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VOLUME 18, ISSUE 31

Truck accident closes VT Route 100 North in Ludlow



LUDLOW, Vt. - A tractor trailer truck had an accident on Route 100 North in Ludlow Tuesday, July 31. The accident resulted in minor injuries to the oc-



cupants in the home located at 61 Andover Street, as well as a five to six hour road closure while authorities worked diligently to clear the scene.



LEFT AND MIDDLE PHOTOS BY VINCENT WEST
RIGHT PHOTO BY NIKKI CATHERINE

Yankee Male Chorus to give their last tour

BY BILL LOCKWOOD
The Vermont Journal & The Shopper

REGION - The Yankee Male Chorus has announced the concerts for their annual tour for this season. Sadly, unlike 64 years before, since 1954, this will be the group's last season. They will appear at the First Congregational Church in West Brattleboro Aug. 8, the First Baptist Church of South Londonderry Aug. 9, The United Church of Bellows Falls Aug. 10, and at the First Baptist Church of Chester Aug. 11. All concerts will start at 7:30 p.m.

They will sing "standard male glee club fare" that includes "Battle Hymn of the Republic," "Over the Rainbow," and what has become their theme song, "River in Judea." A free offering will be taken at intermission; no tick-

ets are necessary. The chorus is made up of all volunteers who sing just for fun. Michael Wright returns as primary conductor, and Judith "Eric" Robinson will also be conducting as well and accompanying at the piano.

It was started by Roland Heermance, a music conductor, who felt a traveling "vacation" chorus would be good in summers when churches dispensed with choirs. Pete Harrison of Westminster is the group's spokesperson and site coordinator. He has been singing with them since 1974. He says there will be 30 or more singers for this year's concerts and that "Thirty men can make a nice sound."

Due to singers' schedules, the number participating sometimes varies from concert to concert. The chorus has numbered as many as 40

to 70 singers over the years. He says that recently the chorus has been made up mostly of singers from New York and the Catskills and less New Englanders. Many of the locals have passed on or moved away in retirement. Participants pay their own way here and for lodging.

Harrison says, "The fellowship, love of music, and camaraderie are very special for everyone." There is always a final party with much "singing around the piano." He also speaks of high points in their history such as their 50th anniversary year when they had 100 singers and their appearance at Tangle Wood for the July Fourth concert in 1976.

The chorus gathers here for one rehearsal then four concerts in the region returning to venues every three or four years. But, Harrison says, sadly times have changed. Now in a less traditional world there are becoming less volunteers stepping up to staff concerts and less sponsors willing to support the concerts. Last year, the group decided to meet and perform one more time. Harrison says, "It will be hard to say goodbye."

Instead members will say, "Keep a song in your heart."

For more information, you may call Pete Harrison at 802-722-3080.



Yankee Men's Chorus from a past year's concert tour of area churches and town halls. PHOTO PROVIDED

Democratic gubernatorial candidates debate issues in Ludlow

LUDLOW, Vt. - The four Democratic Party primary candidates seeking the party's nomination for governor participated in a candidates' forum in the Heald Auditorium in Ludlow Town Hall recently. The forum, moderated by James

Alic and sponsored by FOLA, addressed questions covering property taxes, educational funding, minimum wages, gun laws, and the lack of civility in political debates. Assisting Alic were Jacalyn Diesenhof acting as timer and Kevin

Kuntz who handled audience questions, which were numerous and pointed. The Primary Election is Tuesday, Aug. 14; absentee ballots are available at the Town Clerk's office prior to that date.

Ludlow Rotary's duck race to support Ludlow PTG

LUDLOW, Vt. - The Ludlow Rotary has selected the Ludlow Elementary PTG to be the beneficiary of this year's Ralph D. Hoggancamp Memorial Duck Race.

This year's race will be Saturday, Aug. 4 at noon and will begin at Depot Street Bridge. The duckies will travel along the Black River to Walker Bridge. Prizes awarded to the first three ducklings across the finish line and the last little duck will also receive a cash prize.

Ludlow Rotarians and PTG members will be selling tickets, especially quack tickets - you get five ducks for the price of four! Please reach out to Melissa, Courtney, Jenn, or Kristen if you can help the PTG. Email them at Ludlowptg@gmail.com.

All proceeds will go to support Ludlow PTG's Winter Sports program.

Does your child benefit from the Winter Sports program? Did you learn how to ski in elementary school through the winter program at Okemo? Ludlow PTG



Rotarian Tom Harris shepherds some ducks down the Black River last year. PHOTO PROVIDED

fundraises every year to ensure a wonderful experience for our elementary kids. Please consider helping the PTG by donating your time for the Rotary Duck Race or by buying a quack pack.

Tickets can be bought at Ludlow Insurance, Benson's Chevrolet, Fletcher Memorial Library, or Sotheby's Ludlow. Tickets will also be available at the Ludlow Farmers Market.

Surprising nature of Lake Ninevah

MOUNT HOLLY, Vt. - What surprises did nature have in store when Vermont ecologist Brett Engstrom surveyed Lake Ninevah and the 3,300 acres of conserved land surrounding it? Find out when Engstrom discusses his remarkable two-year inventory of the ecological resources of the Lake Ninevah area.

The event will take place Saturday, Aug. 4 at the Mount Holly School from 2:30 to 4 p.m. and light refreshments will be served. This will be the first public presentation of his fascinating findings.

"At the outset I was expecting a fairly low diversity of natural communities and not a great number of wetlands given the setting of Ninevah Foundation lands. After

the first few days in the field on the project I realized how wrong my expectations were," said Engstrom.

The event, hosted by the Ninevah Foundation, is the first community forum since the affiliation with the Farm & Wilderness Foundation. In May, the two organizations joined forces to ensure the stewardship of 4,800 acres of land, water, and wildlife habitat in southern Vermont.

"We're thrilled to join with the Ninevah Foundation to safeguard the region's natural resources, ensuring over 90 percent of this land will remain open to the public. This new partnership combines Ninevah's expertise in on-the-ground conservation work with the educational assets of Farm & Wilderness, a nearly 80-year-old summer camp and leader in experiential education," said

Rebecca Geary, executive director of Farm & Wilderness and Ninevah Foundation.

Dano Weisbord, outgoing Ninevah Board president, said, "The combined team from the Ninevah Foundation and Farm & Wilderness has the potential to deepen our stewardship of this expanse of unspoiled open space and laboratory of biodiversity. I am confident that our collaboration will further the long-term conservation of this vital ecosystem."

Representatives of both organizations will be on hand to answer questions and to hear feedback from the Mount Holly community about conserving Lake Ninevah and its surroundings.

For more information, call 802-422-3761 or go to www.farmandwilderness.org.

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ATTENTION!

Send all press releases and calendar events as a word / text document. **Do not send a PDF.**

All press releases are **subject to space and may not include pricing information.**

Send images as a **JPEG.**

Grow Compost brings their services to Ludlow restaurants

BY AIYANA FORTIN
The Vermont Journal

LUDLOW, Vt. - Grow Compost of Vermont has been working since 1997 to realize a change in the way Vermont restaurants and residents can help close the loop of Vermont's ecosystem. Act 148 will ban food scraps from entering landfills by 2020, which applies to all residents, restaurants, and other food-processing facilities. Grow Compost is working to reap the benefits of organic waste by helping to restore Vermont's soils, contribute to sustainable farming, reduce greenhouse gas emissions, and stimulate the economy in our area.

Co-founders Scott Baughman

and Lisa Ransom started the business in Moretown, Vt., at their own farm with their family. A small diversified farm with gardens and chickens feeds their family and supported their children's curiosities, helping them realize the importance of healthy soil and the potential of their organic wastes, both in giving back to the land and in feeding their chickens, which produce organic eggs.

After several years of trial and error and experimenting with different recipes for compost, Grow Compost has established several premium varieties for home and farm use, including topsoil, potting soil, mulch, vermiculite, peat, and coir, which are all known for their unique nutri-

tional properties. These can be purchased at their farm in Moretown and at their new facility in North Hartland, which will be opening within the next month. Grow Compost also offers delivery from a local source of 10 cubic yards of compost to almost anywhere in the state.

Their business expanded even further in recent years to include food scraps from restaurants, schools, hospitals, resorts, grocery stores, and food manufacturers, and leftover liquids from breweries, distilleries, and dairies. Grow Compost reduces its use of fossil fuels by transporting the food scraps to local foodshed, farms, and facilities; moving them as little as possible. The variety of organically-certified compost and

soil products has been approved by the NOFA.

By composting food scraps, Grow Compost can help reduce nearly one-third of the waste a family generates and up to one-half of what food-based/serving businesses or institutions generates. By helping farmers improve the health and fertility of their soils, they can reduce their use of chemical fertilizers and improve water and soil quality, allowing them to produce better crops and profits. The benefits are endless, and Grow Compost is coming to Ludlow.

Okemo Mountain Resort, Mojo Cafe, Big Eyes Bakery, Stemmwind's, Pettigrew Inn, Ludlow Transfer Station, and the Castle Inn and Resort have decided to participate. Each

week Grow Compost drops off hot water pressure-washed 48 gallon plastic cans to fill with food scraps and a container of BioBlend, a substance which reduces any odors and discourages flies.

Carolyn Grodinsky, Grow Compost account executive, works with many interested business owners to set up this service. In her experience, she's heard that employees are excited to see food scraps disappearing from the trash and that it's easy to sort because Grow Compost accepts any and all food. The cost of Grow Compost's collection services are reasonable and aren't in addition to a business's current cost and frequency of waste and trash removal since the food waste is disposed of separately.

While businesses may be apprehensive about the potential difficulty in implementing the system, Grodinsky indicates that it is much easier than anticipated and is often very well received. Businesses receive a window decal, a certificate at the end of the year showing how much food waste they contributed, and discounts on Grow Compost products.

Grodinsky said that Grow Compost started their business at schools in Central Vermont and the Greater Upper Valley, and now they've grown to service restaurants throughout the state and are beginning to offer collection for condos and apartment houses. "We're very excited to be offering this service in the Okemo Valley."

The 32nd Quilt Exhibition awards

WOODSTOCK, Vt. - Billings Farm & Museum announced the Juror's Choice and Staff Choice awards for the 32nd annual Quilt Exhibition, open daily through Sept. 16. The awards were announced at the opening reception, Friday, July 27.

The Quilt Exhibition is a juried show with each of the exhibition's three jurors selecting a quilt they thought most deserving of recognition. Emily Schanck of Hartland, Vt., was recognized for her quilt, "Luck of the Irish," by juror Kathie Beltz; "100 Days," made by Lynne Crosswell of Ludlow, Vt., was selected by juror Mary Schilke; Linda Ramrath of



Linda Ramrath's "Midnight on the Oasis" gets Staff Choice Award. PHOTO PROVIDED

The Quilt Exhibition features a colorful display of textiles made by quilters in Windsor County, daily activities, and related programs. Admission includes the operating dairy farm, orientation, and farm life exhibits, the restored and furnished 1890 Farm House, and daily programs and activities.

The Billings Farm & Museum is owned and operated by The Woodstock Foundation, Inc., a charitable nonprofit institution. For further information, call 802-457-2355 or go to www.billingsfarm.org.

Okemo Mountain School's Julia Ford joins Cardigan Mountain School

LUDLOW, Vt. - Cardigan Mountain School, a junior boarding school for boys in grades 6 - 9, announced the appointment of Julia Ford to assistant athletic director and director of Alpine Skiing.

Cardigan's Head of School Christopher Day shared, "We are so thrilled to welcome Julia to Cardigan. Not only is she a world-class athlete, but she is also a tremendous person. I know she will have a positive impact on our students, our athletic programming, and our ski team in particular."

Ford is from Holderness, N.H., and was a student from Okemo Mountain School in Ludlow, Vt. She was a member of the U.S. Ski Team and competed at the 2014 Olympic Winter Games in Sochi, Russia. She has started over 40 FIS World Cup ski races and is a two-time U.S. Na-



Julia Ford. PHOTO PROVIDED

Program. Ford will help recruit committed alpine competitors, elevate training strategies, and build a program that competes with the best in the nation and prepares boys - both academically and athletically - for the next step.

"Cardigan's perfect location, excellent facilities, and supportive community offer an amazing opportunity for junior skiers. They'll train full-time during the winter and play other sports in fall and spring. I can't wait to get started," said Ford, who is also looking forward to coaching soccer at the school.

Ryan Frost, Cardigan's director of Athletics, says, "Cardigan has had a successful ski program for a long time, but we've always understood we had the tools to build it into something special. It is exciting to realize that time is here."

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Black River Valley Senior Center news and menu

LUDLOW, Vt. - Come sail with us on a Lake George Luncheon Cruise. Tuesday, Aug. 28 is the date. Please call the Senior Center at 802-228-7421 to make your reservation and get more information. Sign up deadline is Aug. 10 at noon.

Please join us Monday, Wednesday, Thursday, and Friday at noon for

a delicious meal and conversation at 10 High St., next to the Black River Academy Museum. Something new: everyone is welcome to enjoy a coffee hour Monday, Wednesday, and Friday from 8 to 9 a.m. Coffee and friends... a great way to begin your day. Call 802-228-7421 with questions.

August menu is below:

- **Wednesday, Aug. 1:** Macaroni & cheese, French green beans, baby carrots, wheat dinner roll, and cantaloupe.
- **Thursday, Aug. 2:** Baked codfish, lemon wedge, rice pilaf, 6 ounces winter mixed vegetables, wheat bread, and grapes.
- **Friday, Aug. 3:** Sliced pork loin with cider sauce, mashed potatoes, brussel sprouts, wheat roll, and applesauce.
- **Monday, Aug. 6:** Sliced turkey in gravy, home fries, California blend vegetables, wheat roll, and pumpkin pudding with cream.
- **Tuesday, Aug. 7:** Van trip to Rutland for lunch at 99 Restaurant.

- **Wednesday, Aug. 8:** Baked stuffed chicken breast, mashed potatoes, baby carrots, wheat dinner roll, and vanilla fluff with crushed pineapple and oranges.
- **Thursday, Aug. 9:** Ten ounces of clam and potato chowder, oyster crackers, Scandinavian blend vegetables, wheat roll, and carrot cake.
- **Friday, Aug. 10:** Breaded chicken parmesan, penne pasta with pesto, Bahama blend veggies, wheat bread, and melon.
- **Monday, Aug. 13:** Baked penne pasta with ground beef and mozzarella cheese, coleslaw with pineapple and carrots, wheat bread, and cantaloupe.
- **Tuesday, Aug. 14:** Van trip to Claremont with lunch at the Country Café.
- **Wednesday, Aug. 15:** Beef stroganoff with mushrooms and onions over seasoned rotini noodles, tossed salad with dressing, wheat bread, and watermelon.
- **Thursday, Aug. 16:** Birthday party! Meatloaf, mashed potatoes, brussel

sprouts, oatmeal bread, and birthday cake.

- **Friday, Aug. 17:** Chicken-n-biscuit, red mashed potatoes, mixed beans, and strawberry cake.
- **Monday, Aug. 20:** Shepherd's pie with corn, mashed potatoes, diced carrots, wheat dinner roll, and oatmeal raisin cookie.
- **Tuesday, Aug. 21:** Van trip to W. Lebanon with lunch at The Weather-vane.
- **Wednesday, Aug. 22:** Cheese ravioli with meat sauce with parmesan cheese, green beans, coleslaw with oranges, wheat bread, and melon.
- **Thursday, Aug. 23:** Cavatappi with sharp cheddar, broccoli florets, diced beets, wheat dinner roll, and orange Jell-O with mandarin oranges.
- **Friday, Aug. 24:** Roast turkey, mashed potatoes with cheddar, baby carrots, cranberry sauce, wheat bread, and date bar.
- **Monday, Aug. 27:** Italian chicken breast with parsley, sweet potatoes, California mixed vegetables, wheat roll, and a large pumpkin cookie.
- **Tuesday, Aug. 28:** Lake George Luncheon Cruise.
- **Wednesday, Aug. 29:** Panko pork cutlet with white sauce, mashed potatoes, baby carrots, wheat dinner roll, and applesauce cake.
- **Thursday, Aug. 30:** Ten ounces of cream of broccoli soup with chicken breast, crackers, capri blend vegetables, wheat bread, and diced cantaloupe.
- **Friday, Aug. 31:** Beefsteak with Monterey Jack cheese, rice with vegetables, brussel sprouts, wheat bread, and peaches.

Interested in Meals on Wheels? Please call Senior Solutions at 802-885-2655.

Look for our column periodically in The Vermont Journal for monthly menus and upcoming events.

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Tourism Commissioner Wendy Knight tours Ludlow businesses

LUDLOW, Vt. - Book Nook employee and teacher Ann Gardner provide a tour of the store to Carol Lighthall and Wendy Knight. Not pictured, Greg Hart of Blue Sky Trading showcases Vermont and other specialty retail items to Tom Gianola of Echo Lake Inn, Carol Lighthall, and Wendy Knight.

PHOTO BY DONALD DILL

Okemo Mountain Resort awards scholarships

LUDLOW, Vt. – Okemo Mountain Resort is pleased to announce the recipients of this year's annual scholarship awards. Eight scholarships were awarded to students who have worked at Okemo or who are the dependents of Okemo employees. Criteria used to select the scholarship recipients included academic achievement, co-curricular involvement, community service, and the composition of an essay.

Employee scholarships

Aiyana Fortin of Okemo's Adventure Zone is from Mount Holly, Vt. She is currently attending the University of Vermont and is pursuing a degree in biomedical engineering. Aiyana is the daughter of Shireen Geimer of the accounting department.

Nicolas Neumeister of Ski Patrol is from Hamden, Conn. He graduated from Hamden Hall Country Day School and will be attending Middlebury College, majoring in environmental studies.

Joseph Noble of Okemo Valley Golf Club is from Mount Holly, Vt. He is currently attending Castleton

University, pursuing a degree in sports management. Joseph is the son of Michelle Rivard of the Spring House Pool & Fitness Center.

Andrea Stevens of Okemo's Ice House skating pavilion is from Mount Holly, Vt. She graduated from Black River High School and will be attending the University of North Carolina at Charlotte, majoring in health sciences.

Employee dependent scholarships

Matthew Chambers from South Windsor, Conn., is the son of Bill Chambers of the Competition Center. Matthew graduated from South Windsor High School and will be attending the University of Connecticut, majoring in engineering.

Jack Shea Murphy from Fairfield, Conn., is the son of Mountain Ambassadors Paola and Mike Murphy. He graduated from Fairfield Warde High School and will be attending Boston College, majoring in environmental science and minoring in political science.

Jolana Washburn from Proctorsville, Vt., is the wife of Scott

Washburn of the Facilities Department. Jolana is currently attending the University of South Alabama, pursuing a master of science in nursing.

Thomas Croney Memorial Scholarship

Kevin Flaherty Jr. from Manorville, N.Y., is the son of Kevin Flaherty of the Competition Center. He is currently attending Utah State University, studying to be a professional pilot. The Thomas Croney Scholarship is given by the employees of Okemo Mountain Resort in memory of Tom Croney, an Okemo employee who set an example for all through his dedication to Okemo and its guests. This scholarship is awarded to a student pursuing a technical education.

For more information about Okemo Mountain Resort scholarship awards, please contact Human Resources Manager, Carly Hoszkiewicz at 802-228-1974. To learn more about Okemo Mountain Resort, visit www.okemo.com.

Ludlow Rotary Club seeking applicants for grant funds

LUDLOW, Vt. - Cavendish, Ludlow, Mount Holly, and Plymouth nonprofit 501(c)(3) organizations, are you in need of financial assistance to meet your project goal? If so, the Ludlow Rotary Club would like to help. We have a competitive District Rotary grant opportunity to assist you.

Funds may not be used for brick and mortar. You must be able to sustain the project on your own after the grant funds have been expended. All funds must be used by June 2019. Available grant amount may be up

to \$2,000 with the grantee equally matching 1:1 the Rotary donation. The District funded grant amount may be less than requested.

If you feel you may be the right candidate, please list your contact information and a Rotarian will be in

Du Jour VT is a dream come true for new owners

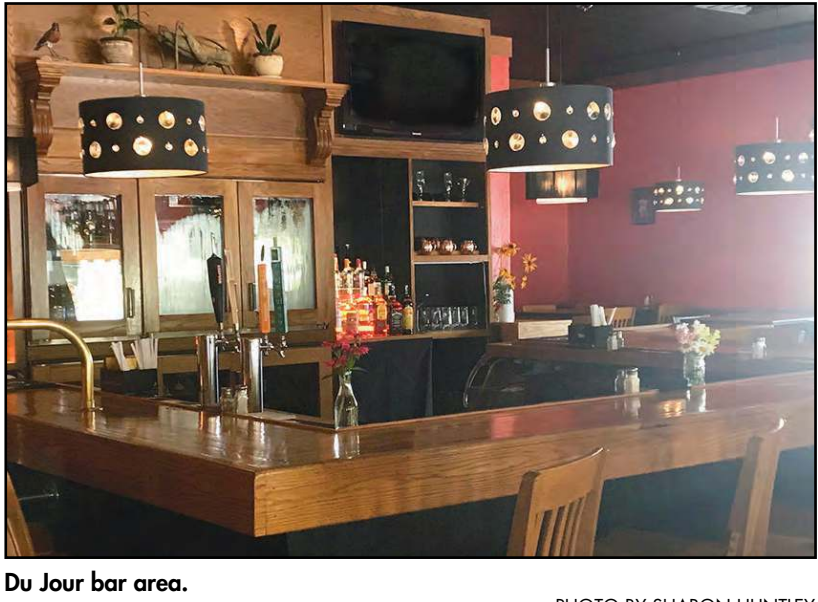
BY SHARON HUNTLEY
The Vermont Journal

LUDLOW, Vt. – Chef Pete Dickinson has dreamed about running his own restaurant since he was 11. Now, after 35 years of working in the restaurant business, that dream has become a reality with the July 13 opening of his new eatery "Du Jour VT" on Pond Street in Ludlow with partner Desiree Guica at his side.

Guica has her own long 29-year history in the business, having grown up working at Café at Delight in Ludlow, her mother's restaurant, but found her real calling and success behind the bar. "That's when I fell in love with this business," she said.

The opportunity to open a restaurant together was a matter of serendipity. The two most recently worked together at Murdock's on the Green in Proctorsville with Dickinson in the kitchen and Guica running the bar.

As it happened, Dickinson was in talks with another restaurant with plans to move on when he learned



Du Jour bar area. PHOTO BY SHARON HUNTLEY

about the former Chophouse Pond Street location in Ludlow becoming available. His timing was perfect, and he reached out to Mark Williams, owner of The Chophouse, within hours of an email opportunity that had gone out to local restaurateurs.

Guica was on board after that. "We knew that we wanted to work together... when the opportunity struck, I was like we have to do this. It's now or it may not happen." Dickinson and Guica both sat down with Williams to iron out the details. According to Guica, "Mark and I had known each other forever...so after we all sat down and talked, he made it so easy for us that we were like...this is it."

The Du Jour VT staff now includes bartender Robin Bicknell who was a mutual acquaintance and responsible for the two owners first working together. Dickinson is joined in the kitchen by his trusted sous chef, Brandy Markgren.

The menu has solid simple favorites but will have seven to eight nightly specials that will change a few times

Londonderry Lions winners of July Duck Race

LONDONDERRY, Vt. - Londonderry Tri-Mtn Lions are having a busy summer. The winners of the 4th of July Duck Race were Carol Lechthaler, first place prize of \$150; Noreen Lenilko, second place prize of \$100; and Noreen Lenilko for third place. Thank you to all who participated in this fundraiser.

All proceeds from our fundraising goes back to the community. We recently donated \$70 to Grace Cottage Community Health team for the purchase of two blood pressure monitors. Other donations include \$100 for fireworks and \$250 to Music Mondays at Pingree Park. We are providing rides for local seniors to the monthly senior luncheons in Londonderry. We are also baking cookies for take home bags for seniors.

Our club welcomes two new members: Andie Fusco of Londonderry and Kathy Scott of Windham. We are making and

serving vegetable chili at the Chocolate, Cheese, and Chili Fest Aug. 6 at the Landgrove Inn, from 5 to 8 p.m.

Our club meets on the second and fourth Thursday of the month at 7 p.m. at Neighborhood Connections meeting room. We welcome anyone who is interested to join us.



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August happenings at the South Londonderry Free Library

S. LONDONDERRY, Vt. - On display during the month of August are pastel works by Karol Allen. Al-

len was dismayed at the rate we are losing Vermont barns due to time, weather, and harsh winters. She photographed many that were in disrepair and decided to render them in pastels before they were lost forever. Allen will show some of them as well as other iconic Vermont landscapes.

Upcoming events for kids:

- Monday, Aug. 6 at 1:30 p.m. - Craft a clown mask and tie. There will be music, a story, and a game.
- Friday, Aug. 17 - Come on over at 1:30 p.m. and do some cool jazz Kool Aid painting.

• Saturday, Aug. 25 - Come to the library between 10:30 a.m. and 12:30 p.m. and go home with a balloon hat.

Turn in your summer reading records and receive a Libraries Rock! certificate. Stop by anytime check out a book, and pick up a craft to make at home.

The Trustees of the library would like to thank Kurt Hathaway and Precision Plumbers for their pro-bono work they did on the library's water system and installing a new outdoor spigot. Their interest in their local library is very much appreciated.

The new Trustee roster is as follows: Peter Isakson, president; Barb Wells, vice president; Gun Burns, treasurer; Carol Barclay, secretary; and Sherry Clark, Laura Megroz, Marge Malko, and Mimi Wright as trustees. Trustee meetings are usually held the third Thursday of the month and anyone interested is cordially invited to attend.

We thank past and present volunteers who take care of daily circulation and other tasks: BJ Davis, John

and Caroline Jopling, Paul Myers, Martha Dale, Josh Fine, Marcia Camp, and others who help out from time to time as needed.

Volunteers would be welcome to help the library get ready for the Peru Fair that will take place Saturday, Sept. 22. Some muscle is needed to help move bookstands to the site Friday evening, Sept. 21. Come over anytime the library is open to help sort and price books before the event. If you can spare a few hours that Saturday, please call the library at 802-824-3371 and let us know. The Peru Fair is a fun annual event in our neighborhood with thousands of locals and tourists in attendance.

We have hundreds of used books for sale in our Book Loft. There are really amazing books in all categories from antique ones to current best sellers - all at very reasonable prices. There is something for everyone at your wonderful house of books. See you at the library!

Consciousness quest for kids

CHESTER, Vt. - Have you been looking for an alternative learning experience for your child? Some deep enrichment for mind, body, and soul?

This summer at Dream Barn Hollow a small, dedicated team has assembled to provide learning opportunities that include mindfulness exercises, resilience building skills, new understandings of nature and self-empowerment for children 7 to 11 years of age. This will take place the week of Monday, Aug. 13 through Friday, Aug. 17 from 9 a.m. to 3 p.m. daily. Before and after child care is available, if needed.

Each day will include some social interaction and time for independent reflection and journaling.

We will spend time by (and in) the river learning about what makes us coherent and able to access intuition using HeartMath techniques, working with animal totems and oracle cards, gardening and connecting with plant and elemental energies, and numerous other engaging activities.

If this sounds like something your child would benefit from, please contact us for more information and cost at 802-875-1717 or email dreambarnhollow@gmail.com.

This opportunity is sponsored by SPACE, Inc. a 501(c)(3) nonprofit.

Vermont Ride for a Cure approaches

S. WOODSTOCK, Vt. - There are less than two months until the 9th annual Komen Vermont Ride for the Cure, Monday, Oct. 8, at Green Mountain Horse Association in South Woodstock, Vt.

Register now for this fall foliage 6-or-9-mile pleasure horseback ride and together we can use these last two months to reach our fundraising goal!

Remember, while your registration fee gets you to the trail, it also gets your required minimum fundraising started, and in turn that helps Susan G. Komen New England get all of us to the finish line - putting an end to

breast cancer!

All proceeds from the Vermont Ride support Susan G. Komen New England and the local fight against breast cancer through community grants and research.

To register and/or donate, please visit www.komennewengland.org and select the "VT Ride" from the events tab.

Questions? Want to be a sponsor? Contact Linda Maness, development coordinator of Special Events in Vermont, by calling 802-362-2733 or by emailing LManess@komennewengland.org.



Two months left until Vermont Ride for the Cure.

PHOTO PROVIDED

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802-228-9807

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Ludlow American Legion FRIDAY NIGHT DINNER

Friday, August 3

Hot Turkey Sandwiches

w/ Mashed Potatoes, Veggies, Cranberry Sauce, and Dessert

\$12.00

to Benefit the Sons of the American Legion

Seatings will be from 5:30 to 7:00 p.m.
Call 802-228-9807 for reservations.

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August, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>VT Draft Beers!</div>	<div></div>	<div>We've got VT Draft Beers!</div>	<div>1 Trade your Patch or Purchase ours for \$5</div>	<div>2 VT DRAFTS \$7 GYPSY REEL 6:30-9PM</div>	<div>3 tgif</div>	<div>4 Let the weekend BEGIN</div>
<div>5 Come for the Food Stay for the Fun</div>	<div>6 Lobster Night</div>	<div>7 VT Drafts \$7! TRIVIA NIGHT w/ Rick Davis 7:00-8:30pm</div>	<div>8 Join our Mug Club</div>	<div>9 GYPSY REEL 6:30-9PM \$7 VT Drafts</div>	<div>10 TG IF!</div>	<div>11 Chicken Wing Champions!</div>
<div>12 It's Sunday ALREADY!?</div>	<div>13 Open Mic Night Mondays at 9:30pm</div>	<div>14 TRIVIA VT 20oz Draft Beers \$7!</div>	<div>15 Trade your Patch or Purchase ours for \$5</div>	<div>16 VT DRAFTS \$7 GYPSY REEL 6:30-9PM</div>	<div>17 tgif</div>	<div>18 Let the weekend BEGIN</div>
<div>19 VT Draft Beers!</div>	<div>20 Lobster Night</div>	<div>21 VT Drafts \$7! TRIVIA NIGHT w/ Rick Davis 7:00-8:30pm</div>	<div>22 Join our Mug Club</div>	<div>23 GYPSY REEL 6:30-9PM \$7 VT Drafts</div>	<div>24 TG IF!</div>	<div>25 Come for the Food Stay for the Fun</div>
<div>26 Come for the Food Stay for the Fun</div>	<div>27 Open Mic Night Mondays at 9:30pm</div>	<div>28 TRIVIA VT 20oz Draft Beers \$7!</div>	<div>29 Trade your Patch or Purchase ours for \$5</div>	<div>30 VT DRAFTS \$7 GYPSY REEL 6:30-9PM</div>	<div>31 tgif</div>	<div>Chicken Wing Champions!</div>

Gemstones that rock

SPRINGFIELD, Vt. - What better way to celebrate this summer's reading theme, Libraries Rock, than to learn all about gemstones! Our guide will be Darlyn Walters, a graduate gemologist from the Gemological Institute of America and has been a certified gemologist with the American Gem Society and a certified diamontologist from the Diamond Council of America. She currently works for Von Barges's Jewelry.

Join us Thursday, Aug. 9, at 6:30 p.m. at the Springfield Town Library for this fascinating presentation on seven stones that rock, namely diamonds, tanzanite, aquamarine, blue and pink sapphire, pink tourmaline, rutile quartz, and turquoise. Walters will discuss their durability, location, uses, and interesting lore.

The Springfield Town Library is located at 43 Main Street, Springfield, Vt. Our programs are free, accessible to people with disabilities, and open to the public. For more information about this program, contact 802-885-3108 or stlas@vermontel.net.

Gemstones Rock!

PHOTO PROVIDED



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

“Remember when...” results

Community pulls together history of Mt. Ascutney

A couple weeks ago, I submitted two photos to The Vermont Journal and The Shopper for “Remember when...” One was a stone house and the other a log cabin once located on Mount Ascutney. Readers were encouraged to contact me with what they knew. “Remember when...” is a great asset for those looking for information.

Mary Jane Wentworth of the West Windsor Historical Society and Barbara Rhoad of the Windsor Historical Society provided information for this article.

Barbara Rhoad mailed me a 2009 copy of the Mount Ascutney Guide, published by the Ascutney Trails Association. Mary Jane Wentworth emailed me a 1964 newspaper clipping written by Freda Atwood. Then Mary Jane emailed four additional pages of history written by Marjorie Hooker.

Below is what I learned.

The stone house
In August of 1824, General Lafayette came to the America to tour our 24 states. Lafayette was scheduled to visit Vermont in 1825. Windsor residents went all out to welcome him.

Some thought a road should be built to the summit of Mount Ascutney so Lafayette could behold our Connecticut River valley view. A group of men went to work building a road. As it turned out Lafayette arrived a day later than scheduled and didn't have time to ascend the mountain. The road was probably not completed but it can be said that Mount Ascutney was the first mountain in this country to have a proper hiking trail.

It was 1857 when D.C. Lindley surveyed a road on the northeast side of the mountain from the base to the summit, which was built the next year. Building the stone house soon commenced. An August 7, 1858, Vermont Journal newspaper article notified in part:

“All citizens who feel an interest in the completion of the Stone House now building on the top of Ascutney for the free use of all visitors are requested to meet at Allen Dudley's at the foot of the mountain....”

“...Every man is expected to ARM himself with an axe, shovel or hoe. Signed: Luther C. Smith, J.H. Simonds, A.C. Hatch Committee. August 7, 1858.”

On September 4, 1858 with 300 people in attendance the stone house was dedicated with the Windsor Cornet Band providing music. The road was named Lindley Road and the house was christened the “Ascutney Summit House.” Others called it the “Tip Top House.” The house was twenty by fourteen feet with a stone fireplace. The stone for the house was cut on the mountain.

The house was promoted as a tourist destination as a short distance from Windsor. Overnight guests were welcome and frequent. As time went by the house and road were neglected but resurrection would come.

In 1883 a major forest fire de-



Mt. Ascutney Weathersfield House 1909.

PHOTO PROVIDED BY TED SPAULDING



Tip Top House Mt. Ascutney, Vt. 1909. Clinton and Charlie Gibson of Brownsville sitting on the roof.

PHOTO PROVIDED BY TED SPAULDING

stroyed parts of the trail, scarred the mountain and left behind a terrible mess. In 1898 another trail was established from Brownsville. No mention is made of the stone house.

In 1903 the old road was resurveyed and the stone house rebuilt. A metal roof was added and a woodstove installed. On September 5, 1904 the stone house was rededicated with several hundred people in attendance.

The log cabin
In 1908 shortly after the formation of the Ascutney Mountain Association a trail was cut on the south side of the mountain and a log cabin built on the southern summit or Weathersfield Peak. In this venture members of the AMA assisted in building the cabin. The cabin was very popular with overnight guests but fell into disrepair and was gone by 1930.

According to William “Bud” Gibson the two men on the roof of the stone house are his father, Clinton Gibson and Charlie Gibson of Brownsville.

On June 1, 1980, John Arrison, as Justice of the Peace, married Terry

Sprague and Cheryl Marro of Chester on Ascutney's West Peak. After the wedding John strapped on his hang glider. As he stood on the edge of the precipice waiting for the proper winds, two people supported his wing tips. I stood on the edge and looked down. It was probably 25' to 30' to the treetops.

When John leapt off the cliff he fell some distance before becoming airborne. I remember thinking he wasn't going to make it. As he gained altitude he circled high like an eagle over those in the wedding party. John landed in Brownsville.

The Chester Historical Society is asking for donations of antiques for Chester's Annual Craft Fair in mid-September. We'll accept antiques of all sorts and do well with them, after all antiques are my business. Please help us out with this our best fundraiser. We can provide you with a donation slip for your taxes. You can contact me using the info next to my photo to arrange pick up.

The history of Londonderry's schoolhouses

LONDONDERRY, Vt. - In the 1860s Londonderry was comprised of 13 districts, each having its own schoolhouse. There was a certain amount of rivalry between the north and south villages, and each had their own grammar and high schools. These were gradually consolidated until finally in 1965 Flood Brook School became the regional grammar school, and the high school students traveled out of town.

A new exhibit from the Londonderry Arts and Historical Society locates the site of each school and shows some memorabilia and photos of them, then and now. It is on display at the Middletown Road Schoolhouse, 2414 Middletown Road through Labor Day.

In addition to the new Schoolhouse exhibit, LAHS is also displaying “Changing Times,” exploring the multiple uses of many of Londonderry's properties, across the street at the Custer Sharp House at 2416 Middletown Road. LAHS is open Wednesdays and Saturdays from 10 a.m. to 2 p.m. For more information, call Annie Campbell



The Middletown Road Schoolhouse used to be the Londonderry Academy. Built around 1917, the structure originally had a cupola. It also served as Londonderry's Masonic Lodge.

PHOTO PROVIDED

at 802-856-7284 or email us at Londonderryahs@gmail.com.

Stamping and card making class rescheduled

LUDLOW, Vt. - Stamping and card making class with Esterina from Little Star Creations has been rescheduled for Tuesday, Aug. 7, from 6 to 8 p.m. We will be making three cards, and all supplies are included with a small donation. The event will take place at the Black River Academy Museum on High Street in Ludlow. Snacks and beverages are provided. BYOB. Please RSVP to 802-228-5050, marcia.wemple@tds.net, or glbrehm@tds.net.



Take a stamping and card making class.

PHOTO PROVIDED

Support Old Home Days



Donate to ROHD fireworks if you can. PHOTO BY BRANDY PATTERSON

The Rockingham Old Home Days fireworks will be around 9:30 p.m. Volunteers are needed to help collect funds beginning at 8 p.m. Anyone wanting to donate to the firework fund, send to Great Falls Regional Chamber of Commerce, 17 Depot Street, Bellows Falls, VT 05611.

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“HOTEL TRANSYLVANIA: SUMMER VACATION”
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Friday: 7:00pm
Saturday: 3:00pm, 6:00pm
Sunday: 4:00pm, 7:15pm
Monday: 7:15pm
Tuesday: 7:15pm

WEDNESDAY NIGHT CLASSICS
Wednesday, Aug. 8 @ 7:30pm

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ALL TICKETS: \$5.00
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- 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!

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AFTER HOPS IN THE HILLS
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The Coleman Brook Tavern invites you to join us for our third summer of Farmhouse Dinners. This exclusive series of dining events, held throughout the summer harvest season, showcases our commitment to our partnership with local farmers and food producers, as well as quintessential Vermont cuisine.

August 5 • September 8 • October 13

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OKEMO MOUNTAIN RESORT

opinion

Op-Ed: Christine Hallquist: It's past time

There are several facts almost every Vermonter can tell you about Vermont: we were the first state to abolish slavery, first to pass civil unions, and the first to pass same-sex marriage through the legislature. All of these point to our proud tradition of being a progressive and accepting state. I fear these facts can also lead us to sit back and rest on the work we have already done. As Vermonters, we must also remember that there is much more work to do. That is why I am running for governor.

Vermont has the nation's highest incarceration rate of African American males in the nation. One in 14 of all African American adult males in the state are currently incarcerated. Many of our prisoners remain sepa-

Op-Ed: Overcharged for health care

“Overcharged: Why Americans Pay Too Much for Health Care” is a fast-paced 435-page trip through the underbelly of the health care industry, the policies that shape it, and their often undesirable and overly costly results. Its basic point is that “The health care sector will become more efficient and pro-consumer when and only when it is subjected to the same competitive forces that apply to the rest of the economy. . . .To make American health care better and cheaper, customers should use their own money to purchase medical treatments directly, the same way they buy every-

thing else.”

This may not strike readers as obvious, but law professors Charles Silver (Texas) and David A. Hyman (Georgetown) have accumulated a ton of evidence in support of that proposition.

America is now six decades into the Modern Era of Third Party Payment. As of 2016, 91 percent of families had some or all of their health care expenses paid by third parties, notably the government (Medicare, Medicaid) private insurers (Blue Cross, etc.), and self-insured employers.

The consequence of this is that aside from modest copays and deductibles, third party payment causes people to engage in what the authors call “an epidemic of overuse.” The resulting overconsumption drives prices higher, and that stimulates all sorts of schemes where providers charge “fee for service” for too many procedures, overpriced drugs, unnecessary medical equipment, dubious mental health therapies, and needless ambulance trips.

Among the practices devised by providers eager to get rich from this spending are “upcoding,” “turbocharging,” “evergreening,” and “rent-a-patient.” For many providers, excessive health care spending can become

a cash flow dream come true.

Third party payers, especially the Federal government, simply cannot keep track of what services hundreds of millions of people are getting, whether they are “medically necessary,” or whether the billed services are actually provided.

The best that Medicare and Medicaid can do is sniff out as much outright fraud as possible, sensationally prosecute the perpetrators - often including doctors who make honest coding errors, and contrive more complex regulations to keep providers from gaming, as well as defrauding, the system.

The authors come down hard on the “old-time providers” who are ever alert to enlist - and finance - politicians to stamp out threatening competition. Licensed physicians and their employers - increasingly hospitals- are the gatekeepers for treatments and prescriptions, and they jealously protect those government-conferred privileges. Strangely, the authors ignore one of the most potent tools used to shackle competitors, the Certificate of Need.

The authors deride every proposed political solution. Obamacare? Pumped billions more dollars into a politicized and corrupt system. Re-

peal Obamacare? The Republicans could only come up with a feeble “Obamacare-lite.”

Socialized medicine? The authors devote six pages to explaining that Bernie Sanders’ “Medicare for All” - putting the government in charge of one-fifth of the U.S. economy - aggravates the overcharging problem, promises to be fantastically expensive (\$518 billion the first year, according to the Urban Institute), and is a pathetic example of “magic thinking.”

Even free marketeers, who would agree with all of the foregoing criticisms, come in for their share. Silver and Hyman oppose any kind of tax incentives or benefits to influence health choices. They even oppose Health Savings Accounts, the tax-free contributions to which are restricted to paying for health care, though they grudgingly concede that HSAs “make a horrible tax policy less horrible.”

But later on, after approvingly describing Singapore’s (mandatory) Medisave accounts, they reverse course, and favor HSAs coupled with catastrophic insurance for rewarding people for saving responsibly for their health care needs later in life. What they underappreciate is that the HSA starts a movement away from the third party payment regime that they

rightly detest.

The most hopeful solution they offer is an innovative health care retail sector. That includes astonishingly cost-effective medical tourism - to such remarkable medical complexes as Narayana Hrudayalaya in Bengaluru, India. It also includes CVS Health’s 1,135 Minute Clinics and the all-inclusive cash-price menu of 112 common surgeries offered by the Surgery Center of Oklahoma. They neglect to mention Winooski-based Marathon Health, which has built over 130 clinics in plants and offices in more than 40 states, and integrated providers like Kaiser Permanente and Intermountain.

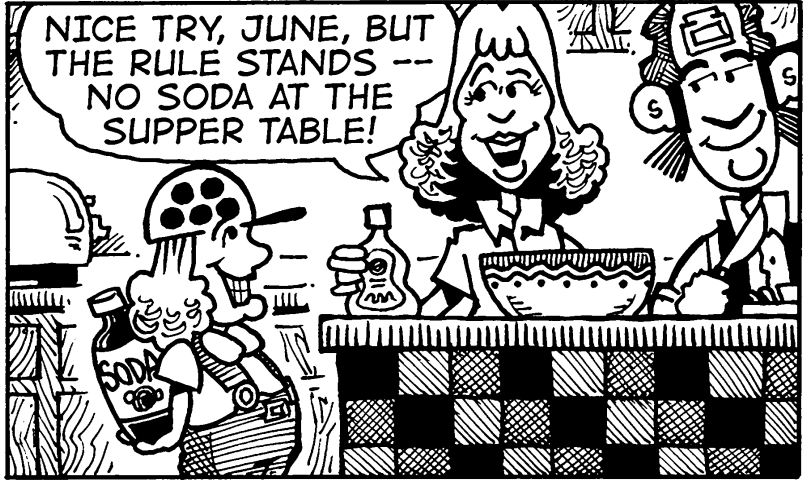
Silver and Hyman conclude that “our politicized third party payment system creates bad incentives that attract the already corrupt, and also corrupt the virtuous.” The crucial reform is to move away from non-catastrophic third party insurance coverage, and dramatically expand the role of first party (consumer) payment in a competitive marketplace. Their argument, buttressed by a wealth of facts, cases, and examples, is a powerful one.

Written by Christine Hallquist, Democratic candidate for governor.



“Try to tune out the crowd, Otis ... especially your mom.”

R.F.D.



by Mike Marland

Letters to the Editor

Dear Editor,

My voting history goes back to 1960 when I cast my first vote for John F. Kennedy for president. Coming from a GOP family (that's Grand Old Party for young voters who might not recognize the current Republican Party), my mother simply said, "I know you will be canceling my vote for high office, but here are the local candidates I support." Her list went right down to county sheriff, and of course, all Republicans. I voted my conscience and hers, and we both lived merrily ever after.

Things have changed dramatically across our political landscape as we enter the 2018 Vermont Democratic Primary. I am not voting for our Democratic incumbent Peter Welch for Congress, Tuesday, Aug. 14. Daniel

Freilich is my man, and here's why.

Dr. Dan came to my back door on July 4th during the peak of our heat wave. I listened to his goals: restore honor and integrity back into politics; focus on core issues to achieve equitable pursuit of happiness for all; encourage politicians to minimize their conflicts of interest by not taking special interest campaign contributions; set a new standard by tackling core issues like wealth inequality; Medicare for all; climate change; repeal Citizens United.

Dr. Dan is experienced and more than qualified to represent us in Washington, D.C.: Captain, U.S. Navy, physician, and professional scientist; currently staff physician at the VA Medical Center in White River Junction;

founded and directed the Navy's Blood Substitutes research and development program; developed and directed a \$100 million program to overhaul the Navy's approach to treating pain in response to Congressional concern about the opioid epidemic.

Dr. Dan left me thinking how I could best help him restore our broken political system. First, I looked into his background and qualifications. Next, an individual donation using the "Donate" button on his informative website - www.drnanforcongress.com - was easy. Now I am writing letters to my list of editors. Next I am dialing for Dr. Dan locally to get friends and neighbors thinking, and of course acting in these perilous times.

So my friends and neighbors, join me and vote for the Man not the Party if you want to "Reclaim Democratic Heart & Soul." Like me, you are going to have to listen, do your homework, and then vote your conscience.

Dear Editor,

I am writing to thank the diners of the Landgrove Inn where I was a chef for close to 12 years. The time has come to bid farewell to a place I often considered home. All of you made my time at the Inn special.

You allowed me to be a part of your special day, a birthday, a graduation, and other events important to you. I enjoyed my time participating and contributing to local events within the community. I appreciate all of your support over the years.

Without the support of the community, I couldn't grow as the chef I am today. I have made many new friends over the years and I hope you feel the same. I am unsure of what my future holds for me. I would hope it is still in cooking. I feel I have worked hard as a female chef, creating my own identity.

Until we meet again,
Bon Appetit!

Sincerely,
Lew Watters
Chester, Vt.

Sincerely,
Kate Schneider, Chef
Mount Holly, Vt.

LETTERS TO THE EDITOR POLICY

Letters may be edited for clarity, grammatical errors and libelous statements. Must be kept under 400 words. We reserve the right to publish at our discretion. Deadline is Friday at 12 p.m. Email to editor@vermontjournal.com. Mail to Vermont Journal PO Box 228 Ludlow, VT 05149. Include town & daytime phone (not for publication) Viewpoints expressed in the editorial section do not necessarily reflect the views of The Vermont Journal & The Shopper

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CHURCH SERVICES

ASCUTNEY, VT.

Bow Baptist Church, 1102 Rte 5.
Sunday school at 10 a.m. Morning service at 11 a.m. Evening service at 6 p.m. Prayer meeting on Wednesday at 7 p.m. Call 802-546-4902 or www.bowbaptist.com.

Open Bible Baptist Church, 168 Cemetery Rd.
Sunday school at 9:45 a.m. Morning service at 11 a.m. Afternoon service at 2 p.m. Wednesday at 7 p.m. Sanctuary handicap accessible. Visit: obbcvt.org.

Vision of Light Church of Spiritualism and Healing, 2 Legion Rd. Hartland, Vt.
Every Sunday at 10 a.m. at the Hartland Legion Post behind Mike’s Mobil Station. Potluck lunch after service. For information, contact Rev. Paula at 802-226-7653.

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.

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.chesthercongregational.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.

Landgrove Meeting House, 88 Landgrove Rd, Landgrove, Vt.
Sunday services at the Landgrove Meeting House feature fellowship, music, lifted voices, and inspirational words. Set in a classic 160-year-old building in a pastoral Vermont landscape, services are held Sundays at 9:30 a.m. Through Aug. 26.

Church on the Hill, 37 Lawrence Hill Rd. Weston, Vt.
On Saturday, Aug. 4, Rev. Jon Bliss of Old Parish Church will lead Vespers (evening prayer) service at 4 p.m. All are welcome. For more information, go to www.vtchurchonthehill.com.

F. Miriam Donegan, 1918 - 2018

SPRINGFIELD, Vt. - F. Miriam Donegan, 99, passed away Sunday night, July 22, 2018 at the Gill Odd Fellows Home in Ludlow, Vt. She was born Sept. 2, 1918 in Saint Stephen New Brunswick, Canada, the daughter of Charles P. and Alice L. (Cahill) Hayman.

In 1922, her family moved to Bradford, Mass., then to Rowley, Mass., where she attended elementary school. She graduated from Manning High School in Ipswich, Mass., class of 1936. She later graduated from Salem State College in 1941.

After graduation, she began her teaching career at Shatswell and Winthrop schools in Ipswich, Mass.

On March 27, 1943, she married Lieutenant John F. Donegan and followed him to bases in Mississippi and California. After World War II in 1946, Miram and John moved to Springfield, Vt. where she has resided since.

She worked as a substitute teacher in the Springfield school system for 24 years, retiring in 1982. After retirement, she and her husband traveled to Maine, Cape Cod, and Florida with friends.

She served as a member of the Springfield Planning Committee for two years and was a member of the Home Demonstration Club for several years. She always enjoyed feeding and watching “her” birds, gardening, and doing crossword puzzles.

Her most special times have been spent with her children, grandchildren, and great-grandchildren.

She is survived by her three chil-

dren J. Richard Donegan and wife Nancy of Litchfield, N.H., David C. Donegan and wife Gina of Groton, N.H., and Jane Canale and her husband Pat formerly of Connecticut; seven grandchildren; and six great-grandchildren.

She was predeceased by her husband John F. Donegan May 28, 2011.

Friends may call at the Davis Memorial Chapel in Springfield, Vt., Saturday, Aug. 4, 2018 from 11 a.m. to noon. A memorial service will be held at noon at Davis Memorial Chapel. Reverend Gerry Piper will officiate. Burial will follow in the Oakland Cemetery in Springfield, Vt.

Memorial donations may be made to the Springfield Humane Society, 401 Skitchewaug Trail, Springfield, VT 05156.

Arrangements are under the direction of the Davis Memorial Chapel in Springfield, Vt.



F. Miriam Donegan, 1918 - 2018. PHOTO PROVIDED

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LUDLOW, VT.

Annunciation Catholic Church, Corner of Depot and High St.
Mass on Saturday at 4:30 p.m. Sundays at 8 a.m. and 11 a.m. Call 802-228-3451

Tyson Congregational Church, Corner of Rt. 100 and Dublin Rd.
Regular worship begins at 10:30 on Sundays. 802-228-5114. All are welcome!

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.

Lighthouse Baptist Church, 142 Wall St.
Saturday service at 10 a.m. Bible Study at 11 a.m. Worship Tuesday night is at 7 p.m. with bible study and prayer. For more information, call 802-885-5763.

Precision Valley Baptist Church, 69 Route 106
Adult Bible Study on Sundays from 9 -9:45 a.m. Services start at 10 a.m. Located right next to Cota & Cota.

St. Mary’s Catholic Church, 10 Pleasant St.
Sunday Masses at 9 a.m. and 6 p.m., Tuesday at 7 p.m. followed by Eucharistic Adoration. Thursday and Friday at 9 a.m. Confession on Tuesday at 7:30 p.m. Contact the rectory at 802-885-3400.

Unitarian Universalist Church, 21 Fairground Rd.
On Sunday, Aug. 5, join us for our annual Vesper service and potluck. We’ll gather at 4:30 p.m. for conversation and appetizers, and begin our potluck at 5 p.m. Vespers will follow after, held outside if weather permits. 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. Call 802-885-3327 or go to www.uuspringfieldvt.org.

Heather L. Byrne, 1969 – 2018

SPRINGFIELD, Vt. - Heather L. Byrne, 49, passed away unexpectedly at her home Thursday, July 19, 2018. She was born March 9, 1969 in Springfield, Vt., the daughter of George R. and Sally (Lengyel) Trombly. She attended Springfield schools, graduating from Springfield High School class of 1987.

She worked as a waitress in the area for many years and most recently worked as an LNA at Cedar Hill Health Care Center in Windsor, Vt.

She loved spending time with her son and loved animals.

She is survived by her father George Trombly and stepmother Mary Trombly of Springfield; mother Sally Mas

and stepfather Ernest Mas of Springfield; son Joseph Byrne of Springfield; brothers Shane Mas and Christina of Weathersfield, Vt., Matthew Trombly and Aimee of White River Jct., Vt., and Benjamin Trombly and Holly of Medford, Mass.; sister Meghan Reiss and Paul of Medford, Mass., and many aunts, uncles, and cousins.

A private graveside service will be held at a later date.

Memorial contributions may be made to the Springfield Humane Society, 401 Skitchewaug Trail, Springfield, VT 05156.

Arrangements are under the direction of the Davis Memorial Chapel in Springfield, Vt.

John A. Knowlton Jr., 1959 - 2018

WESTON, Vt. - John Adams Knowlton Jr. passed away June 27, 2018 after a long illness. Born in Manchester, Conn., July 13, 1959, Jak was a master carpenter, avid fisherman, and skier.

He served on the Board of the North Avenue Co-op Inc. in Burlington, Vt., where his knowledge and skills in construction benefitted the community. His special interest was the community garden, especially the children’s garden. The co-op has dedicated the community garden in Jak’s memory.

Jak’s parents also benefitted from his kindness and skills. When his father became ill and it became necessary for them to move from a large, isolated home into the village center in Weston, Vt., Jak gave up his job in Burlington in order to renovate an 1858 house in much need of restoration. It stands today a testament to his knowledge and skill.

Jak leaves his mother Shirley Perkins Knowlton of Weston, Vt.; two sisters

Deborah Knowlton of Colchester, Vt. and Donna Proctor of Gilbert, Ariz.; eight nieces and nephews Caitlin and Phoebe Richardson of Colchester, Vt., Daniel and Megan Roskamp of McKinney, Texas, Jesse Roskamp of Fullerton, Calif., Jennifer Roskamp of Denver, Colo., Justin and Ryan Proctor of Phoenix, Ariz; and two great-nephews Matthew and Luke Roskamp of McKinney, Texas.

A memorial service will be held at noon Sunday, Aug. 12, 2018 at Old Parish Church on Route 100 in Weston, Vt. followed by a reception at the family home at 665 Main Street in Weston.

Memorial contributions may be made to the JAK Fund, North Avenue Co-op Inc., c/o First Choice Property Management, attention: Silvia Ianetta, Management, 48 Hamlet Ave., Woonsocket, RI 02895 or to The McClure Miller VNA Respite House, 3113 Roosevelt Highway, Colchester, VT 05446.

Celebration of Life
for Wilbur “Bill” and Joanne Hale

ANDOVER, Vt.

- On Aug. 11, the family of Bill and Joanne Hale will celebrate their lives at the Andover Community Church in Andover. The ceremony will begin at 11 a.m.; a graveside service will be held at Heald Cemetery in Andover at 2 p.m. Bill and Joanne passed away in September 2017 in North Carolina and desired their ashes be returned to Vermont. All friends of Bill and Joanne are cordially welcomed by the family.

Bill and Joanne Hale. PHOTO PROVIDED

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obituaries

United Methodist Church, Hoyt’s Landing on the Connecticut River

On Sunday, Aug. 5, the annual Outdoor Worship starts 9:30 a.m. at Hoyts Landing on the Connecticut River in Springfield. You don’t need to be a member of the church or of any church; all are welcome. Come and praise God through music, scripture, and prayer. Hosted by the Rev. Gerry Piper and the United Methodist Church. For more information, call 802-885-3456.

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.

The First Congregational Church of Westminster, 3470 US Rte 5
Regular Sunday worship is at 10 a.m. All are welcome! The church has a ramp and lift for wheelchair access and a handicapped bathroom. For more information, call 802-772-4148.

Donald J. Breslend, 1926 - 2018

SPRINGFIELD, Vt. - Donald Joseph Breslend, 92, passed away Monday, July 23, 2018 at the Springfield Health & Rehab. Center in Springfield, Vt., surrounded by his family. He was born Jan. 21, 1926 in North Walpole, N.H., the son of Harry and Bridget (Gallagher) Breslend. He graduated from Bellows Falls High School and served in the United States Army during World War II, serving in the Battle of the Bulge in the 35 Infantry. He was awarded a Purple Heart and a Medal of Honor from the French Foreign Legion.

On Feb. 19, 1955, he married Stacia Balous in Springfield, Vt.

He was employed as a supervisor with the United States Postal Service at the Springfield, Vt. Post Office. Prior to the Springfield Post Office, he worked for the railway

mail for the Postal Service.

He was a member of the Robert L. Johnson VFW Post 771 and a member of the Loyal Order of Moose, Springfield Lodge #679 in Springfield, Vt. He enjoyed hunting and fishing.

He is survived by his wife of 63 years Stacia, one son Michael Breslend and his wife Karen all of Springfield, two grandchildren Brian and Kelsi, and numerous nieces and nephews.

He was predeceased by his parents, and two brothers John Breslend and William Breslend.

A graveside service was held Tuesday, July 31, 2018 at the Oakland Cemetery in Springfield, Vt. Reverend Gerry Piper officiated.

Arrangements are under the direction of the Davis Memorial Chapel in Springfield, Vt.

Laura C. Laplante Walker

PROCTORSVILLE, Vt. - Laura Celina Laplante Walker, 91, passed away peacefully Monday, April 9 in her home, surrounded by her loving family.

She was preceded in death by her parents Laura and Omer Laplante of Proctorsville, Vt., sister Anita Wehler (Jim), and sister-in-law Joyce Laplante.

Laura is survived by her devoted and loving husband Ed Walker; daughters Pamela Walker McGraw (Doug) Blacksburg, Kathleen Walker White (David) Stanardsville, sister Elaine Minadeo (Claude); and brothers Reine Laplante (Connie), Nubby Laplante (Joyce), and Al Laplante all of Vermont. Laura’s beautiful grandchildren Bridget Lambert (Keith), Jessie McGraw, Maureen McGraw, Jeff White, and David White. Her great-grandchildren Colin and Malory, sister-in-law Phyllis Walker, and brother-in-law James Walker (Deborah).

Laura was a devout member of St. Mary’s Catholic Church. Laura, in her younger years growing up in Vermont, had a love of skiing and ice skating. She was there to help support her family during trying times, setting a beautiful example of devotion to others and still remaining true to herself. Her family appreciated the many sacrifices she made and her extra effort put forth to al-



Laura C. Laplante Walker. PHOTO PROVIDED

ways make us feel special. She has always been there for us, our warm security blanket of love, a wonderful mother. Laura found her dance partner for life when she met Ed Walker. Together they have happily waltzed through life for 65 years of marriage. We are forever grateful for having shared her love. She will be greatly missed.

Her burial will be held Friday, Aug. 3, 2018 at 11:30 a.m. at Hillcrest Cemetery in Proctorsville, Vt.

In lieu of flowers, donations may be made to The Children’s Health Systems Foundation-Gift Center, 801 Roeder Rd. Silver Spring, MD 20910.

In memory of
Bernard “Red” James

On July 16, 2014, we had lost a great man, Bernard James, known as “Red.” You may have been gone four years now, but you have not been forgotten in any way. We miss you and love you.

Love,
Shirley

ANSWERS TO TAKE A BREAK!

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 24 mins.

B	I	G	T	O	P	S	K	E	W	E	D
I	L	L	U	S	E	M	O	R	R	I	S
D	E	E	R	C	R	E	W	E	T	H	
F	A	A	E	R	A	S	O	A	T	H	
E	D	G	A	R	A	L	L	A	N	P	O
W	O	N	K	L	I	E	U	S	E	X	
A	D	S	H	U	M	P	O	L	L	A	
L	A	T	T	E	R	I	S	R	A	E	L
O	D	I	O	U	S	N	A	T	I	V	E
T	A	C	O	M	A	G	L	A	R	Y	

outdoor news

Clean Water Week to protect lakes, rivers, and wetlands

REGION - There's no question that Vermont's 800 lakes and ponds, 23,000 miles of rivers and streams, and 300,000 acres of wetlands are a point of pride and reverence for everyone from seventh-generation Vermonters to weekend tourists. This week, dozens of nonprofit organizations, state agencies, communities, and businesses will celebrate these special places during Vermont's 2nd Clean Water Week from July 29 to Aug. 4, 2018.

"Water is life – it serves as the foundation for everyday activities and is embedded in the manufacture and transport of nearly everything – from electricity to milk, from hamburgers to semiconductors – we consume and

use. That's why it's so important for us to come together during Clean Water Week to celebrate Vermont's lakes, ponds, rivers and streams and reaffirm our shared commitment to protect and restore these amazing places and vital assets," said Julie Moore, secretary of the Agency of Natural Resources. "Restoring and maintaining clean water throughout Vermont requires us to be all in. Keeping our lakes, rivers, and wetlands healthy is a direct investment in our well-being and our future."

There are nearly 80 free public events happening across the state as part of Clean Water Week, including family-friendly options and several evening events like the Clean Water

Cafes in Southern Vermont.

- Thursday, Aug. 2 from 5 to 7 p.m. - Clean Water Cafe at JD McCliments Pub in Putney. Hosted by Connecticut River Conservancy, Southeastern Vermont Watershed Alliance, Windham Regional Commission, and Windham County Natural Resource Conservation District. What are your concerns, thoughts, favorite fishing holes? Come share your knowledge, questions, comments, stories, and ideas. Bring a friend, and join us for this casual and open conversation.
- Thursday, Aug. 2 from 6 to 7:30 p.m. - Wastewater Solutions for Un-Sewered Villages at the Townshend Town Hall in Townshend, Vt. Join the Wastewater Forum if you need

wastewater solutions for your village. Share your village's needs. Learn about community approaches, technical solutions, and financing options.

- Thursday, Aug. 2 to Sunday, Aug. 3, from 3 to 4 p.m. – Stream Ecology at Jamaica State Park in Jamaica, Vt. The goal of this event is to understand who lives in the West River and the role they play in keeping the water clean, habitat management, food cycle, the importance of clean water, and water conservation. This program is weather dependent.

For the full list of Clean Water Week events, visit www.dec.vermont.gov/watershed/cwi/clean-water-week.

New landscaper at the Historical Society

CHESTER, Vt. - For over 12 years Chester Historical Society member, Francine Provost, has maintained the flower gardens at the Chester Historical Society. The spade has now been passed to Jen Rosenthal of gnarly-rootsvt@gmail.com.

The members of the Chester Historical Society thank Francine for her years of service. We also welcome Jen as the new keeper of the gardens. Jen has created many wonderful gardens in the area and knows her trade well.



Jen Rosenthal excavating the walnut tree. PHOTO PROVIDED

It will be interesting to see the new plants and design Jen will install.

Vermont turkey brood survey starts Aug. 1

REGION - Wild turkeys are found throughout most of Vermont, but their reproductive success is monitored annually by the Vermont Fish & Wildlife Department with help from "citizen scientists" who report the number and size of turkey families they see during August.

Fish & Wildlife is again asking the public for help. If you see a group of young turkeys in Vermont during August, the department asks you to go to the turkey brood survey on its website, www.vtfishandwildlife.com, so you can record where and when you observed the number of adult and young turkeys, or poults.

"When combined with annual harvest data, information gathered from this survey helps to establish long-term trends in Vermont's wild turkey population," said Vermont Fish & Wildlife's wild turkey biologist Chris Bernier. "It also helps us assess the impacts of spring and winter weather on the survival of poults and adult turkeys, which is an important consideration in the management of turkeys."

"Please help us scientifically manage the turkey population by reporting your Vermont turkey sightings during August," added Bernier.

Safe composting near bears

REGION - Bears in Vermont are thinking ahead to winter and, looking to fatten up, are currently in search of easy calories. Compost can become a bear attractant – as with trash bins, bird feeders, and pet food – if not properly managed.

"With more Vermonters choosing to compost, we want to help them prevent any potential problems with bears," said Forrest Hammond, bear project leader with Vermont Fish & Wildlife.

- Keep scent to a minimum by covering all food scraps or 'green' materials with carbon-rich 'brown' materials like dry leaves, straw, or ripped up paper.
- Turn your compost often to aid decomposition.
- Use an enclosed bin lined with wire, or an open pile protected by electric fencing.
- Don't compost meat or bones.

- For backyard chicken owners, feed some of your food scraps to your chickens and compost the rest, and replace scraps for chickens daily.
- For smelly waste, consider trench composting by burying food scraps deeply in your garden.
- Avoid the hassle and take your food scraps to a local drop off facility. Visit www.recycle.vermont.gov to find a composting near you!

Vermont Fish & Wildlife also recommends that bird feeders be taken down from April 1 to Nov. 30, beehives and chicken coops be protected with electric fencing, and trash and pet food be secured.

For more information on living with black bears or to report a bear incident, visit the "Living with Wildlife" page at www.vtfishandwildlife.com.



22LR Egg Shoot

CHESTER, Vt. - On Saturday, Aug. 4, the Chester Rod and Gun Club will once again be hosting their 22LR Egg Shoot at 4352 Route 11 in Chester. Registration is at 9 a.m. with the shoot starting at 10 a.m. The cost for the event includes lunch. Field grade rifles and ammo only. No custom/match rifles or ammo is allowed at this family-friendly shoot.

There will be two classes of shooting: open sight and scoped rifles. Everyone will be divided into three groups: youth age 12 and under, teens 12 to 17, and adults age 18 and up. Limited to the first 60 entries per class.

For more information, contact Paul at 802-875-4616 during the day or 802-376-9929 in the evening.

PHOTO PROVIDED

4-H Shooting Sports Jamboree great turnout

REGION - A record number of 4-H'ers turned out for the 34th annual 4-H Shooting Sports Jamboree, held at the Ross Family Farm in Pawlet.

A total of 85 participants from 11 counties and 12 4-H clubs took part in the July 20-22 event, competing for medals in six separate shooting sports disciplines. The jamboree was sponsored by University of Vermont Extension 4-H and hosted by the Oxbow Mountain 4-H Club, Pawlet, and the Pownal Valley 4-H Sharp Shooters, Pownal.

The first day of the event served as a practice session with personalized instruction from certified instructors. The competition, arranged by age and discipline, began the following morning. Gold, silver and bronze medals were awarded to the top scorers in each discipline with the three highest overall scorers in each age division also earning medals.

The youths competed in archery, pistol, rifle, Seneca Run (muzzle-loader, hawk and knife throw, instinctive bow, fire starting), shotgun, and a hunting/wildlife contest. The latter involved hunter safety, a timed compass course, and identification of animal furs, feathers, skulls, scat and tracks.

Kids under eight, who were not age-eligible to compete, were invited to participate in a 4-H Cloverbud Passport activity whereby they earned stamps in their passport for correctly answering questions about each discipline.

Emma Boyer, Poultney; Brody Decker, Lake George, N.Y.; Sam Nance, East Montpelier; and Isabel Osinchuk, Springfield, each received a certificate of completion at the end of the challenge.

The following results are for participants from Springfield, Rockingham, and Westminster. *The full list of results of the competition can be found at www.vermontjournal.com.*

Overall high scorers:

- Senior (14 - 18): Hunter Smith, Westminster
- Junior (11 - 13): Honorable Mention: Brady Roy, Springfield
- Novice (8 - 10): Isaac Osinchuk, Springfield. Honorable Mention: Justin Roy, Springfield

Archery

- Novice: Justin Roy, Springfield
- **Pistol (.22 pistol or air pistol, depending on competitor's age):**
- Senior: Hunter Smith, Westminster
- Junior: Brady Roy, Springfield

Rifle:

- Senior: Austin Taylor, Westminster; Hunter Smith, Westminster; Aiden McDermid, Rockingham
- Novice: Isaac Osinchuk, Springfield

Seneca run:

- Junior: Brady Roy, Springfield
- Novice: Ivan Osinchuk, Springfield

To learn more about the 4-H shooting sports program, contact Lisa Muzzey, UVM Extension 4-H Shooting Sports coordinator, at 802-885-8385 or 800-278-5471 (toll-free in Vermont) or by email at lisa.muzzey@uvm.edu.



Individual high scorers in the Senior Division Rifle competition at the 2018 4-H Shooting Sports Jamboree, July 20-22 in Pawlet, pose with their awards. From left: Ken Beaupre, Orford, N.H.; Aiden McDermid, Rockingham; Hunter Smith and Austin Taylor, both from Westminster.

PHOTO BY LISA MUZZEY



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THIS AND THAT

BY BILL MURPHY

The Vermont Journal & The Shopper

Where does one begin in writing about the Shrine Maple Sugar Bowl Game?

“Strong legs run that weak legs may walk” is the motto I remember being connected to the game since I was a child. The annual contest between Vermont and New Hampshire played each August, recently passed the \$5 million raised mark over its existence. Winning and losing the game is important on the surface for those who follow the game as sport, but it’s the children in Shriners Hospitals that are the true reason for the game being played in the first place.

Here’s hoping the game can return to its roots for the next few years competition-wise. For those who don’t know, the game began in 1954 at Holman Stadium in Nasuha, N.H. The first and only game played there was held Sept. 6, 1954, and New Hampshire won an exciting affair 12-7.

One year later in Manchester, N.H., at Athletic Field, Vermont’s squad evened the count with a 12-6 victory. Keeping things close on the field, the two teams struggled to a scoreless tie the following August again in Manchester where three straight games were held. The first game in the series was the only game ever held in September. For many years, the game was held the last Saturday in August, eventually moving up to the second Saturday of the month as it is scheduled now.

Thus, if you have processed the results from above, following the first three games, each state had one victory and the other contest concluded in a tie making the series even at 1-1-1 with the Green Mountain State outscoring the Granite Staters 19-18, making it an interesting very competitive series.

The final game played in Manchester, N.H. gave a preview of coming

attractions as they stomped Vermont 35-7. The following year, the game was moved to Hanover, N.H., where the game resided for 50 of the next 53 years, allowing most people aware of the game to think of Dartmouth’s Alumni Field as the game’s official home.

In Hanover’s inaugural game in 1958, New Hampshire won their second contest in a row 18-0, but Vermont won the next year 27-0. The two teams tied for the second time 14-14 the following year in my first attendance at a Shrine Game. Now the series stood at 3-2-1 with New Hampshire in the lead. I had witnessed an exciting tie, and the series appeared to be shaping up for the perfect August get together for years to come.

Not so fast ... New Hampshire then came to absolutely dominate the series, winning 44 of the next 57 games and, in most years, by more than two touchdowns. It was a story if Vermont came close, and it would really be a story the years Vermont won, which they did about once every five years.

Until... Vermont won the past two years. Now once again the powers that be, and most of the game’s die-hard fans, are hoping to balance the game like it was at the beginning.

Many in New Hampshire took much importance off the game a few years back for a variety of reasons, including Shriners differing opinions in the two states, New Hampshire’s dominance combined with the growing importance of the Granite State’s East-West Chad Game, and the switch of the venue from Hanover and Dartmouth College to Castleton. The Shriners want a competitive game and appreciated the Hanover venue for many reasons, but the agreement with Castleton and especially the way the school and the event have made raising funds at a consistently high level an annual happening, it is likely some things about the game will never be the same.

Locally, Bellows Falls still sends a representative or representatives almost every year, while Springfield and Fall Mountain sometimes have representation. The Terriers have three in the game this time around: Shane Clark, Logan Cota, and Jared Zobkiw. Chris Bashaw finds his way on the roster from Fall Mountain.

Terrier Coach Bob Lockerby looks forward to his players seeing action in the encounter. He told me, “Cota has been taking some snaps at quarterback and I think he and Clark should see plenty of action on the offensive side of the ball at running back or receiver. Zobkiw should see playing time at offensive tackle.”

In addition, Bellows Falls line coach, Mike Empey, is working as an assistant coach for the game.

Orion Binney, the Wildcats first year coach, is excited for Bashaw’s opportunity and - as a former player in the Wildcat colors himself - remembers when players around his playing days, Derek Dimartino, Ryan Tratani, and TJ Perry were recognized for their contributions to Fall Mountain football. In later years, both Eric and Ryan Bentley were standouts of the same order.

Speaking of Bashaw, this time around, Binney said, “Chris has been working hard getting ready. They have him listed as a linebacker and he plays consistently strong from the point of attack and has a good nose for the ball.”

Not only has Vermont won the last two Shrine games, the pendulum has swung so far, it is out of kilter. Vermont won the 2016 game 50-2 and then brought home the winning way again last August 19-0 for a two-year total of 69-2.

I spoke to Kristi Morris, the general chairman of the game and he said, “Many of the New Hampshire communities feel we have some strong athletes this year who will make their team much better.”

I look back to my youth with close games and a toss up outcome and see excitement generating around the playing of the Shrine Maple Sugar Bowl Game. It appears the bottom line of the financial part of the game has come around. Here’s wishing the excitement on the field can come to match the growth of what really counts.

Some baseball notes

Kendal Heath has been in the news being a mainstay pitcher for the Bellows Falls Legion Baseball team this summer. Some readers may remember his older brother Brandon made a name for himself as a standout player at Fall Mountain before Kendal took top billing. Brandon is back in the news again as he was added to the Keene Swampbats playing roster this summer. Brandon is the second area baseball player to have seen action in the New England Collegiate Baseball League.

Former Bellows Falls pitcher Michael LaBeau had an all-star season for the Swampbats just two summers ago. Brandon Heath, a Keene State College rising senior, is now a pitcher on the Keene pitching staff.

The Connecticut River Baseball League has enjoyed one of its most competitive seasons in recent memory. Keene, Claremont, and the Walpole Wild Blue finished one, two, three in the regular season standings, but none of the three are left standing for the finals slated for Saturday at Walpole’s Hubbard Complex. The Walpole Maples will face the Putney Fossils in the title game at 1:05 p.m.

Several baseball fans have told me that the two games competed last weekend in the semifinals were held at a high level of baseball. Longtime adult baseball standout and coach, Frank Brown, who can be critical with the best of them when such stance is needed, told me, “We actually had six teams in this league this summer who can really play.”

That’s exciting.

If you would like to comment on the sports in this paper, feel free to email me at bmurphy@vermontjournal.com.



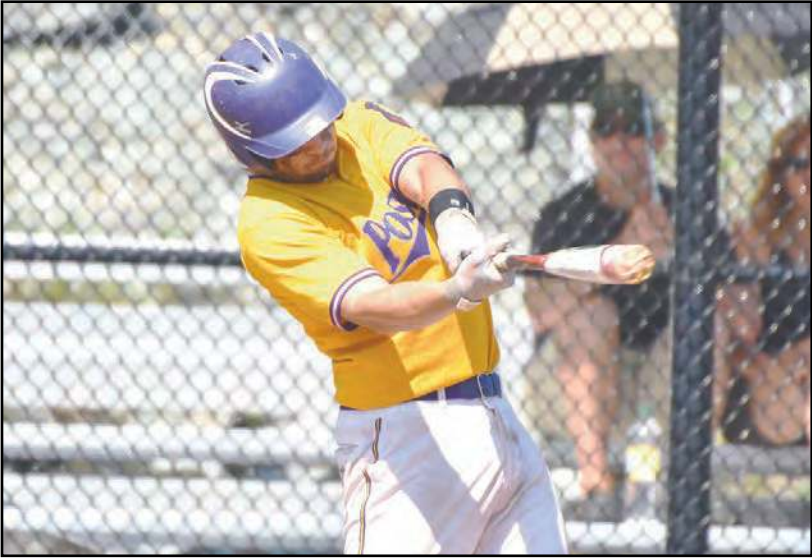
Tucker Wright may have been the Pierce Lawton 37 back up catcher for the most part a year ago, but this year he was the man on both sides of the ball. He protects the plate from a Brattleboro run.

PHOTO BY DOUG MACPHEE



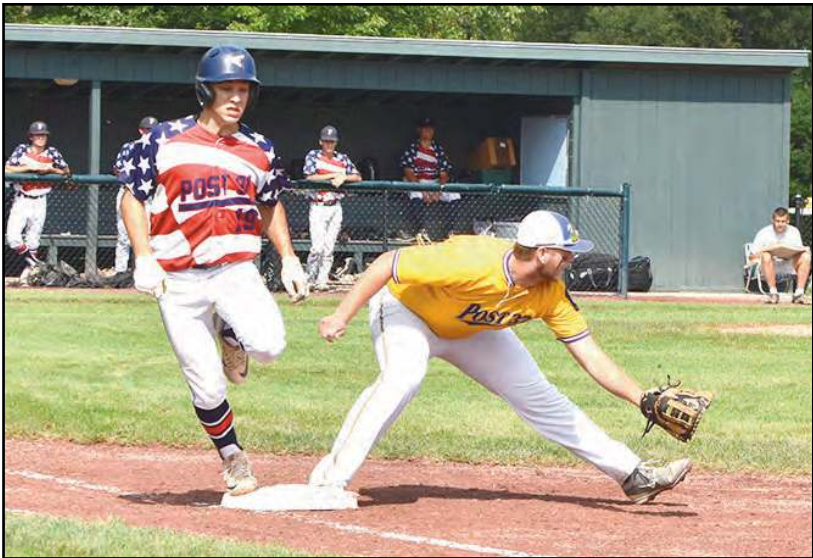
Former GMUHS pitcher Josh Woods played a big role on the Bellows Falls pitching staff during his tenure for the team the past two years, first as a starter and then as a very effective reliever.

PHOTO BY DOUG MACPHEE



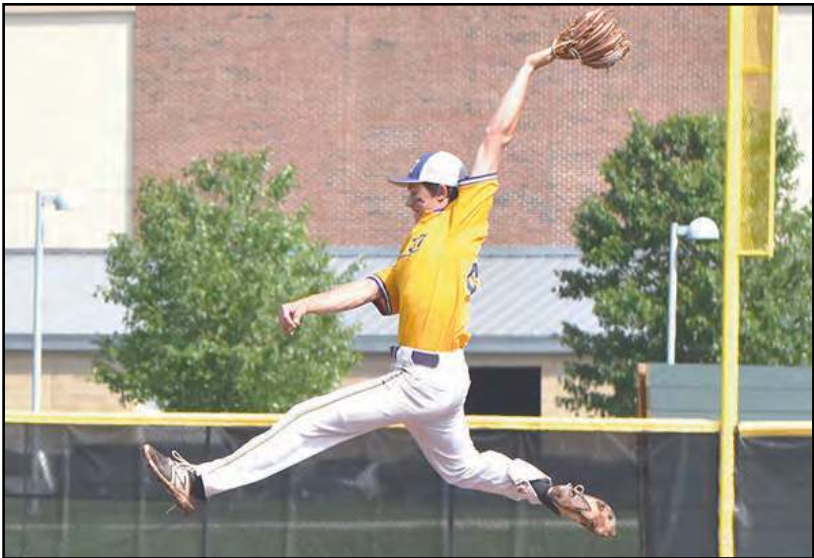
Bellows Falls was silenced in their two games in the Vermont State Legion Baseball Tournament losing to Essex 5-2 and Brattleboro 10-0. Tucker Wright attempted to deliver the type of timely hit he produced so often in the regular season.

PHOTO BY DOUG MACPHEE



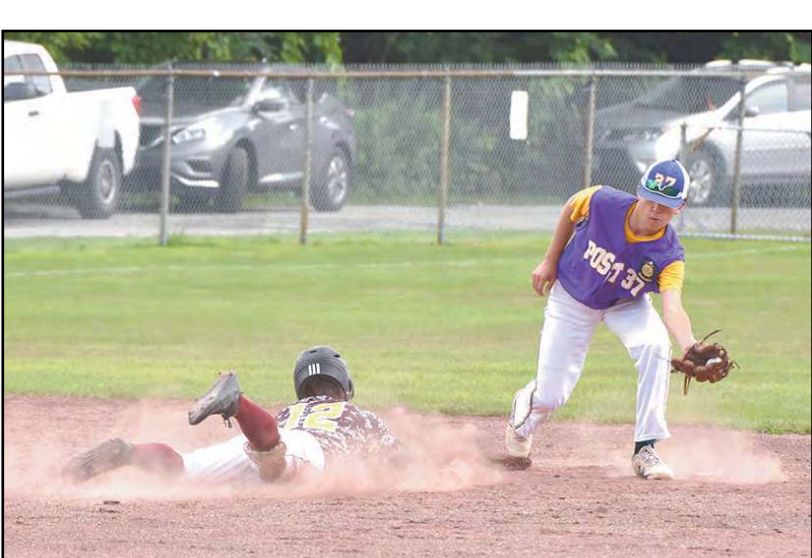
The Bellows Falls throw to putout Essex base runner Gordon Scmalz was just a bit late. Post 91 was just a step faster most of the day as the northerners sent Bellows Falls to the losers bracket in the Vermont State Legion Baseball Tournament.

PHOTO BY DOUG MACPHEE



Bellows Falls Legion team faced a tough one in the 2018 Vermont State baseball tournament. Jacob Streeter gave it all he had but couldn’t come up with this Essex line. Essex hit some hard balls where Bellows Falls wasn’t; meanwhile, anytime Bellows Falls hit the ball hard, Essex was right there.

PHOTO BY DOUG MACPHEE



Brattleboro Post 5 had plenty of base runners against Bellows Falls in the Bellows Falls elimination game. Brattleboro’s Chris Frost steals second as Bellows Falls Rex Hill takes the late throw in the defeat.

PHOTO BY DOUG MACPHEE

Local athlete competes at the USA Games

LANGDON, N.H. - The 2018 Special Olympics USA Games were held in Seattle, July 1-6, 2018. More than 4,000 athletes and coaches representing 50 state programs and the District of Columbia, along with the support of tens of thousands of volunteers and spectators, competed in 14 Olympic-type team and individual sports.

Rachel Maxim, an athlete from the Fall Mountain Special Olympic team, was selected to represent New Hampshire in Bocce. Rachel is an excellent Bocce player; she scored three gold medals at the New Hampshire State Summer Games this past June.

Rachel has been playing Bocce for seven years, and she was ecstatic to be asked to represent New Hampshire at the USA Games. Rachel traveled with 36 members of Team New Hampshire. Besides Bocce,

they competed in track and field, swimming, bowling, golf, basketball, and powerlifting.

Rachel said that it was the chance of a lifetime to participate at the USA Games. She won the silver in singles competition, bronze in doubles, and the New Hampshire bocce team came home with the gold!

Rachel had to make a tough comeback in her singles event. She said what motivated her was the Special Olympic oath, “Let me be brave in the attempt.” She said she kept that mantra in her head the whole time she was behind in her match, and she was able to pull out with the silver.

The FMSO team is very proud to have Rachel represent them at the USA Games and look forward to their next season of bowling, in which Rachel also excels!



Rachel Maxim takes home silver in Bocce singles competition in USA Games.

PHOTO PROVIDED

Okemo Kids’ Downhill Bike Camp

LUDLOW, Vt. - The Evolution Bike Park at Okemo will host a new Downhill Mountain Bike Development Camp for kids Thursday, Aug. 16 and Friday, Aug. 17. The two-day youth camp focuses on getting kids of all bike-riding ability levels working on fundamental skills and progressing into more detailed downhill and free-ride-specific applications. Camp takes place on Okemo’s lower-mountain trails, serviced by the South Ridge Quad. Trails range in difficulty from beginner to intermediate. For the more experienced riders, more advanced riding from the summit is accessed by Okemo’s Sunburst Six chairlift. Practiced skills will include proper braking, cornering, balancing, descending, and lifting up and over obstacles.

“Not only will kids get a great introduction to lift-accessed mountain biking, they will also learn

about safety and rider etiquette,” said EVO Bike Park Manager Nate Rand. “There will also be time reserved for new trail exploration and trail building on our summit expansion project, where the kids will get to see, firsthand, what is involved in making a new trail.”

Full-face helmets, kneepads, elbow pads, and gloves are required. Personal bikes are allowed and hard-tails are available for rent. Rental bike and protective equipment inventory is limited but available upon reservation.

Kids ranging in age from 8 to 13 are best suited for this program, but exceptions can be made with further discussion.

Reservations, with payment in advance, are required. Okemo’s Downhill Mountain Bike Development Camp registration free includes all required equipment: bike, protection, and lift access.

More information may be obtained, and reservations may be made, by call the Evolution Bike Shop at Okemo at 802-228-1893.

Attention BFUHS football players

BELLOWS FALLS, Vt. - Bellows Falls Union High School football players, practice begins Monday, Aug. 13, from 7 to 11 a.m. The day starts with a meeting with practice to follow. Bring all paperwork completed along with sneakers and football cleats. If you have questions, contact Coach Lockerby at 802-460-1432 or email bob_lockerby@yahoo.com.

arts & entertainment

Cavendish concerts continue with Jason Cann

CAVENDISH, Vt. - The Town of Cavendish invites everyone to a relaxing evening of music and fun on the Proctorsville Green Wednesday, Aug. 8, starting at 6 p.m. when the annual summer music series continues with Jason Cann.

Jason Cann is a singer-songwriter who lives in Hartland and has long played in the upper valley of Vermont and New Hampshire. He mixes many original songs with standby covers for a terrific evening of music.

This will be the fifth concert in this summer's series that are held on consecutive Wednesday nights in July and August.

The Proctorsville Green has host-



Jason Cann.

PHOTO PROVIDED

ed these mid-week concerts for over ten years. The coordinators encourage all area residents and visitors to join their 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. Okemo Mountain Resort is sponsoring this concert.

As always, the concerts are free and open to the public. In case of inclement weather, please check the Cavendish Facebook page. For more information, please call Robin at 802-226-7736.

Hamiltunes, a sing-along

SAXTONS RIVER, Vt. - Join us in the "Room Where It Happens" for a nonstop sing-along. As a Hamiltunes singer you will get to "Blow Us All Away," so don't miss your shot to hear "The Story of Tonight!"

"Hamiltunes: An American Sing-along" is coming Thursday, Aug. 2, at 7 p.m. in Main Street Arts in Saxtons River. Presented in collaboration be-

tween the Rockingham Free Public Library and Main Street Arts, "Hamiltunes" is the final event for the 2018 summer reading program, "Libraries Rock!"

"Hamiltunes" is an officially licensed sing-along set to the award-winning soundtrack of "Hamilton: An American Musical." The fans sing the songs! We'll sing like we're run-

ning out of time and raise a glass to freedom, lifting our voices in celebration of our generation's most popular musical phenomenon.

Audience participation and costumes are encouraged - no swords or dueling pistols please. To potentially participate as a performer, you should have registered by July 27. Limited sign-ups will be available at the door.

Admission is free, however space is limited. To reserve tickets, go online to www.mainstreetarts.org/hamiltunes. This program is open to anyone, but the lyrics of this Broadway show contain profanity. For more information, contact the library at youthservices@rockinghamlibrary.org, call 802-463-4270, go to www.rockinghamlibrary.org, or stop by the library at 65 Westminster St. in Bellows Falls, Vt.

Fletcher Farm School classes

LUDLOW, Vt. - The picturesque Fletcher Farm campus lies along Route 103 in Vermont's Black River Valley between Ludlow and Proctorsville. Since its inception, the Fletcher Farm School has offered thousands of classes in traditional and emerging arts and crafts, many led by world-class artists. Fletcher Farm School for the Arts and Crafts celebrates its 71st anniversary this summer.

The school is supported solely by donations and class registration fees. Besides providing the basic skills in the arts and crafts taught there, instructors provide historical background and strive to link that background to contemporary culture. Students are invited to explore their creativity and are given support in this endeavor by nationally renowned instructors.

Following is a list of the classes in August:

- Theorem Painting with Mary Avery, Aug. 4 - 6
- Experience the #14 "Mini" Oxford Punch with Phyllis Gagnon, Aug. 4 - 6
- Creative Metal Working with Piper Strong, Aug. 4 - 5
- Weave a Necktie Chair Seat with Joyce Fuller, Aug. 4 - 5
- Introduction to Impressionist Full Color Painting with Marcia Wise, Aug. 6 - 10
- Leather Shoes with Molly Grant, Aug. 6 - 10
- Shirred Rugs with Mary Delano, Aug. 9 - 11
- Quilters Choice with Susan Damone Balch, Aug. 9 - 12
- Punching with Wool on Wool with Phyllis Gagnon, Aug. 10 - 12
- Dying to Nuno Felt Wrap with Nancy Dorian, Aug. 10 - 12
- Hypertufa for the Garden with Bonnie Gale, Aug. 10
- Pet Sculpture Workshop with Sue Carey, Aug. 11 - 12

- Stained Glass with Barbara Klumb, Aug. 11 - 12
 - Trellises for the Garden with Bonnie Gale, Aug. 11
 - Natural Soap Making with Bonnie Gale, Aug. 12
 - Primitive Stenciling Open Workshop with Sande Snyder, Aug. 13 - 17
 - Stained Glass Open Workshop with Barbara Klumb, Aug. 13 - 17
 - Silver Fabrication Workshop for All Levels and Ages with Debi Orton, Aug. 13 - 17
 - Using Technology to Enhance Art with Janalyn Peepel, Aug. 13
 - Leather Bags Design and Sewing with Molly Grant, Aug. 13 - 17
- Class and material fees vary, but advance registration is required for all classes. Most classes fill quickly, so please register early to ensure your place. Further information and online registration is available on the school's website at www.fletcherfarm.org.

Beyond the notes

ROCHESTER, Vt. - The Rochester Chamber Music Society will close their 24th summer series with the musical program, "Beyond the Notes." Guest violinist and artistic director of "Beyond the Notes," Sarah Whitney says, "My goal is to create an environment where people can contribute and be involved in the concert experience unlike any other." Musical performances are combined with conversation vignettes as well as a chance for the audience to submit questions that are answered at random throughout the concert.

Performance artists will include cellist Ani Kalayjian and pianist Cynthia Huard Sunday, Aug. 5 at 4 p.m. in the Rochester Federated Church. The afternoon program includes solos, duos, and trios including Jorge Martin's Cuban infused piano trio. Admission is by free-will

donation at the door. For information, visit www.rcmsvt.org or call 802-767-9234.

Sarah Whitney is active as a performer, teacher, mentor, artistic director, and entrepreneur. Known for being on the edge of creativity, she has developed a successful innovative music career and is an advocate for bringing fresh new ideas to classical music. In 2015, Whitney founded the innovative concert series Beyond the Notes with a vision of changing the concert experience. Now in its fourth season, Beyond the Notes introduces a new and unique guest artist every year while entertaining and educational dialog with the audience help to breakdown audience/performer barriers.

Ani Kalayjian enjoys a prolific career as a soloist, recitalist, chamber musician, and educator that has taken her to Japan, Australia, Canada, the Middle East, and throughout Europe and the United States. Kalayjian has enjoyed

collaborations with such musicians as Ani Kavafian, Jorja Fleezanis, Andres Cardenes, Danny Phillips, Orion Weiss, Kim Kashkashian, among others, and has served as co-artistic director of AGBU's Performing Artists at Weill Recital Hall.

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, and with chamber players of the Philadelphia Orchestra, Toronto Symphony, National Symphony and the Colorado, Utah, and Vermont Symphony Orchestras. Huard teaches piano and chamber music at Middlebury College and the Middlebury Community Music Center.

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SAXTONS RIVER, Vt. - Main Street Arts has events for the community, in their space at 35 Main Street in Saxtons River, Vt.

Your Voice: Expression Through Theater Camp

Kids in grades six through 12 can write, develop, and perform a play at theater camp. The camp runs from 8:30 a.m. to 3:30 p.m. Monday, Aug. 6 to Friday, Aug. 10. The camp culminates in a performance of the campers work Aug. 10 at 7 p.m. Scholarship assistance available. For more information, call 802-869-2960 or email info@mainstreetarts.org. To register, visit www.mainstreetarts.org/camps.html.

Arts, Crafts, and Games Camp

Unleash your creativity while exploring all sorts of imaginative projects. Art, Crafts, and Games Camp is Monday, Aug. 13 to Friday, Aug. 17, from 1 to 4 p.m. Camp is recommended for children from ages 6 through 11. The group will draw, sculpt, design, explore outdoors, sing songs, and play games. Scholarship assistance is available. Email info@mainstreetarts.org or visit www.mainstreetarts.org/camps for more information and to register.

Audition for upcoming musicals

On Thursday, Aug. 23, there will be combined open auditions for the next two musical productions: "Chicago" and "Charles Henry's Final Curtain" from 10 a.m. to 2 p.m. and 6 to 9 p.m. Bring something prepared to sing with sheet music for the music director. Attendees may be asked to read from a script and sing a song for one of the shows, which will be taught at the audition. Dance auditions will be taught so wear clothes that support movement. For questions, contact David Stern at dstern@mainstreetarts.org.

Community arts display

Local artists can display their work in a show at Main Street Arts from Aug. 16 through Sept. 28 with an artist reception Aug. 24. Artists of all ages and levels of experience are encouraged to submit work for this non-juried show. All types of media are encouraged which includes paint, photography, collage, fiber art, pottery, mix-media, sculpture, and film. For guidelines and more information, visit www.mainstreetarts.org. To submit work, visit www.mainstreetarts.org/submission-form.html.

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arts & entertainment

Million Dollar Quartet closes the season

WESTON, Vt. - Closing out the Weston 2018 Main Stage season is the Broadway hit “Million Dollar Quartet,” a rock and roll sensation brought to life, running Aug. 9 to Sept. 2.

An impromptu meeting at Memphis’ Sun Records brings Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins together for perhaps the most iconic moment in modern musical history. Be a fly on the wall as the foursome sizzle their way through toe-tapping, heart pounding hits like “Blue Suede Shoes” and “Great Balls of Fire.”

“Million Dollar Quartet” premiered on Broadway in 2010. The original production was nominated for three Tony Awards, including Best Musical, and Levi Kreis won for his portrayal of Jerry Lee Lewis. Since its Broadway run, “Million Dollar Quartet” has enjoyed a production on London’s West End, a national tour, and countless regional productions all over the United States.

Weston welcomes a top-flight cast of actor-musicians to portray four distinct rock and roll legends. The principal cast includes Joe Boover as Elvis Presley, James Pencas as Johnny Cash (Former Weston Young Company, “Joe Iconis and Family”), Tommy Crawford as Carl Perkins (“Only Yesterday” at Northern Stage), Jefferson McDonald as Jerry Lee Lewis, and Karack Osborn as Sam Phillips. The ensemble also includes Jonathan Brown, Caitlin Doak, and Kroy Presley.

The creative team is led by Broadway veteran Michael Berresse, who directed last season’s hit musical “Once” as well as past favorites “Next to Normal,” “Analog and Vinyl,” and “Peter and the Starcatcher.” Joining him is scenic designer Timothy R. Mackabee (Broadway’s “The Elephant Man”), costume designer Leon Dobkowski, and lighting designer Seth Reiser (Weston’s “Once,” “Peter and the Starcatcher”), and sound designer Josh Millican (Barrington Stage Company, Ars Nova).

Director/choreographer Berresse notes that “though history often views them as rebels, these rock and roll pioneers were also seeking something much deeper, an unapologetic truth and a cultural bridge. One of the first engines for building that bridge was a man named Sam Phillips and a place called Sun Records. Million Dollar Quartet is their story.”

Sponsored by Casella, “Million Dollar Quartet” is a Vermont Arts 2018 Event and runs Aug. 9 to Sept. 2 at the Weston Playhouse at 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. to 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!”

Chester Summer Music Series presents Chris Kleeman

CHESTER, Vt. - The Chester Summer Music Series is delighted to present Chris Kleeman and his band Thursday, Aug. 2 at 6:30 p.m. on the Academy Lawn across from the Green in Chester, Vt.

Chris Kleeman is Chester’s very own hometown blues treasure. From acoustic and electric blues to stinging slide guitar, to soaring instrumentals and funk, he and his band of-



Chris Kleeman and band bring the blues to Chester.

PHOTO PROVIDED

fer a joyful ride through the blues in all its varying shades. Bobby Gagnier is on drums, and Brian Hobbs is on bass and harmonica.

Bring your lawn chairs and blankets. In the event of rain, the concerts will be held at American Legion Post #67, 637 Route 103 S in Chester.

For further information, contact Bill Dakin at 802-875-4000.

FOLA presents “Hidden Figures”

LUDLOW, Vt. - “Hidden Figures” will be the next FOLA movie Saturday, Aug. 4, at 7 p.m. at Heald Auditorium at the Ludlow Town Hall.

“Hidden Figures” is a 2016 American biographical drama film based on the nonfiction book about black female mathematicians who worked at the NASA during the Space Race.

The film stars Taraji P. Henson as Katherine Johnson, a mathematician who calculated flight trajectories for Project Mercury and other missions. The film also features Octavia Spencer as NASA supervisor Dorothy Vaughan and Janelle Monáe as NASA engineer Mary Jackson, with Kevin Costner, Kirsten Dunst, Jim Parsons, Glen Powell, and Mahershala Ali in supporting roles.

Before John Glenn orbited Earth or Neil Armstrong walked on the moon, a group of dedicated female mathematicians known as “human computers” used pencils, slide rules, and adding machines to calculate the numbers that would launch rockets, and astronauts, into space.

Among these problem-solvers were a group of exceptionally talented African American women, some of the brightest minds of their generation. Originally relegated to teaching math in the South’s segregated public schools, they were called into service during the labor shortages of World War II, when America’s aeronautics industry was in dire need of anyone who had the right stuff.

Suddenly, these overlooked math whizzes had a shot at jobs worthy of their skills, and they answered Uncle

Sam’s call, moving to Hampton, Va. and the fascinating, high-energy world of the Langley Memorial Aeronautical Laboratory. Even as Virginia’s Jim Crow laws required them to be segregated from their white counterparts, the women of Langley’s all-black “West Computing” group helped America achieve one of the things it desired most: a decisive vic-

tory over the Soviet Union in the Cold War, and complete domination of the heavens.

As with all FOLA movies, the film is free and open to everyone; donations are appreciated. Popcorn will be supplied by Berkshire Bank with FOLA providing water. For information, call 802-228-7239 or visit the FOLA website at www.fola.us.

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Okemo’s Hops in the Hills beer and wine festival

LUDLOW, Vt. - Okemo Mountain Resort will host its tenth annual Hops in the Hills Beer & Wine Festival presented by William Raveis Real Estate Vermont Properties Team, Aug. 3 through 5. Okemo’s Jackson Gore Inn courtyard will be the setting for enjoying the great outdoors and sampling a variety of beer, cider, and wine from regional and national producers. Live music will accompany the tasting all three days and an onsite marketplace will feature food trucks and craft vendors. On Saturday, festival attendees will determine the Peoples’ Choice Award, as local restaurants vie for the title of 2018 Okemo Valley Chicken Wing Champion.

Returning this year to the courtyard at the Jackson Gore Inn, Hops in the Hills Beer & Wine Festival has become a true family event. With free admission to the venue for all ages, soda sampling for kids with popular fruity flavors and more adventurous ones like birthday cake and toasted marshmallow, and with the festival’s close proximity to Okemo’s Adventure Zone and Spring House Pool & Fitness Center, kids of all ages can be entertained for hours on end.

Hops in the Hills attendees will be able to sample beverages from a selection of more than 120 beers and ciders, plus more than a dozen fine wines. Festival hours are from 5 to 9 p.m., Friday, Aug. 3; noon to 8 p.m., Saturday, Aug. 4; and 11 a.m. to 5 p.m., Sunday, Aug. 5. The musical lineup for the weekend includes East Coast Soul Friday evening, North and South Dakotas, ReK’Lis and Nine Deez Nite Saturday, and Los Elk and Joshua Panda Project Sunday.

In addition to beer and wine sampling Saturday, Hops in the Hills attendees may take part in determining this year’s Peo-

ples’ Choice winner of the Okemo Valley Chicken Wing Championship. Each pack of chicken wing tickets allows guests to sample five chicken wings prepared by seven local restaurants and cast one vote for their favorite wing. This year’s Chicken Wing Champion will be announced at the end of the day, Aug. 4.

Admission to Hops in the Hills Beer & Wine Festival is free and open to all ages. Soft drinks and food items will be available for purchase from a variety of food trucks and the Adventure Zone Waffle Cabin or Coleman Brook Tavern. Beer and wine tasters must be 21 or older and present a valid ID. Pricing for tasting varies according to the size and style of drinkware purchased. Sampling portions range in size from three ounces for wine, up to 18.5 ounces for beer and cider. Each sampling glass is sold with three tasting tickets and additional refill tickets are available.

Okemo’s Adventure Zone and Evolution Bike Park will be operating throughout the weekend. Visitors can rip, zip, and flip their way from

one gravity-gripping adventure to the next. Among Okemo’s Adventure Zone features are a mountain coaster, a treetop challenge course, bungee trampoline jumping, miniature golf, bounce houses, a mining sluice, and much more. Each of Okemo’s Adventure Zone features is priced individually or visitors can purchase an Adventure Zone Day Pass wristband. Lift-served mountain biking at Okemo’s Evolution Bike Park operates daily at the Resort’s Sugar House mid-mountain lodge, located above the Clock Tower base area. Scenic chairlift rides on Okemo’s Sunburst Six bubble chair are also available.

To learn more about Hops in the Hills Beer & Wine Festival, call 802-228-1600 or visit www.okemo.com.



Try a variety of beers, wines, and ciders.

PHOTO BY BONNIE MACPHERSON

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AUGUST 15TH & 18TH

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DAN TYMINSKI
AUGUST 17TH

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175 SOUTH MAIN ST.
RUTLAND, VT 05701
802-775-5200
VERMONTSTATEFAIR@OUTLOOK.COM

Donna Wilkins PHOTOGRAPHY

SPRINGFIELD GMC

golf news

Okemo Valley Golf Club Men’s League results

LUDLOW, Vt. – With three weeks remaining, the race for the vaunted Commissioner’s Cup is a tight one for the Men’s League at Okemo Valley Golf Club. Early season front runner, Stryhas Builders, is now back in the top spot. They won the night, July 24, as Ted Stryhas, Bob Fortuna, Ed Whitman, and John Taylor combined to win 20 holes. Second for the night and sneaking their way up the leaderboard was Honey Dew Man. Peter Girouard, Jack Koponen, Terry Thayne, and Bob Herbst combined to win 20 holes. Rounding out the top three was Huntley’s Wealth Management. Scott Howard, Derek Karner, Paul Laporte, and Chuck Sweetman combined to win 19 holes. Closest to the hole winners were Roger Danyew on eighth hole and Fra Devine on the fourth hole.



Golf at Okemo Valley Golf Club.

PHOTO PROVIDED

Weekly results holes won/points:
1st Stryhas Builders - 20/15
2nd Honey Dew Man - 20/13
3rd Huntley Wealth Management - 19/11
4th Knight Tubs - 18.5/10
5th Engel & Volkers - 18/9
6th Skygate Financial - 18/8
7th Diamond Realty - 17.5/7
8th Benson’s Chevrolet - 17/6
9th Built Rite MFG. - 16/5
10th Green Mountain Appraisals - 12/4

Season standings:
1st Stryhas Builders - 110
2nd Benson’s Chevrolet - 107
3rd Engel & Volkers - 98
4th Honey Dew Man - 93
5th Knight Tubs - 89
6th Huntley’s Wealth Management - 86
7th Skygate Financial - 84
8th Diamond Realty - 81

9th Green Mountain Appraisals - 66
Tie Built Rite MFG. – 66

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 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.

Bellows Falls Country Club Gentlemen’s League results update

BELLOWS FALLS, Vt. - The Bellows Falls Country Club Gentlemen’s League went into their tenth week Thursday, July 19.

Their season results are:
Terry Keefe – 37
Don Garrow – 36
Bob Smith – 34
Fran Stewart – 30
Jim Houghton – 28
John Williams – 27
Mike Kangas – 24
Rich Demuzio – 20
Jim MacMahan – 19
David Westover – 19
Larry Bolaski – 18
Ken Kinson – 18
Butch Stearns – 14
Gerry McAuliffe – 12
Hardy Merrill – 12
Norm Bartlett – 10
Carl Snide – 9
Steve Bouch – 7
Don Beers – 6



The Bellows Falls Country Club.

PHOTO PROVIDED

Henry Abbott – 5
For more information about the Bellows Falls Country Club, please call the clubhouse at 802-463-9809 or visit www.bellowsfallscountryclub.com.

Vermont Veterans Golf Tournament raises awareness for veterans

MANCHESTER, Vt. - The Vermont Veterans Golf Tournament Committee is hosting its 7th annual tournament Sept. 5, 2018 at Manchester Country Club. The tournament originated as a way to raise awareness for wounded veterans across Vermont.

The tournament was born with the intention of focusing awareness on the needs of Vermont’s wounded combat veterans, and it has evolved into an event that continues with raising awareness and now also raises money to assist veterans’ organizations providing services to all Vermont

veterans. Since the first tournament in 2012, the committee has raised over \$240,000 with 100 percent of our sponsor donations being distributed to organizations serving Vermont’s veterans.

Among the organizations receiving the donations include the Vermont Veterans Home, Bennington County Meals on Wheels, the Dodge House, Veterans Outreach and Family Resource Center, Purple Hearts Reunited, and Habitat for Humanity as funds to assist a veteran with the ability to purchase a home. In 2017, the tournament donated a total of \$23,600 to assist these organizations. These donations have allowed the organizations to provide more services to our veterans.

We have seen that veterans return to civilian life with a number of challenges, among those medical and psychological needs, including drug and alcohol rehab. Others need food and nutritional support, reconnection with family members, and assistance with referrals for other services. Transportation, preparation of applications and resumes, and job placement are primary needs. Veterans also make up nearly 9 percent of our homeless population nationwide.

To donate, please visit our website, www.vtwww.org, and click on the “Donate” tab, print out the application, and send it in to help support Vermont’s veterans. If you would like to enter a team into the tournament, visit www.vtwww.org and click on the “Register” tab, print out the application and send it in, entry fee is for three golfers and sponsoring a veteran as the fourth golfer. We will pair a veteran with each team, no need for the team to “locate” a veteran to participate. On Sept. 5, the Vermont Veterans Golf Tournament will begin at 11 a.m. with lunch and opening ceremonies followed by a day of golf. After the golf, there is a banquet to honor our guests, the veterans. Each golfer will receive a commemorative golf shirt, hat, and challenge coin.

For more information, please visit our website, www.vtwww.org or email us at committee@vtwww.org.

Win Hoyt Charity Golf Outing

MANCHESTER, Vt. - The 27th annual Win Hoyt Charity Golf Outing will be held Tuesday, Aug. 28, at The Golf Club at Equinox with registration at 11 a.m. and tee off at 12:30 p.m. in a scramble format. The tournament, named in memory of long-time Manchester resident, Win Hoyt, who was involved in the development of Stratton Mountain and was instrumen-

tal in the Ekwanok Scholarship Fund, as well as the Chamber of Commerce, is to benefit Burr and Burton Academy and Bennington County Habitat for Humanity equally. There are sponsorship opportunities available at different levels. Reservations may be made by contacting the Bennington County Habitat office at 802-367-1000 or Bill Hoyt at 802-824-5055.

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GOLF

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AN OKEMO GOLF PROPERTY

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VERMONT’S BEST KEPT SECRET!

REDEEM THIS COUPON FOR 15% OFF PEAK SEASON RATES

15% OFF GREENS FEE
7/1 thru 9/30, take 15% off these rates!

Mon- Thurs	\$50 before 2pm / \$40 after 2pm
Fri-Sun	\$60 before 2pm / \$42 after 2pm

Must present this coupon for discounted rates. Cart Rental not included and not required. Prices subject to 6% VT sales tax.

taterhillgolfclub.com (802) 875-2517

802.583.6725 sugarbush.com #liveSUGARBUSH

BIRDIES & SLICES
Saturdays after 4 PM
Nine holes w/cart and wood-fired pizza dinner for two for \$84, including tax and gratuity.

MID-WEEK SPECIAL
\$79 per Player
Monday - Thursday after 1:00 pm
Includes Cart

Green Mountain National
Killington, Vermont

Tee Times (802) 422-4653 • Barrows-Towne Road • Killington, Vt 05751

Play where perfection is par for the course.

Voted Vermont’s #1 course in 2016 by Golfweek Magazine

Elevate your game this summer at Okemo Valley, Vermont’s championship heathland course. Featuring lush emerald fairways, manicured bent grass greens and tees, and a spectacular layout amid magnificent Green Mountain views.

OKEMO VALLEY GOLF CLUB

OKEMO.com/golf Call for tee times (802) 228-1396

pet of the week

Jose Jalepeno here! I am a gentle boy who is need of a special home. I came to the shelter as a stray and the vet believes that I am around 10 months old. I was found hanging out at the fire station here in Springfield, which is what gave staff the idea to call me Jose.

When I was being neutered, the vet found out that I have a heart murmur, grade 4.5 out of 6. We were told that currently I do not need to be on any medication for my condition. However, later in life I may need to be. I will be a special needs kitty in that I will need regular vet visits to monitor this condition.

Aside from my minor health issues, I am the sweetest guy. I love attention from my friends here at the shelter, but I am getting more and more comfortable with visitors, letting them pet my chin and my head! I love food and treats of all kinds. I enjoy comfy beds and my tunnel here at SHS. I am good with other cats and may adjust, given time, to a dog that is cat friendly and mellow.

I would be best with older children that are calm and respectful when I need my space. Do you think that you could give me a loving forever home? Come speak to my friends here to learn more about me. Stop by Wednesday thru Saturday from noon to 4:30 p.m.

Springfield Humane Society
401 Skitchewaugh Trail, Springfield, Vt. | 802-885-3997 | www.spfldhumane.org
Serving the towns of Andover, Baltimore, Cavendish, Chester, Grafton, Londonderry, Ludlow, Springfield, Weathersfield, Weston, and Windsor

calendar

LEGAL NOTICES/HELP WANTED

CLASSES & WORKSHOPS

SATURDAY, AUG. 4 - WINDSOR, Vt. – Blake Hill Preserves is hosting a Raspberry Jam Class on Saturday, Aug. 4 from 9:30 a.m. – noon; or from 2 – 4:30 p.m. Vicky Allard, owner and executive chef at Blake Hill, will be teaching classic jam making techniques and how to infuse special flavors to make your own unique jam. Our classes also include tips on achieving a perfect set for your jams and safe canning practices. There is a fee to attend. Bring a friend and you both save 10 percent! Registration required. Call 802-674-4529 or email Mary Ball at mball@blakehillpreserves.com.

MONDAY AND THURSDAYS - MOUNT HOLLY, Vt. – Bone Builders summer classes will be held in the Mount Holly School gym on Mondays and Thursdays from 9 to 10:15 a.m. through Thursday, Aug. 23. Anyone who wishes to join us for a healthy exercise program please call so that paperwork and weights are ready for you. The program is free and all are welcome. Contact Judy Nevin 802-259-2443 to sign up.

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 class: 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 Subway, 65 Square in Bellows Falls. 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 - BELLOWS FALLS, Vt. - The Bellows Falls Area Senior Center Knit and Stitch group meets Wednesdays 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

BELLOWS FALLS, Vt. - Play Group at First Baptist Church of Bellows Falls/Rockingham Recreation Center. 9:30 a.m. -11 a.m. Come join the fun! Healthy snack served. Call Molly 802-376-6204. TFN

CHESTER, Vt. - Liza Eaton, founder of Buddhaful Yoga, will be offering a Gentle Flow Kundalini Yoga class for beginners every Wednesday 9:30-11 a.m. You will be encouraged to go at your own pace and listen to your body. Held at the Fullerton Inn, on the Chester Green. For more information visit www.buddhafulyoga.com or call 802-875-2868. 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 7 to 8 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

LUDLOW, Vt. – Okemo Valley TV offers “Train the Trainers” workshops on fourth Thursdays

at no cost, 6-7 p.m. at the Okemo Valley TV studio, 37C Main St. in Ludlow. Everyone who wants to learn the “ticks and tricks” of TV-video production is welcome. Reserve a space at pcoody@lpcvt.org or call 802-228-8808. TFN

FRIDAYS - CHESTER, Vt. - Liza Eaton, founder of Buddhaful Yoga, offering a Strength Building Vinyasa Yoga Class using optional weights on Fridays from 9:30 – 11 a.m. Build bone density, upper body strength as well as overall strength, endurance, resilience, flexibility & reduce stress. No experience necessary. At Buddhaful Yoga, Fullerton Inn, 40 The Common, Chester, Vt For more information go to www.buddhafulyoga.com, email eaton.liza@gmail.com or call/text 518-763-1490. 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

WEEKLY – SPRINGFIELD, Vt. - Youth and adult swim lessons are available at Edgar May Heath and Recreation throughout the year. Check their website for dates, times and details at www.myreccenter.org or for an appointment call 802-885-2568. TFN

REGION - Bone Builders to combat osteoporosis. Free and open to 55+. Call 802-674-4547. Monday and Wednesday classes are held at Martin Memorial Hall in Ascutney from 10 - 11 a.m. Tuesday and Thursday classes are held at Cavendish Baptist Church from 10 - 11:30 a.m. or at Andover Community Church from 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

SATURDAY, AUG. 11 - MANCHESTER, Vt. – Join local Green Mountain Club sections throughout Vermont

for Long Trail Day on Saturday, Aug. 11 from 8 a.m. to 6 p.m. Celebrate the Long Trail with guided hikes and visits to some of the state’s most spectacular places. Or register to hike a piece of the Long Trail to celebrate the trail on your own. Then continue the fun at local breweries, which will host hikers after their day on the Long Trail. Visit www.greenmountainclub.org/longtrailday for more information.

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

FRIDAY, AUG. 3 - BELLOWS FALLS, Vt. – First Friday Cookout at First Baptist Church in Bellows Falls Friday, Aug. 3. Serving time is 5 p.m. Menu includes hamburgers, hot dogs, salads, etc. There is a suggested donation. Proceeds will benefit Our Place in Bellows Falls. Dinner will be moved indoors in case of rain.

SATURDAY, AUG. 4 - CHESTER, Vt. – Join St. Luke’s Episcopal Church on Main Street in Chester for the 80th “August Supper on the Lawn,” rain or shine, Saturday, Aug. 4. From 5 to 8 p.m. Continuous eating is the theme, but one may make a reservation for seating at 5, 6:15 or 7 p.m. by calling 802-875-4031. A silent auction is a favorite venue of this evening. Details can be found on the church website at www.slukeseiscopalvt.org/specialevents.

SPRINGFIELD, Vt. – Come to the Springfield Community Picnic and BBQ Competition Saturday, Aug. 4 from 11 a.m. to 4 p.m. at the North School Recreation Area. Several area restaurants and community members are bringing their best pulled pork. A panel of judges will award bragging rights to the best entry. Sausage, salads, dessert, and drinks will be provided to round out the menu. This is a free community event. Bring your favorite lawn chair and yard games and have fun with your neighbors in the Springfield Community. This will be a family-friendly, alcohol-free event.

CHESTER, Vt. – Gassetts Grange is holding our monthly Community Buffet Breakfast on Saturday, Aug. 4, from 8 – 9:30 a.m. at our hall in Chester. We serve bacon, sausage, eggs, home fries, pancakes, toast, juices, tea, coffee, hot cocoa, and real Vermont maple syrup. Donations accepted at the door. We are handicap accessible and everyone is welcome! For more information, call Dave at 802-875-2637 or Donna at 802-591-4290.

ROCKINGHAM, Vt. – Join us for the Bartonville Grange Dinner on Friday, Aug. 10, from 5 – 7 p.m. at 116 Upper Bartonville Road, Rockingham (across from the old State Police Barracks) Menu includes Shake n’ Bake Chicken with all the fixings and a variety of desserts. Children under the age of 5 are free. If you have any questions, please call 802-376-5504.

SUNDAY, AUG. 12- CHESTER, Vt. - Join us at Stone Hearth Inn & Tavern in Chester for our 7th annual Hot Dog Cook-Off Sunday, Aug. 12 from 1 – 4 p.m. There will be hot dog tastings, music, a silent auction, games for children, a basket raffle, and face painting to keep the fun going all afternoon. There is an

Town of Mount Holly
Notice of Public Hearing
August 23, 2018 6 P.M.
Mount Holly Elementary School
Town Plan

Pursuant to Title 24[4382 V.S.A., Chapter 117]
The Mount Holly, Vermont Planning Commission invites the public to a hearing to provide input on Mount Holly’s Town Plan. The plan can be obtained through the unofficial Mount Holly VT website, at the town office or at the public hearing. The public is encourages to submit written comments to the Planning Commission at mounthollyvc@gmail.com.

Part Time Custodian needed
at Cavendish Town Elementary School

Cavendish Town Elementary School is looking for someone who is capable of taking on the duties assigned, a team player, well organized, and able to work independently.

The successful candidate will be able to lift at least 50 lbs, be able to climb and may be working, at times, outside in all weather conditions.

Hours are 4 hours a day (5:00 PM to 9:00 PM), 5 days a week during the school year.

Criminal Record Check is required.

Send resume with 3 references to:
Jon Beamon
Maintenance Supervisor
Cavendish Town Elementary School
P.O. Box 236
Proctorsville, VT 05153

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 Director
Green Mountain Union High School
716 VT Route 103 South
Chester, VT 05143
802-875-2146

EOE 6/2018

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

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

Invitation to Bid
The Town of Andover is seeking Winter Sand
Bids for the 2019/19 season

Submit bids for 1,500 yards of winter sand both FOB your pit and delivered. The sand must be available for our trucks to haul now and meet town quality specifications.

Bids will be received until August 13, 2018 at 3:00 p.m. and will be opened at the Selectboard Meeting on August 13, 2018 at 6:30 p.m. at the Andover Town Office.

Please send bids to:
Andover Town Office – Winter Sand
953 Weston Andover Road
Andover, Vermont 05143

The Town of Andover reserves the right to reject any and all bids.

Dated at Andover, VT this 24th day of July, 2018.
Jeanette Haight, Clerk

Black River High School/Middle School

COACHES NEEDED
for upcoming 2018 Fall

Co-Ed Middle School Soccer Coach
Middle School Boys Basketball Coach

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

Background Checks Required

Please forward a letter of interest and references to:

Joe Gurdak
Athletic Director
Black River High School/Middle School
43 Main Street
Ludlow, VT 05149

EOE 7/2018

Whiting Library, on Main Street in Chester
has an immediate opening for the position of
Youth Services Librarian

YS librarian supervises all child and teen services for local children and their families and is responsible for the operation of the children and teen rooms, collection development, cataloging, outreach, and programming and promotion. Minimum Qualifications: College degree preferred, background in library profession important, proficient computer skills, dependability, flexibility, considerable customer service, and willingness to learn new skills.

Hours are Monday, Wednesday and Friday from 10-6 and Saturday 10-2. Pay will be commensurate with experience and education.

Please submit resume to Whiting Library PO Box 68, Chester, VT 05143. Attention Sharon Tanzer, Director. For questions related to this position please call 802-875-2277 or email whitinglibrary1@gmail.com.



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

admission fee. This event is in support of the Chester-Andover Family Center. If you are interested in participating in the competition please give our Inn a call.

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.

free but space is limited so reservations are required. Visit www.rockinghamlibrary.org for more information and to reserve your tickets.

FRIDAY, AUG. 3 - CHESTER, Vt. – Phoenix Books Misty Valley continues their First Friday Event Series with a vegan potluck Friday, Aug. 3 from 5:30 – 7 p.m. Come by to try delicious dishes, and bring some to share. We'll be featuring vegan cookbooks and books on vegan thought, with a portion of proceeds from sales for the day will benefit VINE Sanctuary, a vegan farm animal sanctuary. For more information visit www.phoenixbooks.biz or call 802-875-3400.

BELLOWS FALLS, Vt. – Members and friends of the United Church of Bellows Falls will host an ice cream social Friday, Aug. 3 from 4 – 8 p.m. to benefit the Comtois Family Scholarship Fund. Richard and Barbara Comtois were long time high school educators and faithful members of the church. This event will take place, rain or shine. Ice cream, and assorted toppings available for purchase. Come by and enjoy a sundae while supporting a worthy cause.

READING, Vt. – The Hall Art Foundation hosts Free First Friday on Friday, Aug. 3 from 5 – 8 p.m., which welcomes visitors to view their exhibitions for free without a guide and at their own pace. The event is BYOB and there is wood-fired pizza available for purchase.

BELLOWS FALLS, Vt. – Village Square Booksellers in Bellows Falls will have its annual Rockingham Old Home Days Sidewalk Sale on Friday, Aug. 3 and Saturday, Aug 4 from 9 a.m. to 7 p.m. They will also host a Plus-Plus Mini Block Contest on Friday, Aug. 3 at 2 p.m. Contestants will have 100 pieces and one half hour to build their own creation and there will be 1st, 2nd and 3rd prizes given out. For details call 802-463-9404.

SATURDAY, AUG. 4 - BELLOWS FALLS, Vt. – Join us for the 42nd Rockingham Old Home Days Saturday, Aug. 4, from noon – 10 p.m. at the Waypoint Center in Bellows Falls. It will be a fun-filled day of food, music, children activities, a variety of vendors, and the best fireworks. Free admission all day! Music includes local jazz band "Java Jazz" and returning Vermont band "Rust." For vendor information, contact

Doreen Stoodley at 802-463-4280 or info@gfrcc.org. Food trucks, music, children's activities, retail, entrepreneurs, nonprofits, and crafters all welcome.

BELLOWS FALLS, Vt. – Village Square Booksellers will host players of "Magic: The Gathering" in the Activity Room in the basement on Saturday, Aug. 4 from 1 – 4 p.m. Yu-Gi-Oh and Pokemon may also be included. Call 802-463-9404 for more information.

TOWNSHEND, Vt. – Grace Cottage Hospital Fair Day Art and Craft Show/Sale is happening Saturday, Aug. 4, from 9 a.m. – 6 p.m. on The Common in Townshend. Voted a Top 10 Summer event by the Vermont Chamber of Commerce, the annual fair features activities to please the whole family: a live auction, bargain booths, bingo, pony rides, face painting, jewelry, food, kids games, a costume booth for kids, and more. The Fair also includes an Arts & Crafts Show, which will be held in the Townshend Church. All fine arts and crafts pieces in the show will be for sale, with a portion of the Arts & Crafts Show proceeds going to benefit Grace Cottage Hospital. For more information visit www.gracecottage.org.

WINDHAM, Vt. - The 4th Corner Foundation is proud to present a month long Foundry Show, opening Saturday, Aug. 4 from 5 -10 p.m. at 578 Hitchcock Hill Rd. in Windham. The exhibit includes selected works from the artists/employees of Independent Casting, a full service art foundry and fabrication shop in Philadelphia, Pa. More info on Independent Casting can be found at www.independentfoundry.com.

SUNDAY, AUG. 5 - LUDLOW, Vt. - The Ludlow Recreation Department is proud to present The Springfield Community Orchestra at the Summer Sunday Evenings, now on the Black River High School Lawn (formerly at the Ludlow Bandstand) Sunday, Aug. 5 from 7 - 8 p.m. More parking, farther setback from the road, and restrooms will be available at the adjacent Community Center. Lawn chairs and blankets are encouraged. Rain venue will be the Ludlow Town Hall.

MONDAY, AUG. 6 - MANCHESTER, Vt. – Visit the Northshire Bookstore on Monday, Aug. 6 at 5 p.m. to

meet author T. Greenwood as she presents her new book, "Rust & Stardust," a novelization of the event that inspired Vladimir Nabokov's "Lolita" and purchase a copy early before the date of publication! For more information call 802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

TUESDAY, AUG. 7 - CHARLOTTE, Vt. – Join author Erin Rounds and Illustrator Alison Carver along with Flying Pig Bookstore for the release of their book, "Charlotte's Bones" Tuesday, Aug. 7 on the Charlotte Beach from noon to 4 p.m. Pre-order your book now, or on the beach and get it signed.

SPRINGFIELD, Vt. – The Springfield Community band will wrap up its 73rd summer concert season on Tuesday, Aug. 7 at 7:30 p.m. at the Hartness House in Springfield. The concert, under the direction of Nick Pelton, will feature a program of musical selections that are band favorites.

WEDNESDAY, AUG. 8 - PROCTORSVILLE, Vt. – The Cavendish Summer Music Series continues on the Proctorsville Green Wednesday, Aug. 8, from 6 - 8 p.m. featuring popular local singer-songwriter Jason Cann. He mixes many original songs with standby covers for a terrific evening of music. Okemo Mountain Resort is sponsoring this concert. As always, the concerts are free and open to the public. Bring your blanket, lawn chair and picnic basket. In case of inclement weather, please check the Cavendish Facebook page. For a listing of all 2018 concerts please go to the Upcoming Events page at www.CavendishCCCA.org.

MANCHESTER, Vt. – Visit the Northshire Bookstore on Wednesday, Aug. 8 at 6 p.m. to meet David D. Kirkpatrick, the New York Times correspondent who covered the Arab Spring will be in our store to discuss his new book, "Into the Hands of the Soldiers," a candid narrative of how and why the Arab Spring sparked, then failed, and the truth about America's role in that failure and the subsequent military coup that put Sisi in power. For more information call 802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

FRIDAY, AUG. 10 - MANCHESTER, Vt. – Visit

the Northshire Bookstore on Friday, Aug. 10 at 11 a.m. for a special kids' event and story time. Meet Jamie Heath who will read from the illustrated children's book, "Wishes Are Medicine: How Make-A-Wish Gave Me Hope and Helped Me Heal" based on her story. This book, illustrated by fellow Vermonter Leonard Kenyon tells the story of when Jamie meets her Wish Granters and, along with her pet turtle Bob, and dreams up her wish to swim with sea turtles. She will be in our store to read this book along with Make-A-Wish Vermont CEO James Hathaway. For more information call 802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

MANCHESTER, Vt. – Visit the Northshire Bookstore on Friday Aug. 10 at 6 p.m. to meet Ezra Parzybok, writer of "Cannabis Consulting: Helping Patients, Parents, and Practitioners Understand Medical Marijuana." Writing from the perspective of a parent and veteran schoolteacher turned professional cannabis consultant, Ezra Parzybok tells the often-inspiring stories of his practice, where he assists victims of chronic pain, terminal disease, and even conditions such as ADHD. For more information call

802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

SATURDAY, AUG. 11 - CHESTER, Vt. – The Yankee Male Chorus, a 65-year male choir tradition, is performing their final concert at Chester Baptist Church Saturday, Aug. 11 at 7:30 p.m. before disbanding. The four-part harmony chorus is comprised of approximately 90 singers, most of which are from glee clubs in the Northeastern and mid-Atlantic states. No tickets are needed, but donations will be accepted at intermission. For more information about the chorus and other performance venues on the tour, visit www.yankeemalechorus.org.

MANCHESTER, Vt. – Visit the Northshire Bookstore on Saturday, Aug. 11 at 6 p.m. to join us for an evening with author Keith O'Brien presenting from his new book, "Fly Girls" where he shares the untold story of women who fought to compete against men in the high-stakes national air races of the 1920s and 1930s, and won! For more information call 802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

SUNDAY, AUG. 12 - LUDLOW, Vt. - The Ludlow Recreation Department is proud

to present Gerry Grimo and the East Bay Jazz Ensemble at the Summer Sunday Evenings, now on the Black River High School Lawn (formerly at the Ludlow Bandstand) Sunday, Aug. 12 from 7 - 8 p.m. More parking, farther set back from the road, and restrooms will be available at the adjacent Community Center. Lawn chairs and blankets are encouraged. Rain venue will be the Ludlow Town Hall.

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. 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

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, AUG. 2 - SAXTONS RIVER, Vt. – Join the Rockingham Free Public Library at Main Street Arts for "Hamiltunes," an American singalong Thursday, Aug. 2 at 7 p.m. Sing along to songs from the Broadway musical "Hamilton." Admission is

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The Vermont Journal SHOPPER

TAKE A BREAK!

Weekly SUDOKU

by Linda Thistle

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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 They may be proper subjects

6 Distorted

12 Circus tent

13 Utica's county

14 Mistreat

15 Cat in 9 Lives commercials

16 Antelope's playmate

17 Rowing team

19 Biblical verb suffix

20 Take heed of

22 Profit

24 Air safety org.

27 History chapters

29 Inauguration recitation

32 "The Gold Bug" author

35 Policy expert

36 Stead

37 Gender

38 Item for 17-Across

40 Genesis creator

42 Billboards

44 Camel feature

46 — podrida

50 Second of two

52 Acre's acres?

54 Hateful

55 Original

10 Tend texts

11 T, in Morse code

12 Auction action

18 True-to-lifestyle

21 "— the ram-parts ..."

23 Plenty of time?

24 Not many

25 Commotion

26 Doubter

28 Dormant

30 Pirouette pivot

31 Whammy

33 Alias abbr.

34 Summertime mo.

39 Watery discharge

41 Heart line

42 Oodles

43 Arp's art

45 — Major

47 Den

48 Tax

49 Hearty brew

51 Excessively

53 Bando of baseball

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Salome's Stars

LIBRA (September 23 to October 22) Your wise counsel continues to be needed as that family situation works itself out. Meanwhile, the decisions you made on your job begin to pay off quite nicely.

SCORPIO (October 23 to November 21) Your job situation brightens thanks to all your hard work. Now, spend some time repairing a personal relationship you might have neglected for too long.

SAGITTARIUS (November 22 to December 21) Aspects favor action in the workplace. Line up your facts and show your superiors why you're the one they're looking for.

CAPRICORN (December 22 to January 19) Your hard work pays off on the job. Personal relationships also can benefit from more of your time and attention. Spend the weekend with loved ones.

AQUARIUS (January 20 to February 18) Early feedback on your project might be disappointing. But don't be discouraged. Use it to make needed adjustments, then submit it to your superiors again.

PISCES (February 19 to March 20) Flattery could lure the otherwise sensible Fish into making an unwise decision. Be careful. All that praise might be an attempt to reel you in before you can learn the facts.

BORN THIS WEEK: You have a wonderful sense of who you are. You are a shining example to others, helping them believe in themselves and what they can do.

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AUTOMOTIVE

preschool through young adults, with prize drawings, story time, and even an ice cream and tie-dye party to celebrate the program. For specifics, call 802-875-2277.

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@myrecenter.org. TFN

LIBRARIES

MONDAY, AUG. 6 – BELLOWS FALLS, Vt. – Get reading now to be ready for the next Rockingham Library Book Club “RFPL Reads” Monday, Aug. 6 at 1 p.m. in the Main Floor’s Biography Room. Readers are invited to read and talk about any title they’d like. Everyone is welcome to join in. This event is free and open to the public. For more information, visit www.rockinghamlibrary.org, call 802-463-4270, email programming@rockinghamlibrary.org or stop by 65 Westminster St., in Bellows Falls.

MANCHESTER, Vt. – A three-part Jewish Film Series wraps up Monday, Aug. 6 at 7 p.m. at the Manchester Community Library featuring “Fanny’s Journey,” a “tour de force” (Variety) that tells the incredible tale of 13-year-old Fanny Ben-Ami and her younger sister who, after being fostered in Italy, are left on their own find their way to freedom in Switzerland. Presented by Israel Congregation of Manchester. This is a free event. For more information call 802-362-4578.

SUNDAY, AUG. 12 – MOUNT HOLLY, Vt. - The Mount Holly Town Library and the Book Nook in Ludlow will be hosting an author talk and book signing with local Vermont author Yvonne Daley on Sunday, Aug. 12 from 3 – 5 p.m. Daley is the author of five previous books and director of the Green Mountain Writers Conference. Daley will discuss her new book “Going Up the Country” that released June 5. “Going Up the Country” is part oral history, part nostalgia-tinged narrative, and part clear-eyed analysis of the multifaceted phenomena collectively referred to as the counterculture movement in Vermont.

WEDNESDAYS – CHESTER, Vt. – Join the Whiting Library in Chester every Wednesday, from 1:30 – 2:30 p.m. throughout the summer through Aug. 29 for the Grafton Nature Museum’s 2018 Summer Unplugged Program. Topics include insects, animals, raptors and other nature themes. For program specifics call 802-875-2277.

BRATTLEBORO, Vt. – Brooks Memorial Library in Brattleboro is sponsoring a 4-part workshop series on creating constructed languages - conlangs - like Dothraki in “Game of Thrones,” on four consecutive Wednesdays, Aug. 1, 8, 15 and 22, from 7 – 8 p.m. For more information visit www.brookslibraryvt.org or email eastondean@gmail.com.

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

SATURDAYS - ALSTEAD, N.H. - Stop by the Shedd-Porter Memorial Library for cinnamon buns the last Saturday of each month and visit with friends or neighbors. The cinnamon buns are from McGuire’s Bakery and are available for a small fee. All the proceeds go to benefit the library. The library is at 3 Main St., Alstead.

SPRINGFIELD, Vt. – The Springfield Town Library has a tech help desk available on Saturdays from 11 a.m. to 1 p.m. Having trouble with your first smartphone? Want to re-set your Facebook privacy? Need to take a course in Word or Excel? Call 802-885-3108 to make an appointment. The Springfield Town Library is located at 43 Main St., Springfield.

MEETINGS

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.okemovalley.tv.

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 ww.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.okemovalley.tv.

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.govoffice2.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. – Westminster Fire & Rescue Department monthly meeting on the first Tuesday at 7 p.m. Rescue training is on the second Tuesday and combined drill on the third Tuesday. More information can be found at www.westminsterfireandrescue.org. TFN

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.

SUPPORT GROUPS

MONDAYS – SPRINGFIELD, Vt. - NAMI Vermont Connection Recovery Support Group is a mental illness support group. It provides a forum to share experiences and learn about opportunities and challenges regardless of diagnostics. HCRS, CRT Room, 390 River St. Meets every Monday from 1-2 p.m. For more information, call 800-639-6480 or visit www.namivt.org. TFN

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

★ ★ ★ ★ ★ ★

TUESDAYS - LUDLOW, Vt. – Co-Dependents Anonymous meets on Tuesdays, 6:30-7:30 p.m. in the basement of the Fletcher Memorial Library, 88 Main St. in Ludlow. Find out more about CoDA at coda.org. For more information regarding this meeting, contact Sarah E. at sarahcoda2016@gmail.com. TFN

WALPOLE, N.H. – “Hope and Help for Families” is held every Tuesday night from 6:45 – 8 p.m. at the Congregational Church on the common in Walpole, N.H. It is open to all family members and loved ones (over the age of 16), of people who are suffering from addiction. It is free and confidential. For information call Becky Pearson at 603-860-0221. TFN

WINDSOR, Vt. – Cedar Hill Alzheimer’s caregiver support group. Meet fellow caregivers who really understand because they’ve been there, too, when things are difficult or isolating. First Tuesdays from 3:30–5 p.m. at 92 Cedar Hill Drive (off Route 5). TFN

SPRINGFIELD, Vt. - Wellness/Lifestyle Change Support Group, meets the second Tuesday of each month from 5:45-7 p.m. at the Springfield Health Center, 100 River St. Free. Register by calling 802-886-8946 or email cht@springfieldmed.org. TFN

BELLOWS FALLS, Vt. - TOPS Chapter Vermont #12 meets every Tuesday at 6 p.m. at Sacred Heart Social Center, 39 Green Street in Bellows Falls. Come to TOPS (take off pounds sensibly) a nonprofit, non-commercial, weight loss support group that really works. Every week there are interesting programs that touch on topics that help us in our quest for weight loss. We share healthy recipes for main meals and snacks. Your first meeting is free. Bring a friend; you won’t be disappointed. Visit our website www.tops.org for more information. TFN



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

KEENE, N.H. – “All Recovery” is held at the Keene Center Serenity 40 Carpenter St. in Keene every Wednesday from 6:30 – 8 p.m. It is open to all people in recovery and to the families and loved ones of people who are suffering. It is free and confidential. People with questions can call the Center at 603-283-5015. TFN

LUDLOW, Vt. – Eating behavior support group meets every other Wednesday at 6 p.m. at the Green Mountain at Fox Run at 262 Fox Lane. This free group is intended to help you understand your eating and/or weight-related struggles. The group is led by trained therapists who specialize in eating behavior. To join call 802-228-8885 or email shiri@fitwoman.com. TFN

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

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SPRINGFIELD, Vt. – Twin State Depression Support Group meets on the fourth Wednesday at Turning Point Recovery Center (Handicapped-accessible), 7 Morgan Street, Springfield 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 – SPRINGFIELD, Vt. - Mental health peer support group, 2 - 3:30 p.m. at the First Congregational Church, 77 Main St. The group’s goal will be to provide a safe and healthy environment for people to give and receive support around mental health issues. The group is free and open to the public. Call Diana Slade at 802-289-1982. TFN

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

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: Sept. 20, and one date in November to be announced.

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Reaching retirement, now what?

REGION - You've worked hard your whole life anticipating the day you could finally retire. Well, that day has arrived! But with it comes the realization that you'll need to carefully manage your assets to give them lasting potential.

Review your portfolio regularly

Traditional wisdom holds that retirees should value the safety of their principal above all else. For this reason, some people shift their investment portfolio to fixed-income investments, such as bonds and money market accounts, as they approach retirement. The problem with this approach is that you'll effectively lose purchasing power if the return on your investments doesn't keep up with inflation.

While generally it makes sense for your portfolio to become progressively more conservative as you grow older, it may be wise to consider maintaining at least a portion of your portfolio in growth investments.

Spend wisely

Don't assume that you'll be able to live on the earnings generated by your investment portfolio and

retirement accounts for the rest of your life. At some point, you'll probably have to start drawing on the principal. But you'll want to be careful not to spend too much too soon. This can be a great temptation, particularly early in retirement.

A good guideline is to make sure your annual withdrawal rate isn't greater than four to six percent of your portfolio.

Understand distribution options

Most pension plans pay benefits in the form of an annuity. If you're married, you generally must choose between a higher retirement benefit paid over your lifetime or a smaller benefit that continues to your spouse after your death.

Other employer retirement plans, such as 401(k)s, typically don't pay benefits as annuities; the distribution options available to you may be limited. This may be important because if you're trying to stretch your savings, you'll want to withdraw money from your retirement accounts as slowly as possible. Doing so will conserve the principal balance, and will also give those funds the chance to continue growing tax

deferred during your retirement years.

Consider whether it makes sense to roll your employer retirement account into a traditional IRA, which typically has very flexible withdrawal options. If you decide to work for another employer, you might also be able to transfer assets you've accumulated to your new employer's plan, if the new employer offers a retirement plan and allows a rollover.

Plan for required distributions

Keep in mind that you must generally begin taking minimum distributions from employer retirement plans and traditional IRAs when you reach age 70-and-a-half, whether you need them or not. You might consider spending these dollars first in retirement.

If you own a Roth IRA, you aren't required to take any distributions during your lifetime. Your funds can continue to grow tax deferred, and qualified distributions will be tax-free. Because of these unique tax benefits, it generally makes sense to withdraw funds from a Roth IRA last.

Know your Social Security op-

tions

You'll need to decide when to start receiving your Social Security retirement benefits. At normal retirement age, you can receive your full Social Security retirement benefit. You can elect to receive your Social Security retirement benefit as early as age 62, but if you begin receiving your benefit before your normal retirement age, your benefit will be reduced. Conversely, if you delay retirement, you can increase your Social Security retirement benefit.

Consider phasing

For many workers, the sudden change from employee to retiree can be a difficult one. Some employers, especially those in the public sector, have begun offering "phased retirement" plans to address this problem. Phased retirement generally allows you to continue working on a part-time basis. Some phased retirement plans even allow you to access all or part of your pension benefit while you work part time.

Of course, to the extent you are able to support yourself with a salary, the less you'll need to dip into your retirement savings. Another advantage of delaying full retirement is that you can continue to build tax-deferred funds in your IRA or employer-sponsored retirement plan.

If you do continue to work, make sure you understand the consequences. Some pension plans base your retirement benefit on your final average pay. If you work part time, your pension benefit may be reduced because your pay has gone down. Remember that income from a job may affect the amount of Social Security retirement benefit you receive if you are under normal retirement age.

Facing a shortfall

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J o l e n b j c t i v e s n g a m n t h e b e n e f i t o f p r i m a x , W h i t e p a p e r , S i v a n t o s G m b H , 2 0 1 6 . C o p y r i g h t © 2 0 1 6 S i v a n t o s , I n c . A l l r i g h t s
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Senior volunteer opportunities

ASCUTNEY, Vt. - Green Mountain RSVP connects people 55-plus with volunteer opportunities in local nonprofits. The Windsor County

Office of GMRSVP at 20 Ascutney Store Rd. in Ascutney, Vt. is hosting an open house Wednesday, Aug. 15 from 2 - 4 p.m. Stop by and learn

about the opportunities and benefits of belonging to this Senior Corps program. Call 802-674-4547 for more information.

New law reduces personal income taxes for social security recipients

MONTPELIER, Vt. - Nearly 40,000 Vermonters receiving Social Security benefits will keep more of their income due to an income tax exemption proposed by Gov. Phil

Scott and passed by the Legislature. This change, included in Act 11 of the 2018 Special Session, creates a personal income tax exemption for Social Security beneficiaries below

certain income thresholds. The law takes effect in calendar year 2018 for tax returns filed in 2019.

"This relief, coupled with our Working Family Taxpayer Protection Act, provides \$30 million in income tax relief for Vermonters," said Scott. "For folks on a fixed income, these savings each year will make a difference. But, we have more work to do to seek tax relief and make Vermont more affordable for retirees and all Vermonters."

Commissioner of Taxes Kaj Samsom commented, "The governor and the Department are proud to have worked with the Vermont Legislature on an initiative that will help many Vermonters keep more of their Social Security benefits. With this change, Vermont joins the overwhelming majority of states, including all of our neighbors in the Northeast, in granting additional state-level exemptions to Social Security income, which is taxed federally."

At the federal level, Social Security benefit exemptions range from fully exempt to 15 percent exempt, depending on income. Benefits that are federally taxable become part of a taxpayer's Adjusted Gross Income. The new Vermont tax exemption allows eligible taxpayers to exempt all or some of these federally taxable Social Security benefits on their Vermont returns.

The new Vermont exemption will save Social Security beneficiaries approximately \$5 million in tax year 2018 and applies to all types of Social Security income that are taxable at the federal level, including retirement, disability, and survivor benefits. Being able to take the exemption depends on the taxpayer's filing status and level of income or AGI. For single, heads of household, married filing separate, and surviving spouse filers, Social Security benefits will be fully exempt if their AGI is less than \$45,000 and partially exempt if their AGI is between \$45,000-\$55,000. For married joint filers, Social Security benefits will be fully exempt if their AGI is less than \$60,000 and partially exempt if their AGI is between \$60,000-\$70,000.

For more information on the Vermont tax exemption on Social Security benefits, visit www.tax.vermont.gov.

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Vermont Vocational Rehabilitation
Windsor Early Childhood Education Center
Windsor Southeast Supervisory Union

For information on becoming a Breastfeeding Friendly Employer visit
healthvermont.gov/wellness/worksite-wellness/3-identify-worksite-wellness-strategies