions are Wednesdays and Thursdays, between 10 a.m. and 2 p.m.; Sunday, July 29, 2 - 4 p.m.; Monday, July 30, 10 a.m. - 2 p.m.; Tuesday, July 31, 1:30 - 7:30 p.m., and the last day to drop off is Wednesday, Aug. 1, 2 p.m.

Artist should provide paperwork with their name, email, phone number, address, and complete list of works. All art must contain information on the back including artist’s name, title, description of that work, and price. Art must be hangable, ready to install/sell.

The Custer Sharp House is the headquarters of the Londonderry Arts and Historical Society. It is the former home of artists Berna-



Check out some works from local artists. STOCK PHOTO

dine Custer and Jimmy Sharp. This spring the exhibit space has been improved with new lighting and a display system. “These upgrades enable us to really showcase our art and artifacts,” says Annie Campbell, president of LAHS.

The mission of the Londonderry Arts and Historical Society is to be a beacon helping people understand the rich history and culture of our little town. Bringing stories of the past to light. Igniting curiosity and awareness of how earlier Londonderry residents lived and thrived. Presenting creative works by past and current artists that highlight the rich cultural dimensions of our area.

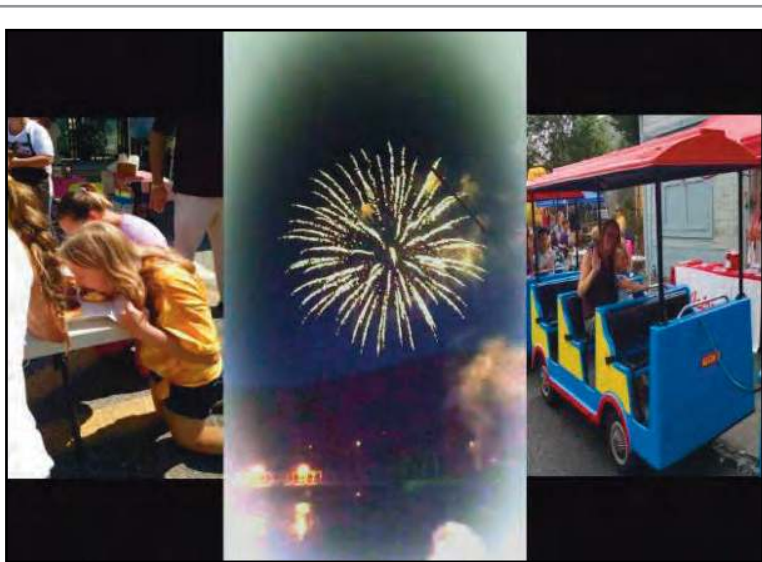
Visit the LAHS website for more information on other events and programming, www.LAHSVT.org or on Facebook.



Grafton Food Festival

GRAFTON, Vt. - The Grafton Food and Spirits Festival at the Grafton Inn was well attended Saturday, July 8. With over 30 vendors, cooking demonstrations, tastings, celebrity chef Michele Scicolone, and more, there was plenty to enjoy.

PHOTOS PROVIDED



Support Rockingham Old Home Days

ROCKINGHAM, Vt. – On Saturday, Aug. 4, we will celebrate our 42nd Rockingham Old Home Days with fireworks and 112th year celebrating the pilgrimage at the Rockingham Meeting House. If you sponsor Rockingham Old Home Days, your donation will help pay for the children’s activities and live musical entertainment. To donate, send a check in the mail to GFRCC, 17 Depot St., Bellows Falls, VT 05101.

PHOTO PROVIDED

Join one of the handbell choirs

SAXTONS RIVER, Vt. / WALPOLE, N.H. - The Saxtons River and Walpole handbell choirs invite you to join! Both choirs have many openings and are looking forward to a festive fall and winter season of ringing. After the Saxtons River Handbell Choir performance in the Bellows Falls Alumni parade, we heard that many people were interested in ringing but did not know who to contact. We’d like to rectify that and give everyone who wants to ring a chance! We already have a few new ringers starting this year and you will be

in great company. All ages and skill levels welcome.

Mary Jane Bosworth leads the Saxtons River Handbell Choir from the Saxtons River Congregational Church in Saxtons River and can be contacted either through the church or at mjboz4680@gmail.com.

Kathy Yardley leads the Musical Committee at the Walpole Congregational Church and can be contacted either through the church or at grayreiner@myfairpoint.net.

For general questions you may also contact Tom Mintun at either 802-885-6808 or askskip@gmail.com.



Saxtons River Ringers in the parade. PHOTO PROVIDED

Calling all local artists to show your work at the VAULT Open Wall show

SPRINGFIELD, Vt. - You are invited to show your work at Gallery at the VAULT in our Open Wall Show. This is a chance to display your work in a non-juried show.

There is no fee. The theme for our next show is “Local Glimpses.” This is a great opportunity for artists who would like to get their work out there for the first time as well as for seasoned artists.

Please bring work that is framed and wired for hanging and acceptable for viewing by all ages. You can bring in two works if they are 18 by 20 inches or smaller or one if it is larger. Sculpture, jewelry, pottery, and fiber art are welcome along with

the paintings and photos. The time to bring them in is Thursday, July 26, from 5 to 6:30 p.m.; Friday, July 27, from 11 a.m. to 5 p.m.; and Saturday, July 28 from 11 a.m. to 5 p.m. The show will run from Aug. 1 to Oct. 18.

For more information please call Gallery at the VAULT, 68 Main Street, Springfield. We are open 11 a.m. to 5 p.m. Tuesday through Saturday. For more information, call 802-885-7111, email gallervault@vermontel.net, or visit www.gallervault.org.



The theme of the next Open Wall Show is “Local Glimpses.” STOCK PHOTO



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MONDAYS
Open Mic Night Starting at 9:30pm

TUESDAYS
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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

Taxes or jail

For some time now Ted Spaulding has been donating Chester artifacts to the Chester Historical Society. Ted's family has had a presence in the Chester area well before 1900. Recently Ted handed over to me a large collection of postcards, old photos and other ephemera. The document in italics below was included in Ted's most recent donation. I didn't know you could go to jail for not paying your taxes.

State of Vermont} To Elijah D. Tarbell Collector Windsor County of taxes for District No. 15 in Chester

Greeting ---
By the authority of the State of Vermont, you are hereby commanded to levy and collect of the several persons named in the list or rate bill herewith with committee to you, the sum of money ann???? to the name of each person respectively, and pay the sum to the Prudential Committee of said District on or before the 25th day of August next, and if any person shall refuse or neglect to pay the sum in which he or she is assessed to said list or rate bill, you are hereby commanded to distrain the goods, chattel, or estate of such person so refusing and the same dispose of according to the law, for the satisfying the said sum with your own fees; and for want thereof you are hereby commanded to take his or her body and him or her commit to the keeper of the jail in the County of Windsor, as the law directs, within said prison, who is hereby commanded to receive such person, and him or her safely keep, until he or she pay said sum so assessed, with legal costs together with your fees, or be otherwise discharged or released, according to the law.

Given under my hand at Chester in said County this 8th day of June A.D. 1852. Prescott Heald, Justice of the Peace.

Glued to the top edge of the above document is a smaller document as below:



Old Home Day, Popular Grove District #15. Aug 26, 1909. PHOTO PROVIDED

ument as below:
The following is a taxbill assessed on the list of 1851 of polls and rateable Estate of the inhabitants of the 15th School District in Chester of eleven cents on the dollar raised by vote of said District on the 4th day of March 1852 for the purpose of supporting school the ensuing summer to be paid in to the Committee.

Below this heading are two columns of names of the individuals in the District. To the right of each name are two columns. One column is 'Grand list.' The second column is the amount of tax owed by each person. Next to some of the names in pencil is 'X.' I think this indicates the bill had been paid.

There are 39 people listed. Many of the names are familiar to me. A few are: John Marshall, Nathan Patch, Silas Baker, Ebenezer Cook, Pardon Field, Luther Stoodley, Jacob Rugg, and many more.

The highest assessed property was Augustus Whitney at \$28 Grand list with \$3.08 due in tax. The lowest was Nathan Patch with \$1 Grand list and 11 cents in tax.

The District 15 Schoolhouse was up in Popple Dungeon on what is dirt road today. The schoolhouse was sold years ago and became a famous hunting camp known as 'The Big Four.' Many locals could tell you stories about The Big Four. I remember it burning in the late

1970s or early 1980s. Today the property is owned by Jon Clark who has built a small camp at this location.

Also included in Ted's donation was a real photo postcard of the District 15 schoolhouse. This is the school mentioned in the tax document above.

Today it's hard to believe that over 100 years ago Popple Dungeon was a thriving community. Every August they held an Old Home Day at the District 15 schoolhouse. These Old Home Days started in the late 1800s and continued as late as 1915, perhaps longer; although by 1915 attendance began to decline.

At the historical society we have a few guest books from Old Home Day. As many as 250 would attend, coming from all over New England. It's interesting to read who signed the guest book and where they were from.

Music was provided by the Edson Drum Corps. The all-day event included dancing, socializing, games for kids and a smorgasbord of food. The little settlement of Popple Dungeon really put on quite the shindig.

This week's old saying is from Archie Bunker. "Gloria will be alright once she gets rid of that albacore around her neck."

Mount Holly Community Historical Museum programs

BELMONT, Vt. - In the village of Belmont, the Mount Holly Museum is housed in two buildings: Perkins House and The Will White Blacksmith Shop. The collection includes textiles, farm tools, photographs, toys, furniture, and Vermont's Terrestrial Fossil - a woolly mammoth tusk!

On Sunday, July 15 at 2:15 p.m. is "Herbs, a Way of Life" by Lory Doolittle at Perkins House in Belmont. Lory is a second generation, 43-year member of the Herb Society of America for which she has served several times on the National Board of Directors. She will discuss an herbal lifestyle: growing, cooking,

designing, preserving. New chemical studies have started to confirm and debunk ancient herbal uses pursued by our ancestors. Come for a presentation gleaned from a lifetime of enjoyment with herbs.

The annual meeting and potluck dinner is Tuesday, July 17, at 6 p.m. at Odd Fellows Hall in Belmont. Town historian, Dennis Devereux, will present the program "History of the Museum's Founding." The public is invited. Potluck postcard notification will be sent to members.

On Saturday, July 28, at 1 p.m., meet at Perkins House for the "Early Roads of Mount Holly Tour." Mount

Holly historian Dennis Devereux will lead a car tour of the early roads in Mount Holly. Dennis will talk about the two sections of the Crown Point Military Road that touched the town and the layout of the original turnpike and shunpike. Dennis is a past president of the CPRA, and has been a member of the Mount Holly Community Historical Museum board for 40 years. He can be contacted at 802-259-2460 or ddevereux@vermontel.net for more information.

The museum will be open for browsing every Saturday and Sunday from 2 - 4 p.m. during the month of July.

BELLOWS FALLS OPERA HOUSE

July 13 - July 17

"JURASSIC WORLD: FALLEN KINGDOM"
(Rated PG)

Friday: 7:00pm
Saturday: 2:00pm, 5:00pm, 8:00pm
Sunday: 4:00pm, 7:15pm
Monday: 7:15pm
Tuesday: 7:15pm

WEDNESDAY NIGHT CLASSICS
Wednesday, July 25 @ 7:30pm

"TWO WOMEN"
(1960)
Starring Starring Sophia Loren & Jean-Paul Belmondo

ALL TICKETS: \$5.00
Small Popcorn 50¢ on Monday
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Remember when...

Do you remember when or where this photo was taken?

Ron Patch believes this photo was taken in Ludlow and dates it to around 1910. It was taken by H. A. Boss of Ludlow. Ted Spaulding of Chester recently donated it with many other interesting photos. If you know anything about this photo, send an email to editor@vermontjournal.com.

PHOTO PROVIDED



Musical film "1776" at the Rockingham Library

BELLOWS FALLS, Vt. - On Wednesday, July 18 at 4 p.m., Rockingham Library shows the musical film "1776" in the top floor meeting room. You'll be seeing stars and stripes as the most fascinating leaders in American history come to life in "1776," a musical about the birth of a nation. With the Boston Harbor still stained from over-taxed

British tea, a revolution is brewing in the colonies. And now England has thousands of troops headed for America's shores to squelch her subjects' freedom-loving spirit. It's up to John Adams, Benjamin Franklin, and Thomas Jefferson to convince a stubborn congress of British colonists to unite as American patriots turn the inevitable war with England

into a Declaration of Independence. For more information, call the library at 802-463-4270, visit www.rockinghamlibrary.org, email programming@rockinghamlibrary.org, or stop by the Rockingham Library at 65 Westminster St. in Bellows Falls.

This program is free and open to the public.

Athens Brick Meetinghouse open house with plant and bake sale

ATHENS, Vt. - The Athens Brick Meetinghouse is having our first summer weekend open house Saturday, July 14, 2018 from 10 a.m. to 2 p.m. The Meetinghouse will be open for visitors to tour and learn more about this interesting 1817 building. There will also be a bake and plant sale, with all proceeds going to support continued renovation and upkeep needs of the building.

The Athens Brick Meetinghouse is on the National Register. It is historically significant to the Windham County region, and particularly the other 12 towns - Grafton, Rockingham, Townshend, Londonderry, Weston, Chester, Acton, Springfield, Landgrove, Windham, Putney, and Mount Holly - which comprised the Old Athens Circuit. Circuit preach-

ers from Athens traveled out to these 12 towns to perform religious services. Quarterly meetings with the Methodist congregants from these towns often lasted two days at the Athens Meetinghouse, which came to be known as the Mother Church.

The building was reopened to the public last fall after completing significant stabilization work made possible in part with grants from the Vermont Division for Historic Preservation and the Windham Foundation. Originally erected to serve the spiritual needs of the residents of

Athens and surrounding towns, the large open sanctuary, which boasted a high pulpit, box pews, large galleries and a handsome chandelier, was divided into two stories. The lower continued to be used for worship services while the upper a large hall served the town's civic needs for town meetings and elections through the 1970s.

The Athens Meetinghouse is located on Meetinghouse Road in Athens, just off Route 35. Admission is free, donations are accepted, and all are welcome.

BELLOWS FALLS MOOSE FAMILY CENTER
59 Westminster St
Bellows Falls, VT
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Black Board Lunch Specials

- Fish & Chips - \$8⁰⁰
- Chicago Prime Rib - \$13⁰⁰
- Maple Glazed Salmon - \$9⁰⁰
- Baked Shrimp, Haddock, Scallops - \$13⁰⁰
- Teriyaki Steak Strips - \$10⁰⁰

Other Daily Black Board Specials Available Served Monday - Saturday from 11am - 4pm. Excludes Holidays.

All Specials Include your Choice of Baked Potato, Sweet Potato Fries, OR Regular Fries, AND a Choice of Vegetable of the Day OR Coleslaw.

Early Bird Dinners
\$16⁰⁰ FILET MINION 8 OZ
\$12⁰⁰ HADDOCK BROILED OR FRIED
4:00 pm - 5:30 pm Monday - Friday ~ Excludes Holidays

SUNDAY LUNCH SPECIALS
12 P.M. NOON TO 4 P.M.
Roast Turkey with Stuffing • Prime Rib • Baked or Fried Haddock
Pot Roast • Fried Whole Clams • Grilled Salmon
Fried or Broiled Bay Scallops
\$11⁰⁰ Includes Potato & Veggie of the Day

SUNDAY BREAKFAST BUFFET
8 A.M. TO 11:30 A.M.
Includes: Omelet Station • Scrambled Eggs • Bacon
Sausage • Pancakes • French Toast • Home Fries
Brunch • Potatoes • Fresh Fruit • Juice & More
\$11⁰⁰ Kids under age 12 for half price!

CHURCH SERVICES

ALSTEAD, N.H.

Third Congregational Church UCC, River Street
Sunday service and Sunday school is 10:30 a.m. For more information, contact alsteadthirdchurch@gmail.com or 603-835-6358.

BELLOWS FALLS, VT.

Faith Christian Church, 582 Rockingham Rd.
Pastor Matt and Brenda Farkas welcome all to come and enjoy their services. Sunday worship and praise starts at 10 a.m. with the Message at 10:30 a.m. Children’s Church (3-7 years) at 10:30 a.m. Holy Spirit service is on the first and third Sundays of the month at 6:30 p.m. Bible Study takes place on Wednesday evenings at 6 p.m. at the Flat Iron Exchange in Bellows Falls. For more information, call 802-591-1350. See us on TV: www.Sapatv.org - “Doing Life.” www.fact8.com - “Say What!”

Christ’s Church, 24 Main Street, Saxtons River
On the first Sunday of every month, service begins at 10 a.m. and is followed by a potluck luncheon. For more information, call 802-376-6178. All welcome.

CAVENDISH-PROCTORSVILLE, VT.

Cavendish Baptist Church, 2258 Main St.
Sundays at 10 a.m. More at CavendishBaptist.com or call 802-226-7131

Holy Name of Mary Catholic Church, Main St.
Sunday Mass at 9:30 a.m. Call 802-228-3451

CHESTER, VT.

St. Joseph’s Church, 96 S. Main St.
Mass at 4 p.m. on Saturday and Thursday at 9 a.m. Confession from 3 – 3:30 p.m.

Chester Congregational Church, 469 Main Street, Route 11 West
Sunday Service at 10 a.m. All are welcome. For more information, call 802-875-3382 or go to www.chestercongregational.org.

Andover Community Church, 928 Weston-Andover Rd., Andover
Sunday school at 9:30 a.m. and worship service 10:45 a.m. For more information, go to www.andovercommunitychurch.org.

LONDONDERRY, VT.

First Baptist Church, 62 Crescent Street, S. Londonderry, Vt.
Worship services are at 10 a.m. on Sunday mornings. For more

Brian A. Haskell, 1947 – 2018

BELLOWS FALLS, Vt. - Brian A. Haskell, 70, of Laurel Avenue, passed away peacefully at his home July 1, 2018. Brian was born in Fitchburg, Mass. Dec. 6, 1947, the son of LeRoy and Catherine (Cavanaugh) Haskell. He was a 1965 graduate of Bellows Falls Union High School, the University of Vermont, and earned his master’s degree in education from Keene State College in 1974. Brian was a teacher at Riverside Middle School in Springfield, Vt. for 42 years. He was a member of the BPOE 119 and a past exalted ruler in 1977-1978, the American Legion Post 37, the Polish American Club, and the Polish Roman Catholics of America. Brian coached in the Connecticut Valley Pee Wee League for 37 years and was head official of the VPA at times throughout his lengthy officiating career.
Brian is survived by his wife Brenda Pease McGowan and her children Eric and William; his sons Casey Haskell and wife Misty of Bellows Falls and Cory Haskell and wife Janelle of Rockingham; grandsons Wylee, Ozzee, Caden and Brennen; brother Kent “Grump” Haskell and

wife Rose of Bellows Falls; sisters Brenda Stack and husband Michael of Saxtons River and Judith Haskell-Patch and husband David of Wallingford, and many nieces and nephews and friends. He is predeceased by his first wife Susan (Mellish), brother Gary “Moe” Haskell, and stepdaughter Elizabeth McGowan.
There will be calling hours Wednesday, July 11 from 5 - 8 p.m. at Fenton and Hennessy Funeral Home. The funeral service will be held Thursday, July 12 at 1 p.m. at the United Church of Bellows Falls, with a reception immediately following at the church. A burial will be at a later date.
In lieu of flowers, donations may be made in Brian’s memory to The CVPWFL, c/o Ed Vancor, P.O. Box 703, Bellows Falls, VT 05101 or to the Elk’s Scholarship Fund c/o George Bennett, P.O. Box 367, Bellows Falls, VT 05101.
Brian touched many lives throughout his lifetime in one way or another. Please hold those memories in your hearts and cherish each and every moment with your loved ones. We will miss you dearly, Dad.

Lawrence B. Woolson Sr., 1929 - 2018

SPRINGFIELD, Vt. - Lawrence Brown Woolson Sr., 89, formerly of Springfield, Vt., passed away on the evening of June 19, 2018 at Wake Robin in Shelburne, Vt. surrounded by his family. He was born April 17, 1929 in South Orange, N.J., the son of Kenneth H. and Dorothy (Van-Wee) Woolson. He graduated from Deerfield Academy in 1947 and from Williams College in 1951.
On June 7, 1952, he married Constance Baker in New York City. He served in the United States Army from 1951 to 1954 during the Korean War. Woolson was employed with Jones and Lamson Machine Tool Co. from 1954 to 1971, Vermont Foundry from 1971 to 1972, and with Wiggins Concrete Products Inc. from 1972 until his retirement in 1994.
Civic Boards and Trusteeships included Springfield Hospital, Springfield Library, First Congregational

Church, Fletcher Farms, Diversionary Court, and Trustee of Public Funds.
He enjoyed tennis, hiking, canoeing, alpine and cross-country skiing, and snowshoeing.
He is survived by his children Lawrence B. Woolson Jr. and his wife Jill, Leigh Richards and her husband George, Peter Woolson and his wife Alessandra; grandchildren K. Hazen Woolson, Leah Stauffer and her husband Matt, Zachary Richards and his wife Lauren, Sam Richards, Christian, Thomas, and Ian Woolson.
A Circle of Remembrance will be held at 2 p.m. Friday, July 27, 2018 at Wake Robin in Shelburne, Vt. Committal services will be held at 2 p.m. Saturday, July 28, 2018 at the Summer Hill Cemetery in Springfield, Vt. Reverend Gerry Piper will officiate.
Davis Memorial Chapel in Springfield is assisting with arrangements.

information, visit www.firstbaptistlondonderryvt.org or call 802-856-7266
Second Congregational Church, 2051 N. Main Street
Worship service is at 9:30 a.m. For more information, please call the church office, 802-824-6453.

LUDLOW, VT.

The United Church of Ludlow (UCC and Methodist), 48 Pleasant St.
Sundays starting at 10:15 a.m. followed by a time of fellowship and coffee hour. Call 802-228-4211 or email unitedchurch@tds.net. Visit us online at www.unitedchurch.us

Ludlow Baptist Church, on the Green, 99 Main St.
Sunday school for all ages at 9:30 a.m. Music Ministry, coffee and fellowship at 10:30 a.m. Worship service at 11 a.m. with nursery care provided. Evening Praise service is at 6:30 p.m. Prayer meetings and Bible study are Wednesdays at 6:30 p.m. For more information, go to www.LudlowBaptist.org or call Pastor Jerry Scheumann calling 802-228-7600.

SPRINGFIELD, VT.

Holy Trinity Orthodox Church, 90 Park St.
Vespers on Saturdays at 5 p.m. and Liturgy on Sunday at 9:30 a.m. For more information, call 802-885-2615 or go to www.htocvt.org.

Unitarian Universalist Church, 21 Fairground Rd.
We will be taking a break from services until we begin our summer schedule of meeting on the second and fourth Sundays in July and August.

Francis J. Hallahan, 1948-2018

S. LONDONDERRY, Vt. - Francis J. “Frank” Hallahan, 69, passed away suddenly at his home in South Londonderry June 24, 2018. Frank was born in Queens, N.Y., the son of Francis J. and Clare (Korndoerfer) Hallahan. He grew up in Queens Village and spent four years in the U.S. Navy in the Vietnam era. After his stint in the Navy, he went on to earn a bachelor’s and a master’s degree in international finance.
Frank had an interesting career working for the United Nations in Manhattan. He volunteered for and was sent on many U.N. missions in an administrative capacity. These missions took him on some precarious adventures to countries all over the world. Some included Africa, Cambodia, Kosovo, and Soviet Georgia. He made many friends along the way and often hosted them in the States. His family lived vicariously through his exploits, and they got to meet many wonderful people from overseas whom he invited to family celebrations.
Frank bought his house in South Londonderry in the late 1980s and worked on it for many years to get it the way he wanted. He enjoyed his retirement in his beloved house. He

made many friends over the years and was known as a kind and generous man.
Frank had many interests and was well read. He loved books, in particular books on the history of religion and mythology. He had a knack for and a keen interest in languages and other cultures, even in retirement. Just last summer he studied advanced Italian in Padua and Rome. In October, he visited southern France, a place he visited many times.
He is survived by four sisters Clare Farragher (Liam) of Vero Beach, Fla.; Margaret Shea (the late Dennis) of Floral Park, N.Y.; Irene Kraft (Dennis) of Smithtown, N.Y. and Clearwater, Fla.; and Bernadette Jacoviello (Edward) of Stewart Manor, N.Y. He is the adored “Uncle Skip” to 11 nieces and nephews and their spouses and 22 grandnieces and grandnephews and many cousins.
A private family Celebration of Life will be held on Long Island. Memorial contributions may be made to Londonderry Volunteer Rescue Squad (LVRS), P.O. Box 911, Londonderry, VT 05148 or a local charity of your choice. Notes of condolence may be sent to the family: Irene Kraft, 6 Redan Drive, Smithtown, NY 11787.

Irena Obdrzalek, 1950 – 2018

SPRINGFIELD, Vt. - Irena Obdrzalek, 67, passed way at her home Friday, July 6, 2018. She was born Dec. 1, 1950 in Czechoslovakia, the daughter of Miloslav and Gertruda (Bednarik) Krmasek. She attended schools in Czechoslovakia, earning a degree in accounting.
On July 19, 1975, she married Bohumil “Bob” F. Obdrzalek.
In 1986, she moved to Springfield, Vt. In 1990, she and her husband opened Bottle Redeemers in Springfield where she was owner, operator, and bookkeeper.
She enjoyed cooking, knitting, and reading.
She is survived by her husband of 43 years Bohumil “Bob” Obdrzalek of Springfield, one son Jan Obdrzalek of Springfield, one daughter Alice Mills of Essex, Vt., three grandchildren, and one sister Alena Vlcek.
A graveside service will be held at



Irena Obdrzalek, 1950 – 2018. PHOTO PROVIDED

1 p.m. Thursday, July 12, 2018 at the Oakland Cemetery in Springfield, Vt. Arrangements are under the direction of the Davis Memorial Chapel in Springfield.

Kathleen A. Sherwin, 1946 – 2018

BELLOWS FALLS, Vt. - Kathleen A. Sherwin, 72, passed away Friday, June 29, 2018 at Springfield Health & Rehab Center. Kathleen was born in Hinsdale, N.H., Jan. 13, 1946, the daughter of Walter and Rena Slicer. She worked at the Brattleboro Reformer, The Book Press, and Clear Solutions.
Kathleen is survived by her children Wayne Sherwin, Brian Greathouse-Laflam, Kimberly Scott, and Beth Blake. She is predeceased by her parents and her husband Waldemar Sherwin.
Services will be private at the convenience of the family.

Kathleen is survived by her children Wayne Sherwin, Brian Greathouse-Laflam, Kimberly Scott, and Beth Blake. She is predeceased by her parents and her husband Waldemar Sherwin.
Services will be private at the convenience of the family.

obituaries

On July 22, come to “The Sacredness of Water” with Jan Lambert. Call 802-885-3327 or go to www.uuspringfieldvt.org.

WALPOLE, N.H.

Walpole Unitarian Church, corner of Union and Main St.
Sunday Service begin at 10 a.m. Minister is Rev. Elaine Bomford who will be present twice a month. The first Sunday of each month is Family First Sunday with breakfast and spiritual activities for the while family. Check www.walpoleunitarianchurch.org.

WESTMINSTER, VT.

Christian Family Circle Chapel, 1512 Back Westminster Rd.
Sunday song service begins at 10 a.m., Sunday school at 10:30 a.m. Fellowship lunch on first Sunday of each month. Non-denominational. Visit www.christianfamilycirclechurch.com and like us on Facebook.

Mary M. Durand, 1928 – 2018

SPRINGFIELD, Vt. - Mary M. Durand, 90, passed away Thursday morning, July 5, 2018 at the Springfield Health & Rehab. Center in Springfield, Vt. She was born June 11, 1928 in Springfield, the daughter of Charles and Helen (Welcome) May. She attended Springfield schools and graduated from Springfield High School.
On July 27, 1948, she married Conrad M. Durand in Springfield, Vt. He predeceased her Jan. 21, 2000. She worked as an LNA at Springfield Hospital for many years.
Mary enjoyed knitting, crocheting, crossword puzzles, and watching old

western movies, but most of all she loved spending time with her family.
She is survived by one son Wayne R. Durand of Springfield, five grandchildren, 10 great-grandchildren, and three-great-great-grandchildren; three brothers Edward May, Lawrence May, and William May; also by many nieces and nephews.
She was predeceased by her husband, one son Keith M. Durand, and by a granddaughter.
A graveside service will be held at a later date in the Pine Grove Cemetery in North Springfield, Vt.
Davis Memorial Chapel is assisting with arrangements.

Lawrence R. Gray, 1957 - 2018

LUDLOW, Vt. - Lawrence R. Gray of Ludlow passed away at his home June 30, 2018.
Lawrence graduated from GMUHS in 1976. Lawrence served in the U.S. Army 82nd Airborne from 1976 to 1996, earning several awards and medals including the Bronze Star. He was also retired from the Rutland Regional Correction Facility where he worked as a guard.
Lawrence was an avid hunter and outdoorsman, hunting all over the country and beyond. Lawrence also enjoyed playing poker, cribbage, and Yahtzee, anything to take your money...
Survivors include his daughter Crystal Mulherin (Charles); sons Larry Gray II (Missy) and Lloyd

Gray (Jenny); sisters Elizabeth (Betty) Gray, Cindy Bowen (Ned), Heather Woodell (Chris); stepmother Joan Pelkey; special companion Patti Potter; 10 grandchildren; one great-grandson; and several nieces and nephews.
Lawrence is predeceased by his parents Lloyd Pelkey and Gail Primrose Pelkey, brother Bill Gray, and nephew Matthew Wentz.
A celebration of Lawrence’s life was held at his home Saturday, July 7. In lieu of flowers, please send your charitable contributions to the VT Disabled Veterans program at VA Medical Center DAV, 215 No. Main St. White River Junction, VT 05009.
Davis Memorial Chapel in Springfield is assisting with arrangements.

Darlene Y. Lique, 1938 – 2018

SPRINGFIELD, Vt. - Darlene Y. Lique, 79, passed away Sunday, July 1, 2018 at the Springfield Hospital in Springfield, Vt. She was born Aug. 5, 1938 in Chicago, the daughter of Buster Odell and Virginia L. Daniels.
She was employed as a House of Lloyds sales representative for many years. She worked as a nursing assistant in Home Health Care and also at the Hanson Court Nursing Home. She worked at American Optical and Whitney Blake. She also ran bingo for many years.
On June 7, 2003, she married Daniel R. Lique in Springfield, Vt.
She enjoyed playing bingo, cards, and Yahtzee, going on car rides, and spending time with family.
She is survived by her husband Daniel, her children Dennis Gallagher Jr., Katherine Gallagher, Louanne Kulpa, Ann Marie Morrison, Virginia Besette, and Sharon Cenate; stepson Jason Lique; stepdaughter Angeline Lique; two brothers William E. Daniels and Kevin F. Daniels; two sisters Robin K. Daniels and Cheryl B. Daniels; also by 14 grandchildren, 11 great-grandchildren; and many



Darlene Y. Lique, 1938 – 2018. PHOTO PROVIDED

nieces, nephews, and cousins.
She was predeceased by one daughter Cindy Cenate, one son Maynard G. Cenate Jr., and by two brothers Larry A. Daniels and Tommy Daniels.
A graveside service was held Friday, July 6, 2018 at the Pleasant View Cemetery in Chester, Vt.
Arrangements are under the direction of the Davis Memorial Chapel in Springfield.

Robert Gibson

CAVENDISH, Vt. - A graveside service for Robert “Bob” Gibson will be held at 1 p.m. Saturday, July 14, 2018 at the Cavendish Village Cemetery in Cavendish, Vt. A celebration of life will follow.

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ANSWERS TO TAKE A BREAK!

Weekly SUDOKU

Answer

1	5	7	2	6	3	9	8	4
3	4	9	7	8	5	1	6	2
8	6	2	4	9	1	3	7	5
7	3	8	6	1	2	5	4	9
4	2	5	8	7	9	6	3	1
9	1	6	5	3	4	8	2	7
6	9	4	1	2	8	7	5	3
2	8	3	9	5	7	4	1	6
5	7	1	3	4	6	2	9	8

King Crossword

Answers

Solution time: 25 mins.

L	E	F	T	G	E	E	I	S	L
A	X	L	E	R	O	D	S	P	A
S	P	A	N	K	I	N	G	O	A
T	O	K	E	N	S	A	T	T	L
W	A	S	T	I	S	R	O	O	D
H	I	P	S	M	O	B	E	N	D
O	R	A	T	E	W	A	R	G	E
C	A	N	N	E	R	O	T		
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Ben’s Buddies Social Group –

REGION - Ben's Buddies Social Group has been inspired by Beth Adams' son Ben. He is a young teen with Autism. He and his family had difficulty going out, creating memories, and planning outings, as it seemed that nothing was Autism-friendly. His family worried that Ben's sensory defensiveness and language issues would make it difficult for others to understand him, and those issues would make it impossible for Ben to understand the world and the environment. Years passed with one frustration after another by simply attempting experiences most other families enjoyed. As a result, Ben's family spent the time creating "staycations" and developing activities in their own backyard.

After years of isolation Ben's family has created a nonprofit group for individuals like Ben and their families. Ben's Buddies Social Group is an encouraging, nurturing group with special needs in mind. Each activity and meet up is well planned so that each individual may engage in any way they can. Parents or caregivers have an opportunity to connect, and siblings have opportunities to connect with siblings like them.

Adams has heard over and over in her life that there is "safety in numbers." Having a group that have similar experiences and needs builds



Ben Adams creates Ben's Buddies Social Group. PHOTO PROVIDED

a kind of safety net to participate in activities that in the past have seemed too challenging. "It's liberating to have the confidence to have these experiences that other families may take for granted, like an overnight camping trip or a ride on a train. These are things we've wanted to experience as a family but it just seemed too daunting."

Ben's Buddies Social Group, located in southern Vermont and

New Hampshire, is a fun and fulfilling outing group for individuals with special needs. There are no age requirements or cut offs. Ben's Buddies Social Group offers exciting and engaging learning opportunities for individuals with special needs and their families. "We facilitate the establishment of social connections, vocational introductions, and independent living skills for all ages and abilities. As we grow we will also offer specific supports to the parents and siblings of Ben's Buddies, such as transition planning workshops, sibling workshops, and IEP planning workshops."

"Our hope is to provide life long passions to individuals with special needs by providing a wide variety of activities and meeting places. We know first hand how services are lacking when these individuals graduate high school, and we want them to develop passions, a purpose for getting out of bed in the morning," Adams states, "Because we understand how challenging it is economically to raise children with special needs, and that often times they may be 30 years old and still living in our homes, we provide these opportunities free of charge. We don't want our buddies to be unable to participate in an event due to financial reasons. I've taken the whole month of June to concentrate on fundraising, as we have several meet ups that are only reserved and not yet fully paid for. We've been blessed with donations, but there's still a lot of work to do for us to be the kind of group I envision."

If you would like to make a donation, here are the ways you can contribute. PayPal @bensbuddiessocial. Checks made payable to Shirley Royce, Treasurer, BBSG, P.O. Box 109 Reading, VT 05062.

Check out our website for a calendar of events at www.bensbuddiessocialgroup.com or contact Beth Adams at bensbuddiessocialgroup@gmail.com.

We are also having a silent auction at MacLomains in Chester, Vt., July 21 at noon to provide these opportunities free of charge. There are door prizes, many auction items, and we are even raffling off two glider rides from the Hartness State Airport!

Springfield Humane Society to launch new foster program

SPRINGFIELD, Vt. - Are you one of those people who say if you won the lottery you'd start an animal sanctuary? Do you say hi to strange dogs on the street? Do you prefer staying home getting kitty cuddles over going out? Do you want to save the lives of homeless animals?

Then this is your chance! Springfield Humane Society is starting a new foster program! We're now offering the following categories:

Mom and kitten foster homes

Foster a momma and her babies until they're ready to be weaned! Play with (socialize) the kittens, make sure they're growing as they should, keep an eye on momma cat too! We will train you and give you everything you need, plus offer 24-hour telephone support! This program also counts toward community service hours for students!

Dog foster homes

Some dogs just don't do well at shelters. Some dogs come to us needing basic house manners including housebreaking. Do you want a dog, but can't afford one? Are your children asking for a puppy but you don't know if they're mature enough yet to handle one? Do you have a dog that would appreciate a roommate for a little while? Do you want to make the difference in a dog being adoptable or not? We will train



Cat and kitten fostering. STOCK PHOTO



Foster a dog or Rent-a-Rover. STOCK PHOTO

you how to train them, supply food, and 24-hour telephone support. All dogs will be temperament-tested and fully vetted prior to going to foster homes.

Special needs homes

Sometimes we have kittens, cats, puppies, or dogs that are born or come to us with special needs. These can include medical needs such as requiring a quiet place to recover from heartworm, behavioral needs such as a dog or cat that's terrified of everything, or a physical disability that makes it difficult for a cat or dog to do well in a shelter. If you choose to make a difference for a special animal, we will provide all the support you could need. Behavior plans written by a certified animal behaviorist,

24-hour phone support, all vet bills paid, crates, food, toys... whatever the animal needs, you will have in addition to the bonus of knowing you made this cat or dog's life worth living!

Rent-a-Rover

Do you like to walk or run and wish you had a canine companion? Going for a ride to get ice cream and want to make a shelter dog's day? Want a pet for a weekend sleepover? Our rent-a-rover program is for you!

If you're interested in any of these programs, we do require a very short application and class prior to animals leaving the shelter. Please contact Executive Director Anne Eddy at 802-885-2174 or lostdogsoul@yahoo.com for more information!

Book sale blow out

SPRINGFIELD, Vt. - Grab the family, and head for the biggest book sale in Springfield, held this year July 13 and 14 at the National Guard Armory on Fairground Road in North Springfield, Vt. On Friday, July 13, the doors open at 10 a.m. and stay open until 6 p.m.; Saturday, July 14, begin at 8 a.m. and say goodbye at 4 p.m. Saturdays, smart shoppers linger until 2 p.m. for the bag sale - pack as many books as you can into a brown paper shopping bag for an incredible low price.

Friends of the Springfield Town Library have been sorting books for weeks. That's good news for lovers of memoir, mysteries, mirth, or magic - find everything you're

looking for on one table. Springfield children who signed up for the summer reading program at the library have a free coupon for a children's book at the sale - and honestly, the prices mean everyone can afford these titles.

Thanks for your support, Springfield, and thanks for sharing books with everyone at this book sale. Funds raised pay for library pro-



Find some new reads. STOCK PHOTO

grams for children and adults, fancy equipment like the new automatic external defibrillator, and luxuries like new slip covers for the library chairs. The Springfield Town Library is located at 43 Main Street, Springfield, Vt. All programs are free and open to the public. For more information, call the library at 802-885-3108 or check the website at www.springfieldtownlibrary.org.



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THIS AND THAT

BY BILL MURPHY

The Vermont Journal & The Shopper

Regular readers know that this space has warned you more than once that you can't judge a book by its cover. Today you can't even trust that this is actually a This & That, although it partially is. If you are following me so far, you are much less confused than I am.

An acquaintance from the past contacted me a number of weeks ago about writing a guest piece. I called him and we decided his column could be used when I take my annual four days off in July at the baseball All-Star break. I customarily take off from all my jobs - except this one - each July, and his contribution would guarantee me four full days to myself. Nice!

Little did I know I would be missing from action due to health reasons throughout the entire month of June. Thus since his old-time writings have arrived, I pass them along to you under the masthead of This & That.

My first memory of Dave Barry was in a Polish American uniform in the Bellows Falls Little League around 1960. That was before Little League Headquarters said Bellows Falls couldn't refer to the league as Little

League unless the BF league paid a good sum of money to join their national organization. From then on from the date that notification came, the popular youth baseball training grounds became known as the Bellows Falls Junior League.

Anyway, Barry, who grew up in North Walpole, grew into a teenager who would become the Terriers starting quarterback, point guard, and center fielder. He spent his professional career as a teacher/coach at Sunapee High School in New Hampshire where he had loads of success as a baseball and volleyball coach.

My lasting memories of Barry are in that Little League uniform with his upper cut swing, depositing baseballs in the pine trees behind the right field fence. He was ahead of his times with his launch angle blasts. I just wonder what his exit velocity was.

Barry retired a few years back and rode off into the sunset to Florida where he literally rides his bike and thinks of his days gone by. He related to me that it was while riding his bike that the vision came to him about putting to script, a little something about the athletes from Bellows Falls High School who made a lasting impression on him. His story goes:

"I followed the teams before, during, and somewhat after my years there. I graduated with the wonderful class of 1967. I just thought that these names should not be forgotten.

- My childhood athletic idol - Dickie Whitcomb
- Best boy athletes - Harold Bushway and Kevin Keefe
- Best girl athlete - Kathleen Gallagher (maiden name for all girls mentioned)
- Best football player - Grump Haskell
- Top running back - Gil Bennett
- Toughest football players - Dubber Kiniry, George Lucia, and Paul Waryas
- Best football hands - Paul Savoie and Babe McAuliffe
- Best boys basketball players - Vince Dibernardo, Hooker Aumand, and the "B" boys.

- Best girls basketball players - The Rayner girls *
- Fastest track man - Ed Cray
- Top long distance runner - Bobby Barnett
- Smaller athlete who played big - Jim Ross
- Top competitors - Rick Kane, Mike Griffin
- Most graceful runners - Tim Nelson, Joe Waryas
- Top majorette - Mabella Mendez
- Favorite coach - Tom Lovett
- Biggest fan - Doug MacPhee
- Summer top swimmers - Bill Hadley, David Vosburgh
- Best summer softball player - David Allbee
- Best little league pitcher - Nicky Anderson
- Most school spirit - Paul Obuchowski
- Captain of the cheerleaders - Ann Lucia
- Excellent unsung coach -Harold Angers
- Excellent athletic representative - Barry Chamberlain *
- Top organization - Legion Post 37
- In appreciation - Paul Aumand Sr. and Lover Dexter"

In general these were athletes from Barry's formative years in BF. There were a couple of categories in which he came in contact with athletes years later and judged they were better suited to be named for their category. The most important message Barry sends is: these were athletes who should not be forgotten.

Bill Murphy note: Barry's list is interesting and thought-provoking. I agree with many of his selections from that era. If I am able to return regularly to this job, I plan on setting up a committee in each of our towns to brainstorm a similar all-time list in each community in our reading area. Be thinking and let me know what you think.

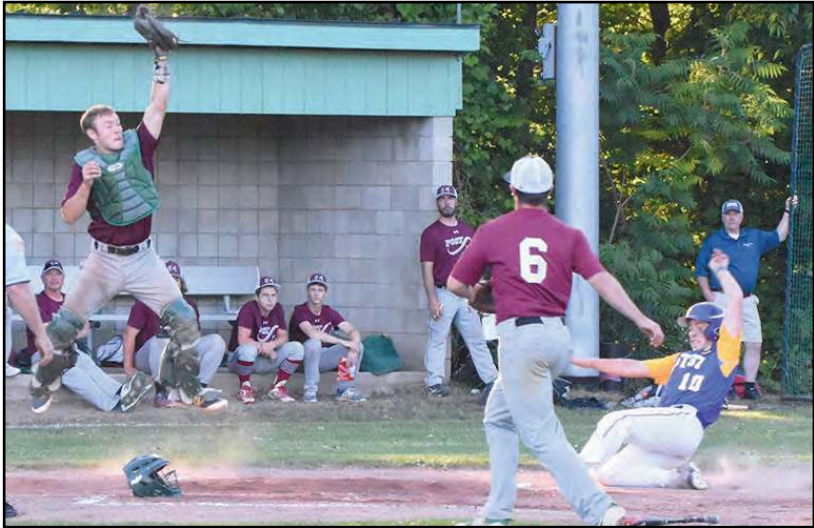
If you would like to comment on the sports in this paper or send an idea for a story, feel free to email bmurphy@vermontjournal.com.

BF Legion Baseball off to a strong start



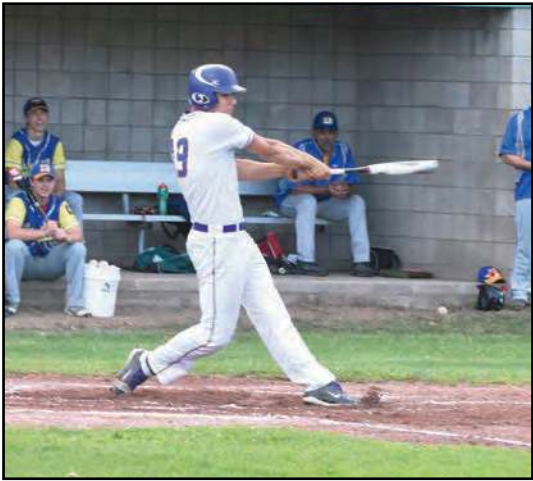
The BF Legion is off to a strong 7-3 start in Vermont Southern American Legion play. Post 37's Jacob Streeter scrambling back to first base on a pick-off throw. Post General Manager Kevin Vancor says Streeter "has been phenomenal at second base. He is clearly our best defensive player."

PHOTO BY DOUG MACPHEE



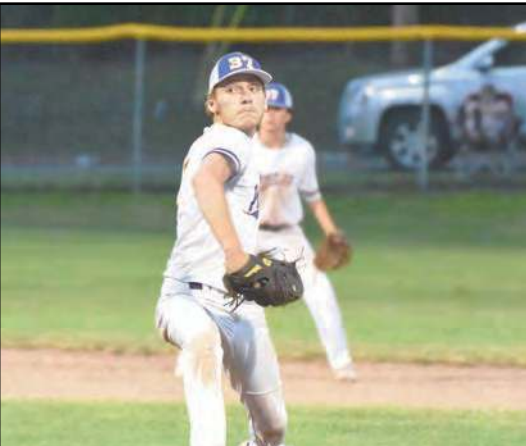
The Bellows Falls Legion team is fighting for one of the four Southern Vermont play-off spots in Legion baseball this summer. Presently, their biggest rivals for second place are Hartford and Brattleboro. McGregor Vancor scores a run versus Hartford. Vancor leads the BF team in runs scored with 13, has 8 RBI's, and is swatting an impressive .438.

PHOTO BY DOUG MACPHEE



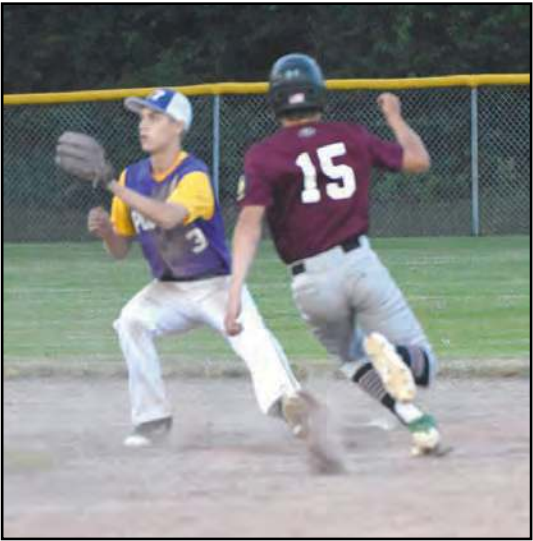
Bellows Fall's Clayton Groenewold hits, hits, and hits some more. He has only appeared in half of Post 37's league games this summer, but he is hitting a tough to believe .706 with 12 hits in 17 at bats with a team high 11 runs batted in.

PHOTO BY DOUG MACPHEE



Josh Woods may have graduated a year ago as a Chieftain, but he still wears the Pierce Lawton colors and makes his team competitive. Woods has picked up two wins in relief this summer and a save in his 8-and-one-third innings on the mound while striking out 10 and allowing no earned runs.

PHOTO BY DOUG MACPHEE



Pierce Lawton Post 37 shortstop Griffin Waryas awaits a throw to retire a runner in a recent game. Waryas is hitting .296 for the locals at the plate.

PHOTO BY DOUG MACPHEE

Vermont basketball team claims gold at Special Olympics —

REGION

Coach Peter Booth said it best, "We are national champs. I kind of got chills - we just beat the entire country in basketball." Dark Horse Unified, a CVU based team was the first Vermont team to win the state championship and now the Gold Medal at Seattle during the 2018 Special Olympics USA Games. They went 4-0 in the pool play after beating Florida in overtime. Next came the 37-21 win over Rhode Island in the semi-finals. In the gold-medal game of Division I final, Vermont came back from a one-point halftime deficit to beat Connecticut 38-29 to claim top honors in the nation. The Vermonters went undefeated in its run to the gold medal 6-0.

Of the 38 points in the title game, only 10 were scored by the team partners who are participants without intellectual disabilities playing alongside Special Olympics athletes.



Vt. Special Olympics basketball.

STOCK PHOTO

The 10-player roster included Lindsey Albertelli, Haley Clos, Kevin Conger, Wayne Elias, Robert Ellis-Clark, Paul Keen, Shannon Loiseau, Graham Walker, Erin Watson, and Gary Whalon.

Anthony Spagnolo also coached alongside Booth. He was the team's X's and O's strategist.

Sue Minter, the president of Special Olympics Vermont, said the Green Mountain State was competing against much bigger states. She said she would like to get unified sports in every school in Vermont.

Submitted by Don Lloyd of Springfield, Vt.

Migratory bird hunting seasons —

REGION - The Vermont Fish & Wildlife Department has announced the 2018-2019 migratory bird hunting season dates and bag limits.

A printable copy of the Migratory Bird Syllabus can be downloaded from the Vermont Fish & Wildlife website under "Hunt" - "Hunting Regulations and Seasons." A printed version also will be available from license agents and post offices by late August.

A statewide Vermont open hunting season for resident Canada geese will occur Sept. 1-25. The daily bag limit is five Canada geese in the Connecticut River Zone and eight in the rest of the state during this September season. The purpose of the September season is to help control Vermont's resident Canada goose population prior to the arrival of Canada geese migrating south from Canada.

A second Canada goose hunting season, for resident and migrant birds, will be held Oct. 13-Dec. 1 with a daily bag limit of three Canada geese in the Lake Champlain and Interior Vermont zones.

In the Connecticut River Zone, the Canada goose season will be Oct. 2 - Nov. 4, and Nov. 21 - Dec. 16 with a daily bag limit of two Canada geese.

Duck season this fall opens Oct. 13 in the Lake Champlain and Interior Vermont zones, and Oct. 2 in the Connecticut River Zone. The Lake Champlain Zone has a split season Oct. 13 - 21 and Nov. 10 - Dec. 30. The Interior Vermont Zone is a straight season Oct. 13 - Dec. 11. The Connecticut River Zone is a split season Oct. 2 - Nov. 4 and Nov. 21 - Dec. 16.

Vermont's youth waterfowl hunting weekend will be Sept. 29 and 30. Resident and nonresident hunters 17 years of age or younger may hunt ducks and geese within the Lake Champlain and Interior Vermont zones during this weekend while accompanied by an adult 18 or older. In the Connecticut River Zone, youth must be 15 years of age or younger. Both adult and youth must have Vermont hunting licenses. The adult may not hunt or carry a firearm. Youth ages 16 and 17 must have state and federal duck stamps.

Woodcock hunting season is Oct. 1- Nov. 14 statewide with a three-bird bag limit.

In addition to a hunting license, a waterfowl hunter 16 or older must carry current federal and Vermont duck stamps in order to hunt waterfowl in Vermont. Federal stamps

are sold at post offices, federal refuges, or online at www.fws.gov/birds/get-involved/duck-stamp/buy-duck-stamp.php. State duck stamps are available on www.vtfishandwildlife.com and from license agents. The hunter must sign the federal duck stamp.

All migratory game bird hunters must also be registered with the Harvest Information Program in each state they hunt. You can register on Vermont Fish & Wildlife's website or call toll-free 1-877-306-7091. After providing some basic information, you will receive your annual H.I.P. registration number, which you then need to record on your hunting license.

The hunting season dates, bag limits, and related regulations for all migratory birds are set annually within a framework established by the U.S. Fish and Wildlife Service, and in coordination with New York and New Hampshire.

Waterfowl season dates and bag limits are set in three zones: Lake Champlain, Interior Vermont, and Connecticut River. The New Hampshire Fish and Game Department sets the season dates and bag limits for the Connecticut River Zone.

Free fishing clinics

REGION - Three state parks are working with the Vermont Fish & Wildlife Department to offer free Let's Go Fishing clinics on a weekly basis this summer. Lake Bomoseen, Lake St. Catherine, and Boulder Beach State Parks will be offering these free clinics.

The Let's Go Fishing program is a network of trained volunteer instructors administered by the Vermont Fish & Wildlife Department who educate Vermonters and visitors of all ages and abilities about angling. Instructors teach fishing skills and techniques, the importance of quality aquatic habitat, fishing ethics, and fishing regulations. Clinics are free after paid admission to the state park and all equipment is provided on site.

"Fishing is a fun group activity, and these guided weekly clinics make the learning process simple and enjoy-

able. We've had entire families come and learn together," said Corey Hart, education specialist with Vermont Fish & Wildlife.

Vermont's rural landscape and abundant waterways provide a variety of thriving fisheries, and fishing is an important part of the state's culture and history. People looking to get into the sport can now learn to fish with expert guidance in some of Vermont's most beautiful locations:

state parks.

Let's Go Fishing Clinics at state parks are being held as follows:

- Boulder Beach State Park in Groton State Forest - Saturdays at 3 p.m. Call 802-584-3823 for park information.
- Lake St. Catherine State Park - Saturdays at 10 a.m. Call 802-287-9158 for park information.
- Lake Bomoseen State Park - Sundays at 2 p.m. Call 802-265-4242 for park information.

No registration is required. Those taking the clinic are not required to possess a state fishing license during participation. Clinics are ongoing now through August.

A complete list of Let's Go Fishing opportunities is available at www.vtfishandwildlife.com. More information on Vermont State Parks can be found at www.vtstateparks.com.



Let's Go Fishing clinic at Lake St. Catherine State Park.

PHOTO BY ROBERT SHUMSKIS.

arts & entertainment

Springfield Community Players “Steel Magnolias”

SPRINGFIELD, Vt. - Gossipy southern women in a small town beauty parlor in Louisiana, delicate as magnolias outside but tough as steel inside, inhabit the comedy-drama “Steel Magnolias” by Robert Harling. Their story swings from heart-warming humor and sass to meaningful conversations about life.

On a morning in June a wise-cracking Truvy (Ann Fahlbush of Proctorsville) opens her beauty salon, where all the ladies who are “anybody” come to have their hair done. She is assisted by her eager new assistant, Annelle (Anna Kendall of Chester), who is unsure whether she is still married.

Truvy dispenses shampoo and advice to the town’s rich curmudgeon, Ouiser, (Aprille Lawrence of Springfield), and to Clairee, the feisty mayor’s widow (Irene Ramen of Rockingham).



Seated left to right: Irene Ramen as Clairee, Aiyana Fortin as Shelby, and Anna Kendall as Annelle. Standing left to right: Aprille Lawrence as Ouiser, Ann Fahlbush as Truvy, and Kathryn King as M’lynn.

PHOTO PROVIDED

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Aiyana Fortin of Mount Holly plays the sensitive newlywed Shelby, and Kathryn King of Weathersfield is her protective mom, who shows her steel when the chips are down.

“Steel Magnolias,” directed by Stephanie Rowe, will run July 20 – 21 and 27 – 28 at the Springfield Community Players’ studio on South Street at 7:30 p.m.

Make reservations by calling 1-866-967-8167 or online at www.showtix4u.com.

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FACEBOOK

The Gully Boys perform on the Proctorsville Green

CAVENDISH, Vt. - The Cavendish Community and Conservation Association on behalf of the Town of Cavendish invites everyone to the Cavendish Music Series Wednesday, July 18 at 6 p.m. when The Gully Boys take to the gazebo on the Proctorsville Green. This will be the second of the 2018 concerts that are held on consecutive Wednesday evenings in July and August.

New to Proctorsville this year, The Gully Boys are a profession-

al rock/jam band from the Green Mountains. Influenced by all the music that creates the backdrop for all our lives, they present an amalgamation of style, sound, and personality that makes them unique, but with a comfortable familiarity. They like to mix up the playlist with originals and cover tunes from all genres. As Vermonters, they feel that music helps bring us all together and helps to sustain our communities.

The concert is free and open to everyone - not just Cavendish residents -

so join your friends and neighbors in front of the gazebo on the green. Bring a blanket or a comfortable chair, have a picnic, or just lie back and relax on the grass. It’s a fun way to enjoy the summer weather and either reconnect with old friends or make new ones. Neal’s Restaurant in Proctorsville is sponsoring this concert.

For more information, please call Robin at 802-226-7736. In the event of rain, postponement information will be reflected on the Cavendish Facebook page.

Twilight On The Tavern Lawn presents The Stockwell Brothers

PUTNEY, Vt. - Twilight Music continues its 16th annual Twilight On The Tavern Lawn series of summer concerts Sunday, July 15 with contemporary bluegrass and folk music quartet The Stockwell Brothers. The seven concert series continues every other Sunday through Aug. 26.

All concerts begin at 6 p.m. in downtown Putney on the Putney Tavern lawn - bring a lawn chair or blanket - or at Next Stage at 15 Kimball Hill in case of rain. The series is sponsored by the Town of Putney, Green Mountain Well, Soundview Paper Company, the Putney Food Co-op, the Stockwell Brothers, and many other Putney

area businesses and organizations. The concerts are free to the public and food will be available. For more information, call 802-387-5772 or visit www.twilightmusic.org.

In five decades together, The Stockwell Brothers have played everything from classic bluegrass to folk rock to world beat music. Their music continues to span traditional and progressive styles, but their well-honed signature sound spotlights new singer/songwriter material recast with varied rhythms and original arrangements featuring three-part vocal harmonies. They cover straight ahead bluegrass songs, finger picked acoustic guitar ballads, full tilt breakdowns and traditional mandolin

tunes mixed in with more unusual fare - Americana melodies riding world beat grooves and Celtic, jazzy, even neo-classical instrumentals.

Featuring 2005 Merlefest bluegrass banjo contest winner, Bruce Stockwell, The Stockwell Brothers have performed alongside artists from Bill Monroe, Doc Watson, and Earl Scruggs to Mary-Chapin Carpenter, Jonathan Edwards, and Asleep At The Wheel; recorded with Mike Auldridge and Phil Rosenthal of the bluegrass supergroup The Seldom Scene; and toured throughout the United States and in Canada and Europe. As a trio, they have released two albums, “Stobro” and “Leave My Dreams Alone.”

Rochester Chamber Music Society hosts chamber music performance

ROCHESTER, Vt. - The Rochester Chamber Music Society hosts Vanessa Holroyd, flute; Mary Rowell, violin; and Cynthia Huard on piano, Sunday, July 15 at 4 p.m. at the Rochester Federated Church.

Innovative violinist Mary Rowell has performed and recorded with scores of today’s composers as soloist and chamber musician. Considered by critics to be one of the most important and exciting performers on the contemporary scene today, Mary Rowell cannot be classified. Known for her work with the Grammy Award-winning Tango Project, the indie band The Silos and pop icon Joe Jackson, she has carved an indelible place in the contemporary classical music world. Rowell is currently working with composer/performer Eve Beglarian as the duo BRIM and

recently has debuted two new songs. A graduate of the Juilliard School, she is currently the concertmaster of the Radio City Music Hall Orchestra.

Vanessa Holroyd regularly performs as principal flute with the Orchestra of Emmanuel Music and enjoys an active freelance career in the Boston area with a focus on chamber music. She collaborated with members of the Grammy-nominated string ensemble, A Far Cry and the American Repertory Theater for the 2015 premier of Matthew AuCoin’s opera “Crossing.” She is a member of Arcadian Winds, a Boston-based woodwind quintet specializing in contemporary music. Vanessa co-owns and operates the music agency, Music Management which pairs music with over 1,500 events annually. Cynthia Huard has appeared as a

featured soloist at the Isabella Stewart Gardner Museum and the Aston Magna Early Music Festival, and in recital as pianist and harpsichordist throughout the United States and in Europe. As artistic director of the Rochester Chamber Music Society’s summer series, she has performed with Lark Quartet, Johannes Quartet, cellist Nathaniel Rosen. She is pianist for the innovative Helianth Consort and is cofounder of the Middlebury Song Fest. She teaches piano and chamber music at Middlebury College and the Middlebury Community Music Center.

For information, visit www.rcms-vt.org or call 802-767-9234.

Libraries Rock dance party at Springfield Town Library

YOU ARE INVITED TO

Libraries Rock Dance Party!

Libraries rock! PHOTO PROVIDED

SPRINGFIELD, Vt. - Get out your dancing shoes and join us at the Springfield Town Library Saturday, July 14 from 7 to 9 p.m. for our “Libraries Rock Dance Party!” Payne DJ Service will provide music to celebrate the summer reading theme, “Libraries Rock.” Everyone, including families, is invited to this fun, free dance party. We’ll have snacks and lots of music for all ages (young, medium, and old) and abilities!

Come make some new friends or bring your old ones and have a great time! Dancing is a great form of physical activity, so come rock out with us Saturday, July 14 at the Springfield Town Library, 43 Main Street, Springfield, Vt. For more information, contact the library at 802-885-3108 or stlas@vermontel.net.

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arts & entertainment

The Community Art Garden —

CHESTER, Vt. - The arts are alive and well in Chester, Vt. and 295 Main Street is buzzing with exciting new music and art experiences with more on the horizon. All summer long, Community Art Garden has camps and community art opportunities for artists of all ages. Located on the green, this community art studio is easy and fun to access and provides a great source of arts-based fun for kids and families.

Community Art Garden owner Emily Burkland says it's going to be their most exciting summer yet. "I have been partnering with members of our community this summer - Grandma Jeanne at the Whiting Library in Chester and Ashley Hensel-Browning from The Dance Factory in Springfield, to offer more diverse art and music programming than I could manage alone," said Emily. "I am excited to keep offering arts programming at the studio, but I love integrating and connecting with the community so this is exciting for me to change things up!"

This May, Community Art Garden paired with Chester Music Center and ran a successful open house. Ida Mae Specker opened the music school in March 2018 and has offered monthly jams as well as lessons for fiddle, guitar, and banjo. Both Emily and Ida enjoy working with the community to promote music and

the arts and look forward to making more magical events like that one happen soon!

Community Art Garden has a busy summer camp schedule with offerings for kids of all ages. Here is a list of current offerings. For more information or to rent the studio for a group of five or more, please contact Emily.

- Nature Arts Camp for ages 4 and up runs July 14 and 21, from 9 a.m. to noon.
- Dramatic Arts Camp for ages 5 and up runs Aug. 1 to 3, from 10 a.m. - 2 p.m.
- Messy Mondays for ages 2 to 4 runs every fourth Monday, July 23 and Aug. 27 from 10 - 11:15 a.m.
- Yes, ART! for ages 11 - 14 runs two Tuesdays, July 10 and Aug. 14 from 3 - 5 p.m. July 10 features a 5x7 multimedia canvas and slime factory. Aug. 14 features tie dye poi balls and giant bubbles.
- Sewing 101 for ages 8 and up runs Monday and Tuesday, Aug. 13 and 14 from 9 a.m. to noon. Campers will be introduced to simple hand



Community Art Garden camps all summer long! PHOTO PROVIDED

stitches and to working on the machine and will have the option to make a simple finished project of a small quilt or bag. All materials included.

Register for all camps online at www.communityartgarden.com.

To contact Community Art Garden, contact Emily at heartgardenvt@gmail.com or call 802-289-3071. For more information about Chester Music Center, contact Ida Mae Specker at ispecker@gmail.com or call 802-734-7183. You can follow Community Art Garden and Chester Music Center on Facebook and Instagram. We strive to keep local arts alive.

Village Square Booksellers open mic

BELLOWS FALLS, Vt. - Village Square Booksellers in Bellows Falls, Vt., assisted by New Hampshire author and poet Jim Fowler, will host second Saturday Open Mic July 14 at 1 p.m. This month we will be featuring a reading by Vermont Poet Laureate, Chard deNiord, followed by open

mic. A selection of his books will be available for sale and autographing.

DeNiord is currently a professor of English at Providence College and the Poet Laureate of Vermont. He lives in Westminster West, Vt. with his wife, Liz. The open mic is held by having poets take turns reading from their

works or a favorite book. The poets sit around a circle, so there is no need to be nervous about standing in front of a room for newbie poetry readers. Call 802-463-9404 for event reservations. Go to www.villagesquarebooks.com/event/poetry-open-mic for more information.

Owen Nied to perform at Stone Hearth Inn

CHESTER, Vt. - Owen Nied, a 20-year-old singer/songwriter and multi-instrumentalist will perform a solo show at the Stone Hearth Inn & Tavern in Chester, Vt., July 14, 2018 at 7 p.m.

Owen has been performing since he was 9 years old. In addition to solo touring, he fronts the indie band The Onlys, a horn-driven trio that explores pop, jazz, and funk. He is also one-half of the new-grass

duo, Owen and Sam. Owen's original music ranges from edgy pop to jazz to blues, rock, and hip hop and is influenced by artists as diverse as Wes Montgomery, Stevie Ray Vaughan, Jack White, Brian Wilson, B.B. King, Van Morrison, and Ella Fitzgerald.

Owen began his professional music career as a featured performer at the 2011 and 2012 Ukulele Festival of Great Britain, having been awarded an initial performance slot by win-



Owen Nied. PHOTO BY RENEE GLESSMAN

West Side Story opens July 12

WESTON, Vt. - Continuing a full tilt schedule of summer entertainment, Weston presents America's most beloved musical, "West Side Story," on the Main Stage from July 12 through Aug. 4.

Star-crossed lovers Tony and Maria fight to keep their forbidden love alive in this reimagining of "Romeo and Juliet" set in 1950s New York. One of the most celebrated musicals of all time, this production commemorates composer Leonard Bernstein's 100th birthday, recreates Jerome Robbins' award-winning choreography, and features those gorgeous and iconic songs from Stephen Sondheim and Bernstein, including "America," "Tonight," and "Somewhere."



Max Sheldon (Tony) and Evy Ortiz (Maria) in rehearsal. PHOTO BY TIM FORT

"West Side Story" originally premiered on Broadway in 1957 and was nominated for six Tony Awards. It has been revived on Broadway three times, most recently in 2009, and has had international productions mounted in the United Kingdom, Australia, Israel, Japan, and countless other destinations. A classic from the moment it premiered, "West Side Story" has been performed for over half a century all around the world. The 1961 film adaptation was nominated for 11 academy awards and won 10, including best picture.

As the largest ensemble of the season, the "West Side Story" cast is made up of 27 talented actors, both new and returning to the Weston stage. Max Sheldon ("Peter and the Starcatcher") stars as Tony alongside Evy Ortiz as Maria. Ortiz toured throughout the USA as Maria in the first National Broadway Tour of "West Side Story" (Arthur Laurent's recent Broadway revival); a show that garnered a Grammy for Best Musical Show album. Joining Max and Evy are Jordan J. Ford as Riff, Dan Rosales (Former Young Company, "Fiddler on the Roof") as Chino and Courtney Arango as Anita.

Founding Director Tim Fort, who directed this season's Young Company production of "Anne of Green Gables" as well past favorites "Tenderly," "Les Misérables," and "Pump Boys and Dinettes," will direct "West Side Story." Felicity Stiverson, who has been seen in "The Music Man," "42nd Street," "A Chorus Line," and

more on the Weston Stage, will choreograph using the original Tony award-winning Jerome Robbins' choreography.

The show's creative team includes music director Larry Pressgrove (Weston's "Guys and Dolls," "42nd Street"), scenic designer Russell Parkman, costume designer Ilona Somogyi, lighting designer Travis McHale, and sound designer Rider Q. Stanton.

Director Fort calls the show a "beautifully written plea for tolerance and understanding." Although it was written 60 years ago, he notes, "the message feels more relevant today than ever. Whenever we want to remind ourselves of what is important about being loving and human, it will always be important to perform West Side Story."

"West Side Story" runs July 12 - Aug. 8 at the Weston Playhouse, 8 Park St. in Weston. Show times are at 7:30 p.m. Tuesday through Saturday, 2 p.m. Wednesday and Saturday, and at 3 p.m. Sunday. Tickets can be purchased by calling the box office between 10 a.m. - 6 p.m. at 802-824-5288, or by visiting www.westonplayhouse.org. Ask about dinner at the theatre's farm to table restaurant, West Town Eatery, and Weston's famed post-show Cabaret, Yankee Magazine's "best place for a nightcap!"

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Classical string quartet performs in Weston

WESTON, Vt. - An elegant classical string quartet, The Bel Canto Chamber Players, will perform at the Church On The Hill, Weston, Vt., Sunday, July 15 at 4 p.m. The Bel Canto Chamber Players has over 20 years of experience performing at

weddings, parties, and other concerts throughout New England and New York. They enjoy bringing good quality classical and popular music to you and pride themselves on their versatility. The July 15 concert will include works by Franz Josef Haydn and Ludwig von Beethoven. The ensemble is privileged to be the string quartet in residence at St. Michael's Cathedral in Springfield, Mass.

All the concerts are Sundays at 4 p.m. There is a small entrance fee. Children 12 and under are free. For additional information about the 2018 summer concert series, see www.sundaysonthehill.org.

Community theater comes alive

SPRINGFIELD, Vt. - Remember the good times you had at the Springfield Community Players? Relive those memories with an exciting new display in the lobby of the Springfield Town Library. Props, memorabilia, and summer season teasers are up in July.

The Springfield Community Players are the oldest continuously performing community theater in Vermont, on stage since 1920. Don Gray, Stephanie Rowe, and current president John MacDonald have picked highlights from stage props and scrapbooks to show off a hundred years of area cultural history.

Ready to plan your next local theater outing? The Springfield Community Players are rehearsing "Steel Magnolias" by Robert Harling right now. Shows are July 20, 21, 27, and 28, starting at 7:30 p.m. All performances happen at the studio on 165 South Street in Springfield. Find tickets at www.springfieldcommunityplayers.org or call the Ticket Box Office at 866-967-8167.

The Springfield Town Library is located at 43 Main Street in Springfield, Vt. Programs are free and open to the public, and the building is accessible. Call the library at 802-885-3108 for more information about services or the display.

ning a YouTube video competition at the age of 11. Owen has gone on to tour the U.S., France, and England. Owen has composed original music for modern dance and independent film. He also works as a session player providing virtuosic lead guitar, piano, and harmony vocals for other recording artists. He will be releasing a new LP as the lead singer and guitarist for The Onlys in October 2018.

Owen's show at the Stone Hearth will be his first since returning from performing in the Netherlands. Simon Murphy, artistic director of The Hague Baroque Orchestra, New Dutch Academy has said, "It was an honour to hear Owen play and sing."

The Stone Hearth is located at 698 Route 11, Chester, Vt.

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golf & garden news

Okemo Valley Golf Club Championship results




Okemo Valley Golf Club.

PHOTO PROVIDED

LUDLOW, Vt. – Okemo Valley Golf Club hosted its annual Club Championship Weekend, July 7 and 8. The championship was an individual 36-hole, stroke-play event. Ruthie Schamback, three-time defending champion, held a five-stroke lead over Rosemary Burns going into round two, where she made her move. After a splendid 43 on the front side and a birdie on the 10th hole, she pulled within one stroke of Schamback with eight holes to play. Schamback quickly steadied the ship, the key being a three-hole stretch where she birdied the 13th and parred the 14th and 15th to stretch her lead back to three, where it remained to the finish – thus becoming Women’s Club Champion for the fourth time. The Men’s Championship saw five players within three shots of the

lead after round one. By the middle of round two it became a two-man duel. Roger Danyew and Ed Richter separated themselves from the field. Richter pulled ahead by a shot after 13 holes, Danyew responded with key pars on, arguably the toughest, par-fours on the course – the 15th and 16th – to pull ahead by one shot with two holes to play. Ed responded by making a key par on the 17th hole to draw even once again, where the score remained after 18 holes. A playoff ensued on the 10th where Ed Richter prevailed to become a two-time Club Champion. The Ladies’ Senior Champion title went to Gwen Hofmann. She gradually pulled away from the field in round two, winning her first Senior Ladies’ Championship. Once again, the Men’s Senior Championship went to Rick Mara-

sa. He played brilliantly over the two days, only being slightly challenged by defending Champion Tom Whalley. The net winners were: Ladies’ Rosemary Burns; Ladies’ Senior, Shirley MacDonald and Jude Falango tied; Men’s Peter Girouard; and Men’s Senior, Larry Plumb. Okemo Valley Golf Club is Vermont’s first heathland-style golf course and was designed according to the traditions of the game. The golf club features a full-service clubhouse, indoor practice facility, 18-acre state-of-the-art outdoor training center, fully stocked pro shop and fleet of electric carts. The layout is a par 70 that measures 6,400 yards in length and features bent grass greens, tees and fairways with multiple tee areas on each hole, ensuring playability and challenge for all ability levels. Rolling hills, moderate elevation changes, and wide fairways with well-placed hazards enhance the heathland layout. For more information about Okemo Valley Golf Club, please call 802-228-1396 or visit www.okemo.com.



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Ludlow Garden Club to visit Cavendish gardens

LUDLOW, Vt. - The Ludlow Garden Club will hold its next meeting Thursday, July 12 with visits to two gardens in Cavendish, Vt. The first is a well-established garden to which the owners have devoted much time and effort over the years. The second is a relatively new endeavor, just one year in the making, by a seasoned and dedicated gardener. Both properties are beautiful and described by one of the hosts as a “work in progress.” Aren’t all gardens? The Ludlow Garden Club, founded in 1941, offers educational and hands-on programs to promote an interest in all aspects of gardening. An important and visual project of the club is the beautification of our town. Club members provide many hours cleaning-up the mini park next to Town Hall and the Black River



The Ludlow Garden Club will be visiting some local gardens in Cavendish. STOCK PHOTO

Academy Museum grounds. Members can be seen throughout the summer, sporting their green garden club aprons, planting, watering, and maintaining the numerous planters throughout town.

Membership in Ludlow Garden Club is open to anyone interested in gardening and the continued beautification of Ludlow. Guests are always welcome. For more information, call 802-228-2983.

Cycle the Rain

SPRINGFIELD, Vt. - Everyone is invited to join Jan Lambert of Voices of Water for Climate Sunday, July 22, 10 a.m., at the Springfield UU, when she will present the Sunday service, with assistance from Sharon Mueller. They will explore the sacred role of water as the sustainer of life and climate on our planet. Learn how the water cycle is absolutely central, and by simply allowing the divine gift of rain and snow to soak into the ground and into plants and the atmo-



Local volunteers of the Black River Action Team gathered in June to create a “rain garden” on a front lawn to absorb rainwater draining off the road.

PHOTO PROVIDED

sphere to replenish the water cycle, we are helping a lot of good things to happen! Come hear some positive, uplifting stories of restoration from around the globe, and how you can be part of this worldwide movement to restore water cycles. You may be astounded! This service is held at 21 Fairground Rd. in Springfield, Vt. Written by Jan Lambert.

Awesome backyard party ideas

StatePoint – Are you throwing a party and need an idea? With just a little planning, you can turn your ordinary backyard into anything you want it to be for some summer fun. Water park Who says you need a pool to cool off on hot days? Create a backyard water park with stations like slip ‘n’ slide, sprinklers, inflatable water play pools, and water balloons. Serve your guests pop-

sicles, funnel cake, hotdogs, and other waterpark treats. Be sure to have plenty of beach towels on hand and a designated area for those guests who’d prefer to stay dry. Movie theater Host a “drive-in” movie night under the stars by moving your home theater outside. Create “stadium seating” by putting blankets towards the front of the viewing area, reclining chairs behind those, and then regular lawn chairs in the back. Dec-

orate your backyard in theme with the movie you are screening and serve popcorn. To get the real movie theater experience, use a high-quality projector, such as those from Casio, which combine a laser and LED light source to produce optimal visuals. Their Intelligent Light Control feature senses ambient light and automatically adjusts the projection brightness accordingly to ensure that no matter the time of day or lighting conditions, you’ll have good visuals.

With these same ideas and just a few snack and decoration swaps, you can host your friends for any big televised event! Summer camp Relive the camp experience with some friendly competition. Assign all your guests to teams and then start keeping score. A prominent score board with the current stats and some motivating music will keep guests on top of their game. Include classic feats of strength and coordination like tug-of-war and a three-legged race, but don’t be afraid to branch out to include games that use the mind, such as trivia. Complete the day with an awards ceremony. Take your backyard party to the next level. Pick a theme and go all out to create a fiesta your guests won’t soon forget.



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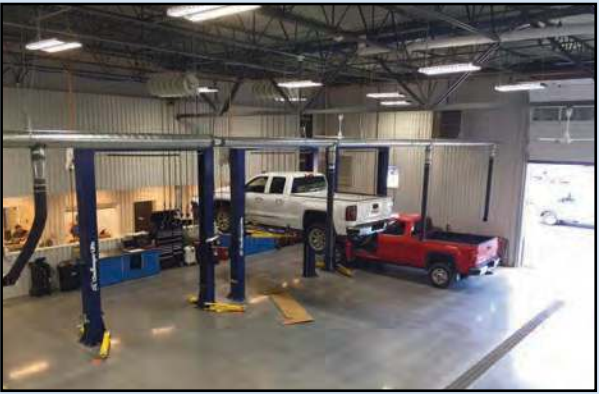
Established in 1994, Lawrence & Lober Inc. is a full service electrical contractor for local residential and commercial properties, offering extremely competitive prices. President and owner Rick Hamm is committed to high quality care and fast service, while using quality materials from the best suppliers to insure quality craftsmanship. With over 18 years of experience in all phases of electrical work, their knowledgeable employees can help with any electrical project.

After a year in the U.S. Coast Guard, Hamm decided to learn a trade and began working for a company out of Massachusetts. Hamm later moved to Vermont and “worked for a commercial electrical contractor for a couple of years prior to taking a position with Lawrence & Lober Electric.” In 2009 Hamm bought out the Lawrence side of the company, and recently in 2017 he bought out the Lober side. “I am extremely proud of the team here at Lawrence & Lober,” Hamm said, and getting into the trade “was one of my best decisions.”

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Most of their business is “word of mouth,” relying on great customer feedback to generate new jobs and opportunities for the company. “We are grateful for past, current, and future business relationships,” says Hamm. “On behalf of everyone at Lawrence & Lober, I would like to extend a warm thank you. It is your trust and loyalty in our services that allow us to grow and continue to serve the public.”



AUCTION

N. SPRINGFIELD, Vt. – Auction held July 14, 2018 at 11 a.m. at 96 Route 106 N. Springfield. 802-683-7104 To be auctioned: Matt Reynolds Unit #177 Sheila Wing Unit #112 Dylan McCutcheon Unit #50 Diane Daniels Unit #26 Valarie Ovitt Unit #37 Mariah DeLong Unit #48 Deborah Walker Unit #59 Deb Rheame Units #74 & #136 Malcolm Parker Unit #98 David Mobus Unit #125 Jim Fischer Unit #160 Orion Pfenning Unit #197 (07/17)

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BROWNSVILLE, Vt. – Reiki Classes, Level 1 & 2, at Jai Studios July 21 & 22. Cost \$185 per class or \$295 together. Early Bird rate: \$250. \$75 deposit to preregister. Contact Angie at follahall@protonmail.com. (07/17)

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MOVING SALE

SPRINGFIELD, Vt. – Final moving sale! All must go July 14 9 a.m. to 3 p.m. Rain date is July 15. Living, dining, bedroom furniture; fishing & hunting gear; household, yard, tools, and snow blower. 72 Pine Ridge Road. (07/17)

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Affordable design consultations including color selections, room layouts, window treatments and furniture choices. Pond St, Ludlow 802-228-2075. Main Street, Ludlow 802-228-4581. www.chrisandras.com (08/08/18 TFN-52)

firewood & building materials

AMP TIMBER HARVESTING, INC.

Firewood for Sale, Rough Sawn Lumber, Custom Sawing

Pine Boards, Framing Lumber, Hardwood Furniture

Stock. PO Box 1104 W. Townshend, VT. Springfield, Chester, Windham, and surrounding areas. Dennis Allard: 802-254-0680. Billy Parker: 802-874-7260. (08/28/18)

fitness

DREWS GYM

Your local and affordable gym. Membership to this private club gives you 24 hour access, 7 days a week, for only \$40 per month, or \$60 per month for couples. Owned and operated by Andrew Valente. 802-855-1434, 6 Andover St., Ludlow, VT. (09/04/18)

furniture

CHRISANDRA'S HOME FURNISHINGS

Our customers say "Your prices are great!" Shop our large selection of affordable furnishings and accessories. 122 Main St., Ludlow, VT www.chrisandras.com 802-228-4581. (08/08/18 TFN-52)

home improvement

ROSE'S HOME IMPROVEMENT

Property management, lawn care, carpentry, interior & exterior painting, window & door replacements, window cleaning, vinyl siding washing, pressure washing, drywall repairs, texture ceiling repairs, and more. All calls returned. 802-226-7077 or 802-591-0019. Cavendish, Vt. (03/02/19)

ALEX ALBERTI LANDSCAPING

Summer is here, and it's time to leave your lawn maintenance in experienced hands, at the most competitive prices in the area. Also offering painting and renovation services. Serving Londonderry and surrounding towns. Call Alex at 802-451-6112, or email alexpalberti@gmail.com. (11/06/18)

masonry

MOORE MASONRY

Fireplaces, chimneys and liners, chimney sweeps, patios, walls, steps, restoration and repairs. Fully insured, free estimates. Contact Gary Moore at 802-824-5710 mooremasonry802@gmail.com (08/22/18 TFN)

painting

TONES & HUES

Quality interior & exterior painting and wallpaper removal. Insured, and free estimates. 802-885-8633 www.TonesAndHues.com (08/08/18)

RALPH'S PAINTING

Interior & Exterior painting, power washing, and roofs. 30+ years experience. Fully Insured. 18 Pleasant St. Ext. Ludlow, VT. 802-975-0356 or 603-372-7604 (09/25/18)

perennials

HALE HOLLOW ROAD PERENNIALS

All \$3.00! Located on Hale Hollow Road, Bridgewater Corners, off Route 100A. Will accept most used pots. Open daily. 802-672-3335 (08/14/18)

rentals

WHITE'S RENTALS LLC

For Rent: Like new 10,000 lb Kabota Excavators w/ steel or rubber tracks. Both machines offer a thumb, angle float blade, A/C, heat, and free local delivery up to 15 miles.

For Rent: 28 foot 10,000 lb capacity deck over trailer with electric brakes, with our without ramps.

Call Lou at 802-289-3796 for prices and availability. Visit us on the web: www.whitesrentals.com to see everything we have to offer. (09/18/18)

calendar

LEGAL NOTICES/HELP WANTED

CLASSES & WORKSHOPS

SATURDAY, JULY 14 - ALSTEAD, N.H. - Beekeepers must take timely steps to control American Foulbrood and Varroa mites to save the bees! Charles Andros, former New Hampshire and Vermont apitary inspector, will hold a beekeeping workshop from 1-4 p.m. on Saturday, July 14, at 18 MacLean Road in Alstead. Look for the “bee” sign on the south side of Walpole Valley Road. The topics of discussion will be taking off and extracting honey, wax processing, treatment of mites and foulbrood, and making propolis tincture. Bring a veil, if you have one, as we shall be opening some colonies. We’ll be inside if it is a rainy day. Water bottle may also come in handy. Registration required.

Email lindenap@gmail.com or call 603-756-9056.

WINDSOR, Vt. - Come make gooseberry jam, a quintessential English variety jam, at Blake Hill Preserves in Artisans Park in Windsor on Saturday, July 14 from 9:30 a.m. to noon. Gooseberries are currently ripening in the gardens at Blake Hill and Cherry Hill Farm in Springfield. We will be teaching infusing techniques to create an extra special spiced gooseberry jam. Learn the basics of fruit preparation, cooking, “setting,” and safe canning practices. Take home a complimentary jar of the variety we make together in class, a detailed recipe card, and enjoy 15 percent off all jar purchases in our Preserves Shop on the day of the class. Registration required. Contact Mary Ball at mball@blakehillpreserves.com or call

802-674-4529. Bring a friend and each save 10 percent! All levels welcome!

SUNDAY, JULY 15 - PUTNEY, Vt. - Next Stage Arts Project cooking class series continues with “Pizza Making with Kids” on Sunday, July 15 from 1 – 4 p.m. in the kitchen at Next Stage in Putney. Learn how to make pizza dough, pizza sauce, grate cheese, and have a fun activity around toppings. Taught by Greg Weisel, master pizza maker. You will get to eat the pizzas made in class, and everyone will get a chance to make their own pizza dough to take home to show off your skills to family and friends. It will be a fun, and delicious, class! Next Stage will provide all the ingredients. The only thing you need to bring is an apron. Children ages 8 - 12 should be accompanied by an adult. This class is free but registration is required at nextstagearts.org.

SATURDAY, JULY 21 AND SUNDAY, JULY 22 - BROWNSVILLE, Vt. - Jai Studios in Brownsville is holding Reiki 1 & 2 Training on Saturday, July 21 from 8:30 a.m. to 3:30 p.m. and Sunday, July 22 from 9 to 10 a.m. for yoga, then class from 10 a.m. to 4:30 p.m. We will practice yoga and indulge in delicious vegetarian cooking, to create a complete healing experience for you, as well as learn skills to offer Reiki for others. Your teacher is Angie Follensbee-Hall, certified Reiki Master, E-RYT 500, and BFA. Contact Angie at fallhall@protonmail.com, or visit www.powerfulwomanmanyoga.com for more details and to register. Space is limited to 8 students. 802-952-1129.

MONDAYS - BELLOWS FALLS, Vt. - The Bellows Falls Area Senior Center Knit and Stitch group meets Mondays at 9 a.m. They can help you finish a project,

repair an item and even take on special projects. The group is happy to donate “Knitted Knockers” to breast cancer survivors. Stop by and ask for Betty for more information. Call 802-463-3907. TFN

SPRINGFIELD, Vt. - 9-10:30 a.m. Playgroup at the Springfield Area Parent Child Center. Come to play and meet new friends. All parents with young children are welcomed. Contact Celeste at 802-886-5242 or email at celestem@vermontel.net. TFN

KILLINGTON, Vt. - An 8-week Kundalini Yoga series, “Awakening to Your 10 Bodies,” continues in Killington, Vt. with KRI certified Kundalini yoga teacher, and long time practitioner, Liza Eaton. Classes are scheduled for Mondays 6 - 7:15 p.m. Remaining classes: July 16, 23, 30, and Aug. 6, located outdoors on the front lawn of The Cabin, 514 Dean Hill Rd., in Killington. Rain date is Monday, Aug. 13 if needed. Attend all eight weeks or select four weeks of your choice. Our “10 bodies” consist of the Soul Body, three mental bodies, and six energetic bodies. Reduce stress, heal, awaken, strengthen, purify, and spread mindfulness throughout your life as we practice ancient yoga sets to awaken our whole selves-all 10 bodies! Practice at your own pace. No experience necessary. Welcomes beginners! Registration was due before June 11. Contact Liza Eaton at 518-763-1490 or email eaton.liza@gmail.com for more information and to sign up online visit www.buddhafulyoga.com.

TUESDAYS - BELLOWS FALLS, Vt. - River Voices Poetry meets every Tuesday at 7 p.m. at the Flat Iron Exchange building on the

Square. All poets welcome. Discussion of all aspects of the poem. 802-463-2204. TFN

SAXTONS RIVER, Vt. - 9:30-11 a.m. Play Group at Saxtons River Elementary School. Come on over for crafts, activities and to play! Call Molly 802-376-6204. TFN

WEDNESDAYS AND FRIDAYS – TOWNSHEND, Vt. – Grace Cottage Family Health and Hospital is hosting a beginner level Tai Chi class in our Community Wellness Center. The series runs for eight weeks, Wednesdays and Fridays, from 9 – 10 a.m. This “Tai Chi for Fall Prevention” class is offered through the Rehabilitation Services Department at Grace Cottage by certified instructors Ruth Fleming, P.T. and Pam Coburn, PTA. The series is free. Pre-registration is required and class size is limited. While it is understandable if you cannot attend every class, regular attendance is encouraged. Classes are held in the Community Wellness Room in the Heins Building at 133 Grafton Road, in Townshend. To register or for more information, call 802-365-3649. Through Friday, Aug. 3.

THURSDAYS - CAVENDISH, Vt. - From 5:45 to 6:45 p.m., join a Tai Chi beginners’ class at DG Bodyworks, 7 Depot St. in Cavendish/Proctorsville, Vt., next to the Post Office at the corner of Rt. 131 and Depot St. There is a monthly tuition cost. To learn more about the classes, please contact Djemila at 802-490-0225, by email: djem.translator@gmail.com or check for updates on Facebook: www.facebook.com/gemstaichi/. TFN

CHESTER, Vt. - Strength-building chair yoga class with Liz Eaton, 9:30-10:30 a.m., Fullerton Inn, Main Street, Chester. This is a strength building yoga class in the hatha tradition for anyone looking to build bone density, physical strength, flexibility and endurance. Come as you are and do what you can. Use a chair, yoga mat, or both! Drop in anytime or purchase a few classes at once. No experience necessary. For details, contact 802-875-2868, eaton.liza@gmail.com or www.buddhafulyoga.com. TFN

CHESTER, Vt. - Meditation class with Liz Eaton takes place on Thursday, 10:45-11:15 a.m. at the Fullerton Inn, Main Street, Chester. Learn simple yet profound meditation techniques for beginners (all levels welcome). There is no fee for this class; donations are appreciated. For details, contact 802-875-2868, eaton.liza@gmail.com or www.buddhafulyoga.com. TFN

SPRINGFIELD, Vt. - Great Hall Handcrafters meet every Thursday from 10 a.m. to 2 p.m. in the open art gallery at Great Hall Art Gallery, 100 River Street in Springfield. Bring your own project and join a creative group of people doing different handiwork.

FRIDAYS - SPRINGFIELD, Vt. - Fridays, 9-11 a.m. creative movement activities and playgroup held in the gym of the Community Center. All parents with young children are welcome. Contact Parks and Recreation Dept. at 802-885-2727. TFN

SPRINGFIELD, Vt. - Free Open Art Nights, second Fridays from 7 p.m., open to people of all ages. Try something new, make mistakes, learn, and try again at the Art Gym on 62 Clinton Street, Springfield. Visit www.facebook.com/springfieldartgym/. TFN

SATURDAYS - SPRINGFIELD, Vt. - Edgar May Open Play Group 10-11:30 a.m. at Studio Momentum, 71 Main St. An active playtime specifically designed for children aged 6 months through 5 years! Free to member families. Call 802-885-2568 or info@myreccenter.org. TFN

WEEKLY – SPRINGFIELD, Vt. - Youth swim lessons are offered on Saturday and Sunday mornings and Tuesday afternoons. Current classes available including our Parent and Toddler class in our warm water therapy pool as well as levels 1, 2, and 3. Our adult swim lessons are on Thursday mornings and feature three levels: Stroke Development, Stroke Improvement, and Stroke Refinement. We also offer a special class, Swimming for the Petrified, by appointment call 802-885-2568 or visit www.myreccenter.org. TFN

REGION - Bone Builders to combat osteoporosis. Free and open to 55+. Call 802-674-4547. Monday and Wednesday: Brownsville Town Hall 9 - 10 a.m.;

The Grafton Inn is hiring

We’re hiring in our housekeeping department, experienced servers in our busy pub and dining room and food runners. Experience in hospitality is a must.

Accepting resumes at angela.comstock@grafoninnvermont.com or stop in to fill out an application. www.grafoninnvermont.com 802-843-2248.

NOTICE OF LOCAL CONCERNS MEETING
DEPOT STREET SIDEWALK IMPROVEMENTS
Project No: Chester STP BP17(4)

The Selectmen of the Town of Chester hereby give notice to interested persons that there will be a Public Meeting on Wednesday, July 18, 2018 at 6:30 p.m. at the Chester Town Hall. The purpose of this meeting is to seek public input from interested and affected properties relative to the improvements being made to the Depot Street Sidewalk.

For the Selectmen of the Town of Chester
David Pisha
Town Manager

TOWN OF ANDOVER
NOTICE OF PUBLIC HEARING BEFORE THE
ZONING BOARD OF ADJUSTMENT

The Andover Zoning Board of Adjustment will hold a Public Hearing on Tuesday, August 7, 2018 at 7:30 p.m. at the Andover Town Hall to consider the following application for subdivision:

Application #: 11/1/18/6/3 - Subdivision Application
Applicant/Owner: Markham Mountain LLC
Location: 1000 Marsh Hill Road
Application for: An application has been submitted for a Minor Subdivision proposing to subdivide a 630± acre lot into two parcels.

Dated at Andover, Vermont this 9th day of July, 2018.
Jeanette Haight
Andover Town Clerk

Executive Director
Health Education Nonprofit

The Southern Vermont Area Health Education Center (AHEC), a nonprofit corporation, seeks an exceptional individual with strong leadership, communication and interpersonal skills to serve as Executive Director. The AHEC system’s primary goal is to help meet the health care needs of Vermonters by assisting with recruitment, retention and education of community physicians, students and residents in medicine, allied health, nursing and social work. Southern Vermont AHEC serves Addison, Rutland, Windsor, Bennington and Windham counties and is based in Springfield, Vermont.

The Executive Director works for the Board of Directors, and in collaboration with the statewide AHEC network, including the UVM AHEC program. The Director supervises a small staff and is responsible for the daily operations of the agency in Southern Vermont. The home base for this position is Springfield, Vermont.

Qualifications sought: a Master’s degree in a health related field or at least 5 years in health care or higher education administration. The successful candidate must have experience in grant writing and management, marketing and fundraising. Excellent interpersonal communication, both oral and written, and organizational skills are required. Familiarity with the healthcare climate and culture in the five county regions is desirable. A complete job description is available at www.svtahec.org.

Apply by July 30th with cover letter, resume, and salary requirements to:
Southern Vermont AHEC Search Committee
368 River Street, Suite 145
Springfield, VT 05156
dmoran@svtahec.org

An Affirmative Action / Equal Opportunity Employer

Wilson & Lawrence Inc. Tennis Court
Contractors is hiring for summer jobs

Come join out team. Good pay and overtime.
Please call 802-843-2436. Monday through
Saturday, 8 a.m. to 4 p.m.

TOWN OF PLYMOUTH, VT
WARNING

On August 7, 2018 at 7:00 p.m. the Town of Plymouth Planning Commission & Zoning Board of Adjustment will hold a public forum to discuss potential changes to future land use in the Town of Plymouth and review the current Town Plan.

Please visit the Two Rivers-Otisquechee Regional Commission website at <http://www.trorc.org/towns/plymouth/> for the current Town Plan and Zoning Ordinance.

Public Input is Encouraged.

NOTICE OF PROPOSED
SALE OF LAND

The Town of Ludlow’s Select Board hereby declare the proposed sale of the property on 8 Terrace Avenue to KCS Realty, LLC for \$40,000 plus closing fees.

This sale will take place after the 30-day notice to taxpayers as per Title 24 § 1061 of the Vermont State Statutes. The Select Board may proceed with the sale unless a petition signed by 5% of the legal voters is filed with the Town Clerk within thirty (30) days of the date when the “Notice” was published in the newspaper. If the petition is filed in this timely fashion, the Select Board must submit the matter to a special or annual meeting of the voters. Any questions on this matter should be directed to the Ludlow Municipal Manager, Scott Murphy.

TOWN OF LUDLOW, VERMONT
NOTICE OF VACANCY

In accordance with 24 V.S.A. § 961(a), the Select Board of the Town of Ludlow, Vermont hereby encourages interested persons to submit a Letter of Interest to fill the vacancy created by the passing of the Select Board Chair, Howard Barton, Jr..

The Select Board, pursuant to 24 V.S.A. § 963, will make an appointment to fill this vacancy at an upcoming meeting. The person appointed will serve until a town election is had.

CITIZENS’ RIGHT TO PETITION FOR VOTE: Titles 17 V.S.A. § 2643 and 24 V.S.A. § 963 grant citizens the right to petition for a vote to replace the Select Board’s appointee at a special town meeting. If a special town meeting is called, the newly elected town officer will remain in office for the balance of the unexpired term. If a special town meeting is not called, the Select Board’s appointee will remain in office until the next annual town meeting.

To exercise this right, citizens must present a petition calling for an election for this office signed by five percent of the legal voters of the Town to the Town Clerk prior to the next annual Town Meeting.

ADDITIONAL INFORMATION pertaining to this notice and its contents may be obtained by contacting Scott Murphy, Municipal Manager at (802) 228-2841 during normal office hours. Please submit your Letter of Interest to the Select Board c/o Scott Murphy, Municipal Manager, Ludlow Municipal Office at PO Box 359, Ludlow, VT 05149 before August 2, 2018.

Dated this 2nd day of July, 2018
Bruce Schmidt, Select Board, Vice Chair



We Are Growing!

Mack Molding, a leading custom plastics molder and supplier of contract manufacturing services located right here in Vermont, is growing and currently filling open positions on its molding and assembly teams.

APPLY TODAY!
www.mack.com/job-application



LEGAL NOTICES/HELP WANTED

calendar

Martin Memorial Hall in Ascutney 10 - 11 a.m. Tuesday and Thursday: Cavendish Baptist Church 10 - 11:30 a.m. Tuesday and Thursday: Andover Community Church 3 - 4 p.m. TFN

SPRINGFIELD, Vt. - Springfield Adult Learning offers on-going classes to earn your high school diploma. Anyone interested contact 802-546-0879 or visit Vermont Adult Learning at 363 River St. in North Springfield. TFN

CLUBS

MONDAY, JULY 16 - CHESTER, Vt. - Please join the Chester Senior Citizens Club for their monthly luncheon meeting at 11:30 a.m. on Monday, July 16, at the Chester Congregational Church on Main Street. Pat Koenig, Move To Improve Class instructor, will teach us some stretching, muscle strengthening, and low impact cardio exercises. Bring your place setting, if possible a dish to share, and a friend. If you need a ride, just call Georgia at 802-875-6242. Hope to see you there.

MONDAYS - SPRINGFIELD, Vt. - Springfield Community Chorus rehearsals are on Monday evenings at 7 p.m. at the Unitarian Universalist Church on 21 Fairground Rd. Contact Terri at springfieldcommunitychorus@gmail.com or call Barbara at 802-886-1777. www.springfieldcommunitychorus.org. TFN

TUESDAYS - LUDLOW, Vt. - Ludlow Rotary Club meets every Tuesday and is hosted by DJ's Restaurant, 146 Main St. from 12:15 p.m. to 1:30 p.m. Enter via side door opposite bank drive-through. Visit www.ludlowrotary.com or contact club President Jill Tofferi at ludlowrotary@gmail.com TFN

WEDNESDAYS - LUDLOW, Vt. - Looking for a friendly game of bridge? Want to learn how to play or update your rusty skills? We play every Wednesday from 1 to 4 p.m. at the Black River Valley Senior Center, 10 High St. in Ludlow. You are most welcome to join us. For more information, call 802-228-2983.

THURSDAYS - CHARLESTOWN, N.H. - The Charlestown Rotary Club meets at the Charlestown Town Hall at 6:30 p.m. on Summer Street. For more information email rayandrosie@comcast.net. TFN

RUTLAND, Vt. - Marble Valley Duplicate Bridge Club meets from 7-10:30 p.m. at the Godnick Center in Rutland, Vt. Snacks provided. Come join for a fun evening. More info call 802-228-6276. TFN

SATURDAYS - MOUNT HOLLY, Vt. - Still life drawing. The Mount Holly Artists Group meets at 10:30 a.m. in the community center room (under library) and sets up a still life. The sessions are open to all and free of charge. All that is needed is pen and paper. TFN

SUNDAYS - SPRINGFIELD, Vt. - The Catamount Composite Squadron of the Civil Air Patrol meets at 3:30-6:30 p.m. most Sundays at Squadron Headquarters, 13 Airport Road, N. Springfield. Membership is open to ages 12 and up. Call Commander Capt. Tom Williams at 802-558-5571, Twilliams@vtcap.org. TFN

COMMUNITY MEALS

SATURDAY, JULY 14- ACWORTH, N.H. - The Friends of the Acworth Meetinghouse will be having a chicken barbecue on July 14 at noon in conjunction with the Acworth Community Charitable Trust's annual Art and Craft Exhibition and Sale at the Acworth Town Hall. Dinners will be served in the Acworth Meetinghouse hall. There will be numerous basket raffles going on also. You can buy a chicken dinner which consists of a half chicken, a roll, coleslaw, homemade baked beans, macaroni & cheese, water, and a piece of

watermelon for desert. Please come and enjoy the fun!

SPRINGFIELD, Vt. - Join us for a free community supper on Saturday, July 14 at United Methodist Church, 10 Valley Street in Springfield from 5 - 6 p.m. Menu includes hot dogs, coleslaw, pasta salad and dessert. All are welcome.

WINDHAM, Vt. - The Windham Community Organization's annual Chicken BBQ and Raffle begins promptly at 5 p.m. on Saturday, July 14 at the historic Windham Meeting House, 26 Harrington Road, on the corner of Windham Hill Road. The Windham BBQ will be serving up Walter Woodruff's own "special recipe" BBQ chicken cooked "to perfection" over a wood fire. Baked beans, potato salad, green salad, homemade sweet breads, corn bread, and for dessert, homemade strawberry shortcake topped with fresh whipped cream, are all included in the price. Be sure to get there early and try your luck on our raffle of crafts created by talented Windham artisans, and enjoy music by our own Windham musicians. Look for the big tent outside the Windham Congregational Church/Meeting House. All proceeds benefit Windham area residents through WCO.

SPRINGFIELD, Vt. - Join us for a free community lunch on Wednesday, July 18 at the First Congregational Church United Church of Christ, 77 Main Street in Springfield from 11:30 a.m. - 12:30 p.m. Menu includes hamburgers, hot dogs, rolls, baked beans, coleslaw and angel cake with strawberries and whipped cream. Vegetarian options will be available. No take out. All

are welcome.

SATURDAY, JULY 21- SPRINGFIELD, Vt. - Join us for a fundraising turkey dinner with all the fixings at the North Springfield Baptist Church, 69 Main St. in North Springfield on Saturday, July 21 from 5 to 7 p.m. Menu includes turkey, stuffing, mashed potato, gravy, squash, cranberry sauce, bread and butter, and apple crisp for dessert. Proceeds to benefit a mission trip to Kodiak, Alaska.

TUESDAYS - WEATHERSFIELD, Vt. - Monthly potluck, third Tuesdays at noon at the Perkinsville Community Church vestry located at 33 Church St. Bring a hot dish, salad or dessert and have a nice visit. For more information contact Lorraine Zigman 802-263-5245 or email lzigman@comcast.net. TFN

WEEKDAYS - BELLOWS FALLS, Vt. - The Bellows Falls Area Senior Center serves lunch 11:30 a.m. - 12:15 p.m. Monday through Friday to area seniors. The Senior Meals menu for the week is available by calling 802-463-3907. The Bellows Falls Area Senior Center is located at 18 Tuttle St. We are wheelchair and walker accessible with plenty of parking. TFN

SAXTONS RIVER, Vt. - Blue Door Kids' Free Lunch program at Christ's Church on Main Street continues. Through the blue door at the back of the church on River St., kids, along with families and other adults, will find a simple lunch every weekday at noon throughout the summer vacation. The menu is simple: kid-friendly

sandwiches, lots of fresh fruit, cookies, and a drink. On certain days of the week, there are specials: mac 'n cheese, grilled cheese sandwiches, ice cream cones, and pizza. Seconds are available.

EVENTS

SUNDAY, JULY 1 - FRIDAY, AUG. 31 - CHESTER, Vt. - Phoenix Books Misty Valley in Chester is launching their Reading Without Walls Bingo Challenge, a summer reading program from Sunday, July 1 through Friday, Aug. 31. Children entering 4th-8th grade in the fall are invited to take the Reading Without Walls Bingo challenge! The program celebrates reading and diversity by challenging children nationwide to read a book about a character who doesn't look or live like them; read a book about a topic they don't know much about; and/or read a book in a format that they don't normally read for fun. Sign-up begins July 1, but feel free to join throughout July and August. For more information visit www.phoenixbooks.biz or call 802-875-3400.

THURSDAY, JULY 12 - PUTNEY, Vt. - Yellow Barn chamber music concert at The Big Barn in Putney on Thursday, July 12 at 8 p.m. to feature works by Sciarrino, Abrahamsen, Hersant, Coxé, Debussy, Mozart, and Brescianello. For more details visit www.yellowbarn.org.

FRIDAY, JULY 13 - PUTNEY, Vt. - Yellow Barn chamber music concert at The Big Barn in Putney on Friday, July 13 at 8 p.m. to feature

works by Knussen, Mozart and Franck. For more details visit www.yellowbarn.org.

CHARLESTOWN, N.H. - "Cruizin" will perform a free concert, rain or shine, from 6:30 - 8 p.m. on Friday, July 13 at the Charlestown Senior Center, 223 Old Springfield Road in Charlestown. Refreshments will be on sale including burgers, hot dogs, chips, popcorn, and cold beverages. Please bring a lawn chair and enjoy our entertainment.

SATURDAY, JULY 14 - WOODSTOCK, Vt. - Enjoy an Evening with the "American Vinyl All Star Band" on Saturday, July 14 at 7:30 p.m. at Woodstock Town Hall Theater. Proceeds to benefit the Vermont State Troopers Association. Band members include Jeffery "Skunk" Baxter, founding member

of Steely Dan and guitarist from the Doobie Brothers; Barry Goudreau and Fran Sheehan, guitarist and bass players formerly of the band Boston; Leroy "LSR" Romans, keyboardist of the Wailers and Third World; Robert "Mousey" Thompson, drummer from the James Brown Band and Danny Beissel lead vocalist of Fosterchild. Special guest, Nashville recording artist Jamie Lee Thurston will open the show. Tickets available at www.pentanglearts.org. For more information contact Bill Henne at 802-484-1278 or email billyhenne@yahoo.com.

CHARLESTOWN, N.H. - Travel back in time to the days when Rome ruled the world at Fort at No. 4 on Springfield Road in Charlestown on Saturday, July 14 from 10 a.m. - 4:30 p.m. We will have a Roman military unit visiting the fort for drills and demonstrations. Visitors

Cavendish Town Elementary School Kitchen Help during School Year

This position is responsible for preparing and serving food items to students and/or school personnel; and maintaining food service facilities in a safe and sanitary condition.

Hours are 9:00 AM to 1:00 PM on days school is in session.

Background Check is required.

For more information, send a resume with references to: Debra Beaupre Principal Cavendish Town Elementary School P.O. Box 236 Proctorsville, VT 05153

You may call or stop by the TRSU Central Office to pick up an Application Form.

Green Mountain Unified School District

JV and MS Soccer Coaches Needed for upcoming 2018 Fall Season at Green Mountain Union High School

Green Mountain Union High School is looking for Soccer Coaches for JV Boys and Girls and Middle School Boys and Girls.

Responsibilities include but are not limited to: - Management and Coaching of the Soccer Teams - Program development - Experience is preferred but not required.

Background Checks Required

Please forward a letter of interest and references to: Todd Parah Transportation Supervisor/Athletic Dirctor Green Mountain Union High School 716 VT Route 103 South Chester, VT 05143 802-875-2146

EOE

6/2018

TAKE A BREAK!

Weekly SUDOKU

by Linda Thistle

1		7			3			8	
	4		7						2
	6			9		3			5
		8			2		4		
4				7		6			
	1		5						7
6	9			2				5	
		3	9					1	
5					6	2			8

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦♦

♦♦ Moderate ♦♦♦♦ Challenging ♦♦♦♦♦ HOO BOY!

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King Crossword

ACROSS

1 Departed
5 "Gosh!"
8 Capri or Wight
12 Wheelbase terminus
13 Scepter
14 Mast
15 Punishing, in a way
17 Erstwhile acorns
18 Fares, at times
19 British P.M., 1945-51
21 "— the season ..."
22 Crucifix
23 Lived
26 AAA job
28 Grand tales
31 Rose fruit
33 Unruly bunch
35 Within (Pref.)
36 Give a speech
38 Kids' card game
40 Understand
41 Hear the alarm
43 Decay
45 Film festival city
47 Rock concert staffer
51 Low-pH
52 Sending unwanted emails

DOWN

1 Final
2 World's fair
3 Antiaircraft fire
4 Doctrine
5 Astronaut Gus
6 A billion years
7 — Allan Poe
8 U-235, e.g.

9 Big name in sporting goods
10 Victoria, for one
11 Gaelic
16 Make bootees
20 Sock part
23 Personal question?
24 Atmosphere
25 Generating
27 "Holy mackerel!"
29 B-F link
30 Drunkard
32 Stunt double, e.g.

34 Rapid out-pouring
37 — out a living
39 Space
42 German city
44 Domesticates
45 Lot wares
46 Antioxidant berry
48 "Thank You" singer
49 Race place
50 Hollywood clashers
53 Opposite of "post-"

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Salome's Stars

LIBRA (September 23 to October 22) Uncertainty over workplace policy creates anxiety and confusion among your colleagues. Don't be surprised if you're asked, once again, to help work things out.

SCORPIO (October 23 to November 21) The workweek keeps you busy tying up loose ends and checking data that needs to be verified. The weekend offers a chance to relax and restore your spent energies.

SAGITTARIUS (November 22 to December 21) This is not the best time to go to extremes to prove a point. Better to set a sensible goal now and move forward. There'll be time later to take the bolder course.

CAPRICORN (December 22 to January 19) A step-by-step progression is the better way to move ahead. Taking shortcuts could be risky at this time. Important news arrives on the 1st.

AQUARIUS (January 20 to February 18) Avoid getting drawn into workplace disputes that should be handled by those directly involved. Instead, spend your energy developing those new ideas.

PISCES (February 19 to March 20) You still need to be prudent about money matters. But things start to ease by the end of the week. A weekend encounter with an old friend brings welcome news.

BORN THIS WEEK: You handle challenging situations with boldness when necessary and caution when called for.

ARIES (March 21 to April 19) Your zeal for challenges usually works well for you. But this week it's best to avoid jumping into new situations without more information. Vital news emerges by the weekend.

TAURUS (April 20 to May 20) Once again, the Bovine's patience pays off as that pesky problem works itself out without taking too much of your valuable time. A new task opens interesting possibilities.

GEMINI (May 21 to June 20) Those suggestions you want to share need to be set aside for a while so you can focus on the job at hand. There'll be time later to put your ideas into a workable format.

CANCER (June 21 to July 22) Be sure about your sources before you use the information in any decision you reach about your new project. Some of the data might be out of date or misinterpreted.

LEO (July 23 to August 22) A sudden challenge might rattle you at first. But pump up that strong Lion's heart with a full measure of courage, and face it with the continuing support of family and friends.

VIRGO (August 23 to September 22) Watch your expenses this week so you can have a financial cushion to fall back on should things tighten up later this month. Money matters ease by the 1st.

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calendar

EVENTS CONT.

SAT., JULY 14 CONT. - are invited to try their hand at drill maneuvers.

MANCHESTER, Vt. - Visit Northshire Bookstore in Manchester on Saturday, July 14 for many events throughout the day. At 10 a.m. James Crew will lead a Mindfulness and Writing Workshop which requires tickets. From 10:30 a.m. to noon, kids are invited to “Our Magic Tree House: Passport to Adventure Summer Camp” for fun games, activities, and crafts. At 6 p.m. welcome David Sanger as he discusses his new book, “The Perfect Weapon: War, Sabotage, and Fear in the Cyber Age,” the startling inside story of how the rise of cyber weapons transformed geopolitics like nothing since the invention of the atomic bomb. For more information contact dwood@northshire.com or visit www.northshire.com.

BELLOWS FALLS, Vt. – Village Square Booksellers in Bellows

Falls will host second Saturday Open Mic on Saturday, July 14 at 1 p.m. This month we will be featuring a reading by Vermont Poet Laureate, Chard deNiord, followed by Open Mic. A selection of his books will be available for sale and autographing. The Open Mic is held by having poets take turns reading from their works or a favorite book. Poets sit in a circle, so there is no need to be nervous about standing in front of a room for newbie poetry readers. Call 802-463-9404 for event reservations or visit www.villagesquarebooks.com/event/poetry-open-mic.

PUTNEY, Vt. – The Yellow Barn is honoring violinist Robert Mann with three consecutive events on Saturday, July 14 spanning from 5 to 10 p.m. First, enjoy a documentary about Robert Mann called “Speaking the Music” 5 p.m. at The Next Stage in Putney. Then move to The Gleanery Restaurant on Main Street in Putney for a pre-concert dinner honoring Mann at 6:30

p.m., followed by a concert in Mann’s honor at The Big Barn from 8 – 10 p.m. The chamber concert will feature works by Schumann, Bach, Mann, Dvoák, and Schubert. For more details on the day’s events visit www.yellowbarn.org.

SPRINGFIELD, Vt. – On Saturday, July 14 from 8 a.m. to 5 p.m. - “Stuff the Bus” food drive at Shaws in the Springfield Plaza will collect food and donations for the food shelf at the Springfield Family Center. Sponsored by the North Springfield Baptist Church.

SATURDAY, JULY 14 AND SUNDAY, JULY 15 - CHESTER, Vt. – Enjoy the family-friendly production of “Down Thieves Road” to be presented at the Chester Town Hall on Saturday, July 14 at 7 p.m., and Sunday, July 15 at 4 p.m. Admission is free; donations accepted. Visit www.adelphoidiacharis.org for more information.

SUNDAY, JULY 15 - TINMOUTH, Vt. - Village Harmony, Vermont’s teen world music ensemble will be performing in Tinmouth on Sunday, July 15 at 7:30 p.m. at the Tinmouth Community Church. They will perform ancient Lithuanian Sutartines and ritual songs, Quebecois and Occitan songs, songs of struggle and protest, and original compositions. Suggested admission. For more information call 802-446-2928 or email eworks@vermontel.net.

PUTNEY, Vt. – Twilight Music presents contemporary

bluegrass and folk music quartet The Stockwell Brothers in the fourth concert of the 16th annual Twilight on the Tavern Lawn series on Sunday, July 15 at 6 p.m. in downtown Putney on the Putney Tavern lawn (bring a lawn chair or blanket) or at Next Stage at 15 Kimball Hill in case of rain. The concert is free to the public and food will be available. For information, visit www.twilightmusic.org or call 802-387-5772.

MONDAY, JULY 16 - LUDLOW, Vt. – Please give blood at the American Red Cross Blood Drive at Jackson Gore, Okemo Mountain Resort on Monday, July 16 from 12:30 – 5:30 p.m. Please call 1-800-RED CROSS or visit www.redcrossblood.org to schedule an appointment. Streamline your donation experience and save up to 15 minutes by visiting www.redcrossblood.org/rapidpass to complete your pre-donation reading and health history questions on the day of your appointment.

TUESDAY, JULY 17 - MANCHESTER, Vt. - The Northshire Bookstore is pleased to partner with Amy Chamberlain of The Perfect Wife to present a Cookbook Luncheon with Jessica Battilana, author of “Repertoire: All the Recipes You Need” on Tuesday, July 17 at noon, to be held at The Perfect Wife Restaurant and Tavern in Manchester Center. The cookbook features 75 tested-and-true recipes for home cooks and inspires us all to be the home cook we want

to be. Chamberlain will create a three-course luncheon from recipes in “Repertoire,” and each attendee will receive a copy of the book. Tickets to the luncheon can be purchased through our website at www.northshire.com or at the bookstore.

CAVENDISH, Vt. - The Cavendish Baptist Church is offering one night of fun for the whole family with awesome water activities and a cookout as well as songs and a bible story. It’s called Vacation Bible Splash! To be held on Tuesday, July 17 from 5 to 7:30 p.m. Swimwear and towels suggested for water games. RSVP at 802-226-7131 or email charlottesnyder@tds.net.

WEDNESDAY, JULY 18 - PROCTORSVILLE, Vt. - Join us for the Cavendish Summer Music Series on Wednesday, July 18 from 6 – 8 p.m. when The Gully Boys take to the gazebo on the Proctorsville Green. This will be the second of the 2018 concerts that are held on consecutive Wednesday evenings in July and August. New to Proctorsville this year, The Gully Boys are a professional rock/jam band from the Green Mountains. Neal’s Restaurant in Proctorsville is sponsoring this concert. Bring your blanket and lawn chair and enjoy the festive atmosphere. The concerts are free and open to the public. For more information please call Robin at 802-226-7736. In the event of rain, postponement information will be reflected on the Cavendish Facebook page. Hosted by the CCCA.

THURSDAY, JULY 19 - PUTNEY, Vt. - Yellow Barn chamber music concert at The Big Barn in Putney on Thursday, July 19 at 8 p.m. to feature works by Ung, Ravel, Lunsqui, and Vaughan Williams. For more details visit www.yellowbarn.org.

JAMAICA, Vt. – The Jamaica Community Arts continues their summer concert series at the historic Jamaica town hall at 3735 VT Route 30 in Jamaica, on Thursday, July 19 at 7 p.m. with a performance by the Gully Boys. They play original music of all genres from blues to reggae to love songs. There

is a suggested donation, which goes toward producing community events at the town hall. For more information on this and other events go to www.jamaicacommunityarts.org.

FRIDAY, JULY 20 - MANCHESTER, Vt. - Visit Northshire Bookstore in Manchester on Friday, July 20 at 5 p.m. as author Ben Goldfarb reads from his book “Eager: The Surprising, Secret Life of Beavers and Why They Matter.”

PUTNEY, Vt. - Yellow Barn chamber music concert at The Big Barn in Putney on Friday, July 20 at 8 p.m. to feature works by Ran, Bartók, Kurtág, Britten, and Bernstein. For more details visit www.yellowbarn.org.

LUDLOW, Vt. – The Jackson Gore Summer Music series features “Deadgrass,” a string band adventure through Jerry Garcia’s musical world, on Friday, July 20 from 6 – 9 p.m. at the Jackson Gore courtyard. This group of musical seasoned pros explore the life works of Jerry Garcia on the instruments that first inspired him. Deadgrass celebrates and interprets the music of Jerry Garcia, drawing from Old & in the Way, JGB, Grisman/ Garcia, Jerry’s Jug Band days, and The Grateful Dead. Learn more about them at www.deadgrassband.com.

SATURDAY, JULY 21 - PUTNEY, Vt. - Yellow Barn chamber music concert at The Big Barn in Putney on Saturday, July 21 at 8 p.m. to feature works by Rouse, Schubert, and Raskatov. For more details visit www.yellowbarn.org.

CHARLESTOWN, N.H. - Come to Charlestown Saturday, July 21 from 8 a.m. to 3 p.m. for 100 plus yard sales, food, and entertainment throughout the town. Maps of sales locations will be available at three locations on Main Street (NH Route 12) the morning of the event. Rain or shine. Handicap parking and restrooms available.

SATURDAY, JULY 21 AND SUNDAY, JULY 22 - CHARLESTOWN, N.H. - Join us at Fort at No. 4

on Springfield Road in Charlestown for Living History Weekend with United Train of Artillery beginning on Saturday, July 21 at 10 a.m. to 4:30 p.m. Cannons will be fired as the United Train of Artillery practices the skills necessary on the field for an artillery unit in the Revolutionary War. Re-enactors will demonstrate campaign life with an authentic camp, and will also offer presentations on clothing, surveying, quilting, and small arms.

NEWFANE, Vt. - Rock River Artists’ 26th annual Open Studio Tour is happening Saturday, July 21, 10 a.m. – 6 p.m. and Sunday, July 22, from 10 a.m. – 5 p.m. This two-day event features 12 accomplished artists in a range of media from ceramics to thread on fabric. Start the RRA Open Studio Tour at the old Schoolhouse on Dover Road in South Newfane village where participating artists present a group show. Pick up a map of artists’ locations and begin a self-guided tour of the studios, all within short driving distance. Admission is free all weekend. For more information, contact 802-348-7865 or rs@rogersandes.com.

TUESDAYS – BELLOWS FALLS, Vt. – Join us for Bingo at the Moose Lodge, 59 Westminster Street in Bellows Falls every first and third Tuesday. Doors open at 5 p.m. and first game starts at 6 p.m. Food is available. Call 802-463-4054 for details. TFN

WEDNESDAYS – CHARLESTOWN, N.H.– Weekly bingo at the Charlestown Memorial VFW Post 8497, 365 Lovers Lane Rd. Early Birds at 5 p.m., Regular Games at 6:30 p.m.

THURSDAYS – GASSETTS, Vt. - Bingo will be held every Thursday night at the Gassetts Grange. Starts at 6:30 p.m., doors open at 5 p.m. Supper, raffle and 50/50 tickets are on sale. Come and join in. Call Donna at 802-591-4290 or you can call the hall at 802-875-1051. TFN

CHESTER, Vt. - The Chester Summer Music Series is proud to present our lineup for the 2018 Summer Concerts. There will be five concerts in all, presented on Thursday evenings from July 12 through Aug. 9. Concerts are held on the Academy Lawn across from the Green in downtown Chester, Vt. Music from 6:30 p.m. – 8 p.m. In case of inclement weather, the concerts will move to the American Legion Post 67 on Rt. 103 South. Lawn chairs and blankets are welcome. The performers for this year, 2018 are: July 12, Frydaddy; July 19, Dave Keller Band; July 26, Starline Rhythm Boys; Aug. 2, Party Crashers; Aug. 9, Chris Kleeman Band. More information is available on our Facebook page, Chester Summer Music Series. This a community supported series, and we would like to thank all our sponsors!

SATURDAYS - SPRINGFIELD, Vt. – Dump Daze, a free, weekly yard sale located at Saint Mark’s Church, 33 Fairground Road in Springfield, is happening on Saturdays from 8 a.m. to 4 p.m. Vendors and shoppers are welcome. TFN

SUNDAYS – PUTNEY, Vt. – Dinner and a movie every fourth Sunday, 5:30 p.m. At each event, the chefs at the Gleanery will serve a special menu in time for diners to make it to the hosted 7 p.m. film screening around the corner at the newly renovated Next Stage. For pricing or reservations call 802-387-3052. Limited seating available. 15 Kimball Hill Rd. TFN

Ludlow, VT



Stunning Bensonwood home in gated community on cul de sac with privacy and beautiful views on 11 acres. 4 bedroom 6 baths. This custom Timberframe home boasts an open floor plan on the first floor with gorgeous natural birch floors and staircases. The custom kitchen offers cherry cabinets, granite countertops, center island. The living area features a floor to ceiling wood burning stone fireplace. There are 2 master en-suites, theater room & wine cellar.

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A great house in a great location. This completely remodeled contemporary home is located in the country on .7+/- acres with picturesque stone walls and a pond across the way. Walk in basement with family room, laundry and sitting area. Open concept living space with a spacious living room with access to the side deck, large modern eat-in kitchen with counter seating, heat stove, and access to the back deck. Three bedrooms and two baths on the main floor and an oversized finished room on the third floor for added living space. Oversized attached garage with workshop and back staircase to the second floor. Located off from Route 10 offering close proximity to multiple ski areas, golfing, hiking and other outdoor activities and easy access to the Vast trail system. **\$269,900**

This 1+/- acre parcel is located just off route 10 in Chester on a country road. Includes power on site, septic and dug well access. Affordably priced. **REDUCED AGAIN TO \$30,000**



This cape style home offers convenient access to the high school and local shops. Includes three bedrooms, large bath, eat-in kitchen, comfortable living room and a three season porch off the back. Convenient large garage offering direct access to the full basement. Situated on a comfortable, level corner lot. A great find. **JUST REDUCED TO \$119,000**

Location, Location. This 4.76+/- acre parcel is located on the back side of a well regarded neighborhood offering sunny exposure, partially cleared land, proximity to VAST trail system and designed septic system. Well worth looking into for those looking to be a step above. **\$54,900**



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JUST LISTED! Well Kept Cape with Spacious Rooms Breezeway Attached to Garage Large Back Deck Ready to Move In 4 Bedrooms, 3 Baths 1,250 Sq. Ft., 0.17 Acres Springfield, \$129,000



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AUTOMOTIVE

FARMERS MARKETS

FRIDAYS –

LUDLOW, Vt. – The Ludlow Farmers Market is happening every Friday throughout the summer from 4 – 7 p.m. on the lawn in front of Okemo Mountain School in Ludlow. Over 25 vendors with fresh local produce, baked goods, specialty foods, personal care products, and unique crafts from local artists. Enjoy live music and a fun, festive atmosphere. For more information, email ludlowfarmersmarket@gmail.com or call 802-230-7706.

TOWNSHEND, Vt. – Townshend Farmers Market is open every Friday from 4 – 7 p.m. until Oct. 5, located on the lawn of the historic West Townshend Country Store. Vendors will feature fresh produce, baked goods, local honey, specialty foods, and unique crafts. Live music and wood-fired pizza. The market is hosted by the West River Community Project. For more information, contact info@westtownshend.org.

BELLOWS FALLS, Vt. – The Greater Falls Farmers Market happens every Friday throughout the summer from 3 – 7 p.m. Vendors feature local produce, meats, baked goods, cheese, artworks, and more. For more information, contact greaterfallsfarmersmarket@gmail.com.

SATURDAYS –

LONDONDERRY, Vt. – The West River Farmers Market happens every Saturday from 9 a.m. to 1 p.m. at the junctions of Route 11 and 100. Local farmers, gardeners, food producers, artisans and craftspeople feature their fresh, local products. For more information, visit www.westriverfarmersmarket.com.

CHARLESTOWN, N.H. – The Charlestown Farmers & Artisans Market, known as “Summer in the Paddock,” happens on Saturdays from 9 a.m. to 1 p.m. through Oct. 6, North Main Street in Charlestown. Email congchrch@myfairpoint.net (yes, leave out the “u”) or call 603-826-3335 for vendor information.

SPRINGFIELD, Vt. – Springfield Farmers Market happens on Saturdays from 10 a.m. to 1 p.m. on lower Clinton Street. For more information, call 802-885-4096.

LIBRARIES

SATURDAY, JULY 14 – WESTON, Vt. – Free concert for kids with musician Stephen Coronella on Saturday, July 14 at 11 a.m. at the Wilder Memorial Library in Weston. Enjoy a high energy and interactive family folk/rock concert with songs and stories. All ages welcome. Thanks to funding from Vermont Department of Libraries and Vermont Country Store. Contact Randall Szott, library director, with any questions at 802-824-4307.

MONDAY, JULY 16 – BELLOWS FALLS, Vt. – Visit the Rockingham Free Public Library on Monday July 16 at 5 p.m. as the Southern Vermont Natural History Museum brings live animals, native to New England, for an up close look at their amazing skills and adaptations. This program is free and open to the public. For more information call 802-463-4270, go to www.rockinghamlibrary.org or email youthservices@rockinghamlibrary.org.

WEDNESDAY, JULY 18 – LUDLOW, Vt. – Join us for our Rocking Wednesday Program at the Fletcher Memorial Library in Ludlow on Wednesday, July 18 from 1 – 2 p.m. Southern Vermont Natural History Museum- Wildlife Rocks! Michael Clough returns with an assortment of amazing live animals. Don't miss this chance to see some fascinating critters up close! Best suited for ages 4 and older.

WEDNESDAY, JULY 25 – LUDLOW, Vt. – Join us for our Rocking Wednesday program at the Fletcher Memorial Library in Ludlow on Wednesday, July 25 from 1 – 2 p.m. This session is Musical Fun & Games – filled with games like musical chairs, the limbo, and hot potato. Guaranteed fun for all! Best suited for ages 4 and older.

THURSDAY, JULY 26 –

LUDLOW, Vt. – Please join us at Fletcher Memorial Library in Ludlow on Thursday, July 26 at 7 p.m. for another segment in our “Armchair Travel” series. This time we’re going to the Maine woods as we discuss the book “Stranger in the Woods,” based on the story of Christopher Knight who left his home in Massachusetts, drove to Maine, and disappeared into the woods for 27 years. Copies of the book are available at the library. Contact us at 802-228-8921 or on our website at www.fmlnews.org. We hope to see you there!

MEETINGS

THURSDAY, JULY 19 – BELLOWS FALLS, Vt. – The Rockingham Democratic Committee is holding “A Conversation with your Windham County Senate Candidates” on Thursday, July 19, at 7 p.m. in the Little Theater, Town Hall in Bellows Falls. Two seats are open in the Windham County Senate Democratic Primary Race with three candidates on the ballot: Becca Balint, Wayne Estey, and Jeanette White. Voter registration forms will be available at the meeting. For more information contact Leslie Goldman of the Rockingham Democratic Committee at goldpeak100@gmail.com

MONDAYS –

ANDOVER, Vt. – Select Board meetings are every second and fourth Monday of the month at 6:30 p.m. at the Town Office. For information, call 802-875-2765.

CAVENDISH, Vt. – Select Board meetings are on the second Monday of the month at 6:30 p.m. in the Town Office. For more information go to www.cavendishvt.com or call 802-226-7291. Recordings of the meetings can be found at www.okemovale.com.

GRAFTON, Vt. – Select Board meetings are the first and third Monday at the Grafton Elementary School or the Town Garage at 6 p.m. For more information, call 802-843-2552 or go to www.graftonvt.org. Recordings are found at

www.fact8.com.

LONDONDERRY, Vt. – Select Board meetings are the first and third Monday of the month at 7 p.m. at the Town Office. For more information, call 802-824-3356 or go to www.londonderryvt.org. Recordings are found at www.gnat-tv.org.

LUDLOW, Vt. – Select Board meetings are the first Monday of every month at the Town Hall. For more information, call 802-228-2841 or go to www.ludlow.vt.us. Recordings found at www.okemovale.com.

SPRINGFIELD, Vt. – Select Board meetings are on the second and fourth Monday of the month starting at 7 p.m. in the Selectman's Hall on 96 Main Street. For more information, go to www.springfieldvt.gov/office2.com.

TUESDAYS –

BELLOWS FALLS, Vt. – Rockingham Select Board meetings are on the first Tuesday of every month at 6:30 p.m. and Bellows Falls Village Trustee meetings are the second Tuesday during the summer. Both meetings take place in the Lower Theater of the Bellows Falls Opera House. Call 802-463-4336 for more information or go to www.rockbf.org. Recordings can be found at www.fact8.com.

MOUNT HOLLY, Vt. – Select Board meetings are on the second Tuesday at 7:30 p.m. of each month at the Town Office. For more information, call 802-259-2391.

WESTON, Vt. – Select Board meetings are on the second and forth Tuesday of every month at 7:30 p.m. at the Town Office. Call 802-824-6988 or go to www.westonvt.org for more information. Recordings can be found at www.gnat-tv.org.

WESTMINSTER, Vt. – Westminister 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 can be found at www.westminsterfireandrescue.org.

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WEDNESDAYS –

CHESTER, Vt. – Chester Select Board meetings are on the first and third Wednesday of every month. For more information, call 802-875-2173 or go to www.chestervt.org. Recordings can be found at sapatv.org.

LUDLOW, Vt. – Black River Area Community Coalition meets third Wednesdays in the Community room of the Fletcher Memorial Library, Main St. in Ludlow, starting at 5:30 p.m. More information, visit www.braccvt.org. TFN

SUPPORT GROUPS

SUNDAY, JULY 15 – SEXTONS RIVER, Vt. – The Connecticut Valley Ostomy Group meetings are seasonal, five times a year. The next meeting is the annual BBQ on Sunday, July 15 at 12:30 p.m. in the garden of Sextons River, home of WOC nurse Margaret Heale. Bring the meat you like to eat and if you like a special treat. Salad and drinks provided. RSVP for directions

at 802-376-8249. The ostomy group is affiliated with the United Ostomy Association of America, but has no formal structure or cost. For more information contact mheale@healewoundcare.com or visit the healewoundcare.com website.

WEDNESDAYS –

ASCUTNEY, Vt. – Twin State Depression Support Group meets on the third Wednesday at Martin Memorial Hall, Lower Level (Handicapped-accessible), 5259 Route 5, Ascutney, (near Exit 8 off I-91) at 6:30 p.m. Do you know or 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 (ext. 650055#). TFN

THURSDAYS –

PERKINSVILLE, Vt. – Twin State Depression Support Group Board of Directors will now meet every other month in 2018 on the third Thursday at 6:30 p.m. at 2520 Route 106 in Perkinsville. Please come join us. New local phone number is 802-795-0098. This is a voice mail line. Updates regarding meetings will be posted during bad weather. Messages will be checked daily. Remaining Dates: July 19, Sept. 20, and one date in November to be announced.



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Financial checklist after losing a loved one

REGION - Losing a loved one can be a difficult experience. Yet, during this time, you must complete a variety of tasks and make important financial decisions. You may need to make final arrangements, notify various businesses and government agencies, settle the individual's estate, and provide for your own financial security. The following checklist may help guide you through the matters that must be attended to upon the death of a family member.

Initial tasks

- Upon the death of your loved one, call close family members, friends, and clergy first - you'll need their emotional support.
- Arrange the funeral, burial or cremation, and memorial service. Hopefully, the decedent will have made arrangements ahead of time. Look among his or her papers for a letter of instruction containing final wishes. Such instructions may also be stated in his or her will or other estate planning documents.
- Arrange any cultural rituals, and make any anatomical gifts.
- Notify family and friends of the final arrangements.
- Alert your loved one's place of work, union, and professional organizations, and any organizations where he or she may have volunteered.
- Contact your own employer and arrange for bereavement leave.
- Place an obituary in the local paper.
- Obtain certified copies of the death certificate. The family doctor or medical examiner should provide you with the death certificate within 24 hours of the death. The funeral home should complete the form and file it with the state. Get several certified copies (photocopies may not be accepted). You will need them when applying for benefits and settling the estate.
- Review your family member's financial affairs, and look for estate planning documents, such as a will

- and trusts, and other relevant documents, such as deeds and titles. Also locate any marriage certificate, birth or adoption certificates of children, and military discharge papers, which you may need to apply for benefits. These documents may be found in a safe-deposit box, or the decedent's attorney may have copies.
- Report the death to Social Security by calling 1-800-772-1213. If your loved one was receiving benefits via direct deposit, request that the bank return funds received for the month of death and thereafter to Social Security. Do not cash any Social Security checks received by mail. Return all checks to Social Security as soon as possible. Surviving spouses and other family members may be eligible for a \$255 lump-sum death benefit and/or survivor's benefits. Go to www.ssa.gov for more information.
- Make a list of the decedent's assets. Put safeguards in place to protect any property. Make sure mortgage and insurance payments continue to be made while the estate is being settled.
- Arrange to retrieve your loved one's belongings from his or her workplace. Collect any salary, vacation, or sick pay owed to your loved one, and be sure to ask about continuing health insurance coverage and potential survivor's benefits for a spouse or children. Unions and professional organizations may also offer death benefits. If the death was work-related, the decedent's estate or beneficiaries may be entitled to worker's compensation benefits.
- Contact past employers regarding pension plans, and contact any IRA custodians or trustees. Review designated beneficiaries and post-death distribution options.
- Locate insurance policies. The policies could include individual and group life insurance, mortgage insurance, auto credit life insurance, accidental death and dismemberment,

- credit card insurance, and annuities. Contact all insurance companies to file claims.
- Contact all credit card companies and let them know of the death. Cancel all cards unless you're named on the account and wish to retain the card.
- Retitle jointly held assets, such as bank accounts, automobiles, stocks and bonds, and real estate.
- If the decedent owned, controlled, or was a principal in a business, check to see if there are any buy-sell agreements under which his or her interest must be sold.

Within 3 to 9 months after death

File the will with the appropriate probate court. If real estate was owned out of state, file ancillary probate in that state also. If there is no will, contact the probate court for instructions, or contact a probate attorney for assistance.

Notify the decedent's creditors by mail and by placing a notice in the newspaper. Claims must be made within the statute of limitations, which varies from state to state (30 days from actual notice is common). Insist upon proof of all claims.

A federal estate tax return may need to be filed within nine months of death. State laws vary, but state estate tax and/or inheritance tax returns may also need to be filed. Federal and state income taxes are due for the year of death on the normal filing date, unless an extension is requested. If there are trusts, separate income tax returns may need to be filed. You may want to seek the advice of a tax professional.

Within 9 to 12 months after death

Update your own estate plan if your loved one was a beneficiary or appointed as an agent, trustee, or guardian.

Update beneficiary designations on your retirement plans, including IRAs, and transfer-on-death accounts on which the decedent was named beneficiary.

Reevaluate your budget, and short-term and long-term finances. Reevaluate your insurance needs, and update beneficiary designations on insurance policies on which the decedent was the named beneficiary.

Reevaluate investment options.

Article written by Huntley Financial Services. For more information, contact Mark Huntley at 888-922-1035.

Red Cross shares tips to be safe when temperatures soar

REGION - With much of our area expecting high temperatures in the coming days, being outdoors can be very uncomfortable, and in fact, deadly. According to the Centers for Disease Control, more than 600 people in the United States are killed by extreme heat every year. The American Red Cross has steps you can take to help stay safe when the temperatures soar.

"It's important to realize that warm weather can be dangerous," said Lloyd Ziel, Chief Communications and Marketing Officer for the American Red Cross in New Hampshire and Vermont. "Excessive exposure to heat can cause a range of heat-related illnesses, from heat rash and heat cramps to heat exhaustion and heat stroke."

Heat safety tips

Some people are more at risk of developing a heat-related illness, including adults age 65 and older, those with chronic medical conditions, people who work outside, infants and children, and athletes. Here are steps you should take in hot weather:

- Hot cars can be deadly. Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees.
- Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- Check on family, friends, and neighbors who do not have air

- conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- If someone doesn't have air conditioning, they should seek relief from the heat during the warmest part of the day in places like schools, libraries, theaters, malls, etc.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors, and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
- Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water.

Heat exhaustion

Excessive heat can lead to sunburn, heat cramps, heat exhaustion, and heat stroke. If someone is experiencing heat cramps in the legs or abdomen, get them to a cooler place, have them rest, lightly stretch the affected muscle, and replenish their fluids with a half a glass - about 4 ounces - of cool water every 15 minutes.

If someone is exhibiting signs of heat exhaustion - cool, moist, pale or flushed skin, heavy sweating, headache, nausea, dizziness, weakness,

exhaustion - move them to a cooler place, remove or loosen tight clothing, and spray the person with water or apply cool, wet cloths or towels to the skin. Fan the person. If they are conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition. If the person refuses water, vomits, or begins to lose consciousness, call 911.

Heat stroke is life threatening

Signs include hot, red skin, which may be dry or moist; changes in consciousness; vomiting, and high body temperature. Call 911 immediately if someone shows signs of heat stroke. Move the person to a cooler place. Quickly cool the person's body by immersing them up to their neck in cold water if possible. Otherwise, douse or spray the person with cold water, or cover the person with cold, wet towels or bags of ice.

The Red Cross app "Emergency" can help keep you and your loved ones safe by putting vital information in your hand and settings for more than 35 different severe weather and emergency alerts including heat advisories and excessive heat warnings. The Red Cross First Aid App puts instant access to information on handling the most common first aid emergencies at your fingertips including heat-related emergencies. Download these apps by searching for "American Red Cross" in your app store or at www.red-cross.org/apps.

Senior Solutions seeks volunteers to assist elders

SPRINGFIELD, Vt. - Do you want to help seniors in your area? One of Vermont's oldest and largest social service agencies serving elders has opportunities in providing home visits and fellowship for elderly, homebound clients, and social service application assistance.

Opportunities in Senior Solutions 47-town region include the Friendly Visitor program, where volunteers meet with isolated elders in their homes to provide companionship, take them to places in the community, or assist with errands. Volunteers may also be trained to conduct home visits to help screen people for program

and benefit eligibility.

Additionally, there is a need for a Medicare Assistance Volunteer for the State Health Insurance Assistance Program. This position educates and assists people with understanding Medicare. Volunteers undergo free training in Medicare and health insurance in order to aid and counsel Medicare eligible individuals. They assist and provide information on the easily confusing Medicare system.

Senior Solutions Executive Director Carol Stamatakis noted volunteering is often just as beneficial to the person providing the service as the clients receiving it. "Volunteers in the program know they're really helping someone and that is a great feeling," said Stamatakis. "It truly makes a difference in the lives of everyone involved."

Senior Solutions also offers many one-time, occasional, or highly flexible opportunities. Volunteers can be placed on a list to be contacted when a need arises. There's no ongoing commitment or obligation. Activities

can include hosting an information table, helping to plan or volunteer at a fundraising event, taking photographs, giving someone a ride to an appointment, putting up posters or flyers at libraries and other public bulletin boards.

Volunteers receive orientation and training, mileage reimbursement, and ongoing support. Those who meet the criteria for our Senior Companion Program may also be eligible for a tax-free stipend.

If you are interested in finding out more about Senior Companions or other volunteering opportunities, call the Senior Solutions HelpLine at 1-800-642-5119 or jerenhouse@seniorsolutionsvt.org.

Senior Solutions is one of five nonprofit area Agencies on Aging in Vermont. Known for many years as the Council on Aging for Southeastern Vermont, Senior Solutions has provided Older Americans Act and other services to Vermonters 60 years and older, their caregivers and families for more than 40 years.

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SHOP AT A LOCAL FARMERS MARKET

Greater Falls
BELLOWS FALLS, Vt. - The market is on the lawn in the Hetty Green Park every Friday through September from 3-7 p.m. Local farmers, bakers, and crafters showcase their products including local produce, meat, cheese, and artworks. A project of the Sustainable Valley Group.

For details, email greaterfallsfarmersmarket@gmail.com.

Ludlow
LUDLOW, Vt. - The market opens every Friday from 4-7 p.m. on the Okemo Mountain School front lawn, 53 Main St. (Route 103), south of the village. There is live music, and a full array of vendors including produce, crafters, hot foods, and more.

For details, a list of vendors, and more, go to ludlowfarmersmarket.org.

Townshend
TOWNSHEND, Vt. - A wide variety of fresh products, wood fired pizza, and crafts at a reasonable price. The market runs 4 - 7 p.m. every Friday until Oct. 6 on the lawn of the historic West Townshend Country Store. Sponsored by The West River Community Project.

Email westtownshend.org, or call 802-874-4800.

West River
LONDONDERRY, Vt. - A vibrant community of farmers, gardeners, food producers, artisans, and craftspeople. The market is located at the junctions of Rt. 11 and 100, Saturdays from 9 a.m. - 1 p.m.

For more information visit westriverfarmersmarket.com, call 802-875-5004, and follow them on Facebook [@westriverfarmersmarket](https://www.facebook.com/westriverfarmersmarket).