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VOLUME 57, ISSUE 31

2018 End of the Year review, part 1

JAN. 3 - LUDLOW RESIDENTS PETITION FOR REVOTE ON SCHOOL MERGER

LUDLOW, Vt. - Ludlow residents submitted enough signatures to the Ludlow Town Clerk's office, a total of 137, to petition the Ludlow Elementary School Board to call for a revote on the article that formed the Ludlow, Mount Holly Unified Union School District. As a result, during the recent Ludlow Elementary School Board Meeting on Jan. 3, 2018, the revote was warned. The push for a revote was a result of reported widespread confusion in regards to the initial vote for the merger.

By Sharon Huntley, *The Vermont Journal*

JAN. 4 - GOV. PHIL SCOTT DELIVERED STATE OF THE STATE ADDRESS

MONTPELIER, Vt. - Gov. Phil Scott delivered the 2018 State of the State address, highlighting progress made in 2017, and recommitting to an agenda focused on economic growth and affordability, while protecting the vulnerable. The governor also called for continued action and outlined proposals to make Vermont more affordable, attract and retain working families and young professionals, and strengthen the economy.

JAN. 12 - ICE JAM AT MILL ST. BRIDGE CAUSES FLOODING, EVACUATIONS

CAVENDISH, Vt. - An ice jam at the Mill River Bridge in Cavendish caused flooding of the Mack Molding parking lot and Mill Street. According to Assistant Fire Chief, Abe Gross, the ice floes had backed up over a half-mile stretch of the Black River, jamming at the Mill Bridge location. The Cavendish Fire Department urged four families to evacuate.

By Sharon Huntley, *The Vermont Journal*

JAN. 22 - GOV. PHIL SCOTT SIGNS H.511 INTO LAW

MONTPELIER, Vt. - Gov. Phil Scott signed H. 511, an act relating to eliminating penalties for possession of limited amounts of marijuana by adults 21 years of age or older, into law. In his address, he

said, "I personally believe that what adults do behind closed doors and on private property is their choice, so long as it does not negatively impact the health and safety of others, especially children."

The law would take effect on July 1, 2018.

JAN. 27 - SPRINGFIELD CITIZEN AND ORGANIZATION OF THE YEAR

SPRINGFIELD, Vt. - Springfield Regional Chamber of Commerce announced Donald S. Whitney as 2017 Citizen of the Year and Springfield Co-op as 2017 Organization of the Year for their enormous positive impact on the Springfield area community.

FEB. 4 - SUPER BOWL LII

NATION - Philadelphia Eagles defeated New England Patriots 41-33 at U.S. Bank Stadium in Minneapolis, Minn. in their first Super Bowl victory.

FEB. 6 - LUDLOW REVOTE REAFFIRMS MERGER, BRHS WILL CLOSE BY 2020

LUDLOW, Vt. - Voters in Ludlow returned to the polls to cast their ballots on a revote for the proposed merger between Ludlow and Mount Holly. The revote resulted in 288 "yes" votes and 231 "no" votes, confirming the merger.

By Sharon Huntley, *The Vermont Journal*

FEB. 9 - XXII WINTER OLYMPIC GAMES OPENED IN PYEONGCHANG, SOUTH KOREA.

FEB. 16 - GOV. PHIL SCOTT DESIGNATED ELKS ASSOCIATION DAY

MONTPELIER, Vt. - Gov. Phil Scott designated Feb. 16, 2018 as Elks Association Day in Vermont. Approximately 50 Elks from across Vermont traveled to Montpelier to witness the signing of the proclamation.



The 2018 Apple Blossom queen and her court.

PHOTO PROVIDED

FEB. 20 - CONGRESSMAN PETER WELCH VISITED KURN HATTIN STUDENTS

WESTMINSTER, Vt. - The children and staff of Kurn Hattin Homes for Children were very excited to welcome U.S. Representative for Vermont, Peter Welch, and show him around the campus. To the delight of the children, Congressman Welch wore the Kurn Hattin hat that was given him as he drove off to another appointment.

FEB. 22 - THE IMPORTANCE OF HOPE, COMMUNITY FORUM ON ADDICTION

BELLOWS FALLS, Vt. - The community in the greater Bellows Falls area came together to fill the seats of the Bellows Falls Opera House for "The Importance of Hope," a forum for community action centered around prevention, treatment, recovery, and enforcement of opioid addiction. The two-hour forum focused on first-hand stories from community members in recovery, family members who have been impacted by addiction, and drug prevention and treatment agencies to answer the question, "How can we fix it?"

By Amanda Wedegis, *The Shopper*

MARCH 1 - STEEL TARIFFS

NATION - President Trump announced imposing tariffs on steel and aluminum. He authorized the tariffs on March 8.

MARCH 14 - CTES'S GEORGE THOMSON WINS PRINCIPAL OF THE YEAR

CAVENDISH, Vt. - The Vermont Principals Association awarded Cavendish Town Elementary School Principal George Thomson the Henry R. Giaguque Vermont Elementary Principal Award for 2018. The honor came as Thomson was set to retire after 29 years as principal of CTES.

By Sharon Huntley, *The Vermont Journal*



with candy, a verse of scripture, and tickets for prize drawings.

By Karen Engdahl, *The Shopper*

APRIL 12 - LUDLOW ANNOUNCES NEW MUNICIPAL MANAGER

LUDLOW, Vt. - The town and village of Ludlow Board Chairs unanimously voted to appoint Scott Murphy as the new municipal manager. Murphy took over the reins from Frank Heald, who stepped down after 15 years of service to the Ludlow community.

APRIL 27 - KMA PUBLICATIONS INC. ACQUIRES THE MESSAGE OF THE WEEK

LUDLOW, Vt. - Robert Miller, owner of The Vermont Journal & The Shopper, announced the purchase of The Message of the Week, which merged the newspaper into the circulation of The Vermont Journal & The Shopper.

MAY 6 - THE 62ND APPLE BLOSSOM COTILLION

SPRINGFIELD, Vt. - The 62nd Apple Blossom Cotillion featured 13 contestants and their escorts, and a record 25 future cotillionaire couples. This year's theme, On the Big Screen, called back to beloved movie soundtracks such as "Ghost Busters" and "Star Wars," as well as recent films such as "Moana" and "Kung Fu Panda," with choreography by the new director Madison Moreau. 2018 Apple Blossom Queen, Eliza Rounds, who was accompanied by Hayden Morancy, was crowned the 2018 Apple Blossom Queen.

By Amanda Wedegis, *The Vermont Journal & The Shopper*

MAY 12 - LUDLOW LITTLE LEAGUE OPENING DAY PARADE

LUDLOW, Vt. - Ludlow Little League teams rode atop fire trucks and other emergency vehicles through downtown Ludlow during the Ludlow Opening Day Parade. The parade ended at the Ludlow Little League field on Pleasant Street Ext. in time for an opening ceremony and 10 a.m. first pitch.

MAY 19 - ROYAL WEDDING

INTERNATIONAL - Actress Meghan Markle married Prince Harry at Windsor Castle. Queen Elizabeth granted the couple the title of Duke and Duchess of Sussex upon their marriage.

MAY 19 - BRHS POP CONCERT CELEBRATES SCHOOL HISTORY

LUDLOW, Vt. - Katie Herrle, music director of the band and chorus ensembles at Black River Middle/High School, took an unorthodox approach to this year's Pops Concert. The band and chorus together performed a piece from every decade since Black River's first year of operation in 1939 to present, alongside a slideshow that honored past and current students and alumni for their contributions to the community, showing the important role the school has played in our community and in shaping future generations.

By Aiyana Fortin, *The Vermont Journal*

MAY 24 - LUDLOW AUDITORIUM DEDICATED TO RETIRED MUNICIPAL MANAGER FRANK HEALD

LUDLOW, Vt. - Family members, colleagues, and community members gathered at the Ludlow Audi-

torium Thursday, May 24 for a luncheon and the official dedication of the "Francis J. Heald Auditorium" to honor retired Ludlow Municipal Manager, Frank Heald.

Jim Alic, vice chair of FOLA, led the dedication honoring Heald saying, "The combination of Ralph [Ralph Pace, FOLA Board Chair] and Frank is what has turned this auditorium into such an active community center for all of us... this will henceforth be known as the Heald Auditorium."

By Sharon Huntley, *The Vermont Journal*

JUNE 4 - TRIPLE PEAKS LLC SOLD OKEMO MOUNTAIN TO VAIL RESORTS

LUDLOW, Vt. - Triple Peaks LLC, owned by Tim and Diane Mueller and their children Ethan and Erica Mueller, announced they entered into a purchase agreement with Vail Resorts Inc.

JUNE 9 - CLASS OF 1978 HAD LARGEST ATTENDANCE AT CHESTER ALUMNI WEEKEND

CHESTER, Vt. - Alumni of Chester High School and Green Mountain Union High School and their families came from all over the U.S. to join over 200 local members of the community as they gathered for their annual alumni parade. The Class of 1978 celebrated their 40th reunion, and had the largest attendance this year.

By Aiyana Fortin, *The Vermont Journal*

JUNE 11 - THE FEDERAL COMMUNICATIONS COMMISSION OFFICIALLY REPEALS NET NEUTRALITY

JUNE 15 - GARY MCKENNEY HONORED AT SPRINGFIELD HS ALUMNI ASSOC. BANQUET

SPRINGFIELD, Vt. - Gary McKenney, retired marketing teacher, was named as the Springfield High School Alumni Assoc. honored guest for the 2018 Alumni Weekend. Springfield High School had the privilege of McKenney's unorthodox and creative teaching style for 25 years, 1970 - 1995.

JUNE 16 - PROCTORSVILLE GREEN DEDICATED TO RICH SVEC

PROCTORSVILLE, Vt. - On June 16, the community gathered along with family, friends, and curlers to honor the incredible contribution former town manager Rich Svec made to Cavendish, his family, and to his fellow curlers. As part of the curling tradition, Rich loved the piper who lead them on to the ice so it was fitting that it was a piper, followed by the curlers with brooms in hand, that walked around the green beginning both the dedication of the Proctorsville Green and to celebrate Rich's life.

JUNE 17 - BELLOWS FALLS CELEBRATED ANOTHER SUCCESSFUL ALUMNI WEEKEND

BELLOWS FALLS, Vt. - There's something to be admired in the unwavering pride, sense of community and school "Fear The Purple" spirit, and loyalty in Bellows Falls. The BFUHS "Class of 1968" were this year's honored guests for Alumni Weekend. The annual "crowning of the queen" and her court took place on The Square with BFUHS senior, Paxton Santorelli, being crowned 2018 Alumni Queen. The queen's court included Hayley Decelle, Baylee Davis, Sarah Scarlett, and Zoe Schemm.

By Joe Milliken, *The Shopper*



Back to the North Pole

Santa's one horse sleigh came to the office to pick Jack up and bring him back to the North Pole. See you next year, Jack!
Wishing everyone a safe and happy New Year!

PHOTO PROVIDED

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ATTENTION!

The Vermont Journal & The Shopper acquired The Message of the Week in April of 2018.

Due to the similar coverage areas, all of the content goes into *The Vermont Journal & The Shopper*. You can call us at 802-228-3600.

DEADLINES

The deadline for all content is Friday at 12 p.m. for the following Wednesday publication.

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Scott taps former Rutland hospital chief to oversee Springfield recovery

SPRINGFIELD, Vt. – Gov. Phil Scott has appointed Tom Huebner, who stepped down in March as the head of Rutland Regional Medical Center, to “evaluate, monitor and assist Springfield Hospital as it confronts serious financial challenges.”

The governor’s office released a statement announcing the appointment Wednesday, Dec. 19, a week after Springfield’s CEO, Tim Ford, abruptly resigned in the wake of Valley News and VTDigger reports on the dire financial situation at the medical group.

Physicians, community members, and local business owners said the hospital was leaving bills unpaid. In some cases, doctors had to buy their own supplies and heating oil. Hos-

pital employees were having trouble getting health care because their insurance payments weren’t coming through. The hospital also switched emergency room contractors, severely cutting physician hours and leaving a few dozen people out of work.

“This is a very serious situation that requires immediate attention, experienced leadership, the oversight and collaboration of state government, and a competent and fully transparent response,” Scott said in the statement.

“Tom will work with officials in Springfield and ensure that they complete a thorough assessment and communicate fully, clearly and regularly to patients, employees, the

community and the state as they determine what went wrong and how to fix it,” he added.

Huebner worked at Rutland Regional for 27 years, 20 as the chief executive. He also serves on the board of directors for Blue Cross Blue Shield, and previously served as the New England representative to the American Hospital Association.

In an interview Wednesday, Huebner said he had already spoken with representatives of Quorum Health, a consulting firm that has been hired to help turn around the financial situation, about his role and planned to meet with them in the coming days.

“They have done a smart thing in hiring Quorum Health to bring in the resources to do a deep dive and

evaluate the situation,” he said. “Everybody wants the organization to survive and uncertainty is not helpful to anybody in this situation.”

Kevin Mullin, the head of the Green Mountain Care Board, said Tuesday that Springfield executives had not been forthcoming about their financial situation during their presentations to the regulator earlier this year.

He said the board was looking over the transcripts of their budget testimony, which was delivered under oath, to determine whether any misrepresentations occurred. At the moment, he said, there was no evidence of misconduct by anyone at the hospital.

Mullin said he would be pushing

for new rules that penalized organizations that failed to make such disclosures in the future.

Human Services Secretary Al Gobeille said he was still trying to figure out why Springfield’s CEO and CFO were abruptly shown the door. He also said that once the immediate concerns were addressed, a conversation needed to take place about why there wasn’t better communication between the hospital and regulators, and whether reporting rules need to change.

Huebner said hospitals were already required to provide a great deal of information, and that the first question should be whether Springfield followed existing regulations.

“Surprises are bad for everybody and most importantly for the community and for the patients,” he said. “So if we need to do things to make sure surprises don’t happen in the future, sure, what I’m wondering is if the current rules were followed in the first place.”

Huebner said he had been traveling, serving on boards and “doing what retired guys do,” since leaving Rutland Regional.

“When the governor and secretary of the agency of human services calls and asks if you might help out in a situation that’s very important to the state and the community, if you can do it you say yes,” he said.

By Colin Meyn, VTDigger.org.

Springfield Elementary Schools PTA breakfast with Santa

SPRINGFIELD, Vt. – Close to 300 people attended this year’s Springfield Schools PTA Breakfast with Santa event, raising over \$1,500. The event featured a pancake, bacon, and eggs breakfast where children could visit with Santa and Mrs. Claus as well as the Elf Workshop. This year’s Elf Workshop included stories from Michelle Stinson Springfield’s children’s librarian, crafts from All-4-One after school program, and the Art Gym.

All five of Springfield’s School Board members were on hand to flip pancakes and serve up the eggs. Student volunteers from River Valley Technical Center and Springfield High School helped in the kitchen and with crafts. RVTC chef and faculty Dave Groenewald led the kitchen team.

“It is so great that so many people and businesses from our community were able to support this event,” says Peggy Bosley, event chair. “With all of this support, we are able to make this event an affordable, fun morning out for families to enjoy some holiday spirit.”



PTA breakfast with Santa was a success.

PHOTO PROVIDED

The PTA gives special thanks to the following local businesses and people: Allard’s Unfinished Furniture, All-4-One, Art Gym, Big Lots, Black River Produce, Ed Caron, Dave Groenewald, Circle K, Dunkin’ Donuts, E.C. Thomas & Sons, Elm Hill Primary School staff, Eureka Sugar House, Flying Crow Coffee Company, Jeanice Garfield, Girl Scout Troop #51293,

Michael Griffin, Hannaford Supermarkets, Jake’s Market & Deli, Jake’s South Street Market, Stephen Karaffa, Market Basket, McDonald’s, Troy Palmer, Penguin Mart, River Valley Technical Center culinary students, Riverside Restaurant, Shanghai Garden, Shaws, Southern State Correctional Facility, Springfield Cinemas 3, Springfield Food Co-op, Springfield Foster Association, Springfield High School students, Springfield Hospital, Springfield Mobil, Springfield Pharmacy, Springfield Royal Diner, Springfield Town Library, Stephanie Smith, Subway, The Sub-Way, Vermont Teddy Bear Company, Vermont State Employee Association, and Walmart.

The PTA thanks to everyone who donated and turned out to support Springfield schools!

Second Act 46 forced merger lawsuit filed by 31 school boards

MONTPELIER, Vt. – More than 31 school boards jointly filed a second legal challenge to forced mergers under Act 46 on Thursday in Washington County superior court.

The lawsuit challenges the State Board of Education’s final reorganization of districts under the controversial district consolidation law. The board’s order, issued at the end of November, merged 45 districts across 39 towns into 11 new consolidated districts. Another four districts could be merged under the order if existing union districts agree to absorb them.

The suit argues that the board’s action was unconstitutional and “ignored the plain text” of education laws, according to a statement issued by David Kelley, a Craftsbury Common attorney representing the plaintiffs. Other attorneys at work on the appeal include Ines McGillion and Charles Merriman.

“If upheld, the Board’s ‘casual dismissal of statute’ will have lasting impacts for decades, perhaps even centuries, to come. It is already tearing communities apart and pitting towns against each other,” the appeal states.

Plaintiffs include 31 school boards, seven select boards, one planning commission, and 15 taxpayers, parents and students. The state board, the Vermont Agency of Education and Secretary of Education Dan French are all named as defendants.

The suit is the second legal challenge to the board’s final order under Act 46. The Stowe and Elmore-

Morristown districts jointly filed their own appeal last week.

Like the Stowe and Elmore-Morristown appeal, this week’s suit contests the state board’s decisions on the grounds that they violated both Act 46 itself as well as the Vermont and U.S. constitutions.

The body’s actions ignored the law’s intent to allow for alternatives to a unified “preferred structure,” the suit argues, and arbitrarily imposed mergers without a thorough vetting of the proposals brought forward by districts asking to remain autonomous.

The 73-page complaint also argues the state board ignored Act 49, a law that modified Act 46, when it went ahead and merged districts with different levels of debt. Act 49 required the board to consider debt when making their merger decisions. Moreover, the lawsuit argues, state law won’t allow municipalities to incur bonded debt without the consent of local voters.

Like in the Stowe and Elmore-Morristown suit, the plaintiffs also argue the state board simply doesn’t have the authority to dissolve school districts. That power rests solely with the Legislature, they say, and lawmakers cannot delegate that authority – even by way of legislation – over to the ex-

ecutive branch.

The towns and school districts listed as plaintiffs include The Athens School District, Barnard School District, Barnard Select Board, Bellows Falls Union High School, Berlin School District, Brighton School District, Brownington Select Board, Calais School District, Calais Select Board, Charleston School District, Coventry School District, Craftsbury School District, Dummerston School District, Franklin School District, Franklin Select Board, Glover School District, Grafton School District, Greensboro School District, Greensboro Select Board, Highgate School District, Irasburg Planning Commission, Irasburg School District, Irasburg Select Board, Jay/Westfield School District, Lakeview Union School District, Lowell School District, Middlesex School District, Montgomery School District, Montgomery Select Board, Newbury School District, Newport Town School District, Richford School District, Sheldon School District, Stannard School District, Troy School District, Westminster School District, Windham School District, and Worcester School District.

By Lola Duffort, VTDigger.org.

HCRS provides 24/7 mental health support

SPRINGFIELD, Vt. – Health Care and Rehabilitation Services has a dedicated team of professional staff who support individuals experiencing a mental health emergency. As we move into the winter season, individuals often experience increased symptoms of depression such as low energy, sadness, isolation, and loss of interest in activities. HCRS is here to help, both for alleviating symptoms of depression and for supporting someone experiencing thoughts of suicide or self-harm.

As part of the agency’s Crisis Team, specially trained mental health staff is available 24/7 for anyone experiencing thoughts of suicide or self-injury. Staff is also available to support those who feel a family member or friend is experiencing thoughts of suicide. Those involved in a mental health emergency can call HCRS’ 24/7 Crisis Line at 800-622-4235.

During regular business hours, people can stop into the agency’s Frank Silfies Crisis Care Center located at their Springfield headquarters, 390 River St., or at the Crisis Care Center at their

Brattleboro office, 51 Fairview St. Previously, these crisis care centers were in separate facilities, but they have been relocated into the agency’s regional offices in order to improve quality and continuity of care for individuals and families in crisis.

Individuals seeking non-urgent mental health, substance abuse, or developmental disability services, may contact one of the agency’s toll-free numbers to access services:

- Brattleboro region: 855-220-9428
- Springfield region: 855-220-9429
- Hartford region: 855-220-9430

George Karabakakis, HCRS CEO, states, “The winter months can be challenging due to the cold weather and short daylight hours, both of which impact people’s activity levels. For those who experience depression, it can be a particularly difficult time of year. We want to ensure everyone knows that help is available at HCRS. Our specially trained staff is available 24/7 to support those dealing with depression or thoughts of suicide. Give us a call.”

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Vermont State Police join Santa to bring toys to school

WESTMINSTER, Vt. – On Dec. 18, 2018, troopers from the Westminster State Police Barracks, along with Santa, delivered toys and books to the kindergarten through fifth grade students at the Kurn Hattin School in Westminster. The children shared a cookie and a story with Santa, his elf, and the troopers. This was an excellent opportunity for troopers to interact with children in a positive environment. It was great to see the joy in the children's faces as



Vermont State Police gave gifts to students at Kurn Hattin with help from the 4x4 group from Connecticut.

PHOTO PROVIDED



The Connecticut group Northeast Flatlanders donated toys back in October.

they saw us enter the room and distribute gifts. And, what was Santa's favorite memory? The young girl that was so happy with her new doll, she returned to thank him four separate times. The troopers would like to thank an off-road 4x4 group from Connecticut called Northeast Flatlanders who donated the toys during a trail maintenance day and toy drive they held in Windham County in October. Also, thank you to the Pajama Program for donating the books.

A bountiful Kurn Hattin Christmas

WESTMINSTER, Vt. – The Christmas season is a very special time at Kurn Hattin Homes for Children. In November, the children selected Christmas trees donated by Christmas Trees of Vermont. The trees were placed around the campus and decorated with traditional and handmade ornaments.

Santa Claus was seen several times this year in Bellows Falls and at the Kurn Hattin cottages. Chester Rotary Club came along with Mr. and Mrs. Claus and the Grinch to deliver gifts to all our residents.

Vermont Academy students hosted the children for a Christmas dinner. Keene Elm City Rotary club and Savings Bank of Walpole both visited the cottages they sponsor through Adopt-A-Cottage. Walgreens employees came to stuff stockings full of items donated by their generous customers.

Caroling in the nearby community took place and was reciprocated by Landmark College students caroling on the Kurn Hattin campus. The select choir took a trip to



Kurn Hattin students Christmas caroling in Walpole and Bellows Falls.

PHOTO PROVIDED

Burlington to perform. Two holiday events were performed this year by our students at the Mayo school. The children participated in a Night of Giving dinner to take pride in what they have given back to the community.

The children and staff at Kurn Hattin would like to wish each of our friends, supporters, and families a bright and merry holiday season and a Happy New Year!

Follow their journey at www.kurnhattin.org.

New Board members at Greater Falls Connections

BELLOWS FALLS, Vt. – Greater Falls Connections has announced the addition of five new board members: Scott Belt, Dan Gabry, Marty Gallagher, Kara Lescord, and Jonathan O'Connor. Returning to the board for a second term is Shelly Crawford. Annual voting for the board members was conducted during the group's June coalition meeting held at the Rockingham Free Public Library. The board members have shown a commitment to furthering the coalition's vision to build a healthy, nurturing, and supportive community.

As an organization focused on empowering youth, Greater Falls Connections is excited to announce that for the first time in the organization's history two youth members have been elected to the board. Dan Gabry and Kara Lescord are students at Bellows Falls Union High School. Both Gabry and Lescord

have been long-term volunteers for the coalition. Their work has included helping to lead the Advanced Above the Influence and Friends for Change groups.

Scott Belt is the R.N. care coordinator at Rockingham Health Center, part of Springfield Medical Care Systems. Belt has participated in Greater Falls Connections' tobacco prevention efforts over the past few years. Belt is a certified tobacco treatment specialist and assists those who are attempting to quit smoking.

Marty Gallagher is the manager and an instructor for Greater Rock Fitness. Through her work with the Bellows Falls Rotary Club, Gallagher has helped make several of the coalition's large public events successful. She has also promoted the work of the coalition on FACT TV's morning show "The Feed."

Jonathan O'Connor is an engineering analyst for LEDynamics.

O'Connor has been an active parent and volunteer with the coalition for several years. He is an advocate for the recovery movement and has volunteered at many of Greater Falls Connections' events.

Shelly Crawford has been elected Chair of the board. Crawford is in her 11th year as a family and consumer science educator at Bellows Falls Union High School. She is passionate about supporting her kids, grandkids, and students.

The mission of GFC is to connect the community of Windham Northeast by inspiring and empowering people through education and collaboration to promote wellness and prevent the abuse of alcohol, tobacco, and other drugs.



Members of the Greater Falls Connections Board are (back) Shelly Crawford, Scott Belt, Marty Gallagher, Laura Schairbaum, (front) Dan Gabry, Jonathan O'Connor, Kara Lescord.

PHOTO PROVIDED

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VA HOUSEKEEPING AID JOB FAIR

Thursday, January 3rd
3 p.m. to 7 p.m.

White River Junction VA Medical Center
Yasinski Research and Conference Center, Building 44,
215 North Main Street, White River Junction, VT 05009
GPS Address: 63 Veterans Drive, White River Junction, VT

The VA Medical Center in White River Junction, Vermont is seeking Housekeeping Aids! The VA offers a wide range of benefits, including: paid vacation and sick leave; retirement plans; health, dental, vision and life insurance; and transit and child care subsidy.

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U.S. Department of Veterans Affairs

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Financial tips for snowbirds present and future

REGION – Winter is here again, which may make you wish you were somewhere else. You might be thinking how pleasant it would be to become a snowbird and move to a warmer climate for the season. Of course, your stage of life will help determine if you are prepared to be a snowbird now or if you're just hoping to be one in the future. But in either case, you'll need to be financially prepared.

So, let's look at what it would take to be a snowbird – tomorrow and today.

Snowbird tomorrow

The further ahead you plan, the more options you're likely to have when you embark on the snowbird life. If you're going to be retired, you'll need to review all your sources of retirement income – Social Security, your 401(k) or other employer-sponsored plan, your IRA, and so on – to determine if you'll

have enough money available for your yearly snowbird trips without jeopardizing your retirement lifestyle.

Your calculations will depend on what sort of snowbird existence you have in mind. Do you want to buy a second home or just rent? Will you be gone just a few weeks each year or several months? Clearly, to ensure a successful snowbird experience, you'll need to identify your goals and create a strategy for achieving them.

Snowbird today

If you've reached a point where you can indeed make your snowbird dream a reality, and you're ready to pack your bags, you'll need to take action on some practical matters, such as these.

Secure your home. If you have a security system, make sure it's



Some snowbirds travel south to a warmer environment for the winter.

STOCK PHOTO

armed and working properly. Stop your newspapers and magazines, forward your mail, ask your neigh-

bors to remove any stray papers, flyers, and advertisements from your porch or entryway, and arrange to

have your snow shoveled.

Notify your bank. To fight theft, the fraud departments of many banks are getting more aggressive in spotting and denying unusual charges. That's why it's important to give your bank your temporary address and contact information before you leave. By doing so, you can reduce the risk of your account being frozen temporarily if your financial institution can't reach you with questions about charges from an unexpected location. You also might find it useful to open a bank account at your snowbird site.

Pay your bills. If you already pay all your bills automatically through bank authorizations, you may not have to do anything when you leave. But if you still pay some bills the old-fashioned way, with checks and en-

velopes, look for these bills in your forwarded mail.

Track your investments. You can probably track the progress of your investments online, and it's a good idea to do so, just as you would at your permanent address. Even if you're only gone a couple of months, you may need to make some investment moves, so stay on top of your accounts and contact your investment professional as needed. As always, though, don't overreact to sudden market swings – ideally, you've got long-term strategies in place that can serve your needs in most investment environments.

The life of a snowbird can be a pleasant one. So take the necessary steps before you leave – and enjoy your days in the sun.

Written by Edward Jones for use by your local Edward Jones Financial Advisor.

Check out our weekly Business Spotlight

Featured on Page 5B

Five ways technology can help you achieve New Year's resolutions

StatePoint – You may have a long list of New Year's resolutions. Luckily, these days, your efforts can be simplified with the use of technology. Check out these high-tech ways to achieve your 2019 goals.

Focusing

An ancient practice with renewed popularity today, the benefits of meditation can't be overstated. If you're resolving to meditate in the New Year, you may be hard pressed to actually go about it, particularly if you haven't meditated before. Luckily, there are plenty of handy apps available that can lead you through a guided practice. From Headspace



Have you made a New Year's resolutions list yet?

PHOTO PROVIDED

to Stop, Breathe & Think, a calmer day is at your fingertips.

Staying active

If staying active is a struggle for you, consider some wearable tech for that needed jolt of motivation. Whether you are already an outdoor enthusiast or an aspiring one, a watch that's also an activity tracker, compass, altimeter, and more is a great tool for getting active in the New Year. For example, the WSD-F30 from the PRO TREK Smart

Boosting knowl-

edge

Taking on a foreign language in the New Year is easier than ever before. Whereas in the past, you may have been inclined to buy language CDs and sit in a quiet room to study, now apps such as Duolingo are allowing language learners to squeeze in lessons and practice whenever they have downtime.

Getting organized

With tax season on the horizon, and the perennial importance of building savings and having good credit, if you resolve to organize one aspect of your life in the New Year, let it be your finances. Use next generation tools to do so, like the HR-170RC, a printing calculator, which can help you find discrepancies, keep records, and get a great start to 2019. Be sure to look for features like fast, two-color printing, tax keys, a calendar and multicolor display.

This new year, achieve your resolutions with style and ease, using up-to-date technologies to learn new skills, get organized and more.

series has Bluetooth connectivity, Wi-Fi, and enables the use of offline maps and GPS log recording for up to three consecutive days. And because it is water-resistant up to 50 meters and boasts environmental durability built to military specifications, it's a sound choice no matter what your 2019 plans include – be it mountain biking, hiking, or white-water rafting.

Making music

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SAPA TV to air "2019 Public Domain Spectacular" on New Year's Day

SPRINGFIELD, Vt. – On Jan. 1, 2019, thousands of artistic works from 1923 will enter the public domain in the United States. To be in the public domain means works can be freely copied, modified, or transformed without needing permission from a copyright holder. SAPA TV, Springfield's public access TV station, will be airing a special to celebrate this event, followed by some newly public domain silent films.

The "2019 Public Domain Spectacular" will premiere at 9:30 a.m. Jan. 1 on SAPA's Public Channel (Comcast channel 8, VTel channel 160). Encore showings will air at noon and 2:30 p.m. SAPA TV serves the towns of Springfield, Weathersfield, Chester, and Charlestown, N.H.

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LOCAL HISTORY

BY RON PATCH

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

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

Cold days and the CCC



Windy Hill in Cavendish owned by Philip Tiemann, circa 1936.

PHOTO PROVIDED BY PETER FARRAR

Below is a story written by Philip Tiemann of Cavendish. You may recall previous stories written by Tiemann. Philip and his wife Isabel had just moved from the city to Cavendish in 1933 knowing nothing about country life. This story takes place in the winter of 1934. It was written in the late 1950s or early 1960s.

"It was a nasty, cold, sleety day when Isabel took several women to a meeting in Woodstock, returning about dusk. Thankful that she was safe, I ran the car into the carriage house as usual and closed the doors. - Next day was fair and I wanted to go to the village, but when I started the car it began to overheat immediately, and I discovered there was no water in the radiator. Further, when I poured water in it soon began to trickle out. Even then I didn't suspect what was wrong.... But it turned out that the cylinder block had frozen and cracked during the night. Not being able to afford to have a new engine installed, I ordered a new block from the catalog and began to strip the old motor for removal only to be interrupted by weather too cold to work outside. So it was lucky we had a horse, as we had to depend upon him all winter. - Now I keep anti-freeze in the car year 'round.

"Fortunately a man was available to shoe horses, so I had him come up and fix Dan with 'winter treads' so to speak, - calked shoes (that is, with moderately sharp projections) to prevent slipping on the ice.

"As things turned out it may have saved us trouble not having

the car that first winter, - the worst in my memory even today. Being new to this climate, and not the best of drivers, with no experience whatever on snowing roads, nor yet with starting a motor when the temperature hovered near zero for days and was colder at night, we'd have been out of luck 'irregardless,' as they say up here. And the situation became impossible when the town plow broke down and the roads were impassible for cars, drifted deep in several spots where they passed through "cuts." So, we made the best of it by going when we must in an old sleigh behind Dan, and might even have enjoyed it if our financial situation had been less pressing.

"Perhaps we remained cheerful because we had expected nothing less than a severe winter. Indeed we were rather surprised that some of the neighbors made more fuss than we did, and remained holed up near the stove on days we were going out. - But that is getting ahead of the order of events.

"Despite our problems, I realize as I look back that every time we apparently had reached the end of our rope something happened to enable us to keep going. So it was at that point: my neighbor came in one morning with the announcement: "They're going to build a new CCC camp over to Proctorsville, and want to hire carpenters and helpers. I'm going to try for a job, and why don't you?" "Some carpenter I'd be. And how do I get there, walk?" I asked sourly. He grinned. "They'll be taking just about anybody, and if you apply as my helper no one will know the difference. I'm going to drive the horse, and you can ride with me if you want."

"Both Isabel and I were dubious,

but our friend proved to be right: we were in a long line of applicants and were duly signed up. This was at the time when the Civilian Conservation Corps was well established and many groups of young men, organized in camps on somewhat of an Army basis and in many cases commanded by Army Reserve officers were being usefully employed on various conservation projects. The Proctorsville camp was laid out for a number of long, single story wooden barracks, a mess hall, and administration buildings, all of very simple construction. While one crew was putting in foundations others were building framework for the sides; these were pushed up very much on the order of an old-time barn-raising and as soon as they were secured the sheathing started while the rafters were being nailed in place. Flooring and window and door frames quickly followed.

"So I spent about a week turning out even earlier than usual in the morning in order to be ready when my friend drove by, - taking the five mile ride in the sleigh, working all day in the open regardless of weather, and then making the long trip home. I wasn't yet hardened to that type of life and lasted just one week before coming down a terrific cold which kept me in bed for some days; and then I was in no shape to go back to the job...."

This week's old saying is from my mother regarding someone who claimed to have changed their ways. "You can't change the spots on a leopard."

Remember when...



WESTON, Vt. - Do you remember the Weston Old Home Day on the Green? The first Weston Old Home Day was in 1853. This one pictured dates from the period when horse-drawn carriages were competing with the new self-propelled vehicles. The size of the crowd suggests that the speaker is much more than a local

dignitary. If you have any more information on this photo, or the Weston Old Home Days, send us an email at ads@vermontjournal.com.

PHOTO PROVIDED BY BOB BRANDT

New England Coalition receives seed money to green Vermont Yankee site

BRATTLEBORO, Vt. - The New England Coalition on Nuclear Pollution Inc. has recently received \$5,000 from the Lintilhac Foundation. These funds support the coalition's new Vermont Yankee decommissioning effort titled, "The Greening of Vermont Yankee."

"Decommissioning can be adequate or it can be thorough," said Ned Childs, NEC board president. "The NEC wants to support a thorough outcome that respects the land and benefits future generations."

Without intervention, there may be little left of the historically, culturally, and environmentally sensitive property. Without caring community stewardship, the land under the former nuclear plant will be turned into an industrial brownfield.

With the community's help, brown can become green. NEC's two-pronged "greening" project will supply technical expertise and community outreach.

First, the technical expertise. NorthStar has agreed to collaborate with NEC and other interested stakeholders in forming a decommissioning advisory working group. Together, the stakeholders will work with NorthStar throughout the decommissioning to ensure the site is cleaned up to the best achievable level. NEC's aim for a state-of-the-art clean up of the VY site is that the site will meet or exceed the stringent radiological clean up standards achieved at the other original "Yankee" plants in Connecticut, Maine, and Massachusetts. NorthStar has already agreed to try to meet those standards; reducing residual radiation levels to less than half of federal limits.

Next, the NEC will initiate a campaign to elevate NorthStar's, state agencies', and the public's perceptions of the plant site. Right now, the VY site is generally viewed as inert disposable land; something to be

commercially exploited.

After outreach and education, NEC's hope is that public stakeholders will come to see the land as a cultural and environmental inheritance for this and future generations. NEC hopes to weld the former Vermont Yankee site into a growing consciousness of stewardship for the entire Connecticut River Valley.

In coming months, NEC will invite like-minded organizations, including Connecticut River-oriented associations, environmental groups, historical preservation interests, and civic groups to participate in formulating the project through community dialogue. According to Childs, it is hoped that the resulting first product of the new project will be a prospectus titled, "The Greening of Vermont Yankee."

"We really appreciate the confidence Lintilhac has placed in us," said Childs. "This grant allows us to start this project."



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opinion

Letters to the Editor

Dear Editor,

How much money is enough? Do you really know what your money is doing? What story is your money telling about what you care about? Is your money invested in things that work against what is most important to you – just for the highest financial return? What can we do now to affect 500 years from now? Will there be a 500 years from now at the rate we're going?

These are just some of the questions I heard recently that are now swirling around in my head as part of a new program at RSF Social Finance for financial practitioners who want to focus on integrated capital. I'm excited to be one of 24 fellows accepted to RSF's Integrated Capital Institute, an intensive nine-month program designed to provide the connections and strategies practitioners need to help values-driven philanthropists and investors deploy capital for lasting social and environmental benefit.

RSF Social Finance has modeled this approach for over 30 years and is now taking the lead to teach others. Over the coming months, I'll learn about RSF's integrated capital ap-

proach: the coordinated use of diverse forms of capital including loans, loan guarantees, investments, and grants, network connections, and advisory services to support enterprises that are solving complex social and environmental problems. And, I hope to bring back to Vermont a network of people who are fundamentally rethinking the purpose of wealth and investing.

In an effort to share my experience and hopefully continue to pay it forward so others can learn, I'd like to share some key takeaways from the first gathering recently held at Pacifices Ranch, Calif.

Topsoil is our collective lifeblood. We're losing it around the world at alarming rates due to industrial farming, chemicals, development, and more. If the current rates of degradation continue, all of the world's topsoil could be gone within 60 years. Why should we care? Soils play a key role in absorbing carbon and filtering water. Soil destruction creates a vicious cycle, in which less carbon is stored, the world gets hotter, and the land is further degraded. What world are we

leaving for our children? Our children's children? We can do better, we know how to do better, we just don't want to pay for it.

There is a long history of blood on our money. Wealth was built off the backs of others. Think slavery, think indigenous people being driven from the land they lived on and off of but did not claim rightful ownership. Inequality grows.

Our financial system is made to keep growing. There is no practice in our current system that tells us "we have enough" or "we have too much." But, we all know, don't we, that the human species cannot continue to grow, and take indefinitely from our single planet with finite resources? In order for our species to survive long-term, we need to repurpose our money in a more regenerative way, towards the general good. Investments can be direct, personal, transparent, and need to be made in a way that supports the long-term sustainability of our species.

The economics of mutuality is gaining momentum. This is a system that optimizes for natural and human cap-

ital, is built on trust, has a capacity for collective action and social cohesion, creates a win-win for those involved, and is just good business. Google "Mars Economics of Mutuality" to learn more.

According to Joel Solomon, author and prosperity coach, \$50 trillion will change hands from boomers to millennials in North America alone by 2050.

"It will remake the world," said Solomon. "We are ancestors of the future. We must know what our money does to people and places, then take actions to align our dollars with our values."

Capital is waiting to be unleashed. It is my hope that we can take action to use it wisely and create a more just, fair, and sustainable world. It's what I owe my children and their descendants. It's not just about me – it never has been.

So... what will you do with this one precious life?

Sincerely,
Janice St. Onge
President, Flexible Capital Fund

Just Like Cats & Dogs

by Dave T. Phipps



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Dear Editor,

I started my career in corrections in 1972 at the Vermont State Prison in Windsor, Vt. It was a harsh and brutal environment. I then worked at the Windsor Prison Farm (SESCF) for more than 32 years in a number of different capacities. My first 13 years at SESCFC were as a CSS or in other words a caseworker. I was impressed by the humane and productive environment at SESCFC and was especially impressed with what a powerful incentive meritorious and statutory good time provided. In order to earn meritorious good time, the residents had to work and attend programming designed to reduce recidivism. We offered programs such as AA, cognitive self-change, thresholds decision-making, and the vanguard pro, which was by far my favorite.

The 2005 truth in sentencing legislation took away the incentive for offenders to change to a more pro-

ductive lifestyle and greatly diminished the effectiveness of our correctional system. A few years back I was told by one of our state senators that such good time was too difficult to compute. I must admit that the process mandated that caseworkers remain aware of what everyone on their caseload was up to and compute good time every month, but I truly believe that the effort was a good investment. The truth is that technology has improved so much since those days that it would be much easier to accomplish in the present day.

I strongly urge that those involved in Vermont state's government to do what is necessary to restore statutory and meritorious good time.

Sincerely,
Joseph F. Hammond
Belmont, Vt.

Dear Editor,

Throughout the course of this year, I have had the opportunity to meet many first-responders in the fire service, emergency medical services, law enforcement, and emergency management through the Governor's Capitol for a Day initiative. I continue to be humbled and awed by your service and commitment to your communities.

As 2018 ends, I would like to say thank you to responders and those who support them for all they do.

No one becomes an emergency responder to get rich. In fact, most responders are not paid for the time they spend responding to emergencies, nor for the countless hours they spend training for that purpose.

Most people know there are very few paid firefighters or emergency medical technicians

in Vermont. Most departments are run by volunteer chiefs and staffed with volunteers who are willing to donate their time. Volunteer and career firefighters, police, EMTs, and other professionals not only respond to emergencies but go through hours upon hours of training to ensure their own safety and the safety of those they serve.

The same goes for the voices on the other end of the line when you call 9-1-1. Emergency communication dispatchers work in a high stress environment every day; and these highly trained professionals perform their duties with distinction.

The families of these responders also play an important role, holding down the fort at home during emergencies that sometimes happen at night, on weekends, or during holidays, often without much notice.

Others give their time in the name

of public safety in other ways. Every municipality in Vermont has an emergency management director or coordinator who is directly responsible for the organization, administration, and coordination of local emergency management. EMDs work to ensure disaster responses in their town are coordinated, and that the town has the physical tools it needs to respond to any number of emergencies.

The Department of Public Safety understands the sacrifices of responders and the importance of supporting them. Vermont Emergency Management and the Division of Fire Safety facilitate and conduct free trainings throughout the year and administer federal grants for response organizations. The Vermont State Police, through the state Homeland Security Unit, also provides funding so response agencies can equip themselves to

protect the lives of the public.

Most firefighters and EMTs in Vermont are volunteers, and more are always needed. I would be remiss if I didn't encourage anyone who has ever thought about finding a role in emergency response to reach out to her or his local fire department or ambulance squad. You could support the department administratively, work on vehicles, maintain equipment, or attend to other duties depending upon your department's specific needs.

Once again, on behalf of the entire Department of Public Safety, I express my sincere gratitude to all emergency responders for the work you do and the sacrifices you make. We are all better off for your efforts.

Sincerely,
Thomas Anderson,
Dept. of Public Safety Commissioner

Op-Ed: Destiny or debatable?

So, another inn in the greater Londonderry area has closed its doors. An all too familiar sight these days. By my count, the area has lost at least eight inns over the past few years. Some remain abandoned, deteriorating properties. That's eight once thriving businesses that paid sales, payroll, and real estate taxes along with providing approximately 100 jobs for the local community who then paid income and real estate taxes, etc.

Juxtaposed against this alarming trend, we also recently saw three new what the state has classified as "internet-based short-term rental" properties appear. Some might call this trend the inevitable "creative destruction" that always follows technological advances, but they would be sorely mistaken. This is destruction, pure and simple. There is nothing "creative" about it. And, what should be most distressing to the general population, it is being done with the tacit approval of the state of Vermont.

We have all heard of AirBnB, the most popular and ubiquitous of the "internet-based short-term rental" websites. Others include FlipKey, HomeAway, and VRBO. Their business model, if you will, is simple "granny aging in place." Grandpa has passed, the kids are all grown and living elsewhere, and granny needs the additional income that "home sharing" provides to help make ends meet. Nothing succeeds like tugging at your heartstrings! I'm all for it.

The problem is, that's not the reality. And the local communities are paying the price for this "bait and switch."

The truth is, in the state of Vermont, over 75 percent of the "internet-based short-term rentals" are not "granny aging in place" but second homes. Even more distressing, some are full-scale businesses run by an out-of-state rental agency. They are not registered with the Vermont Secretary of State. They neither collect nor pay the Meals and Rooms Taxes required, and they are completely unlicensed and unregulated as the traditional inns and B&Bs are.

I recently read a piece in a local weekly where AirBnB bragged about the \$850,000 per year in sales taxes it has provided to Vermont over the last two years. Unfortunately, that number pales in comparison to the amount of tax revenue the state has lost due to the wanton destruction of the country inn and B&B industry throughout the state.

By my reckoning, just the eight inns that have disappeared in the greater Londonderry area provided the state with approximately \$400,000 per year in tax revenue. Multiply that amount by the number of other local areas that have experienced the same destruction? You get the picture. The amount of lost revenue is far greater than that provided by AirBnB, who, I might add, is the only internet-based rental site to date that provides any tax revenue to the state.

Additionally, the money generated

by these rentals is not circulated locally as it is with traditional inns and B&Bs. It's deposited in out-of-state banks and spent in those communities, not where the rental is located. Even more distressing, add to that the many jobs lost, never to return, and you start to get a complete picture of the destructive effect this trend has had on the local communities.

Now, consider how those few internet-based short-term rentals that do provide some tax revenue to the state really work. As I have been informed by those who use these sites, when you first rent a property, you are provided the cell phone number and email address of the property owner. If all goes well, the next time you rent, you can bypass the internet site altogether. The owner will even reduce the price, making more money in the process. No 3 percent to the website owner, and no 9 percent to the state. And the state has no ability to audit these rental companies.

Vermont has always had a healthy home rental business. But it was limited by law to seasonal rentals of at least 30 days. Ski season condo rentals, summer vacation rentals, etc. The local inns and B&Bs dealt exclusively with the short-term rentals – weekends, holiday periods, etc. Both existed side by side to the benefit of the local community and state coffers. Then, for some unknown reason, the state became mesmerized by the ability of the internet to make rental properties more easily available to more people and concluded a new business model had been in-

vented. Not quite. It's the same old business model, just with some new bells and whistles.

If all this sounds like sour grapes, rest assured it isn't. All the hospitality industry has asked of the state of Vermont is a level playing field. We are all for helping granny age in place, and local families that need the extra income participating in "home sharing," as long as it really is their home and not a vacation house they just don't use as much as they used to. We only ask that they regulate the "internet-based short-term rentals" that are not a primary residence the same way they regulate traditional rental properties.

After all, we too qualify as "internet-based short-term rental" properties. The whole purpose of state regulations in the first place was to ensure the travelling public that local inns and B&Bs in Vermont met a minimum standard of cleanliness and safety that would be reassuring to them.

For some unknown reason, that rational thinking is now out the window. Unless, of course, you are a traditional inn or B&B. Then all the seemingly rational requirements still apply to you. But, not to the out-of-stater who owns a vacation home across the road from your property and doesn't seem to use the house as much anymore and now has it listed on one of the internet sites for some additional income. You get the picture.

Written by Tom Checchia, Landgrove, Vt.

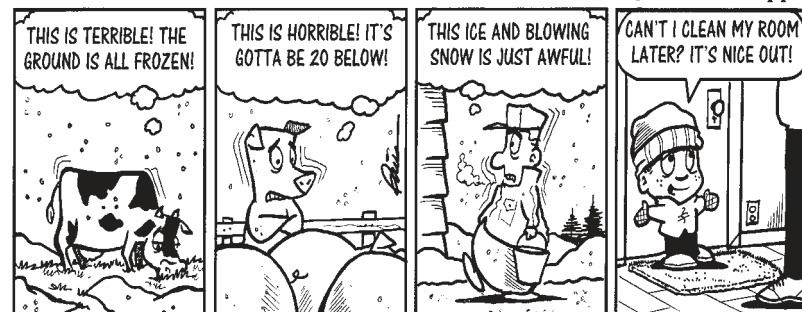
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Amber Waves

by Dave T. Phipps



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church services

ALSTEAD, N.H.

Third Congregational Church UCC, River St.

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

ASCUTNEY, VT.

Brownsville Community United Methodist Church, 66 Brownsville-Hartland Rd.

Sunday worship 9:30 a.m. followed by fellowship and refreshments. Nursery care provided during church service for children 5 years and younger. ADA accessible. Call 802-484-5944, email bcchurchvt@gmail.com, or go to www.brownsvilleumc-vt.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.

Immanuel Retreat Center, Currier Hall, 12 Church St.

Celtic worship service at 7:30 p.m. on Thursdays.

Immanuel Episcopal Church, 20 Church St.

Holy Eucharist Services are offered at 8 a.m. (quiet service) and 10 a.m. (with music) every Sunday. Immanuel Church is handicap accessible.

Christ's Church, 24 Main St., Saxtons River

Sunday Service is 10 a.m. Service is followed by a potluck luncheon. For more information, call 802-376-6178. All welcome.

CAVENDISH-PROCTORSVILLE, VT.

Holy Name of Mary Catholic Church, Main St.

Sunday Mass at 9:30 a.m. Call 802-228-3451.

Gethsemane Episcopal Church, 89 Depot St. Proctorsville

Join us for worship Sundays at 11 a.m. followed by a coffee hour. For more information, call 802-226-7967 or go to Facebook @GethsemaneVT.

CHARLESTOWN, N.H.

Holy Resurrection Orthodox Church, 99 Sullivan St., Claremont, N.H.

Saturdays at 6 p.m. and Sunday at 9:30 a.m. 603-542-6273; frandrew@tregubovstudios.com; hroc.org.

Charlestown Congregational Church, 71 Main St.

Sunday service on starts at 10 a.m. All are welcome. For more information, call 603-826-3335.

CHESTER, VT.

St. Joseph's Church, 96 S. Main St.

Mass at 4 p.m. on Saturday and Thursday at 9 a.m. Confession from 3 – 3:30 p.m.

First Universalist Parish of Chester, Rt. 103. 211 North St.

Sunday service is at 9:30 a.m. Sunday service is between September and June, followed by light refreshments and conversation. Free child care available for children under 5. The building is handicap accessible with an elevator to the downstairs. More at www.chestervtuu.org or 802-875-3257.

Andover Community Church, 928 Weston-Andover Rd.

Sunday school at 9:30 a.m. and worship service 10:45 a.m. For more information, go to www.andovercommunitychurch.org.

Chester Baptist Church, 162 Main St.

Sunday school at 9 a.m. for children and adults. Sunday service at 10:30 a.m. Childcare is provided for toddlers through pre-school. Youth group meets Thursdays at 6 p.m. and prayer meeting at 6:30 p.m. Parking is on the street or in the lot at the rear of the building. Wheelchair accessible. Call 802-875-2638. Email churchoffice@chesterbaptist.org or visit www.chesterbaptist.org.

GRAFTON, VT.

The Grafton Church (UCC and ABC), 55 Main St.

Worship begins at 10 a.m. All are welcome!

LONDONDERRY, VT.

The Village Church, 35 Church St., Belmont, Vt.

The Sunday service and children's church is at 9:30 a.m. Contact 802-259-2440; vbch.weebly.com.

Second Congregational Church of Londonderry, 2051 N. Main St.

Worship service is at 9:30 a.m. Sunday school and child care available. For more information, please call the church office, 802-824-6453 or go to www.2ndcongregationalchurchvt.org.

LUDLOW, VT.

The United Church of Ludlow (UCC and Methodist), 48 Pleasant St.

Sundays starting at 10:15 a.m. followed by a time of fellowship and coffee hour. Call 802-228-4211 or email unitedchurch@tds.net. Visit us online at www.unitedchurch.us.

Ludlow Baptist Church, on the Green, 99 Main St.

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

SPRINGFIELD, VT.

Calvary Baptist Church, 156 Main St.

Sundays at 9:30 a.m. Sunday school starts at 11 a.m. We invite you to join us for worship and fellowship. Or feel free to come by one of our events during the week. For more information, call us at 802-885-2349 or go to www.calvarylovespringfield.com.

Church of Christ, Rt. 11, 972 Chester Rd.

Sunday school starts at 10 a.m. Worship service at 11 a.m. Wednesday Devotional is at 6:30 p.m. Enter through the back downstairs door. Check out the Facebook page: Springfield Church of Christ.

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.

First Congregational Church UCC, 77 Main St.

Worship for all ages begins at 9:30 a.m. with young people leaving for church school after the children's sermon. All are welcome to join us. Call 802-885-5728, email fcucc@vermontel.net, or go to www.fcuccspfvdv.org for additional information and directions.

Springfield Assembly of God, 269 River St.

Sunday school at 10 a.m. Sunday service begins at 11 a.m. Sunday evening service at 6 p.m. Wednesday Bible study for all ages at 6 p.m. The church also has a bus to pick up children for Sunday school. Call anytime during the week to schedule a pick up. Call 802-885-4261.

St. Mark's Episcopal Church, 33 Fairground Rd.

Holy Eucharist, Rite I is at 7:30 a.m. on Sundays. Holy Eucharist, Rite II is at 9:30 a.m. For more information, call 802-885-2723.

Unitarian Universalist Church, 21 Fairground Rd.

On Sunday, Dec. 30, at 10 a.m., we will hold our annual Fire Ceremony with JoAnn Gaffron-Hargrove. Our traditional Fire Ceremony will help us prepare for the New Year. After a reflection on "Our Attitudes toward Time," we will use the cleansing fire to rid ourselves of those things which burden us and we wish to be rid of for a new start. Then each of us will write a list of intentions for the new year and seal them in a self-addressed envelope. This will be returned to you in the fall of 2019. Each person will light a candle of love and hope for the New Year. All are welcome. Call 802-885-3327 or go to www.uspringfieldvt.org.

United Methodist Church, 10 Valley St.

"Ugly Sweater" Sunday worship is Dec. 30 at 9:30 a.m. Feel great on the inside while wearing an ugly sweater on the outside to worship. Awards, prizes, fellowship, and refreshments after service. Service by the Rev. Gerry Piper. For more information, call 802-885-3456.

WALPOLE, N.H.

St. John's Church, corner of Westminster and Elm St.

Sunday school at 9:45 a.m. Services begin at 10 a.m., followed by coffee hour. For more information about Art After School program, our outreach efforts, call 603-756-4533.

First Congregational Church of Walpole / United Church of Christ, 15 Washington Sq.

Sunday service is at 10 a.m. Sunday school at 10 a.m. with coffee hour at 11 a.m. Wheelchair accessible with ramps and elevator. Call 603-756-4075 or email walpolechurch@yahoo.com.

Walpole Unitarian Church, corner of Union and Main St.

Sunday Service begin at 10 a.m. Minister is Rev. Elaine Bomford who will be present twice a month. The first Sunday of each month is Family First Sunday with breakfast and spiritual activities for the whole family. Check www.walpoleunitarianchurch.org.

WESTMINSTER, VT.

Christian Family Circle Chapel, 1512 Back Westminster Rd.

Sunday song service begins at 10 a.m., Sunday school at 10:30 a.m. Fellowship lunch on first Sunday of each month. Non-denominational. Visit www.christianfamilycirclechurch.com and like us on Facebook.

The First Congregational Church of Westminster, 3470 US Rt. 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.

WESTON, VT.

The Old Parish Church, 644 Main St.

A diverse, informal, & welcoming congregation. Sunday service begins at 10:30 a.m. Coffee and social time follows. For more information, contact Jon Bliss, minister, at 802-824-4452 or email easthillfarm@vermontel.net.

A letter of gratitude for Wreaths Across America Day

Dear Editor,

Fellow residents of Bennington and the surrounding area, we at the Vermont Veterans' Home want to thank you for participating in this year's National Wreaths Across America Day at the Vermont Veterans' Home. Each December on National Wreaths Across America Day, the mission to remember, honor, and teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as over 1,400 additional locations in all

50 U.S. states, at sea, and abroad. The weather was much better than the past several years, yet you hardy Vermonters would have participated anyway! Around 400 of you joined in honoring those who had served our great nation. For the second year in a row, we had enough wreaths to lay a wreath, call out the veteran's name, and salute all veterans interned at our Vermont Home. Thank you to Amy Maroney and her team for spearheading this amazing and

never to be forgotten accomplishment.

This was our largest turnout ever, we are extremely grateful for you setting aside time during your busy holiday schedule to join us. Several youth groups, Boy Scouts, Girl Scouts, and church groups were in attendance, along with members of the VFW, American Legion, Lions Club, and some I am sure I missed. We appreciate our state representatives who also joined in, Mary

Morrissey, Tim Corcoran II, and Representative-Elect Chris Bates.

You all attended not to "decorate graves," but to commemorate their sacrifice and dedication to these United States and to the cause of everlasting freedom.

A deep thanks to all who attended.

Semper Fidelis
Colonel A. M. Faxon Jr.
Vermont Veterans' Home
Bennington, Vt.



Over 400 people gathered for the event.

PHOTO PROVIDED



Remembering fallen soldiers on Wreaths Across America Day.

PHOTO PROVIDED



Placing wreaths on all of the headstones at the Vermont Veterans' Home.

PHOTO PROVIDED

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ANSWERS TO TAKE A BREAK!

— Weekly SUDOKU —

Answer

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

— King Crossword —

Answers

Solution time: 25 mins.

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

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 and Cheer this
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THIS AND THAT

BY BILL MURPHY

The Vermont Journal & The Shopper

It's only fitting that I will be giving out gifts today. It's time to announce the winners of the 8th annual Dari Joy Baseball Contest. And this year's contest was a humdinger.

When I advertise our contest each year, I emphasize that there are tiebreakers involved in the contest, and they are very important in the chase for the top six positions, which are all awarded prizes. This time, wow-eee, five of the six winning spots were decided by tiebreakers. There was a tie for first, and there was a tie for fourth. Only the third place finisher stood alone. We've had exciting things happen in this contest in years gone by, but this was something else.

Once upon a time, I was an educator. Every year when I sit down to figure out who won the contest, it reminds me of correcting papers. I get out my red pen and go to work. Although each entry only takes a minute or two to score, it ends up feeling like you are correcting a term paper. Adding up the numbers can be exciting, but the accumulation of figures can also prove to be mind-boggling.

I start work on the pile on the right side of my desk and once I have graded (scored) the entry, I put it in a pile to my left. I actually file that pile in regards to the number of points scored. I always keep the entry with the most number of points on top and the one with the lowest amount on the bottom and then keep all the others with points from highest to lowest in between. It's like watching a game play out. Or probably more appropriately, something like a track meet. You may not lead the entire race, or you may not be last the whole race, but then again you might be.

North Walpole's Charlie O'Brien is known to many of our readers as a darn good little league coach in Bellows Falls for years and years. He still goes to area sporting events and loves competition. He has entered the contest for years with a rhythm of consistency developed over the past three seasons. He has never been good enough to win, but he finished in the money three years in a row. The past three years, he has placed sixth, sixth, and sixth. That certainly is consistent.

This time he had to go to extra innings with a tiebreaker deciding top dog, but O'Brien took top honors narrowly turning back Ian Clark of Weathersfield. The two tied for first place with 21 points – one point less than the 22 Clark collected one year ago when he won the 2017 title.

The common thread that drove both participants to the extra inning competition was they were two of only three who picked the Red Sox to be World Champions. Once they landed in a tie, the contestant who is able to select the most last place teams in their division correct is the winner. This is the criterion used as the first tiebreaker, and they both had three correct. Then moving up the ladder to fourth place choices, O'Brien cleaned up, having three correct on his entry to Clark's one. The success of Philadelphia and the lack of success by the Los Angeles Angels did Clark in for that tiebreaker round.

There is no reason to feel sorry for Clark. If he had won, he would have become the second two-time winner – Newport's Danny Budd, 2011 and 2015 – in the contest's history, and the first back-to-back winner.

Clark has finished in the money an amazing five times in the contest's eight-year history. The only other competitors to reach the top six more than two times are Putney's Lewis Clark and Langdon's Greg Chaffee, who both have finished in the hierarchy three times. Clark previously had a second and a fourth place finish while Chaffee had a third, a fourth, and a fifth. Thus, Clark has had more success than anyone else overall since the Dari Joy Baseball Contest was introduced back in 2011.

I mentioned previously that the third place winner finished alone in their position, and it was Clark. His 19 points left him two short of the winners above him but also three points ahead of the three who tied for fourth.

Seventh place doesn't matter, but eight competitors totaled 15 points and another six finished with 14 points. Thus, 14 more entrants were within two points of the top six.

The reason for Clark's high finish was based, like the top two, on the 2018 success of the Boston Red Sox. Clark didn't pick them to win – if he had, he would have vaulted past the top two finishers – but his selection of the Sox for losing in the World Series gave him four points and pushed him out of a nine way tie for sixth. Clark tabbed the Washington Nationals to win the

World Series. The number one choice in this year's poll to be World Series champion was Houston by a landslide with Washington next by another landslide.

Now on to the three-way tie for fourth. One of those in that mix understandably is the other contestant who tabbed the Boston Red Sox as World Champion. When one obtains seven points for such a selection with the next highest point total awarded being the four for selecting the World Series loser – you also receive four points if you choose a team to win the World Series and they lose – and you only garner three points for the choice of a division winner, those seven and four point awards, usually go a long ways towards determining champions.

Willie Moore, former Bellows Falls long distance running standout, was the one who placed fourth, but not before a round of the tiebreaking process was gone through. Moore correctly tabbed four of baseball's last place teams, while both the other contestants he was tied with selected three. This is Moore's first time in the top six.

By the way, for the second straight fall, Moore ran cross country for the University of Colorado in Colorado Springs, who was ranked 16th in the nation in Division II. Moore, a sophomore scored points for his team's fifth place finish in the Division II Southwest Regionals finishing 47th of about 200 runners. He was fifth on his own team as well.

Another youngster, Kyle O'Brien of Sunapee, N.H., finished fifth. This is Kyle's first trip into the top six, but his dad Mike O'Brien of North Walpole won the contest back in 2013 with the highest point total ever collected at 26 points. Mike O'Brien also finished third the first year of the competition.

Kyle played high school baseball at Kearsarge. Kyle's fifth place tie originally was with Ron Logerfo of Charlestown who was a second place finisher in 2012. Both O'Brien and Logerfo totaled the 16 points and chose three last place teams in the first tiebreaker. The second extra frame found O'Brien selecting three of the games fourth place finishers correctly and Logerfo one.

Both in-house competitors Dari Joy owner Rich Demuzio and sports editor Bill Murphy were defeated by Charlie O'Brien so the contest money prizes were doubled. There is a Dari Joy certificate of each of \$100, \$50, and \$30 awarded as well as three Red Sox autographed baseballs. Usually the food prizes are claimed first, but last year a couple of baseballs were selected before the monetary prizes were gone, so we will have to see.

Don't forget, you can be a part of the fun next spring. The 9th annual contest will open in mid-March. Have your selections ready.

Springfield girls basketball



The Springfield girls' basketball team has split its first two games this winter. They opened by defeating Oxbow 58-41, but then dropped a nail biter 37-36 to Randolph. Hannah Crosby is shown about to score two points in one

photo, while Julianna Albero-Levings shows off some of the tough defense the team plays in the second one.

PHOTOS BY DENISE HUNTER

Springfield boys basketball



The Springfield boys' basketball team is off to a 1-4 start this winter. They started slowly losing to Fair Haven, Randolph, and Bellows Falls in one-sided games but then played much better in the Green Mountain Holiday Tournament, bowing to Mount Saint Joseph 67-57 before defeat-



ing Twin Valley 57-49 in the consolation game. The photos show Brenden Dwinell setting up the offense and Noah Zierfus driving to the hoop in early season play.

PHOTOS BY DENISE HUNTER

Stratton is for learners

STRATTON, Vt. – Stratton has been the epicenter for Olympians, weekend warriors, and locals since the 1960s. This winter, southern Vermont's highest peak wants to take "never evers" of all ages and make them snow sport lovers.

January is Learn to Ski and Snow-

board month nationwide, and there's no better place to learn a new sport than the slopes of skiing and snowboarding's original state. On Friday, Jan. 11, Stratton wants to get as many beginners as possible on snow to learn how to ski or ride.

"We want to instill a passion for

the sport from day one," says Duane Stutzman, director of Stratton Mountain Sport School. "Participants will have a blast learning new skills and meeting new friends. A fun nurturing and safe environment ensures that they develop an appreciation for the mountains and a love for skiing

and snowboarding."

For those looking to enter the snow sports community, join in the fun Jan. 11 with a Learn to Ski/Ride package, which includes a 1.75-hour lesson from a Stratton Mountain Sports School professional, complete and freshly tuned rental package, and a learning area lift ticket. To book, visit www.stratton.com.

Throughout the month, Stratton

is also participating in Ski Vermont's beginner lesson package, which includes a beginner area lift ticket, lesson, and rentals. At Stratton, this program is open to new skiers and riders ages 13 and up, and is unavailable Jan. 1 and Jan. 19-20. For more information, visit www.skivermont.com.

Stratton is focusing on beginners of all ages throughout the season this year by offering the same Learn to

Ski and Learn to Ride programs any day, all season long. For those looking to explore Stratton's peak and see all the terrain that awaits them, an all mountain access ticket can be added to the program for an additional fee.

No matter ability or age, lessons are a great way to have more fun and learn to be more efficient, and less tired for après, in your skiing and riding.

Safety month at Stratton Mountain

STRATTON, Vt. – Here at Stratton, skiing and snowboarding is the name of the game and knowing how to navigate the mountain safely is key to having a great day on the slopes.

Safety Month is January, and Stratton is offering skiers and riders a limited edition bear paw sticker for completing the Mountain Safety Passport program. To participate, watch Stratton's new safety video at www.stratton.com, complete the In Case of Emergency contact form, and head to the Carlos Otis Clinic to pick up the prize. Getting hurt is the quickest way to ruin a day on the hill.

Stratton's innovative "Play Safe, Play Smart, Enjoy the Mountain" campaign earned a National Ski Areas Association Safety Award. One of eight ski and snowboard areas to earn the award, Stratton's program incorporates clear, easy to understand messaging of the Responsibility Code.

Whether alpine skiing, snowboarding, telemarking, cross country skiing,

or using adaptive equipment, showing courtesy to others and being aware of the risks taken while on the mountain is one step in knowing Stratton's responsibility code. The code is as follows:

- Always stay in control so that you are able to stop or avoid other people and objects.
- People ahead of you have the right of way. It's your responsibility to avoid them.
- You must not stop in an area where you are obstructing a trail or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride, and unload safely.

Vermont state law requires that you give your name to a ski area employee before you leave the vicinity if you are involved in a collision resulting in an injury.

Previously Stratton has required skiers and riders to attend a safety awareness session to earn access to a pro-level terrain park, designed and built in collaboration with two-time Olympic medalist Ross Powers. Stratton has received an additional six National Ski Areas Association Safety Awards for comprehensive programs and innovative initiatives, including the terrain park safety education session.

The goal of Stratton's safety team is to provide snow sports lovers with all of the necessary tools to ensure the best time on the mountain. A little bit of caution and knowledge is the key to a great day on snow.

For questions and media inquiries, please email Alexandra Malloy at amalloy@stratton.com.

Springfield's varsity wrestlers battle in N.Y.

SPRINGFIELD, Vt. – Some of the toughest competitors in the area battled it out on the wrestling mats in Granville, N.Y., Saturday, Dec. 15. Springfield's varsity grapplers stepped up to the challenge and tested their mettle.

Jeremy Curfman, new to the sport this year, landed a solid win in his first-ever match. Skyler Wallace nailed a sweet win against his opponent from Mt. Abe; Brandon Bennett fought hard to earn his third-place spot on the podium, and teammates Tim Amsden, Skyler Congdon, and Bryan Stafford all faced down

tough opponents during the long day.

Coaches Don Beebe, Floyd Buck Jr., and assistant coach John Stafford were all extremely pleased with the effort put forth by the high school crew and look forward to more hard work on the practice mats.

Watch the team's Facebook page, www.facebook.com/SpfldVTWrestling, for updates, videos, and more announcements as the team hosts dual meets in January at Park Street School.



Brandon Bennett and Coach Don Beebe. PHOTO BY CATHERINE BENNETT

art & entertainment

The Claremont Repertory Theatre Group announces first improv showcase

CLAREMONT, N.H. – The Claremont Repertory Theatre, known for their fantastic performances in scripted theater, are taking a new step in evolving their craft and educating the young minds who participate.

With young comedic genius Craig Woodbury taking the helm, the Rep has left this first performance in good hands. Craig Woodbury is known for having people in stitches of laughter with his performance as The Bishop of Hereford in the Reps' performance of "Robin Hood." He has also proven to be a leader with stints as the director of the Reps' performance of "Grease," and as the

current vice chair of the Repertory Board.

This evening of improv will be coming to the Claremont Opera House, Saturday, Jan. 12 at 7 p.m. And in the spirit of COH's own Cafe 58, there will be seating provided on the stage itself for a more intimate feel with food and drink available for purchase as well. Admission is first come, first serve. Don't miss out on the chance to witness young and intuitive minds be tested and educated on the quick thinking and gut-busting humor that improv is all about. Tickets will be available at the door on the night of show.

Wallingford Town Hall concert series features The Sky Blue Boys

WALLINGFORD, Vt. – The Sky Blue Boys, a duo comprised of Willy and Dan Lidner, will perform at Wallingford Town Hall Wednesday, Jan. 9 at 7 p.m. The duo has built up a large repertoire of wonderful old ballads, parlor songs, heart songs, and sacred numbers. Heeding their own musical instincts, The Sky Blue Boys have expanded the accompaniment to include a variety of acoustic instruments and added several of their own compositions.

Willy and Dan have played together for decades. They formed

the celebrated Vermont bluegrass band Banjo Dan and the Mid-nite Plowboys in 1972 and have toured and recorded extensively in that context, as well as sitting in on shows and recording sessions for many of the region's top acoustic musicians. But never far from their hearts were the sounds they learned to love long ago – the simple moving sounds of the early "brothers duets." Suggested donation at the door. Wallingford Town Hall is located at 75 School St. in Wallingford.

For more information, call the town administrator at 802-446-2872.



The Sky Blue Boys.

PHOTO PROVIDED

Ten doctor-recommended New Year's resolutions

StatePoint – With the new year upon us, you may be looking for resolutions that will help to keep you and your loved ones healthy and happy in the year ahead.

"This is the perfect time of year to consider your personal goals, and how you can make positive health choices in the coming year," says American Medical Association President Barbara L. McAneny, M.D. "Small lifestyle changes today can have a lasting effect in improving your health."

To help you start the year off on the right foot, Dr. McAneny and the experts at the AMA are of-

fering 10 recommendations to help you determine where you can make the most impactful, long-lasting improvements to your health.

1. Learn your risk for type 2 diabetes by taking the self-screening test at www.DidIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes.
2. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.
3. Know your blood pressure numbers. Visit www.LowerYourHBP.org to better understand your numbers



Make New Year's resolutions even your doctor will love.

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and take necessary steps to get your high blood pressure – also known as hypertension – under control. Doing so will reduce your risk of heart attack or stroke.

4. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

5. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

6. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans – up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

7. Talk with your doctor about to-

bacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

8. Pain medication is personal. If you are taking prescription opioids, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

9. Make sure your family is up-to-date on their vaccines, including the annual influenza vaccine for everyone age six months or older.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

The lifestyle choices you make now will have long-lasting impacts. So, this new year, prioritize your long-term health by forming great habits.

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arts & entertainment

World Under Wonder Jedi training workshops

CLAREMONT, N.H. – The Claremont Opera House, in collaboration with World Under Wonder Playhouse, presents Jedi training during First Night, Dec. 31 in Claremont. There will be half-hour segments taught from 6-6:30 p.m., 7-7:30 p.m., 8-8:30 p.m., and 9-9:30 p.m. by World Under Wonder's director Sean Edward Roberts.

We will teach the basic form of light saber combat that all of our Jedi learned first. We will demonstrate other forms that they have learned over the last few months in their classes. World

Under Wonder runs a class at its theater in Ascutney, Vt. The First Night event will take place on the COH stage. You are welcome to join in the class offered, or watch.

If interested in signing up for the

classes or becoming a member of World Under Wonder Playhouse, contact worldunderwonder@gmail.com to speak with us about it. Hope to see you there. May the Force be with you.



Jedi training.

PHOTO PROVIDED

Dream Barn Hollow workshop to start a new year

CHESTER, Vt. – On Saturday, Jan. 12, 2019 from 10 a.m. – 4 p.m., Elaine DeMasi, who studied with Brian Weiss, will present a workshop on past life regression.

Elaine has performed numerous, enlightening individual past-life regressions and will lead a group regression here. She will also facilitate discussion around personal experiences.

Perhaps you have heard of past life regression? Or have had a distinct im-

pression that you had a memorable past that is having an impact on this current lifetime? Unlike a past life reading, a regression gives you the opportunity to experience the memory of your past yourself. You get the emotions, the clarity, the understanding to help shift your perspective to a new awareness and understanding of patterns in this lifetime.

Her teacher, Brian Weiss, is an American psychiatrist, hypnothera-

pist, and author who specializes in past life regression. His research includes reincarnation, past life regression, future life progression, and survival of the human soul after death. He was initially astonished and skeptical when one of his patients began recalling past-life traumas that seemed to hold the key to her recurring nightmares and anxiety attacks. His skepticism dissolved, however, when she began to channel messages

from "the space between lives," which contained remarkable revelations about Dr. Weiss's family and his dead son.

Interested? Call and register now as space is limited. Call 802-875-1717 or email dreambarnhollow@gmail.com. Workshops are brought to you by SPACE Inc. and include a light vegetarian lunch.

SPACE Inc. is a 501(c)(3) nonprofit organization.

Hands-on ways kids can get creative at home

StatePoint – Want to take playtime up a notch at your house? Consider offering kids opportunities to explore their creativity, support STEM learning, and pick up important skills through hands-on experiences.

"There are many ways to foster excitement in children to learn, while encouraging them to explore and experiment with their creativity," says Evan Buzzerio, chief marketing officer of Horizon Group USA, a leader in the creative DIY marketplace.

Here are some fun ideas to get started.

Chemistry lab

For a fun, fizzing, and slimy reaction, check out FIZZYLOOP, a DIY kit available in unicorn, confetti, holographic, and other fun themes that includes all the ingredients needed to create a foaming, slimy goo.

Or, transform your play space into a scientific laboratory. Create oozing, slimy spheres that kids can pop and squish to reveal gooey centers, with a new DIY kit just for kids called OOO-O's, which are available in themes like mermaid, unicorn, galaxy and monster, and help introduce basic chemistry principles.

Tactile fun

Whether it's making and playing with slime or using a stress ball, tactile fun can build strength in arms, hands and wrists and improve motor skills in fun, mess-free ways.

Crafty science

Kids can learn the science of soap making with YOU*NIVERSE Sparkling Squishy Soap kits, by creating colorful soaps that are squishy to the touch in fun, moldable shapes like pizza, a smiley face, and donuts.

Kitchen help

Get kids involved in the kitchen.

From shelling peas to kneading dough, there are lots of tasks chil-

dren can do that help build motor skills. Plus, it's a great opportunity to teach kids cooking basics and facts about nutrition.

Rock science

Inspire a love of geology and the scientific process with a home geology set, such as the Discovery Galactic Fizzing Dig kit, which allows children to create fizzing, bubbling reactions to

unearth and study six real gemstones using a mallet, chisel, and magnifying glass.

Helping kids explore the world around them can start right at home. Luckily, hands-on, creative play is one of the best ways to learn.



Keep the kids entertained with hands-on fun.

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Celebration Brass Band hosts carnival kickoff at Club VT

PUTNEY, Vt. – It seems like every year, New Orleans native and local bandleader Peter Simoneaux makes it a mission to remind everyone that the end of the holiday season – the Twelfth Night of Christmas – is also the beginning of that time of year known worldwide as Carnival Season, beginning with Twelfth Night, and concluding in the celebration known in New Orleans as Mardi Gras.

As such, Saturday, Jan. 5, the longtime Brattleboro ensemble known as the Celebration Brass Band will host a special Twelfth Night Carnival Kickoff at the recently reopened and rebranded Club VT. Since reopening earlier this fall, Club VT has re-established itself as a general entertainment hub in Putney, featuring

something for everybody – affordable food and drinks seven days a week, live music on weekends, a variety of other activities weeknight, a game room with pool tables, multiple dining, banquet, and function rooms, and a pervasive sense of hospitality. Club VT is located at 55 Putney Landing Rd., at the northbound exit 4 of I-91 in Putney, Vt. Live music starts at 8 p.m. A nominal cover will be charged at the door. For more information, call 802-387-0090.

The Celebration Brass Band is northern New England's "go to" ensemble for the distinctively vibrant music that we know as the New Orleans Brass Band sound. Founded in 2009, under the leadership of New Orleans native and local resident Peter Simoneaux, the Celebration Brass Band has become familiar to

Brattleboro area audiences through their performances at numerous gallery walks, the Strolling of the Heifers, 4th of July parades, and a host of other local events.

The frontline of the band features a bevy of local luminaries including Walter Slowinski and Ron Kelley on saxophones, Dan DeWalt, Chuck Ober and Brian Bender on trombones, Anders Burrows on trumpet, while the backline features either Tim Ellis or Linda Simoneaux on sousaphone, Stephen Voorhees on snare drum, and Pete Simoneaux on bass drum, while also often featuring Linda Simoneaux as parade marshal. It's likely that this will be the first New Orleans-style Twelfth Night celebration ever to be celebrated in Putney. If you're still ready to party, you won't want to miss this one.

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outdoor news

Ice safety tips this winter

MONTPELIER, Vt. – The recent arrival of cold temperature has formed early-season ice on Vermont ponds, lakes, and rivers. The Vermont Fish & Wildlife Department, in partnership with the National Weather Service, reminds winter enthusiasts that ice should never be considered safe and ice conditions vary, especially with changing weather.

“We are urging all outdoor enthusiasts – people going ice fishing, cross country skiers, hikers, and snowmobilers – to be extremely cautious and prepared if they are going to venture out on any ice,” said Vermont Fish & Wildlife’s Chief Game Warden Colonel Jason Batchelder. “Ice conditions can vary dramatically on different parts of a lake. Remember, even though it may look thick enough on the surface, moving water from currents, rivers, and springs can cause ice to form unevenly.”

Vermont’s winters can be extreme and changeable. Always check the latest forecasts before you start your winter adventure. Prepare for extreme winter conditions like blizzard conditions due to strong winds and blowing snow as well as “dangerous wind chills that can cause frostbite in just minutes, if unprepared,” says NWS Burlington’s warning coordination meteorologist Scott Whittier.

“Once we have sustained cold weather to form good ice, activities such as ice fishing can be safe and a lot of fun,” said Batchelder, “but when we go onto the ice, we need to use good judgment and observe several safety precautions.”

• Leave your car or truck on shore. Every year, several motor vehicles go through the ice on Vermont lakes, and people have drowned as a result.



Use caution on the ice this winter.

PHOTO PROVIDED

• Leave information about your plans – where you intend to fish and when you expect to return – with someone.

• Wear a personal flotation device and don’t fish alone.

• Dress for the cold weather. Wear several layers of loose-fitting, breathable layers of clothes. Also hats, gloves, or mittens and warmers for hands and feet to prevent frost bite and hypothermia.

• Fish with a friend. Ice fishing is a great sport to share with family members and friends, and having a partner with you increases both the fun and the safety.

• Ice varies in thickness and condition. Always carry an ice spud or chisel to check ice as you proceed.

• Be extremely cautious crossing ice near river mouths, points of land, bridges, islands, and over reefs and springs. Currents almost always cause ice to be thinner over these areas.

• Be aware of changeable weather and ice conditions, especially after a period of mild, above freezing temperatures. Recheck the ice status before venturing onto it.

• Avoid going onto the ice if it has melted away from the shore. This indicates melting is underway, and ice can shift position as wind direction changes.

• Waves from open water can quickly break up large areas of ice. If you can see open water in the lake and the wind picks up, get off!

• Bring your fully charged cell phone with you.

• Carry a set of hand spikes to help you work your way out onto the surface of the ice if you go through. Holding one in each hand, you can alternately punch them into the ice and pull yourself up and out. You can make these at home, using large nails, or you can purchase them at stores that sell fishing supplies.

• Carry a safety line that can be thrown to someone who has gone through the ice.

• Heated fishing shanties must have good ventilation to prevent deadly carbon monoxide poisoning. Open a window or the door part way to allow in fresh air.

For weather information and forecasts, go to the National Weather Service Burlington office website at www.weather.gov/btv or check out the recreational forecast at www.weather.gov/btv/recreation.

How Vermont’s wild animals survive our winter weather

REGION – Vermonters typically take one of three different approaches to winter. Some Vermonters go the “snowbird” approach, spending the winter in a warmer southern climate. Others “hibernate,” staking out a warm spot next to the woodstove with a cup of cocoa, going outside only when absolutely necessary. But hardier Vermonters embrace winter, breaking out the skis or snowshoes, dusting off the sled, and generally reveling in the snow.

Wildlife follows the same three basic strategies to make it through the tough winter months.

The migrators

Birds, like people, don’t employ just a single strategy to get through winter. Many species migrate, but in different directions and at different times. The warblers generally start heading south to the Gulf Coast by August, whereas some ducks and geese may not head south until December, particularly in years where ponds and lakes remain open late. Loons head east – not south – to spend the winter in the ocean along coastal New England.

Other birds, from up north such as snowy owls, redpolls, rough-legged hawks, or snow buntings, migrate into Vermont. Additionally, not every member of a bird species will arrive at a single strategy – some individual bald eagles or blue jays stay in Vermont for the winter while others head out of town. And many of our resident bird species stay close to home, including chickadees, waxwings, nuthatches, juncos, ravens, and woodpeckers. With more elbow room at the feeder or fruit tree, these year-round residents face less competition for food.

One winged migrator stands out from the rest of the pack: the monarch butterfly. Monarchs are one of only a small group of butterflies known to engage in, as birds do, a north-south migration, with most eastern monarchs overwintering at a single site in the mountains of central Mexico. But on their return, a monarch that leaves its wintering grounds in Mexico will never make

it to Vermont.

According to Mark Ferguson, zoologist for Vermont Fish & Wildlife, “Instead, several generations are born and die along the way, meaning that the grandchildren or great-grandchildren of the monarch leaving Mexico at the end of winter eventually arrives in Vermont each summer.”

The hibernators

Reptiles and amphibians simply lay low – aka, go dormant – through Vermont’s winter months. Most frogs and salamanders hibernate under rotting leaves and logs on the forest floor. Turtles while away the winter on the bottoms of ponds and rivers. And snakes generally spend the winter in mammal burrows or rock crevices below the frost line, sometimes with multiple species of snake curled up together in the same den.

Conversely, bears don’t “hibernate” in the traditional sense. Unlike other hibernating mammals such as woodchucks or bats, bears’ body temperature and heart rate stay close to normal during the winter, which they spend in more of a deep sleep than a true state of hibernation. They do this not to avoid the snow and cold – bears have thick fur and are well adapted to cold temperatures – but to conserve energy while they wait out the winter months until food again becomes available.

“Bears are triggered to enter their den when food becomes scarce in fall or early winter, usually following a heavy snowfall,” said Forrest Hammond, Vermont Fish & Wildlife’s lead bear biologist. “In spring, the rains and warm temperatures cause bears to leave their dens in search of uncovered nuts and green shoots that start to emerge from the melting snow-pack.”

Hammond says that winter rains can make bears uncomfortable and restless and may force many bears from their dens to seek drier accommodations. “Bears sleep soundly in winters when deep snow covers the entrances to their dens but during years with little snow, bears are exposed and awaken easily.”

The survivors and thrivers

Deer, moose, beavers, otters, and many other mammals are active

throughout the winter. White-tailed deer are at the northern edge of their range in Vermont and winter is the limiting factor that defines how many deer can survive here. When snows get deep and temperatures plummet, deer seek out patches of forest with thick evergreen trees that protect them from biting winds and deep snow, making the conservation of these deer wintering areas vitally important.

Deer don’t eat much throughout the winter and deplete their fat stores as the winter months drag on. Late March through April is a critical time of year; if winter lingers too long and they don’t have opportunities to feed on emerging plants, the statewide deer herd usually declines.

Conversely, moose are well adapted to winter and – when healthy – are unfazed by the cold. They can traverse deep snows atop their long, spindly legs. In fact, a harsh winter by human standards benefits moose as late season snows can take a welcome toll on the moose’s main parasite, the winter tick. Moose are so well adapted to cold temperatures that they often find summer more of a challenge, developing heat stress at 57 degrees or more. When temperatures get hot, moose may stop feeding to seek out cool waters to wade in. As climate change continues to drive up summer temperatures, this heat sensitivity worries some biologists who are pessimistic about the moose’s future Vermont.

Giving wildlife a helping hand

Surviving winter can be difficult in Vermont. Wildlife need to have thick cover for shelter, an appropriate den site, open water to drink, wild food to eat, and the ability to move from place to place easily.

To ensure wildlife thrive all year round, Vermonters can make a difference and protect connected habitats throughout the state. Landowners can work with a wildlife biologist or forester to improve habitat on their property. Other Vermonters can help wildlife by purchasing a Vermont Habitat Stamp at www.vtfishandwildlife.com.

Written by Tom Rogers, Vermont Fish and Wildlife.

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Public hearings on fishing regulation changes

MONTPELIER, Vt. – The Vermont Fish & Wildlife Board will hold five public hearings in January on proposed changes to fishing regulations. Proposed changes in the baitfish

regulation would simplify some parts of it and establish it as separate from the general regulation on fishing.

Jobs Pond in Westmore and Martins Pond in Peacham would be

added to the list of waters with a two-trout daily limit. A section of the Lamoille River downstream of Johnson with a two-trout daily limit and 16-inch minimum length would be returned to the general fishing regulations.

Public hearings begin at 6 p.m. as follows:

• Jan. 7 – St. Albans Education Center, 169 South Main St., St. Albans, Vt.

• Jan. 9 – Brattleboro Union High School, 131 Fairground Road, Brattleboro, Vt.

• Jan. 14 – Rutland High School, 22 Stratton Rd., Rutland, Vt.

• Jan. 15 – Lake Region Union High School, 317 Lake Region Rd., Orleans, Vt.

• Jan. 16 – Montpelier High School, 5 High School Drive, Montpelier, Vt.

The proposed changes may be seen on the Vermont Fish & Wildlife Department website at www.vtfishandwildlife.com/about-us/fish-and-wildlife-board/board-rules, and comments may be emailed by Jan. 24, to ANR.FWPublicComment@vermont.gov.

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sheri@vtsimplebeauty.com

The Vermont Simple Beauty Company produces high quality, handcrafted personal and home care products, or "simple luxuries made from simple ingredients." They believe that less is more and strive to make products with as few ingredients as possible. The results are "products you can feel good about using in your home and on your body."

Owner Sheri Abild, in the process of leaving her job as a massage therapist and finding something else to do, "decided one day to take a crack at making my own home pedicure products," she explained. She thought of starting her own line of products and pitched the idea to her husband. "He very sweetly agreed to support my idea, and so after months of a lot of trial and error, Vermont Simple Beauty was born," which was right around this time three years ago. The beauty product line "began in our home in Brownsville, Vt., and moved to its own location in neighboring Windsor, Vt. in January of 2018."

Abild has two goals for Vermont Simple Beauty: to make products only from safe and simple ingredients and to "develop these products to be as good as, or in most cases, better performing than the highly chemically concocted competitors." Her products are made in small batches with formulas she has developed and patented over time.

Vermont Simple Beauty products include body scrubs, essential oils, gift sets, hair and face products, lip balms, moisturizing creams and soaps, soy candles, and more. "My favorite product is our moisturizing cream," Abild said. "It took us over a year to research and develop it and bring it to market, and the pursuit was well worth the effort. The cream is an argan oil and shea butter based moisturizer, making it very high in vitamin E. It's a strong moisturizer, but has a surprisingly light and non-greasy feel to it."

Abild attends local arts and craft fairs throughout New England with her line of products. That schedule for 2019 will be posted on the company's website when it has been finalized. There are a number of local retailers that carry the Vermont Simple Beauty line, and you can also purchase



any of their products online at www.vermontsimplebeauty.com.

Vermont Simple Beauty doesn't have regular hours, but people are always welcome to stop by. "We request that people visit us by appointment by giving us the heads up that they wish to come by," Abild says. She can be reached by email at sheri@vtsimplebeauty.com.

FOR RENT

LUDLOW, Vt. - House for rent. Weekly or weekend winter rental from December to April. Fully furnished. Includes TV, Wi-Fi, telephone. Call 802-228-8012. (01/01)

PROCTORSVILLE, Vt. - Large, sunny, second floor apt. 2-bedroom, porch, deck, view. \$850/mo plus utilities. Lease and references. No smoking. Call 802-259-3405. (01/29)

SPRINGFIELD, Vt. - 1 or 2 bedroom apartments available. Heat, hot water, trash, and plow included.

\$725-\$1025 per month. Call 802-770-2387. (01/22)

FOR SALE

LUDLOW, Vt. - 10kW Kohler propane generator. Powered by 4-cylinder Ford motor. Includes transfer switch and charger. \$2600 Call Phil 802-228-3133. (01/15)

HELP WANTED

CHESTER, Vt. - HIRING IMMEDIATELY. Full & part time general labor

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PUTNEY, Vt. - PT Kitchen Utility Position available at Putney Boarding High School. Consistent schedule, involved in dishwashing, dining room cleanliness, and buffet set up. Works closely with the chef and cooks in a great team environment. Full year round position and great growth potential. Working farm that supplies the kitchen with fresh products that nurture the Farm to Table way of life! Email your resume and a letter stating why you would like to work at the

Putney School to mbrennan-sawyer@putneyschool.org or call 802-387-6251. (01/08)

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art

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VAULT December Hours & Events

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Open until 7 on December Fridays

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Copper Fox Restaurant celebrates the season with drink and lunch specials and VAULT features 10% off all pottery. Complimentary gift wrapping. (03/12/19)

SMS DESIGNS

Graphic Designer Shawntae Stillwell can help you design your logos, advertisements, magazines, books, and other publication layouts, and more. Call 802-289-4389 or email shawntae_stillwell_sms@yahoo.com

bakery

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chiropractor

FOUR SEASONS CHIROPRACTIC, PC

Dr. Denise Natale 58 Parker Avenue, Proctorsville, VT 05153, 802-226-7977 Hours: Monday, Tuesday, Thursday, Friday 10AM-6PM (08/13/19 TFN-52)

decorating & remodeling

CHRISANDRA'S HOME SHOWCASE & DESIGN CENTER

Affordable design consultations including color selections, room layouts, window treatments and furniture choices. Pond St, Ludlow 802-228-2075. www.chrisandras.com (08/13/19 TFN-52)

firewood & building materials

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furniture

CHRISANDRA'S HOME FURNISHINGS

Our customers say "Your prices are great!" Shop our large selection of affordable furnishings and accessories. Pond St, Ludlow 802-228-2075. www.chrisandras.com (08/13/19 TFN-52)

home improvement

ROSE'S HOME IMPROVEMENT

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

RIVER HOUSE RENOVATIONS

Home repairs, improvements, and restorations. T. Harwell, proprietor. 119 Upper Falls Road, Perkinsville, VT. Call 802-356-9983 or 603-748-5126. (02/05/19)

masonry

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Fireplaces, chimneys and liners, chimney sweeps, patios, walls, steps, restoration and repairs. Fully insured, free estimates. Contact Gary Moore at 802-824-5710 mooremasonry802@gmail.com (09/03/19 TFN-52)

woodcrafts

WINDSOR CHAIR SHOP

Windsor Chair Shop & Country Furniture, plus other handcrafted kitchen woodcrafts. Open daily from 9 am - 4 pm. Conrad Della, Chester, VT. 802-875-4219. (03/19/19)

calendar

LEGAL NOTICES/HELP WANTED

CLASSES & WORKSHOPS

MONDAY, DEC. 31 – CLAREMONT, N.H. – The Claremont Opera House, in collaboration with World Under Wonder Playhouse, presents Jedi training during First Night, Dec. 31. There will be half-hour segments taught from 6-6:30 p.m., 7-7:30 p.m., 8-8:30 p.m., and 9-9:30 p.m. by World Under Wonder's director Sean Edward Roberts. We will teach the basic form of light saber combat. World Under Wonder runs a class at its theater in Ascutney, Vt. The First Night event will take place on the COH stage. You are welcome to join in the class offered or watch. If interested in signing up for the classes or becoming a member of World Under Wonder Playhouse, contact worldunderwonder@gmail.com to speak with us about it. May the Force be with you always.

SATURDAY, JAN. 5 – CLAREMONT, N.H. – Join the "Sew a Simple Jacket" workshop Saturday, Jan. 5 from 11 a.m. to 4 p.m., where you'll make your own simple, stylish, and ultra-versatile jacket! This is a great sewing project for someone who wants to get into making or designing clothing. Goal is to complete the jacket by the end of the class. Ability to thread a sewing machine, sew a straight seam, and make a seam allowance needed. Skills that will be covered in the class include laying out a

pattern on fabric and cut out pattern, as well as reading and implementing directions from a pattern. Materials needed are fabric and matching thread. Pattern will be provided. Please bring a lunch. 46 Main Street, Claremont, N.H. Call 603-653-3419 for more information.

SUNDAYS – CHESTER, Vt. – The Odd Bobbins spinning group meets on the second Sunday of the month from 2-4 p.m. at Six Loose Ladies, 287 Main Street in Chester. The Odd Bobbins meet monthly to spin in company, exchange fiber, and learn from each other. Occasional guest instructors and fiber producers attend. For more details, visit www.sixlooseladies.com.

PROCTORSVILLE, Vt. – Sweaty Sunday Sizzle class at DG Bodyworks, 7 Depot St. in Proctorsville, Sundays at 9 a.m. Move your body, build your endurance, increase your oxygen uptake all while having a blast. Join Stacy for a suggested donation, and she will teach you some dance moves that will add fireworks to your weekend.

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.

SPRINGFIELD, Vt. – Playgroup at the Springfield Area Parent Child Center, from 9-10:30 a.m. 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.

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 covers of all aspects of the poem. Call 802-463-2204.

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

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.

BELLOWS FALLS, Vt. – Play group at First Baptist Church of Bellows Falls/Rockingham Recreation Center, from m9:30 -11 a.m. Come join the

fun! Healthy snack served. Call Molly 802-376-6204.

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.

S. LONDONDERRY, Vt. – Sit and Knit workshop every Wednesday, from 7-9 p.m., at the South Londonderry Free Library in the Janeway Wing, located at 15 Old School Rd., South Londonderry, Vt.

THURSDAYS – PROCTORSVILLE, Vt. – From 7 to 8 p.m., join a Tai Chi beginners' class at DG Bodyworks, 7 Depot St. in Proctorsville. This is a soft, grounding practice to improve alignment, balance, and prevent or relieve postural pains, reduce stress, and strengthen legs and core muscles. Available to all levels. There is a monthly tuition cost. To learn more about the classes, please contact Djemila at 802-490-0225 or email djem.translator@gmail.com.

PROCTORSVILLE, Vt. – Advanced Tai Chi class at DG Bodyworks, 7 Depot St. in Proctorsville on Thursdays at 5:45 p.m. Join Djemila to take your Tai Chi to the next level. To learn more about the classes, please contact Djemila at 802-490-0225 or email djem.translator@gmail.com.

CHESTER, Vt. – Join the Six Loose Ladies for Knit Knite on Thursdays from 5-8 p.m. at the Six Loose Ladies shop in Chester. This is not only for knitting but also to crochet, spin, or work on any other portable fiber project. We also serve sweets in the evenings – many ladies like to bake. Whether you want to learn to knit or crochet or consult with

a more experienced knitter, this is a great time to join us. For more information, visit www.sixlooseladies.com.

CHESTER, Vt. – Strength-building chair yoga class with Liz Eaton, 9:30-10:35 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.

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 Street in Ludlow. Everyone who wants to learn the "ticks and tricks" of TV-video production is welcome. Reserve a space at lpctv.org or call 802-228-8808.

FRIDAYS – CHESTER, Vt. – Melissa Lovell Post will teach international folk dancing Fridays, from 10:30-noon at the Chester Town Hall, located at 556 Elm St. in Chester, Vt. Classes will run until early June 2019. The classes will be geared for beginners and intermediate-level dancers. No partner is necessary. Casual, comfortable clothing is suggested. It is helpful to wear supportive shoes that slide easily on a wooden floor. For more information, please contact Melissa at 802-875-4102 or goodwood@vermontel.net.

SPRINGFIELD, Vt. – Free open art nights, second Fridays, starting at 7 p.m., open to people of all ages. Try something new, make mistakes, learn, and try again at the Springfield Art Gym on 62 Clinton St., Springfield. Visit www.facebook.com/

springfieldartgym.com.

WEEKLY – SPRINGFIELD, Vt. – Are you experiencing pain, stress, insomnia, emotional unease, or any other healing needs? While Lauren is fulfilling her certification requirements for polarity therapy, she is offering special discounted energy and bodywork sessions at Studio Time & Space, 59 Main Street, Springfield. Schedule an appointment at 802-591-0507, laurenpottervt@gmail.com, or www.laurenpotterreikihealing.com.

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

PROCTORSVILLE, Vt. – Join Denise at DG Bodyworks in Proctorsville for Boot Camp classes on Mondays and Wednesdays at 7 p.m. Let Denise work you towards your health and fitness goals with an amazing workout that will leave you coming back for more.

REGION – Bone Builders to combat osteoporosis is free and open to seniors 55-plus. Call 802-674-4547. Mondays and Wednesdays 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.

TOWNSHEND, Vt. – Strong Bones ongoing classes offered Mondays and Wednesdays from 10:30-11:30 a.m. or 5-6 p.m.; Tuesdays and Thursdays from 8:45-9:45 a.m. or 10:30-11:30 a.m. at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Rd. in Townshend. Preregistration required. Call 802-365-3649.

PROCTORSVILLE, Vt. – Enjoy weekly yoga classes at DG Bodyworks, 7 Depot St. in Proctorsville on Tuesdays at 4:30 p.m. and Saturdays at 8 a.m. All-level classes designed to improve core strength and balance, stretch and strengthen muscles, and promote a sense of well being.

TOWNSHEND, Vt. – Yoga classes at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Rd. in Townshend. Classes available Tuesdays, from 4:30-

6 p.m.; Fridays, from 3:30-5 p.m. Chair yoga for beginners is on Wednesdays, from 1-2 p.m. Instructor for all classes is Crystal Mansfield. Small fee for each class. Call 802-365-3649 for details.

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

CLUBS

TUESDAY, JAN. 1 – WINHALL, Vt. – Join us for a New Year's Day snowshoe to Stratton Pond with the Green Mountain Club Manchester Section, Tuesday, Jan. 1. Meet at 10 a.m. at the Winhall Post Office. Car pool to the trailhead, which has limited parking. Hike 5 miles round trip with about 300 feet of climb each way. Bring extra clothes, lunch, snacks, and fluids. Snow shoes required. Come celebrate the New Year with us. RSVP required to Marge Fish at 802-384-3654 or marge.fish@gmail.com.

MONDAYS – QUECHEE, Vt. – Valley Stamp Club meets second Mondays at the Quechee Library at 7 p.m. Located at 1957 Main Street. For more information, contact John Lutz at 802-728-6212.

CHESTER, Vt. – Please join the Chester Senior Citizens Club for their monthly luncheon meeting, third Mondays at 11:30 a.m. at the Chester Congregational Church on Main Street. Enjoy lunch, jokes, and funny stories, and possibly Bingo. Just bring your place setting, if possible a dish to share, and a friend. If you need a ride, just call Georgia 802-875-6242.

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

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

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TOWN OF LUDLOW NOTICE OF PUBLIC HEARING

A public hearing before the Development Review Board for the Town & Village of Ludlow, Vermont, will be held on January 14, 2019, at 6:00 P.M., in the Ludlow Town Hall conference room, to consider an amendment to a Planned Residential Development Permit located in the Mountain Recreational District.

APPLICANT: Winterplace COA
PO Box 370
Ludlow, Vermont 05149

PROPERTY OWNER/LOCATION:
David & Susan Henderson
42 Harrison Lane M305
030216.017

Michael & Susan Franklin
69 White Loop E305
030232.017

Thomas & Michelle Davidson
28 Fowler Road N302
030218.014

Gary & Josephine Flood
28 Fowler Road N304
030214.018

Neil & Karen Kavey
46 Fowler Road O305
030222.017

REASON FOR HEARING: Application to consider an amendment to a Planned Residential Development Permit to turn attic space into a bonus room. The project is located in the Mountain Recreational District.

APPLICATION NUMBER: 081-94-PRD;
Amendment No. 11

The above application is available for inspection at the Ludlow Municipal Offices. Persons wishing to participate may do so in person, be represented by an agent or an attorney, or by writing the Board. Written communications about the application should be filed with the Board either prior to, or during, the hearing.

Rosemary Goings
Board Clerk

Public Hearing Notice Town of Plymouth

The Planning Commission of the Town of Plymouth will hold a hearing on the proposed revision of the Plymouth Town Plan on January 15, 2019 at 7:00pm at the Plymouth Municipal Auditorium. The Planning Commission will accept comments at this Public Hearing. The proposal covers all lands within the Town of Plymouth. Full copies of the draft Town Plan and maps are available from the Plymouth Town Clerk and on the Town website. Below is a summary of the proposal.

- Data and figure updates, changes, and revisions added throughout the Plan
- New goals, policies to support those goals, and recommendations for those policies were created throughout this Town Plan
- Utilities and Facilities
 - Information about improvements and future needs was updated.
- Economic Development
 - This is a new chapter that contains data, goals, policies, and recommendations
- Natural Resources, Scenic Resources, Historic Resources, and Flood Resilience
 - This chapter now addresses flood resilience.
 - Language was added to support the protection of critical wildlife habitat and forest blocks.
- Energy Planning and Conservation
 - New energy data was added and chapter expanded.
- Community Health and Wellness
 - This new chapter addresses health in Plymouth.
- Implementation
 - More language regarding Plan implementation was added.

Dated 12/14/2018

calendar

ludlowrotary@gmail.com.

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.

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. For more information, call 802-228-6276.

SATURDAYS –
MOUNT HOLLY, Vt. – Still life drawing. The Mount Holly Artists Group meets at 10:30 a.m. in the community center room under the 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.

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 or email Twilliams@vtcap.org.

COMMUNITY MEALS

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

WEDNESDAYS –
SPRINGFIELD, Vt. – Free community lunch at the First Congregational Church in Springfield, 77 Main Street, on the third Wednesday of the month from 11:30 a.m. to 12:30 p.m. All are welcome.

★ ★ ★ ★ ★ ★ ★ ★

SATURDAYS –
CHESTER, Vt. – Gassetts Grange holds a buffet breakfast every month on the first Saturday at 8-9:30 a.m. It consists of eggs, bacon, sausage, home fries, toast, blueberry or plain pancakes, real maple syrup, juice, coffee, tea, and hot cocoa. All are welcome! Admission at the door. Hope to see you there. We are located on Route 103N, just above junction of 103 and Route 10. Any questions, call Dave at 802-875-2637.

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.

EVENTS

SUNDAY, JAN. 6 –
CHESTER, Vt. – Join us for the Dream Barn Hollow 2019 New Year's Day Open House, Sunday, Jan. 6 from 10 a.m. to 5 p.m. There will be mini classes so you can get a taste of the workshops available. Enjoy delicious soup and cider, raffles, and assorted activities to inspire you this coming year. Various items and services will also be available for purchase – from aura photos to handcrafted garden products. For more information, call 802-875-1717 or email dreambarnhollow@gmail.com.

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

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

SATURDAYS –
BELLOWS FALLS, Vt. – Internet and jazz jam Saturday at the Flat Iron Exchange, from 5 - 7 p.m., located in the Square. No cover charge, just a tip jar to listen to some great jazz music. Enjoy a coffee and relax.

BELLOWS FALLS, Vt. – Join us for karaoke at the Bellows Falls Family Center, 59 Westminster St. on Saturdays, from 7 to 11 p.m.

KIDS' CORNER

THURSDAY, DEC. 27 –
LUDLOW, Vt. – Come read with Sailor the Reading Dog, Thursday, Dec. 27, from 3-4 p.m. at the Fletcher Memorial Library in Ludlow. Sailor and his friend Arlene visit once a month and are always excited to meet new friends. Sailor especially enjoys being read to and can't wait to hear a new story or two. Reading to a dog is known to strengthen the reader's confidence while providing an opportunity to practice literacy skills. All ages welcome. Call Sacha at 802-228-3517 or email skrawczykvt@gmail.com for details.

FRIDAY, DEC. 28 –
LUDLOW, Vt. – Kids ages 5 and up are invited to our "American Ninja Warrior Junior" watch party Friday, Dec. 28, from 1-3 p.m. at Fletcher Memorial Library in Ludlow. We will watch episodes 1 and 2, have some snacks, and root for our favorite ninjas. Maybe someday there will be a competitor known as the "Library Ninja!" Call Sacha at 802-228-3517 or email skrawczykvt@gmail.com for details.

MONDAY, DEC. 31 –
LUDLOW, Vt. – Learn about how New Year's holiday is celebrated around the world on Monday, Dec. 31 from 11 a.m. to noon at Fletcher Memorial Library in Ludlow. We'll read stories, learn about other traditions, make party hats, and countdown to "Noon-Year's Eve" at 11:59 a.m. with sparkling cider and other

surprises! All ages welcome. Call Sacha at 802-228-3517 or email skrawczykvt@gmail.com for details.

WEDNESDAY, JAN. 2 –
LUDLOW, Vt. – Join us for a "Shrinky Dink Crafternoon" Wednesday, Jan. 2, from 1-2

p.m. at the Fletcher Memorial Library in Ludlow. If you have made shrinky dinks before, here's your chance to show off your skills. If it's your first time, join in the fun and see what cool things can be made from this amazing shrinking plastic.

Ages 5 and older. Call Sacha at 802-228-3517 or email skrawczykvt@gmail.com for details.

TUESDAYS –
CHARLESTOWN, N.H. – Story time for toddlers and Pre-K at the Silsby Free Library from

10:30 a.m. Children and parents are invited for stories, songs, and finger plays. Session includes playtime, an activity, and a story time. Free and open to all.

SPRINGFIELD, Vt. – Springfield Town Library story time, 43

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61%



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TAKE A BREAK!

Weekly SUDOKU

by Linda Thistle

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

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 Lather

5 Diner order, for short

8 Unwanted email

12 On

13 Always, in verse

14 Patriot Nathan

15 Irrational suspiciousness

17 Artillery

18 Follow relentlessly

19 1984 Tom Hanks movie

21 Flightless bird

22 Knoll

23 Energy

26 North Pole staffer

28 Surveys

31 Leading man?

33 A mere handful

35 Cry

36 Sweat outlets

38 Sweet potato

40 Meadow

41 Commotions

43 Actor Diesel

45 Walk like a duck

47 Bursts forth

51 Satanic

52 Pet bird, often

54 Got up

55 --de-France

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
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51			52	53						
54			55				56			
57				58			59			

56 Sea flier

57 Basin accessory

58 Help

59 White-glove detection

7 Garbage

8 Not deep

9 Like some lines

10 Charitable donations

11 Netting

16 City in Alaska

20 4-Down, e.g.

23 Tase

24 Altar affirmative

25 Eden

27 "30 Rock" cast member

29 Shelter

30 Hot tub

32 Busybody

34 Fluctuated

37 Scale member

39 Actress

42 Old photo tint

44 Microwaved, slangily

45 Existed

46 Acknowledge


48 Lima's land

49 Sawbucks

50 Undo a dele

53 -- Baba

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Salome's Stars

LIBRA (September 23 to October 22) A temporary setback could give you time to go over your plans to find weaknesses you might have overlooked before. A romantic getaway with that special person is favored this weekend.

SCORPIO (October 23 to November 21) Professional and personal situations benefit once you set a positive tone in getting things off to a good start. Honest dialogue smoothes over any occasional display of balkiness.

SAGITTARIUS (November 22 to December 21) A problem with workplace colleagues or family members seems to defy even your sage counsel. But be patient. Your words eventually will lead to a resolution.

CAPRICORN (December 22 to January 19) Don't just wait out that unexpected and unexplained delay in your career move. You could gain added respect if you ask why it happened and what you can do to move things along.

AQUARIUS (January 20 to February 18) Although your workplace strategies usually are accepted, you could be challenged by someone who isn't so favorably impressed. Be prepared to defend your positions.

PISCES (February 19 to March 20) Your friendship circle expands, with new people coming into your life at this time. Welcome them warmly. But don't neglect those cherished long-time personal relationships.

BORN THIS WEEK: You love to search for knowledge and share it with others. You would make an especially fine teacher.

ARIES (March 21 to April 19) It's a good time to take a much-needed break from your recent hectic schedule and spend some time in quieter surroundings. Important news could arrive early next week.

TAURUS (April 20 to May 20) The Taurean traits of reliability and thoroughness could be well-tested when decision-makers consider your proposals and/or requests. Be prepared to answer some probing questions.

GEMINI (May 21 to June 20) A sudden attack of boredom leaves you with some tasks undone. It's OK to take a short respite. But get back to work by week's end so that you have time for other projects.

CANCER (June 21 to July 22) Avoid prejudging a situation just because it looks bad. Facts could emerge that would make your position uncomfortable, to say the least. A relative has interesting news to share with you.

LEO (July 23 to August 22) This is a good time to begin reassessing some of your recent decisions about your long-range goals to see if they still have merit. Spend more time with loved ones this weekend.

VIRGO (August 23 to September 22) An unsettled situation at home or on the job early in the week could drain your energy levels, making it difficult to get your work done on schedule. But things improve by midweek.

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calendar

REAL ESTATE

KIDS' CORNER CONT.

TUESDAYS CONT. - Main Street, 10 a.m. Free and open to the public with stories, songs, and activities for the youngest readers. For more information, call the library at 802-885-3108.

ROCKINGHAM, Vt. - Crafts, stories, and play time for toddlers and preschoolers. Enjoy stories, songs, crafts, and activities. Rockingham Free Public Library 10:30-11:30 a.m. Contact 802-463-4270.

WESTON, Vt. - Come and enjoy a story hour with friends at the Wilder Memorial Library, Lawrence Hill Road in Weston, from 11 a.m. to noon.

Call ahead to check at 802-824-4307.

WINDSOR, Vt. - Preschool and toddler story time every Wednesday, from 10:30-11:30 a.m. at Windsor Public Library, 43 State St. Each week features a theme, music, stories, and a craft. For more information, go to www.windsorlibrary.org or call 802-674-2556.

WEDNESDAYS - LUDLOW, Vt. - Story time for ages 5 and under on Wednesdays from 10:30-11:30 a.m. at Fletcher Memorial Library in Ludlow. Children and their caregivers are invited to join us each week for early literacy activities, STEM explorations, music, and more! Call Sacha at 802-228-3517 or email skrawczykvt@gmail.com for details.



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

WINDSOR, Vt. - Play group is from 9:30-11 a.m. Come and enjoy an open gym, ball games, and sometimes even a bounce house! Call Windsor Recreation Center at 802-674-6783.

FRIDAYS - SPRINGFIELD, Vt. - Creative movement activities and play group are held in the gym of the Community Center, Fridays, from 9-11 a.m. All parents with young children are welcome. Contact Parks and Rec. Dept.

at 802-885-2727.

CHESTER, Vt. - Story time at Whiting Library from 10:30-11:30 a.m. Come and listen to a story every Friday with your children. Call 802-875-2277.

GRAFTON, Vt. - Preschool nature programs at The Nature Museum in Grafton on Fridays through May from 10-11:30 a.m. Mighty Acorns Club invites young adventurers to explore the natural world through interactive games, puzzles, and activities. Most sessions involve exploring our backyard and the nearby woods, fields and pond. Our environmental educators Jay DeGregorio and Jill Bruning lead the group. We hope you and your little ones can join us!

SATURDAYS - SPRINGFIELD, Vt. - Edgar May Open Play Group is 10-11:30 a.m. at Studio Momentum, 71 Main Street. An active playtime specifically designed for children aged 6 months through 5 years. Free to member families.

Call 802-885-2568 or info@myreccenter.org.

LIBRARIES

MONDAYS - CHESTER, Vt. - Children of all ages are invited to join the LEGO Club at the Whiting Library in Chester. We will provide the LEGOs and DUPLOs, and you supply the imagination. The program is on Mondays from 3:30 to 4:30 p.m. For further information, call 802-875-2277, visit www.whitinglibrary.org, or check our Facebook.

THURSDAYS - ROCKINGHAM, Vt. - Join genealogy enthusiast Wayne Blanchard on a quest to discover your family roots on Thursdays from 10:30 a.m. to 12:30 p.m. at the Rockingham Library. If you own a laptop, please bring it along. With the many free databases available at the library, it's hard to tell what you might find. Both beginners and seasoned genealogists are welcome.

This program is free and open to the public. For more information, call 802-463-4270, email programming@rockinghamlibrary.org, or go to www.rockinghamlibrary.org.

FRIDAYS - BELLOWS FALLS, Vt. - Minecraft Club at the Rockingham Free Public Library every Friday, from 3:30-4:30 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.

SATURDAYS - 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? Need to reset 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 Street, Springfield.

third Monday at the Grafton Elementary School or the Town Garage at 6 p.m. For more information, call 802-843-2552 or go to www.graftonvt.org. Recordings are found at www.fact8.com.

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

LUDLOW, Vt. - Select Board meetings are the first Monday of every month at the Town Hall. For more information, call 802-228-2841 or go to www.ludlow.vt.us. Recordings found at www.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 fourth Tuesday of every month at 7:30 p.m. at the Town Office. Call 802-824-6988 or go to www.westonvt.org for more information. Recordings can be found at www.gnat-tv.org.

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

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.chestertv.org. Recordings can be found at www.sapatv.org.

LUDLOW, Vt. - Black River Area Community Coalition meets third Wednesdays in the community room of the Fletcher Memorial Library, Main Street, in Ludlow, starting at 5:30 p.m. For more information, visit www.braccvt.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.

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

TUESDAYS - WALPOLE, N.H. - Hope and Help for Families is held every

pet of the week



Hi! My name's Sandor, and I'm a 9-month-old mixed breed pup that came to Lucy Mackenzie all the way from Delaware! I was part of a group that was relocated here in order to make room for animals that were separated from their families during Hurricane Florence. I'm so happy I came to Vermont too because I love it here. I really like going out in the snow. One of my favorite things is to go hiking through it - it's a great adventure!


My new human friends and I have been working hard on my obedience training. We've focused on building my confidence, and I've come such a far way, I'm proud to say. We don't know much about my life before I arrived here, but we do know it's best

that I live in a home without young children. I will also need to be adopted by somebody who's committed towards my continued training. The good news is that I pick up things quite quickly.

I do love to play and to get out for my walkies. If you're active and enjoy the outdoors, we would probably get along just fine. If you've been looking for a new canine best friend and think we might be a great match, stop in and meet me today!


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 <p>Quality Log Home! 2 Fireplaces, Finished Basement 3 Bedrooms, 3.5 Baths, 17+/- Acres Sold "As Is" Chester, \$249,000</p>	 <p>Charming Home Located Just Outside Village! 3 Bedrooms, 2 Baths, 0.57+/- Acres Chester, \$149,000</p>	 <p>1900 Farmhouse w/Barn Single Family or 2 Unit 5 Bedrooms, 2 Baths, 1.0+/- Acres Springfield, \$129,000</p>
 <p>Cape On Large Village Lot Attached Garage & Workshop 3 Bedroom, 1 Bath, 0.67+/- Acres Springfield, \$115,000</p>	 <p>Unique Village Property Small Restaurant & 4 Bedroom Owners Apt. Rockingham, \$105,000</p>	 <p>Great Project For Handyman! 1840's Brick Colonial Needs Total Rehab Springfield, \$35,000</p>
 <p>Beautiful 5+/- Acre Lot & Large Pond Short Drive To Chester Village Chester, \$124,900</p>	 <p>Nice Level 3.79+/- Acre Lot Cleared For Views Great Privacy, Close To Downtown Brattleboro, \$110,000</p>	 <p>Lovely 1.6 +/- Acre Lot Close To Okemo, Perfect For Primary or Vacation Home Chester, \$15,000</p>

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 <p>Within walking distance to town, but feeling remote... This two story home is situated on a one-way street just off the beaten path offering front and back porches, three bedrooms, eat-in kitchen with formal dining room/den or family room just beyond, comfortable living room and two baths. Detached garage is perfect for storage and 3/4+/- wooded acres is perfect for privacy. \$99,900</p>	 <p>Country Setting on 1.5+/- acres. This three bedroom Ranch offers a spacious living room with picture windows overlooking the large terraced back yard, updated kitchen and full bath. Walk-out basement offers a laundry room and potential family room. Convenient, practical, comfortable...a nice home. JUST REDUCED TO \$135,000</p>
 <p>This 2003 manufactured home is located on a large corner lot with .75+/- acres. Includes a detached garage. The bright interior of this gently used home is inviting and move-in ready with a mudroom/laundry, a workable kitchen with lots of cabinets, spacious/open concept living/dining, master bedroom with 3/4 bath, two more bedrooms at the other end of the house with full bath. \$112,500</p>	

AUTOMOTIVE

calendar

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.

TOWNSHEND, Vt. – Weight Loss Support Group meets every Tuesday, from 10:30 a.m. – noon at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Rd., in Townshend. Instructor is Grace Cottage Health coach Liz Harrison. Call 802-365-3766.

BELLOWS FALLS, Vt. – TOPS Chapter Vermont #12 meets every Tuesday at 6 p.m. at Sacred Heart Social Center, 39 Green St. in Bellows Falls. Come to TOPS, a nonprofit, noncommercial, 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.

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 of every month, from 3:30-5 p.m. at 92 Cedar Hill Dr. off Route 5.

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.

TOWNSHEND, Vt. – Mental Illness Family Support Group meets the second Tuesday of every month from 6:30-8 p.m. at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Rd., in Townshend. Facilitated by trained members of the National Alliance on Mental Illness. Free. Call 713-591-2857.

WEDNESDAYS – CHESTER, Vt. – Co-Dependents Anonymous meets on Wednesdays, 6:30-7:30 p.m. at the Whiting Library in Chester. Find out more about CoDA at www.coda.org. For more information regarding this meeting, contact Sarah E. at sarahcoda2016@gmail.com.

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.

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.

ASCUTNEY, Vt. – Twin State Depression Support Group meets on the third Wednesday at Martin Memorial Hall, Lower Level, 5259 Route 5, Ascutney 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, and peer-led. Contact TwinStateDSG@gmail.com or 641-715-3900, ext. 650055#.

TOWNSHEND, Vt. – Living

Alone Support Group meets on the third Wednesday of every month, from 10:15-11:45 a.m. at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Rd., in Townshend. Facilitated by Alicia Moyer of SASH. Free. Call 802-365-4115 x108.

THURSDAYS – SPRINGFIELD, Vt. – Mental health peer support group meets 2-3:30 p.m. at the First Congregational Church, 77 Main Street. 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.

TOWNSHEND, Vt. – Alzheimer's Caregiver Support Group meets on the first Thursday of every month, from 11 a.m. – noon at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Rd., in Townshend. Led by Grace Cottage Community Health team member Claire Bemis and Alicia Moyer of


SASH. Free. Call 802-365-3763.

SPRINGFIELD, Vt. – TOPS at Huber Building, 80 Main Street. Weigh-in starts at 8 a.m. and the meeting begins at 9 a.m.

LUDLOW, Vt. – Eating behavior support group meets every other Thursday, from

2:30-3:30 p.m. at Green Mountain at Fox Run, 262 Fox Lane. This free group is intended to help you understand your eating and/or weight-related struggles. Trained therapists who specialize in eating behavior lead the group. To join, call 802-228-8885 or email shiri@fitwoman.com.

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 <p>2011 Dodge Grand Caravan 4 Door Minivan V6 Auto Fully Loaded Auto Doors</p>	 <p>2014 Kia Forte EX GVI 4 Cylinder 5 Speed Fully Loaded</p>
 <p>2011 Honda CR-V Special Edition 4WD 4 Cylinder Auto Fully Loaded</p>	 <p>2011 Jeep Liberty Limited 4x4 Leather Sun Roof Fully Loaded</p>

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SALE PRICE \$22,896

Total savings is \$7,229 OFF MSRP and includes all available discounts, rebates, and incentives. Must have current GM lease in household and finance with GMF to qualify for all offers. Tax, title & registration extra where applicable. Expires 12/31/18.

**Brand New! 2019 Model Year
Chevrolet Spark LS Hatchback**



- 4 CYL. • AUTOMATIC
- ALL-WEATHER MATS
- WELL EQUIPPED
- ONSTAR
- GREAT MPG'S!
- #NCC19002 • MSRP \$15,410

YOU SAVE \$2,051

The Best Price, Period.

SALE PRICE \$13,359

Total savings is \$2,051 OFF MSRP and includes all available discounts, rebates, and incentives. Tax, title & registration extra where applicable. Expires 12/31/18.

**Brand New! 2018 Model Year
Chevrolet Camaro 2SS**



- 6.2L V8 • 6-SPEED
- HOT WHEELS PACKAGE
- BLACK ACCENTS
- REAR SPOILER
- INCREDIBLE CAR!
- #NCC18077 • MSRP \$50,580

YOU SAVE \$7,175

The Best Price, Period.

SALE PRICE \$43,405

Total savings is \$7,175 OFF MSRP and includes all available discounts, rebates, and incentives. Must have 1999 or newer Ford Mustang in household to qualify for all offers. Tax, title & registration extra where applicable. Expires 12/31/18.

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Chevrolet Colorado Crew Cab ZR2**



- V6 • AUTOMATIC • 4WD
- ZR2 OFF-ROAD PKG
- FACTORY LIFT KIT
- TONNEAU COVER
- FULLY LOADED
- #NCT18351 • MSRP \$44,245

YOU SAVE \$6,277

The Best Price, Period.

SALE PRICE \$37,968

Total savings is \$6,277 OFF MSRP and includes all available discounts, rebates, and incentives. Must have current GM lease in household to qualify for all offers. Tax, title & registration extra where applicable. Expires 12/31/18.

**Brand New! 2019 Model Year
Chevrolet Silverado Double Cab LT**



- V8 • AUTOMATIC • 4WD
- ALL-STAR EDITION
- REMOTE STARTER
- FULLY LOADED
- ALLOY WHEELS
- #NCT19108 • MSRP \$48,325

YOU SAVE \$11,949

The Best Price, Period.

SALE PRICE \$36,376

Total savings is \$11,949 OFF MSRP and includes all available discounts, rebates, and incentives. Must have current GM lease in household to qualify for all offers. Tax, title & registration extra where applicable. Expires 12/31/18.

**Brand New! 2018 Model Year
Chevrolet Silverado Crew Cab LT**



- V8 • AUTOMATIC • 4WD
- ALL-STAR EDITION
- CHROME TUBE STEPS
- FULLY LOADED
- ALLOY WHEELS
- #NCT18427 • MSRP \$51,265

YOU SAVE \$13,425

The Best Price, Period.

SALE PRICE \$37,840

Total savings is \$13,425 OFF MSRP and includes all available discounts, rebates, and incentives. Must have current GM lease in household to qualify for all offers. Tax, title & registration extra where applicable. Expires 12/31/18.

**Brand New! 2019 Model Year
Chevrolet Trax LX All-Wheel Drive**



- 4 CYL. • AUTOMATIC
- ALL-WHEEL DRIVE
- POWER WINDOWS
- POWER LOCKS
- A/C • GREAT MPG'S!
- #NCT19024 • MSRP \$23,870

YOU SAVE \$2,500

The Best Price, Period.

SALE PRICE \$21,370

Total savings is \$2,500 OFF MSRP and includes all available discounts, rebates, and incentives. Must have current GM lease in household to qualify for all offers. Tax, title & registration extra where applicable. Expires 12/31/18.

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